



SUBSTANCE USE PREVENTION PARTNERSHIP

This is the monthly newsletter of the SUPP Coalition. We share information and updates central to our mission: To strengthen our communities to support alcohol and drug free youth in Lincoln County.

Next SUPP Coalition Meeting:

September 13 at 2:30pm, LincolnHealth Education Center- Damariscotta

School Stress and How You Can Help

Heading back to school for another year can be an exciting time but for many youth, the pressures of getting good grades, participating in athletics and extracurricular activities and making friends can provoke a significant amount of stress. The American Psychological Association's Stress in America survey revealed that 13 to 17 year olds are experiencing unhealthy stress level with the top source being school.



Take a few minutes and read [Talking to Teens About Stress](#) to learn how to recognize when a child is experiencing unhealthy stress levels, communication techniques and how to work with youth on developing healthy coping skills to use in school and as they navigate through life.

JUULing: The Trend to Watch for This Fall

JUULing, vaping, using e-cigarettes, what does that even mean? If you're a parent of a middle or high school student you may already be aware of this current nicotine trend, or you may still be trying to get all the facts. JUUL, a brand of electronic or e-cigarettes is causing alarm in schools all over the country as its use on school campuses is booming, students are becoming addicted and youth are finding clever ways to disguise their vaping hardware. Youth may think that using a JUUL is "healthier" than smoking a traditional cigarette but in fact, **one JUUL pod has roughly the same amount of nicotine as a pack of cigarettes.**

For more information about

HIDING IN PLAIN SIGHT

Basics About Vaping, JUUL & More



This is a JUUL (pronounced "jewel"). This is one of the most popular types of e-cigarette being used by teens and young adults today.



Other types of e-cigarette devices.



These are JUUL pods. These e-liquid flavor packs come in a variety of flavors, including mango, creme brulee, and fruit medley. The cartridge clicks into the top of a JUUL device.



This is a PHIX and PHIX pod. Very similar to the JUUL, the PHIX is rising in popularity. It has a diamond shape, and its pods hold twice the e-liquid as JUUL, lasting longer, and equaling about 2 packs of cigarettes.

Photos:
www.juul.com
www.phixpod.com
www.phixvape.com

Why the concern? Vaping is...

Discreet



- Small like USB drives
- Vapor disappears quickly
- Usually little or no smell, or sometimes fruity

Trendy



- Social activity with friends
- Strong social media presence
- Teens may not know about nicotine

Addictive



- Nicotine is a highly addictive - JUUL is one of the highest nicotine strengths on market
- One JUUL pod = one pack of cigarettes.

1. Know what to look and smell for (USB drive, sweet smells).
2. Talk with your teen about the harms of nicotine.
3. Learn more: www.healthylincolncounty.org



JUULing and nicotine addiction, take a look at this infographic by [clicking here](#).

If you're a parent and would like some tips for talking to your teen about e-cigarettes, view this [CDC resource](#).

September is National Recovery Month

Every September, the Substance Abuse and Mental Health Services Administration, SAMHSA, sponsors National Recovery Month to help raise awareness and understanding of both substance use disorders and mental health conditions, and to also celebrate those who have gone through recovery.

Above all, Recovery Month aims to show people that "recovery in all forms, is possible." This year, the theme is **Join the Voices of Recovery: Invest in Health, Home, Purpose, and Community**. As part of Recovery Month, SAMHSA is highlighting their Road to Recovery series, an eight episode series featuring panels of national recovery experts. To listen or view, visit the [Road to Recovery webpage](#).

To learn more about SAMHSA and their Recovery Month efforts, visit www.recoverymonth.org.



PREVENTION DURING THE RETURN TO SCHOOL

It's that time of year when students are getting back into the classroom, meeting new friends, and embarking on new adventures. The start of the school year can be an exciting yet overwhelming time, as youth are finding their footing as older students, in new peer groups and maybe even in a new school. We will be sharing messages on social media with tips and reminders for youth, parents, and grandparents to encourage a safe and healthy start to the new academic year. Share our posts from [@HealthyLincolnCounty](#) to help spread the word.



Start the school year off on the right foot.

Hard to believe that summer's over, and it's time for back to school! Start the school year off on the right foot! Whether it's checking their homework, scheduling family meals or making every soccer game, showing up for your kids is what matters.



Be that one caring adult that changes their life.

As the new school year begins, remember that as adults, we have the ability to change a child's life just by being present. Listen to them, be available to them and support them towards success in not only school, but in all aspects of their lives.

SAVE THE DATE

2018-2019 COALITION MEETINGS

*Locations will be announced prior to meetings.

October 23rd from 7:30 – 9am

November 15th from 2:30 – 4pm

December 11th from 7:30 – 9am

January 17th from 2:30 – 4pm

February 19th from 7:30 – 9am

March 21st from 2:30 – 4pm

April 16th from 7:30 – 9am

May 16th from 2:30 – 4pm

June 18th from 7:30 – 9am

Bi-Annual Drug Take Back Day



Participating Locations Include:

- Boothbay Harbor Town Office
- LincolnHealth, Miles Campus in Damariscotta
- Sheepscot Valley Health Center in Coopers Mills
- Waldoboro Town Office
- Wiscasset Police Department

Visit our Website

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STAY CONNECTED

