



Volunteering is extremely valuable in itself to the specific causes, communities and individuals that utilize and rely on volunteers. Volunteering can also be an enjoyable and simple way for you to explore special interests you may have in your community and/or perhaps in the world.

And while the primary purpose of volunteering may be to help support specific causes, improve communities and provide hope and support to individuals, we also know through scientific research and surveys that there is also a tremendous payoff to those who volunteer.

Research shows volunteering lets you see your own life in new ways, helps you put your life in perspective and helps you recognize those things in your life, communities and the world that truly matter.

Furthermore, research has shown that volunteering increases a person's own personal self-worth and their overall sense of self as well as increasing their overall satisfaction of their life.

Beyond that, research has also shown that volunteering helps improve a person's psychological and emotional well-being as it decreases stress levels and helps reduce the severity of depression. As we know, volunteering generally makes those who volunteer feel great about themselves and what they are doing for others.

Volunteering is also a great way to help improve and expand your skills while helping others. Research has shown that volunteering and using skills you already possess will not only help you enhance and refine those skills but it often times will also help you learn and develop additional skills. This is a huge added benefit to you. Learning and developing your skills and talents could lead you to a career. Plus, it provides you with hands on experience that looks great on a resume and may give you a leg up when applying for a particular job or position, whether that be in high school, college or beyond.

Volunteering also often helps you by enhancing your personal knowledge, expands your experiences, and helps you develop better communication skills.

Moreover, volunteering has also shown to help improve a person's physical well-being. The Corporation for National & Community Service reported that volunteering has shown that those who volunteer have an increased living rate (live longer) and are more likely to continue and able to live independently on their own when they are older.

All in all, one of the greatest gains from volunteering is empathy. Empathy is the ability to relate to others, work together and form positive relationships. It involves seeing things and the world from another person's perspective and experiencing their feelings on a second-hand level.

Volunteer work does you, and all those you help, a world of good!

Here are a few general places and ways you can look to volunteer your time, skills and energy.

- Tutoring or Mentoring Programs
- Soup Kitchens or Homeless Shelters
- Animal Rescue Shelters
- Local & National Non-Profits

or

- Have a Bake Sale
- Hold a Car Wash
- Plan a Donation Drive (donations for places like food banks, homeless shelters or animal shelters)



For more information and ideas on how to volunteer, you can search online, ask your school administrator or school counselor.

<https://www.volunteermatch.org/volunteers>

<https://www.whitbyschool.org/passionforlearning/why-is-community-service-important>

<https://www.rootsofaction.com/community-service-ideas-for-youth>

<https://www.uhs.wisc.edu/wellness/student-volunteering-could-have-health-benefits/>

<https://bigfuture.collegeboard.org/get.../volunteering-how-helping-others-helps-you>

A Closer Look at CBD Oil

Cannabidiol, commonly referred to as CBD oil, is growing in popularity throughout the US including Nebraska. Its popularity has increased largely because of the claims that CBD oil can help with inflammation, anxiety and epileptic seizures (HealthDay News). CBD oil has been featured in numerous news stories and ads recently. The Lincoln Journal Star reported on a mother and son that were arrested in Scottsbluff in December of 2018 for selling CBD oil in their store. CBD oil is also being offered at shops in Lincoln and Omaha, but what exactly is CBD oil?

CBD is one of hundreds of components in cannabis (marijuana). CBD is the “second most prevalent of the active ingredients of marijuana” according to Harvard Medical School. However, CBD does not cause a user to get “high”, like tetrahydrocannabinol (THC). CBD is also found in hemp, which is from the same species (*Cannabis Sativa*) as marijuana. Although CBD is found in both marijuana and hemp, CBD oil is commonly derived from hemp.

Cannabis oil has been used as a general term to describe CBD oil, hemp oil or cannabis oil, but typically cannabis oil is a mixture of CBD and THC. CBD oil does not contain THC or contains trace amounts (0.3% THC or less).



The legal debate of cannabidiol is a complicated one. In 2018, Nebraska Attorney General Doug Peterson released a memo stating “Cannabidiol has been and continues to be included in Nebraska’s Uniform Controlled Substances Act’s legal definition of “marijuana.” (See, Neb. Rev. Stat. § 28-401(13)). This means that, with two exceptions, cannabidiol is a Schedule I controlled substance.” The exceptions are a UNMC study to possess CBD for the medical study of seizures (LB 390) and if a drug contains CBD that is FDA approved (LB 487). Furthermore, with the exception of the situations listed above “it remains illegal to possess, manufacture, distribute, dispense, or possess with the intent to manufacture, distribute, or dispense. Such conduct is subject to prosecution for illegally possessing or trafficking a Schedule I controlled substance.” In December of 2018, Congress passed the 2018 Farm Bill that includes the legalization of cultivating hemp and removes hemp from the Controlled Substances Act. However, if a hemp product is marketed with a “claim of therapeutic benefit, or with any other disease claim”, it must be approved by the FDA for the intended purpose (FDA.gov). It is illegal to market CBD as food or a dietary supplement without the approval of the FDA. The FDA previously sent warning letters to businesses selling CBD oil, but the legalization of hemp may continue to exacerbate the problem. Time will tell how Nebraska law enforcement and the FDA will respond to the selling of CBD oil.

