



SRSLY MANCHESTER

February 2020 Newsletter

WHAT HAPPENED IN JANUARY?

SRSLY DEXTER & NAMI HOSTED A MENTAL HEALTH WORKSHOP

NAMI and SRSLY Dexter hosted an enlightening seminar in January. We got to hear a few touching testimonies from those that have struggled with mental illness and we hope it moved you as much as it moved us. Let us know what you thought and if we should host another one!

Presenting NAMI's national program

Ending the Silence

An engaging presentation that helps high school students learn about the warning signs of mental health conditions, and provides helpful resources.

THIS PRESENTATION INCLUDES:

- A PowerPoint presentation made by high school students, narrated by a live presenter
- A young adult who tells their story of living with a mental health condition
- A question and answer session
- A Google Drive with resources regarding mental health

WED JANUARY 27TH @ 12PM

[REGISTER HERE](#)
[ENDING THE SILENCE WEBINAR](#)

SRSLY
DEXTER



Washtenaw County

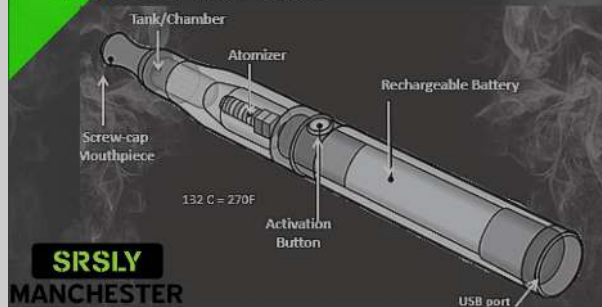
SRSLY SPREADS THE WORD ABOUT VAPING

SRSLY has been busy spreading facts about the risk and side effects of vaping.

As we wrapped up our last vaping 101 session, we wanted to share some facts about vaping. If you are interested in learning more please let us know!

WHAT IS VAPING?

VAPING IS THE INHALATION OF AEROSOLIZED LIQUIDS AND/OR MARIJUANA FROM A DEVICE. THE DEVICES ARE BATTERY ACTIVATED AND CAN BE RECHARGEABLE THROUGH A USB ON THE BOTTOM. THESE MECHANISMS HAVE MANY DIFFERENT LOOKS, SMELLS AND ARE CALLED MANY THINGS INCLUDING: VAPES, E-CIGS, E-HOOKAHS, MODS, JUUL OR TANK SYSTEMS



HOW COMMON IS VAPING AMONG OUR YOUTH?

NATIONALLY:

PERCENTAGE OF STUDENTS WHO USED AN ELECTRONIC VAPE PRODUCT IN THE LAST 30 DAYS...

31 % OF 12TH GRADERS
25% OF 10TH GRADERS
12 % OF 8TH GRADERS

—UNIVERSITY OF MICHIGAN INSTITUTE FOR SOCIAL RESEARCH, 2019

LOCALLY:

PERCENTAGE OF STUDENTS WHO USED AN ELECTRONIC VAPE PRODUCT IN THE LAST 30 DAYS...

9.3% OF 9TH GRADERS
21.2% OF 11TH GRADERS
2.9% OF 7TH GRADERS

—MANCHESTER MIPHY 2020 SURVEY

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HOW ARE YOUTH ACCESSING VAPE PRODUCTS?

ACCORDING TO REGIONAL MIPHY 2018 DATA...

- 47.4 % OF YOUTH ARE BORROWING VAPE DEVICES FROM SOMEONE
- 18.3% BOUGHT PRODUCTS FROM A STORE/ GAS STATION
- 12.6% OF YOUTH GAVE SOMEONE MONEY TO BUY IT FOR THEM
- 6.6% OF YOUTH GOT IT FROM AN ADULT

WHAT IS THE BIG DEAL WITH VAPING ANYWAY?

VAPING NEGATIVELY AFFECTS BRAIN DEVELOPMENT IN ADOLESCENTS

TEENS WHO VAPE ARE MORE LIKELY TO SMOKE CIGARETTES

MANY PRODUCTS FALSELY CLAIM TO BE NICOTINE FREE

ANTI-FREEZE, HEAVY METALS & BENZENE (CAR EXHAUST) ARE SOME OF THE INGREDIENTS IN VAPING AEROSOL

BATTERIES HAVE BEEN KNOWN TO OVERHEAT, CATCH FIRE AND EXPLODE

WHAT IS COMING UP IN FEBRUARY?

