

Dinner Dialogue

ALLEN COUNTY DRUG AND ALCOHOL CONSORTIUM



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July is Black, Indigenous, and People of Color (BIPOC) Mental Health Awareness Month

BIPOC Mental Health Awareness Month was created to bring awareness to the unique struggles that underrepresented groups face in regard to mental health challenges in the US.



Did you know?
Over 40% of people in the United States are People of Color!

DINNER DISCUSSIONS IDEAS

Mental Health: Where to Start & How to Start the Conversation

Screening is a free, anonymous, and confidential way to determine if a person is experiencing symptoms of a mental health condition. Results can be used to start a conversation about a person's mental health.

There is a free screening tool available at mhascreening.org

- Discuss that mental health concerns and disorders are just the same as any other medical problem. Use an example such as asthma or allergies to explain that mental health concerns and disorders have symptoms, aren't shameful or anyone's "fault," and recovery is possible.
- What are some things each member of your family does to care for themselves? What are some ideas for self care that you can adopt and incorporate in your lives?
- How does your family stay active? There are many benefits to physical activity! Did you know that when you move your body, your brain makes endorphins? (Endorphins make us happy!)
- Ask your child(ren) what questions they may have about mental health. Have an open discussion and let them know it's okay to ask questions.
- How many hours of sleep does each family member get? Sleep is an important tool to keep both our minds and bodies healthy.
 - 0-3 month olds need 14-17 hours of sleep a day
 - 4-11 month olds need 12-15 hours of sleep a day
 - 1-2 year olds need 11-14 hours of sleep a day
 - 3-5 year olds need 10-13 hours of sleep a day
 - 6-13 year olds need 9-11 hours of sleep a day
 - 14-17 year olds need 8-10 hours of sleep a day
 - 18-25 year olds need 7-9 hours of sleep a day
 - 26-64 year olds need 7-9 hours of sleep a day
 - People over 65 need 7-8 hours of sleep a day
- Develop a habit of including well-being check-ins when discussing how everyone's day went or what each person did in any given day. Openly talking about how you are feeling, as a family, is a great way to keep an open line of communication regarding mental health and well-being.
- How many fruits and veggies does your family eat in a day? What are some ways you can incorporate more fruits and vegetables into your diets? These foods keep both our brains and bodies healthy!
- Who are your children's friends? Do they have a friend group? Are they involved in groups at school, after-school activities, or sports? Having plenty of "social supports" helps keep us interconnected in our community and ensures we have options to reach out to in case we ever need help to get through a tough time.

Alcohol, Tobacco, and Other Drugs Topic

Tips for Tough Talks with Your Children (Using Vaping as an Example Topic)

START THE CONVERSATION:

Find the right moment.

- A more natural discussion will increase the likelihood that your teen will listen. Rather than saying “we need to talk,” you might ask your teen what he or she thinks about a situation you witness together, such as:
 - Seeing someone use an e-cigarette in person or in a video.
 - Passing an e-cigarette shop when you are walking or driving.
 - Seeing an e-cigarette advertisement in a store or magazine or on the internet.

Ask for Support

- Not sure where to begin? Ask your health care provider to talk to your teen about the risks of e-cigarettes.
- You might also suggest that your teen talk with other trusted adults, such as relatives, teachers, faith leaders, coaches, or counselors whom you know are aware of the risks of e-cigarettes.
 - These supportive adults can help reinforce your message as a parent.

ANSWER THEIR QUESTIONS

Here are some questions and comments you might get from your teen about e-cigarettes and some ideas about how you can answer them.

- What’s the big deal about nicotine?
 - Your brain is still developing until at least age 25. The Surgeon General reported that nicotine is addictive and can harm your brain development.
- I thought e-cigarettes didn’t have nicotine – just water and flavoring?
 - I used to think that too. But many e-cigarettes have nicotine. There are also other chemicals in them that can be harmful.
- I (or my friends) have tried e-cigarettes and it was no big deal.
 - I appreciate your honesty. In the future, I hope you (or your friends) will stay away from e-cigarettes and other tobacco products, including cigarettes. Science shows that e-cigarettes contain ingredients that are addictive and could harm different parts of your body.
 - Next time we go to the doctor, let’s ask about the risks of nicotine, e-cigarettes, and other tobacco products.

Your Teen Could be Gambling From Their Phone (24/7 and Anywhere They Are)

Gambling used to require a trip to a casino, horse races, or the likes. Because of the recent rise in online prediction markets (platforms where people can bet on the outcome of future events), however, gambling can now be done on any device that accesses the internet- by almost anyone with those devices.

Prediction markets are new and largely unregulated; individuals can bet on sports, current events, government actions, the weather, and pretty much anything else- all online. (For example, who will win the Super Bowl?) This new method of betting and gambling is found in many popular apps and embedded in games.

Increasingly, young adults and teenagers are gambling. This didn't used to be the case! A major court ruling allowed for legalized sports betting and, as a result, there has been a large expansion of sports betting products, including products that facilitate online gambling and gambling in video games. Some of these products are legal, others are illegal, but since many teenagers and young adults have access to the internet, they're able to engage with these new methods of gambling.

Early signs your child might be gambling include increased secrecy around their online behavior, interest in gaining access to debit or credit cards for online use, or finding ways to transfer money around.

Why Dinner Dialogues?

Consistent and open communication with your children will boost their self-esteem, improve their self-image, and empower them to make long term healthy decisions.

When they begin to feel heard and understood by the most important people in their life, they will be less likely adhere to the voice of other influences.

Youth who eat dinner with their family are less likely to:

- Use tobacco/nicotine
- Use alcohol
- Use marijuana
- Have friends that use tobacco/nicotine, alcohol, or marijuana
- Plan to use drugs in the future
- Feel depressed
- Think about suicide
- Have sex early
- Engage in risky behaviors
- Make poor decisions



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.