



## Upcoming Events

- Problem Gambling Awareness Month
- Women's History Month
- 12 / Girl Scout Day
- 20 / First Day of Spring
- **17-23 / National DRUG and ALCOHOL Week**



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## CANNABIS AND ADOLESCENTS

- Teens are inherent risk-takers because of their developing brain. Therefore:
  - They are less inhibited and more likely to try drugs
  - Rewards register more in their brains than in adult brains
  - They form habits quicker and easier
- Changes in THC potency:
  - In 1969, average THC level was 0.5%
  - In 1995, it was 4%
  - In 2017, it was 17%
  - Today, it is up to 90% - dabs, oils, edibles
- Addiction to cannabis directly relates to high THC content.
- The Diagnostic and Statistical Manual of Mental Disorders (DSM) is a handbook that provides a common language for diagnosing mental disorders.
- Cannabis Use Disorder (CUD) is now included in the DSM, and it is the fastest growing addiction in the US. Effects of THC on teens:
  - Increased risk-taking
  - Increased impairment of memory and attention
  - Increased risk of heart attack – even without any diagnosable cardiovascular issues
  - Increase in cases of THC-induced psychosis
  - Increase in gastrointestinal issues – nausea, vomiting



## FAKE PRESCRIPTION DRUGS

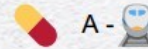
### PERCOCET & OXYCODONE



### XANAX



### ADDERALL



## Common Emoji Codes

## DEALER SIGNALS

### DEALER ADVERTISING



### HIGH POTENCY



### UNIVERSAL FOR DRUGS



### LARGE BATCH



## OTHER DRUGS

### METH



### HEROIN



### COCAINE



### MDMA & MOLLIES



### MUSHROOMS



### COUGH SYRUP



### MARIJUANA



This reference guide is intended to give a better sense of how emojis are being used in conjunction with illegal drugs. Fake prescription pills, commonly laced with deadly fentanyl and methamphetamine, are often sold on social media, making them available to anyone with a smartphone.



Girls are **three times** as likely to have issues or struggle with depression than boys

It's possible to overcome and live happily with depression through therapeutic methods.

More than **1 in 10** adolescents struggle with depression at some point.

## What to do if you think your Teen is Depressed

Signs that a teen might be depressed include being sad or irritable, losing interest in things that they used enjoy, changes in eating or sleeping habits, and low energy. Feeling worthless or hopeless about the future is a big warning sign. And a drop in grades or trouble concentrating at school can also be a symptom. If your teen shows more than a few of these signs and they don't go away after a couple of weeks, they may have depression. And while you can't make them want to get better, there are some things you can do to help.

Kids who are grumpy and down can be frustrating, especially if they don't seem to be trying to help themselves. But it's important to let them know you're taking their feelings seriously. For example, you could say, "It seems like you've been really down lately. Is that true?" Make it clear you want to understand what's troubling them without trying to jump in and solve the problem.

Ask questions and try not to judge. By listening, you're letting them know that you hear them and you're trying to understand. Remember, you're not there to "fix" them. Listening without judgment will make them feel more comfortable reaching out when they're ready to talk.

Depression can make doing even the smallest things more difficult. Make a point of noticing even simple positive things your teen does, like going to school or doing the dishes. And highlight ways they're taking care of themselves, like doing homework, spending time with family, or keeping up with friends. Remember, this is not the time to be critical. They don't want to feel this way. If they could snap their fingers and feel better, they would.

Try to give them opportunities to do things without being critical. Instead of saying, "Honey, you should really get up and do something," you might say: "I'm going to do an errand. Do you want to come with me? Maybe we can get lunch together."

Getting depressed teens into treatment can be tricky. If your child doesn't want to go, be patient and persistent. Give them space, and let them know you're there when they're ready. When your teen is ready, let them choose a therapist they connect with. Make sure that whoever they decide on practices a therapy that works well for depression. Interpersonal therapy (IPT), cognitive behavioral therapy (CBT), and dialectical behavioral therapy (DBT) are often good choices. Many teens with depression also benefit from medication.

If your child is already in treatment but it isn't helping, it may be time to make a change. This could be a different course of treatment, a new medication, or changing therapists.

## WAYS TO RESPOND WHEN YOU CATCH YOUR CHILD LYING

BY THIS TIME OF MINE

- 1 REFRAME YOUR APPROACH**  
 Yes/no questions such as "Did you break this?" often set children up to lie. Try questions that prompt your child to describe what happened for more of a problem-solving approach.
- 2 SET THE STAGE FOR LEARNING**  
 The best teaching moments occur when your child feels connected to you. Monitor your reactions and avoid shame to help your child be receptive to your teaching.
- 3 SKIP THE LECTURES**  
 Rather than giving your child all the answers, have them help you figure out what happened and why it was wrong. Often, the greatest learning is achieved through discovery.
- 4 DIG A LITTLE DEEPER**  
 Time to get your child's wheels turning. Ask questions that will help them see the whole picture - what happened, what caused them to do it, and why they lied about it.
- 5 ACKNOWLEDGE THEIR SIDE**  
 Lead with empathy. Try to see the situation your child's point of view. Once your child understands that you are on their side, you can teach about honesty and the importance of trust.
- 6 END WITH LOVE**  
 Remind your child that everyone makes mistakes. And although they need to be honest to keep your trust, they will always have your love.

THISTIMEOFMINE.COM

**2nd Annual Benefit**

# SPRING GOLF OPEN

**Monday, May 5, 2025**

Green Pond Country Club  
Check-in Opens 8AM - Scramble Start 10AM

**Individual Player - \$160**  
Includes 18 holes of golf with cart, lunch, buffet dinner, contest prizes, premium raffle.  
**Sponsorships available!**

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.



How can I help my  
child **SUCCEED** in  
school?

Stay involved and feel free to contact your child's teacher with any questions or concerns.

Ask your children about school and encourage them to talk about their day.

Do not talk negatively about your child's teacher or school.

Read with your child **every** night.

Make sure your child is getting plenty of sleep and is ready for school each day.

Help your child with his/her homework **every** night.

Teach your children to be responsible for their actions and their schoolwork.