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

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 Us

If you have questions regarding substance use supports and services, contact the SAS Supervisor, Jennifer Wall, at Jennifer.Wall@lcps.org. Additional information and resources can be found on our page: https://www.lcps.org/Page/1398

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!
Information and Resources

Increase your knowledge

- [https://www.lcps.org/Page/223622](https://www.lcps.org/Page/223622) - Parent/Student SUD information
- [https://www.lcps.org/Page/201540](https://www.lcps.org/Page/201540) - Alcohol Information
- [https://www.lcps.org/Page/184676](https://www.lcps.org/Page/184676) - Drug Information
- [https://www.lcps.org/Page/201538](https://www.lcps.org/Page/201538) - Tobacco and E-Cig Information
- [https://easyread.drugabuse.gov/](https://easyread.drugabuse.gov/) - Easy-to-read drug facts
- [https://www.drugabuse.gov/drug-topics/comorbidity/covid-19-resources](https://www.drugabuse.gov/drug-topics/comorbidity/covid-19-resources) - COVID-19 & Substance Use

Find support if you are concerned about a loved one

- [https://healthtools.aarp.org/pill-identifier](https://healthtools.aarp.org/pill-identifier) - Resource for identifying unknown pills/capsules
- [https://www.familiesagainstnarcotics.org/](https://www.familiesagainstnarcotics.org/) - Resource for families
- [https://drugfree.org/article/online-support-community-for-parents-caregivers/](https://drugfree.org/article/online-support-community-for-parents-caregivers/) - Online Support Community for parents/caregivers
- [https://www.alanondistrict10.org/](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/](https://findtreatment.gov/) - SAMHSA treatment locator
  - **1-800-662-HELP (4357)**  **TTY: 1-800-487-4889**
- [https://recoverydharma.org/](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/](https://nvintergroup.org/) - Virtual Alcoholics Anonymous meetings