

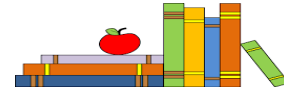


What's **SAP**pening

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



Northampton County School District



February/ 2022

Upcoming Events

- Black History Month
- American Heart Month
- 2 – Groundhog Day
- 4 – Rosa Parks Day
- 4 – World Cancer Day
- 8 – Boy Scout Day
- 14 – Valentine's Day
- 20 – World Day of Social Justice
- 21 – President's Day



Center for

Humanistic Change

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610-443-1595

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Inhalants

What is it? Invisible, volatile substances found in common household products, e.g., felt tip markers, spray paint, air freshener, typewriter correction fluid, butane, computer cleaners, glue. Includes more than 1,000 products that are harmful when inhaled.

Street Names: Huff, Rush, Whippets, Gluey

How is it used?

- * Inhaled through nose or mouth
- * Huffing inhalant-soaked rag stuffed in mouth
- * Inhaling from balloon with nitrous oxide
- * Sniffing or snorting the substance from a container or dispenser
- * Inhaling fumes from substances in a bag

How does it affect the body?

- * Slight stimulation, feeling less inhibition, loss of consciousness
- * Damages sections of the brain controlling thinking, moving, seeing
- * Slurred speech, loss of coordination, euphoria, dizziness
- * Long term use may cause damage to nervous system and organs
- * Sudden sniffing death may occur from suffocation or asphyxiation



More than 12 million Americans aged 12 and older have used inhalants to get high. More than 13% of 8th graders have engaged in huffing. In addition, 22% of people who have died from inhalants had no prior history of use; they were just first time users.

According to the DEA and the National Institute on Drug Abuse (NIDA), there has been a dramatic decrease in self-reported use of most drugs amongst teens throughout the pandemic. The NIDA is making it their mission to identify critical elements, which have decreased these substance uses in order to continue prevention efforts. On the other hand, adolescent marijuana use and binge drinking did not show much

change over 2021. Before the pandemic, about 23% of students used marijuana in the past thirty days of self-reporting compared to 20% during 2021. Binge drinking was reported as 17% of students pre-pandemic compared to 13% during 2021. Additionally, nicotine vaping surprisingly saw a decrease from 24% pre-pandemic to 17% during the pandemic. A survey involving 12th graders showed even though students were at home more often during the pandemic, they were still able to obtain substances regardless of pandemic barriers. However, students noted their perceived ability to obtain substances was decreased. NIDA believes the best strategy to reducing adolescent drug and alcohol use is a combination of restricting supply while also using educational resources and public health campaigns in order to decrease overall demand. *For more information, visit:*

https://www.getsmartaboutdrugs.gov/news-statistics/2021/12/16/survey-adolescent-drug-use-dropped-significantly-2021-0?utm_medium=email&utm_source=govdelivery

<https://www.drugabuse.gov/news-events/news-releases/2021/06/adolescent-marijuana-alcohol-use-held-steady-during-covid-19-pandemic>

Current Drug Trends in Adolescents During the Pandemic



Bath Area Food Bank

This food bank provides food to the residents of Bath, PA, and the surrounding area.

It is located on the lower level of St. John's Lutheran Church in Bath, PA. The food bank distributes food on the second Tuesday of each month, beginning about 9:00 a.m. The food bank is supported by the Bath Area Council of Churches and is affiliated with the Second Harvest Food Bank of the Lehigh Valley.

(484) 597-2105

Bath Area Food Bank

206 E Main St
Bath, PA 18014



Stacked Deck is an evidenced-based program to help students understand how to make good decisions and learn problem solving skills by using gambling as a metaphor. It is proven to actually change student behavior, decreasing both gambling and problem gambling.



In many ways, everyone is like a gambler, because in life we all take risks. We take emotional, physical, educational, and social risks all the time. In fact, risk-taking is essential to our growth and development. Teens and young adults are far more eager to accept risk than older adults are. Recent discoveries in neuroscience indicate that there are physiological reasons why youth embrace risk, which underscores the importance of adults helping youth to apply reasonable cautions. For middle and high school students.

Each lesson is designed for a 45 minutes to 1 hour class period.

There are 6-8 sessions in total. Call now and request Stacked Deck at your school! For more information: 610-443-1595.

HOW TO GET OUT OF A post-holiday funk



GET YOUR BODY MOVING BECAUSE IT'S FUN, NOT AS A PUNISHMENT



SET REALISTIC GOALS FOR TASKS YOU WANT TO ACHIEVE & GET TO WORK



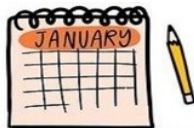
MAKE TIME TO DO SOMETHING THAT MAKES YOU FEEL RELAXED



UNWIND WHILE WATCHING A NON-HOLIDAY MOVIE



GET BACK TO A REGULAR EATING SCHEDULE THAT WORKS FOR YOU



PUT SOMETHING ON THE CALENDAR THAT YOU CAN LOOK FORWARD TO

Risk Factors

Parental stress

Substance use

Poverty

Protective Factors

Parental resilience Nurturing and attachment
Knowledge of parenting and child development
Concrete support in times of need Social connections
Social-emotional competence of children



Preventing and Reducing the Long-Term Consequences of Maltreatment

Child abuse and neglect can have devastating and long-lasting effects on a child and can result in detrimental societal impacts, the need for services and increased involvement in the juvenile and criminal justice systems. However, communities can act to stem the effects of maltreatment and even prevent it. Evidence-based services and supports can promote protective factors that mitigate the effects of maltreatment as well as provide families and communities with the tools to stop maltreatment before it occurs. Child welfare agencies can work with families and communities to spearhead initiatives that build upon strengths and address needs.



TOM WOLF, GOVERNOR
JENNIFER SMITH, SECRETARY

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