

# Community Awareness Event

Keeping Current: Youth Vaping and Mental Health

**February 29, 2024**  
**Lincoln Medical Education Partnership**  
**Vrbka Classrooms (Entrance 1, First Floor)**  
**4600 Valley Road, Lincoln**  
**6:30 – 8:00 p.m.**

Presentation:

Vaping poses significant health risks to our youth. While youth may start vaping for a variety of reasons, a large number of young people vape nicotine and/or marijuana to lessen feelings of stress, anxiety, or depression. When better coping skills are developed, there may be fewer temptations to try to manage mental health challenges through vaping, reducing the possibility of addiction and the risk of negative health outcomes. Lindsay Brundege, a therapist with Jenda Family Services will discuss:

- Nicotine/marijuana and their impact on the developing brain
- Addiction and the brain, and why it's difficult to "just stop"
- Why teens vape
- Vaping and mental health concerns
- How parents, adults, and professionals can help
- Resources available to support teens' mental health and substance use

Please contact Abbe Edgecombe, SCIP Coordinator for Lincoln-Lancaster County for questions or additional information: (402) 327-6841 or [aedgecombe@lmep.com](mailto:aedgecombe@lmep.com)

