

# Red Rock Grady County RX Programs

## December 2019

Even more vital during the holiday season

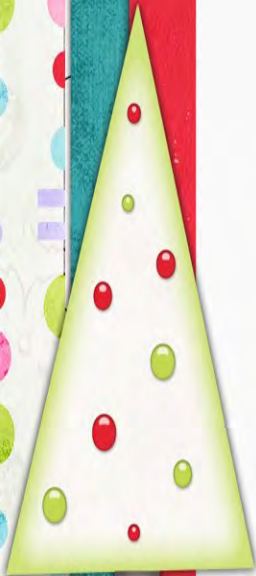
Stress, anxiety, and depression have been known to heighten during the holiday season for some.

Naloxone is a crucial medication to have year round, however it is more vital during this time of year.

If you are worried about someone you love, please visit our Naloxone Hub in Grady County at the Red Rock Chickasha Office for a free Naloxone kit.

We also offer free trainings and will come to you! To request a training, please contact Jenna Cansler at 405-422-8874.

Oklahoma SPF-PFS project is funded by SAMHSA (Substance Abuse and Mental Health Services Administration), CSAP (Center for Substance Abuse Prevention) and the Oklahoma Department of Mental Health and Substance Abuse Services



# Exciting News

We are so excited to announce that our Grady County Prevention Coordinator, Jenna Cansler will be co-presenting with Ashley Jackson from the OKC MAT Clinic at the upcoming Prevention and Recovery Conference.

We will be presenting on our prevention successes in Grady County and Ashley will be discussing the Red Rock Medicated Assistance Treatment (MAT) Clinic in more detail.



## 7 things to do for Christmas in

### OKC

- ◆ Enjoy all the tree lighting ceremonies
  - ◆ Visit Santa
- ◆ Check out Downtown in December
- ◆ Watch the Holiday River Parade
  - ◆ Go ice skating
- ◆ Drive through Nicholas Hills to see all the lights
- ◆ Visit a tree farm and cut down your own tree

Happy Holidays