



# HCSAC in 2021, Onward

FEBRUARY 2021

ISSUE 3

## SPECIAL POINTS OF INTEREST:

**Fentanyl: The Deadliest High**

**Footsteps to Success**

**Insight Radio Program**

**KASA Radio Program**

## COALITION EVENTS:

- **Operation Medicine Bottle, April, 2021**
- **Second Chance Golf Classic, June 2021**
- **Building Skills, Every Tuesday Evening**
- **Promotors De Salud KASA**
- **Project Sticker Shock**
- **Area Alcohol & Tobacco Compliance Checks**
- **2021 Rat Rod Roundup Sep 2021**
- **2021 Morristown Memorial March**

## The Jar and the Stones

A professor of philosophy stands in front of his class with an empty jar. He proceeds to put in some rocks that are about 2 inches in diameter into the jar. When the jar is filled to the top with rocks, he turns to his class and asks them, "Is the jar full?"

Immediately the class erupts in noise and everyone says, "Yes, the jar is full!"

The professor stands there for a minute, and then starts to pour pebbles into the jar with the rocks. He shook the jar and watched as all the pebbles filled the spaces in between the rocks. The professor then asks the class again if the jar is full.

They laughed and all agreed that the jar was indeed full.

The professor then takes some sand and begins to dump that into the jar on top of the rocks and the pebbles. As the class watched, the sand began to fill the remaining open spaces in the jar.



"Now," said the professor, "I want you to see that this jar signifies your life. The rocks are the things that are the most important to you, like family, health, and relationships. If all else was lost and only the rocks remained you would still have a full life. The pebbles are the other things that are important to you, like work or school, and the sand signifies the remaining small stuff and material possessions you accumulate over the years."

He then goes on to explain that if you put sand into your jar first you will not have room for the rocks or the pebbles. The same con-

cept can be applied to our lives. If we spend all our time obtaining and worrying about the small stuff we will not have room for the things that are truly important.

While this story has been circulating for a few years now, I believe it teaches an important lesson on appropriately setting the priorities of our lives. Pay attention to the things in your life that are critical to your happiness and well-being. Take time to get medical checkups, play with your children, go for a run, read a good book. There will always be time to go to work, stress over bills, or fix the disposal. Take care of your rocks first, the things that matter. Set your priorities because the rest is just pebbles and sand anyway.

One other thought, you may think that this jar is now full right? Now you can still add water. The water is like the Holy Spirit! It will totally encompass everything in your life... if you allow it!

## How the COVID-19 Pandemic has affected the Nation's Substance Misuse

Who could have imagined the impact COVID 19 would have on our everyday lives when our country shut down last March? Most of us presumed that the pandemic would be over in a couple of weeks, never envisioning the changes the world would make for the next several months. Seeing others wearing face masks is now the norm. Having your temperature taken **before** entering a health care facility, staying home when you have a cough or a sniffle, home schooling our students, ordering groceries on-line for pick up, cooking at home, missing out on movies and sporting events are just a few of the changes we continue to endure. One thing that perhaps we had not considered was the impact the pandemic would have on substance abuse in our nation.

In 2018, the number of drug deaths in America decreased for the first time in 25 years. However, they rose to record numbers in 2019 and are continuing to climb, a resurgence that is being complicated and perhaps worsened by the coronavirus pandemic. Based on the most recent data from the Center for Disease Control National Center for Health Statistics, there were about 81,230 drug overdose deaths in the United States in the 12-month period ending May 2020, representing the largest number of drug overdoses ever recorded for a 12-month period. The primary driver of the increases in overdose deaths is synthetic opioids, with a 38.4 percent increase in the 12-month count of synthetic opioid deaths from the 12 months ending in June 2019 versus those ending in May 2020.

As part of the public health emergency, the federal government relaxed rules around prescribing methadone and buprenorphine, two common and effective treatments for opioid use disorder. Methadone clinics are now free to dispense up to four weeks' worth of the medication at once rather than requiring daily visits, and doctors are no longer required to meet with a patient in person before prescribing buprenorphine. The loosening of rules requiring mental health visits to be held in-person has also expanded access to counseling, several researchers said.

The isolation of quarantine also created problems. Drug use when one is alone increases the risk of death from an overdose as no one is there to call for help. With In-person treatment virtually eliminated — including visits with doctors or nurses, frequent group counseling sessions and stays at residential treatment centers — the emotional support that is vital to addiction treatment was greatly reduced. Many residential programs shut their doors leaving patients with nowhere to turn.

