

PREVENTION POST

MARCH • 2024



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WHAT IS THE DRUG FREE AROOSTOOK (DFA) COALITION?

What is the DFA coalition?

The coalition is an alliance of individuals and/or organizations working together to achieve a common purpose. When this type of alliance forms to address the needs and concerns of a particular community, it is often referred to as a community coalition.

What is the DFA goal?

This collaboration with community partners provides education, resources, and evidence-based programming to reduce the underage use of alcohol, marijuana, and other drugs.

Interested in joining?

The DFA Coalition meets monthly via Teams. To learn more, reach out to Malori at mhomquist@acap-me.org.

VAPING RAISES THE RISK FOR GUM DISEASE

How do cigarettes and e-cigarettes affect oral health?

Both tobacco and e-cigarette exposure increase the risk of tooth decay and gum disease due to an increased amount of bad bacteria, weakened immune response, increased plaque, and dry mouth. Ingredients in e-liquid may make it easier for bad bacteria to latch onto teeth.

Tobacco use in any form raises your risk for gum disease. Cigarette and e-cigarette users are 2-3x more likely to have gum disease than non-users. Cells damage in the mouth occurs when cigarettes or e-cigarettes are used. Increased tooth decay and gum disease can lead to tooth loss.

We also know that using e-cigarettes poses the unique risk of mouth injury from battery explosions, which have been known to cause burns on the face and mouth, jaw bone fractures and tooth loss. Up to 90% of people with oral cancer use tobacco products. Finally, users of cigarettes and e-cigarettes have an overgrowth of the *Candida albicans* fungus. They are also more likely to develop sores in their mouth, a condition called black hairy tongue that results from a build-up of bacteria and dead cells, swollen red or purplish gums and bad breath.

Visit MyLifeMyQuit.org or text "Start My Quit" to 36072



SAVING MONEY WHEN YOU'RE ON A BUDGET: WANTS VS. NEEDS

- Budget:** An estimate of income and expenditure for a set period of time.
Wants: Have a desire to possess or do (something); wish for.
Needs: Require (something) because it is essential or very important



One way to establish a savings is figuring out what is a want in your life or a need? Do you want that candy bar in the aisle at check out or is it a need to have it? Simple answer is it's an impulse buy and not a need. That money you didn't spend on that candy bar can be put into a savings! Imagine how much money you can save by not spending the extra on a candy bar, a new toy or even that blanket that's just so soft at the store.

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Scan here to learn about what our OUT Maine Partners are doing.

Scan here to access support, education and advocacy.

Scan here to learn about the Thriving Kids Project.

OVERWHELMING EMOTIONS

Emotions can feel annoying and overwhelming, but they communicate useful information to us and everyone around us. It is important to talk to your kids about emotions. Our bodies know how we are feeling, and respond in different ways. Is your child having a hard time to breathe? Is their heart pounding? Do they feel overwhelmed? Give your child a good first step to help them learn how to handle their emotions. Tell them to take a deep breath and observe what's happening in their body, name it, and rate the intensity of the emotion/emotions from a scale of 1-10. Give them a journal. Writing down emotions helps them understand what might be going on, then give them space to explain their emotions to you or to other trusted adults. The goal is to have a broad range of emotions, understand what they are, how they are affecting your child and learn how to deal with them together.



SLEEP TIPS FOR TEENAGERS

Between academic, social, and extracurricular obligations, school-age children often have busy schedules that can make it difficult to get a good night's sleep. Wherever possible, try to follow a consistent schedule and a wind-down period before bed. To strengthen the association between the bedroom and sleep, have them do homework or other activities in another room where possible.

Teenagers are programmed to have a later circadian rhythm which can create a problem with school start times. You can help your teenager by acknowledging the increased demands on their time and working together to find a healthy sleep schedule that works with their lifestyle. Teenagers appear to imitate their parents to a certain extent when it comes to sleeping, so one of the best things you can do to help them develop a healthy sleep pattern is to keep one yourself.

The morning is important, too. Though it's tempting to let your kids sleep in on the weekends, this can disrupt their sleep schedule and make it harder to wake up during the week. Try not to overschedule extracurricular activities if you notice these having a detrimental effect on their sleep time.

If you're practicing healthy sleep hygiene and your child is still feeling sleepy or having trouble falling asleep or staying asleep at night, it might be time to visit a doctor to see if they have a sleep condition. You can also ask their teacher to keep you updated on their attention levels. Difficulty concentrating, hyperactive behavior, or learning problems may indicate they are not getting proper sleep.

WHAT TO KNOW

Your 16-year-old may be taller than you and faster than you at certain tasks, but their brain will still be developing well into their early twenties. From age 13 to 25, the young brain is intensively shaped and reshaped based on its experiences. Connections within the brain that are used a lot become stronger while those that are not used much get weaker. That's why it's vital for youth to get involved in challenging intellectual, athletic, and social activities—it will do their brains good for the rest of their lives.

WHAT TO DO

Get involved in your child's life. Young people are much less likely to use substances when they have caring adults in their lives and interesting activities to keep them busy, happy, and productive.

www.samhsa.gov
Publication: [Keeping Youth Drug Free](#)

