



HCCADA
**Hill Country Council on
Alcohol & Drug Abuse**

2025
Red Ribbon
Presentation

— Our Mission —

EMPOWERING OUR COMMUNITY
TO LIVE **HEALTHY LIVES**;
BY PROVIDING PREVENTION,
INTERVENTION,
AND RECOVERY SUPPORT SERVICES
FOR **CHILDREN** AND **ADULTS**.



Hill Country Council on Alcohol & Drug Abuse

— Our Vision —

A **SAFE & THRIVING**
COMMUNITY

PROGRAMS AT HCCADA



Youth Prevention – Evidence-based prevention curriculum taught in schools Bexar County and the Texas Hill Country teaching social and emotional learning. Presentations in substance use prevention and community outreach activities are available to schools, churches, and community events as requested. Youth prevention services are **FREE**.



Recovery Support Services – Recovery Coaches and Recovery Support Specialists provide peer-to-peer services and support to help individuals, with a substance use condition, initiate and maintain their recovery and wellness. The recovery team promotes all pathways to recovery and partners with community organizations across the region to enhance recovery-focused community efforts. Recovery support services are **FREE** and are available face-to-face, telephonically, and online via www.recoverytexas.org.



Education & Training – Fee for service court mandated classes to youth and adults: Driving While Intoxicated (DWI), Alcohol Awareness Course (MIP/Minor in Possession), Alcohol and Drug Awareness Education (ADAEP), Marijuana Awareness Education, and First Friday Workshops (continuing education hours). SACADA is a certified provider of DWI Education and Alcohol Awareness Course by the Texas Department of Licensing and Regulation.



Prevention Resource Center (PRC) – Representing Region 8, the PRC services the 28 counties of South-Central Texas providing the most current data and statistics relevant to risk and protective factors associated with substance use. Also provides **FREE** presentations and education resources to South Texas.



Community Coalition – A collaboration of diverse stakeholders working together to reduce substance use and high-risk drinking among youth and young adults.

- ❖ Bexar County – www.circlesofsa.org
- ❖ Comal County
- ❖ Kendall County
- ❖ Guadalupe County

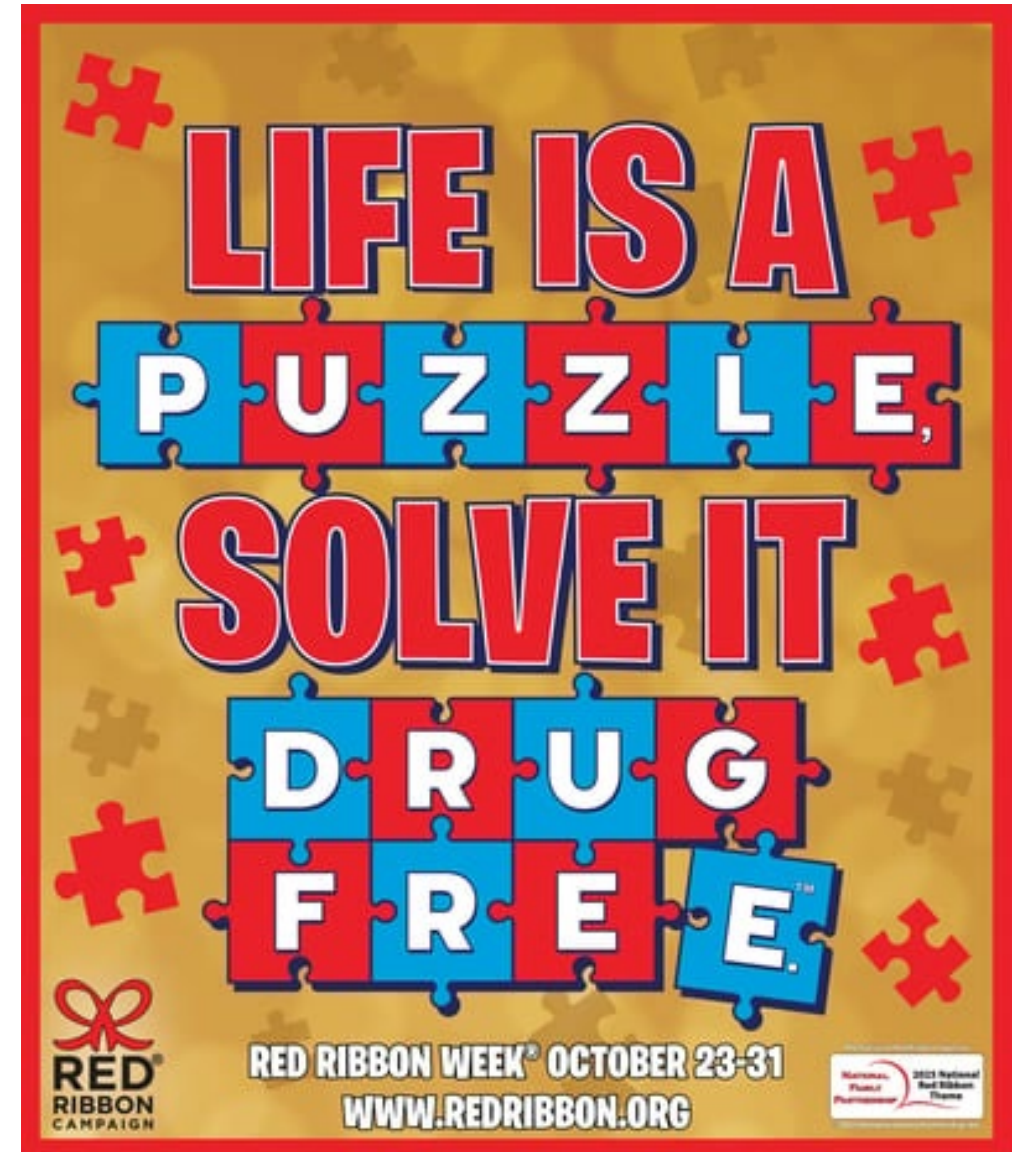


Giving – Donations may be made to:

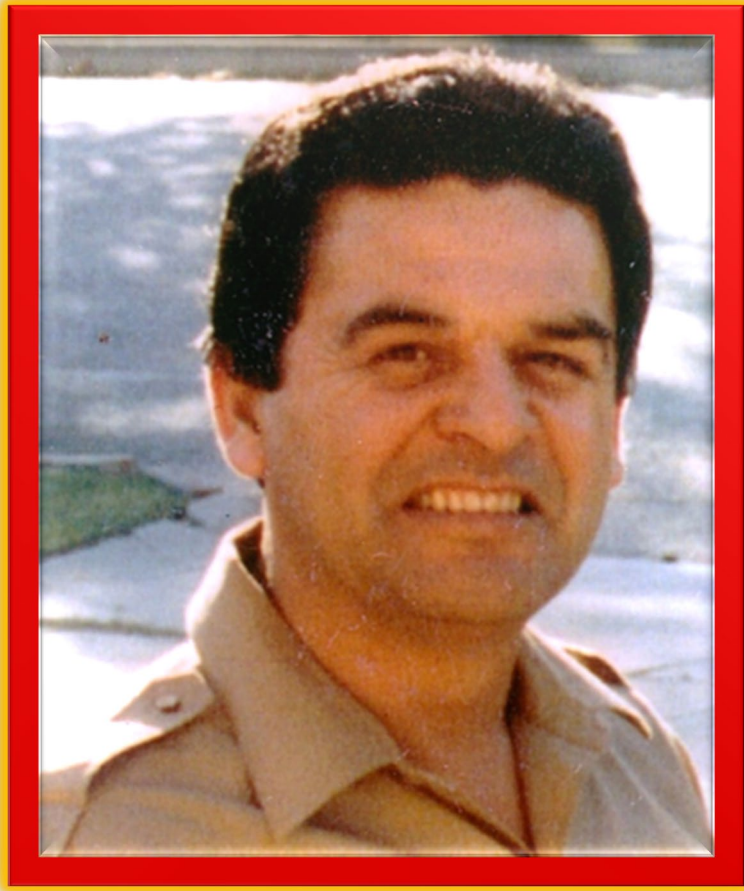
- ❖ A specific program
- ❖ In honor or in memory of a loved one
- ❖ Sponsorships for our events
- ❖ Planned giving
- ❖ And many other avenues

www.sacada.org/donate

2025 THEME



WHAT IS RED RIBBON WEEK?



