

WELLNEWS

A MONTHLY WELLNESS NEWSLETTER

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What to Know About VAPING



Causes of VALI (vapor-assisted lung injuries)

- THC products of unknown sources
- Vitamin E acetate: an additive
- Other components:
 - Nicotine
 - Flavoring additives
 - Heavy metals

The Danger for Teens

- Packaging & ads directed at teens
- Those who vape are more likely to smoke
- 66% of teens think products only contain flavoring
- Lungs are not the only affected organs
- Affects maturing brains up to 25 years of age



How to Know if Your Teen is Vaping

- Cough, chest pain, fevers, low appetite, weight loss, diarrhea, recurring pneumonia
- Nosebleeds, dry mouth and increased thirst
- Unable to taste food
- Change in activity or exercise
- Spending more money than usual
- Sweet smell in room that quickly goes away
- Charging devices or vape units (may look like thumb drives)



Tips For Vape Device Users

- Never use vaping products from unknown sources
- Do not tamper with cartridges or fluid chambers
- Vaping is not a safer long-term alternative to smoking
- Adults who use it as a cessation tool should set a quit date to avoid excessive use



Talk to Your Teen

- Use information from the CDC or U.S. Surgeon General to educate yourself
- Be conversational
- Avoid accusatory tone
- Treat teen as an adult

RESOURCES

Tobacco, Vaping and Marijuana: A Parent's Guide
Edible Marijuana Dangers
What Parents Should Know About Fentanyl Prevention Toolkit

Teen drug use can have a major impact on their lives. Help prevent drug abuse by having conversations about the consequences of using drugs and the importance of making healthy choices.

Signs of drug use:

- Problems at school
- Missing classes or skipping school
- A drop in grades Lacking energy or motivation
- Red eyes and/or constricted or dilated pupils
- Odor of marijuana, cigarettes, or alcohol on their breath, clothing, etc.

8 Questions About Alcohol and Teens

1 WHAT IS ALCOHOL?
Alcohol is made from fermented or distilled grains or fruit. It is usually a liquid. Alcohol is in beer, wine, coolers, and hard liquor.

2 WHY IS ALCOHOL A DRUG?
Alcohol is not considered a food because it is not digested in the same way as food. It is a drug because it is mood-altering. Alcohol is absorbed from the stomach into the bloodstream and travels to the brain, where it impacts the person's mood and how the brain & body work together.

3 WHY DO TEENS USE ALCOHOL?
Alcohol is the most commonly used substance by teens. Adolescents may be curious and choose to use alcohol for a variety of reasons, including to:

- relax & have fun
- celebrate an event
- cope with difficult thoughts or feelings
- try something new
- socialize with friends

Using alcohol to cope is not a healthy strategy. Try music, reading, physical activity, hobbies, volunteering, hanging out with friends or talking with others about how you feel.

4 HOW DOES ALCOHOL AFFECT MY BRAIN & BODY?
Alcohol is a depressant. It slows down and disturbs communication between the brain & body. Alcohol affects things like speech, coordination, vision & decision-making, and triggers the brain's pleasure center. People start out feeling relaxed, but too much alcohol leads to vomiting, falling asleep or passing out (unconsciousness). Drinking too much alcohol can lead to alcohol poisoning.

5 HOW ELSE CAN ALCOHOL AFFECT ME?
Most people get a "hangover" (fatigue, headache, nausea and/or vomiting) after heavy drinking, which is in part mild alcohol withdrawal.
Drinking alcohol lowers inhibitions & may lead people to make decisions they regret.

6 WHEN DOES ALCOHOL USE BECOME A PROBLEM?
When it results in physical outcomes (eg. headaches, hangovers & black outs) and/or psychological, social and academic problems (eg. worsening mental health, arguing with others & falling grades). If a teen keeps using alcohol while experiencing these negative consequences, they likely have a problem.

7 WHAT DOES ALCOHOL OVERDOSE LOOK LIKE?
Alcohol overdose happens when the person drinks too much alcohol so quickly that the body cannot process it. Too much alcohol slows the body down until the person passes out (becomes unconscious). In extreme cases, alcohol can stop the body's automatic functions, like breathing or the heartbeat.
Call 911 if you see the following:

- The person cannot be roused/does not respond to speech or touch (pinch an earlobe)
- The person's skin is cold and clammy, or lips and nails are slightly blue
- The person is throwing up without regaining consciousness

If the person is unconscious, place them on their side in the recovery position and call an ambulance.

8 HOW DO I LEARN MORE?
There is much more to learn about alcohol so you can be informed and TALK SMART.
Visit mentalhealthliteracy.org to get the info you need.

Riverside County
Substance Abuse
Prevention and
Treatment Program

Hill Recovery

417 Recovery

findtreatment.gov

SAMHSA National
Helpline

988 Suicide & Crisis
Lifeline

TREATMENT RESOURCES