



Nurtured Heart Approach—Lenox at Precious People

Sponsored by Quad Counties 4 Kids Early Childhood Area

- Thursday, February 7 – 6:00 PM light meal with class 6:30—9:00 PM
- Monday, February 11 – 6:00 PM light meal with class 6:30—9:00 PM

Child Care Training Credit, CEUs of 5 hours each for Nursing and Social Work. This is a two-session training. Participant must attend both sessions to receive credit. Nursing and SW CEUs will be \$10.



Quad Counties 4 Kids Early Childhood Area
Adams, Ringgold, Taylor and Union Counties
Strengths, Weaknesses, Opportunities, Threats
Re-designation Planning

Wednesday, February 13, 6:30 – 8:00 PM

SWCC Multipurpose Room at the Performing Arts Center

It is time for our area to begin the re-designation process. Part of that process includes updating our community plan. We are inviting those who provide, or receive services, and anyone who is interested in the in early childhood issues in the four-county area to be part of the planning process. ***A light supper will be served at 6:00 PM***



The Parent Partner will:

- Work intensively with birth parents (parents of children in care) to promote engagement in case plan activities.
- Help maintain connections between parents and children while in out of home care.
- Share insight and understanding about their own personal experiences that may help the birth parents be successful in their own reunification efforts.
- Assist in the goal of reunification and/or the development of appropriate alternative permanent plans.
- Provide a sense of hope and inspiration to parents in the "system."
- Connect parents with resources.
- Provide encouragement, outreach and support

...We will support you through this process!

We've been there...

Parent Partners are men and women who have been involved with the Department of Human Services (DHS) due to child protection issues. At one time, their children were removed from their primary care and have since been successfully reunified.

Often Parent Partners have had personal experience with domestic violence, substance abuse, and or mental health issues. It is these experiences that make Parent Partners so beneficial to families who are currently receiving DHS services due to child protection issues. Parent Partners are able to offer hope, realistic advice, and advocacy for families. Parent Partners are selected based upon their interpersonal skills, successes, and proven abilities to overcome obstacle, whose "life experiences" are seen as valued education.

Contact:

Courtney Vestal

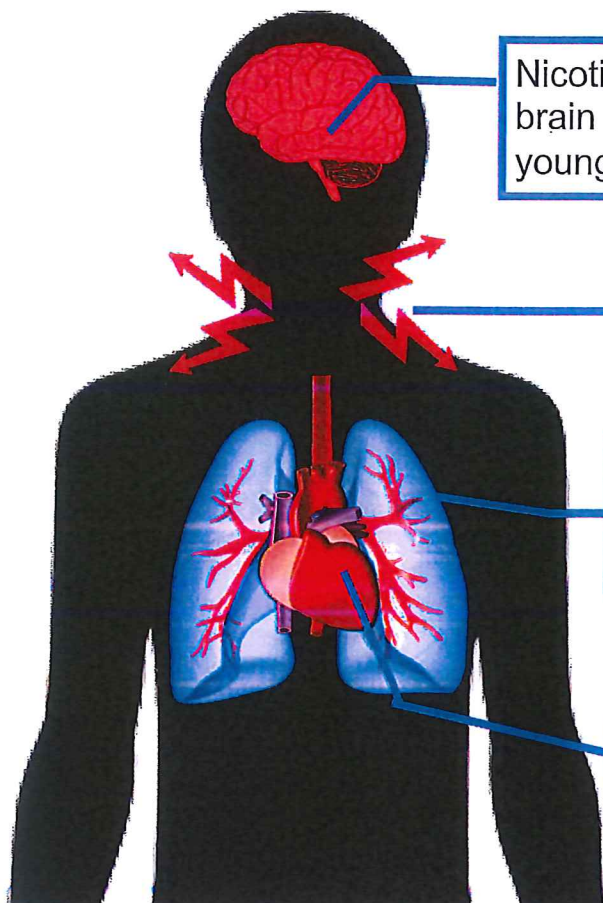
Parent Partner Coordinator

Fremont, Harrison, Mills, Montgomery, Page,
Pottawattamie, and Taylor counties

402-670-6147

Risks of E-Cigarette and Vape Pen Use

Although the overwhelming majority of young people do not use e-cigarettes, the recent increase in use among adolescents is concerning to health professionals.



Nicotine use in early adolescence causes changes in the brain that make **life-long addiction** much more likely for young e-cig/vape users.

Ear, eye and throat irritation is common among e-cigarette/vape pen users.

The aerosols produced by the chemicals in e-juice, enter into the user's lungs unfiltered and leave **chemical residue** behind.

Nicotine is known to have effects on the cardiovascular system. Some recent studies show that acute use of e-cigarette impaired flow-mediated dilation, this suggests that e-cigarettes can lead to **cardiovascular diseases**.

Recent studies show that e-cigarette/vape pen use is associated with the use of other tobacco products that are known to cause further health issues, including **cancer** and **heart disease**.

Many people incorrectly believe that these devices produce a water vapor when in fact they create aerosols that contain **harmful chemicals**, and **ultra-fine particles** that are inhaled into the lungs and out into the environment, making them harmful to the user and others nearby.

These devices are still very new so many of the long-term health consequences of their use is still not known. Even still, the mounting evidence shows that these devices are **not harmless**.



QUITTING SMOKING

**Nearly 70% of smokers
say they want to quit.**



Quitting:



20 minutes:
heart and blood
pressure
decrease



1 year:
risk of **coronary heart
disease** and **heart attack**
is reduced



10 years:

risk of **dying from
lung cancer** is **50%
less likely** compared
with a current
smoker's risk



2-3 weeks:
circulation and lung
functionality improve



5 years:

risk of **mouth, throat, esophagus** and
bladder cancer are **decreased by
half** and risk of cervical cancer
and stroke decline to that
of a nonsmoker

70%

**of smokers say
they want to quit.**



**Most smokers
who attempt to quit
do so "cold turkey"
and are not successful.**

**Counseling, medication
and digital programs**
increase a smoker's
chance of success.



**Medications and counseling
together can more than
triple that chance.**