In addition, drug users have not been able to maintain their normal consumption habits during the pandemic, either because they have lost income and can no longer afford to buy drugs as often or because their local supply has been disrupted. Less use would lead to lower tolerance, putting people at much higher risk of overdosing when they do get access to drugs. When the economy improved somewhat and financial resources became available (like a stimulus check), the drug user might try to use the amount that they were used to using, without the tolerance to handle it.

Based on community needs and characteristics, the CDC recommends expanding distribution of naloxone and promoting overdose prevention education; increasing awareness of and access to treatment for substance use disorders; providing early intervention for those at highest risk for overdose; and improving detection of overdose outbreaks to begin the most appropriate response.



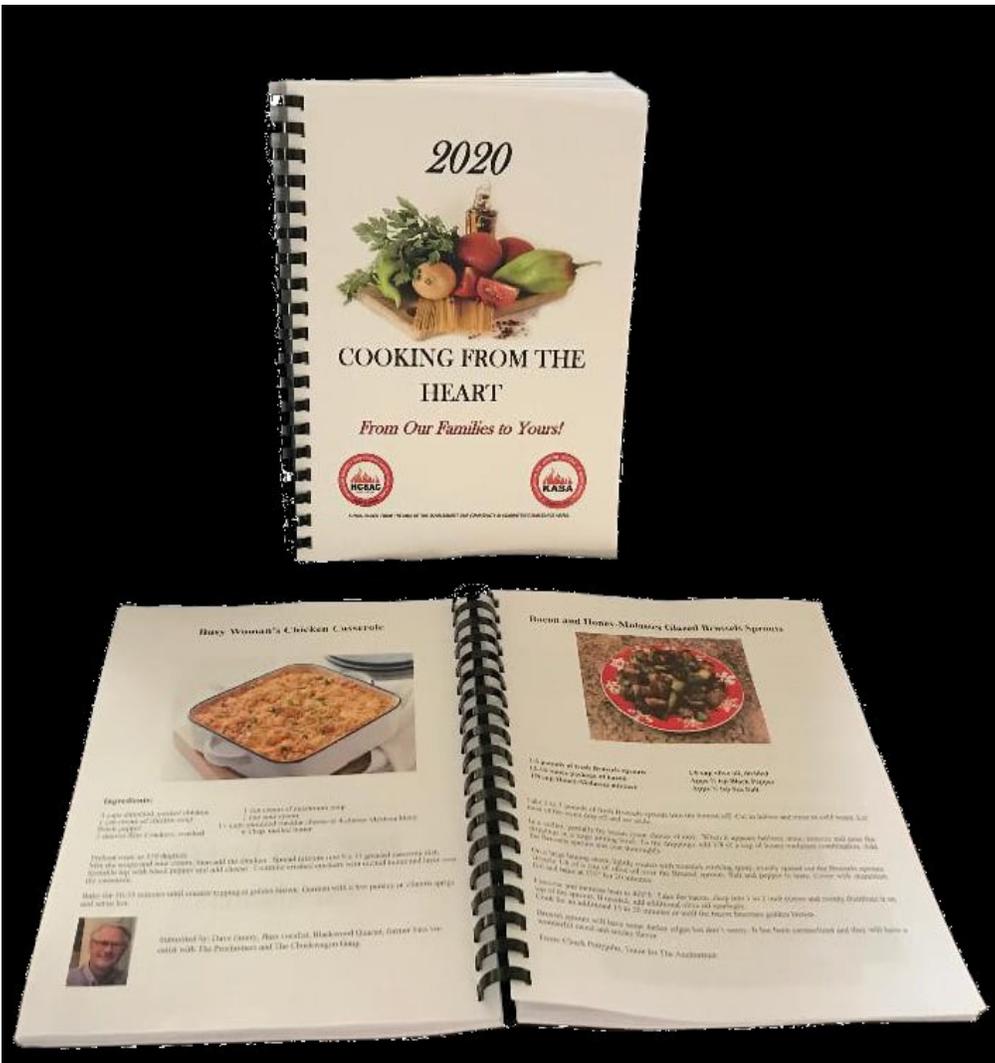
# “INSIGHT RADIO”

Southern Gospel Format

With a focus on Reaching Out to Those Dealing with Substance Abuse!



