

psi's Online Newsletter for the Education Community



Special Education • Psychologists • Speech Pathologists • School Health
ESL and Foreign Languages • Teachers, Tutors, and More!

Welcome to the latest edition of **psi's** Paradigm! We are excited to bring you these great articles and updates. Read on for more on Vaping, Suicide Postvention, **psi** and OASC News, Staff and Student Trainings, Webinars, Into the Light Walk and more!



Vaping: What You Need to Know

by **Dr. Carly Wilbur**
University Hospitals Rainbow Babies and Children's Hospital



Vaping refers to the inhalation of aerosolized particles of a drug (nicotine or marijuana) mixed with flavoring. Most vaping devices contain a battery for power, a heating element, a place to insert the drug-containing liquid that will be heated until it vaporizes, and a mouthpiece.

On the Rise

Vaping was initially developed to help adults quit smoking but has quickly become popular among teenagers. From 2011 to 2019, the CDC reported a 900% increase in vaping for high schoolers. And while current reports estimate about 27% of high schoolers have vaped or currently vape, 5% of middle schoolers admit to the same. Vaping is a \$22.6 billion industry worldwide.

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Vaping: What You Need to Know

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University Hospitals Rainbow Babies and Children’s Hospital



Impact on the Brain

On a chemical level, the nicotine salt delivered from a vape pen is far more powerful than the nicotine free base that cigarette smokers inhale. This makes vaping nicotine extremely addicting. Studies show that teens who vape are seven times more likely to smoke as adults. And more than half the high schoolers polled admitted to having had their first vaping experience at age 11 or younger.

The immature frontal cortex of a teenager’s developing brain is uniquely susceptible to the harmful effects of nicotine. Regular use can cause long-term irreversible deficits in memory, attention, and concentration, and also mood disorders and permanent lowering of impulse control. Tobacco use in adolescence can also prime the brain for addiction to other stimulants of abuse, like cocaine and methamphetamines.

What’s Next

The Surgeon General accurately labeled teen vaping an epidemic. And it’s a gravely dangerous one: Nicotine-related deaths kill more adult Americans every year than alcohol, AIDS, car accidents, illegal drug abuse, murders, and suicides COMBINED. Make sure you talk openly every day with your kids. Preventative education on vaping is a must in every school, whether it is in health class or part of a science project. Vaping does not discriminate. Let’s work together to keep our kids from vaping. It might even save their lives.

[Click Here](#) for more on Dr. Carly Wilbur.

[Click Here](#) for more on [psi](#) and University Hospital’s Rainbow Babies and Children’s Hospital.

After a Suicide: Answering Student Questions and Providing Support

by [Dr. Scott Poland](#)

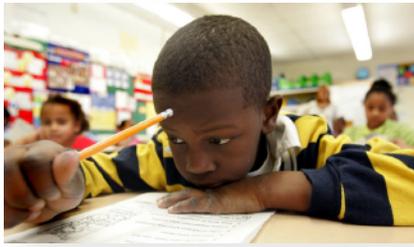
Co-Director of the Suicide and Violence Prevention Office,
Nova Southeastern University, Fort Lauderdale, Florida,
and Richard Lieberman, Loyola Marymount University,
Los Angeles, California



The aftermath of a youth suicide is a sad and challenging time for a school. Postvention has become synonymous with the challenging aftermath of suicide and few events are scarier for a school and a community than the suicide of a young person.

The major tasks for suicide postvention are to help your students and fellow faculty to manage the understandable feelings of shock, grief and confusion. The major focus at this time should be grief resolution and prevention of further suicides.

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After a Suicide: Answering Student Questions and Providing Support

by [Dr. Scott Poland](#)

The research literature estimates that once a suicide happens, the chances of another death by suicide increases dramatically. The following suggestions are intended to guide schools during this difficult time.

- It is important to be honest with students about the scope of the problem of youth suicide and the key role that everyone (including the students) plays in prevention.
- It is important to balance being truthful and honest without violating the privacy of the suicide victim and his/her family and to take great care not to glorify the victim's actions.
- It is important to have the facts of the incident, be alert to speculation and erroneous information that may be circulating, and assertively yet kindly redirect students toward productive, healthy conversation.
- It is important that students not feel that the suicide victim has been erased and that students be provided an opportunity to talk about the deceased.
- Numerous professional associations caution that memorials not be dramatic or permanent, and instead encourage activities that focus on living memorials such as funding suicide prevention.
- National research has found that talking with youth about suicide does not cause them to think of it, and in fact provides the opportunity for them to relieve anxiety and unburden themselves. The Jason Flatt Act, which focuses on mandated training annually for school staff on suicide prevention, has been passed in 30% of all states. More information about the Jason Foundation is available at www.jasonfoundation.com.
- Major protective factors identified by the World Health Organization are the following: *stable families, positive connections at school, good connections with other youth, religious involvement, lack of access to lethal weapons, access to mental health care, and awareness of crisis hotline resources.*

[Click Here](#) for more on Dr. Scott Poland.

