

MAY 2022

NEWSLETTER



FOR MORE GO TO:
www.quincypartnership.org

Current Project YOU CAN

You Can is a media campaign developed by the Washington State Department of Health. This campaign is all about promoting youth inner-strength and healthy coping mechanisms. This campaign serves to inform and encourage young people. Here are a few examples of the messages we send with words, images, videos, and suggested activities:

YOU CAN DO ANYTHING YOU PUT YOUR MIND TO. And since your brain is still developing into your 20s, you'll want to take good care of it. Research suggests that using marijuana while your brain is growing can change your brain chemistry and have lasting effects on memory, learning, and intelligence.

YOU CAN EXCEL AT THE ACTIVITIES YOU LOVE. If you want to perform at your peak, know this: marijuana has been shown to hurt your performance on stage and in sports. It can affect coordination, movement, and reflexes, impairing your ability to react quickly on the court, judge distance on the field, or nail a tricky instrumental solo. Plus, using marijuana might disqualify you from participating at all.

YOU CAN STAY STEADY, EVEN WHEN TIMES GET TOUGH. Marijuana can make you feel depressed, anxious, and/or paranoid because of the way it interacts with your brain chemistry. It can weaken your motivation and cause you to lose interest in all the

awesome activities and hobbies you love. Some recent studies even suggest a link between marijuana usage and psychosis. **If you are depressed or suicidal, call 1-866-TEENLINK or visit www.teenlink.org.**

YOU CAN SPOT A GREAT MATCH. Like Rachel and Ross or peanut butter and jelly. But using marijuana and alcohol at the same time is a bad combination. Together, they can cause reactions you didn't expect, or the effects of one drug can be more powerful than the other. These affects could be physical (like nausea or vomiting) or psychological (like panic, anxiety, or paranoia).

Check out more information like this at www.youcanwa.org. There are many great suggestions about how choose you by following your passions, being active, being creative, being healthy, and setting goals. **QPY believes You Can!**



Sector Highlight

YOUTH

QPY's vision is that, "Quincy is a community of healthy, drug-free, and successful youth." Everything we do is all about the youth. What is particularly important for our coalition to reach this goal is the youth voice. QPY openly accepts youth as full coalition members. We invite our

local young people to join us at our monthly meetings and be heard.

We fully recognize that all objectives we take on are exponentially improved when youth perspectives are involved and youth leadership is in place.

See our website at www.quincypartnership.org for more details.



Upcoming Events

YOU CAN MEDIA CAMPAIGN
Month of May

FAMILY MOVIE NIGHT
May 20th
5:30pm • Mountain View Elementary

JUNE COALITION MEETING
June 9th
3:30-5:30pm
Location to be determined

Member Highlight

Karla Nunez – “I have been involved in QPY and YAI since I started high school, back in 2018. As someone who immigrated from Mexico, I feel like QPY helped me become a part of the Quincy community. I had the fortune to meet, work, learn, and bond with the people working to create positive change. As I jumped on the boat of community service and prevention work, I had the mindset of working towards having an impact around my fellow peers and the rest of the community. However, I realized that throughout my journey, QPY made an immense impact on my life as well. Having the opportunity to be part of several projects allowed me to build on skills that will help me be successful throughout my life. I remember the starting stages of “Under the Influence of... You” and “Sources of Strength” and seeing them continue to have success despite the challenges the pandemic brought, makes me feel especially proud of all the hard work that was put into these programs. I believe that QPY along with YAI, will continue to make Quincy a great community.



Karla Nunez

Prevention Topic

PERCEPTION OF HARM

When we talk about “perception of harm”, in prevention, we mean how harmful people believe substances to be. It happens often that a person’s “perception of harm”, about a substance is low, but the facts about that substance indicate the “perception of harm”, should be higher. We see this most often when addressing marijuana use.

There are many differing opinions about the effects of marijuana on our bodies and minds. Many believe marijuana is just a harmless plant that cannot hurt the body. However, we know from much research that is not the case- especially for youth.

Marijuana can change the way a person’s mind and body perform. Our brains continue to grow and develop until our mid-20’s. The long-term impacts of marijuana use on the brain

are still unclear, however, using marijuana while the brain is still growing can change brain chemistry and interfere with it, making it harder to keep up at school and achieve other goals. It negatively affects memory, motivation, mood, judgment, coordination, and reaction times.

We recommend much healthier recreation activities and coping skills. What works better than marijuana? Some ideas include meditation, physical activity, creative outlets, personal connections, and healthy eating... to name a few.



Upcoming Project

QPY will be sponsoring attendance to Montana Summer Institute for a select amount of coalition members. Here are a few words about this training from www.montanainstitute.com/msi:

the
MONTANA
Summer
INSTITUTE

IN-PERSON AT BIG SKY

and virtually from wherever you are!

Transformation isn't easy.

Even positive change can be difficult and messy, especially when you are in the thick of it. Positive Community Norms is a proven framework that can help you create, guide, survive, and celebrate transformation. Join us in Big Sky or online for three and half powerful days that will help you find your way

as you uncover and grow the positives that already exist in your community.

Get ready for inspiring connections, cutting-edge research, real-world case studies, and hands-on skill building that will bring the spirit, science, action, and returns of Positive Community Norms to life. Sign up now to learn how to increase health, strengthen norms, and build lasting change and transformation in your community.