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ALERT

This project is funded by the Tennessee Department of Mental Health and Substance Abuse Services.



Get Involved with MDC

We want you as a member of our drug-free coalition! Check out the important dates for upcoming Coalition meetings. Make your voice heard and help us decide what projects to work on in 2016. For more information, contact Aly Taylor at 588-5550 ext. 105.

To submit an article, announcement or suggestion to the Metro Drug Coalition ALERT newsletter, please contact Deborah Huddleston at (865) 588-5550 or dhuddleston@metrodrug.org.

COMMIT TO GIVE

You can help us improve the lives of at-risk teens in Knoxville in one of three ways:

1. Mail: Please make checks payable to "MDC."
2. Phone: Call (865) 588-5550 and ask for Holly Fuquay.
3. Online: Click the "Donate" button on the right sidebar at www.metrodrug.org.

**** Please note, all gifts are tax-deductable****



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Opt-In To Our eNewsletter

Help us save trees (and money) by subscribing to our email newsletter. To sign up, simply enter your name and email address into our online registration form, located on the right hand sidebar at www.metrodrug.org. You will get the same great information you currently receive in our printed publication.

Don't forget to check out our

Read about the latest abuse trends and perspectives from the MDC staff every week. Posts are released each Tuesday. Head on over to metrodrug.org/blog and check us out! We are now accepting guest bloggers! If you are interested in submitting a guest blog, please contact Deborah Huddleston at 588-5550 ext. 103.

Help us grow our social media family

Check us out on Facebook and Twitter to get the latest in drug prevention news and MDC happenings. Let us know what you want to hear about! If you already follow us, invite your friends to do the same.

Check out the Rewind

MDC has launched a new video called The Rewind! This video is posted every Monday on social media and lets viewers know what is going on here at Metro Drug Coalition. Make sure to tune in and let us know what you think!

October Declared as Neonatal Abstinence Syndrome Month

Letter from Executive Director, Karen Pershing

During the 2016 legislative session, a joint resolution passed and was signed by the Governor to recognize October as Neonatal Abstinence Syndrome (NAS) Awareness month in Tennessee. One of the most disturbing outcomes of East Tennessee's opioid epidemic has been babies having to withdraw shortly after birth from the drugs they became dependent on due to the prenatal drug use of the mother. Unlike many other anomalies that can occur in the womb, NAS is 100 percent preventable. If babies are not exposed to substances, they will not have NAS. Sounds simple, right? Unfortunately, it is a very complex issue and finding solutions is both resource intensive and challenging. It's very easy to condemn the mothers and want to punish them, but that doesn't change the fact that the baby has had exposure. While we continue to identify workable solutions, it is critical that we keep in mind that exposure to tobacco, alcohol and other illegal drugs has been problematic for decades. The opioid epidemic has only added to the list of substances that can affect the health and development of a fetus.

In a perfect world, all babies would be planned and born to physically and emotionally healthy mothers. While only about half of all babies born in the United States are planned, mothers with substance use disorders far exceed that number and run close to 90 percent. Reaching this vulnerable population of women takes a multi-pronged approach.



Metro Drug Coalition works with several organizations who have been creating and expanding services to prevent drug exposure to babies.

On October 3, City of Knoxville Mayor Madeline Rogero and Knox County Mayor Tim Burchett, gathered at Susannah's House, an alcohol and drug treatment program for mothers in recovery, and presented proclamations declaring October as NAS Awareness Month. MDC is so thankful for the support we receive from our

local officials and community members around bringing awareness to NAS. One person can't fight this battle alone, it takes an army. We all must remember that no baby's life should begin

with detox. We must continue to be advocates and voices for these mothers and babies.

Join Metro Drug Coalition for the 2nd Annual

YMDC5K

youth metro drug coalition

Saturday, April 8, 2017 at 10:00 am
Sequoyah Hills Park
 1400 Cherokee Blvd - Knoxville, TN 37919

Enjoy fun family activities, food vendors from around the Knoxville community and a chance to win door prizes!
 Proceeds will support **Youth Metro Drug Coalition**.

For more details and to register, visit: runsignup.com/YMDC5K



Recognizing Incoming and Outgoing Board Members

As the year comes to an end, six members are rotating off of the MDC Board of Directors: Andy Black, Mike Brown, Keith Goodwin, Jim McIntyre, Dick Moran and Tank Strickland. These individuals have dedicated their time and service to Metro Drug Coalition for many years. We will miss each of you, and want to thank you for being a part of making a difference in the Knoxville community.

MDC would also like to welcome our newest board members. These members will be rotation on the 2017 Board of Directors and we look forward to having them join our dedicated team.