There is evidence that CBD has medical benefits. In 2018, the FDA approved medication, Epidiolex, to treat two forms of epilepsy in children. Studies suggest that CBD may also help people with anxiety and insomnia to fall asleep and stay asleep. Other studies show that CBD may reduce inflammation caused by arthritis, but these studies have yet to be completed on humans (Harvard Health Publishing).

Although, there is evidence that CBD does have medical benefits, it is recommended that CBD oil only be taken under supervision of a physician. Short term effects may include nausea and fatigue, but other side effects may occur due to interactions with other medications or other chemicals found in the CBD product. CBD oil is considered a supplement by the FDA, which means it is not regulated by the FDA. The

label on a bottle of CBD oil may not accurately detail its contents. A 2017 study by the University of Pennsylvania School of Medicine found that 7 of 10 CBD products did not contain the amount of CBD indicated on the label and 1 in 5 contained THC. THC can increase anxiety or worsen seizures, which is very problematic considering CBD oil is used primarily to reduce anxiety and seizures. CBD can also cause blood thinning and interactions with other medications (HealthyDay News).

CBD oil should only be taken under the supervision of a medical doctor. More research needs to be done to understand the effects of CBD on the body and developing brain. If you find your child is using CBD oil, determine the reason for their desire to use. Youth may self-medicate to alleviate symptoms from anxiety or depression, for example. Then talk to your pediatrician about all of the options for treatment.

Resources:

<https://drugfree.org/parent-blog/what-parents-should-know-about-kids-using-cbd/>

References:

https://journalstar.com/business/local/scottsbuff-raid-heightens-debate-over-legality-of-cbd-oil-sales/article_410035d8-81a2-5547-b330-7e078335c97c.html

<https://www.health.harvard.edu/blog/cannabidiol-cbd-what-we-know-and-what-we-dont-2018082414476>

https://fremonttribune.com/cbd-memorandum-from-attorney-general-doug-peterson/pdf_a88d4e39-769e-5623-8ec5-466af0d6cf5b.html

<https://www.fda.gov/NewsEvents/Newsroom/PressAnnouncements/ucm628988.htm>

<https://consumer.healthday.com/public-health-information-30/marijuana-news-759/cbd-oil-all-the-rage-but-is-it-really-safe-and-effective-733556.html>

Understanding Anger in Children and Adolescents



Anger is an emotion that often comes with a negative connotation. However, anger, like any other feeling, is a normal emotion that everyone feels from time to time. Anger can result from deeper feelings of hurt, fear, frustration, rejection or pain, making it challenging to understand. Anger itself is not unhealthy, it is how we channel and process the anger that can become problematic. Knowing the difference between healthy bouts of anger and anger that might be a sign of a more serious emotional disturbance can help caregivers and educators more appropriately intervene and offer support.

It should be noted that it is not uncommon during early childhood for kids to have outbursts or angry tantrums. As children enter into school, they begin to gain more control over their impulses and start to develop social emotional skills like self-regulation. As children's brains continue to develop, they gain the ability to manage their anger constructively, if they live in an environment where anger is handled in a healthy way. Problems with peers, family or at school may become apparent for children who continue to struggle with anger and aggression as they grow in development. A number of factors can contribute to a child or adolescent's individual struggles with anger including:

- Genetics and other biological factors
- Behavioral health conditions such as ADHD, autism, Obsessive-Compulsive Disorder, Anxiety and Depression
- Environment including the role of trauma, family dysfunction and certain parenting styles

According to Yale Medicine Child Study Center, anger issues are one of the most common reasons children get referred for behavioral health treatment. When anger begins to interfere with a child or adolescent's daily life, professional guidance can be helpful to help get to the root of the anger. Some signs of concern can include:

- Being unable to control aggressive impulses and hitting people (other than siblings), past the age of 6
- Frequent explosive outbursts
- Constantly oppositional
- Unable to acknowledge his/her role in creating the situation (feeling victimized or picked on)
- Frequently losing friends or is often caught up in interpersonal conflict
- Appears preoccupied with revenge
- Threatens to hurt his or herself physically (or actually does so)
- Damages property regularly
- Repeatedly expresses hatred towards self or someone else
- Hurts smaller children or animals

Due to the many possible causes for anger, emotional outbursts and aggression, an accurate diagnosis is key in getting a child help. A family physician or trained mental health professional can help guide families towards appropriate interventions and supports.

Parents and caregivers play an important role in helping to teach and guide youth towards healthy anger management. Some helpful strategies and tips include:

- Start with yourself- model self-regulation and conflict resolution skills
- Remember that all feelings are allowed- listen and acknowledge feelings of anger. Remember that acknowledging feelings doesn't mean you have to share the same perspective.
- Help your child to recognize warning signs and triggers
- Engage in practices and routines to help your child work through daily emotions- encourage talk about negative feelings or conflicts
- Offer guidance to build on problem-solving skills
- Have rules, rewards and consequences
- Teach the STOP approach:
 - Slow down and take a breath
 - Think about what you want to do or say
 - Review your options
 - Proceed to action

References: American Psychological Association; Yale Medicine; <https://psychologytoday>; The Child Mind Institute; National Association of School Psychologist