

## PARENTS—IT'S NOT TOO LATE FOR A NEW YEAR'S RESOLUTION to show your kids you care.

The following are 10 resolutions to consider:

- ① Teach your children to trust you by being a role model.
- ② Be patient, not just tolerant.
- ③ Ask teens what they need from you and make every effort to meet those needs.
- ④ Listen to your teens when they talk. Avoid interrupting.
- ⑤ Teach your children about ethics, values and principles that they can apply when making choices and decisions.
- ⑥ Help them discover the feeling of gratitude.
- ⑦ Keep the promises you make. If you do not keep your word, acknowledge that. Help them to understand the circumstances that kept you from keeping your word.
- ⑧ Answer questions and be consistent.
- ⑨ Be understanding when they have a difficult time and let them know you love them no matter what.
- ⑩ Be diligent. Have ongoing conversations with your kids about the risks of drugs and alcohol.



## QUICK FACTS

? Research has shown that mentoring can play a significant role in reducing drug abuse and youth violence. It is estimated that 160,000 youth in CT could benefit from mentoring.

? Daily marijuana use could cause permanent brain damage. Marijuana affects the mood-controlling serotonin and the stress-hormone of norepinephrine. Consistent use by adolescents, when the brain is still developing, may cause brain damage. [Neurobiology of Disease.](#)

? The average cost of a pack of cigarettes can be anywhere from \$4 to \$7. Sometimes more! A pack a day at \$5.50 amounts to \$165 a month!

? Smokers may pay more for insurance, can lose money on the resale of their home or car and spend more on dry cleaning and teeth cleaning.

? Do you know that pets are affected by second hand smoke? Dogs and cats have a higher rate of cancers and lung problems; birds can develop eye problems and can get contact dermatitis from the nicotine on their owners hands.

? Allergies are more prevalent in pets living in a smokers home; and, cigarette butts, if eaten by a puppy, can cause death.

### A SHORT STORY

A female high school student was astonished when one of her teachers said that he knew she was pregnant. "How did you know? I only text to my friends." was her comment. "Everyone knows," he responded. "Anything you text is public knowledge. **Nothing is a secret when you put information on line.**"

This is based on a true incident. The student ignored the fact that information, especially, negative information about someone spreads quickly. (She obviously didn't really believe what she was told about texting information.) It only takes one person to forward the information to friends. And another to send it out to their friends. It escalates. People all around the globe can have information about one person in a matter of minutes.

**REMEMBER: THERE ARE NO SECRETS WHEN YOU TEXT! DON'T PUT ANYTHING "OUT THERE" THAT YOU DON'T WANT EVERYONE TO KNOW!!**

### Birmingham Group Health Services, Inc. receives smoking grant.

Nearly one half of tobacco-related deaths each year are among people with mental illness. In fact, people with mental illness die 25 years earlier, on average, than the general population. This is largely a result of dying from preventable diseases. Smoking causes many diseases that are preventable.

BGHS, Inc. provides quality services which focus on the recovery and well-being of individuals and the health of the Community. With this in mind. We applied for and received a 2 year collaborative grant to support our clients in reducing and/or quitting tobacco use. The program follows the model "addressing tobacco through organizational change" that was developed by the University of Mass. Using education, support groups, cessation services and medication (when necessary), clients will be able to reduce or quit smoking successfully. Nicotine Anonymous groups will be held at Birmingham Group Health services.

BGHS, Inc. is also concerned for staff who smoke. Smoking cessation education will be offered To employees along with support services.

#### Want to quit smoking?

- ✓ Believe you can
- ✓ Prepare to be successful
- ✓ Make a plan
- ✓ Have a timeframe
- ✓ Develop a support system  
friends/family
- ✓ Join a group
- ✓ Call a Quit-line 1-800-QUIT NOW
- ✓ Talk to a doctor about nicotine  
replacement therapy
- ✓ Find something to occupy your hands
- ✓ Snack on healthy foods

### A REVIEW OF HOOKAH SMOKING

A hookah is a water pipe. Practiced for centuries in Middle Eastern and Asian countries, hookah smoking is a fairly new activity in the U.S. Hookah Bars are popping up all over the country. There are hundreds of styles, shapes and sizes of hookah pipes, but they all have a base that holds water and smoke, a bowl to hold the tobacco, a pipe, and a hose connecting the pipe to the bowl.

Many young people use hookahs because they believe it is safe way to smoke tobacco. Unfortunately that is a myth. Smoking with a water pipe is not a safe way to smoke. As a matter of fact, even after passing through water, the tobacco smoke still contains high levels of poisons including carbon monoxide, heavy metals, nicotine and other cancer causing compounds. Hookah users actually inhale more tobacco smoke than average smokers because of the massive amounts of smoke they inhale. According to the world Health Organization, in one sitting, a hookah smoker inhales the equivalent amount of smoking 100 cigarettes.