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# **Prevention Today** A NWCSB Prevention Department Publication

September 2020 | Issue 11

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## • Should Parents Bring the Party Home?

- Upcoming REVIVE! Trainings
- Children's Mental Health Fidgety Fairy Tales

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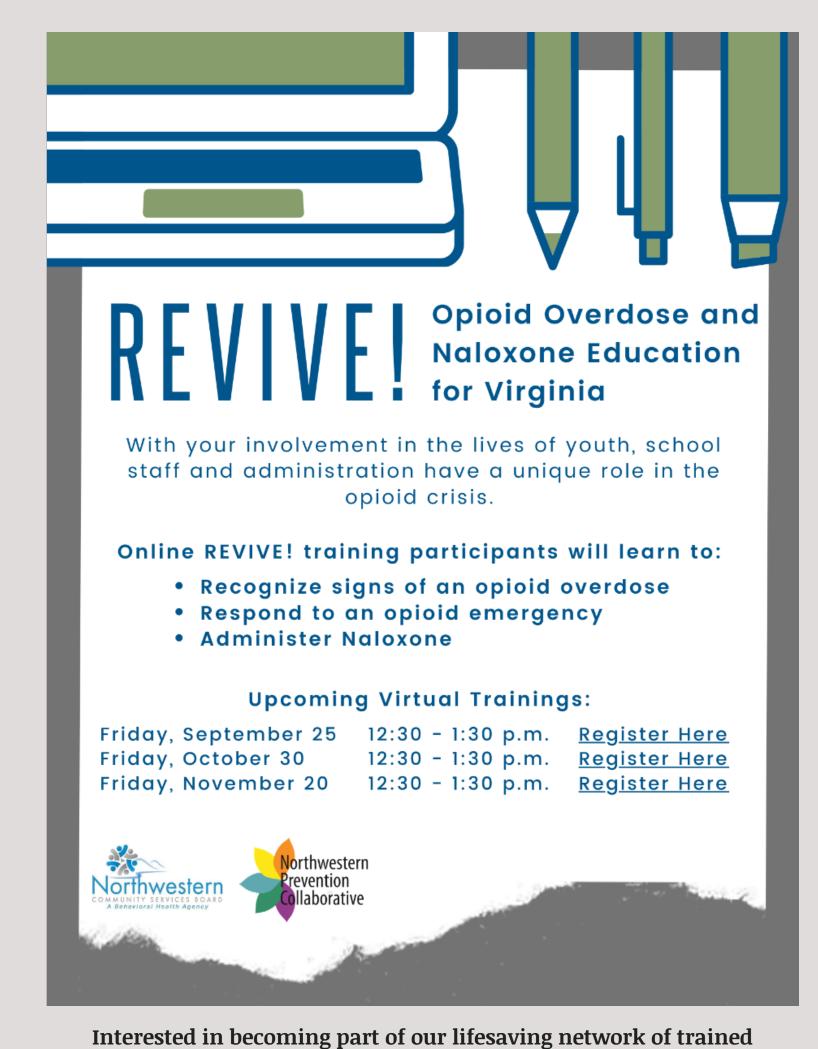
- Regional Book Read
- Parent Survey on Youth Alcohol Use • Connect with us on Social Media!

• Virtual Learning Opportunities

**Should Parents Bring the Party Home?** 

**Is teen drinking really an inevitability?** The simple answer is no. <u>The 2018</u> National Survey on Drug Use and Health reported that 19% of people ages 12–20 are current alcohol users. This tells us that while underage drinking is a national concern, it is not an inevitability and it shouldn't be treated as such. So, should you allow alcohol in your home? Again, the simple answer remains no. A recent study published in <u>The Lancet Public Health found that there is no</u> benefit to parents supplying alcohol to teens. This study followed a group of teens in Australia for six years to determine prospective risk associated with teens whose

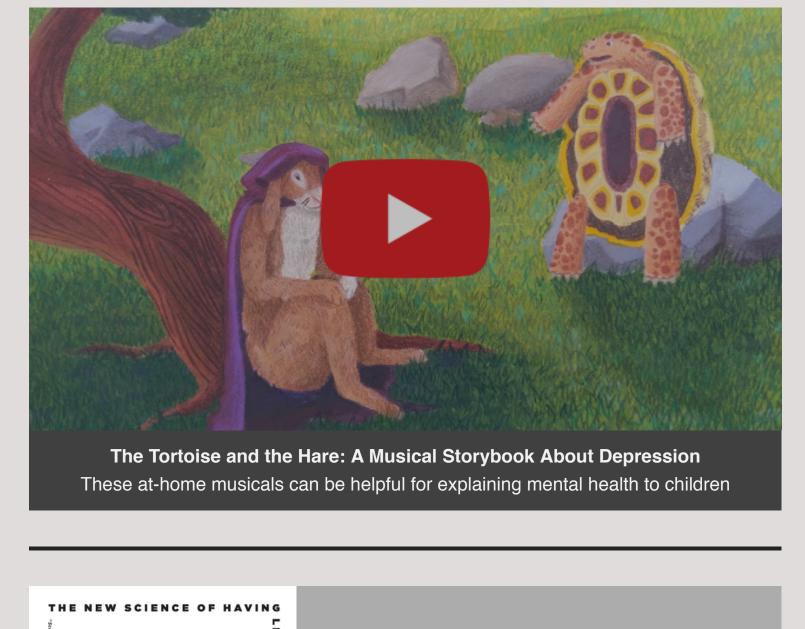
alcohol supply came from home versus teens whose alcohol came from another supply, or no supply at all. According to the findings, parental supply was associated with higher rates of binge drinking, more alcohol-related harm, and increased symptoms of alcohol use disorder. To keep reading, check out the Parents Who Host Lose the Most newsletter HERE

