

Prevention Today

A NWCSB Prevention Department Publication

September 2020 | Issue 11

In this issue...

- Should Parents Bring the Party Home?
- Upcoming REVIVE! Trainings
- Children's Mental Health - Fidgety Fairy Tales
- 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. [The 2018 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 [The Lancet Public Health](#) found that there is no 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](#)

REVIVE! Opioid Overdose and Naloxone Education for Virginia

With your involvement in the lives of youth, school staff and administration have a unique role in the opioid crisis.

Online REVIVE! training participants will learn to:

- Recognize signs of an opioid overdose
- Respond to an opioid emergency
- Administer Naloxone

Upcoming Virtual Trainings:

Friday, September 25	12:30 – 1:30 p.m.	Register Here
Friday, October 30	12:30 – 1:30 p.m.	Register Here
Friday, November 20	12:30 – 1:30 p.m.	Register Here

Northwestern Prevention Collaborative

Interested in becoming part of our lifesaving network of trained individuals? The Northwestern Prevention Collaborative is hosting virtual REVIVE! trainings. Join us in September, October, or November. #EveryoneHasARole

September Registration [HERE](#)

October Registration [HERE](#)

November Registration [HERE](#)

The Tortoise and the Hare: A Musical Storybook About Depression

These at-home musicals can be helpful for explaining mental health to children

Regional Book Read

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

Warren County Residents, contact Christa Shifflett at christa@warrencoalition.org

Page County Residents, contact Megan Gordon at pageallianceforcommunityaction@gmail.com

Shenandoah County Residents, contact Rebekah Schennum at shencofychair@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 address alcohol use among youth in our community.

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

www.surveymonkey.com/r/F5W3YQR

Northwestern Community Services Board
A Behavioral Health Agency

Connect with us on social media!

SEPTEMBER IS NATIONAL SUICIDE PREVENTION MONTH

1-800-273-TALK

MESSAGES

Check this Out!

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 more nights without your bed and spread the word about family homelessness in our community. For more information visit <https://www.shenandoahfamilypromise.org/future-events>

Family Promise of Shenandoah County

Night Without a Bed

Sept. 21 - Oct. 12, 2020

For additional resources please visit youthresourcealliance.org

WHAT WE SAY

"I'M OKAY"

"I'VE DRUNK ENOUGH AND CAN'T PROCEED"

"I'M TRYING TO KEEP IT TOGETHER AND NOT FALL ASHORE"

"I DON'T WANT TO BRING YOU INTO MY PROBLEM"

"I'M HAVING DIFFICULTY FINDING MY WAY AT THE MOMENT"

"I DON'T FEEL SAFE OR COMFORTABLE. SELF-REGULATING"

"TOMORROW I'LL BE FEELING BETTER"

WHAT WE MEAN

#BeThe1To

If you think someone might be considering suicide, be the one to help them by taking these 5 steps:

ASK. KEEP THEM SAFE. BE THERE. HELP THEM CONNECT. FOLLOW UP.

Find out why this can save a life at www.BeThe1to.com

1-800-273-TALK (8255)



Virtual Learning Opportunities

Mental Health & Wellness Virtual Learning Forum

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

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

Click [HERE](#) to register for individual sessions

What Are They Smoking Now?: An update on Teen Vaping & Marijuana Use

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 adults and the risks and concerns related to these trends. There will be some discussion of adolescent development and why any substance use is concerning for the young brain.

Click [HERE](#) to register

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 [HERE](#) to register

Who Unplugged the Cord? Disclosing Engagement Barriers Between Youth and their Parents/Caregivers in a Digital/Screen-driven World

Oct 5th 1 - 3 PM (Part 1)
Oct 6th 1 - 3 PM (Part 2)

How do you balance screens and families in a uber-digital world? How do you manage a hyper-connected 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.

Click [HERE](#) to register