



Our mission is to empower youth to make positive choices involving risk factors, such as drug abuse and violence, during challenging times.

The Impact of Marijuana Legalization On Our Communities of Color

Newburg Strong - Home | Facebook 

Our coalition is driven to educate and decrease youth use/misuse of alcohol and marijuana in the Newburg Community.

Contact Us:

Newburg Strong Coalition

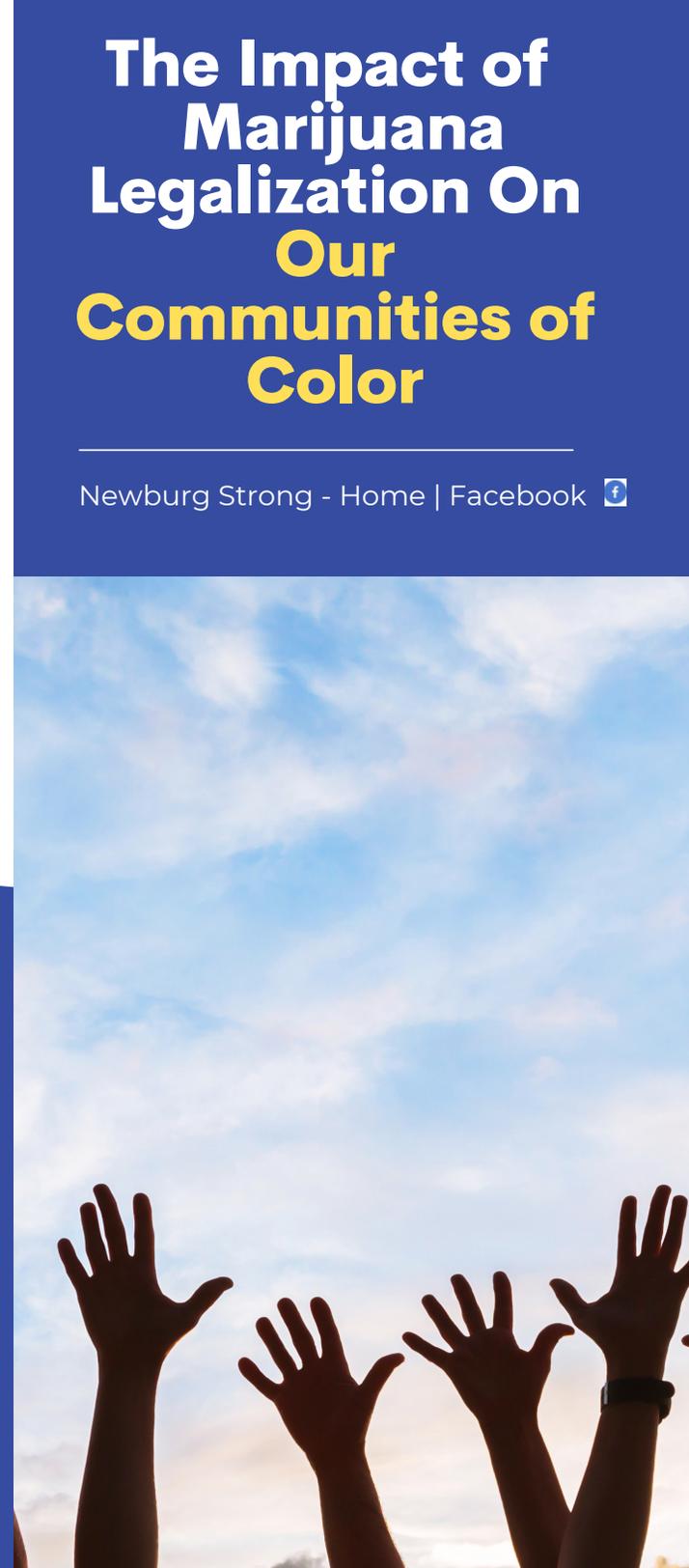
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Other Coalition Partners



Alternative Stress Management



Exercise

In addition to making the body healthy, exercise can also relieve stress. Be determined to walk/run daily around your neighborhood or in a nearby park!

Meditate

Meditation can help you calm your mind. Use this time to clear your mind and unburden yourself from the day's stresses!

Find a Hobby

Relax your body and mind by engaging in a positive and fun activity like singing, hiking, or writing poetry!



Myths VS. Facts

01. Marijuana Will Give Me Better Focus-Myth Busted!

Marijuana actually causes:

- Difficulty thinking and problem-solving.
- Problems with memory and learning
- Reduced coordination.
- Difficulty maintaining attention
- Problems with school and social life.

02. Marijuana Will Give Me Better Health- Myth Busted!

Smoked marijuana:

- Delivers THC and other cannabinoids to the body, but it also delivers harmful substances, including many of the same toxins and carcinogens (cancer-causing chemicals) found in tobacco smoke which are harmful to the lungs and cardiovascular system.

03. Marijuana Will Not Make Me Addicted- Myth Busted!

- Approximately 3 in 10 people who use marijuana have marijuana use disorder.
- Some signs and symptoms of marijuana use disorder include:
 - Trying but failing to quit using marijuana
 - Giving up important activities with friends and family in favor of using marijuana.
- The risk of developing marijuana use disorder is stronger in people who start using marijuana during their youth years.



Evidenced-Based Programs

1. [GUIDING GOOD CHOICES HANDBOOK: GUIDING GOOD CHOICES : A PROGRAM WITH PROVEN SUCCESS \(GGC4HEALTH.ORG\)](https://www.ggc4health.org/)

2. [PARENTS WHO HOST LOSE THE MOST: PREVENTION ACTION ALLIANCE](https://www.preventactionalliance.org/)

[STRENGTHENING FAMILIES PROGRAM: WELCOME - STRENGTHENING FAMILIES PROGRAM](https://www.welcome-usa.org/)

3. [STRONG AFRICAN AMERICAN FAMILIES \(SAAF\): HTTPS://CFR.UGA.EDU/SAAF-PROGRAMS/SAAF/](https://www.cfr.uga.edu/SAAF-programs/SAAF/)

4. [PARENT AND YOUTH EDUCATION/EMOTIONAL SKILLS EDUCATION- I.ADULTS IN THE MAKING \(AIM\): HTTPS://CRIMESOLUTIONS.OJP.GOV/RATEDPROGRAMS/365](https://www.crimesolutions.ojp.gov/ratedprograms/365)

5. [COPING POWER PROGRAM \(CPP\): HTTPS://YOUTH.GOV/CONTENT/COPING-POWER-PROGRAM](https://www.youth.gov/content/coping-power-program)

6. [KEEP SAFE LINKING THE INTEREST OF FAMILIES AND TEACHERS \(LIFT\): HTTPS://YOUTH.GOV/CONTENT/LINKING-INTERESTS-FAMILIES-AND-TEACHERS-LIFT](https://www.youth.gov/content/linking-interests-families-and-teachers-lift)

7. [STAYING CONNECTED WITH YOUR TEEN: HTTPS://YOUTH.GOV/CONTENT/STAYING-CONNECTED-YOUR-TEEN](https://www.youth.gov/content/staying-connected-your-teen)

8. [TOO GOOD FOR DRUGS: HTTPS://TOOGOODPROGRAMS.ORG/COLLECTIONS/TOO-GOOD-FOR-DRUGS](https://www.toogoodprograms.org/collections/too-good-for-drugs)