

DEA NATIONAL ^{Rx} TAKEBACK



Saturday, April 24 | 10 a.m. – 2 p.m.
DEATakeBack.com



Keeping Home S.A.F.E

Substance abuse rates are increasing with more time at home and availability. COVID restrictions, lack of activities, boredom and depression. BUT we can protect our families and keep them safe.

Substance- Abuse -Free -Environment happens only on purpose!

Lock up our prescriptions and any substance that can become addictive! Dispose of unused or old drugs. Police stations, MSP Posts and pharmacies help safely discard drugs.

Model healthy habits and be pro-active about discussing the dangers of drugs, alcohol, tobacco, vaping and marijuana use.

The younger a person is, the more addictive a substance becomes, then adding frequency and potency is the equation for a lifetime of difficulties, side effects, disease and poor decision making.

Get the app [Talk SOONER.org](https://www.talksooner.org) on your phone or your student's tablet to get quick and truthful answers to your kid's questions. Be the hero and research answers together.

Teach your kids by practicing how to say "no" to substances. Make personal goals and rewards as a method to refuse high-risk choices. List alternative activities to parties, peer pressure, self-medication and curiosity. AND then follow through. **Talk sooner – Talk OFTEN.**

For great ideas visit: www.drugfreeworld.org

HEY, PARENTS!

Need help with the drug talk?



Check out www.talksooner.org (disponible en español!) or download the free app, today!

TalkSooner.org

brought to you in partnership with:

Drug Free Coalition News!

April 2021

**ROSCOMMON &
OGEMAW
County Coalitions**

**FIND RECOVERY GROUP
INFORMATION ON
[YOU PICK RECOVERY.ORG](https://youpickrecovery.org)**

Join the County Drug Free
Coalition of **YOUR choice!**

ROSCOMMON VIRTUAL LINK: Zoom
<https://zoom.us/j/92310707847>

2nd Tuesdays 9 a.m.

Ogemaw Virtual Link: Zoom
<https://zoom.us/j/93654528284>
3rd Thursdays 11:30 a.m. Lunch & Learn

Quick News

New Recovery Group in Houghton Lake: Call Gavin: text 989-387-7110: Life Recovery Tues. 6 pm at HL Wesleyan Church, M-55

Medical Assisted Treatment: Go to MidMichigan Community Health in Houghton Lake: 422-5122

Angel Program: Get a room for Recovery and if needed, a ride! Go to MSP Police Post in your county

Ogemaw County Quick Response Team Working with Coalitions and more to help those suffering from an overdose. Contact Catholic Human Services:

MidMichigan Hospital- West Branch partnered with Project Assert/Ten16 Recovery. Go to the ER and request a meeting with a recovery coach or specialist. We're here to help!



**DRUG-FREE
COALITION
OF OGEMAW COUNTY**

