

The purpose of the Region 4 Prevention Resource Center (PRC4) is to increase the capacity of the statewide substance misuse prevention system by seeking to enhance community collaboration, increase community awareness and readiness, provide information and resources on substance use/misuse and related behavioral health data, and support professional development of the prevention workforce, and strengthen regional compliance tobacco and nicotine laws.

- Texas Health and Human Services Commission (HHSC)



Titles of trainings are active links that will direct you to registration and/or website instructions.

<u>ETCADA Events</u>	Various Dates
<u>Education Service Center Region 7 Workshops</u>	Various Dates
<u>Education Service Center Region 8 Workshops</u>	Various Dates
<u>PST: Communication</u> 1:00 PM - 4:00 PM	Tuesday, March 14th
<u>PST: Child and Adolescent Development</u> 9:00 AM - 12:00 PM	Wednesday, March 15th
<u>PST: Risk and Protective Factors/Building Resiliency</u> 1:00 PM - 4:00 PM	Wednesday, March 15th
<u>PST: Prevention Across the Lifespan</u> 9:00 AM - 12:00 PM	Thursday, March 16th
<u>SAPST Day 1 &amp; Day 2 - Virtual Training</u> 9:00 AM - 5:00 PM	Tuesday, March 21st & Thursday, March 23rd
<u>SAPST Day 3 &amp; Day 4 - Virtual Training</u> 9:00 AM - 5:00 PM	Tuesday, March 28th & Thursday, March 30th
<u>Advanced Ethics in Prevention (Advanced EIP)</u> 9:00 AM - 4:30 PM	Tuesday, April 4th
<u>PST: Cultural Competency</u> 9:00 AM - 12:00 PM	Monday, April 10th
<u>PST: Communication</u> 9:00 AM - 12:00 PM	Tuesday, April 11th
<u>PST: Child and Adolescent Development</u> 9:00 AM - 12:00 PM	Wednesday, April 12th

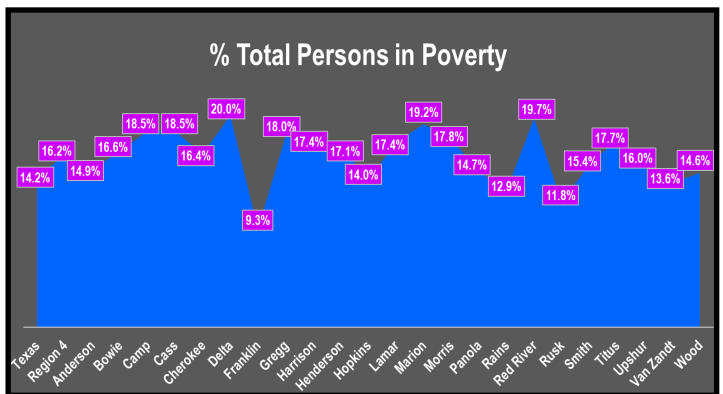


## From the Data Desk

Poverty is not a determining factor of drug use, however, someone who lives in poverty is more likely to use drugs than someone who can provide adequately for all their needs.

Substance use has more to do with genetics, environmental influences, mental health, education, stress, and parental substance abuse. Poverty does increase stress and feelings of hopelessness while decreasing self-esteem and social support. Those living in low income communities may experience high levels of exposure to alcohol and other drugs, which may influence the use of substances.

SAMSHA 2021



## Tobacco Talk

Smokeless tobacco is tobacco that is not burned. It is also known as chewing tobacco, dip, chew, and snuff. Most people chew or suck the tobacco in their mouth and spit out the tobacco juices that build up, although "spitless" smokeless tobacco has also been developed. Nicotine in the tobacco is absorbed through the lining of the mouth.

Smokeless tobacco contains at least 28 cancer-causing chemicals (carcinogens) causing oral cancer, esophageal cancer, and pancreatic cancer. Smokeless tobacco use can cause gum disease, tooth decay, tooth loss and the formation of white or gray patches inside the mouth called leukoplakia that can lead to cancer.



Because all tobacco products are harmful and cause cancer, the use of all of these products should be strongly discouraged. There is no safe level of tobacco use.

Need help quitting? Call the toll-free Quitline: **1-877-YES-QUIT** (937-7848).



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708 Glencrest Lane  
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903-753-7633  
800-441-8639  
Crisis Hotline: 988

Etcada.com

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