



FAIRFIELD COUNTY PREVENTION IN FOCUS

AN ENEWSLETTER BY THE FAIRFIELD
COUNTY ADAMH BOARD FOR SCHOOLS,
PARENTS, AND STUDENTS

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MHAOHIO'S CLIENT NAVIGATOR FOR FAIRFIELD COUNTY

At Mental Health America of Ohio (MHAOhio), we transform how people think about mental illness, make it easier to get help, and give people the support they need to get better and stay better. Our Fairfield County Client Navigator Tori Ivan helps people find the mental health and recovery resources that work for them with the goal of removing barriers to care and making a complex system easier to access. Tori can refer both adults and youth to the services that work for them, provide information on types of care, and serve as an advocate for the people of Fairfield County. This service is free and confidential and can be accessed by anyone, whether they have private insurance, Medicare, Medicaid, or are uninsured. MHAOhio wants everyone in Fairfield County to know that if you are experiencing a mental health challenge, you are not alone and help is out there.



Families, parents, and school personnel can refer to the program by contacting Tori at tivan@mhaohio.org or by calling 740.475.0415. For more information on MHAOhio's programs, go to www.MHAOhio.org.

VAPING AND KIDS

National Vape Day is April 21. According to data from the Centers for Disease Control and Prevention (CDC), between 2017–2018, there was a 78 percent rise in e-cigarette use by high-school students and a 48 percent rise in use by middle-school students. Did you also know ...?

- Young people who vape are 4x more likely to go on to smoke cigarettes than those who don't.
- The nicotine in a single Juul pod is equivalent to 20 combustible cigarettes.
- E-cigarettes recently surpassed conventional cigarettes as the most used tobacco product among youth.
- Adolescent nicotine use can increase the risk of substance misuse and addiction, mood disorders, and permanent lowering of impulse control.
- In 2019, 14 percent of 12th graders, 23.6 percent of 10th graders, and 3.9 percent of 8th graders reported vaping marijuana in the past month.

So what can you do? Prevention research shows that the rules parents and caregivers set about substance use have an enormous impact on whether teens will experiment with drugs and alcohol. Know the facts and take action:

- Talk about vaping. – Talk early and often with kids about the risks of using alcohol, tobacco, marijuana, and other substances. This isn't a one-time chat but an ongoing dialogue.



VAPING CONTINUED ...

- Set clear expectations of no use. – Remind kids that you expect them not to use nicotine, alcohol, or drugs, and be clear about your expectations. Don't assume they know what you are thinking.
- Establish clear consequences and follow through. – Be clear, consistent, and specific about what the immediate consequences of substance use are in your family and school. Also, remember to reward children for healthy behaviors and positive decision-making.

The only safe smoking is no smoking. For more information, visit www.addictionpolicy.org or call 833.301.HELP (4357) or 800.QUIT.NOW.



NETWORK OF CARE PROVIDERS

- [Big Brothers Big Sisters of Fairfield County](#)
- [Fairfield Center of Hope](#) (formerly Fairfield Mental Health Consumer Group)
- [Fairfield County 2-1-1 \(Information & Referral\)](#)
- [Fairfield County Family, Adult and Children First Council](#)
- [Lancaster/Fairfield Community Action](#)
- [Lancaster Recovery Services](#)
- [The Lighthouse](#)
- [Lutheran Social Services Faith Mission of Fairfield County](#)
- [Mental Health America of Ohio](#)
- [Mid-Ohio Psychological Services, Inc.](#)
- [New Horizons Mental Health Services](#)
- [OhioGuidestone](#)
- [The Recovery Center](#)

CRISIS TEXT LINE |

Text 4HOPE to 741741

A free, 24/7 text line for people in crisis.

Mental Health Crisis Hotline

740.687.8255

Toll-free: 855.431.0803

24/7/365



Fairfield County ADAMH Board

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