

# News From the SAS Team

## Trends: THC drinks

Teenage marijuana use is at its highest level in 30 years, and today's teens are more likely to use marijuana than tobacco. Companies are capitalizing on this popularity with a range of products to entice users.

One trend to pay attention to is Cannabis-infused drinks. They have been available for a while, but their popularity has increased significantly. Some people love the high they get from these products, in part because they cause a high faster than edibles (Cannabis-infused food). Both THC and CBD are being used to produce a variety of drinkable Cannabis products.

Products include teas, powdered drinks, sparkling waters, energy drinks and flavored sodas. Additionally, a few of the big Cannabis companies acquired beer companies in 2020, so there may be some interesting hybrids to come in 2021.

## Quarantine & Vaping: Opportunity for Change

We know that many teens turn to vaping when feeling stressed and that vaping is a significant health concern for our students. With parents now spending more time with their children, this could present a unique opportunity for parents to not only become more aware of what their children are doing, but to also help their teens stop vaping and access resources. See full article here: <https://www.yalemedicine.org/news/vaping-covid-19>

## How to Contact Your SAS



Fiona Brown, LPC

**If you have questions or need support**

regarding substance use, contact your school's SAS, Fiona Brown, at [Fiona.Brown@lcps.org](mailto:Fiona.Brown@lcps.org). Additional information and resources can be found on our page: <https://www.lcps.org/Page/1398>

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

# 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

<https://www.sciencenewsforstudents.org/article/covid-19-risk-linked-to-vaping-but-addicted-kids-find-it-hard-to-stop>

## 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

## Find a treatment provider

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

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

[www.samhsa.gov/find-help/national-helpline](http://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](https://na.org/?ID=virtual_meetings)—Virtual Narcotics Anonymous meetings

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

## Upcoming Webinar-style Events:

**Substance Use and Teen Mental Health** with Fiona Brown, LPC, 12/14 @ 12:30

<https://meet.google.com/wfe-kzvx-eai>

**ACT on Addiction Series** in partnership with INOVA: January 25—29, 2021

**Student Presentations:** Blue Ridge Middle- 6th: 12/15-12/18, 7th: 1/12-1/15 8th: 1/5-1/7

Potomac Falls High—12/8-12/11

Brambleton MS—12/8,12/10