



Upcoming Events

- Problem Gambling Awareness Month
- 2 / Dr. Seuss's Birthday
- 12 / Girl Scout Day
- 14 / National Pi Day
- 20 / First Day of Spring
- **20-26 / National DRUG and ALCOHOL Week**



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FENTANYL FACTS

Fentanyl is a synthetic opioid that is up to 50 times stronger than heroin and 100 times stronger than morphine. It is a major contributor to fatal and nonfatal overdoses in the U.S.1

Fentanyl has two types: pharmaceutical fentanyl and illicitly manufactured fentanyl. Both are considered synthetic opioids. Pharmaceutical fentanyl is prescribed by doctors to treat severe pain, especially after surgery and for advanced-stage cancer.

Most recent cases of fentanyl-related overdose are linked to illicitly manufactured fentanyl, which is distributed through illegal drug markets for its heroin-like effect. It is often added to other drugs because of its extreme potency, which makes drugs cheaper, more powerful, more addictive, and more dangerous.

Illicitly Manufactured Fentanyl

Illicitly manufactured fentanyl (IMF) is available on the drug market in different forms, including liquid, powder and pills.

Powdered fentanyl looks just like many other drugs. It is commonly mixed with drugs like heroin, cocaine, and methamphetamine and made into pills that are made to resemble other prescription opioids (OxyContin, Vicodin, Percocet), benzodiazepines, (Xanax, Lorazepam), and ADHD medications (Adderall, Ritalin). Fentanyl-laced drugs are extremely dangerous, and many people may be unaware that their drugs are being laced.

In its liquid form, IMF can be found in nasal sprays, eye drops, and dropped onto paper or small candies.

What Does Fentanyl Poisoning Look Like?

Fentanyl overdoses appear very similar to other opioid overdoses. Atypical symptoms due to fentanyl have been reported, including:

- Immediate blue or grey lips
- Body stiffening/seizure like activity
- Foaming at the mouth
- Confusion before becoming unresponsive

What to do if you think someone is overdosing

It may be hard to tell whether a person is high or experiencing an overdose. If you aren't sure, treat it like an overdose—you could save a life.

- Call 911 Immediately.*
- Administer naloxone, if available.**
- Try to keep the person awake and breathing.
- Lay the person on their side to prevent choking.
- Stay with the person until emergency assistance arrives.

*Most states have laws that protect a person who is overdosing and the person who called for help from legal trouble.

** Naloxone is a life-saving medication that can reverse the effects of opioid overdose and save lives. It is available in all 50 states and can be purchased from a local pharmacy without a prescription in most states.



For more information visit:
<https://fakeisreal.org/>

3 Ways to Prepare for Your Child's Therapy



1. Fill out the initial paperwork. Find out if there's new patient paperwork and if you can complete it now. By starting early, you'll have more time to think about your responses to questions. Be honest when you describe your child's behaviors so that the therapist can work to create an effective treatment plan.

2. Keep a running list of questions. Things that you want to ask the therapist may occasionally pop into your mind. Jot every-

thing down in one place, so that you won't forget any of your questions or concerns.

- **Encourage your child to compile questions.**
- **Track the behaviors you're concerned about.** Note the behaviors that are interfering with your child's daily life. This will help your therapist better understand the concern when treatment starts.

3. Prepare your child. If they have never visited a therapist, explain what to expect.

- **For younger children,** explain that when people are sick, they go to the doctor, and when people have feelings that they need to understand and talk through, they go to a therapist.
- **For older kids,** explain they'll learn new strategies to help manage emotions to

reduce disruptions in their day-to-day routines and responsibilities.

- The therapist will ask some questions and it's important for everyone to answer honestly. Tell your child that it's OK to say, "I don't know" if they are unsure about something.

- **Answer your child's questions.** They may want to know some things about therapy that you can explain. When you're stumped, be honest and tell your child that you'll learn more together at the first appointment.

- **Validate emotions.** There will be a lot of unknowns before starting therapy. Reassure your child that therapy isn't something that you can do wrong. Remind them that it's normal to feel a little nervous the first few times, but you will get through this together.

5 Things You Can Do to Build Healthy Communication Habits with Your Teen



1. Listen more, talk less.
2. Work with your teen to identify feelings and needs.
3. Open yourself up for feedback from your kids.
4. Allow your child to disagree with you, say no, and advocate for themselves.
5. Model what healthy communication looks like and sounds like.

Much easier to list than to apply to life! For more information go to: <https://americanspcc.org/5-things-you-can-do-now-to-build-healthy-communication-habits-with-your-teen/>

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How Trauma Affects Kids in School

Signs of trauma and tips for helping kids who've been traumatized



For many kids who suffer from trauma, it's not one event. Often, it's ongoing abuse or neglect. This could be violence at home or in their neighborhood. For some, it's not having a place to sleep. Trauma affects the way kids act in classrooms. Children who've gone through trauma are good at hiding pain. Instead, it comes through in ways that look like misbehavior or even ADHD.

When kids learn not to trust adults, they struggle to connect with teachers. They don't ask for help. They may be jumpy, always looking out for danger. Because it can seem like they're acting out, schools are quick to punish them. Instead, these kids need teachers to show that you understand how they're feeling. One way to help is by naming the feeling you see the child expressing. It's okay if you're wrong. They'll probably correct you.

Babies learn to calm themselves when grown-ups soothe them. If a child never had an adult soothe them, they can get to school age unable to cope with big feelings. They'll need help from a teacher to calm down before they learn to do it themselves.

Traumatized kids often see things in the worst light. They may think they're bad kids. Or that people are out to get them. They may be so afraid of making mistakes that they won't try an activity at all. They need help to see that that they're good kids who deserve to do well.

Kids with trauma can have trouble focusing and thinking things through. They may also act out for attention, even negative attention. It can help when teachers give a lot of positive attention instead. That includes giving them lots of kindness and loving care "just because," not just when they do something right.