Red Ribbon Week unites communities to take a stand against drugs

Began in 1985 as a way to honor the life of DEA agent Enrique Kiki Camarena

Gave his life to keep drugs out of the hands of children

What Is A Drug?

What You(th) Should Know About Tobacco & Vaping

Alcohol & Underage Drinking

The Truth About Marijuana

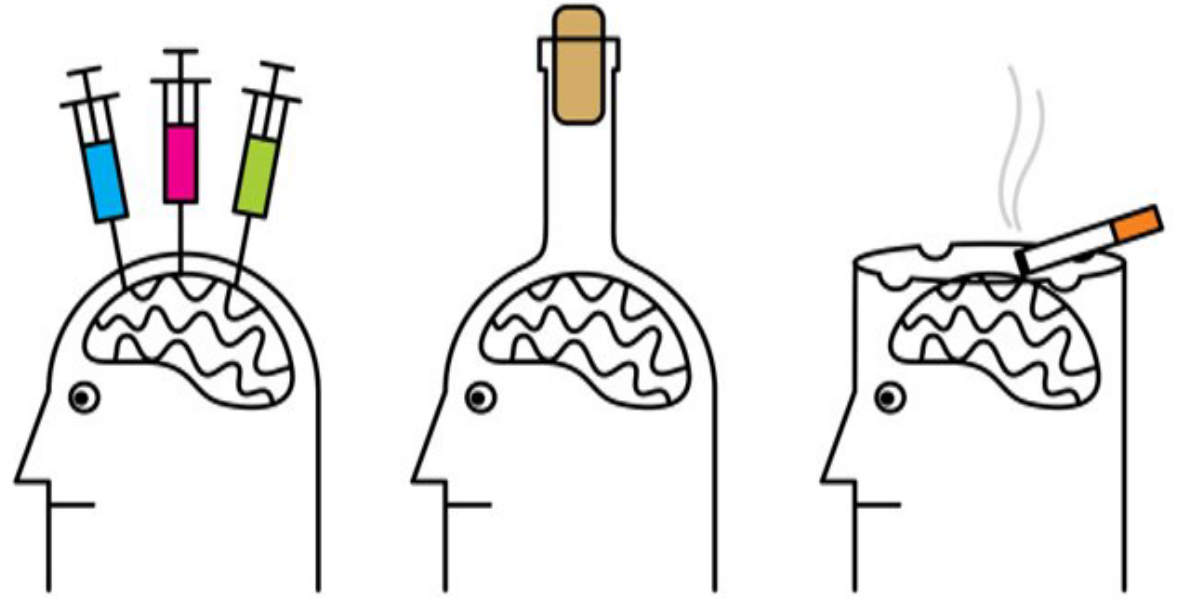
Medicines & Are They Safe?

Fentanyl Risk

**What We
Will Go
Over**

What is a drug?

A drug is a chemical substance that changes a person's mental or physical state





What do you see?

What do you see?

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www.hccada.org



What do you see?





**What is the
reality?**

**Hill Country Council on Alcohol and Drug
Abuse | www.hccada.org**

**Mashed potatoes instead of ice cream.
Ice cream melts too quickly under hot studio lights.
Therefore, photographers replace it with colored mashed
potatoes or a paste of starch, icing sugar, corn syrup, fat,
and other components.**







Perception= a way of regarding, understanding, or interpreting something; a mental impression.



If your perception of harm is low, you will be more likely to use the drug.

THE NUMBER
ONE CAUSE OF
PREVENTABLE
DEATH

Tobacco

SMOKING

causes more deaths each year
than all of these combined:

Human immunodeficiency virus (HIV)
Illegal drug use
Alcohol use
Motor vehicle injuries
Microbial agents
Toxic agents

480,000 deaths



caused by cigarette
smoking each year

- 100 million people in the 20th century
- 480,000 Americans
- 7 Million worldwide

Toxic = Poisonous



**Carcinogenic =
Cancer causing**



WHY DON'T YOU JUST QUIT?



HOOKED
ON
NICOTINE



What's in a Cigarette?



There are over 7,000 chemicals inside of a single cigarette. Hundreds are toxic and about 70 are known to cause cancer.

