



Upcoming Events

- Black History Month
- American Heart Month
- Self-Esteem Month
- 2.2 / Self-Renewal Day
- 2.4 / World Cancer Day
- 2.17 / No One Eats Alone Day
- 2.20-26 / National Eating Disorders Awareness Week

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Is Your Teen Vaping?

Why ADHD Brains Get Addicted & How to Quit

Vaping is worse for teens with ADHD because nicotine is a stimulant, hitting the same dopamine receptors that Adderall, Vyvanse, and Concerta do. Dopamine is a neurotransmitter, a chemical messenger that sends signals from one nerve cell in the brain to another. Nicotine activates dopamine receptors in areas of the brain responsible for producing our sense of gratification. The brain learns, remembers, and seeks out these positive sensations. Nicotine's impact on the nucleus accumbens, the area of the brain that controls cognitive functioning, pleasure, motivation, and reward, produces a sensation similar to the pleasure we feel when we eat.

In the amygdala, the emotional control center of the brain, nicotine reduces anxiety, improves motivation, and sharpens memory. That sounds great for people with ADHD, but it's not. The effect of nicotine is short, leaving the brain craving improved cognition and more of the substance that brings it. Its absence results in users feeling cognitively impaired when they are not vaping. This is why people with ADHD are at greater risk. They like the way their brain feels when nicotine is present.

Change Your Teen's Vaping Behavior

There are treatment methods for teens who want to stop vaping, including medication and cognitive behavioral therapy. But none of that works if the teen is unwilling to quit. Willingness comes from changing the message of permission that teens whisper to each other.

The good news is that teens will listen to parents because, for the most part, our children want to emulate us. To gain their confidence and inspire them to follow rules they don't want to follow, proceed with love. Begin the process by having a rational, and persuasive conversation, using these talking points:

- *“Despite the news stories, you’re probably not going to die from vaping next week. So, don’t panic.”* Inflating the danger of certain drugs closes teen ears. Calm always wins.
- *“The real problem with vaping is addiction. While the list of chemicals in these devices isn’t always known, the nicotine is. If you vape more than once or twice a week, you’re moving toward addiction, needing more hits to get the same effect. This leads to tolerance, dependency, and addiction. That is how nicotine works.”* This is a truth that teens can see for themselves. No one questions the addictive impact of nicotine.
- *“As parents, we can’t control what you do after you’re 18 and on your own. But we can work to prevent you from using a nicotine product now. We won’t allow use in our home, and we’ll do what we need to do to enforce it.”* You’re the parent. You decide. The longer your teen waits to start vaping, the less likely he is to begin.
- *“We can’t easily control you outside of our home, but we also don’t have to support you with cars, money, phones, and so on if you’re doing something we see as dangerous.”* Far too many parents try nagging to get kids to change. This message admits that you have limited power to curb vaping.
- *“We’ll pay for you to engage in vaping cessation options, and, as long as you’re progressing, we will not withhold support.”* This is the carrot to the stick. You will do what you can to stop vaping if the child is actually interested in stopping it.

Source: ADDitude Newsletter

! APP ALERT!

SNAPCHAT

Watch out! Snapchat has released a new update that allows users to see the exact location of someone on their "Snap Map". Not only does this feature give someone access to see locations of people, it also gives directions on Apple or Google Maps to the person. In order to disable this feature, a user can turn it off by going into Snapchat's settings and clicking "Ghost Mode". This will turn off their location to everyone in Snapchat (Tech Times, 2022).



SELF HARMING ON AN APP??

"The Game" on Roblox has recently been reported to encourage children to engage in self-harming behaviors. Actions include cutting, starving, overdosing, and bruising. There is one part on "The Game" that the "only way to win is to die".

This game also encourages children to harm other children, like siblings and friends. According to the post, the typical age ranges from 10-15, but children as young as 9 are playing. (INEQE Safeguarding Group, 2023)

WELCOME TO ROBLOX



Looking for community resources?

Contact Delia Mitchell at:
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Community
OUTREACH



Keep A Clear Mind

This program is a parent-child, take-home program in drug education. Keep A Clear Mind has won the Center for Substance Abuse Prevention's (CSAP) Exemplary Program Award, has been promoted as a Model Program by CSAP, the Substance Abuse and Mental Health Services Administration, and the Office of Juvenile Justice and Delinquency Prevention. It is an evidence-based program and is also available in Spanish.

To schedule contact:

preventioncoordinator@thehc.org

www.thehc.org



REACH LV

Youth Recovery Center

REACH provides a recovery community program that supports, empowers, and provides services to adolescents and their families in all phases of recovery.

Services Include:

- Recovery Meetings
- Peer-to-Peer Support
- Planned Sober Social Events
- Family Support Groups
- Psychosocial Education Groups
- Linkage to Counseling and Community Services



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