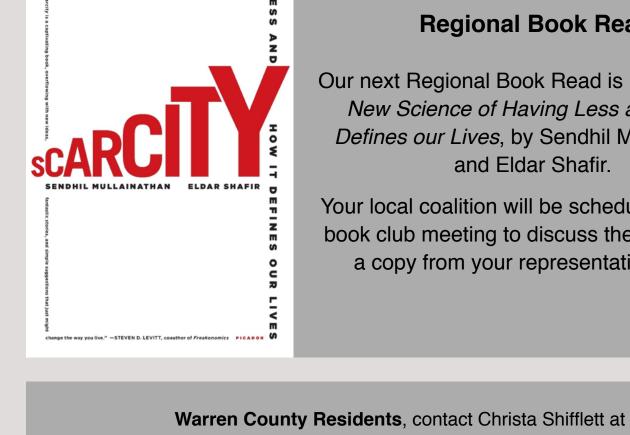


individuals? The Northwestern Prevention Collaborative is hosting virtual REVIVE! trainings. Join us in September, October, or November. #EveryoneHasARole **September Registration HERE** 

**November Registration HERE** 

**October Registration HERE** 





#### Our next Regional Book Read is Scarcity: The New Science of Having Less and How it

**Regional Book Read** 

Defines our Lives, by Sendhil Mullainathan and Eldar Shafir. Your local coalition will be scheduling a virtual book club meeting to discuss the book. Snag

a copy from your representative today!

pageallianceforcommunityaction@gmail.com Shenandoah County Residents, contact Rebekah Schennum at

christa@warrencoalition.org

Page County Residents, contact Megan Gordon at

shencofyichair@gmail.com

Winchester, Frederick, and Clarke County Residents, contact Lauren Cummings at lcumming@valleyhealthlink.com

## PARENT SURVEY ON YOUTH ALCOHOL USE Northwestern Community Services Board needs YOUR help! In the month of September, we are conducting an anonymous survey on youth alcohol use. The responses will help guide our efforts as we

The survey can be accessed by scanning the qr code or visiting the link below:

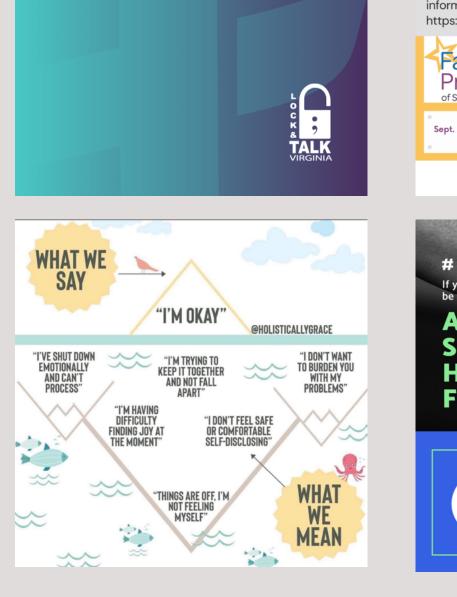


### https://www.shenandoahfamilypromise.org/future-events Family

Connect with us on social media!

MESSAGES

Check this Out!



SEPTEMBER IS

NATIONAL

**PREVENTION** 

SUICIDE

MONTH



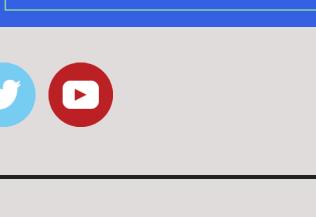
Family Promise of Shenandoah County is dreaming big and

inviting you to join them. From Sept. 21 through Oct. 12, they

are holding their first Night Without a Bed virtual event. They're challenging you and your family to spend one or

family homelessness in our community. For more

more nights without your bed and spread the word about



1-800-273-TALK (8255)

#### What Are They Smoking Now??: **Mental Health & Wellness Virtual** An update on Teen Vaping & **Learning Forum** Marijuana Use

**Virtual Learning Opportunities** 

Participants will gain the confidence to improve their own mental wellness and/or offer help to others.

September 24th, 9:00 AM - 2:30 PM

sessions

Click **HERE** to register for individual

**Understanding Yourself and Others: A Leadership Workshop Using the Myers Briggs Type** 

Indicator

Sept 28th 1 - 3 PM (Part 1) Sept 29th 1 - 3 PM (Part 2) Have you ever wondered why it seems so easy to communicate with some people? For some strange reason the two of you just seem to share a like mind, while with others

it's almost like you're trying to talk to an alien from another planet! This workshop will help you identify and understand the inborn personality

preferences that make people

different from each other.

Click <u>HERE</u> to register

Sept 28th, 10 AM - 12 PM (Part 1) Sept 29th, 10 AM - 12 PM (Part 2)

This workshop is an overview of the evolution of e-cigarettes, usage trends among teens and young

substance use is concerning for the young brain. Click <u>HERE</u> to register

adults and the risks and concerns

related to these trends. There will

be some discussion of adolescent

development and why any

Who Unplugged the Cord? Disclosing Engagement Barriers **Between Youth and their** 

**Digital/Screen-driven World** Oct 5th 1 - 3 PM (Part 1) Oct 6th 1 - 3 PM (Part 2) How do you balance screens and

Parents/Caregivers in a

kid? How do you plant/replant seeds in your kid for the future? This interactive workshop will equip and empower you with strategic and practical tools to answer these questions and many more. Come ready to plug in and discover the realities of human engagement.

families in a uber-digital world? How

do you manage a hyper-connected

Click <u>HERE</u> to register

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youthresourcealliance@gmail.com

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