

News From the SAS Team

TikTok Benadryl Challenge

Have you checked your medicine cabinet recently? Do you have prescription painkillers from an operation long ago? An extra bottle of Nyquil just in case? If you're unsure, it is important to take a look.

You may have heard of the TikTok Benadryl Challenge in which teens overdose on Benadryl to achieve a high and in some cases die as a result. While Benadryl contains Diphenhydramine as the active ingredient, other over the counter medications such as cough syrup contain Dextromethorphan. These chemicals may cause a high when taken in large amounts but have dangerous side effects ranging from severe stomach cramping and breathing difficulty to cardiac arrest and possible death.

Prescription medications for pain, anxiety and sleep are often kept after the prescribed period for "just in case" moments. They contain powerfully addictive chemicals that cause a high.

To keep your teen safe, review what is in your medicine cabinet, count how many pills are left, move the prescriptions to a more secure location, and if they are expired or you no longer need them, consider getting rid of them. Contact your local pharmacy or your local sheriff's office to ask about medication disposal programs.

October is National Substance Abuse Prevention Month

Educating students about the dangers of drug use can lower the risk for substance abuse and possibly prevent a lifetime of addiction. October's National Substance Abuse Prevention Month is an observance to highlight the vital role of substance abuse prevention in both individual and community health and to remember those who have lost their lives to substance abuse. [The United States Office of National Drug Control Policy made this declaration with President Obama in 2012](#) and encouraged prevention efforts this month and all year long to ensure the health of teens and young adults.

How to Contact Your SAS

If you have questions or need support

regarding substance use, contact your school's SAS,. Staff assignments, additional information and resources can be found on our page: <https://www.lcps.org/Page/221002>

[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

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 - 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

Upcoming Webinar-style Events:

Beyond Academics - TBD

ACT on Addiction—TBD

8th grade student presentations:

Trailside MS—10/7,9,16,21

Belmont Ridge MS—10/27-30

10th grade student presentations:

Rock Ridge HS—9/29,30 10/1