

UPCOMING
DATES TO
REMEMBER!

Apr to May -
Resilient Kids at
Caring Place every
Tuesday from
3:30pm - 5pm.

Mar to Apr -
Resilient Youth at
RASS every
Wednesday from
3:30pm - 5pm.

Mar 22nd to Apr
19th -
**Community
Education
Workshops** at the
Brighthouse library
every Wednesday
from 3pm - 4:30pm.

Spring 2017 -
**Kick it! Smoking
Cessation Program**
for youth 24 and
under at various
locations around
Richmond. Email us
for more info.

**Stay tuned for
more updates
in the
upcoming
months!**

RASS NEWSLETTER

VOLUME VII, ISSUE I

APRIL 2017

Vaping Devices Need Regulation

Research is mixed around the negative impacts of vapour device use, including whether youth use of vapour devices leads to tobacco use.

In a review of 1,622 journal articles, the Centre for Addictions Research of British Columbia (CARBC) found no evidence of any gateway effect where youth who experiment with vapour devices were more likely to take up tobacco use. The report states that, "...available evidence is that tobacco use by youth has been declining while use of vapour devices has been increasing."

Observations from the report found there is encouraging evidence that

vapour devices might be as effective as other nicotine replacements to help smokers quit. They also reviewed literature on second-hand exposure and the toxicity of vapour devices compared to cigarettes.

Based on the reviews of the literature, they found that vapour creates measurable but small exposure to nicotine, and no significant carcinogens such as those found in tobacco smoke. It is still unclear whether exposure to low levels of nicotine pose any health risks. Additionally, vapour from e-cigarettes contains substantially fewer toxicants than smoke from regular cigarettes. However, there is still insufficient

research regarding significant carcinogens that may still be present.

Their recommendations include regulation of vapour devices, along with policies that aren't driven by fears of the 'gateway effect' but towards smoking cessation programs.

If you, or anyone you know is interested in quitting cigs, vapes, or smokeless tobacco, RASS is offering a 10-week Kick It Program for youth 24 years and younger. Participants will be given up to \$40 upon full completion of program. Email info@richmondaddictions.ca or call 604-270-9220 for more info!

Is Screen Time Harming Wellbeing?

In a study done by researchers at Oxford University, certain levels of technology use may actually be beneficial to children.

A rise in the use of technology has led to fears that youth are damaging their social skills and mental health by spending more and more time online. However, this study, which included 120,000 15-year olds, found that gadgets actually had a positive impact.

Dr. Andrew Przybylski, of the Oxford Internet Institute states, "Overall we found that modern use of digital technology is not intrinsically harmful and may have advantages in a connected world unless digital devices are overused or interfere with schoolwork or after school activities."



He added that, "Our research suggests that some connectivity is probably better than none and there are moderate levels that as in the story of Goldilocks are just right for young people."

They found that wellbeing peaked at about 4 hours and 17 minutes for computer use, two hours for smartphones, and 1 hour and 40 minutes for video games. This suggests that devices have a 'sweet spot' where the

amount of screen time is 'just right.'

The researchers do agree that electronic devices could be harmful if youth are using them to avoid exercise, sleep or making friends. But they also said they could actually be beneficial for development. Dr. Przybylski believes that previous research has oversimplified the relationship between screen time and mental wellbeing stating, "...we need to drastically reconsider the way we think about screen time - there just isn't a simple negative correlation between using digital technology and wellbeing."

If you are concerned about your own or a loved ones technology use, RASS offers free, confidential counselling for youth & families.

If you have any questions or concerns regarding any of the articles, contact us:

Richmond Addiction Services

200-7900 Alderbridge Way
Richmond, BC V6X 2A5

Phone: 604.270.9220

Fax: 604.270.9245

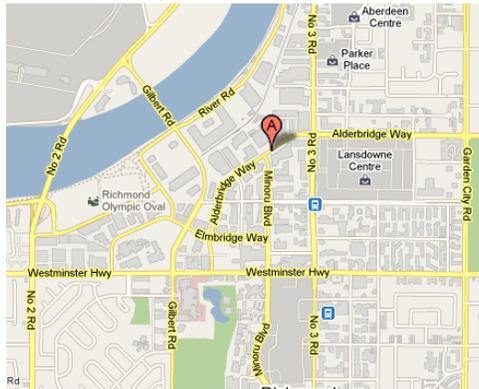
E-mail: info@richmondaddictions.ca

RASS

Richmond
Addiction
Services
Society

Richmond Addiction Services is a non-profit, charitable society aimed at providing expertise in preventing and treating addictions in our community. RASS provides a wide range of services to residents of all ages in the City of Richmond and has been in the community for over 40 years.

*Excellence in Addiction Prevention—Education,
Engagement, Treatment*



GET INVOLVED!

Donate: Make a financial or in-kind contribution

Join: Become a Member of RASS

Volunteer: Email info@richmondaddictions.ca



Suicide Prevention Amongst Older Adults

Men in their retirement years have amongst the highest rates of suicide in Canada. Baby boomers in particular, have higher rates of suicide than their previous generations.

In a webinar presented by Dr. Marnin Heisel, Dr. Heisel explains that previous suicidal behaviour is the strongest risk factor for death by suicide among older adults. Having a mental disorder also increases the risk for suicide. For example, risk of suicide is high for those emerging from a depressive episode.

He recommends taking any threat of suicide or wish to die seriously regarding late-life suicide risk. Research evidence supports that shared or collaborative care between mental health providers and primary care practitioners

Know the Warning Signs

I Ideation
S Substance Abuse

P Purposelessness
A Anxiety
T Trapped
H Hopelessness

W Withdrawal
A Anger
R Restlessness
M Mood Changes
?

The American Association of Suicidology suggests using the acronym IS PATH WARM as an assessment for suicide warning signs.

can enhance the identification of depression and suicide risk, can enhance the uptake of mental health services, and can very effectively help reduce the symptoms of depression and thoughts of suicide.

Other tips include:

- Being aware of suicide warning signs.
- Being aware of risk factors for suicide—even for those who don't express mental health problems or suicidality.
- Preparing a crisis or risk management plan before the crisis occurs.
- Focusing on resiliency factors such as: religious/spiritual practise, sense of meaning/purpose, sense of hope/optimism, social supports, good health care practises, positive help-seeking behaviours, & engagement in activities of interest.
- Learning about available community resources. Don't work alone!

To listen to the full webinar, visit: <http://www.chnet-works.ca/>