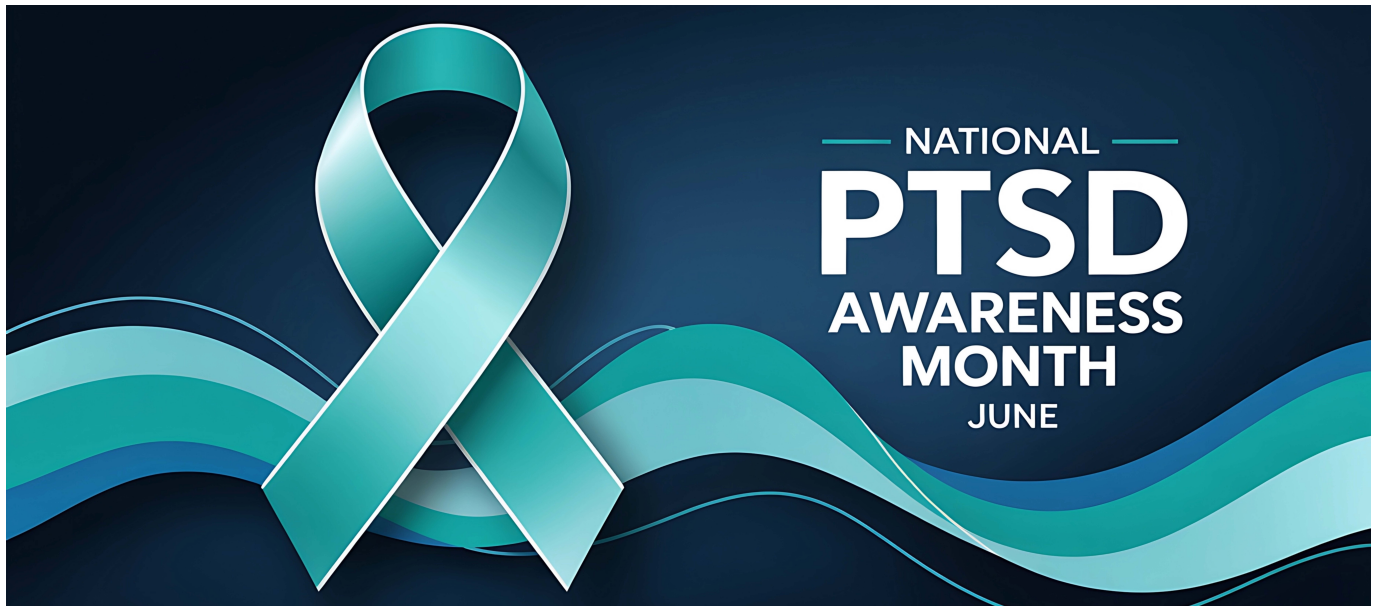


NEWSLETTER

HISTORIC TRIANGLE DRUG PREVENTION COALITION



OVERCOMING MENTAL BLOCKS

Post Traumatic Stress Disorder and substance use frequently happen concurrently. Research suggests that for most people who have both PTSD and problems with alcohol or drug use, PTSD develops first. Some people use drugs or alcohol to try to deal with PTSD symptoms. They might use drugs or alcohol to help them relax, feel more comfortable in social settings, or deal with thoughts and feelings they would rather avoid. People with both disorders (PTSD and SUD) also have a higher risk of depression, anxiety, and suicide. Problems with substance use often go hand in hand with PTSD. The use of alcohol or drugs can put people in risky situations that can lead to traumatic events. At the same time, people may use drugs or alcohol to try to manage PTSD symptoms. PTSD and substance use can be successfully treated at the same time. For treatment of PTSD, trauma-focused psychotherapies are the most effective. This is true for people with and without substance use disorders. These treatments use different techniques to help people process their traumatic experiences.

For the Co-
Occurring
PTSD and
Substance Use
Disorders
Clinician Fact
Sheet
[Click Here](#)

JUNE IS POST-TRAUMATIC STRESS DISORDER AWARENESS MONTH

PREVENTION & EDUCATION

Virginia's regulation of medetomidine, and xylazine, will take effect on July 1, 2026. Making the manufacture, sale, distribution, or possession of the veterinary sedative for human consumption illegal. Reports have shown that the medication has been found in heroin and cocaine but those using fentanyl are most at risk of encountering this medication. Ingesting medetomidine, can slow down your heart rate, breathing, and blood pressure. For more information on medetomidine [click here](#).

POLICY & LEGISLATIVE ADVOCACY

Del. Joshua Cole, D-Fredericksburg sponsored [House Bill 360](#), which creates new safeguards for the sale of kratom. Along the way, Cole met Dean Francis, a Chesterfield County resident whose son accidentally became addicted to the substance despite trying it as an alternative to other addictive products. On Tuesday Gov. Abigail Spanberger ceremonially signed the bill. The measure requires products containing kratom not be sold to people under 21, and mandates they must be stored behind counters or locked up by store clerks. Labels must indicate risks associated with the herb, according to the new law, which also bans products that contain a particular chemical found in kratom called 7-hydroxymitragynine, or 7-OH. The ordeal is why Cole's House Bill 360 will require a warning label to disclose that kratom has potential to cause "dependence and opioid-like withdrawal."The "opioid-like" description did not sit well with associations that represent kratom companies or advocates. For more information [click here](#).

YOUTH & FAMILY ENGAGEMENT

The Hoops for Hope Basketball tournament has been renamed, the **Noah Cheeseman Memorial Hoops for Hope Community Youth Basketball Tournament**. Noah is a 15 year old boy that was murdered in Lafayette Square at the end of March. His family is allowing us to hold the tournament in his memory.

Check out this 8-page AARP article titled, ["Beaten By the Odds"](#), discussing digital gambling and elderly populations risking their retirement betting on sportsbook apps.

TRAUMA & RESILIENCY

Check out Case Western University's posters for [Transforming Culture, Policy, and Practice of Organizations](#). These posters highlight SAMHSA's Four R's for trauma-informed organizations; Realize, Recognize, Resist Re-Traumatizing. The posters feature thirteen questions to help you build on self-awareness about trauma-informed approaches to your work.

If you have any questions, please contact Committee Chairs, [Lynette Diaz](#) or [Michelle Justiniano](#), for more information about this committee.



COMMUNITY CORNER

At the May Membership meeting the HTDPC voted on the winners of the Coffee Sleeve Design Contest! Winners from both of the age categories are pictured above with their parents and a few friends! Not all winners were present although they received their gift cards with some prevention resources. Contest winners will have their designs printed on coffee sleeves that will be distributed to local coffee shops featuring their original anti-alcohol messaging artwork.

ANNOUNCEMENTS

Don't forget to check out the new Funding Opportunities webpage on our website. [Click here](#) to find your next grant!



HISTORIC TRIANGLE
DRUG PREVENTION COALITION

Upcoming Meetings

Prevention & Education Committee Meeting

June 8, 2026 | 9 - 10a ([Join Here](#))

Leadership Team Meeting

Virtual

June 29, 2026 | 11 - 12:30p ([Join Here](#))

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