



# What's **SAP**pening

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

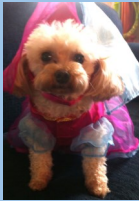


January/ 2022

## January

### Upcoming Events

- Birth Defect Prevention Month
- Stalking Awareness Month
- Cervical Cancer Awareness Month
- 2/ Science Fiction Day
- 14/ Dress Up Your Pet Day
- 18/ Winnie the Pooh Day
- 31/ Hot Chocolate Day



### Center for Humanistic Change

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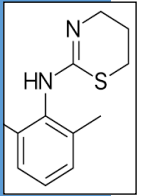
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## Xylazine

Xylazine is an emerging drug which is typically used as a veterinary intervention with muscle relaxant, sedative and analgesic properties. Often, this drug is used during animal surgical procedures as a local anesthetic and to relieve pain. However, when humans consume this substance, drowsiness, respiratory distress, hypotension, central nervous system depression, skin ulcers and even deadly overdoses can occur due to high levels of toxicity. Xylazine has been used as an adulterant in fentanyl, cocaine and heroin. Since this substance is not an opioid, it does not respond to naloxone. This is leading to a rise in fatal overdoses. In 2019, SUDORS (State Unintentional Drug Overdose Reporting System) found 826 overdose deaths showed a positive presence of Xylazine and was listed as the cause of death in over 64% of these cases. Recently, Philadelphia has seen Xylazine in one-third of fatal opioid overdoses.



For more information: <https://www.cdc.gov/mmwr/volumes/70/wr/mm7037a4.htm>

## Both Drunk Driving and Drugged Driving are Dangerous

Vehicle accidents are the leading cause of death among people aged 16 to 19. When you combine teens' inexperience at driving with the use of drugs that affect cognitive and motor abilities, the results can be tragic.

You've heard all about the dangers of drunk driving, but do you understand the dangers of drugged driving—driving after taking drugs or smoking marijuana?



Drugs, including marijuana, effect the way you drive—putting you, your passengers, and other drivers on the road at risk. Drugs can alter your perception, attention, balance, coordination, reaction time, and the other skills you need to stay alert and safe.

More and more studies of drivers killed in motor vehicle accidents have found an increasing number of these drivers testing positive for at least one drug.

Mind-altering drugs make it unsafe to drive a car—just like driving after drinking alcohol!

## 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



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[reachlvrecoverycenter.org](http://reachlvrecoverycenter.org) | [Info@ReachLVYouthRecoveryCenter.org](mailto:Info@ReachLVYouthRecoveryCenter.org)



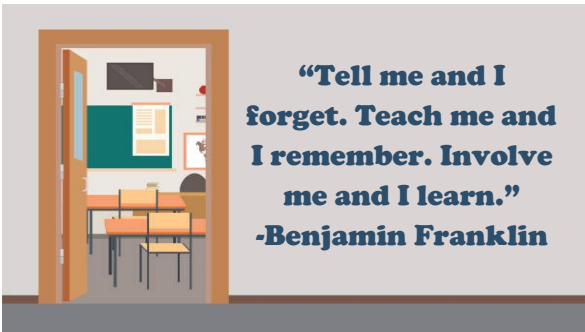
## How to Help Picky Eaters

It's normal for kids to be picky about what they eat, but picky eating can be frustrating for parents. Here are some tips to help your kids try more foods and cooperate at mealtimes.

**It's important not to try and force kids to eat specific things.** As long as your child eats a variety of food and their doctor says they are healthy, there's no need to fight over every vegetable. Instead, try to respect your child's preferences while gently encouraging them to try new foods. You might make trying new foods into a family game, like Food Bingo. You can also encourage them to retry things that they haven't liked before and even do it yourself: "I didn't like anchovies last year, but my tastes might have changed, so I'm going to try a bite now."

**You can also model dealing calmly with foods you don't like.** Show your child that if they don't want something (like a pickle on a hamburger), they can just take it off and enjoy the rest of the food. It's best not to make a new meal if your child doesn't like the one you serve, but it's okay to give them a comfortable second option. Knowing that they can have cereal or toast if they really need to takes the pressure off everyone.

**Getting kids more involved with their food usually helps them get excited to try new things.** Try taking your child to the grocery store to find new foods or choose a recipe to cook together. Most kids are more eager to take a bite if they picked the ingredients and created it themselves.



**"Tell me and I forget. Teach me and I remember. Involve me and I learn."  
-Benjamin Franklin**



TOM WOLF, GOVERNOR  
JENNIFER SMITH, SECRETARY

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## 5 Ways to Support Your Child When They're Feeling Anxious



Having anxiety can be really tough for our little ones, and it's tough for parents as well. Here are a few simple ways you can provide your child with some support during those harder moments:

1. Validate their feelings, even if you don't quite understand where it's coming from. Let them know they have a safe space to talk about what they're experiencing.
2. Distract. For example, if you'll have to wait some time for a doctor's appointment that they're nervous about, bring along an activity to keep their mind occupied, or create a game you can play together.
3. Make a "cope ahead" plan. Not only does it open up a space for your child to talk about the situations that scare them, but it gives them (and you) the opportunity to think ahead about what might help them get through it.
4. Practice relaxation skills together. Use relaxation techniques with your child while they are calm, then they will be even more effective when they are practiced during those high stress times.
5. Finally, connect. Tell your child about a time when you were scared and how you got through it successfully. Not only will this validate what they are experiencing, but it will also build a connection between you and your child.

## At Your Finger-Tips

Learning hand hygiene begins long before children can read and write. The American Cleaning Institute offers parents 5 Finger-Tips in order to help prevent their young ones from getting sick, spreading illness and missing school.



american cleaning institute®  
for better living  
www.cleaninginstitute.org

1

Set a good example by washing your own hands often and properly.

3

Explain to kids the reasons they should wash up, to keep from getting sick and spreading germs.

2

Teach kids to wash their hands for at least 20 seconds, rinsing and drying completely.

4

Tell kids when to wash, such as after using the bathroom, before eating and after touching animals, blowing your nose, coughing and sneezing.

5

Keep alcohol-based hand sanitizers, gels or antibacterial wipes on hand when soap and water are unavailable.