

# YOUTH ENGAGEMENT



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# SILENT **NO** MORE



We do not tell your kids **not** to do drugs.  
We educate them, so they choose **not** to.

**If You Think Marijuana is Safe: Think Again.**  
**Edible THC product that tested positive for fentanyl**



DEA

Fentanyl = 75-100 times more potent than Morphine  
 3-Methylfentanyl = 6,000 times more potent than Morphine  
 Carfentanil = 10,000 times more potent than Morphine & 100 times more potent than Fentanyl



The University of Michigan Stadium, aka, "The Big House," in Ann Arbor, Michigan seats **107,601** people. It is the largest football stadium in the United States and third largest in the entire world. The **2,339** additional people you see outside of the stadium, walking around and others tailgating in the parking lot, will equate to the **109,940** predicted deaths due to overdose for the 12-month period ending February 2023.

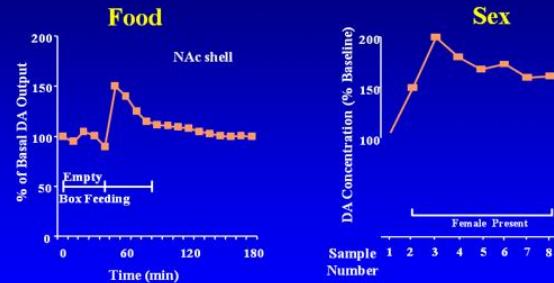


Virginia Tech's Lane Stadium seats **65,632** people. Adding **44,308** more people to this number equates to the **109,940** people in the United States who died in the 12 months ending in February 2023 from drug overdoses.



# Effects of drugs on DA levels: HIJACKING Phase I

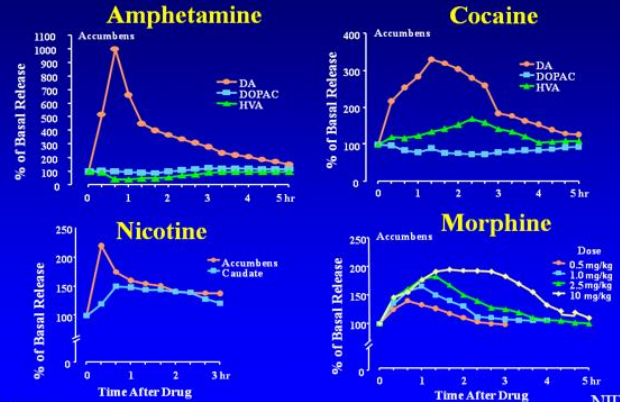
## Natural Rewards Elevate Dopamine Levels



Di Chiara et al., Neuroscience, 1999; Florino and Phillips, J. Neuroscience, 1997.

NIDA

## Effects of Drugs on Dopamine Release



Di Chiara and Imperato, PNAS, 1988

NIDA

## What Happened? Phase 2



=



“Bigger Behavior = Less Reward”

No Reward Phase 3

“Welcome to the Disease of Addiction”

# Central Virginia Overdose Working Group

A group of over 375 experts from a variety of 14 disciplines, working together toward preventing overdoses in Central Virginia, among other initiatives and projects.

## Subcommittees:

- Youth Recovery Assistance
- Education
- Peer Recovery Specialists
- Public Service Announcement
- Hospital Integration
- Recovery Gap Programs
- Legislative
- Innovations
- Grants and Funding

## The goals of this working group are:

- Sharing of information across the diverse spectrum of experts and encouraging collaboration;
- Identifying gaps;
- Developing solutions.

# Project Recover

Project Recover dispatches certified peer recovery specialists with first responders (Fire/EMS/Law Enforcement), as well as to local hospital emergency rooms, to assist overdose victims in getting into treatment and recovery programs immediately following resuscitation and will provide a continuum of follow-up services and support.

Project Recover also works with state and federal prosecutors offices to provide support and services to defendants, victims, and witnesses.

Certified Peer Recovery Specialists present with the **Silent NO More** teams to give a message of hope and recovery through their own lived experiences.



In memory of Adam, Billy, Blaize, Chaz, Claire,  
Derek, Earl, Gray, Sarah, Scott H., Scott Z.,  
Steven, Taylor, Tyler and everyone else who has  
lost their struggle with Substance Use Disorder.

Through their stories, our hope is there will be  
no more stories to tell.



# SILENT **NO** MORE



**Jill Cichowicz**  
**President/Founder 2ETS**





2 End The Stigma

Fairways For Scott

A Night For Scott

The Scott Zebrowski  
Scholarship Fund-Senator  
John Bell (Loudoun County)



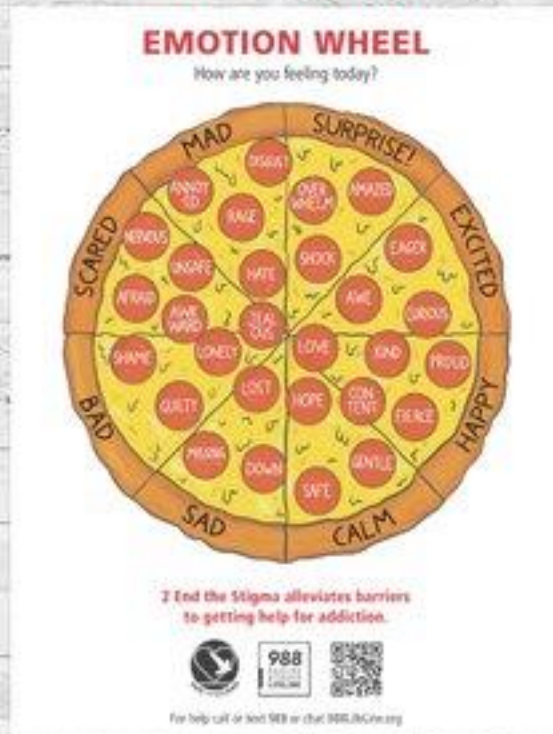


After doing years of advocacy work in the recovery community, In 2020 I decided to start my own nonprofit, **2 End The Stigma** to help educate others on the disease of addiction as well as to be a resource referral agency. We found that most families have no idea where to turn once they realize their loved one is suffering from Substance Use Disorder (SUD). Our goal is to assist families during their time of need and end the stigma associated with the disease.



## What is an Emotion Wheel?

A psychological tool that helps individuals identify and verbalize their complex emotions



- Emotions drive our behavior, can't put words to feelings
- "Name it to tame it"
- It is normal to feel several emotions at the same time
- Feel heard to understand and choose how to respond
- Could any of you guys see any of these emotions difficult to cope with?

# Get Involved

Follow us on our social media [@2endthestigma](#)

Join us 2nd Annual [2ETS Community Day VCU Rams in Recovery](#)

3rd Annual Fairways For Scott [10/12](#)



# Help Promote!

# Sonovah Hillman, Jr. Youth Advocate



Creating a 4-part Docuseries on  
Fentanyl and Drug Addiction