



PATH PARENT TOOLKIT NEWSLETTER

May 2020

A Welcome Note from Our Director

Parents, welcome to our first quarterly newsletter! You'll find that these newsletters will be filled with educational information, helpful hints and tips, events, news and valuable information for you to share.

We want these newsletters to be an essential parent tool, so please feel free to offer feedback or share any topics you would like us to cover regarding youth and marijuana use prevention.

Due to COVID-19, many of our events and activities are being conducted virtually to ensure the safety of our youth participants, the community, as well as our prevention team. We hope you join us for these virtual events and we will continue to do our best to serve the community with resources and information that bring awareness on ways to support our youth during this time.

-Daisy Lopez, M.A., Director of Program Services

COVID-19 We are all in this together.

It is not unusual for youth to feel down or stressed during these uncertain times. With so many changes taking place in their lives, it can be hard finding positive ways to cope during this pandemic. As parents, we can take positive steps to show our youth we are here to support them. Research shows that young people exposed to stress are more likely to abuse alcohol or other drugs. Below are a few tips from the Centers for Disease Control and Prevention to provide your child with support and reassurance.



- [Talk with your child or teen](#) about the COVID-19 outbreak.
- **Answer questions** and [share facts about COVID-19](#) in a way that your child or teen can understand.
- **Reassure your child or teen** that they are safe. Let them know it is ok if they feel upset. Share with them how you deal with your own stress so that they can learn how to cope from you.
- **Limit your family's exposure to news coverage** of the event, including social media. Children may misinterpret what they hear and can be frightened about something they do not understand.
- **Try to keep up with regular routines.** If schools are closed, create a schedule for learning

activities and relaxing or fun activities.

- **Be a role model.** Take breaks, get plenty of sleep, exercise, and eat well. Connect with your friends and family members.

Positive Coping Strategies for your Youth



Times are hard, especially for youth, during this pandemic. With many youth social distancing from their friends, participating in remote learning, and not having the daily structure they were used to, it's essential for them to have positive coping strategies to relieve stress and anxiety during these times. Check out some of these resources on how to help them learn new coping strategies or follow our Instagram page @caliyoungminds for different resources that may help.

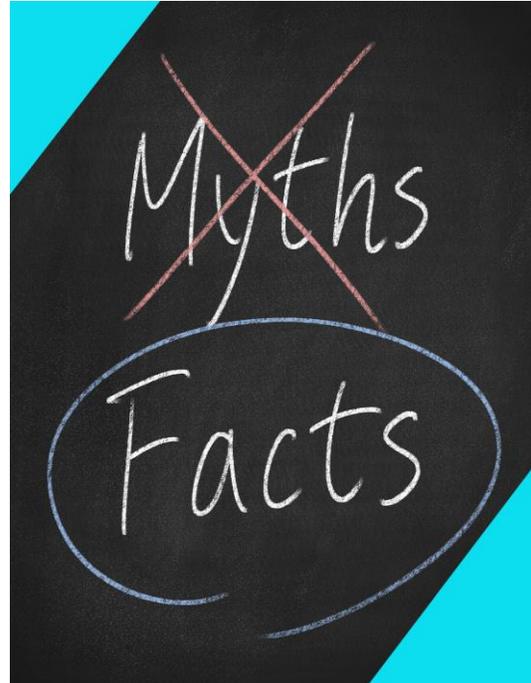
[Resources](#)

KNOW THE FACTS

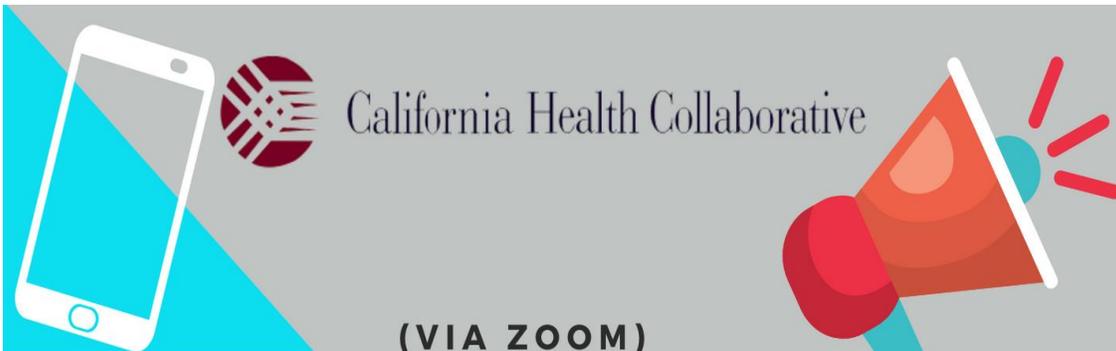
"Marijuana affects the brain; altering memory, judgement and motor skills."