- Dr. Elise Denny *Knoxville Academy of Medicine*
- Sharon Davis *UT School of Nursing*
- Hilde Phipps *Helen Ross McNabb Center*
- Michele Carringer *Returning Board Member, Knox County Commission*



Important Dates

October

- October 10: Columbus Day
- October 24: United Nations Day
- October 25: MDC Coalition Meeting 12:00-1:30 @ Knox County Health Dept.
- October 24-28: Red Ribbon Week
- October 31: Halloween

November

- November 4: Applications due for Community Champion Awards
- November 8: Election Day
- November 11: Veteran's Day
- November 15: MDC Coalition Meeting 12:00-1:30 @ Knox County Health Dept.
- November 16: Legislative Luncheon
- November 17: Great American Smokeout (GASO)
- November 18: Knox County Juvenile Court Basket Auction/Chili Cook-off 11:30-1:30 @ Juvenile Court
- November 24: Thanksgiving Day

December

- National Drunk and Drugged Driving Prevention Month
- December 6: Community Champion Awards Luncheon
- December 24: Christmas Eve
- December 25: Christmas
- December 31: New Year's Eve

Community Champions Awards Luncheon

It's time for nominations for the 4th annual MDC Community Champions Luncheon! Do you know someone who is making Knoxville a safer and healthier place to live? Nominate them for an award. The ceremony will be held on December 6. MDC will recognize community leaders in the following categories:

Coalition Member of the Year

This award will be given to a coalition member who exhibited commitment to the organization through meeting participation, committee leadership and project implementation.

Innovations in Substance Abuse Prevention Award

This award will be given to an individual who implemented and/or oversaw a groundbreaking prevention project.

Commitment to Service Award

This award will honor a person who is dedicated to giving back to the community, whether through their profession or volunteerism.

Media Advocacy Award

This award is dedicated to the local media professional that brought great awareness to and generated community conversation around substance abuse.

Youth Leadership Award

This award will be given to a "rising star" in the area of substance abuse prevention. The nominee should be a youth or teen trailblazer under 21.

Recovery Services Award

This award will be presented to a treatment professional that has expanded services and/or reduced stigma facing people with addictions.

Celebrate Recovery Award

This award will be presented to a person who has gone through recovery and has put forth extreme effort in making a positive change through their journey.

Completed nomination forms must be received at the MDC office no later than Friday, November 4 at 5 PM. If you are interested in filling out a form, please email Aly Taylor at ataylor@metrodrug.org, or visit our website to fill out an online application.

Survive the Holidays

With the holiday parties and festive occasions approaching, many partygoers will be drinking. Over the next few months, the roads will be filled with many drivers; some who may be under the influence. If you are planning on drinking at any holiday parties, designate a driver. Even after one drink, you are still impaired to drive. If you end up at a holiday event and end up drinking, call a friend or a cab.

Area drivers, please follow these tips to keep the holidays safe and happy:

- Even one drink can impair your judgment and increase the risk of getting arrested for driving drunk—or worse, the risk of having a crash.
- If you will be drinking, do not plan on driving. Plan ahead; designate a sober driver before the party begins.
- If you have been drinking, do not drive. Call a taxi, phone a sober friend or family member, or just stay put.

Remember, it is never safe to drink and drive: Drive Sober or Get Pulled Over. Please keep Knoxville, yourself and other drivers safe this holiday season.

Make the right choices!



Unwanted Medication Collection Event

October 29, 2016
10 a.m. - 2 p.m.



Bring your unused and expired medications to

ingles

East Emory Road, Powell, TN 37849

Meds may **ONLY** be dropped off at this location during this event.

Residential/household medications **ONLY**. Meds from businesses, doctors offices, nursing homes, etc. will **NOT** be accepted. A business representative will be available to talk about private meds disposal options.

Unwanted medications can be dropped off 24/7 at Knoxville Police Department Safety Building - 800 Howard Baker Jr. Ave.



www.medicationcollection.org

Coalition Spotlight: Beth Bledsoe

This special section highlights the work our coalition partners are doing to keep our community safe, healthy, and drug-free. This month, we spoke with Beth Bledsoe.

1. Why is it important for parents and community members to be involved in the coalition?

We are all affected. It isn't just a governmental problem, it is all of our problem and we need to stand up, take responsibility and work to turn this epidemic around. The coalition brings together a multitude of people, companies and organizations from government officials, law enforcement, rehabilitation services, medical personnel, pharmaceutical representatives, concerned citizens and more. Together we can understand the many different facets of addiction and work toward better solutions.

2. How has your journey as a parent to a child with addiction issues helped you with prevention work?

I have learned just how widespread addiction is and that it is a brain disease. There is no quick fix. I cannot "fix" my daughter or stepson, only God can do that. However, I can get involved with my community to work toward solutions and a better understanding of how deep this crisis really goes.

3. How did you first become involved with our coalition?

I looked up the coalition online, found out when they met and literally jumped right in going to the meetings and getting involved with their faith-based committee.

4. Tell us why you are passionate about helping others find recovery?

Why am I passionate? How could I not be! For the past several years I have had to watch two of my adult children destroy their lives, bit by bit. My daughter is a 23-year-old heroin addict and my stepson who is 46, is addicted to pills. My daughter's addiction is compounded by a back injury from a car wreck. Their emotional and physical health is terrible. Their lifestyle puts them in very dangerous places with very dangerous people and they do things they would never have considered as a sober individual. As a mom, it is devastating to watch, knowing there isn't anything I can do to fix it. I live each day knowing that today could be their last. The only thing that keeps me sane and moving forward is my faith in God. Addiction destroys the person and it destroys the families. It also has far reaching economic impacts. I don't want to sit around expecting someone else will fix this. I hope to be in some way part of the solution. This is why I joined MDC and why I am currently a group leader for the Loved Ones of Addicts group at the Celebrate program at Faith Promise Church.

