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## Mental Health Check-In Part 2 with Dr. Matt Zakreski & Debbie Reber // Webinar Chat

Hello from Pittsburgh

Hi From Richmond, Virginia.

Melbourne Aust

Lara from San Francisco

Hey! Here from Wilmington, NC!

Johnson VT

Hi from Hawaii

Hello from Los Angeles!

Hello from Michigan

Hello from Santa Barbara!

Merin from Mystic, CT

I'm here from Lake Tahoe nv

Hello also from Pittsburgh

Hi from Northfield, Minnesota

San Francisco

Hello from Boston

San Francisco Bay Area

Buellton, CA

Hello! I'm Amanda in the Bay Area.

Winnipeg Manitoba Canada!

We're just good students waiting for the OK...lol

New Jersey

Hi Everyone! Here from Austin

Hello from Michigan

Hi everyone! Here from Montreal, Canada.

Hi from Seattle

Hi from Vancouver BC

Hello from Maine USA

I'm really excited for this talk being involved in a few differently wired children and being a SMART Recovery Facilitator, having recovered from a substance use disorder, I am happy to hear some info from the overlap of those two worlds

In what age group was that last statistic

18-25

Thank you

What was the percent of substance use disorder for that age group?

25%

A LOT!!!



My son is one of them.

Thank you for sharing.

Yep- no shame- I want to help others

Two emerg visits for my dog and not mine! Found on trails.

Should be a regulation about having the gummies look different.

Yes!

impossible when they are being made in the home in some cases.

there is a great website with TONS of info RE today's marijuana...<https://johnnysambassadors.org/>. Laura Strack and her organization has the latest info on Marijuana.

Can fentanyl be in a vape or cart?

Yet it is in our high schools. :-(

That's an interesting point

Great podcast!!

<https://hubermanlab.com/welcome-to-the-huberman-lab-podcast/>

Yes- super interesting

Genetics - 50-60% risk picture (epi-genetics)

Hold On to your kids

<https://johnnysambassadors.org> For the latest in marijuana and THC

My son is adopted from Russia, I'm even more concerned because we haven't had any info on parents. He came to us early 20 months. Has ADHD and is on the spectrum/ SPD.

Dr Gabor Mate

40-50% - Trauma / adverse childhood experiences (not all traumas created equal)

I've learned through Additude Magazine webinars that stimulants can actually decrease drug dependence in adulthood.

Yeah...it helps with impulse control!

Chris Herren

This is my passion- my kid (now with SUD) was diagnosed in 7th and treated very badly in school- it's my goal in life to help stop this from happening

He's 19 now

Chris Herren spoke at my 18 yo daughter's school. He is EXCEPTIONAL. Really made an impact in a good way.

Diagnosed ADHD

I'm with you.

<https://herrentalks.com/about/>

a huge part of my recovery was really practicing unconditional self acceptance which I learned about in SMART Recovery, and that really spoke to the neglected autistic little kid that I used to be and it helped me so much to just accept who I am and incorporate into the world

thank you for sharing! This is also one of my passions due to family history.

Awesome!

Exactly. The body wants to find a way to bring down the sympathetic nervous system.

Thank you for sharing this. I really appreciate you and this post.

Did you watch this from Mark Mason?

<https://www.youtube.com/watch?v=tOuUgGWLYa0>

The video title is I Quit Drinking Alcohol... But Did Not Expect This

I love that!

I have a question, I give my son supplements and they are in pills, how to make sure that

taking pills to feel better is not kind of an initiation to take stuff in order to feel better

Very good question.

Lord knows I'm having MOMENTS 🙄🙄🙄

I guess talking about feelings and how some substances numb our feelings and some don't. Vitamins don't help you forget your bad feelings, but drugs and alcohol do.

or even just explaining why there's a tiny drink menu at the restaurant

New movie out about this. Screenagers: Under the Influence. About all the messages teenagers get from apps, movies, etc.

Even sugar can serve the purpose of numbing our feelings and helping us dissociate from unpleasant situations and feelings. Hence talking about mindful eating also dovetails into talking about substance use

Even seeing a stranger under the influence in public is an opportunity to have the conversation.

REMINDER: Please submit your questions through the Q&A button (next to the Chat button in the Zoom menu bar) so they aren't missed in the chat.

Awesome idea

Or which is most helpful for kids...to share your past exploits or not

i think if I talk about the benefits I need to talk about the whole picture and get thr disadvantages, usually long term, in the story

No Europeans don't handle alcohol 😊

Oh you just said it

peer pressure for me was always that I got along with people better when we were all stoned, it's not that anyone was pressuring me directly to smoke

Where can I find inoculation strategies or skills??? This is fascinating.

She wrote a book called The Addiction Inoculation (Jessica)

The Addiction Inoculation: Raising Healthy Kids in a Culture of Dependence. by Jessica Lahey.

We've had Jessica come speak - she's great at connecting with your community!

Yay that was me!!

Who's life skills training?

Botvin's Life Skills.

Thank you

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GREAT QUESTION

Also expensive

This is a HUGE PROBLEM (expense of treatment)

Yep we had that problem when my son (ADHD) was in treatment

Recovering My Kid

Can we have these all typed out

yes

This is so difficult. We were looking into Wilderness Therapy and couldn't handle the cost. Thankfully we had some shifts at home that helped.

Beautiful Boy: A Father's Journey Through His Son's Addiction by David Sheff

Northshore Recovery - 16 and In Recovery (documentary on MTV)

Recovering My Kid by Joseph Lee

High - David & Nick Sheff

Thx!!!

COOOL

Will buy right after this

Story of my life

YEEESSSS

awesome

Thank you

I knew this would be great- awesome session

Thank you so much!! I'm loving The Addiction Inoculation and sharing the title with everyone I know.

We also have to teach boys that getting girls by using alcohol it is setting up for failure too

01:47:01 Tracy Cordon: Yes Agnieszka!

This has been so educational and give s\

Giving us a lot of information.

teacherlahey@gmail.com

Oh I will be watching you on Insta STAT!

Wow, thank you

Thank you!!!

Cannot wait!!!!

Thank you so much Jessica and Debbie!! Ordered my book, Amazon says it will be here tomorrow!!

Thank you!! This was so helpful.

Thank you! Always a treat!

You BOTH are treasures!!

Absolutely fantastic

Thank you all

Thank you Jessica and Debbie!

THANK YOU!!!!!!!!!!

thanks

Welcome!!