**Hosted By: Paul Hyde**  
**Of**  
**Redemption's Promise**  
**Exec Director, HCSAC, Inc.**



The Hamblen County Substance Abuse Coalition Fundraising Cookbook is ready for purchase! Just in time for the holidays!

These books make a great gift for most anyone! We have spent three years putting this book together just for you! Recipes from many folks in our community and also a special section of recipes submitted by some of gospel music's best artists such as Gerald Wolfe, Chris Allman, Dave Emery, Anthony Morrison, Jeff Chapman and yours truly, Paul Hyde!

Almost 250 pages of luscious recipes from our family to yours. Great pics and large print, you will treasure this compilation! Your donations for this book will help in the prevention of substance abuse, supplying treatment and recovery resources for those needing help and creating a better environment for our families to live in. For a \$20.00 donation, we'll get you one of the fabulous cookbooks on the way! (423) 748-7494 or (423) 312-5256

Thanks for your help!!

# Building Skills: Integrity

In Building Skills this month, we had a lot of new faces join the program and we discussed integrity, snap decisions, and inclusion. An activity we did that taught us all a little about ourselves was the integrity balloon game. The challenge of this game was to keep our balloon in the air and the winner was the last person standing. However, if you did any of the following you had to sit down.

- ◇ Your balloon touched the ground.
- ◇ Anyone else's balloon touched you.
- ◇ You looked anyone in the eyes.
- ◇ If you said anything.

The job of the leaders was to watch to see if anyone was “breaking the rules” such as not sitting down, accidentally getting touched by another's balloon, or talking. Most of the kids did not seem to want to break the rules, but they did monitor from their seats and call others out when they broke a rule and had to sit. One of them even started hitting his balloon into another player's space to try and get them out to win the game. This according to the rules was not a violation. So, the question that was posed to the group was, “Even though it does not say we cannot hit our balloons toward others, is it right?”



Integrity is having strong morals and values and standing behind those values. It is about being honest and doing the right thing even when no one is watching. After the activity was over, we talked about what exactly integrity meant. We discussed how important it was to have solid morals and values and to be honest, not only about the activities everyone can see, but also the things we do behind the scenes. Integrity is more than just having morals and values it is about doing the right thing even when no one is looking.

choices when they think no one is watching. Having integrity means that no matter what, you make the right choice. One of the goals of Building Skills is to teach young people the skills necessary to live a life of honesty and integrity. We work on these skills so they will have the strength to do the right thing when the time comes. Your integrity is what your reputation is built upon, and like the Japanese Proverb says: all it takes is a single bad choice to destroy a lifetime worth of integrity. So the question you have to ask yourself is, “Is it worth it?”

Often, people cut corners or make bad

## “BUILDING SKILLS”

### Preparing Our Kids Today for a Brighter Tomorrow

## Fentanyl: The Deadliest High

“TBI Seizes More Than 1,000 Fentanyl-Laced Pills in Rutherford County.” “2 Tennessee Men Charged in Fentanyl-Related Overdoses.” These are just a few of the headlines hitting the news over the last few months. Fentanyl related crimes have been on the rise since January 2020 and the COVID crisis has made the drug more popular as restrictions on doctors’ offices and pain clinics have tightened across the country. So, what is Fentanyl and what makes it so dangerous?

Fentanyl is a synthetic opioid that is like morphine but 50 to 100 times more potent. It is prescribed to treat patients with severe pain after surgery and is also an alternative to treat chronic pain patients who have developed a tolerance to other drugs. When prescribed by a doctor the drug can be given as a shot, a patch that is put on the person’s skin, or as a lozenge. The illegally used form of the drug is sold as a powder which is then dropped onto blotted paper, put in eye droppers and nasal sprays, or made into pills that look like other prescription opioids. Some drug dealers are even starting to mix Fentanyl into other drugs, such as heroin, cocaine, methamphetamines, and even marijuana because it takes a very little bit to produce a high. Making it

a cheaper but dangerous alternative. Fentanyl, like morphine and heroin, works by binding to the body’s opioid receptors, which are found in the part of the brain that controls pain and emotions. After taking opioids for some time, the brain adapts to functioning with the drug, making it hard to feel pleasure from



anything besides the drug. This dependency, if not monitored by a professional, can cause an overuse of the medication and lead to an overdose.

