

NEWSLETTER

HISTORIC TRIANGLE DRUG PREVENTION COALITION



NATIONAL WELLNESS MONTH

National Wellness Month was established as a dedicated time for people to prioritize their well-being. Its goal is to encourage self-care, stress management, and the adoption of healthy routines so individuals can bring their best selves to their relationships, work, and daily life. "We know that physical activity can lower blood pressure, help with weight control, improve your mood and much more. The interesting fact is that being active outside in a natural environment increases the physiological benefits through cardiovascular health and sociopsychological benefits beyond physical activity alone."

- Christopher Wynveen, Ph.D., Professor of Recreation & Leisure Services at Baylor's Robbins College of Health & Human Sciences

To Watch ODU's
Counseling
Services
"Wellness 101"
Video

[Click Here!](#)

AUGUST IS NATIONAL WELLNESS MONTH

WELCOME NEW MEMBERS!

If you know any media personnel, parents, or civic organizations that would like to join the HTDPC please, invite them to a meeting!

PREVENTION & HARM REDUCTION

SpiritWorks Foundation and HTDPC invite you to the September Town Hall Event! Enjoy two free screenings of ***Together: Family Recovery***, a documentary sharing the powerful stories of three families impacted by addiction. The film highlights the vital role of families in recovery and features our own Jan Brown as a family recovery expert.

Screenings will take place at 6PM on:

Sept. 17 - Regal Cinema - New Town

Sept. 25 - Regal Cinema - Kiln Creek

Both screenings are free and open to the public.

Click [here](#) to view the trailer.

POLICY & LEGISLATIVE ADVOCACY

Did you know there was a "Good Samaritan Law" for those reporting drug overdoses? According to the Code of Virginia, [18.2-251.03](#), no individual shall be subject to arrest or prosecution for the unlawful purchase, possession, or consumption of alcohol pursuant to unlawful purchase, possession, or consumption of marijuana, involuntary manslaughter, possession of a controlled substance, intoxication in public, or possession of controlled paraphernalia if... [click here for full details](#).

YOUTH & FAMILY ENGAGEMENT

The Youth and Family Engagement Committee held their first official committee meeting, virtually on Wednesday, July 23rd! This committee will have standing meetings **every third Wednesday of the month** from **10:30a-12p**. The next meeting will be virtual on **August 20, 2025**. Please contact Justene Kmetz or Jan Brown for details.

Meeting Highlights:

- Establish an "Article Club" open to anyone interested, meeting monthly to share and discuss relevant research articles and data.
- Reach out to the college of William and Mary to offer educational opportunities for their new student wellness employees, addressing the concerning data in our area (e.g. REVIVE!, Language, Addiction/Recovery, Collegiate Recovery Opportunities).
- Work toward expanding the coalitions prevention efforts to include both abstinence and harm reduction, following the data and utilizing an evidence-based model of education and research.
- Gather thoughts and opinions on establishing a club focused on the One Choice Prevention or Natural High initiative, aimed at promoting drug prevention programs for youth.

TRAUMA & RESILIENCY

This committee will meet virtually on **August 20, 2025** at **1:30p**. If you would like to join this committee please reach out to **Michelle Justiniano** at justiniano@yorkcounty.gov and **Lynette Diaz** at lynette.diaz@jamescitycountyva.gov for more details and meeting information.



Grove Outreach donating bicycles to The Mount at Peninsula



HISTORIC TRIANGLE DRUG PREVENTION COALITION

COMMUNITY CORNER

Thank you to Grove Christian Outreach for donating bicycles to another member organization, The Mount at Peninsula. The bicycles will be given away at The Mount's Back-to-School event on Saturday, August 9th. Thank you to the Virginia Department of Health for providing informational flyers for the event as well.

ANNOUNCEMENTS

The **Mount at Peninsula Back-to-School event** will be held on **August 9, 2025**, from **10a - 12p**. If you have any questions please contact Constance Davis.

We have received the results from the Coalition Readiness & Effective Survey and the results will be discussed at the next Leadership and full Coalition meetings.

If you or your agency would like to host a Coalition meeting please contact our Coordinator, Joi Tramuel at jtramuel@colonialbh.org.

Please reach out to our coordinator at least 2-3 weeks in advance if you would like the HTDPC to promote or participate in your community event. This way we can reach out to HTDPC members to find out who may be interested in participating and schedule ourselves accordingly. Thank you!

Upcoming Events

Leadership Team Meeting

August 25, 2025 | 9 - 11a (Virtual)

Film Screening - Together Family Recovery

Free and open to the public

September 17 | 6pm

Regal Cinema - New Town

4911 Courthouse Street, Wmbg 23188

September 25 | 6pm

Regal Cinema - Kiln Creek

100 Regal Way, Newport News 23602

FOLLOW US ONLINE!



@htdpc757



@historictriangledrugpreventioncoalition