

NEWSLETTER

HISTORIC TRIANGLE DRUG PREVENTION COALITION

LET'S TALK

**ALCOHOL AND
YOUR HEALTH**

**IS DRINKING ALCOHOL
GOOD FOR YOUR HEALTH?**

RESEARCH SUGGESTS THAT

**EVEN DRINKING WITHIN THE
RECOMMENDED LIMITS CAN BE HARMFUL.**



Parental Alcohol Consumption and Consequences in Youth

Data from the 2023 National Survey on Drug Use and Health, an estimated 19 million children lived with at least one parent meeting DSM-5 Substance Use Disorder (SUD) criteria. Parental SUDs consisted primarily of Alcohol Use Disorder (AUD) (affecting over 12 million children). Adult children of parents with AUD have increased risks for mood, anxiety, ADHDs, AUD, and premature death.

According to the 2024 NSDUH, among people aged 12-20 who drank alcohol in the past month, 7.7% took it from their own home, 12.1% got it from a parent or guardian, and 12.5% got it from another family member aged 21 or older. Compared with other children, children whose parents use substances are at increased risk for child maltreatment and child welfare involvement. Parental alcohol use is implicated in up to 11% of (or about 1 in 10) cases of child maltreatment.

Learn Your
Personal
Drinking
Pattern with
Rethinking
Drinking!

APRIL IS NATIONAL ALCOHOL AWARENESS MONTH

PREVENTION & EDUCATION

This committee is hosting their rescheduled webinar facilitated by Committee Chair, Breonna Wilkes, titled **Impacts on the Brain: Alcohol & Other Substances** on **April 8, 2026** from **2:00 - 3:00p**. This is a free webinar that is open to the public. Register to attend this webinar by [clicking here](#). Don't forget to help raise awareness about the **April 25th National Drug Take Back Day** events happening in our community! Check our website by [clicking here](#) for more information and to share with your staff, colleagues, individuals you serve, and your family and friends!

POLICY & LEGISLATIVE ADVOCACY

A 20-year-old woman identified as K.G.M. in documents and “Kaley” by her lawyers, claims early social media use caused her to become addicted to online platforms, which led her to become depressed and have suicidal thoughts. The case, along with two others, has been selected as a bellwether trial, meaning its outcome could impact how thousands of similar lawsuits against social media companies are likely to play out. Throughout the trial, Meta argued that Kaley faced significant challenges before she ever used social media. [TikTok](#) and Snapchat settled before the case went to trial. [The jury's only task](#), a Meta spokesperson said in a statement Thursday, is to “decide if those struggles would have existed without Instagram. Not one of her therapists identified social media as the cause.” For more details on this case, [click here](#).

YOUTH & FAMILY ENGAGEMENT

The HTDPC is hosting a Coffee Sleeve Design Contest for youth ages 6-18! We are seeking students throughout James City County, York County, Williamsburg, and Poquoson to design a coffee sleeve encouraging family conversation around alcohol use. The contest begins **April 1, 2026!** [Click here](#) for full contest details! There are separate age category winners for ages 6-12 and ages 13-18 years old. Once all entries have been received the HTDPC members will decide at the **May Membership meeting** which designs will be used for coffee sleeves that will be provided to local coffee shops.

TRAUMA & RESILIENCY

The Trauma & Resiliency Committee will meet on **April 14, 2026 at 9 am**. Join [this meeting](#) to help plan for **Resilience Week, May 1st – May 7th**.

The focus is on Building Community & Connections with 7 Stressbusters, one for each day of the week: Supportive Relationships, Mental Healthcare, Experiencing Nature, Quality Sleep, Mindfulness Practices, Physical Activity, and Balanced Nutrition. If you have any questions, please contact Committee Chairs, [Lynette Diaz](#) or [Michelle Justiniano](#), for more information about this committee.



HISTORIC TRIANGLE
DRUG PREVENTION COALITION

COMMUNITY CORNER

Thank you to everyone who was able to attend the HTDPC meeting both virtually and in-person! Dr. Keen was an excellent guest, and we hope to have him again in the future. Dr. Keen's presentation, "Cannabis Retail: Legalization Reverberations" is located on the HTDPC's "[Cannabis Corner](#)" web page.

ANNOUNCEMENTS

General Membership meetings will now begin at **9:00am** and will be **hybrid!** [Click here to](#) register and receive the hybrid meeting link. Also, the **Drug-Free Communities (DFC) program** is aimed at mobilizing community leaders to identify and respond to the drug problems unique to their community and change local community environmental conditions tied to substance use. More than 500 community coalitions across the country receive funding up to \$125,000 per year to strengthen collaboration among local partners and create an infrastructure that reduces youth substance use. **DFC Support Program grants** are open until **April 14th**. For information about 1-year grants, [click here](#). For information about 6-year grants, [click here](#).

Upcoming Meetings

Trauma & Resiliency Committee Meeting

April 14, 2026 | 9 - 10a ([Join Here](#))

Prevention & Education Committee Meeting

April 21, 2026 | 9 - 10a ([Join Here](#))

Youth & Family Engagement Committee Meeting

April 30, 2026 | 10:30a - 12p ([Join Here](#))

General Membership Meeting

Williamsburg Police Station
615 Lafayette St. Williamsburg, VA
May 18, 2026 | 9 - 10:30a ([Register Here](#))

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