

Substance Abuse Prevention Specialist (SAPS) Information: **Allyson Jacobi, MSW.**

If you need support with your student please feel free to reach out to me via email at [ajacobi1@fcps.edu](mailto:ajacobi1@fcps.edu) or by phone at **(202) 930-1690** and we can discuss options that may be of help.

**Substance Abuse Prevention Specialists (SAPS)** offer activities and learning experiences which focus on the way's marijuana, alcohol, tobacco/vaping, & other drug use can negatively impact student lives.

## Supporting Students & Returning to School

Students returning to in-person learning and/or continuing to navigate virtual learning are facing unusual and new challenges.



Source

### What can you do as parent/guardian to help support your student?

- Talk to your student about how school will look different (more social distancing, desks far apart, teachers maintaining physical distance).
- Find out how your child is feeling and normalize feelings.
- Anticipate behavior changes which could indicate stress and anxiety.
- Check if your school has any systems in place to identify & provide mental health services to students in need of support.
- More information can be found [here](#) and [here](#).

# THIS IS QUITTING, SELF-CARE, SUPPORTING STUDENTS, & MEDICATION SAFE DISPOSAL

April 2021



## Practice Self-Care: Self-Care Isn't Selfish

**It is equally important for adults to focus on their own self care and well-being.**

Being kind to yourself during this difficult time can help to ensure you have the capacity you need to take care of *you* and *your family*.

- Self-care increases empathy, and has been clinically proven to reduce burnout, anxiety, stress & depression.

### Tips for practicing self-care:

- Set boundaries, prioritize healthy choices, practice forgiveness and self-compassion, be realistic with goal setting, reconnect with things *you* enjoy, create space to connect with other adults, prioritize physical health & set small goals, do what you can to sleep better, and don't put off seeking help.
- More information can be found [here](#), [here](#), and [here](#).

## This is Quitting

**This Is Quitting** is a Free Quit Vaping/E-Cigarette Text Messaging Program that provides support throughout the quitting process. This Is Quitting is easy, free, and anonymous.

### Did you know?

- According to the Fairfax County 2019-20 Youth Survey, **1 in 7 students** reported vaping in the past month. Specifically, **5.4 %** of 8<sup>th</sup> graders, **19.4%** of 10<sup>th</sup> graders & **24.9%** of 12<sup>th</sup> graders.
- **Good News:** the overall % of students in the Woodson Pyramid reported to vape anything in the past 30 days is **12%**, a **3.1% lower average** compared to the 15.1% of the FCPS student overall average.

## Safe Disposal of Medicines

Do you have unused or expired over the counter or prescription medicine in your home?

If so, you can dispose of them properly at **Permanent Dropbox Locations** to help prevent misuse and accidental poisonings, and to protect the environment. More information can be found [here](#) and [here](#).

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

Information on FCPS Alcohol, Tobacco, & Other Drug Programs can be found [here](#).