

October 2020



## Civility and Civil Discourse

With so much happening these days, it seems like we rarely see or read respectful discussions on varying views on most any political topic or social issue. Instead, we see, tweet, read and hear speech that all too often includes name calling, putdowns, threats, and/or false or unproven accusations by adults.

Yet, we are befuddled, even outraged when kids bully or are rude and disrespectful to adults and one another inside and outside of school. The reality is when we model such behavior, it should come as no surprise to us when we see kids mirror back rude and disrespectful behaviors and attitudes towards others they disagree with or do not like.

And with so much social unrest looming over us these days, now seems like an optimal time for us to get back to the basics by modeling and teaching civility and civil discourse in a very intentional manner.

But first, what is Civility? Quite simply, it is polite and respectful behavior directed at others in a manner that allows us to exist and live peacefully with one another, in the midst of differing beliefs and views. The core elements of civility include mindfulness, empathy and respect.

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## Youth Substance Use: Prevention and Intervention

The pandemic has brought with it a plethora of concerns outside of the virus itself including a rise in both mental health and substance use concerns as a result of increased stress, change and uncertainty. During challenging times, individuals may turn to drugs and alcohol as a way to self-medicate and cope with their emotions. In fact, data from the Centers for Disease Control and Prevention show that substance use has increased among all age groups during the pandemic. For parents, it is important to pay attention to your own response to the stress of the pandemic. For example, if a teen sees their parent using alcohol or drugs to ease their anxiety, they might think it's okay for them to do the same. Despite individual resiliency, we must not assume that everyone will bounce back once life begins to regain some normalcy. As our communities continue to move forward, it is important to check in with loved ones and friends to ask how they are doing. A meaningful message for kids and adults alike to hear is, "it is okay to not be okay" and just as importantly, "it is okay to ask for help". It is especially important for parents/caregivers to talk with their teens about how they are feeling during this time, given the increased risk for substance use and be attentive to possible signs of substance use.

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## Staying Mentally Fit

According to the National Institute of Mental Health (NIMH), 31.1% of American adults will experience an anxiety disorder at some point in their life. Of this number, 73% will experience a psychological complication such as anxiety and depression, with 77% of these individuals experiencing some type of physical complication due to stress. These could include issues such as high blood pressure, stomach issues, headaches, and skin conditions. So, what can you do to stay mentally fit? Let's take a look at some steps you can take.



There are things you can do for your physical health that will, in turn, help you stay mentally fit. One thing you can do is to exercise for 30 minutes every day. This delivers oxygen to your brain, helping you improve your memory, reasoning abilities and reaction times. Another is to actively manage your health. Going to the doctor for regular check-ups or when you are sick helps you take care of your physical health by addressing issues early on.

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## SCIP Spotlight

### October Conference

"Help, Hope, Heal: Finding Light Through the Darkness"  
Keynote: Dr. Scott Poland

SCIP is moving forward with what would have been our Spring Conference on October 30th. Everyone in attendance will be expected to comply with the local health department's mask mandate. In addition, capacity will be limited to 50%, hand sanitizer will be available, and sack lunches will be provided. At this time, due to the limitations on capacity, registration is closed. To be placed on a waiting list, please contact Valerie at (402) 327-6843.

[Click Here](#)



## Red Ribbon Week

October 23 - 31, 2020

**DID YOU KNOW?** Children of parents who talk to their teens regularly about drugs are 42% less likely to use drugs than those who don't; yet, only a quarter of teens report having these conversations. Red Ribbon Week®

(October 23-31), the oldest and largest drug prevention campaign in the nation, is your opportunity to get the ongoing conversation started. This year's theme is Be Happy. Be Brave. Be Drug Free.™ Visit [www.redribbon.org](http://www.redribbon.org) to learn more about Red Ribbon Week® and get tips for talking to your kids about drugs. The life you save may be that of your own child or a dear friend.

## Peer Support Warm Line

COVID-19 has disrupted lives and led to isolation and lack of connection for many people. The Connection Project, Inc. is now offering mental health and addiction peer support by telephone 24/7! Trained supporters with lived experience of behavioral health challenges are available to talk if you or someone you know is experiencing non-crisis behavioral health challenge. **AVAILABLE STATE-WIDE IN NEBRASKA!**

[More Information](#)

## Mental Health Awareness Week

October 4-10, 2020

Become an advocate by participating in Mental Health Awareness Week. Despite the prevalence of mental health diagnosis in the United States, the stigma remains. Join the National Alliance on Mental Health (NAMI) in educating the community on mental illness. Did you know an estimated 10–20% of adolescents globally experience mental health conditions, yet these remain under-diagnosed and under-treated (World Health Organization).

Check out the tool kit by using the link below.

[Get Involved](#)

For additional information and resources visit the SCIP website

Visit our website

SCIP - School Community Intervention & Prevention | 4600 Valley Road, Lincoln, NE 68510

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