

News From the SAS Team

Vaping Increases

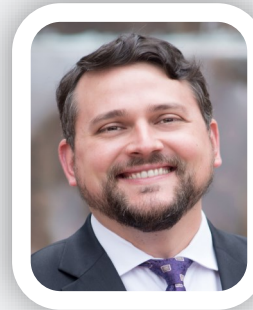
COVID-19 risk

According to a research study conducted by Stanford University, **E-cigarette use is associated with higher rates of COVID-19** diagnosis even after controlling for other risk factors. See full article here: <https://www.sciencedirect.com/science/article/pii/S1054139X20303992>

SAS Virtual Services

Individual student support
Consultations with parents
Individualized Substance Use Curriculum (Insight)
Group support (Recovery, Pre-Recovery, COA)
Substance Use presentations through Health & PE
Staff Professional Development
Upcoming Webinar-style Events: Beyond Academics, ACT on Addiction virtual conference, SAS Update for Staff

[See next page for links to Info & Resources!](#)



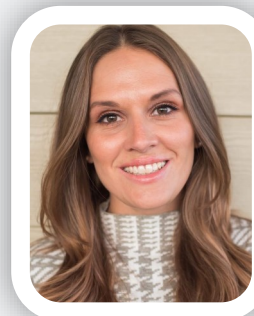
Meet Our Newest SAS

Greg Adams, LPC, LSATP will be joining the Park View and Broad Run communities as our newest Student Assistance Specialist. A note from Mr. Adams: “I have helped teens and adults navigate substance use and mental health recovery for fifteen years, from detention and rehabilitation centers to Baltimore City Schools. I’m excited to join LCPS and to support students and families in getting the help they need. When I’m not working, I enjoy live music and spending time with my family outdoors.”

The Role of the SAS

Student Assistance Specialists (SASs) are trained and experienced in identifying and responding to adolescent substance use issues. Our team provides substance use education and support to students, families and staff.

How to Contact Your SAS



If you have questions or need support related to substance use, contact your school’s SAS, Fiona Brown, at Fiona.Brown@lcps.org. Additional information and resources can be found on our page: <https://www.lcps.org/Page/1398>

Information and Resources

Increase your knowledge

<https://www.lcps.org/Page/223622> - Parent/Student SUD information

<https://www.lcps.org/Page/201540> - Alcohol Information

<https://www.lcps.org/Page/184676> - Drug Information

<https://www.lcps.org/Page/201538> - Tobacco and E-Cig Information

<https://easyread.drugabuse.gov/> - Easy-to-read drug facts

<https://www.drugabuse.gov/drug-topics/comorbidity/covid-19-resources/> - COVID-19 & Substance Use

<https://www.sciencedirect.com/science/article/pii/S1054139X20303992>—Stanford study on vaping increasing COVID-19 risk

Find support if you are concerned about a loved one

<https://healthtools.aarp.org/pill-identifier>—Resource for identifying unknown pills/capsules

<https://www.familiesagainstnarcotics.org/> - Resource for families

<https://drugfree.org/article/online-support-community-for-parents-caregivers/> - Online Support Community for parents/caregivers

<https://www.alanondistrict10.org/> - Support for family members of someone struggling with addiction—Zoom meetings

Get help for yourself or a loved one

<https://findtreatment.gov/> - SAMHSA treatment locator

1-800-662-HELP (4357) TTY: 1-800-487-4889

www.samhsa.gov/find-help/national-helpline - SAMSHA National Helpline

<https://www.smartrecovery.org/smart-recovery-toolbox/smart-recovery-online/> - Online Recovery Community: Self-Management and Recovery Training

<https://recoverydharma.org/> - Recovery community based on Buddhist Principles, virtual meetings available

https://na.org/?ID=virtual_meetings—Virtual Narcotics Anonymous meetings

<https://nvintergroup.org/> - Virtual Alcoholics Anonymous meetings