

SPRING
2018

PREVENTION NEWS FROM THE BARRINGTON ADULT YOUTH TEAM
www.thebayteam.org

The BAYTEAM

buzz

CONGRATULATIONS

The BAY Team awards its annual \$500 scholarship to Madison Borek. The annual scholarship is available to members of the BHS HOPE Club (Helping Others Protect Each Other). Formally known as the SADD club, students have refreshed the name with a more positive spin.

Currently there are 12 members who have helped sponsor 5 assemblies this year: **PeaceLove** (mental health), **ThinkFast** (safe driving), **It Can Wait** (texting while driving), **David Neill** (vaping), and **Four Legs to Stand On** (opioids). The club received a tobacco mini-grant from the RI Dept of Health to attend conferences, complete training, and provide education to other students.

Parenting IS Prevention Video Series

Tune into the BAY Team's Parenting is Prevention video series on YouTube to hear Dr. Lilia Romero-Bosch speak about raising children with prevention in mind: Developing Your Child's Brain Parts 1 and 2. www.youtube.com/watch=49_8JHooHT8&list=PLbZRqM-0kC-00B8FBYtePSiywtQ9HnYW&index=4

SUICIDE PREVENTION & 5/12 WALK

Over 800,000 people die each year by suicide, and 90% of these people have a mental health condition that contributes to their death. Did you know that 1 in 4 people will suffer from a mental health condition? While most people will not go on to die from suicide, this means that virtually all of us are affected in some way by mental illness. Only 1 in 5 people with a mental health condition ever seeks treatment, partly due to stigma. Imagine if you didn't feel comfortable getting treatment for your high blood pressure or heart disease?

1. Please learn the warning signs of distress and the healthy habits of emotional well-being at www.changedirection.org
2. Rid your home of means to suicide such as medications and firearms
3. Offer support to friends and loved ones
4. Trust your gut, if you are worried about yourself or another, seek help and get treatment
5. Walk to raise awareness on Saturday, May 12th at Colt State Park. Learn more, register, and donate at www.oliviadeatonfoundation.org/events

Lynn Lyons Presentation *Anxious Kids, Anxious Parents*
Rescheduled for 5/16 7-9pm | BHS Auditorium

VAPING (AKA JUULING, AKA E-CIGARETTE USE)

BMS students recently received vaping prevention from the BHS HOPE club. At night, experts, including, David Neill, from the US Attorney's Office presented a program about vaping to parents and students.

Juul is a brand of e-cigarette that is popular with local youth.



STRATEGIC PLAN FOR OPIOID OVERDOSES

Barrington is creating a community response strategic plan for opioid overdoses. The BAY Team was chosen as the lead agency and has convened key stakeholders from the community to create a proposal that encompasses activities in the four domains of rescue, prevention, treatment, and recovery. Barrington has had a number of recorded overdoses in our community and is looking at ways to support community members prior to, during, and after a crisis and to reduce stigma to help more people get treatment, when needed.



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Find us on 

STEROIDS & SUPPLEMENTS

The Taylor Hooton Foundation (www.taylorhooton.org) educates about the dangers of appearance and performance enhancing drugs including anabolic steroids, hGH, and unregulated dietary supplements. The Bayside Family YMCA hosted a recent presentation at the Barrington Public Library and BHS athletes received a similar presentation through the athletic department.

- There is no FDA regulation of supplements such as protein powders and vitamins.
- Products may contain stimulants that don't appear on labels
- 18-25% of supplements contain anabolic steroids.
- Steroids, often produced in China, may also contain toxic metals such as lead and arsenic and may be contaminated by motor oil and horse urine.

While steroid use is commonly associated with athletes to improve performance, there are many side effects, including depression, other drug use, and organ failure. Surprisingly, 80% of high school steroid users are not athletes, but youth in search of a more enhanced appearance. Parents are encouraged to have conversations with youth about these harmful drugs and to consult the National Sanitation Foundation before using any supplements at www.nsf.org.



Superpower Saturday events at the Bayside Family YMCA combine fun with community service for East Bay middle school students. The February event included making care bags for area seniors. Community service certificates are provided.

Upcoming Events:

May 5 From 7-9pm Youth make cards and kindness rocks to encourage people in recovery

July 14 From 7-9pm Project to be announced

What does a successful future mean for your child?

In a recent survey amongst Barrington parents and teachers, learning to take responsibility for actions was the number one thing identified as crucial to long term success. Use these resources to help young children learn what it means to act responsibly to be good global citizens.

www.parents.com/kids/responsibility/values/how-to-teach-kids-to-accept-responsibility-for-their-actions/

www.pbs.org/kcts/preciouschildren/diversity/read_parent.html

www2.ed.gov/parents/academic/help/citizen/citizen.pdf