

Raising Healthy Kids

WWW.SPCPREVENTION.ORG



**Southern Providence County
Regional Coalition**
Communities. Prevention. Collaboration.

Substance Misuse & Eating Disorders

In the United States alone, an estimated 20 million women and 10 million men have or have had an eating disorder at some point in their life. (National Eating Disorders Association (NEDA)). Eating disorders are mental health conditions marked by an obsession with food or body shape. They can affect anyone but are most prevalent among young women. 13% of youth may experience at least one eating disorder by the age of 20. Eating disorders can be linked to unhealthy compulsory behavior and are often accompanied by substance misuse problems.

There are many types of eating disorders and how substance misuse in combination with eating disorders can cause higher relapse rates, more severe medical complications, and higher impairment levels than individuals with eating disorders alone. Discover the signs of an eating disorder so you can help a friend or family member in need of support.

- ▶ www.kidshealth.org/en/teens/eat-disorder.html
- ▶ www.nlm.nih.gov/health/topics/eating-disorders
- ▶ www.healthline.com/nutrition/common-eating-disorders#anorexia



Protecting your brain

It's not always easy to get your adolescent to view an educational video. However, How to protect your brain relating to substance use, is an easy to follow video that can affect how you think about substance use during the years when the brain is still forming up until age 26. It was created for both parent and kids to take the time to watch.

- ▶ www.youtube.com/watch?v=nYR2j9oQGPs

THE EFFECTS OF ALCOHOL VS MARIJUANA



- depressant
- harms stomach, liver, and brain
- long term: cancers, high blood pressure, heart and liver disease, anxiety and depression

If you think marijuana is safer than alcohol, you could be making a dangerous mistake.
#2smart2start



COMMONALITIES

- dangerous for younger users whose brains are still growing
- mood and mind altering
- causes slowed reflexes and impaired judgement
- increased use leads to mental health effects and dependence
- withdrawal effects
- can cause short-term psychosis
- unpredictable effects
- causes brain fog
- disrupts memory, learning, and emotions

#2smart2start

“How do I get my child to listen?”



Youth/teens have a lot on their minds from history test to the soccer tryouts to the newest computer game. Parents can be dismally low on their list. Not to mention that when the brain is rewiring at age 6 and again at age 12, kids often feel overwhelmed by outside stimuli and tune you out.

Even toddlers are very busy, since the job description is exploring – tearing your house apart. Don’t start talking until you have your child’s attention – connect before you start speaking.

- Don’t repeat yourself
- Listen
- Stay calm
- Engage cooperation
- Set up routines
- See it from their point of view
- Watch for understanding
- Pare down your orders to what is really non-negotiable
- Invite cooperation by being playful

These tips can be boiled down to 3 things:

- Calm yourself
- Connect
- Engage cooperation with empathy

▶ www.ahaparenting.com/read/How-get-kid-listen

Women who consume about 1 drink per day have a 5 to 9 percent higher chance of developing breast cancer than women who do not drink at all.

▶ www.niaaa.nih.gov/alcohols-effects-health

Why parent self-care is important

Self-care can help replenish a parent’s energy, focus, and positivity. Children are unaware of the need for balance, so parents must set boundaries themselves. People often view boundary setting as selfish, but it can help parents have more energy for themselves and their children.

It’s important to experiment with different strategies to figure out which strategies work best for you.

Meditate, Spend Time in Nature, Listen to Music, Go for a Walk, Write in a Gratitude Journal, Engage Your Senses, Carve out Time to Be Alone, or Join a book club.

Self Care Apps:

- ▶ www.bustle.com/p/7-self-care-apps-to-help-you-stay-balanced-in-2019-15643553
- ▶ www.nami.org/Your-Journey/Family-Members-and-Caregivers/Taking-Care-of-Yourself
- ▶ www.waterford.org/education/self-care-for-parents/

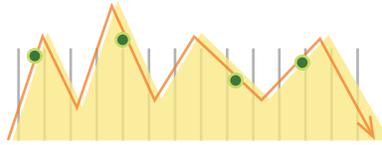
Hey Parents
KNOW THE BUZZ!

Parents & Caregivers, receive quick-to-read texts with facts about youth mental health & substance use prevention.

Opt in for FREE!

Text opt in to 401.258.7876 or scan QRC. 

DRUG TRENDS



Benadryl Challenge is back! The Benadryl Challenge (also known as the “Benny Challenge” or “Hallucination Challenge”) is back in local headlines with tragic consequences for teenagers. Teens may perceive the over-the-counter drug to be relatively safe. The challenge, which spread via the social media platform **TikTok**, instructs participants to film themselves consuming large doses of Benadryl and documenting the effect of tripping or hallucinating.

Although online challenges may encourage it, it is **not** safe to take more than the recommended dosage of Benadryl. Doing so can lead to overdose and severe symptoms, including abnormal heart rhythms, hallucinations, seizures, and even death in rare cases.

DAILY MARIJUANA USE INCREASING AMONG YOUTH

For 45 years, the annual *Monitoring the Future* (MTF) drug and alcohol survey has measured the drug and alcohol habits and attitudes of students nationwide. Though statistics remained unchanged for many years, in 2019 the daily use of marijuana took a dramatic leap among 8th and 10th graders.

- ↑ **1.3%** daily marijuana use among 8th graders from 2018 to 2019 – 0.7% to 1.3%
- ↑ **4.8%** daily marijuana use among 10th graders from 2018 to 2019 – 3.4% to 4.8%
- ↑ **6.4%** daily marijuana use among 12th graders from 2018 to 2019 – 5.8% to 6.4 %

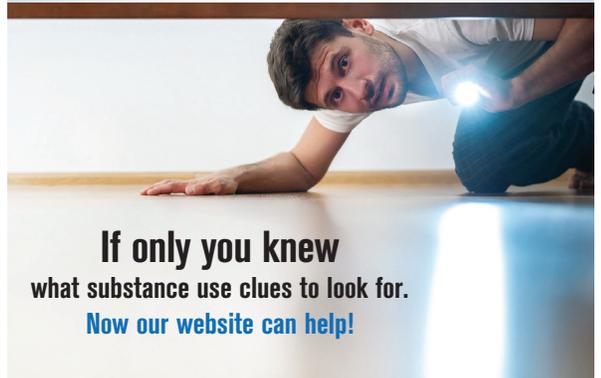


Parents, are you on mute?

Talking to our children about marijuana isn't always easy... but it is critical to prevention.

SILENCE MAY BE MISTAKEN FOR PERMISSION.

Hidden in Plain Sight An Interactive Website



If only you knew what substance use clues to look for. **Now our website can help!**



Scan this QR code or go to our website, spc-hips.com.

Parents are the most important influence on their kids when it comes to substance use.

