

# Eau Claire County Parent and Guardian Newsletter

Eau Claire Health Alliance - Substance Misuse Action Team

Spring 2024

Thank you for signing up for our newsletter!

The Substance Misuse Action Team distributes this quarterly newsletter to share information and education with parents and guardians in Eau Claire County about substance misuse.

Continue reading to learn more about a recent study on the reasons teens use substances, facts about teen drinking, information on cannabis products available in Wisconsin, local resources, and more!

## Substance Use in Teens

A recent study revealed the most commonly reported reason among teens for using substances was to feel mellow, calm, or relaxed. Most teens reported using substances with their friends, and half reported using substances to have fun or experiment. Read about the study on the [CDC website](#).

Reducing stress and promoting mental health among adolescents might lessen motivations for substance misuse. You can help your child learn how to reduce stress in their life, develop healthy coping skills, and know when to reach out for mental health help. Modeling healthy ways to handle stress can help your child understand how they can handle their stress and help them build the skills necessary to cope with stress in their life.

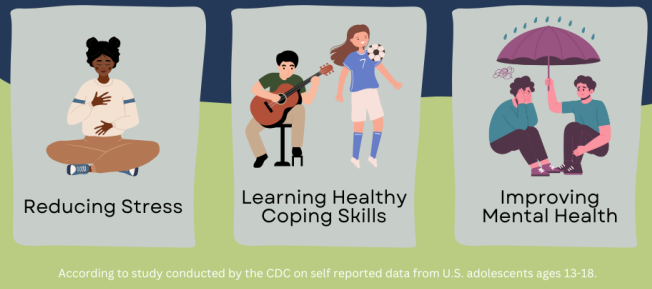
### Reducing Stress (in children and adults):

- Sleep. Teens are recommended to get 8 to 10 hours of sleep each night
- Incorporate exercise in the weekly routine
- Talk about stressful situations with others
- Make time for fun and for down time
- Get outside and connect with nature
- Learn mindfulness techniques

[Learn more about how to cope with stress.](#)

**Teens report seeking relief from stress, anxiety, and depression as top reasons for substance use.**

Activities that may help prevent substance use include:



## Facts About Teen Drinking

*Facts About Teen Drinking* is a resource for teens, created by the National Institute on Alcohol Abuse and Alcoholism. This resource contains research-based information on underage drinking to help teens understand the risks of underage drinking. The content includes how alcohol affects your health, how to identify signs of alcohol misuse, and where to get help.

[Learn more and view the resource here.](#)



**NIAAA Facts About Teen Drinking.**  
A new web resource for teens that discusses:

- How alcohol adversely affects the body
- How binge drinking can lead to injuries and other negative consequences
- How to identify signs of an alcohol-related problem, and where to get help when needed

### Learn More About Cannabis

As parents and guardians, it's important to know what products are accessible to your kids. In Eau Claire County, there are many places that sell CBD, Delta-8, Delta-9, and other THC products. Many are sold as candy or gummies, in packaging that can appeal to children.

Learn more about the substances available in Wisconsin, how they are sold legally, and more with fact sheets from Eau Claire City-County Health Department by clicking the buttons below.

To find guidance on how to talk to your children about Cannabis, visit [Talk. They Hear You](#) or view their [brochure on cannabis](#).

Non-THC      Contains THC      Non-THC      Contains THC

Edible cannabis products, like Delta-8, Delta-9, and HHC, are often marketed to look like name-brand snacks, sold in fruity flavors, or use packaging that may appeal to children.

In states where cannabis has been legalized, accidental cannabis poisonings have increased, sometimes requiring visits to the emergency room or hospitalization.

Centers for Disease Control and Prevention

**Cannabis 101**

**Delta-8**

### Local Events and Resources

**4th Wave**  
At the Roots

4th wave is a group for high-school-aged girls (14-18) who want to connect with others in a positive, non-judgmental, and uplifting environment who they can focus on personal growth, skill building, and having fun. The group meets weekly on Mondays from 4:30p.m. to 5:30p.m.

Learn more and signup at [AtTheRootIllc.com](http://AtTheRootIllc.com) or [this flyer](#).



**Safe Haven Teen Center**  
Evolving Wellness

Open Thursdays, 3pm-7pm, the teen center offers a safe

place for teens to connect, unplug, share a meal, and just be themselves. This includes a Safe Haven Circle at 5:30pm that focuses on topics like acceptance, coping skills, self-expression, meaningful connections, and empowerment. Learn more at [EvolvingWellness.org](https://EvolvingWellness.org) or [this flyer](#).



## Partnership to End Addiction

Partnership to End Addiction offers a wide variety of tips for caregivers navigating prevention and recovery from substance misuse, available in both [English](#) and [Spanish](#). There is also a [Substance Use Risk Assessment Tool](#) available to help parents/caregivers better understand risks associated with substance misuse their child may face such as mental well-being, personality, family history, and their social environment; and ways they support their child.

Learn more about teen substance misuse, signs of substance use, treatment, and how you can help build your child's resiliency to prevent substance misuse on [Partnership to End Addiction's website](#).

## Trainings and Classes Available for Parents

### Tech Talk Parent Informational Night: Online Safety

Altoona High School

On March 12th, from 6p.m. to 7:30p.m., School Resource Officer Rico and Sgt. Peterson will be hosting a Tech Talk for parents about internet safety. Come to learn more about current trends and tips on keeping your children safe online. Enter in the main doors of the High School to get to the auditorium.

[Learn more here.](#)



## Want to get involved?

The Substance Misuse Action Team is part of a larger coalition called the Eau Claire Health Alliance. Our action team focuses on preventing and responding to substance misuse throughout Eau Claire County. The Substance Misuse Action Team meets every other month for 1.5 hours to learn about substance misuse related topics and create collaboration and partnership. These meetings are open to the public, and we are always looking for more involvement from local parents/guardians.

Interested in learning more or joining our next meeting? Email Alison Harder at [alison.harder@eauclairecounty.gov](mailto:alison.harder@eauclairecounty.gov).



Eau Claire Health Alliance Action Team

## Substance Misuse

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