

DAET COALITION NEWSLETTER

A community resource to help prevent youth substance use in Ashland



WINTER 2021



A LETTER FROM THE COALITION

Dear Ashland Community Members,

As I write this letter on December 4th, I realize that it is impossible to know what changes may happen over the next month or what the day will look like when you are reading this in early January. What I do know, is that we have an amazing capacity to be resilient. We talk a lot about building the resiliency of children & teens with respect to preventing and reducing youth substance use and the overall promotion of positive behavioral health in young people. I have seen and heard countless examples of community resiliency too – both small and large - that will continue to contribute to the overall health & wellness of Ashland.

While the past year has presented some challenges to our prevention work, it has also opened the door for us to think creatively and try new approaches to meet the changing needs of Ashland families. We presented four successful virtual presentations on the topics of social-emotional wellbeing during the pandemic, strategies for supporting tweens & teens during COVID-19, practical ideas for mindful parenting of K-12 youth, and the youth vaping epidemic; conducted parent focus groups and stakeholder conversations to better understand concerns & priorities regarding youth; significantly grew our social media presence and frequency of resource sharing; brought increased attention to the power of Developmental Assets and Developmental Relationships; and have made strides in building a youth presence in the Coalition.

We are equally excited about what we have in store for the upcoming year. DAET will continue the AMS STAND campaign; collaborate with AHS Counseling and Health & Wellness staff on a mental health campaign and young adult speaker program; continue to provide virtual prevention education opportunities that are open to all community members; forge new partnerships to help address racial equity and inclusion; and continue our efforts to promote positive adult/youth relationships as the cornerstone for youth health and wellbeing. You will find examples of some of our upcoming work on the following pages.

My hope is that we take the lessons that we have learned over the past year and apply what we can to creating a healthy 2021.

Wishing you kindness & joy in the New Year.

Kristin French, LCSW
Director, DAET

UPCOMING FEBRUARY & MARCH EVENTS! WATCH FOR DATES AND DETAILS!

HIDDEN IN PLAIN SIGHT VIRTUAL EXHIBIT



Hidden in Plain Sight is an educational exhibit for parents & caregivers (21+) to increase awareness & provide education about youth substance use/misuse and to encourage meaningful family conversations. **Plans are underway to move the brick-and-mortar poster session & staged bedroom exhibit to a virtual format.**

ZOOM PRESENTATION

Coping with Anticipated & Ambiguous Loss

DAET will welcome Linda Price back to Ashland. Plan to join us to learn helpful strategies for helping kids & teens manage COVID-related loss.



Linda Price, ME D

DAET is looking to foster youth engagement in the Coalition. If you know of any middle or high school students who are looking for an opportunity to get more involved in the community/make positive changes for the community, please reach out to our Project Coordinator, Talia Seavey, at talia.seavey@ashlanddecisions.org.

REASONS FOR YOUTH TO GET INVOLVED:

- MAKE POSITIVE CHANGE IN ASHLAND
- GAIN LEADERSHIP SKILLS
- CREATE RELATIONSHIPS WITH YOUR PEERS
- ...AND MUCH MORE



JOIN US VIA ZOOM

Tuesday, January 12, 2021

DAET Coalition meeting & discussion

5:30 PM – 7:00 PM

ALL ARE WELCOME!

- * AMS/AHS campaigns
- * Educational programming
- * Youth, Parent & Community Outreach

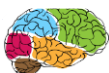
Email kristin.french@AshlandDecisions.org for the ZOOM link

WHAT EVERY PARENT & TEEN NEEDS TO KNOW ABOUT THE YOUTH VAPING EPIDEMIC

On November 23rd, pediatrician Dr. Safdar Medina provided an eye-opening look at youth vaping. Here are a few highlights. You can view the full video & Power Point slides using the links at the right.



Curiosity, taste, and socialization with friends are the top reasons U.S. teens say they vape.



The teen brain is not fully developed until age 25. This vulnerability makes vaping particularly risky for young people. Thrill-seeking behaviors, the desire to fit in, and a greater susceptibility to addiction contribute to harmful effects on youth health.



Teens who use e-cigarettes are more likely to smoke conventional cigarettes, drink alcohol, or use marijuana than non-users. (MWAHS 2018)



Vaping puts teens more at risk for COVID-19. Those who vape nicotine and/or THC are 5x more likely to contract the virus and become ill due to the direct effect on lungs and sharing of devices.



Parents play a vital role in prevention. Teens whose parents talk with them regularly about drugs and alcohol are 42% less likely to use substances than those whose parents don't have conversations.



Did you miss the presentation?

The video recording is available at: <https://youtu.be/myiqDoyLxY8>

DAET Parenting for Prevention Tip Sheet
E-Cigarettes, Vaping & JUULing

<https://www.ashlanddecisions.org/wp-content/uploads/2019/02/ECigarettes-Vaping-JUULING-FINAL.pdf>

PowerPoint Slides & Resources

<https://www.ashlanddecisions.org/wp-content/uploads/2020/11/Vaping-Nicotine-and-THC-New-Challenges-During-The-Era-of-Covid-19-NEW-FINAL.pdf>

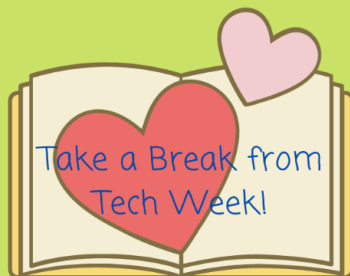
DAET COALITION NEWSLETTER

A community resource to help prevent youth substance use in Ashland

PAGE 3

Turn any week into a time to reconnect with family.