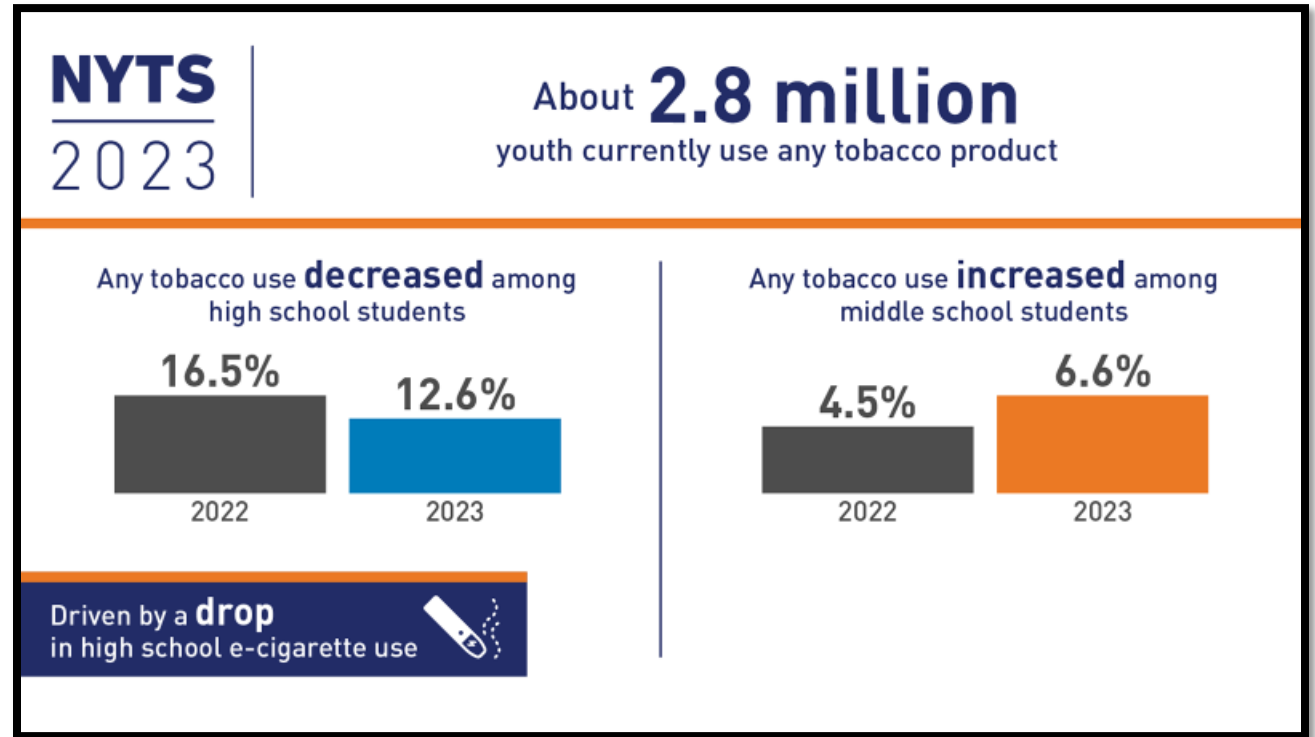
Cigs in a Pod



tobaccopreventiontoolkit.stanford.edu

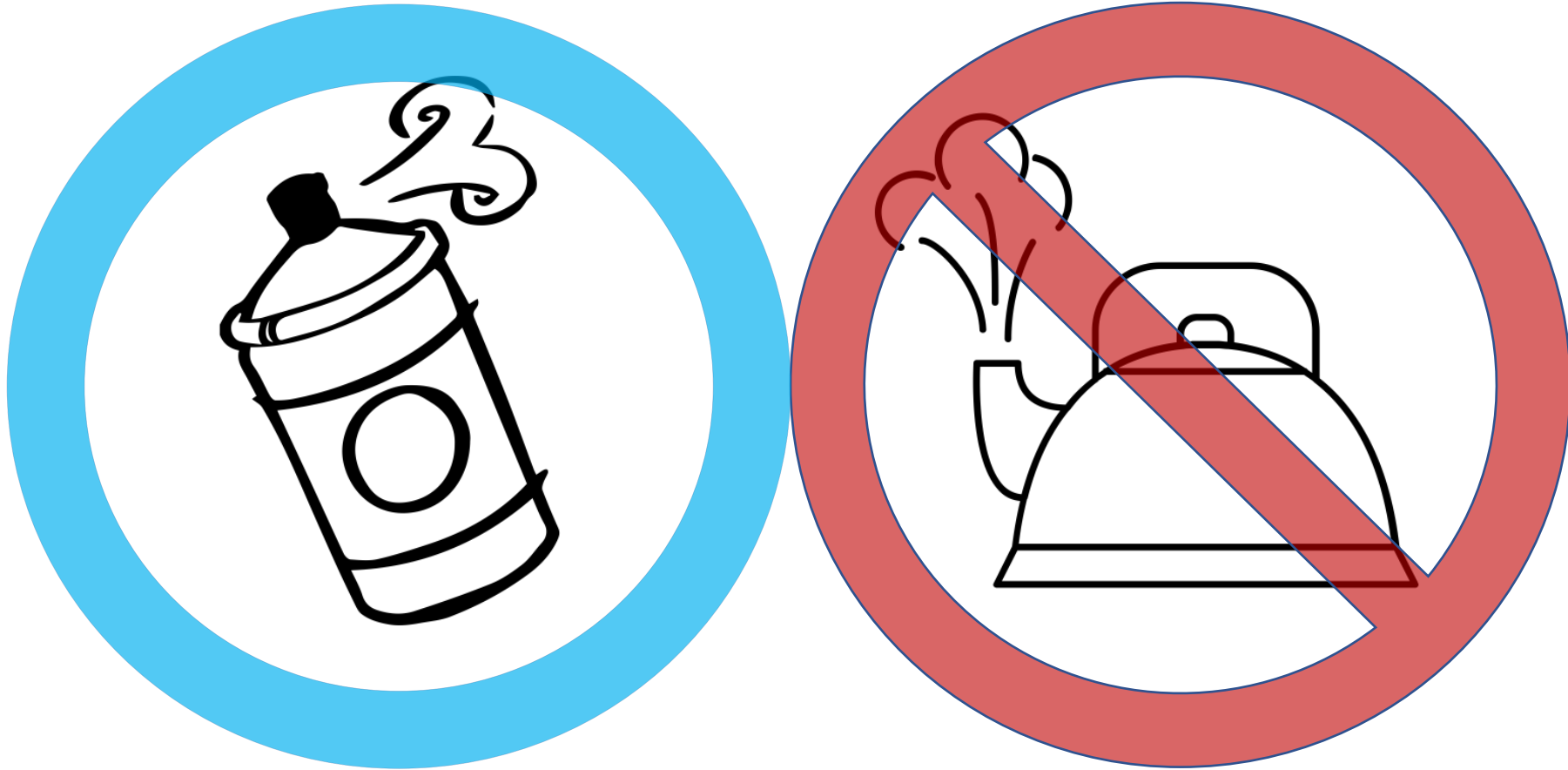


Electronic Nicotine Delivery Systems (ENDS)



- Other names include e-cigarettes, e-cigs, vape pens, vaporizers, and e-pipes
- Vaping is not harmless
- Teens who vape may end up addicted to nicotine faster than teens who smoke cigarettes
- Young people who use e-cigarettes may be more likely to smoke cigarettes in the future

