



# Just the Facts.

## Science-Based Health Education

August 2018  
School Newsletter

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### In the News



#### Psychiatric News: **Opioid Prescribing for Teens Exceeded CDC 2016 Guidelines for Adults**

Between 2005 and 2016, opioid prescriptions for adolescents generally were written for longer than three days, and the number of prescriptions filled for four and five day supplies increased, according to a

report in *Psychiatric Services in Advance*.

These trends occurred prior to the issuance of guidelines for opioid prescribing by the Centers for Disease Control and Prevention (CDC) in 2016 but during a period of increasing national awareness of the opioid epidemic, according to lead author Mir M. Ali, Ph.D., of the Center for Behavioral Health Statistics and Quality at the Substance Abuse and Mental Health Services Administration and colleagues.

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### From the Experts

#### ***Prevention & the Opioid Crisis*** by Olivia Starr

As the opioid crisis continues to claim the lives of dozens of Americans each day, parents, educators, and healthcare professionals are seeking solutions to this unprecedented problem. Opioid abuse presents a unique challenge because of the drugs' legal status and important role in providing relief for legitimate pain sufferers. Many are familiar with the story: as opioids became the go-to for acute pain cases ranging from sports injuries to routine dental surgery, addiction and overdoses skyrocketed. Opioids became the "gateway drug" to heroin.



How do we prevent addiction when so many will be prescribed these drugs in their lifetime?

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## Schedule This Year's Programs



Remember you can go online and request the time that works best for you:

[Schedule Programs >](#)

Or if you need a quick refresher on the programs we offer:

[Program Descriptions >](#)

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## In the News

Addiction Policy Forum:

### **What is Addiction? Understanding the Brain Science of Addiction**

A great 4 minute video on the basics of what happens to the brain during the stages of addiction.

A video player interface showing a play button and the text "What is Addiction?". The video is currently paused. The background is a light blue color with a large, faint play button icon in the center.

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## RCC Series: *Different Viewpoints*

*A series of short articles from different age groups and their perspective on health education as they see it.*

***Step-Out of Your Comfort Zone*** by Danielle Gluckman

I've always worked with kids, from preschoolers to college students, but for the most part across this age span their biggest questions revolve around sexuality. I have seen this innately human topic get shut down from teachers or peers who are embarrassed or unsure of how to keep their composure when talking about the menstrual cycle, but I have also heard patient teachers give eloquent responses to a four-year-old asking why women have breasts. It does baffle me that toddlers, when seeking answers are usually told myths, their parents become unsure if they should tell them where babies come from, keeping private parts "private" and often using euphemisms to refer to these "secret" regions of the body. Not having the proper vocabulary to talk about their bodies can lead to unhealthy practices or not speaking up when something is wrong.

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## Meet Our Board

### *Jeanne Osgood*

Jeanne's community involvement and career have focused on education including the arts, youth development, and social and emotional learning (SEL) since settling with her husband, Mark, in the Burr Ridge area in 1990 to raise their children. She has been a consultant to area schools and districts implementing SEL, worked for the Collaborative for Academic, Social, and Emotional Learning (CASEL), and participated on statewide committees of the Illinois Children's Mental Health Partnership. In 2009, she received a Those Who Excel Award from the IL State Board of Education for her leadership in District 181 to initiate SEL system-wide. As a board member of the District 181 Foundation, she developed its programming for parents.



Prior to her work in K-12 schools, Jeanne taught at the Art Institute of Chicago, area museums, and DePaul University's School for New Learning. She attended the University of Michigan (BA) and the University of Chicago (MA). Jeanne enjoys travelling with her family, biking, and gardening, as well as the arts and assisting English-language learners as a tutor. She is pleased to support the Robert Crown Center as it provides essential learning and life skills to students and families.

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## Meet the Interns

We were fortunate enough to have two fantastic interns this summer. Thank you both for all of your hard work and good luck at school this fall!



***Danielle Gluckman***

*University of Maine*



***Gabrielle Lesnecki***

*DePaul University*

**Masters student in Child  
Development and Family Relations**

**Studying Public Health and Health  
Administration**

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