

# Coping Skills & the Opioid Epidemic



Coping with the New Normal

## Resource for Coping Skills

### SURVIVING THE RONA

<https://www.youtube.com/channel/UCeYtQoQDBiAYw9RjTK-HDTw>

...ADOLESCENT PEER GROUP IS AS GOOD AS DEAD. SO CONNECTING WITH A PEER GROUP CAN **FEEL** LIKE A MATTER OF SURVIVAL. THAT SHOULD SHED SOME LIGHT ON WHY YOUR TEEN IS STRUGGLING SO MUCH AND WHY ITS IMPORTANT TO USE THIS AS AN OPPORTUNITY TO BUILD ALTERNATIVE COPING SKILLS.

SURVIVING THE RONA IS A COLLECTION OF YOUTUBE SHORTS CREATED BY **LOCAL TEENAGERS FOR LOCAL TEENS** ON HOW THEY HAVE DECIDED TO MANAGE THE ISOLATION AND STRESSORS OF SHELTER IN PLACE ORDERS.

ISOLATING IS HARD. HUMANS ARE HARD WIRED TO BE IN COMMUNITY AND WITHOUT OUR FAMILIES AND PEER GROUPS, WE ARE PRONE TO DEPRESSION AND INCREASED ANXIETY. IT IS ESPECIALLY NATURAL FOR TEENS TO TURN TOWARD PEERS, BECAUSE THAT'S HOW THEY ARE FORMING THEIR IDENTITIES AND WHOM THEY ARE GOING TO DEPEND ON IN THE FUTURE. OFTEN, IN THE WILD, A MAMMAL WITHOUT AN...

## Resource for Coping Skills

### GRITX

<https://gritx.org>

GRITX IS A THOROUGH MENTAL HEALTH SITE FOR TEENS WITH AN EASY TO USE INTERFACE, SELF CARE TOOL KIT, LEARNING COURSES AND RESOURCES

# Opiates, Fentanyl, Overdose Prevention

## Resource for Substance Misuse

### REAL LIFE REAL PEOPLE

<https://www.drugfreeworld.org/real-life-stories.html>

For Families of Teens experiencing a substance use disorder register with Stephanie Sadhu: (916)782-3737 ext. 313 [ssadhu@corr.us](mailto:ssadhu@corr.us)  
Classes are Thursdays 4:30pm-6pm via Zoom

## Resource for Substance Misuse

### ATHLETE DOCUMENTARY

<https://www.operationprevention.com/virtual-field-trip>

PART OF GRANITE WELLNESS' MISSION IN RESPONSE TO THE OPIOID EPIDEMIC IS TO MAKE SURE THAT YOUNG PEOPLE HAVE ACCESS TO THE INFORMATION THEY NEED EITHER PREVENT THEM FROM EVER STARTING TO USE PAIN MEDICATIONS OR TO ENCOURAGE THEM TO GET HELP IF THEY FIND THEMSELVES IN AN UNHEALTHY PATTERN OF USE.

AS SUCH, WE WOULD LIKE TO INVITE YOU AND YOUR FAMILY TO WATCH ONE OR ALL OF THESE FREE ONLINE DOCUMENTARIES THAT USE REAL SCENARIO ATHLETES AND YOUNG PEOPLE TO TALK ABOUT RX ADDICTION CYCLES, PROPENSITY FOR AND DANGERS OF OVER-DOSE, AND RECOVERY OPPORTUNITIES.

IF YOU WOULD LIKE MORE DIRECT INTERVENTION OR HELP, PLEASE LINK UP AT OUR PARENT NIGHT (NOW VIA ZOOM) TO CONNECT WITH OTHER PARENTS AND OUR FAMILY SUBSTANCE USE COUNSELOR.

BROUGHT TO YOU BY GRANITE WELLNESS CENTERS

IF YOU OR SOMEONE YOU KNOW NEEDS HELP IN RECOVERY SERVICES, WE ARE HERE!

CONNECT WITH US AT [HTTPS://WWW.GRANITEWELLNESS.ORG/CONTACT-US/](https://www.granitewellness.org/contact-us/)

EMAIL: [INFO@GRANITEWELLNESS.ORG](mailto:info@granitewellness.org) CALL: 530-273-9541

