

From the SAS Team: COVID-19 & Substance Use

COVID-19 & Risk

Increased Risk of Use

- *Constant, stressful news may increase worry, anxiety, stress and depression
- *Stress of social isolation, loneliness, loss of structure and other COVID-19 related life changes
- *Reduced supervision if guardians are essential staff



Fiona Brown, LPC

According to NIDA: COVID-19 could be an especially serious threat to those who smoke or vape.

Vaping is an epidemic for adolescents who are highly vulnerable to substance use.



Amy Iliffe, LPC

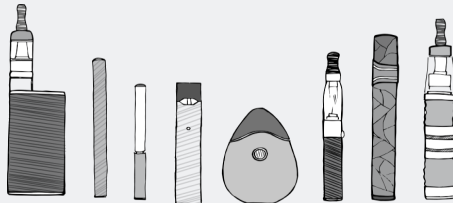
What to Look For

Nicotine Intoxication Nausea/vomiting, increased blood pressure, abnormal heart rate dehydration, loss of appetite, extreme fatigue, dizziness, headache, anxiety, hearing and vision changes.



Kim Hager, LPC

THC Intoxication Hypotension, panic, anxiety, delirium, jerking movements and respiratory depression.



Vape products include vape pens, modules, disposable e-cigarettes and pod mods like JUUL

Dab pens are vape products modified to use hash oil/wax/dabs—concentrated forms of THC

Substance Use Increases Risk-Taking

- *Driving while drunk or high, or getting in a car with someone who is drunk or high
- *Associating with individuals to obtain drugs that you normally would not go near
- *Unnecessarily exposing self & family by sneaking out/leaving the house to obtain drugs



Blaise Carland, LCSW



Keith Robinson, MSW

Getting Support

Student Assistance Specialists

are available if you have questions or need support regarding substance use. Information, resources, staff assignments

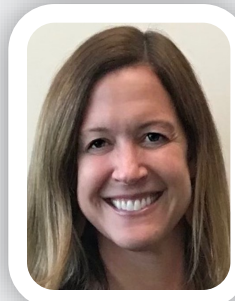
and contact information can be found on our page: <https://www.lcps.org/Page/1398>



Megan Marshall, LPC



Darren Madison, LCSW



Jen Wall, LPC, Supervisor