

# News From the SAS Team

## Seasonal Triggers

There has been a lot of talk in popular culture recently about triggers, which can be loosely defined as something that affects a person's emotional state and causes worry and distress. In the world of substance use and addiction, if someone is "triggered," it means they have had some experience or reminder of a particular drug or substance, and are tempted to use as a result. Triggers can be anything from a particular person, place, or thing to sensory experiences like music or smells; it's different for everyone.

Though each person has a unique set of triggers, there are some things that have been found to be common triggers among many people. Weather and the time of year is one of these things, as many people have found they are triggered by the seasons and the different stressors associated with each of them. The holidays and the weeks after them are one such time of year, as stress levels often increase for a variety of reasons at this time. For students, the start of school after winter break can be especially stressful.

It is important to pay attention to people who may struggle with substance use, and to become familiar with their triggers and warning signs of use. Helping someone make a plan for coping with triggers and being there to support that plan will go a long way toward staying healthy during difficult times. Everyone needs help from time to time, especially when life gets a little more stressful!

## Monitoring the Future

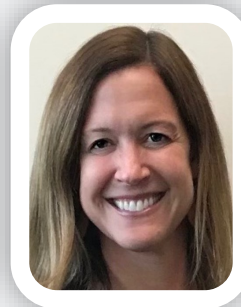
On December 15th, 2020, the National Institute on Drug Abuse released data from the annual *Monitoring the Future* study conducted by researchers at the University of Michigan. Below are a few notable findings.

- Overall prevalence of both marijuana use and nicotine vaping remained steady compared to 2019 after significant increases in both categories in previous years.
- Daily marijuana vaping significantly decreased among 10th graders from 3% in 2019 to 1.7% in 2020
- JUUL is no longer the most popular nicotine vaping brand among 10th and 12th graders as they are more likely to use single use, disposable devices.

Full survey results can be found at:

<https://www.drugabuse.gov/news-events/news-releases/2020/12/study-surge-of-teen-vaping-levels-off-but-remains-high-as-of-early-2020>

## How to Contact Your SAS



Jen Evans, LPC,  
Supervisor

**If you have questions or need support**

regarding substance use, contact the Student Assistance Program Supervisor, Jen Evans, at [Jennifer.Wall@lcps.org](mailto:Jennifer.Wall@lcps.org).

Staff assignments and additional 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>

## Support for you as 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

<https://www.alanondistrict10.org/zoom-meetings>—Support for children of parents 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:

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

**Mental Health and Wellness Conference**

Saturday, January 30, 2021, 9:00 am - 4:00 pm

<https://www.navigatethepath.com/>

**Student Presentations:**

**Riverside HS 10th grade, January 12-15, 21&22**

**Blue Ridge MS 8th 1/5-1/7, 7th (Vaping) 1/12-1/15, 6th 1/7 & 1/8**