[Click Here](#) for more on [psi](#) and Suicide Prevention.

The Ohio Association of Student Councils: Teaching Valuable Leadership Skills in Grades 6 - 12



OASC representative Anthony Paletta (third from right) and the [psi](#) team help raise money for OASC's Northeast Ohio Chapter.

Since 1953, the Ohio Association of Student Councils (soon to be the Ohio Association of Student Leaders in January 2020) has been dedicated to the teaching of leadership skills, organizational skills, and people skills valuable to the members and officers of all student organizations in Ohio. The organization provides high-impact programming and events for students in grades 6 - 12. All school districts in Ohio can become members of OASC and send students to OASC events.

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OASC representative Anthony Paletta (third from right) and the psi team help raise money for OASC's Northeast Ohio Chapter.

The Ohio Association of Student Councils: Teaching Valuable Leadership Skills in Grades 6 - 12

OASC Member Benefits Include:

- Statewide recognition and awards
- Diverse student networking
- Opportunities for statewide leadership positions
- Discounted event pricing for students
- Student empowerment and school unity
- Organization and advisor resources and support
- Community involvement and growth of servant leadership

Upcoming OASC events during the 2019-2020 school year include several events this fall: Leadership at the Point/Island (alternates each year), COSI Leadership Day, Middle Level Madness (an all-day Saturday event) and the Fall Retreat (a weekend in November), as well as the OASC State Conference in March and a week-long Summer Workshop Camp next summer.

[Click Here](#) for more information about OASC.

OASC FACTS:

- **91%** of OASC students go on to college and career education.
- Last year, **1,300** students attended OASC's Summer Workshop.
- **97%** of Americans believe our students need "real world" skills to be successful beyond middle and high school. — "Leadership Conference Education Fund, National Survey on Common Core(2015)"



Staff and Student Trainings for SY 2019-2020 Schedule now for your 2019-2020 staff and student trainings!

- Safety and Violence Prevention Training (now includes the required 2-hour mental health component)
- CPR/AED/First Aid Training
- Anti-Bullying Programs
- Suicide Awareness and Prevention Training
- Bloodborne Pathogen Training
- Diabetes Education - HB 264
- PBIS / RTI
- LifeAct Programs
- Communicable Disease
- Epinephrine Auto Injector Training
- Crisis Intervention Team Training
- and many others!

Our expert partners and professional trainers are up to date on the latest changes in education. *psi will keep your school in compliance and add value to your team!*

In Case You Missed It...

psi offers live webinars on various educational topics throughout the year. Presenters include national experts and **psi** staff with expertise in their disciplines.



Vaping:

An Epidemic for Youth 'At School and at Home!'

Presented by [Mike Tornow](#), M.A., LPCC, Child Therapist

[Click Here](#) to watch the Webinar



Who Am I?:

Helping Adolescents Discover Their True Identity

Presented by [Tim King, Ph.D.](#), LPCC-S, Licensed Clinical Counselor

[Click Here](#) to watch the Webinar



What's Your Message in a School Crisis?

Presented by [Stephanie York, Esq.](#), Hennes Communications

[Click Here](#) to watch the Webinar

If you are interested in these **psi** Webinars, please refer to our website as it is updated frequently with new offerings. We also archive these webinars so you can watch them on demand if you are unable to watch the live presentations.

NOTE: Educators can receive contact hours for attending and watching these webinars.

[Click Here](#) for more information about **psi** Webinars.



psi Sponsors: LifeAct's 2019 Into the Light Walk!



recognizing depression • preventing suicide

The 14th annual LifeAct Into the Light Walk took place recently on May 5, 2019. This year's event brought in roughly 900 registered walkers, students, volunteers, sponsors and choir members. **psi** was part of a record-breaking number of sponsors this year! University Hospitals and 91.3 The Summit were two of the 20 partner sponsors that we had the opportunity to connect with this year at the event. Keynote speaker Loree Vick gave a heartfelt and endearing speech that left a lasting impression on all in attendance.

President of the Youth Advisory Board for LifeAct, Cami Kaye, also spoke at the event and did not cease to amaze attendants with her poise, strength and conviction beyond her years. We are excited to see what the future holds for Cami. Positive outcomes for this event are still having lasting effects weeks after the event is over, with donations still pouring in for the LifeAct organization and positive feedback from all in attendance.

psi is the educational arm of LifeAct's mission to deliver lifesaving suicide prevention educational programs to North-east Ohio middle schools and high schools. Trained, caring instructors teach teens to recognize the warning signs of depression and suicide, empowering them to come forward to seek professional help for themselves or others.

The Into the Light Walk is a great way for students, families, communities and survivors to connect with and support one another, and **psi** is very proud to be a part of this effort. We are thankful to have been a part of the 2019 experience and look forward to next year's event!

[Click Here](#) for more on LifeAct.

[Click Here](#) for more on **psi** and LifeAct.