

VOICES *in the know*

NEWSLETTER

September 2022

PREVENTION: TALL COP SAYS STOP



As a national trainer, I commonly receive drug-related questions from across the country. Every year, those questions may vary from vapes to CBD to the newest opioid that is trending. But in 2021 without a doubt, the #1 drug-related question that I get, is about Delta 8 THC. This bulletin will highlight some Delta-8 street-level drug trends, use, sales outlets and more. I will also review some of the early feedback from youth and adult cannabis users of Delta-8.

Generally, when referencing the common terms of 'THC', 'weed', or 'cannabis' it means Delta-9 THC (Delta-9-tetrahydrocannabinol). As I have been teaching in my classes, Delta-9 is what we all know weed to be. So, what is Delta-8?

Delta-8 THC is a compound from the cannabis plant. Many users of Delta-8 feel that it gives them about half the high of traditional weed (Delta-9). Users also report that the high also doesn't last "nearly as long" as Delta-9 THC. You may be asking yourself, "Then, why do they use Delta-9?" During my research scans, feedback gained from professionals, with clients caught using Delta-8, and talking to a handful of toxicologists, there are varying reasons for Delta-8's popularity. Please, keep in mind the reasons for popularity are subjective opinions, expressed by drug users of Delta-8:

- Helps with their nausea,
- Perceived by some users to be legal in many areas,
- Readily available. (Depending on the state, Delta-9 is found in vape shops, smoke shops, CBD stores, gas stations, cannabis dispensaries (near other traditional cannabis products), and shopping malls, to name a few.)
- Although not a new compound, it is a new cannabis trend for youth.
- Not all labs can test for it, making it popular for some on probation or parole.

We are finding Delta-8 in many of the same forms we have traditionally seen Delta-9, including vape cartridges, wax, leaf, mixed with some CBD products etc.

I would like to share some of the feedback on Delta-8 from previous class attendees:

- Some very valuable info shared from one toxicology lab was that they had commonly seen Delta-8 traveling with Delta-9 test samples...but in early 2020 they began to see some Delta-8 cartridges with little to no Delta-9 and that is what set off the bells in their lab. Also, one of the most common forms of Delta-8, were vape cartridges.
- A probation officer called me and shared that he had several clients fail recent drug tests and the clients claimed they had purchased Delta-8 cartridges from a local gas station and were told by the clerk that they would pass drug tests.
- Another probation officer said a pregnant female on her caseload told her that Delta-8 helps her with her nausea.

In regard to the promotion and marketing of Delta-8 THC, we are seeing billboards on major highways, marketing in shopping malls (where youth frequent, sales of various forms in cannabis dispensaries, and sales in the local gas station.

If you have questions about the legality of Delta-8 in your city, county or state, please contact your local prosecutor or district attorney, as they are the ones to direct that question.

<https://www.tallcopsaysstop.com/>

SUICIDE PREVENTION



September is National Suicide Prevention Month. All month, mental health advocates, prevention organizations, survivors, allies, and community members unite to promote suicide prevention awareness. Spread the word about suicide prevention, and show how we can all take action and make an impact in someone's life. Share #BeThe1To's 5 action steps, as well as resources, tips and messages throughout National Suicide Prevention Month and beyond. Learn about each step and why the steps are effective [HERE](#).

WAYS TO PARTICIPATE

Spread the #BeThe1To message on social media by *using our plug-and-play Message Kit. (2022 update coming soon!)*

- **Share the 5-steps by choosing a Graphic Kit** from the options below. The Graphic Kits detail the steps to help someone in crisis. Sample messages to accompany the graphics are included in the plug-and-play Message Kit.
- **Create your own 5-step Graphic Kit** using our *Customization Guidelines*. Submit your kit, along with a .png of your logo and a link to your website, to be added to this page by emailing it to communications@vibrant.org with the subject line "#BeThe1To Custom Kit."
- **Send a postcard to *thank someone*** who has "been there" for you during a difficult time.
- **Download a *#BeThe1To poster* or two**, print them out and hang them up in your communities to spread the word that we can all take action to help prevent suicide.
- **Donate** to your *local crisis center*, or *Vibrant Emotional Health*, the administrators of the 988 Suicide & Crisis Lifeline (formerly known as the National Suicide Prevention Lifeline).

