



What's **SAP**pening

BROUGHT TO YOU BY CENTER FOR HUMANISTIC CHANGE STUDENT ASSISTANCE PROGRAM LIAISONS

September / 2022



Upcoming Events

- 9/9 FASD: Fetal Alcohol Spectrum Disorder
- National Hispanic Heritage Month 9/15-10/15
- Childhood Cancer Awareness Month
- National Suicide Prevention Month
- Childhood Obesity Awareness Month
- National Food Safety Education Month
- 1/ Ginger Cat Day
- 29/ World Heart Day

Center for Humanistic Change

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Fentanyl Poisoning – It's Killing Kids

It's not just from 'over there' but in every neighborhood and school.

It's twenty times cheaper to produce than other illicit substances, has a stronger hook to addiction, and dealers are lacing many drugs with this.

Two salt-sized grains of fentanyl can kill someone — it's fifty times stronger than heroin. 1 in 4 pills are laced with the poison.

What is fentanyl?

Fentanyl is a synthetic drug (an opioid), that is similar to morphine but is 50-100x more potent and dangerous.

How are kids getting fentanyl?

The drug has been found in vape pens in middle and high schools. There is also a concern that kids are being targeted, as criminals make fentanyl pills disguised as Oxycodone, Adderall, and Xanax. Drug dealers connect with kids online through social media platforms like Snapchat, Instagram, TikTok, and YouTube.

Symptoms include:

- A child who is sedated
- Cold and/or clammy skin
- Respiratory depression, or slow and ineffective breathing
- Slurred speech
- Small, constricted "pinpoint pupils"
- Unusual, erratic behavior
- Agitated behavior
- Choking or gurgling sounds
- Exhaustion/lethargy
- Discolored skin (especially in lips and nails)



naturalhigh.org/risks-of-fentanyl-poisoning



Mark your calendars for the 2022 Opioid Education Forum!



Lehigh and Northampton Counties Drug and Alcohol Divisions and CHC will host the **2022 Opioid Education Forum on October 6, 2022, 8:00 AM to 12:00 PM**. This year's forum will focus on the connection between mental health and substance use disorder. All speakers will appear in person at a local college and via livestream to schools and other "learning hubs" throughout the Lehigh Valley.

Featured speakers include:

8:00-9:00 AM **Tony Hoffman**, former BMX Bike Champion and Olympic Coach, shares his story of substance misuse related to mental health, imprisonment and rebuilding his life's purpose to inspire others.

9:00-11:00 AM Local speakers include a psychiatrist who will address the links between mental health and addiction; a doctor who works with people in recovery; recovery professionals and advocates; and a Recovery Yoga instructor.

11:00 AM-12:00 PM **Joseph Green** is a professional storyteller, award-winning poet and person in long-term recovery. He uses his talents to inspire his audience to practice the principles of self-care, self-awareness and self-forgiveness.

This event is well suited for students in grades 8-12, college students and individuals pursuing a career in the health field, educators, people in recovery and their family members, and the community in general.

REGISTER HERE: https://www.thehc.org/event_calendar/event/2022/10/06/2022-opioid-education-forum/397138

PCB and Social Work Credit Hours Available (4)



The National Suicide Prevention Lifeline has changed their phone number to 988 for immediate mental health emergencies, distress, or suicidal crisis. When people call, text, or chat this number, they will be connected to trained counselors that are a part of the Lifeline network. The counselors will listen, provide support, and connect them to resources if necessary. The line offers communication options in 150 languages. The previous Lifeline number (1-800-273-8255) will always be available to those in distress or suicidal crisis.



Looking for community resources?
 Contact Delia Mitchell at: dmitchell@thehc.org
 610-443-1595 ext. 13 / cell: 502-298-6281

Community OUTREACH

REACH LV Youth Recovery Center

REACH provides a recovery community program that supports, empowers, and provides services to adolescents and their families in all phases of recovery.

Services Include:

- Recovery Meetings
- Peer-to-Peer Support
- Planned Sober Social Events
- Family Support Groups
- Psychosocial Education Groups
- Linkage to Counseling and Community Services

860 Broad Street, Suite 104, Emmaus, PA 18049
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DEPARTMENT OF DRUG AND ALCOHOL PROGRAMS
 TOM WOLF, GOVERNOR
 JENNIFER SMITH, SECRETARY

This project is funded, in part, under a contract with the Pennsylvania Department of Drug and Alcohol Programs with Lehigh and Northampton County Drug and Alcohol.

Keep A Clear Mind

This program is a parent-child, take-home program in drug education. Keep A Clear Mind has won the Center for Substance Abuse Prevention's (CSAP) Exemplary Program Award, has been promoted as a Model Program by CSAP, the Substance Abuse and Mental Health Services Administration, and the Office of Juvenile Justice and Delinquency Prevention. It is an evidence-based programs. Keep A Clear Mind is also available in Spanish.

To schedule contact:
preventioncoordinator@thehc.org
www.thehc.org



NEW Disposable Flavored Vapes

In January 2020 the FDA banned all flavors except tobacco and menthol in Juuls and other e-cigarettes, however at least 20 brands continue to sell vapes with kid-friendly flavors like "peach blueberry candy" and "pineapple strawnana" in convenience stores in the United States. The disposable vapes can have 5 to 20 times the amount of liquid compared to a Juul, meaning thousands of puffs can be taken on a single device. The nicotine found in vapes has been linked to cause seizures in some individuals, most seizures reported are from youth or young adults. www.reuters.com

Don't Miss FASD

on Sept. 9th (7:30-11:00 a.m.)
 Fetal Alcohol Spectrum Disorder webinar

Register: https://www.thehc.org/event_calendar/