

Special
points of
interest:

- Alcohol sales are up 243%
- For more information on Substance Use and Mental Health go to: SAMHSA.GOV The Substance Abuse and Mental Health Services Administration
- For the latest information on Covid-19 got to CDC.gov

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PARENTS AND TEACHERS

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Substance Misuse During Pandemic Crisis

Substance misuse (alcohol, tobacco, methamphetamine, marijuana, misuse of prescription drugs), during a crisis or traumatic event is often on the rise because of heightened anxiety, depression, loneliness, fear of the unknown and/or boredom.

Alcohol sales are on the rise in this pandemic. According to the Associated Press, sales have increased by 243%, which indicates that binge drinking is up as well. (Binge drinking is 5 or more alcoholic drinks for males or 4 or more alcoholic drinks for females on the same occasion.

Binge drinking can lead to addiction by increasing our tolerance and bringing us closer to our trigger point (the point where we become addicted). As our toler-

ance increases, we lose the ability to recognize when we are impaired. Contrary to popular belief, having a high tolerance is not an ability, but a liability. It means we are coming closer to our "trigger point" for addiction.

Dealing with anxiety, depression and other issues concerning mental health during these uncertain times can be done more effectively and with long term results by talking with a doctor and making low-risk choices: Staying connected with family and friends through phone calls and social media, exercising, getting outside, meditating, eating healthy and getting enough sleep. Establishing a self care plan is important for both your physical and mental health. Your well being matters!

About 38 million adults in the US drink too much Only 1 in 6 has talked about it with a health professional



SOURCE: CDC Vital Signs, January 2014. www.cdc.gov/vitalsigns. American Journal of Preventive Medicine, 2011; Volume 41.



Your Mental Health Matters: Make a self care plan for you and your family

A self care plan is more important than ever during these uncertain times. Mental Health America states that 1 in 5 people will experience mental health issues during their life time. The President and CEO of MHA, Paul Gionfriddo, says that Covid-19 has turned that into "5 in 5" that are likely to experience isolation, loneliness and anxiety during this pandemic.

Young people are looking to their

parents as role models in dealing with these issues. Parents have an increased responsibility to pay attention and respond. It is important that parents make their own mental health a priority as well. Working together as a family can be an opportunity to connect and strengthen family ties. Here are some ways you can connect and strengthen family ties:

- Take a virtual vacation
- Try a new recipe
- Go on a hike
- Schedule a mediation time (use an app, youtube, read a book or color)

And make time for yourself! Connect with family and friends, start a book or movie club, make a porch coffee date with a neighbor.



Stay Ahead of Substance Abuse

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PMP is a community coalition comprised of members from the Council Bluffs/Omaha Metro and surrounding area. We are committed to providing education and increasing awareness to help individuals and communities stay ahead of substance abuse.

Our Vision:

- ◆ Empowering people to take action against substance abuse

To become a member or find out more about Prevention Means Progress check out our website:
<http://preventionmeansprogress.org/>



Resources

Virtual Tours

- **Australia** <http://localing.sodweb.com.au/virtual-victoria-tours/>
- **Machu Picchu** <https://www.youvisit.com/tour/machupicchu?pl=f>
- **Israel** <https://www.youtube.com/watch?v=Bp698Td0mXU>
- **Northern Lights** <https://explore.org/livecams/zen-den/northern-lights-cam>

Apps

- **House Party**, play games like Heads Up! With family or friends with out leaving your home.
- **Incite Timer**, medication and mindfulness music to activities

Helpful websites

- <https://www.samhsa.gov/find-help/national-helpline>
- <https://www.cdc.gov/>
- <https://yourlifeiowa.org/>

Educational Resources

- **Crash Course** - super fun science class on youtube
- **Read Me a Book** - One site with all the links to authors and fabulous people reading books! (Not just for children FYI)
- **Durham History lessons** - Daily history with our very own Durham Museum
- **Kid World Citizen** - Films from around the world with activities and lesson plans included