Celebrating 45 years of building skills for life's challenges!





Upcoming Events

 National Human Rights Month

- National Impaired Driving Prevention Month
- National Influenza Month
- World AIDS Day / 1
- Special Education Day / 2
- National Handwashing Awareness Week / 1-7

Center for Humanistic Change

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What's **SAP**pening

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December /2024

Marijuana Use Linked to 50% Lower Chance of Graduating High School

A massive study of available data finds teens who use marijuana have significantly worse outcomes at school.

Data from 63 studies involving almost 440,000 youths found "cannabis use during adolescence is probably associated with lower school grades; less likelihood of high school completion, university enrollment and post-secondary degree attainment; and increased school dropout rate and school absenteeism," according to Canadian researchers.

As the research team noted, one study found more than one in every five (22%) U.S. high school students reporting marijuana use at least once over the past month. Weed is also much more potent now than in decades past, with THC levels rising from 4% in 1995 to 14% by 2019.

"Chronic use among adolescents has been linked to longterm changes in brain architecture," the study authors say, "resulting in im-

paired information processing and decreased cognitive, memory and attentive capacity in adulthood."

So what effect might these impairments have on academics?

To find out, Wang's team collected data from dozens of studies looking at marijuana use and academics and employment among youth.

Some of the data

was more reliable than others, but the researchers found "moderate-certainty" evidence that cannabis use in adolescence and young adulthood was linked to a:

- 39% higher odds for lower school grades
- 50% less chance of attaining a high school diploma
- 28% lower likelihood of going to university
- 31% lower odds for getting a college degree
- more than doubling of the odds of dropping out of high school
- more than doubling of the odds of school absenteeism

There was also "low-certainty" evidence that cannabis use in youth was tied to unemployment, Wang's group found.

All of these risks rose with the frequency of marijuana use, and if use began early (at or before the age of 16), the analysis also found.

They stressed that the data cannot fully prove that marijuana

Marijuana use during adolescence is associated with:

use causes all these deleterious outcomes.

For example, young people with mental health issues or other substance-use disorders may be predisposed to both use cannabis and perform less well at school, the team reasoned.

Still, they say their results were "adjusted for other substance use or mental disorders."

What's certain is that as the United States and other countries decriminalize marijuana use, and public acceptance grows, uptake by youth is definitely surging.

"U.S. national estimates indicate that more than 3 million youth aged 12 to 17 years have used cannabis in the past year, which is greater use than any other illicit drug," Wang and colleagues said.

They believe that, given the results of their study and these surging numbers, "Effective interventions to prevent early cannabis exposure are urgently needed."

39% higher likelihood of earning lower school grades

28%

lower likelihood of attending

college or university

50% reduced likelihood of earning a high school diploma



lower likelihood of earning a college degree

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!**





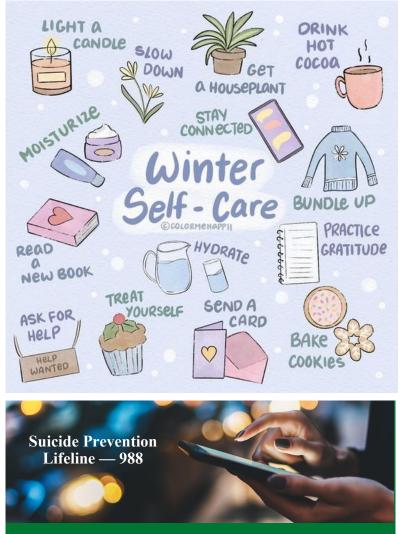
Tips for Recognizing Learning Disorders in the Classroom

Teachers are often the first to notice that a child has a learning disorder. Sometimes the signs are easy to spot, like a student who's way behind in reading. Or a child who's working hard but just keeps failing tests. But sometimes the signs are harder to see. And that can mean kids who need help don't get it. Kids with LDs often have a big gap between what it seems like they should be able to do and what they're actually able do. For example, a student who writes awesome essays but can barely do basic math assignments. Or a kid who gives great answers in class but can't get their ideas down on paper. These gaps often cause kids with learning disorders to be labeled as lazy or told to just try harder, which can take a toll on their self-esteem. Knowing what to look for can help get kids the help they need.

Students who need constant reminders of what to do next might be struggling with a skill called working memory. That's the task of remembering and processing new information, a common issue for kids with LDs. They also may struggle with time management. They may have trouble with transitions or seem disorganized. Other common signs of learning differences include difficulty following directions, trouble concentrating, and not getting homework done on time — or at all. Failing tests, especially ones you know they've studied for, is also a sign.

If a student seems shy, not talking in class or sitting in the back row, they may be trying to hide a learning issue. Other kids might do the opposite, acting out to draw attention away from difficulties or pretending not to care about school. Kids may even skip school, or be "sick" more often than is usual.

Helping students get the help they need can make a big difference both in school and out — and for years to come.



988, a number which can be both called and texted.

One person died by suicide every 11 minutes in 2020, according to the Centers for Disease Control and Prevention. Individuals who abuse drugs often commit suicide.

"988 is more than a number, it is a message: we're there for you. Through this and other actions, we are treating mental health as a priority and putting crisis care in reach for more Americans," said Department of Health and Human Services Secretary Xavier Becerra, according to a news release from the Substance Abuse and Mental Health Services Administration (SAMHSA). Becerra is meeting with states regarding the lifeline transition on HHS' National Tour to Strengthen Mental Health. "There is still much work to do. But what matters is that we're launching, 988 will be live. We are looking to every governor and every state in the nation to do their part to make this a long-term success."

The Biden-Harris Administration expanded federal investment in Tips for Recognizing Learning Disorders in the Classroomthe 988 Suicide & Crisis Lifeline from \$24 million to \$432 million to shorten response times, renovate crisis centers and improve backup center capacity, and add services such as a Spanish language sub-network.

While 988 is available, the 10-digit Lifeline number 1-800-273-TALK (8255) will still be functional and route calls to 988. Callers to 988 can also connect to the Veterans Crisis Line. DRUG ENFORCEMENT ADMINISTRATION



This reference guide is intended to give parents, caregivers, educators, and other influencers 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 and e-commerce platforms – making them available to anyone with a smartphone.

#ONEPILLCANKILL dea.gov/onepill **Disclaimer:** These emojis reflect common examples found in DEA investigations. This list is not all-inclusive, and the images above are a representative sample.



Quality Time Builders

Need some inspiration for what to do during intentional child time? When possible, let your child pick what they'd like to do. Pick things that won't cause conflict or stress.

Younger Children

- 1. Go to a playground.
- 2. Try pretend play, such as playing house or super heroes.
- 3. Have a dance party.
- 4. Play with blocks or building materials.
- 5. Make a sensory bin.
- 6. Play in the sink or let them help with small chores.
- 7. Give your kid a bath (bubbles or toys welcome).
- 8. Play I-Spy while you're driving.
- 9. Color together or do a craft.
- 10. Read a book.
- 11. Kick or throw a ball back and forth.
- 12. Play with a toy you haven't used in a while.
- 13. (Fill in) _____

14. (Fill in) _____

Older Children

- 1. Play a board game.
- 2. Cook or bake something fun.
- 3. Build models or design your own city.
- 4. Solve a puzzle.
- 5. Go on a walk or hike.
- 6. Play catch or soccer at a park.
- 7. Watch or make a video together.
- 8. Let your child teach you a dance move.
- 9. Listen to a song your child likes in the car.
- 10. Make a craft together.
- 11. Try an activity they liked when they were younger.
- 12. (Fill in) _____
- 13. (Fill in)_____



(f) (i) (i) #KidsMentalHealthFoundation

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