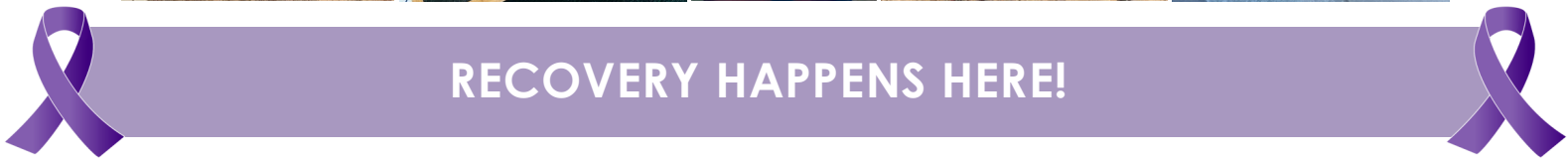
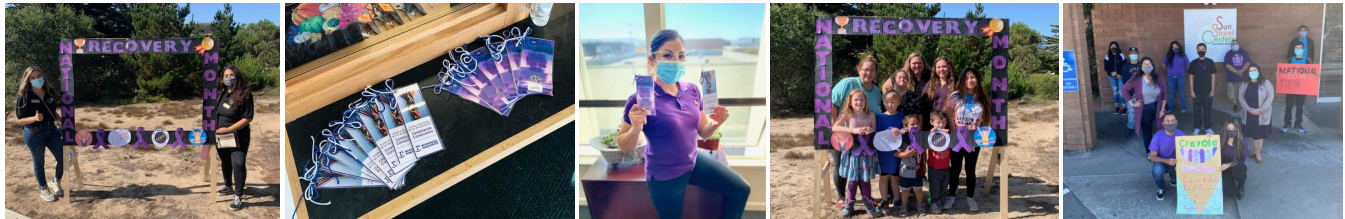




PARTS COALITION

Preventing Alcohol Related Trauma
and Substance Abuse

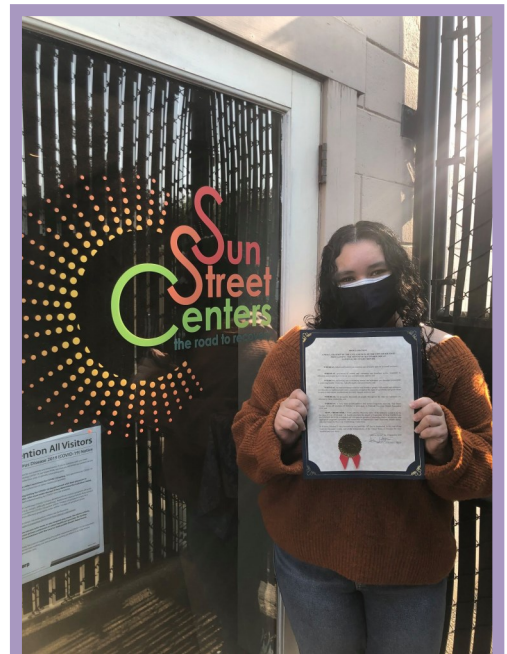
Quarterly Newsletter: July-September 2020



(September 2020) **National Recovery Month (NRM)** is a national observance held every September to educate Americans that substance use **treatment** and **mental health** services can enable those with mental and substance use disorders to live healthy and rewarding lives. Now in its 31st year, Recovery Month celebrates the gains made by those living in recovery.

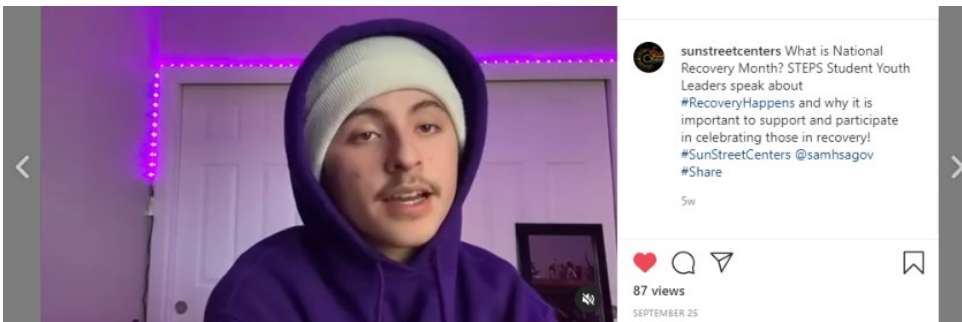
Prevention Department joined the millions of voices for recovery for the month of September. **STEPS Student Youth Leaders** created purple bracelets along with an informational brochures about NRM. These bracelets with brochures were distributed to staff, volunteers, and clients at our residential and transitional housing programs.

