E-NEWSLETTER

Working Together to prevent substance misuse and promote healthy families

Welcome to Massapequa Takes Action Coalition's e-newsletter designed to connect parents and residents to MTAC's initiatives, programs and news! Please join our coalition, visit our website or like us on Facebook page to learn more about how to be a part of the solution to prevent substance misuse!

MTAC
MASSAPEQUA TAKES ACTION COALITION

Staying safe this holiday season

Though the commonly held belief is that alcohol keeps you warm in colder temperatures, this is a myth that could turn into tragedy in extreme circumstances.

Accident Prevention Tips:

- Avoid drinking outdoors in the cold weather.
- Decide beforehand how you will get home.
- Dress appropriately in multiple layers. Make sure the outer layer of clothing is waterproof.
- Talk with your child about drinking during the holiday season.

Source: Meshbesher & Spence Lawyers

AS A HOST....

- Offer a variety of nonalcoholic drinks—water, juices, sodas - for those who may choose to abstain and to help counteract the dehydrating effects of alcohol.
- Provide food and snacks. Food can slow the absorption of alcohol and reduce the peak level of alcohol in the body by roughly 1/3.
- Help your guests get home safely—use designated drivers, ubers, and taxis. Any guest getting behind the wheel of a car should not have consumed any alcohol.

AS A PARENT....

- Understand the underage drinking laws and consequences. Click here to learn more about social host laws.
- The holiday vacation break is a great time to have a conversation with our kids about how underage drinking (and drug use) is unhealthy, unsafe and illegal.
- Parents and other adult family members play a significant and powerful role in shaping a child's belief and attitudes' about alcohol, through their role modeling. Be mindful of what children are observing related to adult alcohol consumption and related behavior at holiday gatherings.

THANK YOU MASSAPEQUA!

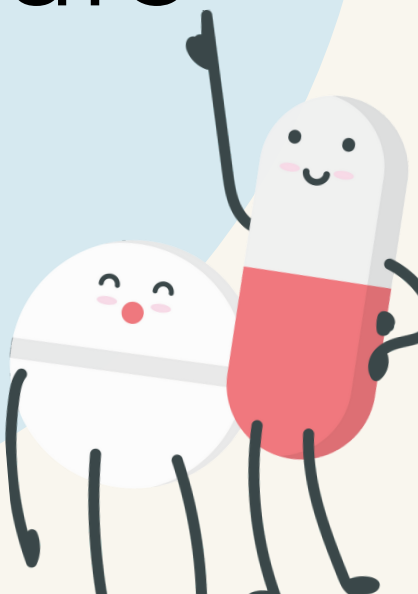
For disposing your unused or expired medication.

This fall..

WE COLLECTED

70+ pounds for safe disposal!





MARIJUANA LEGALIZATION

Earlier this month, a comprehensive **study** based on two national, large datasets by Temple University researchers showed that youth marijuana use increases after recreational legalization. The study will be published in the *Addictive Behaviors* journal in March 2023.

The study found that, after legalization:

1. Adolescents and young adults reported greater use in the past 30 days;
2. With more frequent use of marijuana, adolescents and young adults were less likely to perceive marijuana use as being risky

Marijuana Legalization

In NYC, Long Island, and Westchester combined:

2022: 146
2021: 139
2020: 85
2019: 26
2018: 3

Annual statistics of exposures to Cannabis edible products in children < 5 years old from the NYC poison control center.

START THE CONVERSATION!

When Marijuana use starts before age 18, approximately 1 in 6 people will become addicted (SAMHSA). In the Massapequa's, youth reports using Marijuana as early as 6th grade (2018 YDS grades 7 - 12).



It's never too early to talk with our children about the risks of marijuana use.

Research suggests that one of the most influential factors for children is a strong, open relationship with a parent. Though it may not seem like it, our children really hear our concerns, and it's important that we discuss the risks of using marijuana with them.

Click here to learn Why Kid's and Weed Don't Roll Together.

For additional resources, click here.

DECEMBER IS..

National Impaired Driving Prevention Month

The National Highway Safety Traffic Administration (NHTSA) reported that in 2019 during the week between Christmas and New Year's Day, 210 lives were lost due to alcohol-impaired driving crashes. That's 210 people in one week who didn't make it home because either they or someone with whom they came in contact chose to use alcohol and then get behind the wheel.

Click here for addiction support + services



TIPS AND TRICKS FOR PARENTS + CAREGIVERS

Set clear expectations and consequences

Be a positive role model

Have an exit plan with your child

Get to know your child's friends and their parents

POSITIVE YOUTH ALTERNATIVES

Massapequa Public Library has a lot in store for Massapequas' teens (grades 6-12) providing a variety of youth programming!

Questions? Please email

mplteens@massapequalibrary.org

VISIT THE WEBSITE

FOR A FULL LIST OF UPCOMING TEEN PROGRAMS!

massapequalibrary.org

A few Upcoming EVENTS

12/22	12/27	12/28	12/29
Teen Winter Scarf Knitting	Teen Charcoal Drawing Class	Teen Board Game Night	Teen Graphic Novel Book Club

YOUTH AMBASSADORS

The Youth Ambassador Program gives students grades 9-12th opportunity to work with YES Community Counseling Center and be involved in initiatives that directly affect them. YES is a non-profit, community based organization located in Massapequa and Levittown serving youth and families since 1977. Allow your voice to be heard while making an impact in the communities you live in!

What we offer:

- Community Service
- Leadership Development
- Social Impact
- Educational Trainings

For more information:
516-799-3203
ext 226
sbertuglia@yesccc.org

Click Here for Registration + Dates

ABOUT MTAC

MTAC
MASSAPEQUA TAKES ACTION COALITION

The mission of Massapequa Takes Action Coalition (MTAC) is to prevent and reduce substance misuse and high-risk behaviors in the Massapequas. Since 1997, we have been collaborating with Massapequa Public Schools, parents, residents, law enforcement, clergy, private and non-profit agencies, businesses, and federal, state and local governments to enhance our efforts. *This e-newsletter was developed under grant number NH28CE002530-04 from the Centers of Disease Control and Prevention (CDC) and the Office of National Drug Control Policy (ONDCP).* *The views, opinions, and content of this publication are those of the authors and contributors, and do not necessarily reflect the views, opinions or policies of the CDC and ONDCP.*