

## Substance Abuse Prevention Announcement

Hi West Potomac Community!

With Thanksgiving approaching, I have been thinking about gratitude and cultivating joy. If you are familiar with Brené Brown, then you may already know what I'm talking about. However, if not, here is a short video of her describing the relationship between joy and gratitude <https://www.youtube.com/watch?v=2IjSHUc7TXM>. Finding ways to bring joy into our lives is important and necessary. Moments of joy help us build resilience, which helps us choose better ways to manage hard times. Drug and alcohol use is often a way of coping with hard things, but resilience helps us find a better way than substances. If you have questions, want more information, or want to refer your student for a substance abuse assessment, please get in touch with me!

I hope you have a happy and healthy Thanksgiving!

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**For general questions about the FCPS Substance Abuse Prevention Program, please contact the Office of Student Safety & Wellness: (571) 423-4270.**

### **Attention! New Vaping Cessation Program available for Teenagers.**

FCPS along with the Fairfax County Health Department, Fairfax-Falls Church CSB, and other community partners is officially launching a vaping cessation program that is specifically designed with teenagers in mind. The service is **FREE** and **ANONYMOUS**. For more information please visit: <https://www.fairfaxcounty.gov/health/free-e-cigarette-quit-program> **STUDENT ENROLLMENT and STAFF "TESTER" OPT-IN INSTRUCTIONS:**



**Young people** in the Fairfax community who want to quit vaping can enroll in This is Quitting by texting "VapeFreeFFX" to 88709. When they opt-in they will need to provide a name and age 12-24 so that they can get fully enrolled in the program to receive content.

*FCPS staff can test the program by texting "TIQTest" to 88709 to opt-in, which lets Truth Initiative keep "test user" data separate from student data.*

