



## Upcoming Events

- National Impaired Driving Prevention Month
- 12/2019 - First confirmed case of Covid-19 in China
- World AIDS Day / 1
- National Mutt Day / 2 
- Handwashing Awareness Week / 3-9
- Human Rights Day / 10

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## Toxic Therapy from Your Vape

The Truth Initiative, one of the largest anti-vaping organizations, has partnered with comedian Chris Parnell in the latest effort to illustrate how vaping nicotine can intensify youth mental health concerns. Parnell is known for his characters on the show Rick and Morty. Due to popularity of the show, Truth is hoping to reach young adults by having Parnell voice an animated vape-turned-faux therapist.

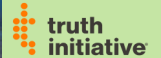
The advice given by the vape “therapist” demonstrates that using a vape to cope with depression and/or anxiety does not alleviate struggles, but intensifies them. Many young people think that vaping nicotine reduces anxiety and helps them relax, however, recent studies have shown that nicotine intensifies symptoms of depression and anxiety. The video also highlights that vaping nicotine causes sleep problems, such as restlessness, poor sleep quality, nightmares, and daytime sleepiness.

There has been an increasing number of teens who experience anxiety, causing negative thoughts and behaviors. While many openly discuss about their mental health, more than half of young people do not receive proper treatment for their depression and anxiety. “Toxic Therapy from Your Vape” shows that nicotine can have detrimental affects on the mental health state of young people.

To get Toxic Therapy from Your Vape:  
<https://www.youtube.com/watch?v=rTt0ChPywKE&t=5s>

Truth is hoping that this initiative will resonate with youth because it corresponds to current teen interests. It can be difficult to get youth to stop vaping because the tobacco industry has invested a lot of money into marketing that promotes tobacco use with mental well-being. There are many commercials and advertisements that depict stress relief from smoking nicotine and that the use of nicotine boosts positive feelings. This can heavily mislead the public because the tobacco industry is spreading false information to increase tobacco sales.

Evidence-based research continues to prove that quitting nicotine can benefit mental health by reducing levels of stress, anxiety, and depression. To learn more about the Truth, visit [www.truthinitiative.org](http://www.truthinitiative.org)



## How to Change Negative Thinking Patterns

Recognizing unhealthy thinking errors called cognitive disorders



Kids can be hard on themselves, especially kids with mental health challenges. They can get stuck in negative thinking patterns that may make depression, anxiety and upsetting feelings even worse.

Repeated patterns of unrealistic negative thinking are called cognitive distortions. Cognitive distortions are basically thinking mistakes. Learning how to recognize distortions can make it easier for kids to think more positively and feel better about themselves.

Mental health experts have identified several common cognitive distortions. One is all-or-nothing thinking, where kids think that one bad thing means that everything is bad. For instance, a child might think that if they don't get perfect grades, they're a terrible student.

Several common cognitive distortions have to do with believing you know things that are impossible to know. For example, a child might think they know others' thoughts ("I'm sure they think I'm stupid!") or what will happen in the future ("I'm never going to get better at math.") They may also focus on bad things (like one kid being mean) instead of good ones (like lots of other kids being nice.)

It's also common for kids to view things as proof that there's something wrong with them. They might think they caused things that they didn't: "My parents are getting divorced because I cause too much trouble."

Learning about cognitive distortions and talking about them with your kids can help them think more positively. You can practice noticing negative thinking together. The goal is for kids to understand that we all make thinking mistakes sometimes and learn how to correct them.

If you notice that your child makes a lot of cognitive distortions and gets very emotional about them getting support from a mental health professional can also help.

Source: Child Mind Institute

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.

**"Just as ripples spread out when a single pebble is dropped into the water, the actions of individuals can have a far-reaching effect." - Dala Lama**

When we think about the people we have connected with, we know that statement to be true. **YOU** have made a difference with your actions in many countless of students lives.

## Have a SAP Question or Concern?

Can't get in touch with your assigned SAP Liaison? Send an email ANYTIME to [sap@thechc.org](mailto:sap@thechc.org)!



## Young Adult Help-Line

Available Monday Through Friday, 10:00 AM - 10:00 PM ET

The NAMI Helpline is a free, peer-support service providing information, resource referrals and support to people living with a mental health condition, their family members, caregivers, mental health providers and the public.

- They understand, many from their own experiences, listen and offer support.
- They are informed on NAMI Programs, Support Groups.
- They are trained to help identify the best resource options for your concern.
- They are a source of accurate information on relevant topics.
- They care.

CALL: 1-800-950-6264

WEBCHAT: [nami.org/help](http://nami.org/help)

TEXT: "Friend" to 62640

EMAIL: [helpline@nami.org](mailto:helpline@nami.org)

VISIT: [nami.org/talkouts](http://nami.org/talkouts)



## Holiday Self-Care Tips



Make space for messy feelings like grief.



Learn to say no without feeling guilty.

Create your own holiday traditions.



Keep your stress levels in check. It's okay to step back or delegate.



Set realistic expectations for yourself and the holiday.



Make a plan and try to stick to it. Organization is key

Keep your self-care routine or begin a new one.



Give yourself permission to let it be a normal day.



# Happy Holidays!

BlessingManifesting



# Understanding Different Therapy Acronyms



## ACT

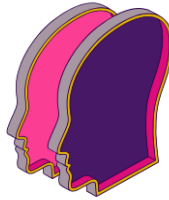
Acceptance and Commitment Therapy (ACT) is used to help treat anxiety and/or depression in teenagers. It focuses on accepting negative thoughts and teaches them to commit to taking the necessary steps needed to change their thoughts and feelings.



With the increased number of children diagnosed with mental illnesses, it can be difficult to know what therapeutic services are available. Specialized therapies have been shown to be effective in combatting mental illnesses, and while they present a confusing array of acronyms — ACT, DBT, SPACE, BA, MI, IPT - it is important to know what they mean to help determine which therapy service is best for your child.

## CBT

Cognitive Behavioral Therapy (CBT) is a form of talk therapy that can be used to treat multiple mental illnesses. It is used to help children identify how their thoughts influence our feelings and how our feelings influence our behavior.



## DBT

Dialectical Behavior Therapy (DBT) has been used to treat multiple mental illnesses, such as borderline personality disorder, eating disorders, suicidal and self-injurious behavior, depression, and substance abuse. DBT focuses on accepting challenging thoughts instead of challenging them in order to initiate change.

## BA

Behavioral Activation (BA) is used to help treat depression in children and adolescents. The therapy targets the avoidance and withdrawal symptoms that cause children with depression to stop participating in rewarding activities.



## ABA

Applied Behavior Analysis (ABA) is an intensive intervention designed to help children with autism. It helps children develop social, verbal, and motor skills and reduces problematic behaviors, such as self-injury.



## MI

Motivational Interviewing (MI) is used to help adolescents that were directed to substance abuse treatment by parents and are unlikely to benefit from treatment unless they see a benefit for themselves.



## SPACE

Supportive Parenting for Anxious Childhood Emotions (SPACE) is used to help children with all kinds of anxiety and OCD. This form of therapy helps parents change the way they respond to anxious behaviors in their children which then helps reduce the child's anxiety.