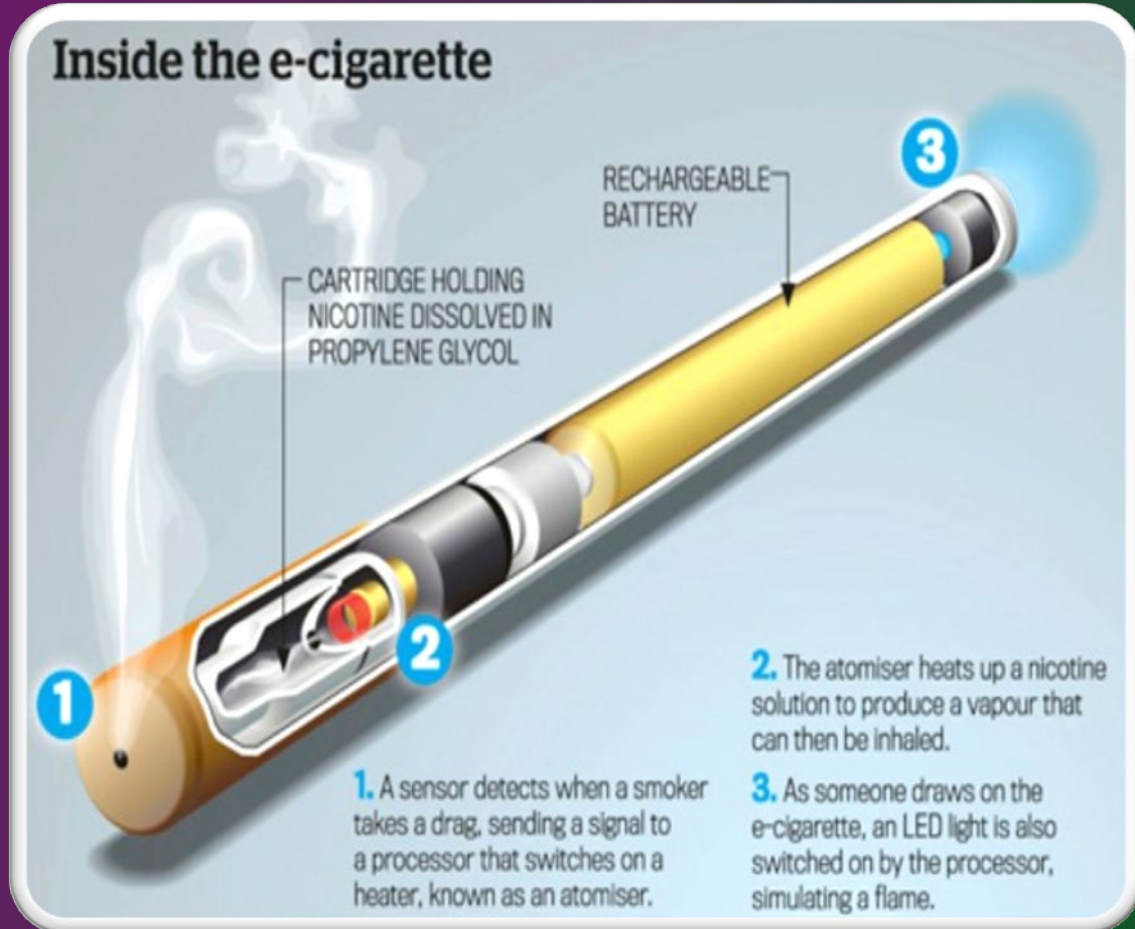
It's an Aerosol, Not a Vapor



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www.hccada.org

tobaccopreventiontoolkit.stanford.edu

CHEMICALS FOUND IN VAPE AEROSOL



- **BENZENE** (a carcinogen also found in car Exhaust)
- **FORMALDEHYDE** (A carcinogen used to preserve dead bodies)
- **ACROLEIN** (toxic, and can cause irreversible lung damage)
- **PROPYLENE GLYCOL** and/or vegetable glycerin (chemicals used for theatre or stage fog)
- **HEAVY METALS** (such as nickel, lead, and tin)
- **DIACETYL** (a chemical linked to lung damage)



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No matter how it's delivered, nicotine is addictive and harmful for youth and young adults

SOME PRODUCTS THAT YOU SMOKE OR INHALE:



CIGARETTES



CIGARS



VAPING DEVICES



HOOKAHS

SMOKELESS PRODUCTS:



**CHEWING
TOBACCO**



SNUFF

Ground tobacco that can be sniffed or put between your cheek and gums



DIP

Wet snuff that is chewed



SNUS

Small pouch of wet snuff



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MINORS IN POSSESSION OF THC CONCENTRATE

- Possession of THC is a state jail felony charge
- Possession of THC on school grounds enhances to a **3rd degree felony charge**, resulting in:
 - Being placed in alternative campus Disciplinary Alternative
 - Education Program DAEP
 - Drug Charges
 - Possible Probation with Juvenile Court

Texas Health and Safety Code 481.134d.

Tobacco 21

- On September 1st of 2019 it became illegal for anyone under the age of 21 to purchase tobacco or e-cigarette products
- This law is an important step toward reducing youth smoking and preventing a lifetime of dependency and disease

UNDER 21

NO SALES OF CIGARETTES, E-CIGARETTES, OR TOBACCO PRODUCTS IN TEXAS.

It is illegal for anyone younger than **21** to buy cigarettes, e-cigarettes, or tobacco products, and it is illegal to sell or provide cigarettes, e-cigarettes, or tobacco products to anyone under **21**. Purchasing or attempting to purchase cigarettes, e-cigarettes, or tobacco products by a person under **21** years of age is prohibited by law. Sale or provision of cigarettes, e-cigarettes, or tobacco products to a person under **21** years of age is prohibited by law. Upon conviction, a Class C misdemeanor, including a fine of up to \$500, may be imposed. Violations may be reported to the Texas Comptroller's Office by calling 800-345-8647.

- The prohibitions on the purchase or attempt to purchase described above do not apply to a person who is in the United States Military Forces or State Military Forces.
- The prohibitions on the purchase or attempt to purchase described above do not apply to a person who was born on or before August 31, 2001.

Glenn Hegar
Texas Comptroller of Public Accounts

Pregnant women should not smoke. Smokers are more likely to have babies who are born premature or with low birth weight.

UNDER 21
NO SALES OF CIGARETTES
NO SALES OF TOBACCO

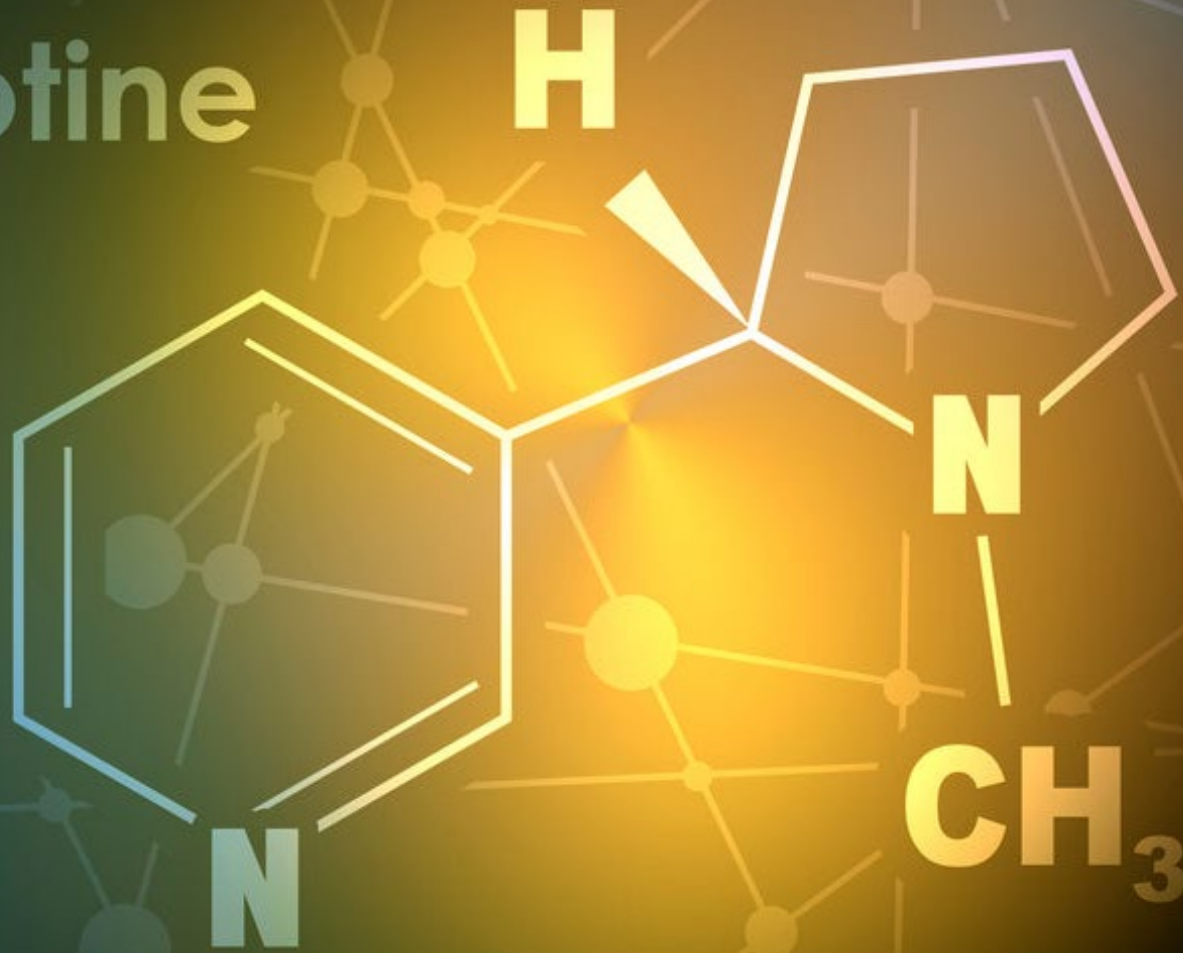
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Minors & Tobacco

- **Must attend a state-approved tobacco awareness class**
- **Perform tobacco-related community service**
- **Pay a fine not to exceed \$250**
- **Suspension of driver's license**



Nicotine



What does nicotine dependency look like?

