

# The ME WE Family Education & Support Program

## Newsletter Volume 3

Making a difference,



now that you know.

### ***SELF CARE.....31 Tips to Boost Your Mental Health!***

1. Track gratitude and achievement with a journal. Include 3 things you were grateful for and 3 things you were able to accomplish each day.

2. Start your day with a cup of coffee. Coffee consumption is linked to lower rates of depression. If you can't drink coffee because of the caffeine, try another good-for-you drink like green tea.

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***Mental Health Matters***

### ***PSU Study Shows Vaping Cannabinoid Acetate Leads to Formation of Deadly Gas***

.A new study by Portland State University's Robert Strongin and doctoral student Kaelas Munger provides insight into the potential risks of vaping cannabinoid acetates. They found that the toxic gas known as ketene is released when cannabinoid acetates are heated under vaping conditions. Ketene was found previously by researchers studying vitamin E acetate in 2019 in the emissions from a commercial e-cigarette. This led to ketene's identification as a possible source of the vaping-induced lung injury outbreak that led to nearly 3,000 hospitalizations and deaths in the U.S. as of February 2020. While ketene is known to be toxic to humans, Strongin said it's too dangerous to study in order to fully understand its impact on the human body.

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### ***Children Are Accidentally Consuming Marijuana Edibles***

Over the past few years, Marijuana has become legalized for recreational use in certain states across the US. A new study has found that nationally, and specifically in legalized states, the rate of children getting sick after accidentally consuming Marijuana edibles has been significantly increasing. What Are Marijuana Edibles?

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### ***Burnt Toast Makes You Pretty by Mary M***

Wonder Bread was the only "store bought" bread at our house. It was primarily for my dad's lunches at the steel mill. My sister and I sometimes made toast with that bread. There were times that we would unintentionally leave the toast under the broiler too long. We would unsuccessfully try to scrape all the burn off as best that we could. We knew that it was our fault but we would ask for additional slices. Only the very burned slices were thrown away

Our mom would monitor the remaining slices needed for our dad's lunches. Sometimes she would say "yes" and sometimes she would say "no". When the answer was no she would say "A little burn won't hurt you. Anyway, burnt toast makes you pretty!" We figured - - well, she is our mother so she must know what she is talking about. So we would eat our scraped toast and keep moving.

Over the years, I considered this childhood memory a life lesson. When your "life's toast" gets burned and it is your fault, scrape off as much burn as you can and keep on moving.

Just remember what my mom would say.....**Burnt Toast makes You Pretty.**

God grant me the serenity to accept the things I cannot change, the courage to change the things I can and the wisdom to know the difference.

## Impaired Driving



Every day, 29 people in the United States die in motor vehicle crashes that involve an alcohol-impaired driver.<sup>1</sup> This is one death every 50 minutes.<sup>1</sup> The annual cost of alcohol-related crashes totals more than \$44 billion.<sup>2</sup> Thankfully, there are effective measures that can help prevent injuries and deaths from alcohol-impaired driving

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## Myths about drinking alcohol

We know much more about the effects of alcohol today than in the past. Yet, myths remain about drinking and drinking problems. Learn the facts about alcohol use so you can make healthy decisions.

**Myth #1: I Do Not Have a Problem Because I Can Hold My Liquor:** Being able to have a few drinks without feeling any effects may seem like a good thing. In fact, if you need to drink increasing amounts of alcohol to feel an effect, it could be a sign you have a problem with alcohol.

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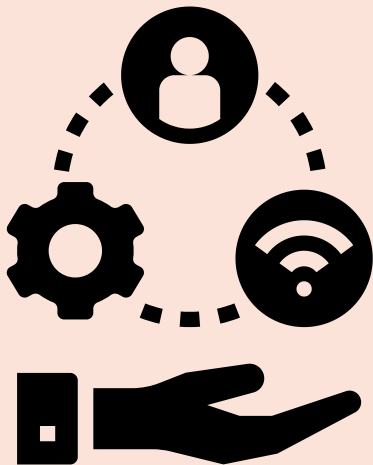
*September is Recovery Month. Click [HERE](#) to see what's happening in your community.*

## U.S. Death Toll From Drug Overdoses Is Rising Fast Among Black and Indigenous People

NPR (07/20) – Historic rises in drug overdose deaths are disproportionately affecting Black and Indigenous people in the United States. A new analysis from the Centers for Disease Control and Prevention using data from 25 states finds that fatal overdoses increased by 44% among Black people in 2020 compared with the year prior

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### Resources



ME WE  
Family Groups

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Nar-Anon  
Family Groups

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Al-Anon  
Family Groups

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United Way  
First Call for Help

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## Highly Potent Weed Creating Marijuana Addicts Worldwide, Study Says

CNN (07/25) – Higher concentrations of tetrahydrocannabinol or THC -- the part of the marijuana plant that makes you high -- are causing more people to become addicted in many parts of the world, a new review of studies found. Compared with people who use lower-potency products (typically 5 to 10 milligrams per gram of THC), those who use higher-potency cannabis are more likely to experience addiction and mental health outcomes, according to the study published Monday in the journal *Lancet Psychiatry*.

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