



Upcoming Events

- Problem Gambling Awareness Month
- National Nutrition Month
- National Women's History Month
- 1 / Mardi Gras
- 2 / Dr. Seuss's Birthday
- 12 / Girl Scout Day
- 14 / National Pi Day
- 20 / First Day of Spring
- 21-27 / National DRUG and ALCOHOL FACTS WEEK



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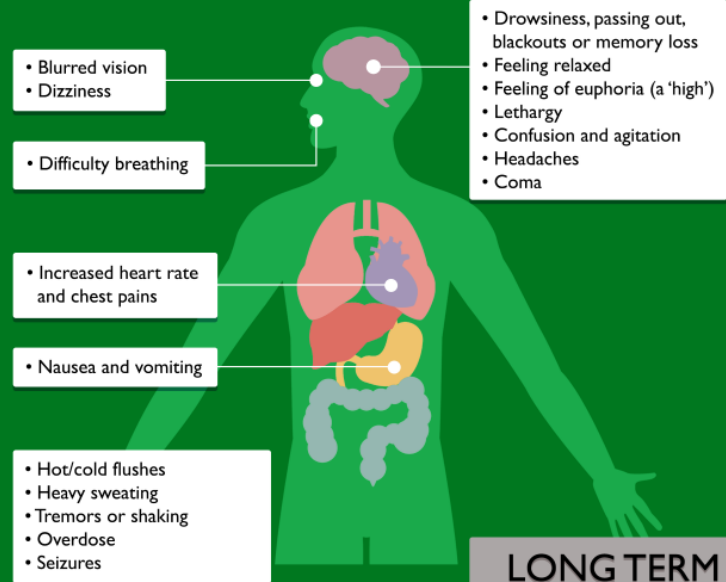
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Fantasy (GHB)

GHB stands for gamma-hydroxybutyrate and is commonly referred to as liquid ecstasy even though there is no relation to ecstasy. This substance naturally occurs in the body at very low rates but is often sold as a blue or clear liquid without a scent. GHB starts to take effect within 15-30 minutes and can last up to four hours. There is an extreme risk of overdose due to the small difference between feeling a high and the amount needed to overdose. Withdrawal can start anywhere between 6-72 hours after the last ingested dose and can continue up to 15 days after.

IMMEDIATE



- Drowsiness, passing out, blackouts or memory loss
- Feeling relaxed
- Feeling of euphoria (a 'high')
- Lethargy
- Confusion and agitation
- Headaches
- Coma

LONG TERM

Little is known about the long-term effects of GHB



Phenibut, also known as Anvifen, Fenibut, pbut, noofen, and party powder, was first introduced by Russia in the 1960's. Formally, Phenibut was used as a neuropsychotropic drug for cognitive enhancing effects coupled with tranquilizing qualities. It was often prescribed to treat depression, post-traumatic stress disorder, anxiety, stuttering, insomnia, irregular heartbeat, and vestibular disorders. However over time, this became a highly addictive drug and often is formed into simple white capsules. Although legal to **possess**, Phenibut is not a licensed drug according to the Food and Drug Administration. This substance has a half-life of approximately 5.3 hours and can have lasting effect on brain receptors.

The Dangers of Nail Polish Remover

More and more teenagers and adults are abusing nail polish remover due to the high alcohol content and cheap and easy access. This trend is incredibly dangerous because of the harmful chemicals in it. The major side effects of drinking nail polish remover are ketoacidosis, increase blood sugar levels, long-term kidney and liver damage, coma, and acetone poisoning. Consuming large quantities of this will result in low blood pressure, slurred speech, sweet or fruit odor coming from the mouth, lack of physical coordination, and decreased respiration. Not only are people consuming this, but they are also huffing it as a form of inhalant to feel intoxicated. A survey through the National Institute on Drug Abuse (NIDA) discovered almost 21.7 million Americans, ages 12 and older, have used some sort of inhalant at least once. The NIDA also states over 13% of eighth grade students have tried an inhalant. For those concerned a child may be using an inhalant, it is important to have an honest conversation regarding the dangers of inhalant use and to switch solvent-based products for water-based products.



SIMPLE WAYS TO CARE FOR YOURSELF

during the winter months



Change Negative Thinking Patterns:

Recognizing unhealthy thinking errors

Children can be their own worst critics. They can get stuck in negative thinking patterns that contribute to depression, anxiety, or make painful emotions feel overwhelming.

- 1. All-or-Nothing Thinking.** (also referred to as Black-and-White Thinking). Seeing things in only two categories, so they're either good or bad; no shades of gray.
- 2. Emotional Reasoning.** Believing that because you feel something it must be true, even when there's no evidence.
- 3. Overgeneralization.** Taking a negative event or detail about a situation and making it a universal pattern that feels like a truth about your whole life.
- 4. Labeling.** Placing a negative label on yourself or someone, so that you no longer see the person behind the label.
- 5. Fortune-Telling.** Predicting something is going to turn out in a negative way. This can become a pessimistic way of viewing the future, and it can impact behavior, making the event you're fortune-telling more likely to turn out badly.
- 6. Mind Reading.** Assuming that you know and understand what another person is thinking, and typically being sure it reflects poorly on you.
- 7. Catastrophizing.** Magnifying a problem or something negative and blowing it out of proportion.
- 8. Discounting the Positive.** Minimizing an event so that it doesn't "count" as a good thing in your life. It discounts any evidence against our negative view of ourselves or situation.
- 9. Mental Filter.** (also called Selective Abstraction) Seeing only the negative instead of looking at all the positive or neutral aspects of an experience.
- 10. Personalization.** Making things about you when they are not. This includes blaming yourself.
- 11. Imperatives.** Thinking in "shoulds" and "musts" (and the inverse, "should nots" and "must nots").



SOS - Signs of Suicide Prevention Program

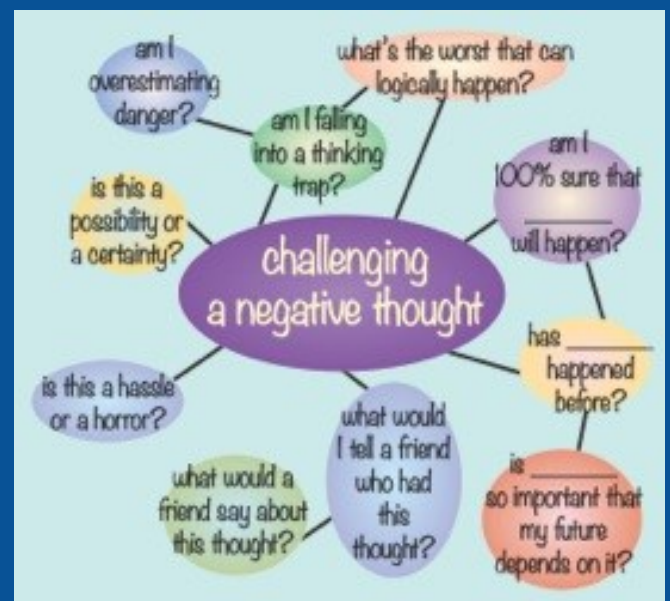
SOS is a universal school-based prevention program, that teaches students in grades 6-12 how to identify the signs of depression and suicide in themselves and their peers. Through a video, guided discussion, and brief screening for depression, students are encouraged to ACT (Acknowledge, Care, Tell) when worried about themselves or a friend.

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This project is funded, in part, under a contract with the Pennsylvania Department of Drug and Alcohol Programs with Lehigh and Northampton County Drug and Alcohol.