

STUDENT ASSISTANCE TENINO SCHOOLS

May 2020 TRUE NORTH provides school-based behavioral health resources and counseling

The Covid 19 Edition



Tenino is full of strong and proud people. The current challenge we're facing as a community, state, and country has shown us how tough we can be and what we are willing and able to do to support each other, but it also stretches each and every one of us in new, different, and often intense ways.

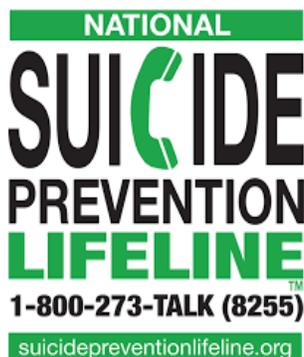
As the weeks have unfolded, I have witnessed first hand how intensely this crisis affects us. The longer this wears on, the more challenging it could get. I fear that our "normal" levels of stress, boredom, anger, anxiety, depression, substance abuse will intensify, creating even more suffering. In times such as these, it's easy to feel isolated and alone. The governor just received \$4 million from the federal government to tackle what he calls, "a time of great stress, uncertainty and isolation, and we must ensure that the well-being of Washingtonians is addressed. That includes making sure they can get the mental health counseling and substance use disorder treatment they need."

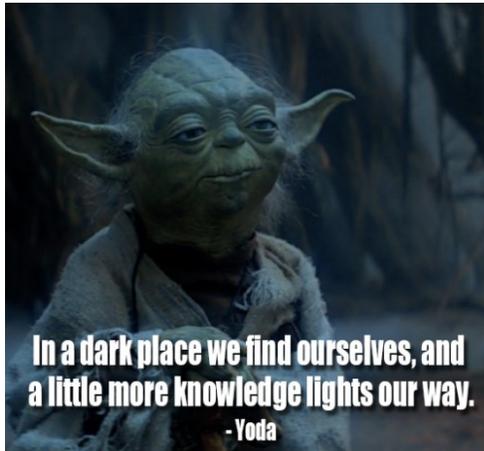
I have been granted permission to return to work out of the high school office to support students and families during this time. I'm happy to take calls and communicate by phone or people can come into the high school office as long as we practice social distancing and maintain health and safety standards.

This week is National Prevention Week (NPW). Please take a moment to reflect on how you, your family and friends, and your community are doing to reduce problems associated with substance use and mental health disorders...especially during Covid 19. So what are some things to consider as we attempt to reduce the harm involved with substance use or mental challenges?

Let's check in with ourselves. And get plenty of sleep. Moderate exercise can do wonders. Plant and weed our gardens. Call the neighbors. Breathe deeply. Avoid stress eating. Keep our medications secure. Talk to our children about our expectations around vaping, marijuana, and alcohol. Let's be gentle with ourselves and others. Show gratitude to someone. And reach out if you need a hand. We all do from time to time.

Greg Myers
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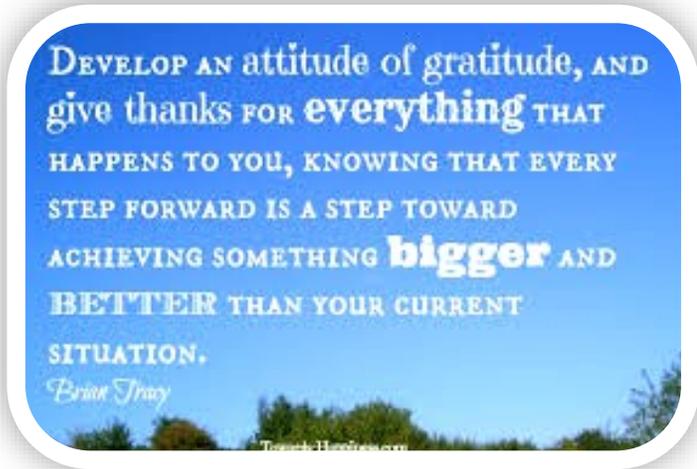
Our Lungs and Coronavirus

Don't misinterpret what I'm about to say. There is NO scientific evidence to connect smoking and vaping to worse coronavirus symptoms. There hasn't been enough time to conduct studies. However, hear me from a common sense and logical perspective: anything that impacts our breathing and respiratory system could affect our ability to fight off or deal with this kind of viral infection. So, even though we don't know much about vaping and smoking and their connection to this virus, now seems a perfect opportunity to avoid, reduce or quit smoking and vaping.

Plus, in addition avoiding possible coronavirus issues, quitting nicotine/vaping/smoking has so many other benefits including:

- Pulse and blood pressure normalize shortly
- Heart attack risk drops significantly in 24 hours
- In two days, our sense of smell and taste return
- Several months, lungs and breathing feel much better
- After a year, the risk of heart disease is greatly reduced
- Between 2-5 years, smoking related cancers diminish
- At 5 years, our risk for a stroke is similar to that of a non-smoker

People quit. Recovery is possible. We can restore our health and wellness. We offer classes and counseling to students who want to give up nicotine, vaping and smoking. It's an opportune time to call.



Questions About Student Assistance Or Want To Make A Referral?
Contact: Greg Myers @ 360.264.3503, gmyers@esd113.org, or inquire at Tenino HS