

SARASOTA COALITION ON SUBSTANCE ABUSE NEWSLETTER

Month in REVIEW



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What is K2?



Often considered a “legal form of marijuana”, K2 is quickly gaining in popularity across the nation. It is actually a type of incense that most recently caused several Sarasota County teens to become very ill after smoking the substance. K2’s appearance is similar to potpourri and often sold in small potpourri bags, with different flavors (Blonde, Citron, Standard and Summit) and is typically sold for around \$10.00 a gram. A crime lab in the Johnson County Sheriff’s Office (KS) recently tested the K2 chemical properties and discovered that K2 is similar to that of THC in marijuana, which better explains the feeling that one may experience when smoking the substance. Since K2 does not show up in a standard drug test, and the substance is legal, the risk of legal problems for sellers and users is reduced. Yet, with the effects being similar to that of illegal substances, people who smoke K2 still run the very real risk of impaired driving, poor decision making skills and medical problems. With the drug being rather new, the long term health effects are still unknown, which makes its use a dangerous risk.

PARENT TIPS

Please keep an eye on your children’s activities. Do watch out for these signs of drug abuse as compiled by the police:

- Drastic change in mood without reason
- Abnormal sustained fatigue or bursts of energy
- Change in sleep or appetite patterns
- Decline in personal hygiene
- Withdrawal from family activities or decline in adherence to family rules
- Change in friends or loss of interest in typical activities
- Decline in school performance and/or attendance
- Irresponsibility
- Aggressive behavior
- Lies about whereabouts or events
- Unexplained loss of money or possessions

WHERE TO TURN

If you suspect your child or his/her friends of having been in possession of the K2 drug, you can:

- Emergency, CALL 911
- Call your family physician
- Call you local hospital
- Call your child’s school (speak with either Guidance Counselor, School Nurse or School Resource Officer)
- Health Department (941) 861-2900

Board of Directors

Sherri T. Reynolds, Chair
Sarasota County School Board

Lt. Tim Enos, Vice-Chair
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SCoSA, Executive Director

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Jewish Family & Children’s Services

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Judge, 12th Judicial Circuit

Charles Brown
Gold Coast Eagle Distributing

Lisa Maier
Hanley Center

Scott Dennis
ABC 7

Honorable Larry Eger
Public Defender, 12th Judicial Circuit

Our Mission:

To promote substance abuse free environments through increased community awareness and advocacy.

Our Vision:

We envision a community where everyone has the tools for living a healthy and effective life.

SCoSA.org Website Stats

Since we began tracking website activity in January 2009*:

- 3748 Absolute Unique Visitors
- 6,450 Visits
- 14,174 Page Views
- 64.64% Bounce Rate

Bounce Rate refers to the percentage of visitors that clicked on a resource, partner or member whose webpage link is posted on our website. Great news for our partners and members!

*Report date December 15,

Our next Board of Director’s meeting is scheduled for:

Tuesday, January 19th, 2010
12:00PM - 1:30PM at the
Sarasota Coastal Credit Union

Guest: M. Jessica Ventimiglia,
Executive Director,
United Way 2-1-1 of Manasota, Inc.

2010 Community Awards

2010 Citizen of the Year:

Thomas L. Randle, Jr.

Mr. Randle will be honored at the 5th Annual Sarasota Shining Stars Recognition & Awards Luncheon scheduled to take place on Thursday, March 18, 2010 at the Hyatt Regency Sarasota.



Mr. Randle is the interim executive director, Habitat for Humanity Sarasota, after having served as President and CEO of Sarasota Coastal Credit Union, Sarasota, Florida for 20-years. After military service, including a tour of duty in Vietnam, he was employed for ten years with ITT Aetna Finance, before beginning his credit union career as executive vice-president, Government Employees CU, and then as CEO of State Department of Education Credit Union. He is the immediate past chair of the Sarasota Coalition on Substance Abuse, Inc., and remained on that board until recently. In addition, he served on the boards of the Florida Credit Union League, Florida Credit Union Shared Services, Big Brothers Big Sisters of the Sun Coast, and is a mentor to high school students in a dropout prevention program. To view Mr. Randle's full bio, please visit our website and click on the Shining Stars link.

Sarasota Shining Star:

Monica Becket

Also being honored on March 18th, Monica Becket, a member of the North Port CHAT (Community Health Action Team), graduated from Gonzaga University in Spokane, WA, with a Bachelors Degree in Human Services. She is very involved in Community Outreach, and serves on the Healthy Start Planning and Evaluation Committee; is chairperson of the North Port Alcohol and Substance Abuse Prevention Committee; and is a member of the Sarasota County Sheriff's Prescription Drug Diversion Task Force. She has work experience as a Financial Counselor, Medical Billing Arbitrator for Better Business Bureau, Public Relations and Marketing, and has previously served on the Board of Directors at Saint Joseph Family Center in Spokane, WA.



If you are interested in attending this event please call our office at (941) 377-7736 or email Amy@scosa.org for more information.

Staff / Support

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Would you like to receive our monthly newsletter?

Email Carol at:

Carol@scosa.org

For a list of substance abuse treatment and intervention resources, visit our community resources page at:

www.scosa.org



We would like to wish everyone a wonderful, safe and healthy



Holiday Season

Visit our website for holiday safety tips and "mock"-tail recipes, a tasty alternative to drinking an alcoholic beverage.



<http://www.scosa.org/SeasonalPages/HolidayTips.htm>



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