

# NOVEMBER NEWSLETTER

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*Alleghany Highlands Healthy Youth Coalition*



## Coalition Updates

Newsletter written by: Chelsea Dunaway, AHHYC  
Chair

The Alleghany Highlands Healthy Youth Coalition is losing our Chair. I will be leaving my position as Prevention Coordinator at the end of November. It has been a pleasure to work with each and every one of you. By far this is the best community I have worked with. The dedication and commitment to helping youth and drug use inspiring. Tiffany will take over Chair duties for the time being and I wish nothing but the best for this coalition.

## Also in the November Issue:

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If you or someone you know is thinking of suicide:  
Contact National Suicide Prevention Lifeline: 800-273-8255  
or Crisis Textline: 741741, type "Hello."

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We heighten awareness  
and educate the  
community

to promote healthy and safe lifestyle choices

## AHHYC Website is Live!

During this past year, coalition members came together and decided that a website should be our goal for this next year. Starting in August we have been working on a website that can be used as a resource for community members.

This website was launched at the end of October. The website has a space to show our accomplishments which includes a tally of the number of prescription drugs we have collected and locking devices given away.

The website also provides resources for parents, youth, partners, and coalition members. Each section is unique to that audience. For example, under community partners there is information about the free trainings that we hold.

So, check out our new website at [ahhyc.org](http://ahhyc.org).

## Upcoming Events

- 12/17 - December Healthy Youth Coalition Meeting

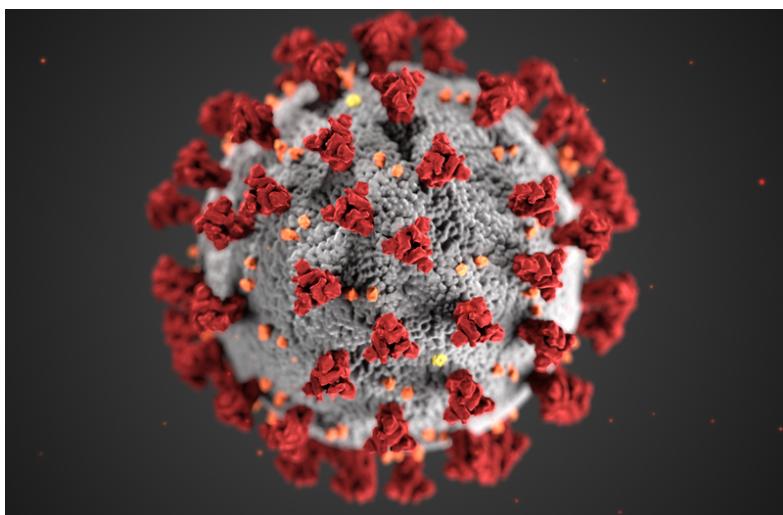


# Over-the-Counter Drugs (OTC)

Misuse and abuse of Over The Counter (OTC) medications are common among youth. Now we see measures put in place to prevent youth from getting ahold of certain medications such as cough syrup. For adults, this may be annoying to have to show your ID to purchase cold medications, but this policy was put in place 2014 to combat the rising trend of youth "robo tripping".

Now, in 2020, we are seeing a new TikTok trend of youth misusing allergy medications such as Benadryl. This is called the "Benadryl" challenge and consists of youth taking an excessive amount of the drug in order to induce hallucinations. This can cause a wide variety of health complications , but, most importantly, death.

So, how can you prevent this? We have talked about locking up medications such as prescription drugs but now it is time to widen the list. Lock up any medications that may be a potential risk for youth and make sure to keep an eye out on what you have in stock. Also, take time to talk to youth about the dangers of misusing OTC medications.



## COVID-19 Updates

- Alleghany County: 180 cases cumulative/15 active
- Covington: 55 cases cumulative/12 active
- Wash hands, wear face masks, maintain 6 feet of distance
- Celebrating safely:  
<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays.html>
- Notifying your contacts if you test positive:  
[https://www.vdh.virginia.gov/content/uploads/sites/182/2020/04/VDH\\_Slow\\_Spread\\_COVID19.pdf](https://www.vdh.virginia.gov/content/uploads/sites/182/2020/04/VDH_Slow_Spread_COVID19.pdf)
- the Governor's orders from Friday:  
[https://www.governor.virginia.gov/media/governorvirginiagov/executive-actions/EO-67-SIXTH-AMENDED-and-Order-of-Public-Health-Emergency-Seven---Phase-Three-Further-Adjusting-of-Certain-Temporary-Restrictions-Due-to-Novel-Coronavirus-\(COVID-19\).pdf](https://www.governor.virginia.gov/media/governorvirginiagov/executive-actions/EO-67-SIXTH-AMENDED-and-Order-of-Public-Health-Emergency-Seven---Phase-Three-Further-Adjusting-of-Certain-Temporary-Restrictions-Due-to-Novel-Coronavirus-(COVID-19).pdf)