



GOT SCIP?!?!

SCIP (School Community Intervention & Prevention) is a school support program designed to help bring families, schools and communities together to help promote and support the behavioral and emotional health of students.

Our Mission is to provide an effective prevention and early intervention process for youth to address possible behavioral health concerns so that students may achieve and lead healthy, productive lives.

SCIP works with schools throughout Nebraska by providing tools and resources to address issues that our youth face and struggle with such as:

Bullying	Depression	Eating Disorders	Gambling
Grief	Self Esteem	Self-Injury	Substance Use
Suicide	Trauma	Violence	& More

The responsibility and challenge of working with youth must be shared by parents, schools, and communities. Behavioral and mental health issues, as well as substance/drug use, can impact the school environment and may jeopardize a student's ability to be successful both within and outside of school.

The SCIP program facilitates partnerships with schools and community agencies, identifying resources available to address problems related to behavioral health issues that impact the lives of students.

Furthermore, the agencies that collaborate with SCIP provide an initial screening free of charge to those students who may need professional help in addressing their issues. The agency screening and services that are offered are voluntary resources families can choose to access.

How Does SCIP Work?

In short, each school implementing SCIP identifies school personnel to serve on the SCIP team (teachers, administrators, nurses, counselors etc.). The SCIP office provides trainings for school personnel to help equip them with a knowledge base in recognizing signs and symptoms associated with various behavioral health concerns.

- Students exhibiting behaviors of concern which interfere with their ability to learn are referred to the SCIP Team by school staff, parents, peers, or community members.
- SCIP works on providing alternative approaches in helping students deal with these issues.
- SCIP works on providing a support system for students and parents to address problem areas both within and outside the school setting.

It should be noted that SCIP is not a disciplinary program or action. SCIP is a valuable resource to schools, families and most importantly the youth who may need help in dealing with life challenges within and outside of school.



Contrary to what parents of teenagers may often think and feel, family attitudes and behaviors *do* play an important role in shaping the choices young people make. The National Institute on Alcohol Abuse and Alcoholism (NIAAA) points out, and a large body of research shows that, even during the teen years, parents have an enormous influence on their children's behaviors, values and decisions about drinking.

In 2013, the Lancaster County Prevention Coalition received a new grant from the Substance Abuse Mental Health Services Administration through the Nebraska Department of Health and Human Services called Partners for Success. The Partners for Success grants goal is to increase family communication surrounding substance abuse specific to alcohol. While we all do not live in Lancaster County, we will all be able to utilize several of the resources that are being produced as part of this grant. The first phase of this grant is the development and launch of a new microsite, www.talkaboutalcohol.org. This site is a comprehensive digital resource that parents can use to identify their parenting style, receive help and support for influencing their children's behaviors, and gather additional strategies and tools, including 40 Developmental Assets, Power of Parents, and Life of An Athlete. This site is scheduled to launch in mid-September and will be packed full of interactive resources.

Each one of us, just like each child, is unique and we have our own way of learning, teaching and guiding. At www.talkaboutalcohol.org parents will be able to begin an interactive journey to learn their personal parenting style. As parents learn about their own styles they will also gain knowledge and tips on what approaches to use when addressing life's challenges in parenting. While these skills are aimed at increasing communication around underage drinking they are skills that can be applied to many parenting situations...homework, healthy sleep patterns, digital citizenship, friendships and life choices in general. According to the 2013 Nebraska Risk Youth Behavior Survey the average age of first use is 11 years old. So, whether you are the parent of an elementary, middle or high school student, it is never too early to be talking about your families expectations.

(Sources: <http://www.niaaa.nih.gov/>;
http://www.thebedisdead.org/wp-content/uploads/2014/02/Nebraska-2013-YRBS-Report_Preliminary-January-2014.pdf)

The Dangers of Mixing Alcohol and Acetaminophen



We often forget that acetaminophen, the drug found in Tylenol, can be dangerous. It's been our "go to" drug for everything from infant fevers to headaches to other pain. But acetaminophen can be very dangerous if used in doses larger than those allowed on the label and when it is combined with alcohol.

Acetaminophen is one of the leading causes of severe liver damage in the United States, second only to Hepatitis C. Many of these cases occur in people who take more acetaminophen than is allowed on the label, often because they are taking multiple products all containing acetaminophen. Much has been written on the prescription opiate epidemic. This news brief does not focus on overdose situations. Rather, it focuses on the interaction between alcohol and acetaminophen.

According to the Harvard Medical School Family Health Guide: Like many drugs, acetaminophen is metabolized in the liver. Most of it gets broken down into substances that are safe and passed in the urine, but a small percentage is turned into NAPQI a very dangerous chemical that harms liver cells. The problem is, in heavy drinkers or when alcohol is present, the liver changes the way it manages acetaminophen and actually makes more NAPQI – thus causing more liver damage. Worst case, there will be enough liver damage to cause coma and potential death.

Harrison Ndetan, Associate Professor for Research and Biostatistics at Parker University, Dallas, reports potential kidney problems from combining alcohol and acetaminophen, as well.

Bottom line to avoid permanent liver damage and worst-case scenarios:

1. Don't drink until impaired
2. Don't combine acetaminophen and alcohol
3. If you have been drinking, choose ibuprofen and always take with food
4. Never take more than 10 over the counter 325mg tablets of acetaminophen in 24 hours
5. Ask your pharmacist what is safe for you
6. Teach your children to ask #5 also

For more information on prescription drug abuse visit: <http://www.preventrxabuse.org/>

(Source: Ally Dering-Anderson, PharmD., R.P.)