

PREVENT DISEASE AND INJURY. PROMOTE HEALTH AND WELLNESS. PROTECT YOU AND YOUR COMMUNITY.

## What's in This Month's Issue:

- Screenagers: Under the Influence Showing with ECHO
- Holiday Health Tips
- Program Spotlight: Grief Recovery Programming
- Staying Active Indoors

- Winter Car Seat Safety
- Managing Holiday Stress
- Christmas Light Recycling
- Customer Satisfaction Survey
- Talking Points Content Survey

## Screenagers: Under the Influence Showing with ECHO

Kids are vaping in classrooms. Dealers are direct messaging teens on Instagram and Snapchat. Cannabis is legal in many states, with psychedelics soon to follow. The constant, 24-hour deluge of content pushing the normalcy of drugs, alcohol, and vaping on social media, TV, movies, ads, influencers, etc., is preying on our youth. The substance use culture has never been more appealing and accessible to teens than it is today.

*Screenagers Under the Influence: Addressing Vaping, Drugs, and Alcohol in the Digital Age*, the third feature documentary in the Screenagers trilogy, delves into how the tech revolution has reshaped adolescence and its effects on substance use. The film debunks myths and depicts strategies communities can use to encourage healthy decision-making, support teen mental health, set limits, and create healthy home environments. The film also includes many ways young people are using their wisdom and strength to help each other and themselves through this complicated terrain around substance use.

While most documentaries about substance use focus on severe addiction, *Screenagers Under the Influence* fills a pressing need for a film that explores more common scenarios. The film is grounded in teens' current reality of being flooded by images on social media, movies, and TV shows about vaping, drugs, and alcohol. The film is grounded in teens' current reality of being flooded by images on social media, movies, and TV shows about vaping, drugs, and alcohol.



Watch the film for free with ECHO Coalition on Friday, December 15th from 12-1:30PM.

**WHEN:** Friday, December 15th

**TIME:** 12PM-1:30PM

**WHERE:** Bryan Arts and Education Center (325 West High Street)

Lunch provided.

RSVP at [bit.ly/ScreenagersECHO](https://bit.ly/ScreenagersECHO)

## Holiday Health Tips



Prioritize your health this holiday season with these six essential tips:

1. **Mindful Beginnings:** Start your day with a few minutes of deep breathing or meditation to set a positive tone for the busy holiday season.
2. **Hydration & Sipping Mindfully:** Stay hydrated with water or herbal tea. Enjoy holiday beverages in moderation, opting for infused water to stay hydrated without excess sugar or alcohol.
3. **Stay Active:** Maintain overall well-being by taking brisk walks to enjoy festive decorations and keep your body moving.
4. **Nutrient-Rich Meals:** Plan your holiday meals with a focus on incorporating colorful, nutrient-rich foods to support your health.
5. **Quality Sleep:** Prioritize a good night's sleep to enhance your immune system and boost your overall health during the holiday festivities.
6. **Connect and Reflect:** Take a moment to express gratitude, connect with loved ones, and reflect on the holiday season to foster a positive atmosphere and emotional well-being.

## Program Spotlight: Grief Recovery Programming

Grief recovery is a free service offered to Williams County residents. Programs are offered both in-person at local agencies or online. The Grief Recovery Method approach to helping grievers deal with the pain of emotional loss in any relationship is "Evidence Based" and effective. There are several types of grief programming available:



One on One  
Grief Support

### Grief Support 1 on 1

This program is for those who prefer to work face to face with a trained and certified Grief Recovery Method Specialist 1-on-1, rather than in a group setting. This 7-meeting format utilizes the same proven materials as the group programs in a more private setting.



The Grief Recovery Method  
Grief Support Group

### Grief Support Group

Our support groups offer a safe, evidence-based environment for grievers to take effective and lasting action, no matter the type of loss experienced. These groups are led by Grief Recovery Method Specialists, trained and certified by the Grief Recovery Institute. The group meets once per week for 8 weeks. The next training begins this Spring. More information will be made available online.



The Grief Recovery Method  
Helping Children with Loss

### Helping Children with Loss

The vast majority of parents find themselves at a loss when trying to help their children deal with any grieving experience that impacts them. This 4-week program is designed to teach parents, and others who work with children, the necessary tools to help children effectively deal with their broken hearts, no matter the loss they are facing.

Scan the QR code or visit [bit.ly/WillCo-GRM](https://bit.ly/WillCo-GRM) to learn more about this programming. Dates are listed as they become available.



