



With this past year of pandemic-related grief and social distancing, it has been a period of increased stress and anxiety for many people young and old. For those who struggle with substance use disorders, the experience may have even higher levels of stress, as well as a range of other feelings.

*Below are a few resources to help you, your child or someone that you know, face these challenges:*

- **Supporting a Loved One:** [www.samhsa.gov/family](http://www.samhsa.gov/family)  
Resources for families supporting a loved one dealing with substance use disorder
- **Seeking Treatment:** [www.samhsa.gov/findtreatment](http://www.samhsa.gov/findtreatment)  
Resources for anyone struggling with mental health or substance use
- **Youth Support:** [Support For Teens and Young Adults | CDC](#)  
Managing Youth Stress and Substance Use during COVID-19
- **Suicide Prevention Lifeline:** [www.suicidepreventionlifeline](http://www.suicidepreventionlifeline)  
Free, confidential crisis counseling and emotional support that is available 24/7/365
- **Santa Ynez Valley Youth Coalition:** [www.syv youthcoalition.org](http://www.syv youthcoalition.org)

It has been a year full of sacrifice, grief and uncertainty. But it has also been a year full of **resilience** and **strength**, of **growth** and **perseverance**. We are grateful for our parents and teens and the High School Administration and Staff for continuing to persevere through the many challenges in order to meet the needs of our students.

As we conclude this historical year of 2020, SYV People Helping People along with the Valley Youth Coalition, wish our school community a Healthy, Hopeful and Happy New Year!

Valerie Kissel, PHP CEO, Mary Conway, Coalition Director  
Marisela De La Cruz, Youth Services Specialist  
Jennifer Cabrera, Coalition Data Specialist

