



HPCC HAPPENINGS

Preventing substance abuse and empowering community

Who We Are

The HPCC is a grant-funded organization dedicated to preventing substance abuse and supporting a healthy environment in Hazel Park.

What We Do

The HPCC supports Hazel Park students and families in living healthy lives from the inside out through social education, community collaboration, and political advocacy.

Get In Touch

**Follow us on Facebook,
Instagram, and YouTube
@HazelParkCC**

24300 Hughes Ave
Hazel Park, Michigan
48030

(586) 747-1394

Executive Director
Carol Jackson
carol.jackson@hazelparkschools.org

Youth Programs Coordinator
Kelsey Dovico
kelsey.dovico@hazelparkschools.org

5 FACTORS THAT CONTRIBUTE TO ADDICTION



Genetics



Mental Illness



Home &
Social
Environment



Stress



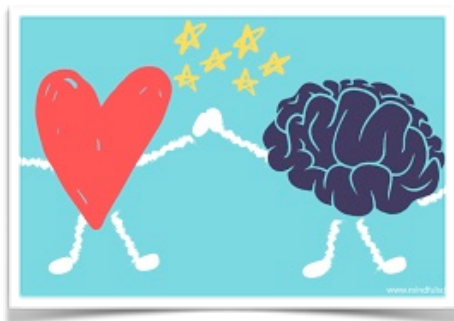
Trauma /
Abuse

Journey

This month in focus: Stigma and Addiction

Stigma is a mark of disgrace that sets a person apart from others. Nearly everyone has felt stigmatized before, or has stigmatized others in some point in their lives. In our society, many people hold strong social stigma against those who struggle with drug addiction. One reason for this is because of the false idea that drug addiction indicates a moral failure, when really it is a disease. Another reason that contributes to stigma are **stereotypes**, or generalized assumptions, about who drug-addicted people are, what they look like, and how they live.

Substance addiction is a disease of the brain wherein one feels a strong compulsion to take a drug even though it is causing harm to their body and problems in their life. Addiction is a complex interplay of *genetic, biological, social, and environmental* factors. Mental illness, including



Mindful Corner

What is mindfulness, anyway?

James Baraz beautifully states:

"Mindfulness is simply being aware of what is happening right now without wishing it were different; enjoying the pleasant without holding on when it changes (which it will); being with the unpleasant without fearing it will always be this way (which it won't)."

There are a huge variety of ways that we can gain this present-moment awareness. Some people listen to their own breathing. Some people feel the vibrations of their feet hitting the ground while they are walking. Some people imagine what they are hearing or feeling as a color. The list goes on.

"Mindfulness" is not something that anyone will ever master or perfect - it is something that you **practice**.

Practice mindfulness, breathwork, and basic yoga made just for Hazel Park teens on the HPCC YouTube Channel

@HazelParkCC

addiction, is not a personal weakness and cannot be "cured" by personal strength or willpower.

Because addiction is a disease, **it does not depend** on a person's age, income, race, religion, gender, sexual orientation, occupation, or any other social identity.

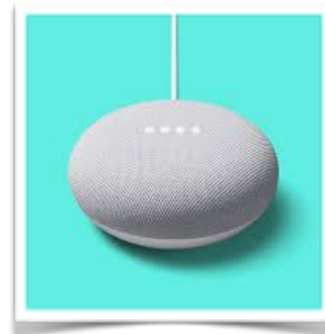
The best way to reduce social stigma is to get educated. Follow the HPCC on Facebook, Instagram, and YouTube to stay in the know about addiction prevention in Hazel Park!

Hazel Park Above the Influence Video Challenge

What does *living above the influence* mean to you? Share your perspective, and win a **Google Nest Mini!** The HPCC is sponsoring a video challenge for teens age 12-17 in Hazel Park. Here's your challenge:

- 1. Create a 60-second PSA video that addresses the prompt: "Living Above the Influence".** From spoken word/poetry to dance, from photography to film, we're looking for creative videos that send a bold message about living drug-free!
- 2. Follow @HazelParkCC on Instagram AND Facebook.** (Bonus points if you share 1 of our posts to your personal timeline/story.)
- 3. Post your video to either Instagram OR Facebook by August 31st, 2020.** Your description/caption **must** tag both @HazelParkCC and #HazelParkAboveTheInfluence and include the phrase "Above the Influence at [insert name of your school] in [insert grade level]."

Our Youth Action Board leader and staff members will announce a winner on our social media channels in early September. We can't wait to see what you create!





National Wellness Month

August is a nationally-recognized month dedicated to self-care, creating healthy routines, and stress management. **Grab your journal**, and let's take a closer look at each of these!

♦ **Self-care** is the practice of taking an active role in protecting one's own wellbeing and happiness, particularly during times of stress. *How do you actively attend to your own wellbeing? What are some of your favorite self-care activities?*

♦ **Healthy routines** are daily or weekly routines that support healthy sleep, diet, exercise, and balance between responsibilities and fulfilling leisure. *What do your routines look like right now? What are a few ways you can improve your sleep, diet, exercise, and life balance?*



♦ **Stress management** is a vital aspect of wellness. Stress is a part of life, and it's up to us to notice when stress is piling up within us and then take restorative action to help dissipate the build-up. *What are your favorite things to do that relieve stress? What new techniques would you'd like to try?*

CONGRATULATIONS, GRADUATES!!!

It is *VERY* likely that you'll be confronted with choosing whether or not to smoke cigarettes or marijuana, drink alcohol, or do other drugs during post-quarantine graduation celebrations.

Celebrate safely	Need to leave? Call...	If a friend needs help
<ul style="list-style-type: none"> ♦ Don't drive or be driven by someone under the influence ♦ Prepare a "No thanks" response ahead of time ♦ Remember that things like DUIs, MIPs, and other drug-related legal ramifications can influence college or employment acceptance 	<ul style="list-style-type: none"> ♦ The SaferRide App ♦ Uber/Lyft/Taxi (18+) ♦ Mentor or other trusted adult ♦ Sober friend ♦ Your parents or older siblings 	<ul style="list-style-type: none"> ♦ Stay calm ♦ Move them somewhere safer or more private ♦ Ask them what happened ♦ Contact a trusted adult or call 911 if necessary <p><i>Better your friend to be temporarily mad at you than permanently injured</i></p>

August 2020 Events and Happenings

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 National Wellness Month Begins!
2 Sisters Day	3	4	5 	6 HPHS Graduation Celebration!	7 	8
9	10 	11 PERSEID	12 METEOR	13 SHOWERS	14 	15
16 National Friendship Week	17 	18	19	20	21 NEW HPCC Yoga and Meditation classes every Friday!	22
23	24	25 	26 National Dog Day	27	28 	29
30	31					