- Needing to vape after waking up in the morning
- Feeling anxious or irritable due to cravings
- Vaping without thinking about it
- Having trouble concentrating or sleeping
- Thinking

**It's never
too late
to quit!**

READY TO QUIT VAPING?

Try This Is Quitting, a free, text-to-quit program.

CONFIDENTIAL HELP.

Your quitting journey stays between you and TIQ.

ADVICE FROM REAL PEOPLE.

You'll receive tips and motivation from TIQ's built-in support system of successful quitters.

24/7 SUPPORT.

TIQ is there whenever you need help with stress, slips, or cravings — no matter the time of day.

FREE OF CHARGE.

TIQ is completely free, so you can focus on quitting, not costs.

**YOU ARE
WORTH IT**

**TEXT DITCHVAPE TO 88709 TO JOIN THE GROWING WAVE OF
YOUNG PEOPLE GETTING HELP FROM THIS IS QUITTING.**



Choose a
quit date

What is it
costing you?

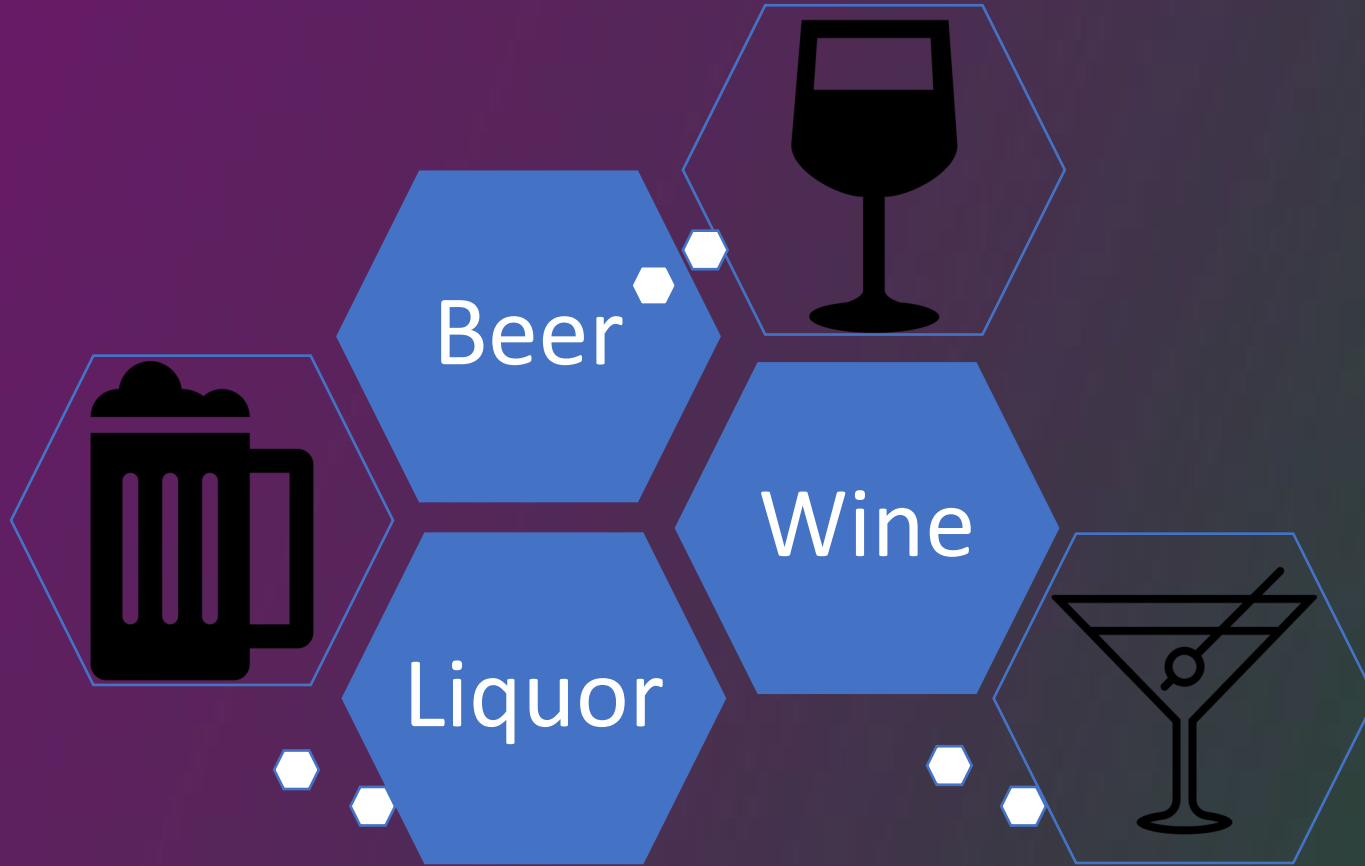
Why are you
quitting?

