

The Healthy Mentality

A mental health newsletter courtesy
of North Central West Virginia Community Action

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Substance Misuse

Substance Misuse is the inappropriate use of any type of drug, both legal and illegal. Taking someone else's prescriptions or using more drugs than the doctor prescribed is a Substance Misuse. According to a 2017 report from SAMHSA (Substance Abuse and Mental Health Services Administration) data that was gathered from 2009 to 2014 estimated that one in 8 children lived with a parent who misused substances. When parents or caregivers misuse substances, children are impacted. They may be born dependent on drugs, have developmental delays, or show more challenging behaviors. It is important to know that there is help if you are concerned about possible Substance Misuse. The following is from *Easy-To-Read: Drug Facts* by the National Institute on Drug Abuse. The full article can be found at

https://easyread.drugabuse.gov/sites/default/files/EasyToRead_WhatsAddiction_FINAL_012017.pdf

Do You or a Loved One Have a Drug Use Problem?

Here are some questions to ask yourself or someone you know. If the answer to some or all of these questions is yes, you might have an addiction.

- Do you think a lot about drugs?
- Did you ever try to stop or cut down on your drug use but couldn't?
- Have you ever thought you couldn't fit in or have a good time without drugs?
- Do you ever use drugs because you are upset or angry at other people?
- Have you ever used a drug without knowing what it was or what it would do to you?
- Have you ever taken one drug to get over the effects of another?
- Have you ever made mistakes at a job/school because you were using drugs?
- Does the thought of running out of drugs really scare you?
- Have you ever stolen drugs or stolen stuff to pay for drugs?
- Have you ever been arrested or in the hospital because of your drug use?
- Have you ever overdosed on drugs?
- Has using drugs hurt your relationships with other people?

If you answered yes to some of these questions and are concerned that you or someone you love has a drug use problem:

Talk to someone—your doctor, a friend, a pastor. If you feel that you do not have someone in your life that you can speak to about this, there are resources a phone call away.

HELP4WV offers a 24/7 call, chat, and text line that provides immediate help for any West Virginian struggling with an addiction or mental health issue. For support dial: **1-844-Help4WV**

1-844-HELP4WV

Behavioral Health
Referral & Outreach
Call Center



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Making Life Easier: Diapering

Changing a diaper can be quite a challenge-especially as your little one becomes more mobile and interested in the world around them. They may not want to stop playing, don't want to be still or are just not interested in being changed. *Making Life Easier: Diapering* by Pamelazita Buschbacher, Ed.D. is a helpful resource that provides some useful tips to the not so fun task of diaper changing. For the complete article, go to https://challengingbehavior.cbcs.usf.edu/docs/life_easier_diapering%20and%20tipcard.pdf

Making Life Easier: Diapering

1. Prepare your child for the diaper change.

- ★ Use a **transition warning** (verbal, timer, count downs or count ups).
- ★ Provide **choices** (who, where, when).
- ★ **Empathize** with your child's feelings.
- ★ Provide a **transition object**.
- ★ Use **"First..., Then..."** statements.
- ★ Use step by step **pictures**.
- ★ **Encourage** your child to be a helper.

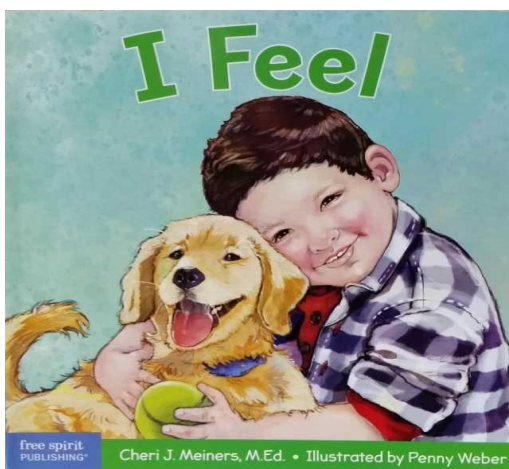
2. Change the diaper.

- ★ **Reduce distractions** in the room.
- ★ **Describe** what you are doing in a fun way (e.g., sing, make up a rhyme).
- ★ Let your **child help**.
- ★ Use **"First...Then"** statements.
- ★ Use **interesting distractions** (toy, stickers, book, etc.).
- ★ Say **"all done"** to end the process.
- ★ **Plan** something your child and you will enjoy when finished.

Celebrate your child's successes along the way!

Reading is FundaMENTAL:

Books can be a great way to connect with your child while learning valuable life skills. This month's suggestion is *I Feel* by Cheri J. Meiners.



Everyone has emotions. Learning to recognize and know what to do with the emotions is an important skill that can start at early childhood. *I Feel* by Cheri Meiners helps children name their feelings and that their actions can affect how they feel. When emotions get too big, this book teaches children that they can go to a trusted adult for help. It helps the young learner identify important skills such as talking or finding a quiet place to help deal with their emotions. At the end of the book, there are tips and activities for helping children understand emotions. Look in your local library or request to borrow this book from the NCWVCAA Head Start/Early Head Start Social/Emotional Library (contact Mental Health Program Specialist Fe Whoolery 304-376-7043).

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The information provided in this newsletter is for educational purposes and is not intended to replace discussions with your healthcare provider.

"This institution is an equal opportunity provider."