



PARENT AND FAMILY NEWSLETTER



Welcome to the first edition of the Middletown Municipal Alliance Parent and Family Newsletter!

Purpose: Family members are valuable partners in our shared mission of helping our youth thrive and succeed. It's not always easy to navigate the current drug and alcohol trends or have difficult conversations with loved ones. This newsletter will include Alliance information and upcoming events as well as varying topics, tips, and resources about substance use, mental health, and other at-risk behaviors.



WHO IS THE MIDDLETOWN MUNICIPAL ALLIANCE?

The Middletown Municipal Alliance is a community-based volunteer organization. Through education and awareness, The Alliance works to prevent substance use disorders, underage drinking, alcohol use disorders, vaping, and other at-risk behaviors. The Alliance aims to eliminate the stigma of mental health disorder and substance use disorders through the events and programs they implement.

CONNECT WITH US!



Scan the QR code to visit our website or go to:
www.middletownnj.org/municipalalliance



@Middletownmunicipalalliance



Middletown Municipal Alliance page

NEXT MIDDLETOWN MUNICIPAL ALLIANCE QUARTERLY MEETING: **Saturday, June 15th**

The Alliance meets in person on a quarterly basis on the third Saturday of the month from 8:30-9:30 AM at the Training Room in Town Hall (1 Kings Highway).



TOPICS COVERED IN THIS ISSUE:

● **Delta-8 THC Use in High Schoolers**

● **How to Give a Friend Naloxone**

● **Conversation Starters When Worried About a Friend**

● **How Sleep Can Impact Your Child's Grades**

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DELTA-8-THC USE IN HIGH SCHOOLERS



Approximately 11% of 12th-grade students across the United States in 2023 reported use of delta-8-tetrahydrocannabinol (delta-8-THC, or delta-8 for short), according to the 2023 Monitoring the Future survey, which is funded by the National Institutes of Health. Delta-8 is a psychoactive substance that is typically derived from hemp, a variety of the Cannabis sativa plant. The researchers measured delta-8 use for the first time in 2023 to investigate the drug's popularity among teens as more hemp-derived THC products enter the market and become more accessible. Studies show an association between cannabis use and negative health impacts for teens, underlining the importance of monitoring use of delta-8 and other cannabis products among younger people.

Among those who reported delta-8 use, close to 91% also reported marijuana use, contributing to the approximately 30% of 12th graders overall who reported past-year marijuana use.

"11% is a lot of people – that's at least one or two students in every average-sized high school class who may be using delta-8. We don't know enough about these drugs, but we see that they are already extremely accessible to teens," said Nora Volkow, M.D., NIDA director. "Cannabis use in general has been associated with negative impacts on the adolescent brain, so we must pay attention to the kinds of cannabis products teens are using, educate young people about potential risks, and ensure that treatment for cannabis use disorder and adequate mental health care is provided to those who need it." Delta-8 is one of over 100 cannabinoids in the Cannabis sativa plant. There is no federal minimum age requirement to purchase delta-8 products, which may be sold online or in gas stations and convenience stores.

Continue reading NIH's full article, "Delta-8-THC use reported by 11% of 12th graders in 2023":
<https://www.nih.gov/news-events/news-releases/delta-8-thc-use-reported-11-12th-graders-2023>



ARE YOU READY TO SAVE A LIFE?



Opioid overdoses, especially with fentanyl, are rapidly increasing in our communities. Almost everyone knows someone affected by opioids and overdose. To turn the tide on the harms affecting our neighbors and loved ones, everyone needs to be prepared to save a life.

Anyone can reverse an overdose from fentanyl or other opioids with nasal spray naloxone (also known as NARCAN®). Nasal spray naloxone is simple to use—you do not need special training to use or carry it. When you give naloxone to someone who is overdosing from opioids, it starts helping right away. Naloxone blocks the effects of opioids in the person's body, helping them wake up and breathe again. Always administer naloxone if you suspect an overdose. **You cannot hurt someone by giving them naloxone, even if they are not overdosing from opioids.**

HOW TO GIVE A FRIEND NASAL SPRAY NALOXONE:

Start by laying your friend down.

1. Open the packaging.

Don't test the spray. The canister only has one dose.

2. Hold the canister like this.



3. Insert the nozzle into either nostril.

Your finger should touch their nose.

4. Press the plunger all the way.

Sometimes, a single dose of naloxone isn't enough. Call for emergency medical help (911) and stay with the person until help arrives.

For more information, visit the Washington Poison Center website at: <https://www.wapc.org/>

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Worried About Your Friend?

If you've noticed someone in your life showing signs of a mental or substance use disorder, the first thing you should do is talk to them. It's not an easy conversation, but it could be exactly the encouragement they need to seek help.

By using one of these conversation starters, you can open the door to a judgment-free zone where they'll feel valued, supported, and listened to.

I've been worried about you. I've noticed you've (been drinking a lot, been using drugs, seemed down lately, etc.). Can we talk about what's going on?

I care about you and want to make sure you're okay. If you ever think about harming yourself, you know you can come to me, right?

If you don't feel comfortable talking to me, is there someone else you'd prefer to talk to, like your parents, siblings or someone else who cares about you?

Do you know someone who's had an experience like yours? If you don't, I can help you find someone to talk to.

It seems like you are going through a difficult time. Is there anything I can do to help?

I want to be here for you. Do you want to talk about it?

You can make a big difference simply by letting your friend know you're there. Remind your friend that asking for help is a normal part of life and they can find support at SAMHSA.gov/young-adults or call 1-800-662-HELP (4357) for treatment referral.



SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities. 1-877-SAMHSA-7 (1-877-726-4727) • 1-800-487-4889 (TDD) • www.samhsa.gov

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HOW SLEEP CAN IMPACT YOUR CHILD'S GRADES



Irregular sleep and late bedtimes are linked to worse grades and more school-related behavioral problems among teens, suggests a study funded by the National Institutes of Health (NIH). The authors stated that interventions to promote regular sleep schedules may boost adolescents' academic performance.

Researchers analyzed data from nearly 800 adolescents participating in a larger study. Participants provided information on grades and school-related behavioral issues. They also wore a wrist accelerometer for a week so that study staff could estimate their sleep patterns.

Participants with more variable bedtimes had a greater chance of receiving a D or lower during the last grading period, compared to those with more consistent bedtimes.

Adolescents who went to bed later, got up later or varied the number of hours they slept per night had fewer classes in which they received an A. Adolescents were more likely to be suspended or expelled in the last two years if they got up later, varied the number of hours they slept each night or if they varied the time they went to bed each night.

The authors theorized that delayed bedtimes could result in late school arrivals, which could affect learning and behavior. In addition, many adolescents are biologically inclined to later hours, which conflict with early school start times.

Continue reading NIH's full article, "Irregular sleep and late bedtimes associated with worse grades for high school students": <https://www.nih.gov/news-events/news-releases/delta-8-thc-use-reported-11-12th-graders-2023>



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OVERDOSE STATS:

During January and February 2024, there were 2 Narcan deployments in Middletown.

2 saves / 0 overdose deaths

IF YOU HAVE UNWANTED, UNUSED, OR EXPIRED MEDICATION (NO NEEDLES OR SYRINGES):

Anonymously drop off in the "Project Medicine Drop Box" in the lobby of the Middletown Township Police Station.

Address: Middletown Township Police Department, 1 Kings Highway Middletown, NJ 07733

MAY 2024

May: Mental Health Month
May: Women's Health Month
May 12-18: National Prevention Week

Visit our website for resources!