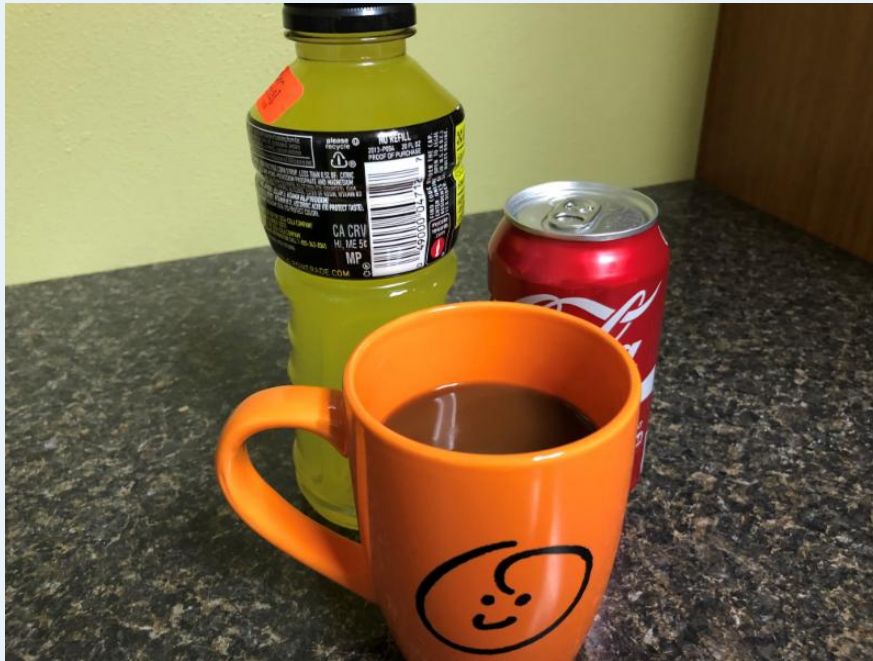




Connected
Community
WELLNESS SCREEN
BWell2Excel

Connected Community Wellness Screen is an emotional wellness screening offered right at school for Samaritan's partner school districts.



Know the Unhealthy Effects of Caffeine on Teens

To tackle a busy school day, homework, extra-curriculars and for some an after-school job, teens often turn to caffeine for an added boost of energy.

Kidshealth.org reports most teens get their caffeine from soft drinks, coffee and energy drinks and **moderate consumption is the key**. While caffeine may not seem dangerous, too much caffeine, especially in young people, can dramatically alter their health and mood.

It is recommended that teens **limit caffeine consumption to no more than 100 mg** of caffeine daily, **which is what is found in:**

- two 12-ounce sodas
- one 8-ounce cup of brewed coffee

- one shot of espresso (found in coffee drinks like lattes and cappuccinos)

[Find a more complete list](#) of common caffeinated products and the caffeine amount they contain.

Too much caffeine interferes with normal sleep. It additionally **can intensify teens' stress levels and lead to:**

- insomnia
- dizziness
- agitation
- increased heart rate
- increased blood pressure
- anxiety, restlessness, nervousness

[According to researchers at Johns Hopkins](#), the more caffeine consumed daily, the more difficult it is to stop and the more severe the **withdrawal symptoms** can become, including:

- severe, throbbing headaches
- fatigue
- sleepiness
- inability to concentrate or focus on activities

How can *you* help your teen consume less caffeine?

Parents, teachers and mentors can be part of the solution by educating teens about the negative effects of caffeine consumption. And, when your teen complains they are tired or you see them dragging, **encourage them to engage in better ways to get more energy by:**

- **GETTING ENOUGH SLEEP.** Teens need 8-10 hours of rest a night. Encourage a routine to help teens fall asleep easier. This includes having them keep away from the computer, TV and phone 30 minutes prior to bed so the brain is relaxed.
- **REACHING FOR A HEALTHY SNACK.** Teens can get a power boost from healthy foods such as trail mix, a banana, a spoonful of peanut butter or a cup of whole-grain cereal that offer protein and healthy fats.
- **DRINKING WATER.** Teens can make water the drink of choice. It keeps them alert, focused and moving easily. It is calorie-free and inexpensive. It keeps teens hydrated without the caffeine, sugar and extra calories.
- **MOVING.** Teens can get a quick boost by getting active. Exercise increases the brain chemicals dopamine and serotonin that make us all feel good. No intensive workout needed. Get an energy boost by simply doing 15 jumping jacks, taking the dog for a walk, shoveling the snow or mowing the lawn.

[Learn more](#) about how to help your teen make choices that give them a healthy energy boost.

This article topic is brought to you as a result of factors the Wellness Screen team has found impacting students this 2017-18 academic year.

Deciphering Teen Behavior -- What's Normal and What's Not?

Participating in the Connected Community Wellness Screen can help differentiate between typical adolescent behavior and signs of emotional health concerns.

Wellness Screen helps provide valuable information. It either indicates emotional health is right on track or reveals an opportunity to intervene while an issue is in early stages.

How does the Wellness Screen Program work?

1. Students complete a **10-minute computerized questionnaire** exploring vision, hearing and dental problems; symptoms of depression and anxiety; suicidal thinking and behavior; attention problems; disruptive behavior; and use of drugs and alcohol.
2. Students meet with a member of the Wellness Screen staff to follow up on their answers within the questionnaire. **When a screening indicates reason for concern, parents are notified** and assisted in connecting with a community resource for further evaluation.

How can I refer an adolescent to the Wellness Screen Program?

Students can be scheduled to participate within their partnering schools where the Wellness Screen is offered including those below, and can do so by contacting our office, or their student services staff/school counselor:

- Appleton Area School District
- Little Chute Area School District
- Oshkosh Area School District
- New London School District
- Hortonville Area School District
- Neenah Joint School District
- Kaukauna Area School District
- School District of Omro
- Seymour Community School District
- Winneconne Community School District

Or, an individual screening may be requested by calling **(920) 886-9319 ext. 122**.

Think you or someone you know might be depressed?

The N.E.W Mental Health Connection is sponsoring an **anonymous screening** for adults, which concludes with a list of local resources that offer help and hope -- including Samaritan Counseling Center.

For more information about Wellness Screen,

please call **(920) 886-9319 ext. 122**

or visit our [website](#).

Connected Community Wellness Screen is administered through Samaritan Counseling Center .

Connected Community Wellness Screen is supported in part by:

Basic Needs Giving Partnership within the Oshkosh Area Community Foundation

Bemis Company Foundation

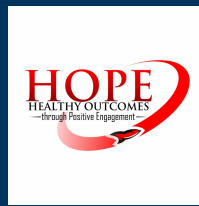
Kimberly-Clark Cares

Oshkosh Area Community Foundation

Oshkosh Corp. Foundation

Plexus Corp. Charitable Foundation

Community collaborative programs on school based mental health include:



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