



PREVENTION: DID YOU KNOW?

Did you know.....

There is “no risk-free level of exposure to secondhand smoke,” according to the U.S. Surgeon General’s Report on *The Health Consequences of Involuntary Exposure to Tobacco Smoke*.

Secondhand Smoke is a Group A (Human) Carcinogen – a substance known to cause cancer in humans.

International Agency for Research on Cancer, Volume 83: Tobacco Smoke and Involuntary

-Smoking Summary of Data Reported and Evaluation, June 2002, <http://www.iarc.fr/>.

Smoke-filled rooms can have up to six times the air pollution of a busy highway.

-Centers for Disease Control, It’s Time to Stop Being a Passive Victim, 1993

Bet you never thought that.....

Children who are exposed to secondhand smoke had more cavities and an increase of gum deterioration compared to children who did not get exposed to second-hand smoke.

The exposure of secondhand smoke increases the chance of a child become addicted to nicotine. A study in the *Journal of Addictive Behaviors* elaborates on research that found that non-smokers who are exposed to secondhand smoke display many withdrawal symptoms such as anxiety, depression, and trouble concentrating.

Secondhand Smoke: A Little Exposure Goes a Long Way

5 minutes: The aorta (the main artery carrying blood from the heart) stiffens. Your heart must work harder to pump blood.

20 minutes: Blood platelets become “sticky,” causing damage to your heart and arteries, and can lead to blood clots.

30 minutes: Risk for heart attack increases. Coronary arteries show the same damage as in a smoker. The body’s ability to handle LDL (“bad”) cholesterol is decreased.

-Americans for Nonsmoker’s Rights

Exposure to secondhand smoke is harmful. Providing a clean smoke-free environment for your families will protect them from the potential health hazards or addictions associated with tobacco.

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HAVE A CONVERSATION NOT A CONFRONTATION

Finding out your teen uses drugs definitely stirs up a parent's emotions. It can be a very confusing time. But the best way to help your teen – and to make sure he/she hears you – is to remain as calm as possible throughout the conversation. Also, it's as important, if not more, that you listen to him/her. One very important note: Do not start the conversation when you can tell your child is drunk or high. Hold off until he/she is sober.

Here are a few tips for having more productive conversations:

Show your concern. – Express to your child that you're worried about her (example, "You haven't been yourself lately").

Keep a cool head. – Try your best not to overreact to what your child has done in the past. Instead, focus on making it clear what you want him to do in the future.

Be direct. – Clearly state your concerns as well as any evidence you've found ("You're not showering, your grades have dropped, and I found empty beer cans in your car").

Watch your tone of voice. Even though you want to scream and yell, it's important to speak in a calm, relaxed voice so that you don't push your teen away.

Let your teen know you value his honesty and are willing to listen without making judgments (but this doesn't mean there will not be consequences).

Try not to be defensive. When she makes generalizations or critical remarks, don't take them personally. They are opportunities for discussion.

Talk about your own memories of being a teen and the mistakes you made. This can help you and your child relate to each other better.

Show your love. Physical connection can play an important role, too. Put a hand on your teen's shoulder or give him a hug when it feels right.

Set up and use family meetings to full advantage. Get input from each person on rules, etc., curfews, on the consequences of breaking rules.

Give lots of praise and positive feedback. Teens need to hear the "good stuff" just like the rest of us. They need to know you can still see beyond the things they've done wrong. Don't be controlled/manipulated by your teen. While it's important to listen and be sympathetic to your teen, remember you're the parent and you know best.

-Taken from: <http://timetoact.drugfree.org/know-start-talking-have-a-conversation.html>

DO'S AND DON'TS OF AN INTERVENTION

DO:

- ⇒ Remember that this is about your loved one's health and well being— it's not about bad behavior, punishments, or humiliation.
- ⇒ Come from a place of love and concern, not anger.
- ⇒ Keep a cool head and speak calmly instead of yelling.
- ⇒ Be direct, because most people have a hard time grasping the abstract. Saying, "You smelled like alcohol when you came home from work" is better than saying, "I know something fishy went on at work today."
- ⇒ Withhold judgment so that your loved one feels she can tell you the truth.
- ⇒ Talk about your own memories and mistakes so that you and your loved one can relate to each other better.

DON'T:

- ⇒ Get defensive when your loved one makes a remark that feels like a personal attack — use it as a discussion point instead.
- ⇒ Just take what your loved one says at face value – listen to your loved ones tone of voice, and pay attention to her facial expressions, body language and difficulty finding the right words.
- ⇒ Answer the phone or door — give your loved one your undivided attention.

Taken from: http://www.drugfree.org/Intervention/Assessing/shadowbox/ebooks/Intervention_Guide.pdf

THAYNE SNOW DAYS



On Saturday, 2/4/11, HCBH, Afton Office, hosted a booth at the Thayne Snow Days 2011 Annual Event. We offered free hot cocoa and an entry into our drawing if our booth visitors completed the HCBH Survey. We had 50 people kindly participate. At the end of the event, we drew 3 names and the winners received gift certificates to: 1st Place- \$50 at Juan's House of Tacos, 2nd Place- \$25 at Hubb's Grill, and 3rd place- \$25 at Tootsie's Pizza. This was an effort for HCBH to reach out to our community, especially our Thayne residents, to remind them we are here to help with any issues or troubles they may be facing regarding their mental health, family troubles, and substance abuse issues. We especially desired to bring awareness to the Suicide Prevention Hotline as this is typically the time of year people fall vulnerable to suicide ideation. It was a wonderful, fun-filled, and successful day. A special thank you for those who helped make it happen...Andrew Parker, Leah Black, Gabrielle Fritze, and Jennifer Schmidt. Also, thank you to the Thayne Volunteer Firemen (Robbie Knowlton and Todd Erickson) for helping us set-up & tear-down and loaning us their table, cooler, and stove.

-Jennifer Schmidt
Case Manager, Afton



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**Additional
Evanston Staff**

Evanston RNs:

Lori Meeks

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