

# What's **SAP**pening

Brought to you by  
**CENTER FOR HUMANISTIC CHANGE**  
 STUDENT ASSISTANCE PROGRAM LIAISONS



## Upcoming Events

- Alcohol Awareness Month
- Child Abuse Prevention Month
- 2/ World Autism Awareness Day
- 4/ Stray Animals Day
- 22/ Earth Day



**Center for Humanistic Change**  
 555 Union Blvd. , Suite #7  
 Allentown, PA 18109  
 610-443-1595  
[www.thehc.org](http://www.thehc.org)

For more information contact:  
**Wendy Texter / SAP Manager**  
[wtexter@thehc.org](mailto:wtexter@thehc.org)

### CHC Student Assistance Program Team

Stephanie Dorney  
 SAP Training Provider  
[sdorney@thehc.org](mailto:sdorney@thehc.org)

Delia Mitchell: Sr. Liaison  
[dmitchell@thehc.org](mailto:dmitchell@thehc.org)

Maria Rossi: Sr. Liaison  
[mrossi@thehc.org](mailto:mrossi@thehc.org)

Maria Alonso-Tomlinson: Sr. Liaison  
[mtomlinson@thehc.org](mailto:mtomlinson@thehc.org)

Sahar Giacobbe  
[sgiacobbe@thehc.org](mailto:sgiacobbe@thehc.org)

Shannon Pittman  
[spittman@thehc.org](mailto:spittman@thehc.org)

Macie Sullivan  
[msullivan@thehc.org](mailto:msullivan@thehc.org)

## Not just weed. Four Times more dangerous

Marijuana is **four times more potent today** than it was just three decades ago. The amount of Delta-9-tetrahydrocannabinol (commonly known as THC) in marijuana seized by the DEA has spiked from 3.4% to 15.34%.

Higher THC levels in marijuana are linked to increased problems with memory and learning, distorted perception, difficulty in thinking and problem-solving, and loss of coordination. Higher THC also exacerbates the effects associated with regular use of cannabis, including physical dependence and withdrawal following discontinuation, as well as psychological addiction or dependence.

Even more disturbingly, all too often, people are unaware that marijuana, especially when it contains more THC, is a risk factor for psychosis and schizophrenia, as well as the fact that it stunts brain growth, sometimes includes lead and mercury, and can alter male sperm DNA linked to autism.



Source: Just Think Twice

## Nicotine and Youth

Nicotine is harmful to developing brains and its use disrupts the formation of brain circuits that control attention, learning, and susceptibility to addiction.

- Young people who have never smoked previously and began using e-cigarettes are more likely to smoke cigarettes in the future.
- Vaping is associated with higher levels of ADHD symptoms.
- Vaping nicotine can intensify symptoms of depression and anxiety and increase stress levels. Current e-cigarette users have double the odds of also having a diagnosis of depression compared to those who have never vaped.

Source: Truth Initiative

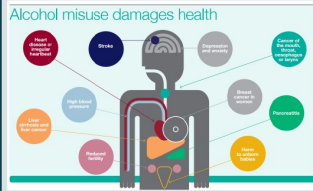
## APRIL IS ALCOHOL AWARENESS MONTH

### MYTH:

- Alcohol only affects your mood
- Alcohol is the best outlet to relax and reduce stress

### ALCOHOL MISUSE:

- The misuse of alcohol can have serious and long-lasting negative effects on your overall health
- Moderation and taking the proper steps to mitigate these issues can save lives



### REALITY:

- By cutting back on alcohol consumption, you can see changes in everyday life such as:
  - More Energy
  - Better Sleep
  - Improved mood
  - Better physical health

- Alcohol increases stress levels on the body. Adrenaline levels increase in the body as we drink. We may feel more relaxed when we drink alcohol, but the body actually comes under additional stress.

