



Must See TV for Parents - Fountain Hills Coalition Launches New Education Channel- First Webcast Vaping, Kids and COVID-19

Shelly Mowrey, Director of the Fountain Hills Youth Substance Abuse Prevention Coalition hosted our very first free 30 minute online webinar! The webcast highlighted the latest trends in vaping, products used, how to bring up the subject with the children in your life and information about the new online support services promising to kick the vaping habit.



We strongly urge parents to view the webcast and share it with others. The webcast is available by clicking [Here](#).



The Link Between Vaping & COVID-19 Ways to Quit The Habit

If you smoke or vape, you might be increasing your health risks during the COVID-19 outbreak. The National Institute on Drug Abuse has written on its blog that people who vape, along with those who smoke cigarettes and marijuana, or have substance use disorders, could have increased difficulty if they contract COVID-19.

There are established concerns about the long-term health problems caused by vaping, but the practice simply hasn't been around long enough to produce much long-term evidence. The same is true for COVID-19, which came to the attention of health officials in December 2019 after it surfaced in a food market in Wuhan, China.

What we do know for sure is that smoking and vaping causes harm to the lungs, leaving lung tissue inflamed, fragile and susceptible to infection. In addition, tobacco use has been proven to harm immune system and airway lining cells that contain cilia on their surface, which are our essential defenders against viruses like COVID-19.

Without them working properly, the lungs are more vulnerable. In a pandemic where a virus is spreading rapidly, we encourage everyone to do all they can to keep themselves, their loved ones and their community safe. And we are here to support you

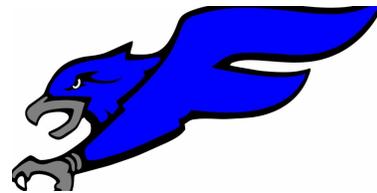
in that effort. While you may be isolated due to social distancing, you're not alone. The American Lung Association has proven quit smoking support that can help you beat your tobacco addiction once and for all.

For those that are hunkered down, this might prove to be the best time to quit smoking and vaping.

- **Identify your smoking triggers.** You may be more apt to light up when you're out with friends or on a long commute to or from the office. Social distancing and working from home could provide the perfect opportunity to lay low for a little while and focus on quitting.
- **Refresh your space.** Whether it's a specific chair on the porch or at the dining room table after a meal – doing a little Feng Shui with your living space can help you relearn certain rituals to avoid smoking. And hey – you've got more time on your hands to play interior decorator!
- **Stay connected.** Fountain Hills Coalition is going virtual – which is the perfect time to connect with others that are quitting smoking.
- **Get proven support.** Get a personalized Quit Coach and find helpful information to quit smoking at the Arizona Ashline. For help for a teen or tween text DitchJuul to 88709 for a text based tobacco cessation program.

To learn more information on quitting please visit our website fhcoalition.org

Fountain Hills Coalition Goes Virtual and Announces Counselor Cassie's Corner!



We are happy to let all our community members know that our very own FHMS counselor Cassandra Rogers has created an informative, fun blog for all students and parents to connect together while we are apart to provide activities, ways to stay connected and tips on trying new things! We had a small Q&A with Cassandra and here is what she had to say!

Q:What is one of your hidden talents?

A:One of my hidden talents is that I'm great at french braiding hair!

Q:What makes a 'good day' at school?

A: Most days at school are a good day to me! Being able to connect with students and talk about their day or how they're doing and hopefully make their day a little brighter is a good day.

Q:If you could pass on any wisdom to your students, what would you share?

A: A piece of wisdom I would pass on to my students is to always do your best, but don't sweat the small stuff!

Q:What inspires you?

A:I am inspired by kindness and the effect it can have on any person, school, or community.

Q:What advice do you have for your students and/or parents while staying home?

A:The advice I have for parents and students while staying at home is to try and enjoy this extra time being safe at home with one another. We can often get so busy in our day to day lives that we forget to stop and simply enjoy being with one another, and

now is a perfect opportunity to do that. Also, try to find a few things you can be grateful for each day!

To stay connected with Cassandra please visit falconcounselorsnest.blogspot.com