



JANUARY NEWSLETTER



Allegheny Highlands Healthy Youth Coalition

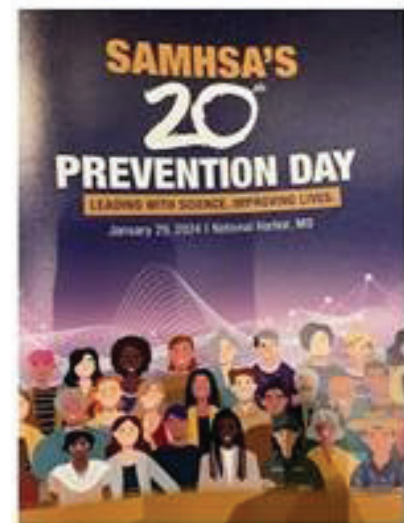
Coalition Updates

Newsletter Written By: Tiffany Bowser, AHHC Chair

One of the most exciting times of year for Prevention Staff is CADCA! The Community Anti-Drug Coalitions of America (CADCA) Leadership conference is the premier and largest conference for community-based substance abuse prevention professionals, coalition leaders, and prevention and addiction researchers. Included in this four day event were 180 sessions that included topics related to Fentanyl, vaping, peer education, emerging substances, growing your coalition, and much more. We were able to garner information on education tools and speakers that would be beneficial to our area.




Building drug-free communities.





What is Synthetic Marijuana?

- Human made chemical produced in a lab
 - Sprayed on plant, liquid in vaping devices
- Illegal
- Spice / K2 / Herbal or Liquid Incense
- Does not show up on drug tests
- Much greater psychoactive effects
- Binds 100 - 800 x more to CB1 receptor compared to THC



SPICE

NON-TRADITIONAL APPROACHES TO COMMUNITY NALOXONE DISTRIBUTION



LEXINGTON

Parenting and Prevention

The earliest and most important part of prevention begins at home. Therefore Alleghany Highlands Community Services recently added a parenting program to our array of services. Cathie Butler is the instructor of this evidence-based program. The classes are open to all members of the community and offers three unique classes.

First Five Years: Birth - Pre K is a 4 session class

Active Parenting: 5-12 Years is a 6 session class

Lifskills Training: 13-18 is a 7 session class

The cost of the program is \$25 per session.



PARENTING PROGRAMS



Alleghany Highlands
Community Services

311 South Monroe Ave. | Covington, VA 24426

540-965-2100

www.ahcsb.org

PROGRAMS

Evidence-based classes for individuals Meets court-mandated requirements

FIRST FIVE YEARS

- Best ways to nurture your child from birth to pre-K
- Give your child a strong start
- Attend 4 sessions

ACTIVE PARENTING

- Focused on children ages 5-12 yrs
- Use nonviolent discipline that works
- Open up lines of communication—before they get clogged
- Prevent problems with drugs, alcohol, and sex
- Stop scolding and start smiling with your kids again
- Attend 6 sessions

LIFESKILLS TRAINING PARENT PROGRAM

- Addressing adolescence
- Interactive, skills-based
- Help you promote positive health and personal development in children
- Collaborative tools
- Family communication
- Role modeling
- Recognize warning signs of substance use

CLASS LOCATION

AHCS Behavioral Health and Wellness
Annex 310 South Monroe Ave, Covington,
VA 24426

DETAILS

- Classes are held on Tuesdays and Thursdays.
- You must pre-register to attend class by visiting www.ahcsb.org or calling **540-965-2100**
- Participants will receive a certificate of completion at the end of class as proof of participation
- Participants' confidentiality is respected
- Assistance with childcare and transportation may be available and must be requested in advance
- Classes are open to anyone in the community
- Materials will be provided
- Reasonable cost; assistance may be available and should not be a deterrent to attend class