



SCCDAT
SUMNER COUNTY COMMUNITY DRUG ACTION TEAM

SCCDAT NEWS

Sumner County Community Drug Action Team

March 2020

ENGAGE! EMPOWER! EDUCATE!

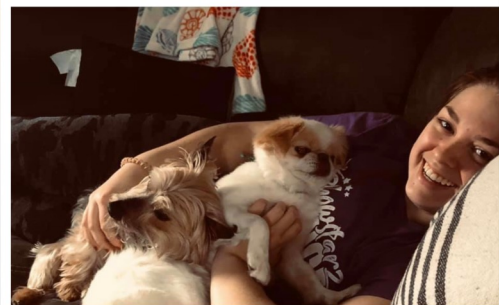
- * **ENGAGE** communities, families and Youth in partnership to reduce substance abuse.
- * **EMPOWER** youth to make good decisions.
- * **EDUCATE** community members about prevention, awareness, and programs.

SCCDAT hosts 'Social Distance' Challenge!

In an effort to promote social distancing among our youth and their families, SCCDAT hosted a "Social Distance Challenge" via popular social media platforms such as Facebook, Instagram, and Twitter. Sumner County high school and middle school students were encouraged to share a photo of what social distancing looked like for them using the hashtag #SCCDATchallenge2020. Pictured on the far right is Kylie, a senior at Wellington High School, sharing what is keeping her busy during this time of social distancing. It was fun to see how students were making use of their time at home while doing their part to #flattenthecurve!



#SCCDATchallenge2020 social distancing by staying in and loving on my pups 🐾❤️, staying caught up on school work 📖, playing the wii 🎮, napping 😴, cleaning 🧹, baking 🍰, and binge watching the Tiger King 🐯👑 **#flattenthecurve**



#SCCDATchallenge2020

Tips for maintaining good mental and emotional health during stay-at-home order

- ◆ **Establish a routine:** While this may be difficult, establishing a routine and sticking to it will help keep you from feeling out-of-sorts. Try to keep your day as similar to your 'normal' as possible and make adjustments as needed.
- ◆ **Stay active:** Go for a walk, chase your kids around the yard, or do an at-home workout to stay active. This can improve your mental health while combatting boredom that can come from being stuck inside day after day.
- ◆ **Communicate:** Stay in touch with friends, family, coworkers, etc. Staying in contact with people will make you feel less isolated, can provide a sense of community and empowerment, and can fight off boredom and anxiety.
- ◆ **Stay informed:** Find a healthy balance between being informed and being overwhelmed with information. Know what sources you can trust for reliable information and stick to those, but don't allow yourself to become obsessed with refreshing that page for the latest details.
- ◆ **Kids are stressed, too:** Remember that kids are trying to navigate their new 'normal' as well. Talk to children in an age-appropriate way and check on their mental and emotional well-being. We are all in this together!

A note to our members:

Due to the current stay-at-home order, all in-person meetings will be cancelled and replaced with virtual meetings, group emails, video communication, etc. We will continue to do our very best to reach our youth and their families via social media, emails, etc. until we are able to reach them in-person in a safe manner. We will be keeping all of our members informed and will continue to send updates on an as-needed basis. If there is anything that we can do for you at this time, please don't hesitate to reach out to us via email at sccdat@usd353.com, ktheurer@usd353.com, or kboyd@usd353.com. We will do our best to assist you in any way that we can! **Thanks so much & stay safe!**

April is National Child Abuse Prevention Month

FIND TOOLS, TIPS, AND RESOURCES AT
WWW.CHILDWELFARE.GOV/PREVENTIONMONTH



SCCDAT—Serving all of Sumner County



KANSAS
Communities That Care
Student Survey

SUMNER COUNTY

Fact of the Month

Sumner County seniors reported that there is **SIGNIFICANTLY MORE RISK** involved with smoking cigarettes or taking prescription drugs than the risk involved in drinking alcohol, smoking marijuana, or smoking electronic cigarettes.

Contact Us

Give us a call for more information about the coalition and our programs.

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Community Drug Action Team
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Visit us on the web at
www.sccdat.org

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You're always taught sharing is good. Meet the exception.

