

Agenda and Minutes Health/Wellness Meeting 10/16/19

Agenda Item	Discussion	Next Steps
<p>Introductions</p>	<p>Present: Katy DiCara, Jane Scease, Amanda Hersey, Jessica Factor, Mary Booth, Andrea Saniuk-Gove</p>	
<p>Guest Speaker = Andrea Saniuk-Gove, Prevention Specialist, Access Health</p>	<p>Vaping 101 The group had a good understanding about vaping in general. Andrea talked about JUUL which is now a very popular brand of e-cigarette. In two years only 21 year olds will be able to purchase JUULs online or in shops. 19 and 20 yo are grandfathered until 2021.</p> <p>Starter kits are about \$49.99 and each pod costs about \$35 for a variety pack.</p> <p>Kids use social media to show and share and sell. If just one kiddo has one, then many can share it.</p> <p>SMOK is a popular brand for a tank system. Melon is one of the most popular flavors. By far youth are using the small USB devices SUROIN AIR looks like a flat cartridge or makeup compact.</p> <p>Companies target youth. More than 90% of the devices have nicotine in them.</p> <p>Pulmonary illness is similar to flu with shortness of breath, fever. As of October 8, 2019 there was a pulmonary illness reported in hospitals in every state. Many people have used a combination of THC with vaping device.</p> <p>Some devices are just for THC and some are for nicotine. Users however may use the wrong device leading to explosions as the device heats up.</p> <p>Lungs are being damaged via almost burn like injuries. Similar to lung damage from</p>	

	<p>someone in a fire. Chemical burns. But CDC has not been able to pinpoint the culprit. In Maine 5 cases with one under 18 yo.</p> <p>Vapor is not a water vapor. It is a toxic aerosol. It is different than a cloud of smoke.</p> <p>Correlation between vaping going to cigarettes is when a person is so addicted that they may segway to cigarettes for a lessening of the dose.</p> <p>At one point it was marketed as a cessation device but in fact it is marketed to youth.</p> <p>Treatment for Students/Staff who Are Addicted “BeFree” to be launched in Noember to be housed at the Parkview Campus through Midcoast Hospital. Combines both behavioral counseling plus nicotine replacement.</p>	
<p>Update on Yesterday’s Community Adolescent Mental Health Group Meeting</p>	<p>Featured Topic = Vaping</p> <ul style="list-style-type: none"> ● Prevention ● Treatment ● Requests from Access Health to support MSAD 75 Needs 	
	<p>Consider: Engaging students in a campaign that challenges others to stop the behavior. Talk to the student School Board reps. Anthem EAP might be able to help support staff and also the Be Free Program.</p> <p>Post our Tobacco Free Signs</p>	<p>Amanda, Jessica, and Katy will share new vaping info with DLT next Monday at the scheduled meeting and share input from the group.</p> <p>Share a report with the School Board on the new law. Amanda will talk to Shawn and let us know recommended next steps.</p> <p>Provide law to employees - Andrea will provide us with the link to the handout on the new law. Jessica will share with employees.</p>

		Make part of orientation as new employees are hired.
	Upcoming Meeting Dates: 11/20	