

NEWSLETTER

HISTORIC TRIANGLE DRUG PREVENTION COALITION



IMPAIRED DRIVING

During the holiday season, many of us look forward to gatherings with friends and family. Unfortunately, holidays can also be a dangerous time for alcohol and drug-related traffic incidents. We observe National Impaired Driving Prevention Month in December to raise awareness of this deadly yet preventable problem. That's why we're raising awareness that impaired driving can be deadly and to put strategies in place for all of us to make it home safely.

Drugs — including opioids, marijuana and some over-the-counter medicines — can impair driving by causing drowsiness, altering visual functions and affecting mental judgment and motor skills. Other factors, such as fatigue and stress, also can impair your ability to drive. Two of the most celebrated days of the year, Christmas Eve and New Year's Eve, also are among the most deadly. That's why December has been recognized as National Impaired Driving Prevention Month. Drivers should avoid driving while impaired by any of these factors, just as they would if they consumed alcohol.

[Click Here](#) for
the National
Association of
County and City
Health Officials
(NACCHO)
Impaired Driving
Prevention
toolkit!

DECEMBER IS IMPAIRED DRIVING PREVENTION MONTH

PREVENTION & EDUCATION

This committee is planning to work in conjunction with the Youth & Family Engagement Committee and their One Choice Prevention Initiative. All HTDPC members are encouraged to review the One Choice toolkit and report on 1 or 2 ideas to incorporate the messaging in prevention/education efforts for 2026. This can be HTDPC related and/or agency related. This committee is also **seeking volunteers** for the next **NDTBD** event on **April 25, 2026** between 10a – 2p, to help with HTDPC information bag assembly (April 20 - 23), and day of event volunteers to hand out the bags. If interested in volunteering, contact Committee Chair, Leigh Carroll-Stump at icarroll-stump@colonialbh.org.

POLICY & LEGISLATIVE ADVOCACY

Under the [2018 Farm Bill](#), a plant containing no more than 0.3% of Delta-9 tetrahydrocannabinol or THC, the compound that gives cannabis users a buzzy high, is considered hemp. The industry was anticipating a possible rescheduling of cannabis as a less harmful drug until U.S. House Rep. Nancy Mace filed draft legislation on Nov. 17 to repeal the federal government's new definition of hemp which takes effect on Nov. 13, 2026. The new definition intends to prohibit cannabinoids that are synthesized or manufactured outside the plant – ex. delta-8 THC & HHC – limiting hemp-derived cannabinoid products to a total of 0.4mg of THC per container.

YOUTH & FAMILY ENGAGEMENT

The Youth & Family Engagement Committee is compiling a list of adolescent service providers to fill in the gap following the closure of Bacon Street Youth and Family Services. If you and/or your agency would like to be included in this provider list, please contact Justene Kmetz, Co-Chair or Joi Tramuel, HTDPC Coordinator.

The committee will kickoff it's "Be The One" Campaign at the top of the 2026 New Year. This campaign will focus on youth engagement encouraging young people everywhere to stand up for change!

Please join them and get in on the ground floor and be part of the action!

TRAUMA & RESILIENCY

This committee is committed to developing a resilient community. The Trauma & Resiliency Committee is still looking for members! If you are passionate and committed to educating the public on trauma and resilience, we need you. If you want to help with the planning of Resilience Week 2026 which will be held during the first week of May, please join us! We can't do it without you.

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 Coalition Member, Charisma Dixon from DBHDS and Leadership Team Member, Jan Brown from SpiritWorks for your very informative, engaging, and riveting presentations at the November meeting.

ANNOUNCEMENTS

December is Seasonal Affective Disorder (SAD) Awareness Month. SAD can be more than just the winter blues, it is a type of depression that occurs during the change of seasons, typically during winter and fall months. If you or a loved one is experiencing Seasonal Affective Disorder, please contact Colonial Behavioral Health or review other providers by [clicking here](#) for the Greater Williamsburg Network of Care website.

If you're interested in becoming an officer or a member of the Leadership Team or a Committee Chair for the Historic Triangle Drug Prevention Coalition, please contact **Joi Tramuel**, HTDPC Coordinator at (757) 713-9670 or jtramuel@colonialbh.org.

Upcoming Meetings

Leadership Team Meeting

December 15, 2025 | 1 - 3p (Virtual)

Prevention & Education Committee Meeting

December 16, 2025 | 9 - 10a (Virtual)

Full Coalition Meeting

January 26, 2026 | 11:30a - 1p

Location: TBA

FOLLOW US ONLINE!



@htdpc757