Know your
triggers

Set yourself
up for
success

How to take back control

Alcohol & Underage Drinking



Underage drinking is when anyone under age 21 drinks alcohol

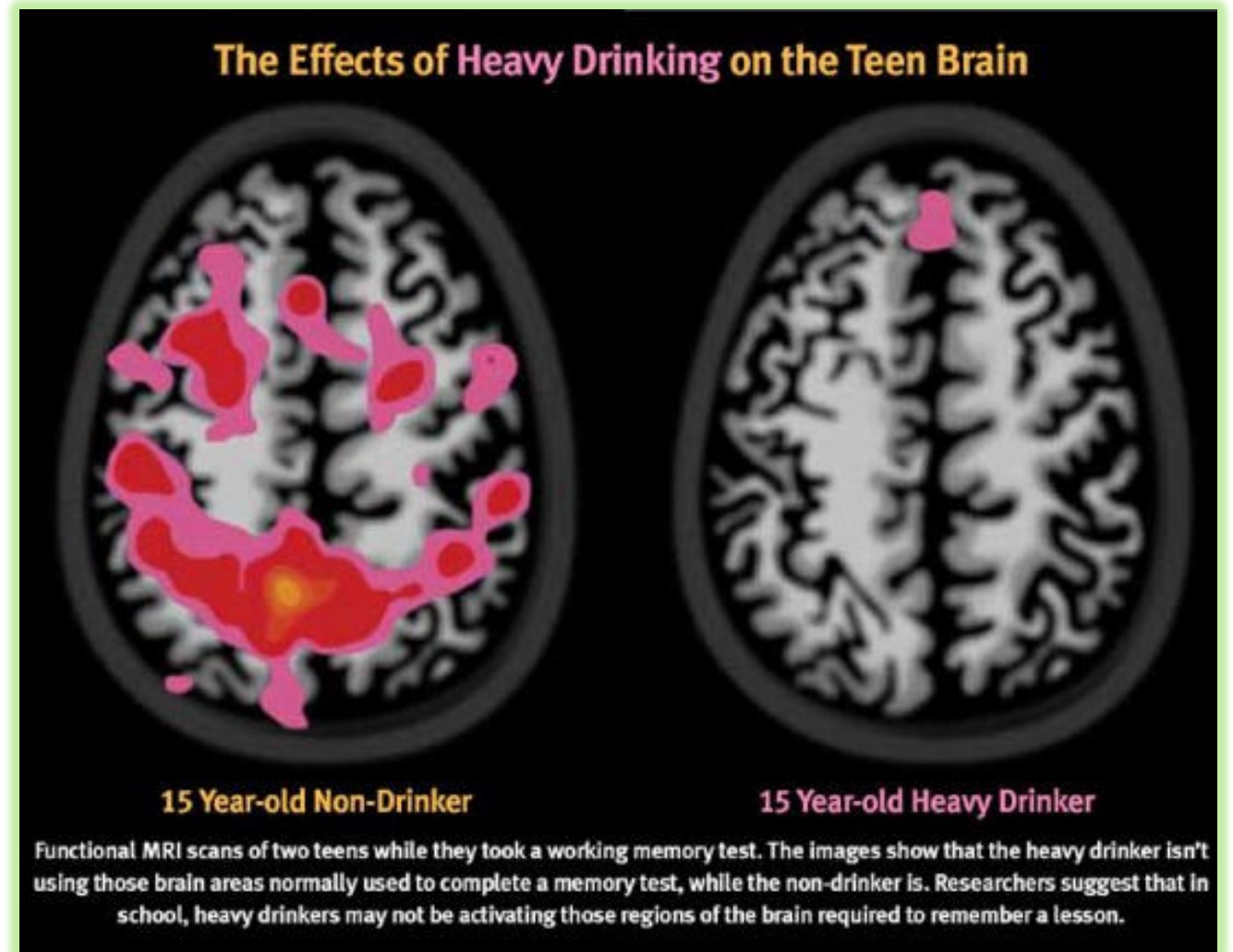
Alcohol is the most used substance among young people in the U.S.

Alcohol & the Teen Brain

Alcohol before age 15

=

5 times more likely to
have an
Alcohol Use Disorder





UNDERAGE DRINKING

is never a good idea

SHORT-TERM

Someone who is drunk:

- Has a hard time making good decisions.
- Is less aware that his/her behavior may be inappropriate and is more likely to engage in risky behavior.

LONG-TERM

Drinking during the teen years could interfere with normal brain development and also:

- Have negative effects on information processing and learning
- Increase the risk of developing an alcohol use disorder later in life.

ABOVE ALL

... it can kill you.

- Alcohol plays a role in the deaths of approximately **4,358 people under age 21** in the U.S. every year.

SOURCES: National Institute on Drug Abuse for Teens
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What can happen when you drink?



Before you risk it



Know the law



Know the risks



Look around you



Minor In Possession

DRIVING UNDER THE INFLUENCE OF ALCOHOL BY A MINOR (DUIA) - PENALTIES - Under 17 years of age

Offense	Fine	Community Service	Loss of License	Alcohol Awareness Course	Jail
1st Offense	Up to \$500.00	20-40 hours	60-180 days	Required	None
2nd Offense	Up to \$500.00	40-60 hours	120 days - 2 years	Required	None
3rd Offense	Up to \$500.00	40-60 hours	180 days - 2 years	Option of Judge	

DRIVING WHILE INTOXICATED (DWI) BY A MINOR - PENALTIES - 17 to 21 years of age

Offense	Fine	Community Service	Loss of License	Alcohol Awareness Course	Jail
1st Offense	Up to \$2,000.00		1 year		72 hours - 180 days
2nd Offense	Up to \$4,000.00		180 days - 18 months		30 days - 1 year
3rd Offense	Up to \$10,000.00		180 days - 2 years		2 - 10 years

ZERO TOLERANCE: Penalties for non-driving alcohol related offenses by minors (under the age of 21) include purchasing or attempting to purchase alcohol, falsely identifying as 21 years of age or older to a person engaged in the selling or serving of alcoholic beverages, and consuming or possessing an alcoholic beverage.

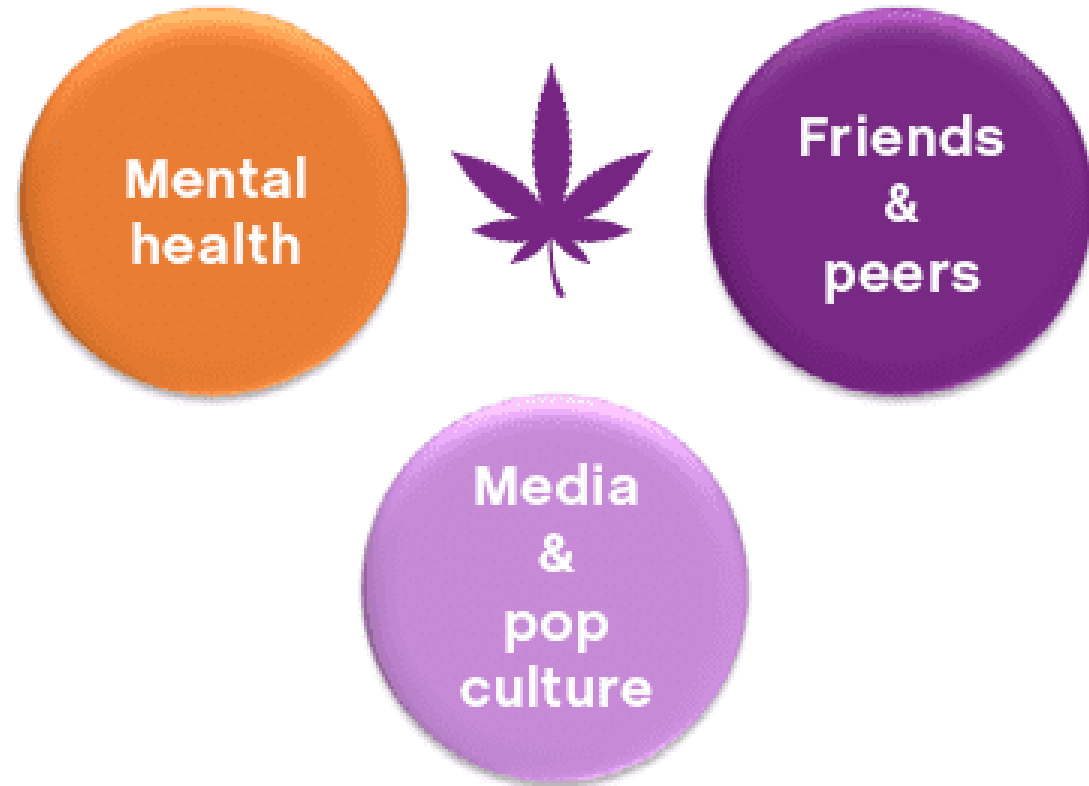
Offense	Fine	Community Service	Loss of License	Alcohol Awareness Course	Jail
1st Offense	Up to \$500.00	8-12 hours	30 days	Required	None
2nd Offense	Up to \$500.00	20-40 hours	60 days	Required	None
3rd Offense (10-17 years of age)	Up to \$500.00	20-40	180 days		
3rd Offense (17-21 years of age)	\$250.00 to \$2,000.00	40-60	180 days		Up to 180 days