SPRING SRSLY MOVIE NIGHT

SRSLY is hosting our third virtual movie night on Friday, February 26th from 7:00-8:45 PM. We think you might be full of joy when you find out what the movie is. We have looked high and low, inside and out to find the perfect film!

WE ARE FULL OF **JOY** AS WE INTRODUCE
OUR NEXT **SRSLY VIRTUAL**

MOVIE NIGHT

FRIDAY, FEBRUARY 26 · 7-8:45 PM

Zoom Log on: **924 2015 7586** • Passcode: **SRSLY** *Spots are limited!

We have looked high & low, inside & out to find the perfect film for our next movie night. Can you guess what it is?

SRSLY STUDENTS COME TOGETHER FOR A VIRTUAL GAME MEETING

SRSLY Chelsea, SRSLY Dexter, SRSLY Manchester and SRSLY Stockbridge students are coming together for some friendly competition. Please join us via zoom and take this opportunity to join friends from another community.

REGIONAL SRSLY VIRTUAL GAME MEETING

SRSLY CHELSEA, SRSLY DEXTER, SRSLY
MANCHESTER & SRSLY STOCKBRIDGE ARE COMING
TOGETHER MONTHLY FOR FUN GAME MEETING

UPCOMING GAME DAYS:

WEDNESDAY, FEBRUARY 24 @ 3:00 PM

WEDNESDAY, MARCH 24 @ 3:00 PM

WEDNESDAY, APRIL 28 @ 3 PM

ZOOM LOG IN INFORMATION:

MEETING ID: 889 0588 9963

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SRSLY FOCUSES ON MENTAL WELL-BEING

This last year has been challenging and the cold winter months don't help so we are dedicating an entire month to mental health. Join us on social media for the month of February as we talk about resiliency and we learn to better understand our needs and emotions.

WHAT ARE EMOTIONS?

Emotions are mental reactions marked by a strong feeling that usually causes a physical effect.

WHY ARE IMPORTANT?

- Emotions can motivate us to take action
- Emotions drive behavior, especially in children
- Emotions help us survive, thrive and avoid danger
- Emotions are stored in the body; when repressed, it leads to physical and mental damage
- Emotion can help us make decisions
- Emotions allow other people to understand us
- Emotions allow us to better understand others

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HOW DO I BECOME MORE AWARE OF MY EMOTIONS?

Build your emotional vocabulary- Find and/or create a list of emotions. Make it as long as you possibly can.

Learn to recognize your emotions and name them- As you start to notice your emotions, voice your emotions to yourself and others.

Think of all the emotions that vary in intensity- Try to recognize the specific emotion that you are feeling. For example are you irritated, mad, angry, or excited?

Track one emotion- Pick a familiar emotion (joy, sadness) and track it through the day or week. Notice what you are doing and who you are with. What are the physical feelings associated with this emotion? Take notes!

Keep a feelings journal- Each day take a few moments to write about how you are feeling and why. If you aren't into writing try making art, poetry, or music.

** Information gathered from Rady Children's Hospital

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HOW DO I ADDRESS THESE EMOTIONS?

- **Find someone to talk to** (friends, family, counselor, teacher, or coach).
- **Get active** (walk, run, singing, sports, crying, or cleaning).
- **Express yourself creatively** (draw, paint, sing, scrapbook, play an instrument).
- **Try some relaxation techniques** (meditation, deep breathing, mindfulness, stretching).
- **Distract yourself** (read, play a game, talk to a friend, watch a movie or learn something new).
- **Try to soothe or comfort yourself** (cuddle a cozy blanket, have a bath, pamper yourself)

KIDSHELPLINE

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WHERE CAN I GET HELP?

WASHTENAW COMMUNITY MENTAL HEALTH
YOUTH & FAMILY SERVICE

(734) 544-0350

PSYCHIATRIC EMERGENCY SERVICES (PES)

(734) 936-5900

ST. JOSEPH HOSPITAL- CHELSEA OR ANN ARBOR

(734) 712- 2762 (Chelsea)

(734) 593-5251 (Ann Arbor)

NATION SUICIDE PREVENTION LIFELINE

1(800) 273-8255

NATIONAL HOPELINE NETWORK

1(800) 784-2433

SELF-HARM HOTLINE

1(800) 366-8288

CRISIS TEXT LINE

Text "HOME" to 741741

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Quote of the Month

"If life were predictable it would cease to be life, and be without flavor." -Eleanor Roosevelt



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