As mentioned earlier, many drug dealers are now mixing the cheaper fentanyl with other drugs to increase their profits. The high potency of the drug greatly increases the risk of overdose, especially if a person who uses drugs is unaware that a powder or a pill contains it. Naloxone is a medication that can be given to a person to reverse a fentanyl overdose right away. It works by quickly binding to the opioid receptors and blocking the effects of the drugs. Naloxone is available

as an injectable solution, a hand-held auto-injector, and a nasal spray. People who are or know someone at risk for an opioid overdose can be trained on how to use Naloxone and can carry it with them in case of an emergency.

While the use of fentanyl has increased across the state, awareness of the drug has not. District attorneys across the state conducted focus groups last year with middle and high schoolers to determine the awareness level of fentanyl and its dangers. The results of these focus groups showed a lack of knowledge on the subject and is the cause of their recent statewide awareness campaign entitled “Fentanyl, The Deadliest High”. This campaign effort will utilize social media to reach students across the state and publicize the message of the deadly nature of fentanyl.

Here at the Hamblen County Substance Abuse Coalition (HCSAC), we are doing everything we can to keep dangerous drugs out of Hamblen County. However, oftentimes people are not even aware they are using fentanyl, which is why it can be so dangerous. Raising awareness of the issue can save lives in our community. We want this effort to be the beginning of the end of fentanyl and drug abuse in Hamblen county, and we must work together to make this goal a reality.

# “FOOTSTEPS for SUCCESS” AWARD

## JANURARY RECIPIENT

Our January recipient of the Footsteps For Success Award is Ms. Valerie Tucker.

Valerie has been involved with the Hamblen County Substance Abuse organization in some way since 2008 when the coalition hired Paul Hyde as an Executive Director. The coalition was known as HEAT back then and was a subsidiary of Stepping Out Ministries in Morristown.

Valerie was an active member of Stepping Out and worked alongside of Paul in those early

years. Valerie’s dedicated hard work and servant’s heart was extremely evident in her everyday tasks at Stepping Out.

Valerie created a program called APT, Automatic Positive Thinking, that was a tremendous success within the community. She poured her heart and soul into that program that was un-ethically taken away from her.

Soon after that, the Hamblen County Substance Abuse Coalition, Inc. was elated to bring Valerie on board to work with our youth in a program called Building Skills. Her expertise

in the area, love for youth and loyalty to the HCSAC is very evident!

The HCSAC, Inc. and our community are tremendously blessed to have Valerie! Thanks sis! We love you!!



## Paul’s Page

## Ultimate View of Prevention Work

As I sit back and look at my career in the substance abuse arena, I, now more than ever, stand on the premise that we that work within this profession cannot just concentrate on primary prevention only. I have stated for many years to my prevention peers and my affiliates on the state and Federal levels “If we are not working in the treatment and recovery realm as well, we are only doing part of our job.”

I am a Certified Prevention Specialist. Nowhere in that title does the word “primary or tertiary” appear! Prevention is prevention, whether we are preventing a child from being more “at-risk” for substance use and/or abuse, or if we are helping prevent a child from living within an environment conducive to producing more and more Adverse Childhood Experiences because of a parent or family member’s continued use and abuse of drugs and/or alcohol. It all boils down to what we

are made to choose, or how we choose to interpret the verbiage within any given grant. I implore my peers and prevention partners and co-workers to do your jobs with a passion that goes beyond funding and reaches a realm deep within your hearts to change the lives of those that live around us!

We see lives everyday that are crushed beneath the weight of substance abuse addiction and the repercussions that may come to innocent family members and children that have no control of their situations and environments where they are forced to live, the domestic violence, physical and mental abuse, sexual assault, neglect and abandonment, the feelings of hopelessness and fear of not having a stable environment or having even a single adult in their life that they can confide in or trust.

We, as prevention specialists have

to get to the point that we are compassionate enough to sometimes go beyond what we are funded to do within a grant. Sure we may not be able to “bill” a particular grant for something that we are doing but we must go that extra mile to potentially protect that child or family member from the affects that will, without a doubt, come upon them from the actions of a person that is in addiction.

I stand firm on my feelings that our ultimate job is to “care” about people, to help them find resources that may help them survive the horrible storms that come from having a person in addiction within the family, whether it be immediate or extended family!

We live in an unfair world and we must reach out to all of those that we may help to reach a more hopeful, fulfilling future free from substance use, abuse and addiction!