Source: Texas Department of Public Safety—Driver License Division

The Truth About Marijuana

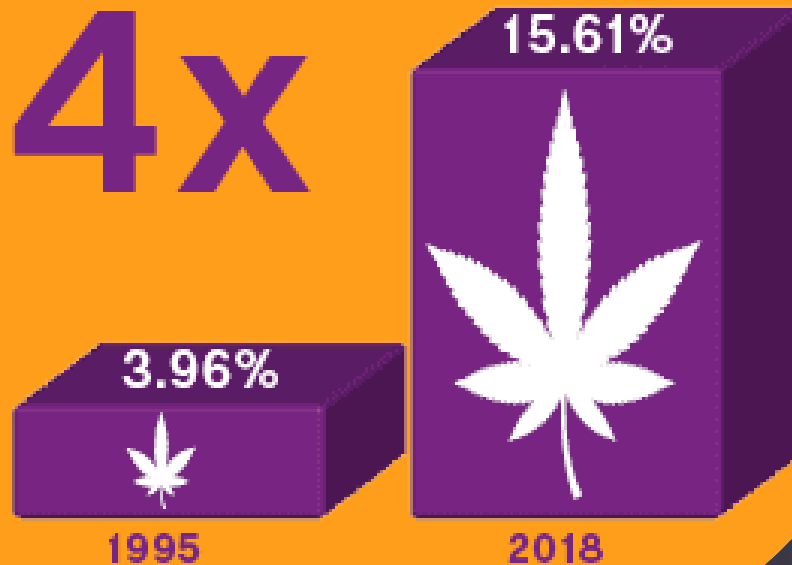
- Marijuana refers to the dried leaves, flowers, stems, and seeds from the Cannabis sativa plant
- Slang:
Weed/Pot/Grass/Reefer/
Ganja/Mary
Jane/Blunt/Trees
- **Contains the mind-altering chemical THC**

Why do young people use marijuana



Average THC
concentration
in leaf marijuana
has increased nearly

4x



Rising Potency

- Today's marijuana is nothing like the marijuana of the past
- There has also been an increase in ER visits involving marijuana
- Higher potency is also associated with a greater risk of dependency

Legal Status

- Marijuana is the most used federally illegal drug in the United States
- Under Texas law it is still illegal to use or possess marijuana
- **Recreational marijuana use by children and teenagers is not legal anywhere in the United States.**



**Difficulty with
thinking and
problem-solving**

**Changes in
mood**

**Impaired
memory**

**Distorted
perception**

**Increased risk
of mental
health issues**

Effects of Marijuana





is not good for your brain



it interferes with growing
up healthy



it can interfere with, or
prevent you from reaching
your goals and dreams

The Bottom Line

Medicine

OVER-THE-COUNTER

- Allergy medicine
- Pain relievers



PRESCRIPTION MEDICATION

- Opioids
 - To treat pain
- Depressants
 - To treat anxiety and sleep disorders
- Stimulants
 - To treat ADHD

True or False? **Prescription Drugs are Safer**



False

Misuse can look like:

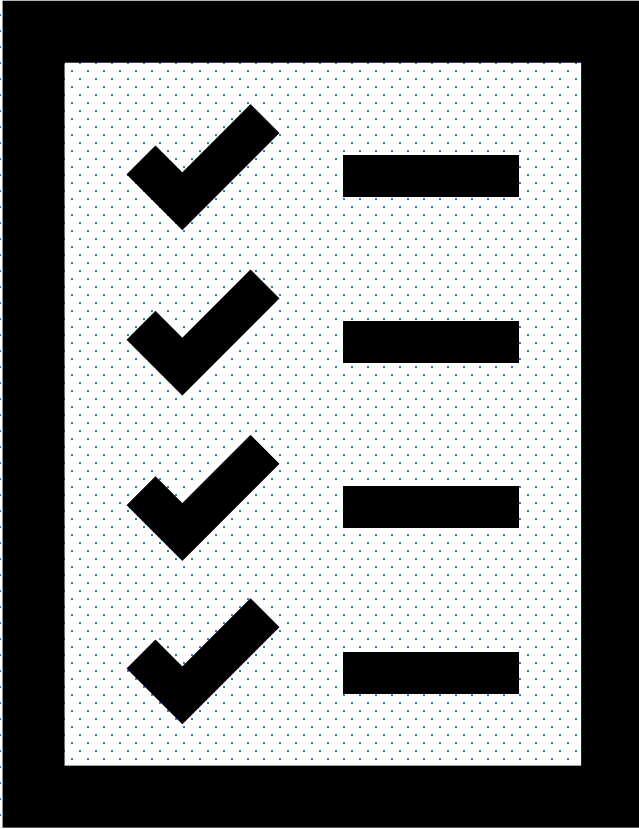
- Not following the directions
- Taking someone else's medication
- Taking medication to get “high”

Did you know?

- OPIOID DEPENDENCE CAN HAPPEN AS FAST AS FIVE DAYS!
- PRESCRIPTION DRUG MISUSE IS AMONG THE FASTEST GROWING DRUG PROBLEM IN THE UNITED STATES.



How to safely use RX medicine



- **Keep all doctor's appointments**
- **Make a note of the effects the drug has on your body and emotions**
- **Stay clear of other drugs or activities while taking your prescription**
- **Take dose as prescribed**

