

# *Douglass Unified Mental Health Team*

## **NEWSLETTER**

Quarter 2  
2019-2020



### **An Introduction:**

The purpose of the Unified Mental Health Team (UMHT) at Douglass is to promote and support the mental and behavioral health of all of our students.

Members of the Unified Mental Health Team meet at least monthly to discuss systemic issues pertaining to the delivery and evaluation of mental health prevention and intervention supports across the school. The Douglass UMHT works together to identify areas of need in our school and develop efforts to prevent any future social, emotional, and behavioral health concerns for our students.

### **Meet Our Team Members:**

Stacie Ahrens-Mininberg, Principal

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Celia Benz, Counselor (students M-Z)

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Tammy Butler, School Psychologist

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Kandice Latimore, Counselor (students A-L)

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Megan Marshall, Student Assistance Specialist

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Rene' Pettit, School Nurse

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Michelle Robinson, Social Worker

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Amy Rosenbrock, Dean

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## **Tobacco, Nicotine, & Vaping (E-Cigarettes)**

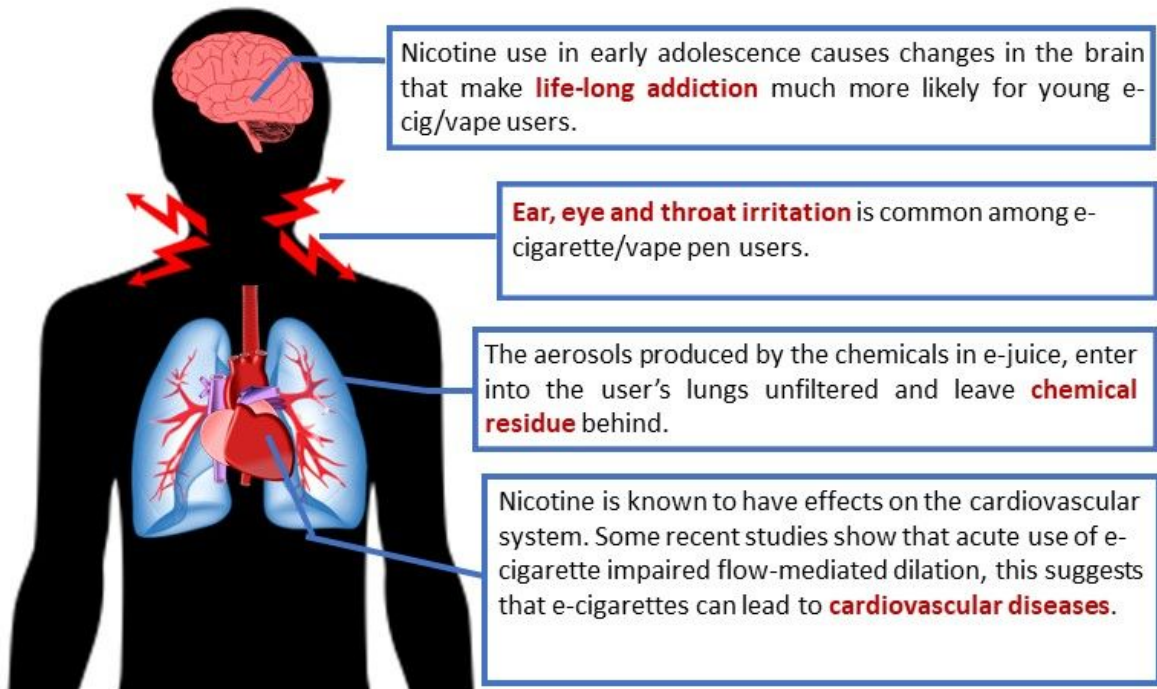
What is "Vaping?" "Vaping" is a term introduced by the electronic smoking device industry to refer to any electronic "vaporizer", such as E-cigs, Vapes, vape pens, vaporizers, and E-hookahs. The term can incorrectly lead people to believe that using electronic vaporizers produces a harmless water vapor, but in reality these devices produce potentially harmful aerosols that are inhaled into the lungs and exhaled into the environment. These products are also frequently used to consume cannabis.

