

NEWSLETTER

HISTORIC TRIANGLE DRUG PREVENTION COALITION



OVERCOMING MENTAL BLOCKS

Moving your body is good for your mental health. Movement offers proven benefits, including feeling calm, reducing stress, boosting mood and connection with others, fostering inspiration and creativity. When most people think of “movement,” thoughts of running or going to the gym come to mind first. Those things can feel overwhelming to fit into busy schedules or to do if you aren’t used to exercising. Sometimes, a mental block makes it difficult to get moving. This can be especially true when you're living with a mental health condition like depression, where symptoms can make it harder to feel motivated. Dealing with mental blocks is hard, but it's possible to overcome them. Think about how you will feel after you move or how you’ve felt in the past after movement. This helps to push through the block and get started. Movement doesn’t have to look a certain way, and what works for one person may not work for another. It is important to explore which forms of movement feel good to you and best fit your unique needs and circumstances.

Download
Mental
Health
America's
Planning
Guide by
[Clicking Here](#)

MAY IS MENTAL HEALTH AWARENESS MONTH

PREVENTION & EDUCATION

The HTDPC will be doing outreach at **St. John Baptist Church** on **Saturday, May 16, 2026** from **12-4p**. We need volunteers for this event! If you would like to support the community by giving your time back please sign up by [clicking this link](#).

POLICY & LEGISLATIVE ADVOCACY

The General assembly recently rejected Gov. Spanberger's tweaked version of legislation to launch Virginia's fully legalized retail cannabis market and establish a regulatory framework in the commonwealth. Sending the proposal back to Gov. Spanberger yet again and leaving its status up in the air. The governor has 30 days to either sign the legislation as-is into law, veto it, or not act on the legislation, in which case it would become law without her signature. For details [click here](#).

In accordance with a December 18, 2025, Executive Order on Increasing Medical Marijuana and Cannabidiol Research, the Justice Department and the Drug Enforcement Administration (DEA) today announced the issuance of an order immediately placing both FDA-approved products containing marijuana and marijuana products regulated by a state medical marijuana license in Schedule III of the Controlled Substances Act, as well as the initiation of an expedited administrative hearing process to consider the broader rescheduling of marijuana from Schedule I to Schedule III. For more [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. Once all entries have been received, the HTDPC members will vote on the winners for both age groups at the **May Membership meeting**. Winning designs will be used on coffee sleeves that will be provided to local coffee shops.

TRAUMA & RESILIENCY

The Trauma & Resiliency Committee is celebrating **Resilience Week, May 1st – May 7th**. The focus is on Building Community & Connections with 7 Stressbusters, one for each day of the week. Please don't forget to send photos of you and your agency/organization participating in the daily stressbusters! Thank you to everyone who was able to attend the Rock Garden Gathering both virtually or in-person! 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

The HTDPC has been busy in the community! there three outreach events during the month of April; the JCC Child Abuse Prevention Family Fest (Jack Fitzpatrick), the Community Baby Shower at Olde Towne Medical (Joi Tramuel), and the YMCA Healthy Kids Day (Charimsa Dixon, Camelia Hahn, and Breonna Wilkes). The HTDPC appreciates our members dedicating their time to the community.

Drug Take Back Day was a success thanks to our law enforcement agencies. Together the cities and counties collected over **887lbs** and **6 bags** of unused and expired medications and **3 sharp containers!**

ANNOUNCEMENTS

The HTDPC is in the process of planning the annual Town Hall event. We will be taking suggestions and feedback at membership meetings so make sure you're in attendance!

General Membership meetings now begin at **9:00am** and will be **hybrid!** [Click here to](#) register and receive the hybrid meeting link.

Upcoming Meetings

Prevention & Education Committee Meeting

May 4, 2026 | 8:30 - 9:30a ([Join Here](#))

Trauma & Resiliency Committee Meeting

May 22, 2026 | 11a - 12p ([Join Here](#))

Youth & Family Engagement Committee Meeting

May 28, 2026 | 10:30a - 12p ([Join Here](#))

General Membership Meeting

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

FOLLOW US ONLINE!



@htdpc757