

What's SAPpening

Brought to you by the Center For Humanistic Change Student Assistance Program Liaisons

November 2018

Upcoming Events:

PASAP Webinar
"Engaging Parents in
the ESAP Process"
November 14, 2018
2:30-3:30

November

11/7: National Stress
Awareness Day
11/8: National STEM/
STEAM Day
11/13: World Kind-
ness Day



11/14: National Edu-
cational Support Pro-
fessionals Day
11/ 15: American Can-
cer Society Great
American Smoke out
& America Recycles
Day

December

12/10: National Hu-
man Rights Day.

National Drunk &
Drugged Driving (3D)
Prevention Month

National Human
Rights Month

To deny people their human
rights is to challenge their
very humanity.

- Nelson Mandela



Helping Students Cope with Addiction: Tips for Teachers

If you teach long enough, you'll eventually be asked to work with a student who is battling drug and alcohol addiction — either personally or through their families. That's why it's so important to provide the right message, hold the proper perspective and work with the child through a difficult time.

Remember it's a medical — not a moral — issue

Those affected by behavior of a person struggling with an addiction instinctively blame the situation on them. Addiction is tricky because it's a medical condition masquerading as personal choice, and while it appears that the person is making poor decisions, in reality, they are victims to the whims and wants of their drug of choice.

Look at the big picture

Students who are addicted often need to attend outside counseling sessions or spend time at a residential treatment center to give their recovery a strong and intense focus. Obviously this will interrupt their education, so you have to be reasonable and look at the big picture on classwork, tests, and homework.

Empathize, don't sympathize

Nobody has an easy time addressing their addiction, and especially a child who is managing all the other adolescent emotions. Rather than tell them you feel sorry for them, a better tact is to let your student know that you're happy that they're OK and getting the help they need, and that you're there for them as necessary.

Talk to your supervisor

As with any student medical issue, be sure to speak with your school nurse, immediate supervisor and your school's substance abuse counselor. They will give you specific advice and direction as you help the child re-enter the classroom.

Keep confidentiality above all

As the child manages all the emotions of addiction — anger, shame, worry and fear among others — it is essential that the student's private life remains exactly that. From time to time, we all work with colleagues who are gossips and seem to revel in the poor choices and difficult situations of our students.

What of relapses?

Not all persons who have struggled with addiction stay clean and sober — some students do slip back into the throes of addiction. Set clear boundaries with them, communicate with your school's medical staff and emphasize that you like them, but not who they are when using drugs and alco-



Retrieved from: <https://education.cu-portland.edu/blog/curriculum-teaching-strategies/teachers-help-students-addiction/>

Tips For Parents:

Get Involved in Prevention & Communication

Talk to youth about the dangers of using drugs. Having clear, honest conversations with your children that are appropriate to their age is the best way to let them know the risks of using drugs.

Be Informed of What's Happening in Your Neighborhood

Being engaged in the community and talking to youth about who they're involved with is a great way to be prepared to step in if they need help.

Keep your medications in a safe, secure place

Many teens develop addiction after misusing prescription medications — the kinds in the medicine cabinet, that doctors may prescribe for a sports injury or dentists may prescribe for a tooth extraction. Make sure it's kept locked up and disposed of properly.

Be on Alert and Reach Out for Help

If a child has dramatic changes in mood, appearance, academic performance or interest, and friendships, or they smell of marijuana, cigarettes or alcohol, don't hesitate to reach out for help.

Retrieved from: <https://www.centeronaddiction.org/the-buzz-blog/things-parents-can-do-fight-addiction>

FIGHTING THE WINTER BLUES:

TIPS FOR COPING WITH SEASONAL AFFECTIVE DISORDER

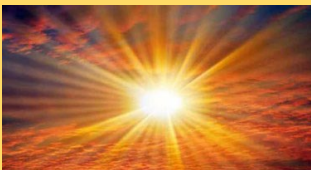
Exercise Regularly



Make Social Plans
Plan a Trip



Soak Up the Sun As Often as Possible



Let the Light In
Consider Seeing a Therapist
Make Room For 'Me Time'



Avoid Overloading On Carbs

Warning Signs of Anxiety in Children in Elementary School

Kids tend to worry, whether its about sleeping alone, leaving their parents and going to school; or things at school, such big assignments, whether other kids will like them, new teachers, and getting lot of homework. These worries usually don't last long or cause major problems in a child's life. However, anxiety and/or worries become a problem when they are long lasting, and/or they occur often and are difficult to deal with.

Warning Signs of Anxiety:

What does a child do?

Children may cry and cling to parents; refuse to talk to or interact with peers or adults; complain when they are the center of attention; avoid completing their school work for fear of making mistakes; or avoid/refuse to go to school.

What does a child say?

Children may say they expect they will be made fun of or teased for what they do or say; worry about being perfect; expect that they won't do a good job with their school work or while playing a sport; worry about disappointing others; report not feeling good about their abilities.

What do they say they are feeling?

Children may complain that they feel sick, have stomachaches, headaches, have trouble catching their breath, be jittery, shaky, high strung, tense and unable to relax, report that they feel dizzy, are sweating, or feel like they are going to throw up.

These four questions are often useful for helping determine whether anxiety has made things difficult for a child. If so, they may need support from a therapist or mental health provider.

- 1) Does the child worry or ask for reassurance almost every day?
- 2) Does the child consistently avoid certain age-appropriate situations or activities, or avoid doing them without a parent?
- 3) Does the child frequently have stomachaches, headaches, or episodes of hyperventilation?
- 4) Does the child have daily repetitive rituals?

Retrieved from: [http://carescenter.ucla.edu/sites/default/files/Parent%](http://carescenter.ucla.edu/sites/default/files/Parent%20)

DIAL 2-1-1
FIND HELP. GET CONNECTED.



Resources for aging, basic needs, counseling, education, health services, parenting, volunteer opportunities, youth programs and much more!

Free, confidential information and referral available 24/7:

Phone: 2-1-1 or 855-501-6785

Web: www.pa211east.org

Email: 211@uwlanc.org



YOUR COMMUNITY HELP LINE: PENNSYLVANIA 2-1-1 EAST

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.



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