

## MENTAL HEALTH NEWSLETTER

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### CONVERSATION STARTERS

- Do you feel like vaping is common with people your age?
- When your peers try vaping for the first time, do you think they know that vapes have nicotine and are very addictive?
- What do you think about vaping and what judgements do you make about people who vape?
- What do you know about how vaping damages your lungs?
- Do you ever feel pressure from peers to try vaping?



SCAN HERE FOR MORE INFORMATION ON  
THIS MONTH'S TOPIC  
[HTTPS://LINKTR.EE/NICOOMS](https://linktr.ee/nicooms)

### RESOURCES

- <http://teen.smokefree.gov/>
- <https://truthinitiative.org/cessation-access-and-support>
- [notforme.org](http://notforme.org)
- <https://www.lung.org/quit-smoking/resources>

**Mental Health Impact** Dopamine is referred to as a *reward* or *pleasure* chemical in the brain. You typically get dopamine by completing a task, receiving praise, listening to music, and many other healthy activities. Nicotine also causes your brain to release dopamine, leading to a feeling of pleasure. This is the foundation of all addiction. The levels of dopamine you get from nicotine are higher than those your body releases in response to healthy activities. This affects the way you handle stress and can deplete your motivation to complete tasks. If you vape, you may find that in order to feel happy you have to be consuming increasingly higher levels of the drug. This can lead to a sense of being depressed if you aren't able to hit your vape at regular intervals.

**April will be Vape Awareness and Prevention Month** at KVHS. Student Council, Students Against Destructive Decisions (SADD), and Sources of Strength will be partnering for this promotion.

- **Each Friday**, there will be a table in the cafeteria with information and an opportunity to win prizes.
- **Thursday, April 17th**, the high school will have a convocation during which documentarian and producer Lisa Hall will speak about vaping and drug prevention.
- **Friday, April 25th**, will be "Quit Day" at KVHS. We will promote and encourage any students who need help to make the decision to seek that help in their efforts to quit vaping.

\*Any student who comes to the School Social Worker, Mrs. Ooms, in the Guidance Office of KVHS can ask for drug and tobacco cessation resources without fear of penalty. Disclosures made to Mrs. Ooms are confidential (except in cases of mandated reporting (i.e. abuse, self-harm, or plans of harming others)).

There are items sold that hide or disguise a vape such as sweatshirts with compartments or realistic looking USB drives that are actually vapes. However, these items are expensive and less available on places like Amazon, making them potentially more difficult for teens to get. If your teen is vaping, they are more likely using an inexpensive or disposable vape.

