

Dinner Dialogue

ALLEN COUNTY DRUG AND ALCOHOL CONSORTIUM



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The Benefits of Eating Together

Starting with this edition, the last page of Dinner Dialogues will feature a series on the benefits for children and families of eating together.

We will cover the who, what, when, where, why, and how of eating together.

It may be easier to incorporate into your life than you think!

DINNER DISCUSSION IDEAS

Summer Break, Boundaries, and Expectations

As the members of your family age, it's important to choose regular intervals to discuss boundaries, rules, freedoms, or expectations as a family and whether or not any updates can or should be considered.

Your student is likely finishing yet another grade level this May, which makes it a great time to visit the following topics:

1. **Does your household have a curfew?** Is it different for different family members? Why or why not? What are the repercussions for missing curfew? Why do we institute curfews?
2. **Does your household have a limit on screentime?** An electronics curfew? Why or why not?
3. **Does your household have a bedtime?** Is it different for different family members? (This is also a great time to discuss the importance of sleep to our health, and how our sleep needs change throughout our lives.)
4. **What are some internet rules your family follows?** Are there certain parental controls or types of websites, games, or movies that are off limits? Are these different for different family members? Why or why not?
5. **When and if a friend or loved one is participating in concerning behaviors, what is the procedure?** Do your children know who to tell, or what will happen if/when they do?
6. **What are the rules for substance use in your household?** Are they different for different family members? Why or why not?
7. **Who does what chores to keep your living space healthy?**
8. **What conversations has your family had about substance use?** Is it time to consider another discussion, open the floor to questions, or come up with agreed upon plans or boundaries?

Fort Wayne Alcohol, Tobacco, & Other Drugs Update

XYLAZINE: ALSO KNOWN AS “TRANQ”

Xylazine, an animal tranquilizer that is not approved for human use, has been detected in a growing number of fatal overdoses.

Users report that the effect of the drug is similar to opioids.

Side effects of use include:

- hypertension
- tachycardia
- reduced heart rate
- hypothermia
- coma
- respiratory depression
- necrotic tissue
- and more



However, since xylazine is non-opioid sedative, the opioid overdose reversal agent naloxone (**Narcan**) is **not effective in reversing a xylazine overdose.**



Xylazine is usually injected, although it can be swallowed or sniffed as well.

Street drugs supplies, especially those being sold as fentanyl and ‘dope’ are increasingly cut with xylazine.

If you plan to use drugs alone, call the Never Use Alone Hotline for free at 1-877-696-1996.

Why Dinner Dialogues

A Series on the Benefits of Eating Together for Children and Families

Today's busy lifestyle can make eating together a challenge, but it's worth the effort it takes. There are nutritional, health, social, and mental benefits to eating with others. Here are some tips and strategies to help you get started:

Schedule Time to Eat Together

- Eating together can happen at breakfast, lunch, or dinner. Choose the meal that gives you the most time to talk and connect.
- If you don't usually eat together, start by scheduling one meal per week and increase the number as you are able.
- Circle your friends and family around your table as often as you can. The more you eat together, the more you benefit.
- Try to schedule activities so that they don't interfere with mealtimes. If that's not possible, create a meal together around a picnic table in a park on the way to piano lessons or rink-side before hockey.

Tip: Once you decide what meal you are going to eat together, mark it on your calendar like you would any other event. If you have a plan, it is more likely to happen!

Overview of Upcoming Topics on "Why Dinner Dialogues":

Everyone Can Help Plan and Prepare Meals

Make Mealtimes About Being Together

Model Positive Eating Behavior

Health and Social Benefits to Eating Together

Have an idea for a topic, issue, or something else you'd like to see in a future edition of Dinner Dialogue?

Please submit your anonymous feedback by scanning this QR code with your phone's camera!
Alternatively, visit www.dacac.org to find the survey.