<https://www.bethe1to.com/>



ADVOCACY
[READ MORE](#)



YOUTH
[READ MORE](#)

V4P MEMBER SPOTLIGHT: MICHAEL MUMPER



1. Name- Michael Mumper
2. Organization- Drug Free Fayette / Fayette FACTOR
3. Job Title- Project Director
4. Description of organization and role within the organization – substance abuse prevention organization. I provide guidance and support to our 57 coalition members.
5. What is your favorite thing about working in the field of prevention? – the passion we all have for really making an impact in our communities.
6. What is one piece of advice to those who work in the prevention field? – We’re in this for the long haul, and our work takes time. Let’s try to keep learning a little more every month, every year, and keep strengthening our “prevention muscles”.
7. Any events your organization has coming up that you want to promote? – Several of us Georgia preventionists have decided we need to be stronger in the alcohol policy world, because we’re losing a lot of policy battles. Sometimes this work even dips into lobbying. We formed the Georgia Alcohol Policy Alliance to fill a gap – both at the state and local levels – to impact alcohol policy. Let us know if you’d like to learn more about this organization, how you can help, or what help you need with alcohol policy at the local level.
8. Any other comments? – We are right to pay attention to what we CAN’T do regarding advocacy due to federal lobbying constraints. But there’s also a lot we CAN do. Let’s take the time to learn what we can do as a federally-funded nonprofit, as a coalition using unrestricted funds, and sometimes as an individual citizen. Our youth need us to flex our advocacy muscles!

V4P wants to hear from you.

[ADVOCACY SURVEY](#)

Youth Action Teams
[REQUEST DOVER Y2Y KITS](#)

Share with V4P

Our readers come to V4P to hear and learn what is happening in the world of suicide prevention and substance abuse prevention. We strive to gain as much information as possible to share with V4P members and others across the state because knowledge is power.

V4P wants to hear from you! We invite you to let us know if you are having any future advocacy events, whether it’s a webinar or virtual event that is open to the public that you would like to share. We call on our youth to send

in articles and input for ways we can advocate for suicide prevention and substance abuse prevention. If you know of any Office of Behavioral Health Prevention and Federal Grants (OBHPFG) provider activity updates for the state of Georgia, please share them. We encourage all members to let us know if you have any accomplishments of individual members and member organizations that you would like to announce. Click the link below to share and we look forward to hearing from you

ADVOCACY

ACTIVITIES

YOUTH

IDEAS INPUT

MEMBER

ACCOMPLISHMENTS

OBHPFG STATEWIDE PROVIDER ACTIVITIES

V4P Free Membership

To become a member with V4P is free. Membership includes exclusive webinars, networking opportunities, and much more. You can also be involved with V4P events via our social media accounts. Our social media handle on Instagram, Twitter, and Facebook is V4PGA. So, click that follow button and be a part of the V4PGA experience!



Upcoming Events

September

September: National Suicide Prevention Month

September 4-10: National Suicide Prevention Week

September 8: 2022 Georgia Suicide Prevention Virtual Summit (<https://preventsuicidega.org/event/sp-summit-2022/>)

September 10: World Suicide Prevention Day

September 15- Youth Advocacy Project Webinar

(<https://us02web.zoom.us/j/81905281936?pwd=QIN1a2FBNjhTWDA1ZGZiNkFEUll3QT09>)

September 29- V4P Member Call

(<https://us02web.zoom.us/j/84842924316?pwd=ZmtjZTJ5a0w0VkJtallyOU9wejB1QT09>)

October

October: Bullying Prevention Month

October 5-7 DBHDD Behavioral Health Symposium

October 10: World Mental Health Day

October 23-31: Red Ribbon Week

November

November: Webinar w/ Dr. Norton- TBA

[SEE OUR CALENDAR](#)



<https://youmatter.988lifeline.org/change-can-be-scary-but-it-can-also-be-beautiful/>