



Upcoming Events

- Family Caregivers Month
- Healthy Skin Month
- Stress Awareness Day / 6
- World Kindness Day / 13
- Great American Smokeout / 21
- International Survivors of Suicide Loss Day / 23
- National Family Health History Day / 28



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What's SAPpening

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

November /2024



SOME HIGHLIGHTS ...

- When working with adolescents you need to have a conversation of understanding. You can't talk down to them, you need to understand. The conversation is around what makes what they are doing attractive. What are they gaining in the process? What are the negatives? This allows you to understand the why and not focus on what they are doing.
- Vaping is a gateway drug.
- Increase in Dabs.
- Dorney Park parking lots tend to be big dealing places.
- Kratom— one of the largest growing trends.
- Sunoco stations have the highest amount of paraphernalia.
- Melatonin laced brownies can be purchased at gas stations.
- An illegal drug is an illegal drug. You can come at substance use with harm reduction

but it's a gateway drug.

- If it is prescribed to you then it is for you to use. If you do not have the prescription you should not be using it.
- There isn't the best drug or the safe drug. You may believe it's just marijuana but

there are other things in it that they may not know. Allentown has seen some bad runs— dipped in PCP, etc.

- Social Media is killing kids.
- One area to focus on is connection and isolations. Suggested to schools to get rid of technology and go back to the way they taught before.
- Use safe pouches to remove the influence from social media. They work.



A Drug Concoction called "Tusi" or "Pink Cocaine"

A drug concoction called tusi has emerged in Latin America and in Europe and is now beginning to acquire popularity in the United States. "Tusi" is a phonetic translation of "2C," a series of psychedelic phenethylamines. This concoction is also referred to as "pink cocaine" as it typically comes in the form of pink powder. The concoction rarely contains 2C series drugs. Multiple drug checking studies have found that the majority of tusi samples contain ketamine, often combined with 3,4-methylenedioxymethamphetamine (MDMA), methamphetamine, cocaine, opioids, and/or new psychoactive substances. The tusi phenomenon complicates the drug landscape because it has the potential to confuse both people who use it and researchers alike. People using may think the drug is 2C/2C-B, and they may also be unaware that the concoction tends to consist of ketamine and a wide variety of other drugs. Unintentional exposure to its contents can lead to increased risk of adverse effects. The tusi phenomenon also has the potential to complicate drug research as unknown exposure to drugs like ketamine and MDMA will lead to underreporting of use. A combination of self-report and toxicological testing may be needed to inform the most accurate estimates of use. Both researchers and people at risk for use need to be informed about this new concoction. Drug researchers need to be cognizant about the way they query use, and people at risk for using need to be educated about the possible contents of tusi and associated dangers.



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!



HOW TO MANAGE NEGATIVE THOUGHTS

CHALLENGE YOUR THOUGHTS

- What is the best thing that could happen?
- What is the most likely thing that will happen?
- What is the worst thing that could happen?



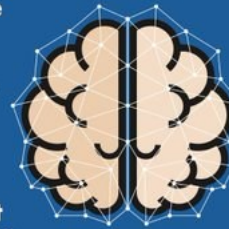
CHECK FOR EVIDENCE

- What is my evidence for my thinking?
- What is my evidence against my thinking?
- How can I find out if my thoughts are true?

Write down your negative thoughts

Identify your automatic thoughts

Learn what triggers your negative thoughts



Put things into perspective

Distract yourself

Learn to forgive yourself

When Should Your Child Get a Phone?



By the time they're in middle school, kids are often begging their parents for a phone. But how do you know when your child is ready to handle the responsibility? And what is safe for them to be able to do on that phone?

You may want your fourth grader to have a phone to be in touch with you and their friends, but most parents don't want their late elementary or early middle school kids diving into the internet and social media apps.

Whether your child is ready for a phone depends not just on their age but how mature they are. Do they lose things often? Are they likely to say or do things they will regret? How sensitive to criticism are they? Do they respond well to limits on screen time?

Kids with ADHD are especially vulnerable to getting sucked into things that are constantly stimulating, like social media and games. They are more likely to be impulsive and post things they shouldn't. Parents may want to wait longer, or consider options when giving a phone to their child with ADHD.

Fortunately smartphones now offer parental controls that enable you to set limits on screen time, as well as the apps, TV shows and movies, and internet sites your kids are allowed to access. There are also tools like Bark and Screen Time that allow you to monitor screen time on your kid's phone.

If you think your kid is ready, it's important that they understand you are still in charge. Parents need to know their kid's password, establish clear rules, and explain what will happen if those rules aren't followed. Having everyone on the same page will make giving your child a phone much easier.

INSTEAD OF THINKING...

VS

TRY THINKING...

I am not good enough

I am good enough

I can't do it

I can do it

Why does this always happen to me?

This is just one bad day

Everything is always my fault

I can't blame myself for everything

I always fail

I will learn from this failure

**“Anything that’s human is mentionable, and anything that is mentionable can be more manageable. When we can talk about our feelings, they become less overwhelming, less upsetting, and less scary.”
- Fred Rogers**

POSITIVE *Parenting Tips*

WAYS TO CREATE STRUCTURE



Create a Plan

Create a plan for the day for your child to follow. A plan can help your child know what is coming next and make transitions easier!



Be Consistent

Consistency is key! Stay consistent in routines and discipline. Consistency allows your child to form safe relationships and regulate emotions better.



Positive Language

Positive language can build a child's self-esteem making them more confident. Positive language can also help your child improve their independence.



Be Present

Be present physically and mentally. Children can build a stronger relationship to you if they see you show up for events and listen to their concerns.



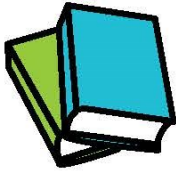
Lead by Example

Modeling behavior for your child. Your child is learning through you, model positive behaviors and routines for your child to follow. This allows your child to be on the same page as you and know what positive behaviors are.



CELEBRATING 45 YEARS!

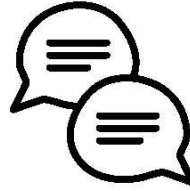
Family Belonging Builders



Set aside time for family rituals like cooking a meal together or storytime.



Create space for one-on-one parent-child time.



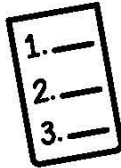
Develop a sense of shared meaning by telling family stories together.



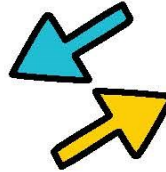
Select activities together.



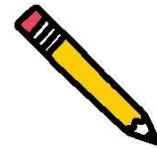
Schedule regular family check-in times.



Start a fun tradition with roles for every family member.



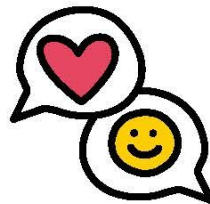
Find things in common.



Work on family projects together.



Ask for a hug or high-five.



Share observations about what gifts each family member has.



Hang up photos of family members.

Visit [KidsMentalHealthFoundation.org](https://www.KidsMentalHealthFoundation.org)
for more resources!

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The Kids Mental Health
Foundation



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