

LINDON CARES NEWSLETTER



OUR MISSION

Lindon Cares provides resources, education, and support to reduce the risk of abuse, substance misuse, and suicide while promoting supportive relationships and positive mental health in our community.

OUR VISION

Lindon Cares is a prevention coalition that envisions a robust, thriving, resilient community that invests in the future of our youth.

THANK YOU

Our Summer campaign was a beautiful success. We were able to hand out more than 3000 bracelets to people of all ages in our community including students at Oak Canyon Jr High and Timpanogos High School last month during their lunch period. We hope these bracelets will continue to send a message of inclusion and love as time goes on. Thanks to everyone who helped, engaged and supported our efforts. If you didn't get a bracelet and would like one, please let us know ASAP. We have a very limited amount left!

You CAN.

You MATTER.

You BELONG.



WHAT'S HAPPENING

Table Talks at THS- Wednesday October 29th at 12:15pm.

These are for all parents and caregivers. Join us for lunch and a conversation about

The Science of the Positive and creating connections with your youth

Family Values Workshop-Monday, December 8th at 6pm. Bring your family for this interactive, proactive discussion to help define your family values. Dinner is provided and childcare is also provided for ages 5 and under.

All events are free but require registration.

You can register at www.lindonrecreation.org/lindoncares or click [HERE](#)

We appreciate your patience as we work on opening more sessions of our other classes that have filled

RESOURCE SPOTLIGHT

Parents Empowered

Parents Empowered is a statewide media and community education campaign with the goal to have every Utah child reach the age of 21 alcohol-free so they can enjoy the benefits of a healthy brain. Funded by the Utah Legislature, the community-based initiative provides parents and caregivers with information about the harmful effects of alcohol on the developing adolescent brain, along with research-based parenting skills to help prevent underage drinking.

Connection Is Prevention

In Utah:

82% of students say they can talk to parents about personal problems
56.5% of students eat with family **5+** times a week

TOP TIP

Just **one meal** a day makes a difference.

Start small—connection grows from consistency. Start with a few meals a week that work for everyone's schedule.

Utah teens who eat at least one meal a week with their family

19% less likely to feel depressed

33% less likely to vape

19% less likely to consider suicide.

This information is made possible by the

SHARP Survey



Learn more about SHARP:
sharp.utah.gov

Introducing Anjuli Plouzek

Anjuli has been with Lindon Cares for almost 3 years and is a valuable member of our coalition. She is also our instructor for the Guiding Good Choices class where she helps families build connection and apply skills for real life. She has a passion for community service and is often seen helping and volunteering all over our town. Anjuli loves spending time with her family and in her garden. Anjuli and her husband have raised 4 boys in Lindon.



RECAP

At our September Table Talk Tracy Seegmiller, Director of the Utah County Sharing Place, shared some important resources and guidelines for helping to have difficult conversations with our children about grief. Some of these included:

- **Keep it simple. Use simple and honest language.**
- **Allow your child to express raw feelings freely or ask questions.**
- **Give your child choices in what to do and allow them time to share their feelings.**
- **Familiar routines are comforting.**
- **Reassure your child that he or she will be cared for and explain the plan.**



For more information visit www.thesharingplace.org

JOIN THE TEAM

Willing hands matter more than skills. However, some of the roles we are specifically looking for are people who like working with data and working with youth.

QUESTIONS? CONTACT

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