



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**

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This month in focus: Opioids

What is the "opioid overdose crisis" we hear so much about in the news? And why are opioids such a problem?

If you've had an athletic injury, dental work, or surgery, your doctor may have prescribed a pain reliever that was actually an opioid medication. Prescription opioids can be very effective at treating pain, and can be safely used under the careful supervision of a doctor. However, opioids can be extremely addictive.

How does opioid addiction work?

Your brain spends all day sending and receiving messages. **Dopamine** is one chemical that helps the brain send and receive these messages. When you do something enjoyable, like eating chocolate, dopamine levels rise. The brain notices the extra of dopamine, and remembers the good feeling so that you are more likely to want to do it again.

Both prescribed pain-killers and street opioids like heroin and fentanyl cause an **unnaturally high increase** in dopamine. When opioids are abused, the brain becomes



Mindful Corner

**HPCC weekly online
Yoga and Meditation
classes have begun!**

**Visit our YouTube channel
@HazelParkCC to start
practicing today!**

From surviving a tough spring semester to dealing with the confusion of these uncertain times, you've probably been **stressed out**. You might feel tightness in your body, have upsetting thoughts, or feel sad, angry, or scared.

The good news is that there are **quick and easy** things you can do to help yourself feel better! And we're here to teach you how.

In June, the HPCC began **FREE** weekly online yoga, meditation, and breath work classes for Hazel Park teens like you! Check out our Youtube Channel for new videos every Friday!

used to the unnaturally high levels of dopamine. This leads to increased tolerance and chemical dependence, which is the last stage before full-blown addiction.

2.14 MILLION people ages **12 and older** had an opioid use disorder in 2016.

Protect yourself and your health by avoiding recreational opioid abuse and asking your doctor for non-opioid pain management alternatives.

The preceding includes verbatim excerpts from NIDA:

<https://teens.drugabuse.gov/blog/post/binge-drinking-matters-your-brain>

Back to the BACEics

Our bodies, minds, and emotions need care and attention every day for us to feel our best. Make it easy to settle into healthy routines by getting back to the BACEics...

♦ **B** ody care

Our bodies need exercise, hygiene, healthy food and drink, and rest. Summer is a perfect time to get outside and move!

♦ **A** chievement

Keep your mind engaged! Learn about things that interest you, try new activities, and keep up with your responsibilities

♦ **C** onnection

Quality time with community is vital for wellbeing. Suggest a family game night and social distance hangs with friends.

♦ **E** njoyment

Now that school is out, you have much more time to explore your hobbies! Whatever brings you joy, do more of it!

Print off a daily
BACEics log here:

[https://
www.get.gg/docs/
BACEdiary-
weekly.pdf](https://www.get.gg/docs/BACEdiary-weekly.pdf)









We are thrilled to join students, teachers, and families in celebrating graduating seniors at the **HPHS Graduation Ceremony** planned for early August! The HPCC applauds the Class of 2020 for your hard work, perseverance, and achievements - especially in these past few months! You have so much to be proud of, and we can't wait to see what you do next!

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>

July 2020 Events and Happenings

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3 	4 Independence Day
5 Lunar eclipse visible to Michigan at 12:00AM	6 	7	8	9	10	11
12	13	14	15	16	17 	18 Nelson Mandela Day
19	20 Global Hug Your Kid Day	21 	22	23	24 National Cousins Day	25
26	27	28	29 	30 United Nations International Day of Friendship	31	