Step away from the iPhones, laptops and computer games. These ideas can help us be present, enjoy the moment and build family connectedness.



SUNDAY

Theme: Say YES to No Tech

Relationship Building Activity: What is your SPARK? ©

Uncover your child's passions and skills that bring joy.

MONDAY

Theme: Take a Break from Tech to Connect

Relationship Building Activity: Table Time

Simple ideas for making dinner time, family time.

TUESDAY

Theme: No to Tech - Yes to Connect

Relationship Building Activity: Talk About It ©

Discover more about your family & help relationships grow with these conversation starters.

WEDNESDAY

Theme: Unplug from Tech to Connect

Relationship Building Activity: What's on Your Family Bucket List?

There's so much to see, read, visit, and create ...

THURSDAY

Theme: Go Techless to Foster Togetherness

Relationship Building Activity: Game Night!

Choose a favorite board game or try one of these creative ideas.

FRIDAY

Theme: Make Time for "We" and Go Tech Free

Relationship Building Activity: Movie Night!

Pick a family movie, grab a snack, turn out the lights, and enjoy.

SATURDAY

Theme: To Connect Better, go Techless Together

Relationship Building Activity: Family Time Capsule

Capture the moment, choose a date in the future, and do not open until then!

TAKE A BREAK FROM TECH WEEK

During the week of December 6th - 12th, DAET encouraged families to shift their focus away from virtually connecting and onto in-person connecting. Each simple, yet effective activity promoted the benefits of building family connections – trust, communication, bonding, and care. You could also learn a lot about your family members that you didn't even know!

Positive adult/youth relationships also help build the social-emotional and relational competencies that young people need to thrive as older adults. (We know these as Developmental Relationships & Developmental Assets.)

There are hundreds of online ideas for families to create their own "no tech" weeks. We've pulled a few of the more common activities into a planner which you can download to turn any week into a time to reconnect with family.

Download DAET's Take a Break from Tech Week planner here:

<https://www.ashlanddecisions.org/wp-content/uploads/2020/11/Take-a-Break-from-Tech-Week-Planner-2.pdf>



83%
OF AMS
STUDENTS AGREE:

"OUR SCHOOL IS A BETTER PLACE
WHEN STUDENTS ACT RESPONSIBLY"

Data from AMS 2019 PCN Survey



Our AMS STAND (Students Taking a Noble Direction) Campaign launched its newest poster in December. The campaign aims to bring awareness to the norm that most Ashland Middle School students care about their school and want the AMS community to be the best it can be. The posters are hung around the school to encourage student and student/adult conversations about healthy decision-making. The data is taken from the 2019 AMS Positive Cultural Norms Survey.

Try these Conversation Starters with your middle school student:

- Did you see this message at school?
- What did you think about it?
- Did you and your friends talk about it?
- What does responsibility mean to you?



DAET COALITION NEWSLETTER

A community resource to help prevent youth substance use in Ashland

DAET COALITION MEETING CALENDAR

SEP	OCT	NOV	DEC	JAN
Themes: ~ Back to School ~ Suicide Prevention	Themes: ~ Substance Use Prevention ~ Mental Health Awareness	Themes: ~ Great American Smokeout ~ Foundation of Developmental Assets & Developmental Relationships	Themes: ~ Impaired/Drugged Driving Prevention ~ Foundation of Developmental Assets & Developmental Relationships	Themes: ~ Developmental Assets & Developmental Relationships ~ Building Relationships Action Steps
Social Media blitz	Fall Coalition Meeting	Prevention Training or Event	Prevention Training or Event	Winter Coalition Meeting
FEB	MAR	APR	MAY	JUN
Themes: ~ Developmental Assets & Developmental Relationships ~ Building Relationships Action Steps	Themes: ~ National Drug & Alcohol Facts Week ~ National Poison & Inhalants Awareness Week	Theme: ~ American Public Health Week	Theme: ~ Mental Health Awareness Month	Theme: ~ Kickoff Substance-Free Safe Summer
Prevention Training or Event	Prevention Training or Event	Spring Coalition Meeting	Prevention Training or Event	End of Year Celebration

DAET SOCIAL MEDIA

Don't miss out on prevention tips & strategies for positive family health, DAET events & programs, and helpful resources.

FOLLOW US ON TWITTER

[@ashlandDAET](https://twitter.com/ashlandDAET)



FIND US ON INSTAGRAM

[@ashlanddecisions](https://www.instagram.com/ashlanddecisions)



LIKE US ON FACEBOOK

[DECISIONS AT EVERY TURN](https://www.facebook.com/decisionsateveryturn)