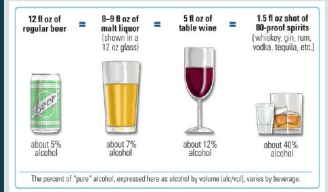
### FOR MORE INFO/HELP CONTACT:

- ADAPT: (850) 283-7511
- SAMHSA National Helpline: 1-800-662-Help



### ADDITIONAL FACTS:

- Beer, wine, and liquor all have different amounts of alcohol
- Each drink's amount of alcohol may vary
  - 12 ounces of beer (5% alcohol)
  - 8 ounces of malt liquor (7% alcohol)
  - 5 ounces of wine (12% alcohol)
  - 1.5 ounces or a "shot" of 80-proof (40% alcohol) spirits or liquor



## SMOKE DRINK WEED

High school students who smoke, drink or use weed are more likely to be emotionally troubled and have suicidal thoughts, a new study finds. Teens who turn to nicotine, alcohol or marijuana are more likely to think about suicide, feel depressed or anxious, have psychotic episodes and exhibit inattention or hyperactivity, researchers report Jan. 29 in the journal *JAMA Pediatrics*. For example, thoughts of suicide occurred about five times more often among high schoolers who used substances daily or near-daily, compared with those who didn't.





## Social Media and Self-Doubt

How can parents help teenagers have a healthier relationship with their social feeds? Keeping teens from falling into the social media trap is harder than it sounds. Parents can start by taking it seriously. Social media plays a huge role in teenage life. Many teens never knew a world where social media didn't exist. For them the things that happen online are very real. When you talk with your teen, let them know you take their feelings seriously. For example you could say: "That comment was pretty mean. I'm sorry that happened. How are you feeling about it?"

Encourage teens to take what they see on social media with a (large) grain of salt. Asking questions can help. For example, are their friends are really the people they seem to be online? And is your child the person they seem to be online? Why does getting likes feel good? Do they feel better or worse after looking at social media? Check in regularly and if you notice your child is feeling down, ask them if their feed is helping or harming.

If you're worried that it is taking a toll on your child, family "unplugging" can help. That means everyone (yes, parents too) agrees not to use social media for a few days. It can help to set a goal to work towards during your detox. For example, learning to knit, or watching a series of movies as a family. Check in regularly, and notice how you feel without the social feed. If kids report feeling better, you could make the unplugging a regular thing.

In the end, remind your teen that your goal is to help them feel happy and safe. Understanding how they are affected by what they choose to do, online and off, will help.



## Mood Disorders and Teenage Girls

Kids of any gender can experience depression and anxiety. But by the teenage years, girls are much more likely to be diagnosed with those mood disorders. Experts don't know for sure why this is, but it could be because girls sometimes gain emotional maturity more quickly and may be more emotionally sensitive.

An early sign of both depression and anxiety is withdrawing from things they usually enjoy. You might notice other changes in your daughter's mood, like sadness or irritability. Girls dealing with depression may start eating or sleeping much more or much less. They may start doing worse in school. Girls with anxiety often structure their lives around avoiding things that they're afraid of, like new activities or social situations. If you notice any of these signs getting in the way of your daughter's daily life and not going away over time, she may have a mood disorder.

If you think your daughter may have depression or anxiety, it's important to get her help early. Mood disorders can have negative impacts on friendships and academic success. Sometimes the same symptoms can also be signs of a different mental health challenge, like an eating disorder, self-harm or drug use.

A mental health professional can help you figure out what is going on. For depression and anxiety, the most common treatment is a therapy called cognitive behavioral therapy (CBT). CBT can help teenagers recognize and change negative thought patterns. It is often very effective for both depression and anxiety. Sometimes antidepressant medication is also prescribed alongside therapy.

Source: (Top) Shape the Sky, (Bottom) Child Mind Institute

## Follow Us on Social Media

Stay up to date on upcoming trainings and events, as well as the great work CHC is doing in our schools and community.



Center for Humanistic Change

@chcbethlehem



**SIGN UP NOW!**

## 1st Annual Benefit SPRING GOLF OPEN Monday, May 6, 2024



Join the fun and friendly competition to support the prevention programs and services provided by the **Center for Humanistic Change.**



Green Pond Country Club, Bethlehem PA  
Check-in Opens 8AM, Scramble Start 10AM

Visit our website at [www.theCHC.org](http://www.theCHC.org) for more info, to download a brochure or register online!

### Individual Player - \$150

Includes 18 holes of golf with cart, breakfast, lunch, dinner, contest prizes, silent auction. **Sponsorships available!**

## signs of inner growth



This project is funded, and paid for with tax payer dollars, under a contract with the Pennsylvania Department of Drug and Alcohol Programs with Lehigh and Northampton County Drug and Alcohol.

