

Raising Healthy Kids



**Southern Providence County
Regional Coalition**
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SPCPrevention.org

EDUCATION

When Opioid Pain Relievers Are Prescribed For Your Child: What You Should Know

Opioid pain relievers are most often prescribed following surgery or to treat cancer pain mostly for older people, less common to young people. However, if your child should have an accidental injury, tonsils taken out, oral surgery, ie. wisdom teeth removed, sickle cell disease, and other pediatric pain conditions, opioids can be prescribed for your child.

 [Visit article for more recommendations.](#)

CBD (Cannabidiol): Potential Harms, Side Effects and Unknowns

SAMHSA (Substance Abuse Mental Health Service Administration) has issued a new advisory on "Cannabidiol (CBD) potential harms, side effects and unknowns". There are common misconceptions of about CBD. CBD has a broad availability and has been marketed for several medical conditions despite limited effectiveness. It is critical that parents in particular, should be advised to not let their children use non FDA approved CBD products. It has also been known to say on the package that there is not THC in the product but some may have traces of THC which will show up on an employment drug testing, jeopardizing many applicants without them even knowing.

 [Visit article for more information.](#)

DRUG TRENDS

What's in RI's Local Drug Supply

The Brown University research team tests drug residue samples from used paraphernalia collected at overdose hotspots and donated from individuals or community organizations across Rhode Island.

Brown University found that 44% of street drugs contained Xylazine of the 90 samples tested.

Xylazine (Zi Lu Zeen) is a veterinary drug used for animals. It creates a deep long lasting sedation and is not a controlled substance and is not meant for humans.

It is becoming prevalent in Opioid overdoses found in fentanyl and pressed pills. Using xylazine extends the effect of fentanyl and heroin which has a rapid onset and short duration. Although Narcan reverses the effects of fentanyl it will not reverse the effects of xylazine, one has to pay special attention to the breathing. CPR will help until the person gets to the emergency room. Xylazine can cause serious soft tissue wounds and ulcers that can lead to infection.



10 Habits to Stay Connected to Your Child

REGIONAL HIGHLIGHTS

- 1 | Aim for 12 hugs every day.
- 2 | Play.
- 3 | Turn off technology when you interact with your child.
- 4 | Connect before transitions.
- 5 | Make time for one on one time.
- 6 | Welcome emotion.
- 7 | Listen, and Empathize.
- 8 | Slow down and savor the moment.
- 9 | Bedtime snuggle and chat.
- 10 | Show up.

 [Read Article](#)



Youth and Adult Mental Health First Aid Trainings

Mental Health First Aid trainings introduces participants to the unique risk factors and warning signs of mental health problems in adolescents/adults, builds understanding of the importance of early intervention, and teaches individuals how to help an adolescent/adult in crisis or experiencing a mental health challenge. If interested in attending a **free** training, please contact psweet@tricountyri.org

Escape the Vape-Escape Rooms Have Been Set Up in Schools Across the Region

Together we help kids escape the lung damage, exposure to cancer-causing chemicals, and nicotine addiction that can lead to vaping marijuana.



Groups race against the clock to successfully Escape the Vape by solving puzzles that lead to opening a box, allowing participants to stop the timer.

The participants learn:

- 1 "What harmful chemicals are being inhaled"
- 2 "Damage done to brain lungs, nervous system and more"
- 3 "Ways to say "NO" to vaping"

Parents and Caregivers... Know the Buzz

Opt in for free quick to read texts with facts about youth mental health and substance use prevention.

Text "opt in" to **401-258-7876** or scan QR code



REGIONAL HIGHLIGHTS (cont'd)

Media Ready Classes Are Being Facilitated in the Region at Schools and YMCA

Media Ready is designed to give students the ability to analyze media messaging, recognize unhealthy behavior, and prevent substance misuse through the power of media literacy education.

Narcan Trainings Have Been Taking Place Across the Region

A New Guide Has Been Created

Caring For Yourself Over 50

 spcprevention.org/community



Sponsorship During Prom and Graduation Season at the High Schools

Photo booths and guest speaker, Kathi Sullivan. After a night of binge drinking and poor choices at a series of underage parties, her 17 year old daughter Taylor wandered away alone in the woods, and drowned in only two feet of water. They found her three days later.

Johnny's Ambassador

Laura Stack presentations on the harms of high potency THC.

RESOURCES

National Drug Take Back Day

Do you have unwanted or expired medications to dispose of? On April 22nd, National Drug Take Day, you can dispose of your medications at your local police station. April 22nd at your local police station.

For a list of addresses in your city/town visit spcprevention.org/drug-drop-box/

Do You Know What is Hidden in Plain Sight?

Hidden in Plain Sight allows parents a unique interactive opportunity to look into a Teenager's Mock Bedroom. The room is full of common household items that could be used to hide or disguise drug, alcohol, tobacco use or other "risky" behaviors. Adults are asked to search for the items, and then compare their results with the answers.

To explore the interactive bedroom visit spc-hips.com/

50 + Tips to Limit Screen Time Without Conflict

There are many reasons to spend time on screens for learning and relaxation. But finding the balance and knowing when enough is enough can be a challenge and conflict between parents and students. It's important to help students build healthy screen time habits, but for many parents and educators, that's easier said than done.

For the 50+ tips visit smartsocial.com/post/limit-screen-time



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