



# What's **SAP**pening

Brought to you by  
**CENTER FOR HUMANISTIC CHANGE**  
STUDENT ASSISTANCE PROGRAM LIAISONS

October /2024



## Upcoming Events

- National Bullying Prevention Month
- World Teacher Day 10/2
- National Depression Screening Day 10/10
- World Mental Health Day 10/10
- National Coming Out Day 10/11
- **SAP Consortium 10/29**  
**Don't forget to register!**

### Center for Humanistic Change

555 Union Blvd. , Suite #7  
Allentown, PA 18109  
610-443-1595  
[www.thehc.org](http://www.thehc.org)

### For more information contact:

**Wendy Texter**  
SAP Manager  
[wtexter@thehc.org](mailto:wtexter@thehc.org)

### CHC Student Assistance Program Team

Stephanie Dorney  
SAP Commonwealth Approved Trainer  
[sdorney@thehc.org](mailto:sdorney@thehc.org)

Maria Alonso-Tomlinson: Sr. Liaison  
[mtomlinson@thehc.org](mailto:mtomlinson@thehc.org)

Sahar Giacobbe: Sr. Liaison  
[sgiacobbe@thehc.org](mailto:sgiacobbe@thehc.org)

Chrissy Confer: Liaison  
[cconfer@thehc.org](mailto:cconfer@thehc.org)

Shannon Pittman: Liaison  
[spittman@thehc.org](mailto:spittman@thehc.org)

Nancy Salomon: Liaison  
[nsalomon@thehc.org](mailto:nsalomon@thehc.org)

Piper Schwenk: Liaison  
[pschwenk@thehc.org](mailto:pschwenk@thehc.org)

Macie Sullivan: Liaison  
[msullivan@thehc.org](mailto:msullivan@thehc.org)



## Ketamine Wild West

Treatments for mental health concerns are continuing to evolve over-time. Part of the newest evolution in treatment for depression is the use of Ketamine clinics. For-profit ketamine clinics have started to arise over the past couple of years in the US to treat depression, anxiety, and obsessive-compulsive disorder. One client from a Ketamine clinic stated after receiving the treatment, “The amount of relief I felt after the first treatment was what I think ‘normal’ is supposed to feel like”. Receiving this treatment can be beneficial to those struggling with severe depression, like this recipient, but the use of Ketamine has not been approved by the FDA for mental health treatment.

Without FDA approval to use Ketamine as a mental health treatment the treatment protocols and dosage of Ketamine is left entirely up to providers. This leaves a large gray area in using the drug as treatment. Some providers use gradual and low-dosage treatment, while other providers use large dosages to produce hallucinations. There are also a variety of protocols across clinics in how the drug is administered. Some clinics have anesthesiologists and mental health practitioners present, which provides a multidisciplinary approach to monitor mood as well as vital signs. Other clinics do not have anesthesiologists, which can become dangerous due to Ketamine’s effect on vital signs like blood pressure and respiration. The little to none regulation on Ketamine clinics results in clients having to find and compare ketamine providers to find ideal clinics including multiple practitioners across medical fields and medical grade equipment.

*The ketamine economy: New Mental Health Clinics are a “wild west” with few rules.* NPR. <https://www.npr.org/sections/health-shots/2024/01/30/1227630630/ketamine-infusion-clinic-mental-health-depression-anxiety-fda-off-label>

## Whippets and #Whiptokk

A new substance misuse is rising on the platform TikTok, where youth are inhaling galaxy gas. Galaxy gas became popular on TikTok when a creator by the name “Lil T man” became a meme by inhaling galaxy gas. This meme went “viral” and started the trend of inhaling the nitrous oxide inside of galaxy gas cans and posting it to TikTok under the hashtags “Whiptokk” and “LilTman”. Galaxy gas is a brand selling culinary nitrous oxide. The intended use is selling culinary nitrous oxide to use in making whipped cream, making buying the cans of galaxy gas legal. The recreational use is an inhalant or more commonly known as a whippet. Nitrous oxide carries health risks including lung lesions, reduced motor skills, and difficulty with balance, dizziness, headaches, irregular heartbeat, hallucinations, loss of consciousness, and in severe cases of lack of oxygen sudden death. The use of nitrous oxide is dangerous in its health effects, but is also alarming in how a substance misuse disorder may form from continuous use. Galaxy gas and other similar brands like “Swirl” are using youth marketed flavors similar to vape flavors. The favorable flavors of the gas may lead to continuous use and a substance misuse disorder. The Daily Dot. <https://www.dailydot.com/memes/galaxy-gas-whippets/>



