

we wish you a very



HAPPY
NEW
YEAR



MARK YOUR CALENDAR

WHAT IS ADOLESCENT DEPRESSION?

Join our webinar February 24th from 12pm to 1pm

ADOLESCENT DEPRESSION
signs, symptoms, and when to get help

Wednesday, February 24th from 12pm to 1pm
presented by
PAULA YOUNG, PHD Clinical Director at Rogers Skokie and Nilesdale
JULIA MCANDREWS, ALMFT Marriage & Family Therapist at Rogers Skokie

Please register in advance. Zoom webinar link - <https://tinyurl.com/y4to07yp>

After registering, you will receive a confirmation email containing information about joining the webinar.

For more information or if you are unable to attend please visit gncy.org

ROGERS GNCY Behavioral Health **ROGERS SOUTH** **ROGERS NORTH**

© 2020 Rogers Behavioral Health. All rights reserved. Rogers Behavioral Health is an Equal Opportunity Employer. Rogers Behavioral Health is a 501(c)(3) non-profit organization. Rogers Behavioral Health is a member of the Rogers Behavioral Health System. Rogers Behavioral Health is a member of the Rogers Behavioral Health System. Rogers Behavioral Health is a member of the Rogers Behavioral Health System.

Our webinar will address:

- what depression is
- warning signs among teens
- how to approach your teen with depression
- what is Behavioral Action and how does it help knowing when it is time to get help.

Webinar registration below or visit gncy.org

IN CASE YOU MISSED IT... ON NOVEMBER 20TH, GNCY HOSTED A WEBINAR “SOCIAL MEDIA & YOUR TEEN”

SOCIAL MEDIA & Your Teen

presented by
BRANDON DE JONG, PHD
Clinical Supervisor at Rogers Behavioral Health - Nilesdale

Friday, November 20th
from 12pm to 1pm

Zoom webinar link
Please register in advance
<https://tinyurl.com/y4to07yp>

After registering, you will receive a confirmation email containing information about joining the webinar.

For more information or if you are unable to attend please visit gncy.org

GNCY ROGERS Behavioral Health

© 2020 Rogers Behavioral Health. All rights reserved. Rogers Behavioral Health is an Equal Opportunity Employer. Rogers Behavioral Health is a 501(c)(3) non-profit organization. Rogers Behavioral Health is a member of the Rogers Behavioral Health System. Rogers Behavioral Health is a member of the Rogers Behavioral Health System. Rogers Behavioral Health is a member of the Rogers Behavioral Health System.

Dr. Brandon DeJong spoke about social media and the brain - both the benefits and the risks.

For more information and link to webinar please visit gncy.org

INTRODUCING THE LET'S TALK CANNABIS ILLINOIS CAMPAIGN

The LET'S TALK CANNABIS ILLINOIS campaign is a new resource for parents and youth from the Illinois Department of Human Services (IDHS) and is a guide for all your cannabis questions. IDHS has pulled together proven facts and tips to help you understand the rules and health effects so you can make safe and informed decisions. For more information go to: <https://www.prevention.org/lets-talk-cannabis/> or check out the first one below:



SEE THE VALUE OF YOUR SUPPORT

YOU HAVE AN INFLUENCE ON YOUR CHILD'S CHOICES
According to research, children who have a supportive parent or guardian are less likely to use marijuana and illegal drugs. Find moments to show your child that you're there and you care about their well-being.

SHOW UP & SPEAK UP
Be there for your child and encourage a cannabis-free life.

WAYS TO SUPPORT YOUR CHILD'S BEST LIFE

- 01 GUIDELINES**
Set clear expectations and a **zero-tolerance policy** around cannabis use. Continue to check in with your child and make sure your guidelines are understood and being followed.
- 02 ENCOURAGEMENT**
Build your child up with words. Encourage them and remind them of **their worth and potential**. Celebrate their positive decisions.
- 03 CURIOSITY**
Show interest in your child's life and their decisions. **Keep tabs** on how your child spends their time, who they spend it with, and any struggles they may be facing.
- 04 CONSISTENCY**
Be careful not to send mix messages. **Stand firm** on your stance around marijuana and be sure that your behavior and conversations don't make your child question your views.
- 05 LISTENING**
Sometimes your ears are just as important as your words. It's important that your child feels heard by you. Create a **safe space** where you and your child can have authentic conversations.

Source: American Academy of Pediatrics

GET MORE CONVERSATION TIPS AT bit.ly/LTCforparents

GNCY 
ILLINOIS DEPARTMENT OF HUMAN SERVICES | ILLINOIS DEPARTMENT OF PUBLIC HEALTH

In our next newsletter look for a corresponding alcohol campaign to help youth make healthy choices.

PREVENTION TIPS

As teens communicate with their friends via texting, social media, DMing (direct messaging) it is important to understand that not everything they write means what you might think. Teens often use shorthand or slang to not only communicate quicker and easier but to share information that they might not want others to see or understand. For example, some basic texting shorthand can include:

PAL

Parents are Listening

BRB

Be Right Back

DOC

Drug of Choice

P911

Parent Alert

420

Marijuana

KPC

Keeping Parents Clueless

There are also many different slang words for various drugs and alcohol. Words like smarties, sanitizer, bud, snow, sugar cubes, glass, wax, shatter, cart, ghost, or zero might seem like everyday items but can mean something entirely different to someone who might be using substances.

