

Eau Claire County Parent and Guardian Newsletter

Eau Claire Health Alliance - Substance Misuse Action Team

Winter 2023

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.

This quarter's topics include the benefits of eating meals as a family, talking with kids about underage drinking, and vaping quit materials for teens. Continue reading to learn about these topics and more!

Let's Eat... Together!

Life can get busy with after school activities and make it hard to spend time as a family. One easy way to keep your family connected is to eat meals together.



Benefits of eating together:

Behavior

Children are less likely to engage in behaviors like physical violence, stealing, or running away from home. Teens who have dinner regularly with their families are less likely to misuse drugs and alcohol, have eating disorders, and have better mental health and emotional wellbeing.

Emotional Development

Children are less likely to have emotional and behavioral concerns like aggression, oppositional behavior, and delinquency. They are also more likely to be able to manage negative emotions and have positive interactions with others.

Social Development

Children are more likely to report having excellent relationships with their parents and siblings. They also learn important turn-taking skills and appropriate ways to share thoughts, feelings, and opinions with others.

[Learn more and find tips on how to implement family meals into your routine.](#)

Holiday Season: A Teaching Opportunity

The holidays are a time when kids are more likely to have access to alcohol. Connect, communicate, and commit to have a safe and enjoyable holiday season.

- **Connect:** Show you care about their health, wellness, and success.
- **Communicate:** Choose everyday opportunities to discuss why underage drinking is dangerous, such as in the car, watching TV, or during dinner time.
- **Commit:** Create clear and consistent rules together and stick to them.

When can a parent or guardian have a Small Talk about underage drinking?

Anytime, anywhere!

Watching TV



Playing Games



Baking Cookies



While Shopping



Need help? [Check out some tips on how to connect, communicate, and commit](#) with Small Talks.

The 3 Most Dangerous Words A Parent Can Say is "Not My Child"

As parents, we like to think we know what our children are up to at all times. However, we can't always be with them to help them make safe and healthy decisions. What teens and tweens do while they are away from their parents and family can be very different from the expectations their parents have for them.

In 2021, 89% of Eau Claire County high school students reported their parents disapproved of underage drinking. Yet, 42% of Eau Claire County high school students report they have consumed alcohol.

As a parent, there are times when you need help discussing issues both big and small. Prevention Resources created a parent toolkit with facts, talking points, and helpful tips on how to talk to your kids about the dangers of alcohol and drugs. Early, ongoing, honest conversations and close supervision are the best ways that parents can help to prevent their child from using drugs or alcohol or developing an addiction later in life.

Learn more and find resources for elementary school, middle school, high school and beyond in English and Spanish.

ELEMENTARY SCHOOL

THE 3 MOST DANGEROUS WORDS A PARENT CAN SAY IS "NOT MY CHILD"

How to talk to your kids about the dangers of alcohol and drugs

njprevent.com

Prevention Resources

Vaping Quit Resources for Teens and Their Support Team



How to Quit Vaping Workbook

The "How to Quit Vaping Workbook" is a new resource designed to help youth quit vaping. The workbook is designed to walk teens and their support team through the process of quitting and empower teens to take control of their quit journey. The workbook includes topics like what to expect, how to handle and prepare for cravings, resources available, and how to build a support team to stay on track.

The workbook is available in **English** and **Spanish** online at **[ECHealthAlliance.org/resources](https://www.echealthalliance.org/resources)**.

Supporting Someone Who Is Quitting Vaping

Vapes contain large amounts of nicotine which makes them very addictive. This can cause someone who is quitting to have withdrawal symptoms, slip ups, and struggle to stay vape-free. Having a support team can be helpful on a quit journey, especially during the early days. Support teams can help keep someone who is quitting motivated and focused on their end goal.

Here are some things you can do to help:

- Listen**
Listen to what the person quitting has to say and avoid interrupting or inserting your own comments. Regularly checking in with them can help you understand their struggles and what they need from you.
- Be supportive**
Different people may need different types of support. Make sure you ask how they want you to support them, and stick to it.
- Plan distractions**
Spend time with them to help find activities they like. Go to places that don't allow smoking like stores, movie theaters, and restaurants or spend some time outside.
- Celebrate success**
Whether it has been a day, a week, a month, or a year, celebrate every successful day without vaping. Recognizing success can help them stay strong when they experience challenges.
- Stay patient and positive**
Withdrawal can cause irritability, anxiety, and depression. It is important to stay patient with changes in mood. Remind them that it's ok to be frustrated or anxious, but they can control how they react and treat those around them. It's important to set boundaries early, and make sure you respect theirs as well. Ask them what is really making them feel this way and how to help. If someone slips or slides and returns to vaping, avoid punishing or shaming them. Remind them why they chose to quit and let them know you will continue to support them.

Substance Misuse | Eau Claire City County Health Department

Supporting Someone Who Is Quitting Vaping

This handout has tips on how to support someone who is quitting vaping, so they feel confident and motivated. Having a support team can be helpful on a quit journey, especially during the early days. Support teams can help keep someone who is quitting motivated and focused on their end goal. Quitting vaping can be difficult, so support teams play an important part in helping someone through tough times, like withdrawals, slips, and cravings.

View the handout to learn how you can support someone who is quitting vaping.

Local Events and Resources

Community Reinforcement and Family Training

At the Roots

Join At The Roots for a FREE family group support program! This Family Support Group is for family members and friends concerned about their loved ones who live with a substance use disorder. This program is based on the **Community Reinforcement and Family Training (CRAFT)** model. The CRAFT model is a highly effective, evidence-based, motivational program that impacts families in multiple areas of their lives. [Learn more here.](#)



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 or [this flyer](#).



Trainings and Classes Available for Parents

Awkward Conversations: Podcast Season 3

"Awkward Conversations" is a podcast where "Full House" and "Fuller House" actress Jodie Sweetin and Amy McCarthy of Boston Children's Hospital explore crucial topics surrounding drug use prevention and parenting. In this season, they aim to empower parents and caregivers with knowledge, awareness, and actionable insights to raise drug-free kids and navigate the challenges of modern-day parenting.

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

The Dangers of Youth Vaping & E-Cigs

In this impactful webinar with Parents Against Vaping (PAVe), they'll discuss the health risks of youth vaping, shed light on the tobacco industry's tactics and trends for marketing to youth, and acquire practical strategies for essential conversations with your child or the youth you work with. Whether you're a parent, guardian, or closely involved with young individuals, join us in our mission to protect the next generation and stand against youth vaping.

[View the recorded webinar here.](#)



Eau Claire Health Alliance Action Team

Substance Misuse

Visit the Substance Misuse Website

Learn more by
checking out the



NEW website!

Substance Misuse Action Team | 720 2nd Ave, Eau Claire, WI 54703

[Unsubscribe alison.harder@eauclairecounty.gov](mailto:alison.harder@eauclairecounty.gov)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by alison.harder@eauclairecounty.gov powered by



Try email marketing for free today!