

What's SAPpening

Brought to you by the Center For Humanistic Change Student Assistance Program Liaisons

April 2019

Upcoming Events:



- Alcohol Awareness Month
- National Autism Awareness Month
- National Child Abuse Awareness Month
- National Clean Out Your Medicine Cabinet Month
- National Month of Hope
- 4/20: International Earth Day

May

- May 1st: National Skilled Trades Day
- May 7th: National Teacher Appreciation Day
- National Mental Health Awareness Month

SAP Updates:

Teens & Caffeine



As teens try to keep up with school, extra curricular activities, and part-time jobs, many are relying on caffeine to keep them alert and focused. Caffeine is consumed in many forms such as sodas, energy drinks, and coffee beverages. Although small amounts of caffeine will not harm young adult health, consistent use can have unwanted consequences. Excessive amount can have the opposite effects of intended use, making consumers jittery and scattered. Other side effects that can arise from over consumption include agitation, anxiety, dizziness, sleep disorders, upset stomach, rapid heart rate, headaches, and dehydration. Body mass and previous exposure can affect sensitivity to caffeine, causing smaller teens who aren't used to stimulants to have a stronger reaction.

Additionally, those with heart conditions or even anxiety disorders are more susceptible to the health effects of caffeine. Sleep is also an important necessity that caffeine can negatively affect. With teenagers needing more than adults, lower than needed amounts of sleep can impact school performance, lead to mood disturbances, irritability, weight gain, and skin problems. If teens



consume too high of caffeine content too late in the day they can be at an exceedingly high risk of concentration problems in school. Energy drinks present another problem as one drink contains up to 140mg of caffeine for every 250 ml along with sugar and herbal stimulants that intensify the effects. Caffeine can stay in the body's system for up to 14 hours, causing teens to be wired all night if they have too much too late in the day. (Newport Academy, 2012) But how much caffeine is too much? While it may be different depending on use and body mass as mentioned above, the Dietary Guidelines for Americans 2015–2020 recommend that adults consume no more than 400 mg of caffeine per day to avoid these negative side effects. This is approximately four 8-ounce cups of coffee. A 2015 study on those who regularly drink coffee found that, although most participants were in healthy ranges, some were drinking up to 1,329 mg per day and 756 mg in one sitting!

For those wanting to cut back on their caffeine intake or are experiencing withdrawal symptoms from caffeine, the follow can help:

- **Gradually reduce caffeine intake.** Quitting caffeine can cause dramatic changes to brain chemistry, which may affect a person's mood, cognitive ability, and physical well-being.
- **Find acceptable caffeine replacements.** People who drink coffee regularly can gradually reduce their caffeine intake by mixing a little decaf into their daily coffee. People who drink multiple cups of coffee can try replacing one or more with decaf.
- **Get plenty of sleep.** Getting enough sleep will help fight fatigue. Feeling well-rested can help reduce the body's dependence on caffeine.
- **Drink water.** Staying hydrated is essential. Dehydration can lead to headaches and fatigue.

SPRING BREAK

Fun at Home

Take a Spring Break Staycation

- ◇ Turn off technology- Commit to taking a break from technology for the duration.
- ◇ Put on a travel playlist- mix it up with a playlist that takes you outside of your norm.
- ◇ Freshen up your home- Pick up bouquets of flowers to add life to your space and upgrade by adding scents.
- ◇ Make every meal a treat - Whether you're ordering take-out or cooking yourself, make sure there's something special about every meal. Make lunches to look forward to and breakfasts to get out of bed for.
- ◇ Let yourself sleep in, but make a schedule- forget the alarm and sleep in every morning, but once you wake make the most of your days off.
- ◇ Catch up on reading- Finally take care of the magazine and book you've been stuck on for the past few months.
- ◇ Get artsy- pick up a few art supplies and let your artistic side run wild.
- ◇ Indulge in a spa session- Enter into full relaxation mode with an at-home spa experience. Light some candles, cut up some cucumbers, and get out that clay mask to de-stress!

TEENS AND FENTANYL ABUSE

Fentanyl is the strongest prescription opiate pain killer on the market and is 30 to 50 times more potent than heroin. Fentanyl is a prescription drug that is often made and used illegally, some drug dealers mix fentanyl with other drugs, such as heroin, cocaine and methamphetamines, making it a cheaper option. Fentanyl is a synthetic opioid and now the most common drug involved in drug overdose deaths in the United States. In 2017, 59% of opioid-related deaths involved fentanyl compared to 14.3% in 2010. When prescribed by a doctor, fentanyl can be given as an injection, a patch that is put on a person's skin, or as a lozenge. The illegally used fentanyl is most often sold as a powder, dropped onto blotter paper, put in eye droppers and nasal sprays, or made into pills that look like other prescription opioids.

According to the DEA, 1 out of every 10 teens reported using prescription pain medications to get high at least once in the last year. Teens are not typically prescribed fentanyl, many times teens get drugs from their friends, family members, or acquaintances. The DEA, reports that 70% of youth get prescription drugs from friends and family and or teens buy illegal prescriptions online and steal from their parents medicine cabinets. Emergency room visits from prescription medication abuse in children younger than 20 years old rose by 45% from 2004-2010. The lives of teens are increasingly endangered when they unknowingly purchase counterfeit medications on the streets that contain fentanyl, since it can be fatal even when taken in small doses. The American Society of Addiction Medicine reports that 467,000 adolescents ages 12 to 17 reported nonmedical use of prescription pain relievers and of those, 168,000 reported being addicted.

Some of the reason teens are abusing drugs like fentanyl include: Trying to fit in, physical pain relief and emotional pain relief.

Retrieved: <https://www.projectknow.com/teen/fentanyl/> & <https://www.drugabuse.gov/publications/drugfacts/fentanyl>

Taking Preventative Steps To Ensure Safety

- ◇ Education/Life Skills training: There are several educational programs that provide teens with the knowledge and skill sets needed to avoid drug abuse and misuse.
- ◇ Talk to your children about drugs and their dangers: Talking openly and honestly with your teens may be one of the best means of teen drug use prevention.
- ◇ Get specific about fentanyl: When you talk to your son or daughter, don't leave out the details, be specific about the drug fentanyl and the dangers of its use.
- ◇ Set a good example for your son or daughter: If your teen sees you misusing or abusing drugs, they may think its okay. Make healthy choices for yourself.

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