# SAP Consortium

## Current Drug Trends in LV

October 29, 2024 / 7:30-11 am

555 Union Blvd., Allentown, PA 18109

**Panel Discussion / Hot Breakfast /  
Vendor Tables / Conversation**

Registration is Required at: [https://www.thehc.org/event\\_calendar/2024-fall-sap-consortium.html](https://www.thehc.org/event_calendar/2024-fall-sap-consortium.html)

For more information contact:

Wendy Texter

wtexter@thehc.org



## Self-Care and Parenting

Parenting is a stressful experience in life for many parents. The parents of youth with developmental and/or mental health challenges may experience a different magnitude of stress in everyday life. Some may even experience chronic stress which negatively impacts your nervous system. Using self-care as a parent is important to not experience burnout or negatively impact your own mental health.

One form of self-care can be accepting your limits. This starts with challenging the idea that you are the only one to help and there is no limit to what you need to do. Some examples of challenging this idea of no limit is to practice basic self-care on a regular basis. This includes getting enough sleep, staying hydrated, exercise, taking time away from children, and relaxing. Another way to manage stress and find self-care is finding outside resources within the community. This may be a program for children services, and also adult services/groups for you as a parent. Finding community and leaving a potentially isolating situation can help reduce stress and burn out.



## How to Talk to Kids About School Shootings

Strategies for dealing with anxiety — your kids' and your own

School shootings have made a lot of parents in America anxious. Parents are often more worried about it than younger kids are. But kids pick up on their parents' fear. And parents worry that seeing news reports of school shootings may be harming their kids. Some also worry that the "active shooter drills" many schools are practicing could cause more harm than good.

The truth is that school shootings are very rare. But when one does happen, we are overwhelmed by the constant news about it. When this happens, the first thing to do is shut off the news.

If you are very anxious about school shootings, one way to feel better is to take action. You can get involved in anti-violence activism or start or join a parent group that helps figure out what the school needs to do to be safe and prepared.

Talking to kids about school shootings is important. Kids actually feel less scared when they get to talk about scary things. You can answer their questions and tell them that school shootings are rare. If their school does drills, you can tell kids that they are practicing how to be safe. Active shooter drills should help kids feel safe, not scare them. They shouldn't use fake guns. That will just scare kids and teachers more. They should be used like fire drills. They should get kids used to practicing a plan, so they know what do to in a real emergency.

It's also important to let kids know that if another child seems to be very scared, they should let a grown-up know. And kids need to know it's important to tell an adult if another kid writes or says something scary.

## HOW TO LISTEN TO A TEENAGER

@teenhealthdoc



Use their words



Nod three times



Ask questions to clarify



Pay attention to non-verbal cues, yours and theirs



Say only half of what you intend to



Say Mmmmm, I am listening



Put your phone down



Find the right time

# Teen Depression: More than just moodiness



Being a teenager can be tough, but it shouldn't feel hopeless. If you have been feeling sad most of the time for a few weeks or longer and you're not able to concentrate or do the things you used to enjoy, talk to a trusted adult about depression.

## Do I have depression?



- Do you often feel sad, anxious, worthless, or even “empty”?



- Have you lost interest in activities you used to enjoy?



- Do you get easily frustrated, irritable, or angry?



- Do you find yourself withdrawing from friends and family?



- Are your grades dropping?

- Have your eating or sleeping habits changed?



- Have you experienced any fatigue or memory loss?

- Have you thought about suicide or harming yourself?

Depression looks different for everyone. You might have many of the symptoms listed above or just a few.

## How do I get help for depression?



- **Talk to a trusted adult** (such as your parent or guardian, teacher, or school counselor) about how you've been feeling.



- **Ask your doctor** about options for professional help. Depression can be treated with psychotherapy (also called “talk therapy”), medication, or a combination of medication and talk therapy.



- **Try to spend time with friends or family**, even if you don't feel like you want to.



- **Stay active and exercise**, even if it's just going for a walk. Physical activity releases chemicals, such as endorphins, in your brain that can help you feel better.



- **Try to keep a regular sleep schedule.**



- **Eat healthy foods.**

You're not alone, and help is available. You can feel better.

To get help, call or text the 988 Suicide & Crisis Lifeline at 988 or chat at [988lifeline.org](https://www.988lifeline.org).



National Institute  
of Mental Health

[nimh.nih.gov/depression](https://nimh.nih.gov/depression)

NIMH Identifier No. OM 22-4321