

Child and Adolescent Behavioral Health

C&A Cares Newsletter

May 29, 2020



Stark County Youth Led Prevention

Stark County Youth Led Prevention (SCYLP) is a service that empowers youth ages 10 to 18 to participate in a youth-led, adult-guided leadership development program that focuses on the promotion and celebration of healthy lifestyles. Stark County Youth Led Prevention was created to encourage and empower students to impact their schools, neighborhoods and communities.

It is our goal that members of SCYLP are part of 86 percent of Stark County students who do not use alcohol and other drugs. SCYLP members encourage fellow teens to continue to make positive choices regarding substance use! Students are impacted by countless issues while growing up including depression, anxiety, bullying, suicidal thoughts, substance use and many more. SCYLP is a safe place for youth to come together and encourage one another and their peers to make healthy decisions through planning and implementing various prevention and leadership development activities and participating in state-wide program experiences.

During this time of uncertainty, there is unfortunately a likelihood that youth may experience an increase in anxiety, depression, disappointment and feelings of loss. Because of this, C&A would like to expand out SCYLP services, in collaboration with the local school districts, to offer SCYLP remotely in two different age groups to support and assist students with increasing and promoting healthy strategies for improving mental health and teaching coping and stress management skills. It is the goal and hope that, during this pandemic, SCYLP will offer a safe platform for students to share current stressors, challenges and disappointments with fellow peers and work together to brainstorm and problem-solve healthy coping strategies all while enhancing social connections between you the and trusted adults.

For more information on SCYLP, please contact Sarah Hough through email at shough@childandadolescent.org; by phone at 330-433-6075, ext 257; or send a Facebook message.

Additional Tips for Talking with Children regarding Substance Use:

- Starting the conversation about drug use as early as possible
- Be good listener
- Use and create "teachable moments" to communicate with and learn from their children what they know and

Helpful Responses to Challenging Questions:

1. Show interest and concern
2. Admit it if you don't know
3. Ask then what they want to know
4. Respect their privacy
5. Be clear about your beliefs and expectations
6. Look up the answer with them
7. Follow up with professional help if something worries you
8. Talk about the bad things that can happen now as well as later

Did You Know?

Children of parents who talk
to their children about drugs
are up to 50 percent less
likely to use

COVID-19 SCYLP Youth Share

The youth attending our intermediate and advance COVID-19 SCYLP Groups have been working hard to share ideas and resources with other youth and their families during this period of social distancing in order to increase social connectedness and manage and cope with feelings of boredom and disappointment. COVID-19 SCYLP has allowed youth to connect with one another and has empowered them to have an influence in social change and a positive impact both for them and others.

***Stark County Schools
Mental Health Week
Partners***



**C&A would like to recognize
our partner school districts -**

**Alliance City Schools
Canton City Schools
Lake Local Schools
Marlington Local Schools
Massillon City Schools
Plain Local Schools
Sandy Valley Local Schools
Tuslaw Local Schools**



Start Talking!

Building a Drug-Free Future

A majority of substance free adolescents credit their parents for their decision not to use illegal substances

What Parents Can Do

- Be involved with their children's lives
- Keep open communication
- Establish and entrance clear rules
- Be positive role models
- Teach children to children to choose friends wisely
- Monitor activities closely

<http://www.starttalking.ohio.gov/>

Substance Abuse Prevention

Youth are still developing important life skills, their identity, likes and dislikes. If youth begin experimenting with drugs to fit in or gain friends, they can unknowingly set themselves up for a potentially life-threatening habit, making early prevention critical. Although youth from all backgrounds abuse harsh and addictive chemicals, some are more at risk for addiction than others. Teens who struggle with depression or anxiety are more likely to dabble with chemicals for a sense of relief. Youth, who are moving or transitioning between different schools may feel stressed and isolated. In turn, he or she may turn to a substance to distract themselves from their emotions. Now, more than ever, with COVID-19, youth are experiencing isolation, boredom, disappointment, depression and even anxiety. Therefore, this may be the time to start talking with your children about drugs and alcohol.

It is *never* too early to start warning children about the dangers of drugs and alcohol. A good place to start is around the age of about 5; your child will be more receptive to your advice and guidance, and you can start somewhat small by discussing the safety around medications they take for colds or that they see you take for a headache. Discuss how all Medicines - prescription and over-the-counter alike - come with risks and should be used with care. Let them know that for this reason, they should *never* take any kind of medicine without your guidance because it can be very dangerous. Don't scare him or her, but do emphasize the seriousness of the matter.

As your kids grow older, you can begin talks with them by asking them what they think about drugs. By asking the questions in a non-judgemental, open-ended way, you're more likely to get an honest response. Remember to show your children that you are listening and really paying attention to their concerns and questions.





Tips from SCYLP

Ways to Spread Kindness and Connect with others:

- Sidewalk Chalk Drawings/Messages
- Heart in the windows/painting doors
- Paints rocks with positive messages
- Write and send a card or picture to someone
- Color or bake goodies and deliver to others (on porches)

Activities for a Spirit Week with Friends and Family

- Crazy hair day
- Pajama Day
- Favorite Sports Day
- Crazy Socks Day
- Art Day

Family Fun Themes

- Dinosaurs
- At the beach
- Taco Tuesday
- Trolls or Favorite Movie Theme Night
- Camping

Activities to engage in when feeling bored developed by the Intermediate SCYLP Group

- Play Outside
- Play with favorite toys
- Play games
- Ride bike
- Watch TV or use electronics
- Read a book
- Sing Songs - karaoke
- Watch a movie
- Draw/Craft
- Jump on trampoline
- Swim
- Call friends
- Spend time with pets
- Clean/Complete chores

Activities to engage in when feeling bored developed by the advance SCYLP Group

- Yoga/Meditation
- Listen to music
- Art - painting, crafting, drawing

- Start a new I V series to watch
- Take a walk
- Clean
- Read a book
- Cook or bake
- Puzzles
- Campfire
- Spend time with pets
- Spend time outside
- Call family and/or friends
- Go for a drive

Being part of SCYLP has been fun as we are empowered and get to empower others by sharing ideas to help with community, family and friends make positive and healthy life decisions.



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