

Drug & Alcohol Education Newsletter

McLeod County Medication Disposal Program

FREE!

Take It To THE BOX

Safe Use • Safe Storage • Safe Disposal

- Over-the-counter and prescribed medications accepted
- Leave the medicine in its original container, with the name of the medication visible. Cross off personal information.



DROP BOX LOCATIONS:

McLeod County Sheriff's Office
801 East 10th St., Glencoe
Available 24/7

Hutchinson Police Dept.
10 Franklin St. South, Hutchinson
Available 7 a.m - 11 p.m.

Winsted Police Dept.
201 1st St. North, Winsted
Available 24/7

Monitoring Your Teen's Activities: What Parents and Families Should Know

The teen years are a time of rapid growth, exploration, and risk taking. Taking risks provides young people the opportunity to test their skills and abilities and discover who they are. But, some risks—such as smoking, using drugs, drinking and driving, and having unprotected sex—can have harmful and

long-lasting effects on a teen's health and well-being.

Parents are a powerful influence in the lives of their teens. When parents make a habit of knowing about their teens—what they are doing, who they are with, and where they are and setting clear expectations for behavior with regular check-ins to be sure these expectations are being met—they can reduce their teens' risks for injury, pregnancy, and drug, alcohol, and cigarette use. These parents are monitoring their teens' activities and behavior.

To learn more about how parents can better monitor their teens, CDC sponsored a panel of leading academic researchers in the field of parental monitoring. The findings from this expert panel led to the development of a book entitled, *Parental Monitoring of Adolescents: Current Perspectives for Researchers and Practitioners*. The following information reflects key findings and recommendations from this book.

What is parental monitoring?

Parental monitoring includes

- 1) the expectations parents have for their teen's behavior;
- 2) the actions parents take to keep track of their teen; and
- 3) the ways parents respond when their teen breaks the rules.

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You are using parental monitoring when you ask your teen

- f Where will you be?
- f Whom will you be with?
- f When will you be home?

You are also monitoring when you

- f Check in with your teen by phone.
- f Get to know his or her friends and their parents.
- f Talk with your teen about how he or she spends time or whether he or she is making safe choices.
- f Set and enforce rules for your teen's behavior by clearly explaining the rules and consequences and following through with appropriate consequences when the rules are broken.

Monitoring should start in early childhood and continue throughout the teen years, evolving as children grow and mature. As children develop into teenagers, adults might view them as more independent and less in need of monitoring. But, consistent monitoring throughout the teen years is critical—teens' desire for independence can bring opportunities for unhealthy or unsafe behaviors.

[Click here to read more](#)

U.S. Transition to 988 Suicide & Crisis Lifeline Begins Saturday
Friday, July 15, 2022

On Saturday, the U.S. will transition the 10-digit National Suicide Prevention Lifeline to 988 – an easy-to-remember three-digit number for 24/7 crisis care. The lifeline, which also links to the Veterans Crisis Line, follows a three-year joint effort by the U.S. Department of Health and Human Services (HHS), Federal Communications Commission (FCC), and the U.S. Department of Veterans Affairs (VA) to put crisis care more in reach for people in need. This initiative is part of President Biden's comprehensive strategy to address our nation's mental health crisis, and is identified by U.S. Health and Human Services Xavier Becerra as a top priority at HHS. Since January 2021, the Biden-Harris Administration has made unprecedented investments to support the 988 transition, investing \$432 million to scale crisis center capacity and ensure all Americans have access to help during mental health crises.

The National Suicide Hotline Designation Act, signed into law after the passage of bipartisan legislation in 2020, authorized 988 as a new three-digit number for suicide and mental health crisis. All telephone service and text providers in the U.S. and the five major U.S. territories are required by the FCC to activate 988 no later than July 16.

"988 is more than a number, it is a message: we're there for you. Through this and other actions, we are treating mental health as a priority and putting crisis care in reach for more Americans," said Secretary Becerra, who has been meeting with states across the country about the transition to 988 as part of HHS'



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National Tour to Strengthen Mental Health. “There is still much work to do. But what matters is that we’re launching, 988 will be live. We are looking to every governor and every state in the nation to do their part to make this a long-term success.”

The Biden-Harris Administration increased federal investments in the 988 Suicide & Crisis Lifeline by 18-fold - from \$24 million to \$432 million -- to scale up crisis centers and back-up center capacity, and to provide special services, including a sub-network for Spanish language speakers.

The \$432 million included \$105 million in grant funding to states and territories, provided by the American Rescue Plan, to improve response rates, increase capacity to meet future demand, and ensure calls initiated in their states or territories are first routed to local, regional, or state crisis call centers. Prior to this investment, the Lifeline, which has existed since 2005, had been long unfunded and under-resourced.

The 988 Suicide & Crisis Lifeline is a network of more than 200 state and local call centers supported by HHS through the Substance Abuse and Mental Health Services Administration (SAMHSA).

“Recent investments made in the Lifeline have already resulted in more calls, chats, and texts answered even as volume has increased, but we know that too many people are still experiencing suicidal crisis or mental health-related distress without the support they

need,” said Miriam E. Delphin-Rittmon, Ph.D., the HHS Assistant Secretary for Mental Health and Substance Use and leader of SAMHSA. “Over time, the vision for 988 is to have additional crisis services available in communities across the country, much the way emergency medical services work. The success of 988 depends on our continued partnership with states, as the federal government cannot do this alone. We urge states and territories to join us and invest further in answering the call to transform our crisis care response nationwide.”