Language is also important to not only identify potential use among teens, but also to be able to have a conversation with your teen about drugs and alcohol. Knowing what terms to use is key in making sure you and your teen are having the same conversation. For example, if you ask about smoking, thinking this encompasses all forms of tobacco products you are not going to get the most accurate response from your teen. For them, there is a difference between smoking (i.e., traditional cigarettes) and juuling (i.e., electronic cigarettes) and vaping (i.e., typically cannabis).

Check out this quiz from “Get Smart about Drugs” to test your knowledge on drug terminology before looking over the examples below: <https://www.getsmartaboutdrugs.gov/news-statistics/drug-slang-terms> (link below)

**Please note this list is only examples of terminology. Drug and alcohol terms can vary greatly based on population, age, community, and school. This information is taken from the [DEA Slang Words and Code Words](#), [The Recovery Village Popular Drug Slang Used by Teens](#) and [The Truth Initiative Vaping Lingo Dictionary](#)

ALCOHOL



Booze
 Firewater
 Liquid Courage
 Giggle Water
 Jungle Juice
 Hooch
 Sanitizer
 Smoothie
 Hammered
 Tanked
 Loaded
 Wrecked

Time Flip
 (Alcohol and
 Benzodiazepines)
 Snow-Coning
 (Alcohol and
 cocaine)
 Tippy Flip
 (Alcohol and
 Ecstasy)
 Robo-Fizzing
 (Alcohol and cold
 medicine)

ECSTASY(MDMA)



Molly
 E
 Love Drug
 Scooby
 Snacks
 Candy

COUGH MEDICINE



Drex
 Robo
 Orange
 Crush
 Triple C
 (Purple)
 Drank
 Sizzurp

CANNABIS/MARIJUANA



420	Flower	Dabs/ Dabbing
710	Girl Scout	Dab Pen
Weed	Cookie	Gorilla Glue
Pot	Grasshoper	Ear Wax
Grass	Baked	Glass
Skunk	Vape/Vaping	Edibles
Aunt Mary	BHO	Shatter
Bernie	Budder	Wax
Bud		

*There are also many different names for the different varieties/strains of cannabis. Do an online search to view the "menus" of local cannabis dispensaries to learn some of the different names in your area.

TOBACCO (SMOKED TOBACCO & ELECTRONIC CIGARETTES)



Smokes
 Chew
 Dip
 Hookah
 E-cig
 E-hookah
 Mods
 Vape Pens
 JUUL/JUULing
 Stig

Blu
 Puff Bar
 Cart/Cartridge
 Batt
 Disposables
 Clone
 Fiend/Fiending
 Ghost
 Rip
 Hit

E-liquid
 E-juice
 Pod
 Rip It
 Skin
 Throat Hit
 Nic Sticc or Nick Stick
 Vapor Tongue
 Cloud(s)
 Zero

PRESCRIPTION DRUGS

BENZODIAZEPINES (E.G. XANAX)

Oxy	Vics
O	Fluff
OC	Tabs
Kickers	357s
512s	Hydros
Blue	Watsons
Vikes	Bananas
Vikes	M-30s

OPIOIDS (E.G. VICODIN, OXYCONTIN)

Benzos	White Boys/Girls
Bars	Yellow Boys
Xanies	Bicycle Parts
Zannies	Z-bars
Hulk	Planks

AMPHETAMINES (E.G. ADDERALL, RITALIN)

Jelly Beans	Addy
Bennies	Study Buddies
Black Beauties	Study Skittles
Blue Boys	Lid Poppers
Cartwheels	Kibbles and Bits
Debs	Diet Coke
Dexies	Speed
Dolls	Uppers
Goofballs	Wake Ups
Sweeties	Zoomers
Smarties	Zing





ANNOUNCEMENTS

GNCY is excited to announce that we have received another 5 years of funding, totaling \$625,000, from the Drug-Free Communities Support Program. The Drug-Free Communities (DFC) Support Program is the nation's leading effort to mobilize communities to prevent and reduce substance abuse among youth. Created in 1997 by the Drug-Free Communities Act, administered by the White House Office of National Drug Control Policy (ONDCP), and now managed by CDC, the DFC Program provides grants to community coalitions to strengthen the infrastructure among local partners to create and sustain a reduction in local youth substance use.

GNCY will utilize the DFC program to continue the work of the coalition and support our mission to empower youth (ages 11-18) of Glenview and Northbrook to live safe, drug and alcohol-free lives. Through school, community and family partnerships, the coalition aims to increase community collaboration in substance abuse prevention and to prevent and reduce youth alcohol, marijuana, and tobacco use. We look forward to providing more education, resources, presentations and events to the Glenview and Northbrook community to help our youth choose a substance-free lifestyle.

LOOKING FOR MORE INFORMATION ABOUT GNCY?

Our coalition has volunteer committees for the following volunteer substances:

ALCOHOL

- Collaborate with law enforcement on local retail alcohol compliance checks.
- Parent education on prevention of underage/binge drinking, social host laws and how to talk to your teen about use.
- Communication campaigns to teach youth about the risks of underage drinking.

VAPING - CANNABIS - ECIGS - TOBACCO

- Educate the community on the health risks of youth marijuana, JUUL and e-cig use.
- Educate the community and stakeholders on current marijuana policies and how a change in state-wide policy could impact youth use.
- Presentations on current marijuana trends relating to youth usage of JUUL & e-cigs.
- Presentations on current trends relating to youth usage of JUUL & e-cigs.

CONTACT

gncy.communications@gmail.com with your name and information letting us know how you would like to help with GNCY by joining one of our committees or sharing your time and talent with one of our presentations.