In addition, STEPS took their efforts to social media and created videos to promote the overall goal of this campaign, STEPS Purple Shirt Day in honor of NRM, supportive messages for those in recovery to continue, and thanking all participants of the campaign.



In this issue:

- Recovery Happens Here
- Community Education
- International Overdose Awareness Day
- Community Bulletin Board



Community Education

Sun Street Centers' Prevention Department served

127 high school students

through our educational Drugged Driving presentation.

In partnership with Monterey County Health Department, we are working to bring awareness on the dangers of both underage use and driving under the influence of cannabis.



Did You Know?

Marijuana actually slows reaction time and impairs judgment, making it dangerous to drive under the influence of the drug. Remember, driving high means DUI.

International Overdose Awareness Day

This campaign is a global event held on **31 August** each year. This campaign aims to raise **awareness of overdose** and **reduce the stigma** of a **drug-related** death. According to California Opioid Overdose Surveillance Dashboard, in 2018 there were 8,832 ED visits related to ANY OPIOID overdose.

STEPS Student Youth Leaders created a free website you can access from you mobile device (scan QR Code on the right side using your phone camera) and desktop that gives you more information on different forms of overdose. In addition, STEPS added resources and tips you can access to act fast during an overdose.



Important Stats + Additional Info

Because of the COVID-19 pandemic, this year the number of opioid overdoses have skyrocketed due to loss of homes, jobs and boredom.

OPIOIDS

(commonly abused: oxycodone, morphine, codeine, heroin, fentanyl, methadone and opium.)

can cause slowed breathing (respiratory depression) which can cause hypoxia, a condition that results when your brain does not receive enough oxygen. This can lead to coma, permanent brain damage, or death.

DEPRESSANTS

(Benzodiazepines, barbiturates, and alcohol all slow the central nervous system to produce a calming effect.)

can cause slowed breathing (respiratory depression) and eventually stopping, causing death. In addition, other effects include; headache, dizziness, lowered blood pressure, and problems with movement and memory.

STIMULANTS

(examples: amphetamines, cocaine, and ecstasy (MDMA) all increase alertness and heart rate, producing an effect of increased confidence, and energy.)

can cause an irregular heartbeat which can lead to a heart attack, nerve problems that can lead to seizures, abnormally high or low blood pressure, and circulation failure.



Prevention staff handing out information about IOAD campaign

PARTS Coalition Community Board

PARTS Coalition

Want to make a difference? Sun Street PARTS Coalition are looking for new members. New members welcome!



Great American Smoke Out

November 19, 2020

The American Cancer Society Great American Smoke Out is an annual event that encourages and offers support to smokers to make a plan to quit smoking or to quit smoking on the day of the event – the third Thursday in November each year. By quitting – even for one day – smokers will be taking an important step toward a healthier life and reducing their cancer risk.

Pledge to quit, even if it is for one hour or a day!

www.cancer.org

Drive Sober or Get Pulled Over December 2020

Drunk and drugged driving is a deadly epidemic that takes the lives of more than 10,000 people each year, on average. Remember to Drive Sober or Get Pulled Over.

Be Safe. Be Responsible.

www.nhtsa.gov/

STEPS Youth Program

Drug and alcohol prevention program for teens 14-18 years old
Prevention Department
(Salinas, Seaside and South County)
P: 831-753-5150

Contact Us

Give us a call for more information about our services and products

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Here for Good

Community Foundation
for Monterey County



PARTS Coalition Mission

Our mission is to prevent alcohol-related injuries and fatalities, prevent youth access to alcohol and drugs and the initiated use of alcohol, tobacco and other drugs in Monterey County.