## Staying Active Indoors

Staying active during the colder seasons is not only important for your physical health but your mood and energy levels. There are plenty of things you can do to stay active indoors. It can be as simple as taking the stairs or dancing to your favorite music in the living room. You can also explore online fitness classes to provide guided sessions to keep you motivated. A few more ideas are stretching, body weight exercises, active video games, or parking further away from stores to get in some extra steps.

Remember to break it up, even if you are short on time, 10-15 minutes of exercise can be very beneficial. Having a dedicated space for exercise can help you prepare and stay consistent with your workouts. Mixing it up is a great way to prevent boredom and keep your body challenged. Always listen to your body and choose activities you enjoy!

## Winter Car Seat Safety

Source: NHTSA

In colder weather, parents typically dress their children in winter coats. But it's important to know that heavy coats can interfere with the proper harness fit on a child in a car seat. When your child will be secured in a car seat, pick thin, warm layers, and place blankets or coats around your child after the harness is snug and secure for extra warmth. Also, make sure car seats and booster seats are properly installed and that any children riding with you are in the right seat for their ages and sizes.

To learn more about car seat safety, call our child passenger safety technicians at our Montpelier office at 419-485-3141.

Our CPSTs provide free educational sessions and car seat checks to anyone transporting children. For income-eligible residents, free car seats may also be provided.



## Managing Holiday Stress

The holiday season can be joyous, but it often comes with its fair share of stress. To ensure a peaceful and enjoyable season, consider the following tips:

1. **Plan & Prioritize:** Start by planning and prioritizing your activities. Focus on what truly brings you joy and aligns with your priorities. Use calendars and to-do lists to stay organized.
2. **Financial Planning:** Set a budget for gifts and festivities. Stick to your budget to avoid financial stress and overspending.
3. **Self-Care Matters:** Prioritize self-care with adequate sleep and a balanced diet. Practice mindfulness to reduce anxiety and fully enjoy holiday moments.
4. **Time Management:** Schedule wisely. Learn to say "no" when necessary and allow time for reflection. Delegate tasks to ease your workload.
5. **Meaningful Gatherings:** Limit social obligations to attend meaningful gatherings, declining unnecessary invitations. Embrace cherished traditions that bring joy and connection.
6. **Seek Support:** Share your feelings of stress with friends or family. Don't hesitate to seek support.
7. **Simplify Gift Giving:** Consider giving experiences or charitable donations.
8. **Reflect on Gratitude:** Shift your perspective by reflecting on gratitude. Acknowledge imperfections and be adaptable when things don't go as planned.
9. **Prioritize Boundaries:** Prioritize your boundaries to conserve emotional energy and boost mental health. Understand that setting boundaries is an ongoing process that requires patience.

## Christmas Light Recycling

The Williams County Health Department will be collecting Christmas Lights to recycle in cooperation with WiltonKeck Recycling. Starting December 1st through January 31st you can drop your lights off at the WCHD's Montpelier office Monday through Friday from 8:30am to 4:30pm.

Questions? Call Shannon at 419-485-3141 ext. 109.



## Customer Satisfaction Survey

At WCHD, we care about providing excellent service. Please take a moment to share your feedback about our programs and services.

Take our survey:

[www.surveymonkey.com/r/WCHDServices](http://www.surveymonkey.com/r/WCHDServices)

 [www.surveymonkey.com/r/WCHDServices](http://www.surveymonkey.com/r/WCHDServices) X

## Talking Points Content Survey

What would you like to learn about in future Community Talking Points? Share your feedback by taking the following survey:

[bit.ly/CTPInputSurvey](http://bit.ly/CTPInputSurvey)



 Sign Up

WCHD Community Talking Points are published on a monthly basis and posted on our website and social media. If you would you like to receive the community talking points directly, sign up by completing this form: [bit.ly/WCCommunityTalkingPoints](http://bit.ly/WCCommunityTalkingPoints)

For more information on WCHD programs and services, visit:  
[williamscountyhealth.org](http://williamscountyhealth.org)


**Main Office**  
310 Lincoln Ave.  
Montpelier, Ohio 43543  
Phone: 419-485-3141  
Fax: 419-485-5420

**WIC Satellite Office**  
1399 East High Street  
Bryan, Ohio 43506  
Phone: 419-636-8754  
Fax: 419-636-8107

Follow us:

 @williamscountyhealthdepartment

 @HealthWCHD

 @wms\_co\_health