FCC staff first proposed 988 in a report to Congress in August 2019 as the nationwide, easy-to-remember, 3-digit dialing code for individuals in crisis to connect to suicide prevention and mental health crisis counselors with the National Suicide Prevention Lifeline. On July 16, 2020, the FCC adopted rules designating 988 for this purpose. Recognizing the need to better support at-risk communities in crisis, including youth and individuals with disabilities, the FCC adopted additional rules in November 2021 to expand access to this important service by establishing the ability to also text 988.

“All across our country, people are hurting. They need help. The good news is that getting that help just got a lot easier. Starting tomorrow, 988 will be available nationwide for individuals in crisis, and their loved ones, to reach the 988 Suicide & Crisis Lifeline more easily,” said FCC Chairwoman Jessica Rosenworcel. “This cross-government effort



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has been years in the making and comes at a crucial point to help address the mental health crisis in our country, especially for our young people.”

VA administers the Veterans Crisis Line through the Lifeline’s national network. Because of VA’s partnership with the Lifeline, the Veterans Crisis Line is affected by this transition to a new number. Veterans and their loved ones can now Dial 988 then Press 1 to reach the Veterans Crisis Line.

“988 has been a long time coming and will serve as a critical resource during a crisis when every second counts. The new, shorter number will help ensure Veterans have easier access to the Veterans Crisis Line,” said VA Secretary Denis McDonough. “This launch is a whole-of-government approach in line with the President’s call to prioritize mental health by strengthening access to crisis services, and preventing Veteran suicide, our top clinical priority.”

In 2021, the Lifeline received 3.6 million calls, chats, and texts. That number is expected to at least double within the first full year after the 988 transition.

The U.S. had one death by suicide every 11 minutes in 2020, according to the Centers for Disease Control and Prevention. Suicide was the second leading cause of death for young people aged 10-14 and 25-34. From April 2020 to 2021, more than 100,000 people died from drug overdoses. Studies have shown that after speaking with a trained crisis counselor, most

Lifeline callers are significantly more likely to feel less depressed, less suicidal, less overwhelmed, and more hopeful.

The 10-digit Lifeline number 1-800-273-TALK (8255) will continue to be operational after July 16 and will route calls to 988 indefinitely. Veterans, service members, and their families can also still reach the Veterans Crisis Line with the current phone number 1-800-273-8255 and Press 1, or by chat or text to 838255.

More information on 988 is available at www.samhsa.gov/988 and <https://www.samhsa.gov/find-help/988/faqs>.

[Source](#)

TALKING WITH YOUR TEEN ABOUT VAPING: Keeping Your Kids Safe

It’s never too late to start talking with your teen about the risks of vaping. As teens age, they make more decisions on their own and face greater temptation and peer pressure. Though it may not seem like it, teens really do hear your concerns. It’s important you help them understand what e-cigarettes and other vaping products are, and why they shouldn’t use them.

WHAT IS VAPING?

The term vaping refers to the action or practice of inhaling and exhaling the vapor produced by an electronic cigarette or similar device. While teens may inhale several different substances through electronic cigarettes, some of the most common are marijuana and flavored liquid

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with nicotine. Vaping is becoming increasingly popular among teens and young adults. In 2018, 37 percent of 12th graders reported vaping—a 9 percent increase from 2017. This is why it's important to talk with your teen to ensure he or she understands what vaping is and what the risks are.

WHY ARE YOUNG PEOPLE VAPING?

Teens and young adults vape for many reasons, including peer pressure and wanting to fit in with friends. They may also be curious about all the different flavored vaping liquids available to them. Companies that produce vaping liquids create appealing flavors, such as apple pie or vanilla, to attract teens and get them hooked on their product.

Vaping is also much more discreet than smoking traditional cigarettes or smoking marijuana via other methods. Vapes and e-cigarettes are small and can be easily mistaken for a USB drive, allowing students to use them in school bathrooms, in their own homes, or even in the classroom.

KNOW THE RISKS AND HARMS OF VAPING

There is a common misconception that vaping is completely harmless. The truth is, vaping is not safe, especially for teens and young adults. Research shows that 66 percent of teens think their vaping instrument only contains flavored liquid. What many don't understand is that these liquids may also contain toxic substances such as formaldehyde, diacetyl, and acrolein. Inhaling these chemicals can significantly harm their lungs.

Many vaping liquids also contain nicotine, which can be very addictive for teens and young adults, and can seriously impact their brain development. Exposure to nicotine at a young age can make it easier for teens to get hooked on vaping and using other tobacco products. Research has also discovered that individuals who vape are more likely to go on to use marijuana or smoke traditional cigarettes compared to their nonvaping peers.

[Click here for a printable brochure and more information](#)



FREE NEEDLE DISPOSAL

SPRING	FALL
MAY 17, 2022	SEPT. 13, 2022
1-4 p.m.	1-4 p.m.

Glencoe Regional Health
North Parking Lot
1805 Hennepin Ave. N.

This event is free and open to the public. All needles, sharps, and epi-pens accepted!

Needles **must** be in hard plastic containers. Volunteers will guide and answer questions, but will **not** handle needle containers.

Questions? Call 320-864-1257 or email mcleodmeada@yahoo.com

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