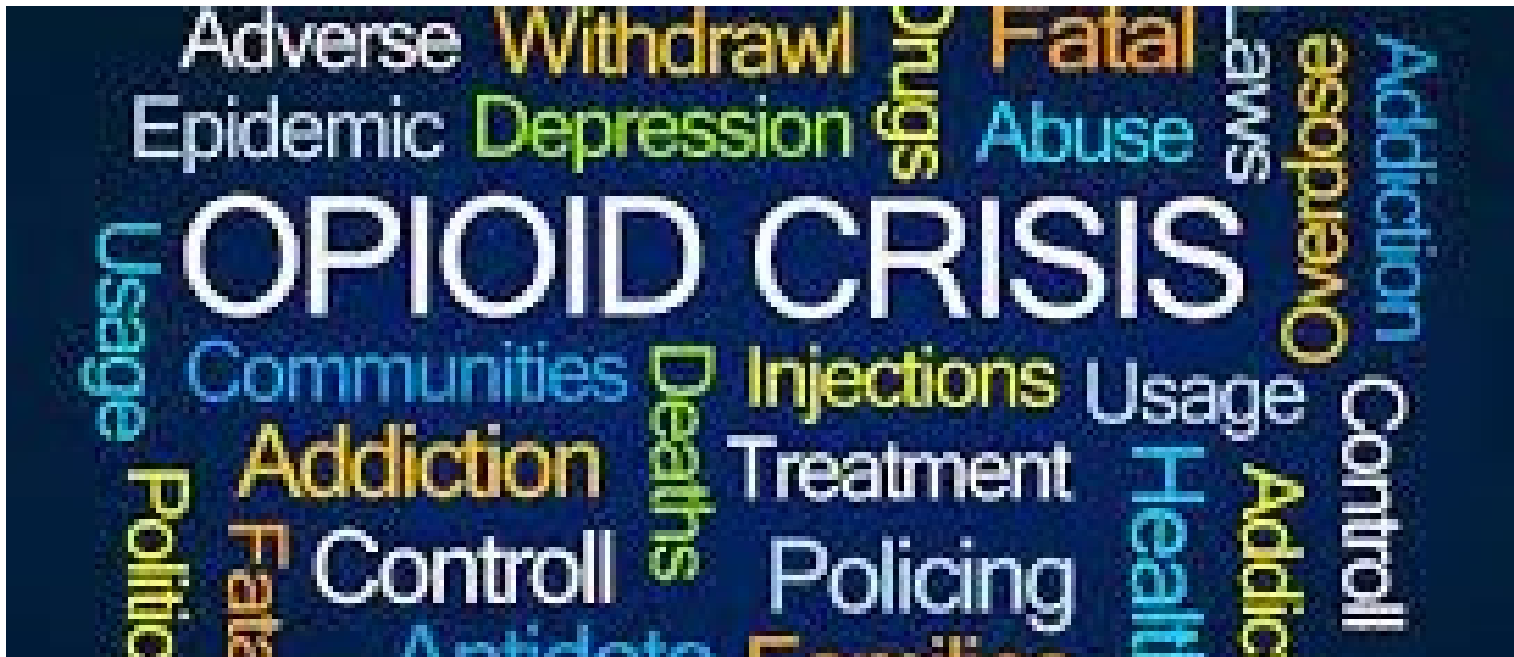


FENTANYL RISK

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What is Fentanyl





Risks of Opioids use

Made Illegally and mixed, Fentanyl is dangerous

Only 2 mg of fentanyl is considered a lethal dose.

Fentanyl is up to 50 times stronger than heroin and 100 times stronger than morphine



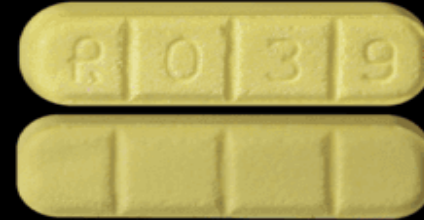
COUNTERFEIT PILLS

5 OUT OF
EVERY 10 PILLS
contain
Fentanyl

Common Counterfeits:



REAL XANAX



VS. COUNTERFEIT



REAL ADDERALL



VS. COUNTERFEIT



REAL OXYCODONE



VS. COUNTERFEIT



One pill kills

Anti-Fentanyl Poisoning PSA

one pill kills

don't make a deadly decision

Hill Country Council on Alcohol and Drug Abuse-
www.hccada.org

DEA Warns of Brightly-Colored Fentanyl Used to Target Young Americans

“Rainbow fentanyl—fentanyl pills and powder that come in a variety of bright colors, shapes, and sizes—is a deliberate effort by drug traffickers to drive addiction amongst kids and young adults,” said DEA Administrator Anne Milgram.



FACTS About Fentanyl





Fentanyl

Myths and Facts

Opioid Overdose

Signs and symptoms of an opioid overdose include:



Unresponsiveness or unconsciousness.



Pinpoint pupils.



Snoring or gurgling sounds coming from mouth.



Blue lips or fingernails.



Shallow, slowed or stopped breathing.



Cold or clammy skin.

Signs and Symptoms of Opioid Overdose

Being able to recognize the signs and symptoms of an OPIOID OVERDOSE can save a life. Here are some things to look for:

- Unresponsiveness or unconsciousness.
- Small Constricted “pinpoint pupils”
- Snoring or Gurgling sounds
- Discolored skin (BLUE lips and fingernails)
- Slow, Weak or No Breathing
- Cold and/or clammy skin

NARCAN/Naloxone

Naloxone is a medication that can reverse an opioid overdose — including **fentanyl**. A prescription is not required.

1. **Call 911 right away**
2. Try to wake the person up
3. Give naloxone, if available
4. Begin rescue breathing or CPR
5. Turn the person on their side to prevent choking
6. Stay with the person until emergency services arrive



Jessica Sosa Act

GOOD SAMARITAN OR IMMUNITY LAWS

These laws protect those who try to get help for someone whom they believe is suffering from an overdose.

JESSICA SOSA ACT

Passed September 1, 2021, which protects people from being charged with a drug-related crime if:

- They are the first person to call 911 for help for an overdose
- They stay at the scene until help arrives
- They cooperate with emergency, medical and law enforcement personnel

Common Fears for not calling 911

- Getting in trouble by parent's/guardians
- Getting arrested for calling 911
- Friend being mad at you the next day for getting them in trouble

ACTION TO TAKE

PREVENTION



ACTIONS

Dealing with Peer Pressure

Stick With Your Bestie, **Avoid, Avoid, Avoid**, Be the Sober One, Ask a Million Questions, Stick to Your Script

Spread the Word

Tell others about the dangers of illicit pills and help your friends stay safe. Look out for each other.

Only take prescribed pills

Don't take any illicit pills from friends, even if they say they're real.

Talk to a parent or another trusted adult

Always, Always get the FACTS.

JUST DON'T DO IT! It's not worth it.

Where can I go for help?

- Call the confidential SAMHSA National Hotline at 800-662-HELP (English and Spanish) or go to www.samhsa.gov/treatment for links to local treatment facilities.
- Local assistance, call:
 - The Center for Health Care Services at 210-261-3076
 - Crisis line: 210-223-7233
 - OR contact 2-1-1 Texas
 - Suicide Hotline: 988
- Local assistance, call:
 - 24-Hour Helpline: 210-SAY-CARE (210-729-2273)
 - Hill Country Council on Alcohol and Drug Abuse (HCCADA): 830-367- 4667



FENTANYL QUIZ



Question 1:

Which of these photos of Adderall is the real drug and not a fake version?

- a. Left photo
- b. Right photo



Question 1:

Which of these photos of Adderall is the real drug and not a fake version?

b. Right photo

Most professionals can't tell the difference between real and fake pills without chemical lab testing.



Question 2:

If fentanyl is mixed into another drug, which of the following senses can help you identify it?

- a. Sight
- b. Smell
- c. Taste
- d. None of the above



Question 2:

If fentanyl is mixed into another drug, which of the following senses can help you identify it?

d. None of the above

Your senses alone cannot help you identify fentanyl. The only safe medications are ones prescribed by a trusted medical professional and dispensed by a licensed pharmacist.



Question 3:

What are the physical and mental effects of fentanyl?

- a. Heightened energy and concentration.**
- b. Confusion, drowsiness, dizziness, nausea, vomiting, change in pupil size, cold and clammy skin, coma, and respiratory failure.**
- c. Relaxation and calmness.**



Question 3:

What are the physical and mental effects of fentanyl?

b. Confusion, drowsiness, dizziness, nausea, vomiting, change in pupil size, cold and clammy skin, coma and respiratory failure.

Learn this and other fast facts with the Fentanyl 2022 Drug Fact Sheet.



Question 4:

Which of the following can help reverse a fentanyl overdose?

- a. A cold shower**
- b. Caffeine**
- c. Naloxone**
- d. None of the above**



Question 4:

Which of the following can help reverse a fentanyl overdose?

c. Naloxone

Naloxone (Narcan) is a medicine that rapidly reverses an opioid overdose.



Question 5:

If I administer naloxone to a friend who has overdosed, should I still call 911?

- a. Yes
- b. No



Question 5:

If I administer naloxone to a friend who has overdosed, should I still call 911?

a. Yes

Naloxone works to reverse opioid overdose in the body for only 30 to 90 minutes. But many opioids remain in the body longer than that. Because of this, it is possible for a person to still experience the effects of an overdose after a dose of naloxone wears off. Also, some opioids are stronger and might require multiple doses of naloxone. Therefore, one of the most important steps to take is to call 911 so the individual can receive immediate medical attention.



Resources

