



**Be Smart. Be Sober. Be Safe.
Travel Alcohol & Drug Free!**

WILCOX COUNTY COMMUNITY COALITION VOLUME III, ISSUE 5

WSFA DAY OF ACTION

Reduce Stress & Build Resilience with Dr Nefertiti Poyner

Resilient children need resilient adults—but stress and burnout can make that a challenge. Join the Early Childhood Specialist and National Trainer at the Devereux Center for Resilient Children, as she shares simple, research-based strategies to help you reduce stress, regain focus, and bring more joy to your work.

The Wilcox County Prevention Coalition Coordinator disseminated underage drinking and drug prevention information during the WSFA Day of Action. Parents, high school students, police officers, educators, and all stakeholders interacted with our coordinator and gained powerful knowledge of ways they could assist coalition efforts to educate teens not to take that first drink and not to try drugs (see more pictures on page 2).



Don't miss this opportunity to invest in your well-being and strengthen your resilience.
Kaplan Early Learning Center [Check out my Bio Video!](#)



Scan the QR code for more WSFA Day of Action details.

WSFA DAY OF ACTION-FEBRUARY 7, 2025 PICTURES



WILCOX COUNTY COMMUNITY COALITION
IN-PERSON MEETING
FEBRUARY 11, 2025

Our mission is not just to rid the world of drugs, but to educate. If you rid the world of drugs, there are new people that can discover them. But if you educate the world, the state, the county, the community, you have more people teaching new people not to try, not to be peer-pressured, not be curious about using drugs.

Everything that we do in today's world, we gather all the information on it. We Google, YouTube, Snapchat, Instagram it, we do everything. We call somebody, we get all the information that is needed before we decide to do something. Why not do the same with drugs? Why not know what it is that you are putting in your body? Why not know what are you doing? Why not know what the outcomes/effects of alcohol/drugs are?

It is not to say NO, it is just KNOW—educate yourself before you use something. All we are asking for is your time.



ALABAMA VAPING AWARENESS

Substances in e-cigarette aerosol¹

- Volatile organic compounds
- Nicotine
- Flavorings
- Cancer-causing chemicals
- Heavy metals such as nickel, tin, and lead
- Ultrafine particles

INHALING DATA

- 5 OUT OF 10** youth borrowed vape products or gave money to someone else to buy vape products over the last 30 days (n = 123)
- Prefilled/Refillable Vape Device Variations**

EXHALING FACTS & STATISTICS (n = 5,985)

- 63%** of Alabama youth say that vapes are extremely addictive, more than marijuana and cigarettes
- 78%** of youth using e-cigarettes/JUUL/vapes/Puff Bar have increasing risks of developing lung or heart disease later in life
- 80%** of youth say that Nicotine makes most e-cigarettes/vapes/JUUL/Puff Bar extremely addictive

First Time Vapers (n = 1,100)

55% of youth and young adults ages 12-25 are first time vape users

Support and Resources

ADMH Office of Substance Use Prevention
Alabama Quitline 1-800-Quit-Now (1-800-784-8869)
Catch My Breath Health Program² - Catchmybreath.org
Smokefree.gov
This is Quitting Text Program
Tobacco-Free Kids
www.tobaccofreekids.org/problem/tollus/alabama

RISK FACTORS

- Peer(s) using substances
- Unhealthy family interactions and relationships
- Previous stress, anxiety, or depression history
- Perceived availability of substances

Sources: Alabama Epidemiological Outcomes Workgroup
1 CDC Prevention - cdc.gov/vaping
2 ALABAMA 2024 Young Adult Survey
3 Alabama Department of Public Health - 2023 Youth Tobacco Pre and Post Survey
* n = Total Number Responders

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