- drugabuse.gov

Use these tips to help get the conversation started. Marijuana can impact learning making academics more difficult, coordination impacting the ability to do well in sports, and judgment making it harder to make good decisions. Find natural places to discuss this tip with your youth and remember to make it a two-way conversation – not a lecture. Ask questions and be open to hearing their responses.



Happening this month...



THE MORE YOU: ASK, KNOW, CAN HELP

WORKSHOP



**A guide to effective communication about substance use
between parent/guardians and their youth**

THURSDAY, MAY 28TH
2:00 PM TO 3:30 PM

REGISTER AT

[HTTPS://TINYURL.COM/Y8GQA8K8](https://tinyurl.com/y8gqa8k8)



**For more information email
jchavez@healthcollaborative.org**



pathproject



pathproject1

Check out this Workshop for tips on how to have an open and honest conversation with youth regarding marijuana. This workshop will provide parents and guardians easy to apply tips to engage in communication with their children, information on marijuana that parents can use in conversations, and information on why it is especially important to support your children during these stressful and uncertain times. There will be two guest speakers to provide their expertise.

[Click here to register](#)



California Health Collaborative

★ 2020 ★

Virtual Youth Empowerment Summit

Change ★ Lead ★ Empower

(on Zoom)

June 16-18 from 12pm-4:30pm

2020youthempowermentsummit.eventbrite.com

Deadline to apply May 29th

Virtual Workshops

Leadership, Public Speaking, Advocacy and Drug Prevention!

Many giveaways!

Free for youth

Ages 14-17 who are attending a Fresno County High School. Only 30 youth will be selected

For more information contact jwhite@healthcollaborative.org



@PATHPROJECT1

Funded by Fresno County Department of Behavioral Health Substance Use Disorder Services

Are your youth looking bored during these times? Here is something for them to participate in and connect with other youth from throughout Fresno County. Our annual Youth Empowerment Summit (YES) is back, but this time it will be virtual. Have your youth take advantage of this opportunity because it only happens once a year. This year, YES will be filled with fun interactive workshops, great guest speakers, and MANY GIVEAWAYS! Only 30 youth will be selected, so have them register right away. Email us if you have any questions!

[Register for YES](#)



THE CALIFORNIA HEALTH COLLABORATIVE PRESENTS:

2020 Hispanic/Latino Leadership Summit

JUNE 22-24, 2020

VIRTUAL SUMMIT

9:00AM to 12:00PM EACH DAY



A FREE, 3-DAY INTERACTIVE VIRTUAL TRAINING DESIGNED TO SUPPORT LEADERSHIP AND ADVOCACY DEVELOPMENT AND ENGAGE PARTICIPANTS IN LEARNING ABOUT TOBACCO-RELATED HEALTH DISPARITIES THAT PERSIST IN HISPANIC/LATINO COMMUNITIES.



UnidosporSalud

Space is limited. Please register at Eventbrite:

<https://www.eventbrite.com/e/virtual-central-valley-hispaniclatino-adult-leadership-summit-2020-registration-103757533576>

Contact Jennifer Acidera at

jacidera@healthcollaborative.org with any questions.

Our partners, Unidos por Salud are hosting the Central Valley Hispanic/Latino Leadership Summit for community members that would benefit from building their leadership and advocacy skills. Please find the flyer as well as the Eventbrite link that has more in-depth information on the event.

[Register for Leadership Summit Here](#)

The summit is scheduled to take place virtually from Monday, June 22 to Wednesday, June 24, 2020, from 9:00am to 12:00pm daily. All of the materials and supplies needed will be mailed directly to participants before the summit.

For more information about the event contact Jennifer Acidera at jacidera@healthcollaborative.org

Join Our Parent Coalition

Want to be part of the action? Join our Parent Advisory Board for a chance to meet other active parents, participate and provide feedback for media projects, and help us find ways to bring awareness to substance use prevention within the community.

Contact Haide Medina at 559-286-5831 to get more information.

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Funded by Fresno County, Department of Behavioral Health Substance Use Disorder Services



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