According to the National Institutes of Health, smoking and smokeless tobacco use generally start during the teen years. Among people who use tobacco:

- Each day, nearly 3,200 people younger than 18 years of age smoke their first cigarette.
- Every day, an estimated 2,100 youth and young adults who have been occasional smokers become daily cigarette smokers.
- If smoking continues at the current rate among youth in this country, 5.6 million of today's Americans under the age of 18 - or about 1 in every 13-young people - could die prematurely (too early) from a smoking-related illness.
- Vaping is the most commonly used form of tobacco among youth in the United States.
- Young people who use vaping products or smokeless tobacco may be more likely to become smokers.
- Using smokeless tobacco remains a mostly male behavior. About 490,000 teens ages 12 to 17 are current smokeless tobacco users. For every 100 teens who use smokeless tobacco, 85 of them are boys.
- A survey of teens in the United States shows nicotine vaping is on the rise, raising concerns about the impact of nicotine on brain health and the potential for addiction.
- [The Body's Response to Nicotine from NIH](#)
- [E-Cigarette information from the CDC here](#)
- [LCPS Student Assistance Services Tobacco and E-Cigarette Information](#)

# Risks of E-Cigarette and Vape Pen Use

Although the overwhelming majority of young people do not use e-cigarettes, the recent increase in use among adolescents is concerning to health professionals.



Recent studies show that e-cigarette/vape pen use is associated with the use of other tobacco products that are known to cause further health issues, including **cancer and heart disease**.

Many people incorrectly believe that these devices produce a water vapor when in fact they create aerosols that contain **harmful chemicals**, and **ultra-fine particles** that are inhaled into the lungs and out into the environment, making them harmful to the user and others nearby.

These devices are still very new so many of the long-term health consequences of their use is still not known. Even still, the mounting evidence shows that these devices are **not harmless**.



Tobacco Prevention Toolkit  
Division of Adolescent Medicine, Stanford University  
For more information go to: [www.tobaccopreventiontoolkit.stanford.edu](http://www.tobaccopreventiontoolkit.stanford.edu)

## **LCPS Department of Pupil Services Mental Health & Wellness**

### **Parent Seminar Series:**

All presentations will be offered at the LCPS Administrative Building, 2100 Education Court, Ashburn, VA 20148.

- November 14th, 6:30pm - 8:30pm: **Bullying Behavior and Cyberbullying**
- January 23rd, 6:30pm - 8:30pm: **Managing Bumps in the Road: Building Resilient Relationships with Your Teen**

For more information or to register, go to [lcps.org/ParentResourceServices](http://lcps.org/ParentResourceServices) or call 571-252-6540

## **LCPS Department of Pupil Services Mental Health & Wellness Conference**

### **Navigating The Path To Student Wellness**

Saturday, January 11, 2020 at Independence High School, Ashburn, VA.

This event is free for parents and community members.

For more information visit [Navigating The Path To Student Wellness](#)

### **Prevention Alliance of Loudoun Parent Seminar Series:**

Free educational workshops for parents, educators, and community members.

- November 7th, 6:30pm - 8:30pm: **Vaping, JUULing, Internet Safety.** Location: Sterling Library.
- January 30th, 6:30pm - 8:30pm: **Protecting our Youth: A Conversation About Teen Trafficking for Parents and Teens.** Location: Briar Woods High School.

For more information, please contact: Judith Romberg (Mental Health, Substance Abuse, and Developmental Services) at 703-777-0176 or Jennifer Wall (Loudoun County Public Schools) at 571-252-1885.

## **Sources of Strength Training**

Community Mini Training for Adults and Youth

Sunday, November 3, 2019 from 2-5pm

Location: Fusion Academy, 19300 Promenade Dr, Suite 200, Leesburg, VA 20176

- Details for adults can be found at [The Fort For Parents - Sources of Strength Training](#)
- Details for youth can be found at [The Fort Sources of Strength Training for Youth](#)

## **Depression and Suicide Prevention Resources**

In an emergency, call 911 and ask for a Crisis Intervention Team (CIT) deputy or officer.

- [Loudoun County Mental Health Emergency Services. Phone: 703-777-0320 \(24 hour-a-day, 7 days a week\)](#)
- [Loudoun County Crisis Intervention Team Assessment Center](#)
- [Suicide Prevention Resource Center](#)
- [How To Safeguard Your Home](#)
- [What Every Parent Should Know About Preventing Youth Suicide](#)
- [Youth Suicide Warning Signs](#)

## **Community Mental Health Resources:**

- Loudoun County Mental Health: 703-771-5100
- Loudoun County Emergency Mental Health Services: 703-777-0320 Available 24/7
- Suicide Prevention Hotline: 1-800-273-8255 or text "CONNECT" to 85511
- School Based Mental Health Services and Community Partners: [Brochure found here](#)