5. Anything else you would like to share?

Addiction is a disease of brain. It should be looked upon and treated as a medical issue and not just a behavioral problem. It is a disease that takes time to heal. There is no quick fix. Families need to understand what addiction is and what they can expect, that there is help for the addict and the family too. We have to look at ways to help people get the right treatment and be able to stay in recovery. We must find better ways to combat the demand for the drugs and to stop the massive supply of illegal drugs that are so widely available. Stopping this epidemic is complex and will take time, many years in fact. The US Surgeon General said it will take a village to fix this problem and he is right. It is going to take all of us working together to fight this. We can never give up.



Beth Bledsoe: group leader for the Loved Ones of Addicts group at the Celebrate program at Faith Promise Church



Be a Parent Not a Peer Town Hall

Each year, approximately 5,000 young people under the age of 21 die as a result of underage drinking, according to the National Institute on Alcohol Abuse and Alcoholism. That statistic includes about 1,900 deaths from motor vehicle crashes, 1,600 as a result of homicides, 300 from suicide, as well as hundreds from other injuries such as falls, burns, and drownings.

On August 30, MDC partnered with WATE Channel 6 and community leaders for a panel discussion on underage drinking. With such an important topic to discuss in our community, we gathered experts for our panel, including: Attorney General Charme Allen, Magistrate Dirk Weddington Juvenile Court, Jason Rozell a parent who lost a son, Karen Pershing MDC Executive Director and Dr. John Bartlett Principal at Bearden High School. WATE anchors, Lori Tucker and Tearsa Smith, moderated the town hall. The panelist offered their perspective and expertise on the effects of drinking on the teenage brain and the consequences of underage drinking for both teens and

parents. This town hall was aired live on WATE and streamed live on wate.com. There were approximately 40 attendees at Bearden High School. The on air broadcast reached an average of 22,000 households and over 65,000 people engaged with us on social media! If you didn't get a chance to watch this and are interested, please visit wate.com and key search Be a Parent not a Peer.

Thank you to everyone who participated in this important conversation. If you need tips on how to talk to your teen about underage drinking, visit metrodrug.org.



YOU'RE INVITED

BornDrugFreeTN's Preventing Neonatal Abstinence Syndrome Through Assessment and Physician Guidance

Thursday, November 17, 2016 - Noon to 3:00 pm
Tennova Turkey Creek Medical Center, Johnson Conference Center - 10820 Parkside Drive, Knoxville, TN 37934

This training will equip providers, nurse practitioners, nurses, residents and office managers to: understand the disease process of addiction, recognize the risk factors and causes of Neonatal Abstinence Syndrome, understand the process of SBIRT (an evidence-based screening tool) to assess risk for substance abuse in patients, and learn ways to implement and administer brief interventions.

Training Overview:

- Overview of the Disease of Addiction Stephen Loyd, MD
- Prevalence of Smoking, Alcohol and Drug Problems Karen Pershing, MPH, CPS II
- What is SBIRT? Karen Pershing, MPH, CPS II
- SBIRT: Screening Karen Pershing, MPH, CPS II
- Forms of Voluntary Reversible Long Acting Contraceptives (VRLAC)..... Annabel Henley
- SBIRT: Brief Interventions Sharon Davis, DNP, APRN, WHNP-BC
- SBIRT: Referrals - Treatment Options Michael Fields, MD
- Implementation: Controlled Substance Monitoring Database Michael O'Neil, PharmD

Pre-registration is required for all participants to ensure an accurate number for lunch. There is no charge to attend. There is a \$30 fee to receive CME credit; there is a \$15 fee to receive ANCC credit.

Please register at <http://www.etsu.edu/com/cme/PNAS111016.aspx> by November 14th to attend.

Accreditation and designation: This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the Quillen College of Medicine, East Tennessee State University and Metro Drug Coalition. The Quillen College of Medicine, East Tennessee State University is accredited by the ACCME to provide continuing medical education for physicians. The Quillen College of Medicine, East Tennessee State University designates this live activity for a maximum of 3.0 AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

CNE Credit: Up to 3.0 continuing nursing education contact hours will be offered for this conference. East Tennessee State University College of Nursing is an approved provider of continuing nursing education by the Tennessee Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. This educational event may contain nursing pharmacology credits that may be used to fulfill your pharmacology nursing CE requirement. The ETSU College of Nursing implements a \$15 certificate fee per conference. This fee covers the following: cost for being a provider of nursing contact hours, supplies, and nursing education coordinator's time for completing necessary paperwork for each conference, reports, study for renewal of being a provider, and attending meetings. Questions? Contact ETSUCNE@etsu.edu. ETSU is an AA/EEO employer.

