



## Welcome to Fall 2021

In this issue: National Recovery Month, Mental Health Checklist, Let's Talk Cannabis and - GNCY, In case you missed it... & Upcoming Events...



Mental health and substance use disorders affect all communities nationwide, with commitment and support, those impacted can embark on a journey of improved health and overall wellness. The focus of National Recovery Month this September is to celebrate all people that make the journey of recovery possible by embracing the 2021 theme, “Recovery is For Everyone: Every Person, Every Family, Every Community.”

National Recovery Month has been celebrated every September since 1989 and spreads the message that:

- Behavioral health is essential to health.
- Prevention works.
- Treatment is effective.
- People recover.

Join GNCY in supporting and celebrating those in our community who are living in recovery.  
**#RecoveryMonth #Recovery #LanguageMatters #MakeSeptemberPurple**

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September is always a busy time; school starting, fall activities, changing seasons; but along with that busyness and excitement can come stress and feelings of being overwhelmed, especially this fall with the world still in uncertain times.

Below is a checklist that can be used for your child (and yourself!) to take small simple steps to support their overall mental health. Click on checklist below to download, print and have everyone in your family fill one out!

## Mental Health Checklist

### EVERY DAY I WILL:

- Move my body
- Take a screen-time break
- State 3 things I am grateful for (write down or say aloud)
- Eat fruits and vegetables
- Sleep for 7-9 hours a night

### ONCE EACH WEEK I WILL:

- Connect virtually or in person with friends or a family member
- Plan an outdoor activity, like a picnic, hike or bicycle ride
- Set a new goal, like finishing a work, school or home project
- Claim a win for the week: It can be a big or small. Celebrate with a reward or an act of kindness towards yourself!

### ONCE THIS MONTH I WILL:

- Finish reading a book
- Take a 1-day break from all social media and news
- Try a creative activity
- Help someone or complete a community service project

Choose 2 or more activities that are personal and meaningful to your mental health.

- \_\_\_\_\_
- \_\_\_\_\_

*Reflections:*

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## Protect their Brain

As a parent, you are your child's No.1 influence on substance use and the role you play can help them make good decisions. Children who learn about the consequences and the health

risks of cannabis use from their parents are shown to be significantly less likely to use. The most effective way to reach them is by having open and honest, two-way conversations about the risks. Here are some important facts on how cannabis use can impact a child's developing brain.

## PROTECT THEIR BRAIN



**SHARE THE LONG-TERM  
RISKS OF EARLY MARIJUANA USE**

The human brain continues developing into our mid-twenties. Know the permanent harm that regular marijuana use can have on your child's growing brain:

- ⇒ **STRUCTURAL AND FUNCTIONAL CHANGES TO THE BRAIN**  
 Marijuana can change how the brain looks and operates. These changes can cause cognitive problems, like increased impulsivity.
- ⇒ **INTERFERENCE WITH THE HIPPOCAMPUS**  
 When someone uses marijuana, Tetrahydrocannabinol (THC), the main active ingredient of marijuana, travels to the hippocampus, where it can impair learning, attention, and memory.
- ⇒ **LONG-TERM REASONING AND PROBLEM-SOLVING ISSUES**  
 Studies have linked regular marijuana use with a decrease in IQ scores.

Talk with your child regularly about these risks to help support a healthy brain!

Source: Wen, K. (2015, November). Marijuana and the developing brain. *Monitor of Psychology*, 44(11). <http://www.apa.org/monitor/2015/11/marijuana-brain>

GET MORE TALK TIPS AT  
[bit.ly/LTCforparents](http://bit.ly/LTCforparents)




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## In case you missed it...



send a clear NO-USE message

this is about your child's health & well-being

NOT ONE 1-hour talk, BUT 60 one-minute talks

**YOU ARE INVITED TO A ZOOM WEBINAR**  
**June 23, 2021 from 12:00 PM to 1:00 PM**  
**TOPIC: How to: Talk To Your Kids about Drugs and Alcohol**

- Learn how to have conversations about alcohol and drugs with the pre-teen or teen in your life
- Get tips on how to answer difficult questions and support their decision-making
- Learn how to create an environment of honesty and respect that will encourage your kids to come to you in any situation at every age



GLENBROOK NORTH COALITION FOR YOUTH



GLENBROOK NORTH HIGH SCHOOL



Live Webinar Register Here

Facilitated by Erin Tegge, MSW, Prevention Project Manager from Peer Services

GNCY is proud to announce our new "HOW TO" series. The first presentation was "HOW TO talk to your kids about drugs & alcohol". To watch this webinar please visit [gncy.org](http://gncy.org).

# Upcoming Events...

## Cannabis and Adolescent Mental Health

Addressing the negative relationship between cannabis and mental health with your teen.

Facilitated by Dr. Aaron Weiner, PhD, ABPP a board-certified Psychologist and addiction specialist

During this webinar you can expect to learn about:

- Current trends in cannabis use
- The negative relationship between cannabis and adolescent mental health (e.g., anxiety and depression)
- Tips for parents/caregivers on how to address adolescent cannabis use; prevention and intervention

Thursday, October 21st at noon

Look for registration and more information coming soon



For more information, visit our NEWLY DESIGNED website, [gncy.org](http://gncy.org)

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