



Upcoming Events

- LGBTQ+ Pride Month
- Alzheimer's and Brain Awareness Month
- National Safety Month
- Men's Health Month
- 5 / National Cancer Survivors Day
- 8 / World Ocean Day
- 12 / Anti-Child Labor Day
- 27 / PTSD Awareness Day



Center for Humanistic Change

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Marijuana Concentrates/ Honey Butane Oil

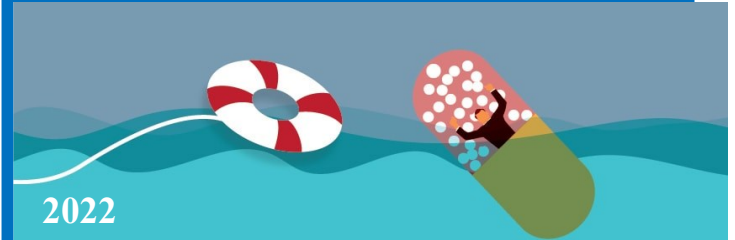
This street drug known as “honey oil” or “budder” is an emerging drug trend comprised of a highly dangerous and potent THC concentrate. It appears as a brown or gold color wax or oil and is similar in texture to butter or honey. Common street names include 710 (‘OIL’ flipped and spelled backwards), wax, honey oil, butane hash oil, and ear wax. This substance is created when butane evaporates and leaves a waxy type material after being put through an extraction tool filled with marijuana. Honey Oil is often infused into food or drinks, used in vapes, or smoked in a pipe. Since this substance uses a highly concentrated form of THC, the psychological and physical effects can be more severe than traditional marijuana.

Source: getsmartaboutdrugs.gov

The DEA reports more than
4 in 10
counterfeit pills
are laced with
fentanyl.

9/10 people with
addiction started
in their teen years.

Source: [www.naturalhigh.org/
10-teenage-drug-abuse-statistics/](https://www.naturalhigh.org/10-teenage-drug-abuse-statistics/)



2022

Opioid Education Forum!

Mental Health and Substance Use Disorder

Recovery is Possible!

Mark your calendars for the 2022 Opioid Education Forum!

Lehigh and Northampton Counties Drug and Alcohol Divisions and CHC will host the **2022 Opioid Education Forum on October 6, 2022, 8:00 AM to 12:00 PM.** This year's forum will focus on the connection between mental health and substance use disorder. All speakers will appear in person at a local college and via livestream to schools and other “learning hubs” throughout the Lehigh Valley.

Featured speakers include:

8:00-9:00 AM **Tony Hoffman**, former BMX Bike Champion and Olympic Coach, shares his story of substance misuse related to mental health, imprisonment and rebuilding his life's purpose to inspire others.

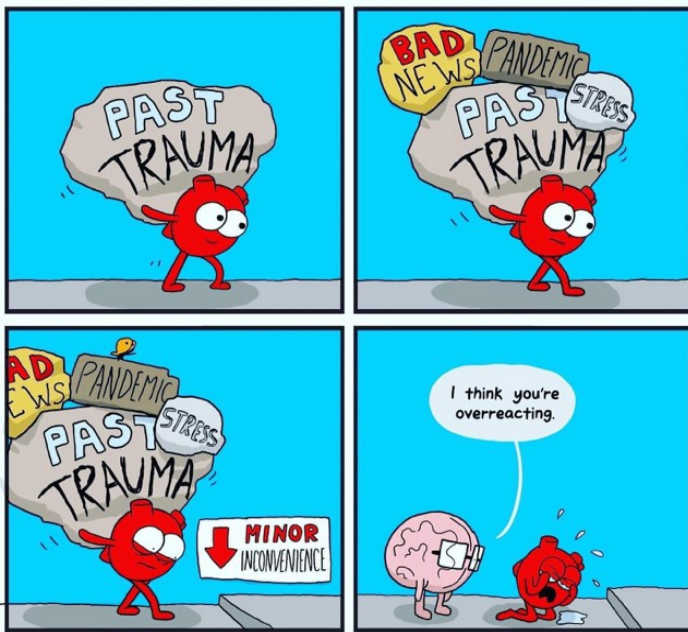
9:00-11:00 AM Local speakers include a psychiatrist who will address the links between mental health and addiction; a doctor who works with people in recovery; recovery professionals and advocates; and a Recovery Yoga instructor.

11:00 AM-12:00 PM **Joseph Green** is a professional storyteller, award-winning poet and person in long-term recovery. He uses his talents to inspire his audience to practice the principles of self-care, self-awareness and self-forgiveness.

This event is well suited for students in grades 8-12, college students and individuals pursuing a career in the health field, educators and other professionals, people in recovery and their family members, and the community in general.

For more information or to discuss how you can involve your students please contact Lisa Wolff,
lwolff@thehc.org.





theAwkwardYeti.com



Self-Care Tips During the Summer

Get outside / Exposure to natural sunlight increases levels of vitamin D and serotonin, which are known to boost your mood. Taking a moment to step outdoors, smell the roses, feel the sand under your toes and watch a sunset can provide a sense of calming and well being. Pick up a new outdoor hobby where you can spend 30 minutes in the sunshine.

Enjoy your time off / Instead of cleaning out the closet, or organizing the garage and attending long-overdue appointments, use your vacation to enjoy yourself. Your vacation time should be spent unwinding and enjoying time away from your to-do lists.

Plan a getaway / Getting out of town and experiencing a change in scenery is a great way to unwind and re-focus your energy on the present. Whether it is an overnight getaway or a week trip, escaping the daily grind can help clear your mind and boost your mood.

Maintain a healthy sleep schedule / Just because school is out for summer and your kids can stay up late and sleep in does not mean they should. As parents, try to maintain a healthy and steady sleep schedule for yourself and your kids. It is recommended that we obtain 8-10 uninterrupted hours of sleep, as sleep is an essential component of our mental health.

Stay active / Whether it is going to the gym, signing up for a yoga class or taking a walk outside, physical activity is known to boost your mood. But an idle activity can promote negative consequences on our physical and mental health. Try to maintain 20-30 minutes of cardiovascular exercise each day, and you may be surprised how good you feel.

Kristen Fuller, M.D., is a clinical content writer and enjoys writing about evidence-based topics in the cutting-edge world of mental health and addiction medicine.

“Tell me and I forget.
Teach me and I remember.
Involve me and I learn.”
-Benjamin Franklin

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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6 Ways to Calm Anxiety



four two two
breathing


take a
break


stretch your
whole body


cognitive
reframing


3-3-3
rule


stream of
consciousness

@enjoybloom



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