

JUNE 2020 | ISSUE 1

JUNE NEWSLETTER

Alleghany Highlands Healthy Youth Coalition



What We Stand For

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The Alleghany Highlands Healthy Youth Coalition works to prevent drug use in our community and to reduce the stigma of mental health. We will continue to stand in support of every person who deserves a life free of prejudice, injustice and brutality. During, these times healing is essential in our community and we will continue to promote and support ways for us all to come together.

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Who We Are

The Alleghany Highlands Healthy Youth Coalition focuses on preventing drug use in the community among our youth. We also focus on mental health awareness and suicide prevention. Every year we use data from the Youth Risk Behavior Survey to determine where our focus should be. This year we have focused on preventing opioid use, marijuana use, underage drinking and e-cigarette use.

The coalition meets once a month to come up with different strategies and campaigns to prevent drug use and suicide. This past year, we have held two opioid awareness events, brought in a speaker to engage the youth on e-cigarette use, and participated in Project Sticker Shock. We have had multiple campaigns including I'm No Fuul, Talk. They Hear You. and Seize the Awkward.

We have fun while making a difference in the community. We are in this together!

Resiliency In Trying Times

Have you ever thought "How do people go through a lot and still come out on the other side?" Resiliency is the answer. Resiliency is the notion that despite adverse experiences we, as humans, can get through it. During COVID-19 and the racial inequality that is going on in the world, it is important to teach our children about resiliency. But, how do we teach our kids to be resilient?

Right now, multiple on line resources are offering their information for free. A good one is <https://resilienceguide.org/> where parents can learn about resiliency and teach their kids.

The AHCS also offers free Adverse Childhood Experiences trainings where you can also learn about resiliency. Look at our Facebook page @AHHYC for upcoming dates!



Upcoming Events

- June 29th at 3 PM - webinar "Playing With Fire"
Register here :
<https://us02web.zoom.us/j/84461212633>
- June 30th from 9 AM - 1PM - Curbside Pick Up for Prevention Resources
- 7/8 - "Keeping Them Connected" at 11 AM. Register here:
<https://us02web.zoom.us/j/84461212633>
- 7/16 - Healthy Youth Meeting at 11:30 AM
- 7/21 - "Please Help Parents" at 12 PM. Register here:
<https://us02web.zoom.us/j/84461212633>

Healing Our Community

Resources to Educate Yourself and Others on Racial Injustice

Black youth suicide is on the rise. Given the recent events in our nation, it is important to highlight the prevention of black youth suicide and what we can do as a community to prevent this.

According to a research study completed at NYU, suicide attempts have gone up 73 percent and injuries from those attempts have gone up 122 percent among black youth from 1991-2017. Black males ages 5-11 are more likely to die by suicide than their white peers. Black youth are at more risk for suicide due to chronic stress and trauma as a result of poverty, community violence and racial discrimination. Also, they are at risk because of media technology, access to lethal means and adequate mental health services. So, what can we do as a community to prevent this and to help bridge the gap between racial inequalities? Here are some resources that can help you effectively talk to your youth and to educate yourself on the black community.

First, restriction of lethal means. Lethal means refers to guns and medications. At the Alleghany Highlands Community Services, we give away free medication locking devices and gun locks. You can stop by our Mental Health Clinic at 311 S. Monroe Ave. in Covington to collect these items. Also, it is important to lock up your ammunition in a separate place than your gun. We also need to start a community conversation on suicide and mental health so that we, as a community, can reduce the stigma. For more information, please visit lockandtalk.org.

Next, we can educate ourselves so that we can do better as a community in regards to racial inequality. Since, most of us are at home due to COVID-19 restrictions why not start a reading list? The New York Times has put together an anti racist reading list. You can find this list at this link <https://www.nytimes.com/2019/05/29/books/review/an-anti-racist-reading-list-ibram-x-kendi.html>



"Injustice anywhere is a threat to justice everywhere"
Martin Luther King Jr.

You may be thinking "How can I talk to my child about race?" Good news for you! There are resources out there to help you! It is important that we break this cycle and create a better world for our youth. Follow the link listed for a list of talking points that you can use <https://www.npr.org/2020/05/31/866426170/raising-white-kids-author-on-how-white-parents-can-talk-about-race> Lastly, it is important to become an ally. We are stronger together and as a community we can grow. Here is a resource on how to become an ally and easy steps that you can take <https://ideas.ted.com/how-you-can-be-an-ally-in-the-fight-for-racial-justice/>

Let's, as a community, rise up to this challenge.



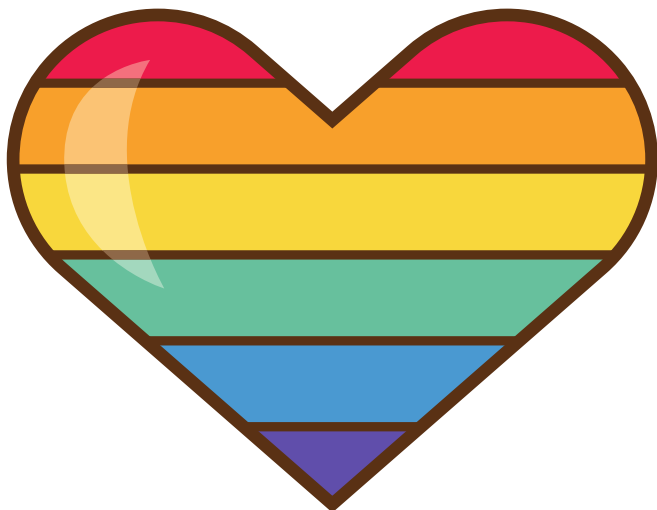
Drug Use Among LGBTQ Population Increases

The LGBTQ population is at heightened risk for substance use and suicide. According to the National Institute of Drug Abuse, sexual minorities (LGBTQ population) were twice as likely to have used illicit drugs in the past year. So, what does this mean for our youth?

As awareness of the LGBTQ population spreads, we have the obligation to educate ourselves so that we can provide a safe space for our youth to be themselves. In doing this, we can prevent the increased risk of drug use and suicide rates. But, how do we get started?

The Trevor Project is a great place to get started. This project was founded in 1998 and is the leading national organization providing crisis intervention and suicide prevention to the LGBTQ population under age 25 years of age. Not only do they provide information, but they also provide trainings so that adults can be better educated on the struggles that the LGBTQ youth population face.

For more information on resources and trainings, please visit thetrevorproject.org



COVID-19 Updates

Updates given by the Health Department

- Public Health Guidelines:
 - Screening staff and clients : screen all who come in for a fever, cough, or shortness of breath; encourage anyone who is sick to STAY HOME
 - Social distancing and hygiene: remote services, social distancing (6 ft. a part), hand washing, cloth face coverings
 - Cleaning: ensure all high touch areas are cleaned frequently
- COVID -19 Updated Numbers
 - 26 cases as of 6/8
- I've Got You Covered Campaign launched