



Upcoming Events

- Problem Gambling Awareness Month
- Women's History Month
- 12 / Girl Scout Day
- 19 / First Day of Spring
- **20-26 / National DRUG and ALCOHOL Week**



Center for Humanistic Change
555 Union Blvd. , Suite #7
Allentown, PA 18109
610-443-1595
www.thehc.org

For more information contact:
Wendy Texter / SAP Manager
wtexter@thehc.org

CHC Student Assistance Program Team

Stephanie Dorney
SAP Training Provider
sdorney@thehc.org

Delia Mitchell: Sr. Liaison
dmitchell@thehc.org

Maria Rossi: Sr. Liaison
mrossi@thehc.org

Maria Alonso-Tomlinson: Sr. Liaison
mtomlinson@thehc.org

Sahar Giacobbe
sgiacobbe@thehc.org

Shannon Pittman
pittman@thehc.org

Macie Sullivan
msullivan@thehc.org



Quitting Nicotine Can Alleviate Mental Health Symptoms

Quitting smoking is linked with lower levels of anxiety, depression, and stress, as well as improved positive mood and quality of life compared with continuing to smoke, according to a meta-analysis of 26 studies about smoking and mental health published in the British Medical Journal.

Truth Initiative survey data show support for this link between quitting nicotine-containing e-cigarettes and improved mental health outcomes.

- 90% of those who quit said they felt less stressed, anxious, or depressed
- 47% of respondents who quit vaping reported that when they quit vaping they felt more in control
- 78% of respondents who reported ever vaping but had not quit said they would feel better about themselves if they quit vaping

Free and anonymous quit support is available

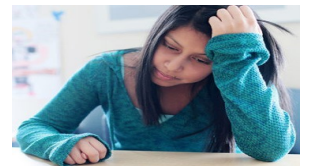
This Is Quitting, the first-of-its-kind texting program from the **truth** campaign to help young people quit vaping, has become a resource for over 500,000 young people and is free. To access it and receive immediate help, teens and young adults can text "DITCHVAPE" to 88709. Parents of young people who vape can receive support at BecomeAnEx.org. Additional quit programs from Truth Initiative include [BecomeAnEX](http://BecomeAnEX.org), a free, digital quit-smoking plan and online community of thousands of smokers and ex-smokers developed in collaboration with Mayo Clinic, and the EX Program, which expands on [BecomeAnEX](http://BecomeAnEX.org) to provide an enterprise-level tobacco cessation program designed for employers and health plans.

5 Tips for Quitting

1. Exercise
2. Use a distraction
3. Lean on your support system
4. Find stress solutions
5. Celebrate your accomplishments

Source: Truth Initiative

- 81% who had used e-cigarettes said they started vaping to decrease stress, anxiety, or depression, according to a survey of 1,000 people between ages 15 and 24.
- **More than half of vapers use e-cigarettes to cope: 50.3% of frequent vapers** — those who vaped 20 or more days in the past month — reported that they need to vape to cope with stress or anxiety, according to Truth Initiative continuous tracking data from June 2021.
- In a separate study, when respondents were asked about the advantages of e-cigarette use, **one of the most frequently listed advantages was "relaxation and stress relief."**
- **More than twice as many frequent vapers (45%) agreed that it is OK to vape for stress relief** compared to non-vapers (20%). Similar patterns exist for survey respondents with any past 30-day use of e-cigarettes.



According to the American Psychiatric Association (APA), as many as 15% of young people asked have significant gambling problems, and 6% of teens who have gambled have become pathological gamblers.





Recognizing Anxiety in Kids at School

Inattention and restlessness When a child is squirming in his seat, not paying attention, we tend to think of ADHD, but anxiety could also be the cause. When kids are anxious, they might have a hard time focusing on the lesson and ignoring the worried thoughts overtaking their brains. “Some kids might appear really ‘on’ at one point but then they can suddenly drift away, depending on what they’re feeling anxious about,” says Dr. Schuster. “That looks like inattention, but it’s triggered by anxiety.”

Attendance problems and clingy kids It might look like truancy, but for kids for whom school is a big source of anxiety, refusing to go to school is also common. School refusal rates tend to be higher after vacations or sick days, because kids have a harder time coming back after a few days away. School can also be a problem for kids who have trouble separating from their parents. Kids with separation anxiety may also feel compelled to use their phones throughout the day to check in with their parents.

Disruptive behavior Acting out is another thing we might not associate with anxiety. But when a student is compulsively kicking the chair of the kid in front of him, or throws a tantrum whenever the schedule is ignored or a classmate isn’t following the rules, anxiety may well be the cause. Similarly, kids who are feeling anxious might ask a lot of questions, including repetitive ones, because they are feeling worried and want reassurance. Anxiety can also make kids aggressive. When children are feeling upset or threatened and don’t know how to handle their feelings, their fight or flight response to protect themselves can kick in. They might attack another child or a teacher, or push over a desk because they’re feeling out of control.

Trouble answering questions in class Sometimes kids will do perfectly well on tests and homework, but when they’re called on in class they hit a wall. They might have been paying attention to the lesson and they might even know the answer, but when they’re called on their anxiety level becomes so heightened that they can’t respond.

Frequent trips to the nurse Anxiety can manifest in physical complaints, too. If a student is having unexplained headaches, nausea, stomachaches, or even vomiting, those could be symptoms of anxiety. So can a racing heart, sweaty palms, tense muscles, and being out of breath.

Problems in certain subjects When a child starts doubting her abilities in a subject, anxiety can become a factor that gets in the way of her learning or showing what she knows. Sometimes this can be mistaken for a learning disorder but it is just anxiety.

Not turning in homework When a student doesn’t turn in her homework, it could be because she is worried that it isn’t good enough. Anxiety can lead to second guessing — an anxious child might erase his work over and over until there’s a hole in the paper — and spending so much time on something that it never gets finished. We tend to think of perfectionism as a good thing, but when children are overly self-critical it can sabotage even the things they are trying their hardest at, like school work.

Avoiding socializing or group work Some kids will avoid or even refuse to participate. This includes anxiety triggers like presentations, gym class, eating in the cafeteria, and doing group work. When kids start skipping things it might look to their teachers and peers like they are uninterested or underachieving, but the opposite might be true. Sometimes kids avoid things because they are afraid of making a mistake or being judged. When kids get anxious in social situations, they have a easier time showing what they know when engaged in one-to-one, away from the group.

Source: 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



<https://www.facebook.com/centerforhumanisticchange>



<https://www.linkedin.com/company/center-for-humanistic-change-inc/>

988
SUICIDE
& CRISIS
LIFELINE

- Help is available in English and Spanish
- Speak with someone today
- You are not alone
- Available 24 hours

You don't just teach you inspire!

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 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!**

NATURAL WAYS TO REDUCE ANXIETY



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.