

Prevention *for parents*



Maintaining Mental Wellness During the School Closure

Most things in our lives have changed very rapidly in response to the COVID-19 outbreak.

This can be a difficult time for young people and adults as we cope with the many changes to our daily routines and additional stresses are put on families.

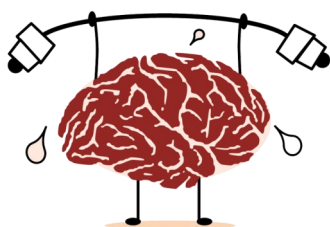
While so much emphasis is placed on ensuring our physical safety and well-being, we also need to pay attention to our mental health and that of our young people.

Not seeing friends,

meaningful events being cancelled, and the looming stress of the unknown are all things our students are facing.

It is normal for kids to feel angry, scared, act out, and complain about physical symptoms of stress, among other things.

Let your student



Student Support Services

We want parents to know that the student support team at SWMS, SWHS, and SWA are still providing services and are here to support students and families.

Please reach out to us for anything you

would normally seek help for. The best way to contact us is via email. Email addresses are listed on the right.

Additionally, Colleen Chan will be available by phone on a confidential, remote line to

know you are there for them and that this time of uncertainty will end eventually. They will need time to process it all, and it hits everyone at different times.

Check out the "Mental Health" page on the Readiness to Learn website for more information and resources. These resources are being consistently updated.

The link is listed here:

<https://www.readinesstolearn.org/mental-health-resources>.

General resources can be found at: <https://www.readinesstolearn.org/>

support students and parents.

To reach Colleen during the tele-school time period, call 360-299-4709.

This line will be answered and messages will be returned Monday - Friday, 8am - 4pm.

Points of Interest

- *Make mental health a priority during the COVID-19 crisis*
- *Student support team is still providing services to students & families*
- *Vaping & COVID-19 health effects*
- *Staying socially connected during social distancing*

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Additional contacts can be found at:

<https://swhs.sw.wednet.edu/>

Vaping and COVID-19

While most teens are NOT using vapor products, there have been some questions about how vaping can affect a person's health in relationship to the COVID-19 virus.

Of course, we do not have the research to conclude that people who vape are more likely to develop or have more severe symptoms if they are exposed to the virus because there has not been time to conduct studies.

However, we do know that people who smoke cigarettes, use vapor products, smoke cannabis heavily, or have other substance use disorders do have lowered immune system functioning and may experience symptoms more intensely than people who do not use substances.

What Would You Like To See In The Next Issue?

Contact Colleen Chan with any suggestions, comments, or questions.

Colleen Chan

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Ideas For Staying Socially Connected During Social Distancing

While restrictions are quickly increasing on our normal social habits it can be difficult to keep up connection with others.

We need social connection more than usual when we are dealing with stressful events, so it is important to find ways to replace our normal habits.

Here are some ideas to keep you and your kids socially connected despite maintaining physical distance:

- Make a goal to Facetime or call two friends or relatives everyday (this can be a good time to reconnect with old friends!)

- Volunteer to drop off groceries to someone who can't go to the store themselves
- Help someone who is not tech-savvy set up their own ways to connect with others
- Make a workout routine with a friend (that you both do from home) and keep each other accountable
- Start a virtual book club (plenty of time to read!)



Parent Resources

National Institute on Mental Health

<https://www.nimh.nih.gov/health/publications/helping-children-and-adolescents-cope-with-disasters-and-other-traumatic-events/index.shtml#pub5>

National Institute on Drug Abuse

https://www.drugabuse.gov/about-nida/noras-blog/2020/03/covid-19-potential-implications-individuals-substance-use-disorders?utm_source=twitter&utm_medium=social&utm_campaign=nb_20200312