

## Working Together

*Our Nation is at war with itself: liberal vs conservative, rich vs poor, Christian vs Secular, and on and on. Meanwhile, the real enemy is making progress and destroying the future for our children, grandchildren and future generations. That enemy is drugs in our culture!*

*Drug use at Kingswood Regional High School is higher than the state average; and NH is higher than the national average. <sup>(1)</sup>*

*Also, NH has the second highest death rate in the nation due to drugs. In NH, the age for drug use often begins before age 13. How did this happen? **Because we have not united together as a community to say:***

***“Not here,  
Not in our community;  
Not in our schools!”***

*Drugs increase the crime rate, keep children from learning, make people non-productive, separate families and destroy lives!*

*Let's take action now!*

<sup>(1)</sup> 2011 Youth Risk Behavior Survey (CDC) Marijuana use in last 30 days.

## Drug Prevention

*Drug prevention is the key! Encouraging our youth to say “No” to drugs is essential to creating a Drug Free Community.*

*Drug Prevention (education) needs to start at an early age. Since many youth start before age 13, then messages about the risks of substance abuse and the benefits of a healthy lifestyle must start by age 8 and continue through the mid 20s. This requires Community!*

*There are many mixed messages today about drugs. For example, Legalization vs decriminalization of marijuana. Maine and Massachusetts made marijuana legal. NH is keeping it illegal. This confusion leads many to believe that marijuana is much like alcohol. It is not!*

*Education and awareness throughout the community is essential.. Typically, a dollar spent on drug prevention can save \$10-\$20 dollars on drug treatment and rehabilitation.*

***“An ounce of prevention is worth a pound of cure.” Ben Franklin***

## Drug Intervention

*Intervention occurs when loved ones confront a person with substance use disorder to encourage treatment. It is difficult and success is never guaranteed, but it is often required. Loved ones may want to use the services of professionals to help them prior to the intervention.*

## Drug Treatment

*Often, after a successful intervention, the individual needs to receive treatment services for the specific addiction as soon as possible. White Horse Addiction Center in Ossipee is the only facility currently in southern Carroll County.*

## Drug Recovery Support

*It is important the Community provide ongoing recovery support, often this is peer support groups. Other assets in the community can be identified and made functional. Recovery support is essential, so that the cycle is broken.*

***NH State Drug Hotline  
Dial 211***

## **“Team Wolfeboro”**

*Team Wolfeboro was initiated by four men at First Christian Church of Wolfeboro in 2017. They recognized that drugs are out of control in our community, our county, our state, and our nation and that “Prevention” is the key to eradicating the use of illegal drugs. If our children are on drugs, there is no future.*

*When is the last time you saw a “Drug Prevention” commercial? Probably in the 1990s when you saw “This is your brain.....This is your brain on drugs.” When was the last time you saw a Drug Rehabilitation Commercial? Probably the last time you turned on the TV. Drug Rehabilitation is big business; Drug Prevention is not! The emphasis must change!*

*The goal of Team Wolfeboro is to create a Drug Free Community! This can be achieved by Education, Encouragement, and Enforcement (E3). And we need your help!*

***Become a  
Partner for a Drug Free Community!***

***For Additional Information  
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## **Marijuana – The Door to Addiction**

*The dangers of Marijuana are significantly more today because Tetrahydrocannabinol (THC) is 10-20 times stronger than marijuana in the 1960s. Therefore, THC stays in the body weeks or months, attacking the body and increasing the risks of:*

- **Behavior Problems** -Marijuana can cause panic, hallucinations, paranoia, and psychosis.
- **Brain damage** - Marijuana use damages the brain affecting memory, motivation, and self-control
- **Cancer** - Marijuana has 400 different chemicals; many cancer causing especially lung cancer.
- **Heart Attacks & Strokes** -Marijuana increases the risk of both of these.
- **Immune System** - THC damages the immune system; creating a greater risk for all diseases.
- **Sexual Reproduction** -Marijuana use affects male reproduction.
- **Birth defects** – Marijuana generates birth defects in infants including leukemia.

*Marijuana is addictive and destructive!*

***For Additional Information  
Partnership for a Drug Free NH  
www.drugfreenh.org***



*Photo by Bob Ness*

## **“Team Wolfeboro”**

- ***Government***
- ***Law Enforcement***
- ***Education***
- ***Health Services***
- ***Businesses***
- ***Community***

***“Partners for a  
Drug Free Community!”***