

## This Month

**National School Psychology  
Awareness Week**  
November 9-13, 2015

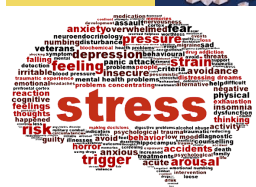
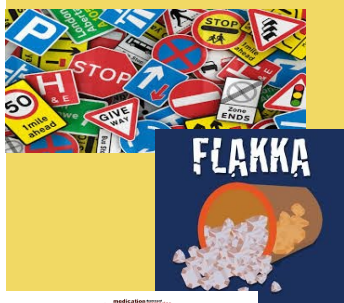


## Bath Salts



## Next Month

**Safe Driver Awareness**



# What's SAPpening

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

NOVEMBER 2015

## The Great American SmokeOut

*To cease smoking is the easiest thing I ever did. I ought to know because I've done it a thousand times. —Mark Twain, quoted in Coronet*

While it is not easy to quit smoking, every year the Great American SmokeOut affords an opportunity to quit. Smoking cessation assistance is available for those who have decided to make this positive change.



The American Cancer Society has held the Great American SmokeOut on the third Thursday of November since 1977. The day highlights the health dangers of smoking and encourages smokers to quit if only for one day. The Society website shares some of the health benefits of quitting which include:

- As soon as 20 minutes after quitting both heart rate and blood pressure will drop.
- Within 12 hours after quitting, carbon monoxide levels in the blood drop to normal levels.
- After 1 year of being a non-smoker, the risk of coronary heart disease is half that of a continuing smoker
- After 5 years of being smoke-free, the risk of cancer of the mouth, esophagus, and bladder are cut in half.
- After 15 years, an ex-smokers risk of coronary heart disease is the same as that of a non-smoker.


Another benefit of quitting is, with the current price of a pack of cigarettes in Pennsylvania at \$6.85, in 15 years an ex-pack a day smoker will save \$37,500!

However, as Mark Twain humorously noted, it is not easy to become an ex-smoker! Smoking cessation assistance resources in the Lehigh Valley area include:

- Lehigh Valley Health Network's Tobacco Treatment Program
- Bethlehem Health Bureau: 610-865-7087
- Tobacco Free North East Pennsylvania
- PA Free Quit Hotline: 1-877-824-1090 or [www.quit.com](http://www.quit.com)
- Smoking Cessation Patches Program: 1-800-QUIT-NOW

While there are many supportive services, such as support groups and counseling, and both over the counter and prescription medications to assist a smoker in quitting, experts at the American Cancer Society do not recommend e-cigarettes as part of a smoking cessation program as the ingredients and the devices themselves have not been proven safe.

The American Cancer Society's website has posters and other materials to promote The Great American SmokeOut on November 19, 2015. Enjoy a smoke free day!



# MORE THAN MEETS THE EYE

STUDENT FRIEND SIBLING



2015 NATIONAL RUNAWAY PREVENTION MONTH

**National Runaway Safeline**

[https://www.1800runaway.org/  
runaway-prevention-month/](https://www.1800runaway.org/runaway-prevention-month/)



## Bath Salts: Abuse & Addiction

Bath Salts is a name given to a family of drugs containing one or more synthetic chemicals related to cathinone, which is an amphetamine-like stimulant found in the khat plant. Bath Salts usually appear as a white or brown crystal-like powder. They are sold in small plastic or foil packages, usually labeled “not for human consumption.” They are sometimes marked as “plant food,” “jewelry cleaner,” or “phone screen cleaner.”

The drugs can be consumed by swallowing, snorting, inhaling, or injection with a needle. Research and users have reported that the drugs cause an intense desire to use it again, causing individuals to become highly addicted. In 2011, the Drug Abuse Warning Network reported that there had been over 20,000 emergency department visits involving Bath Salts. Other concerns with the drug is that it is often mixed with other ingredients that may cause harmful effects. The only way to determine the ingredients that are in the drug is to test it in a lab. Reported side effects of the drug are panic attacks, chest pains, paranoia, psychosis, and hallucinations, to name a few.

If you suspect a person using these types of drugs you can visit the Substance Abuse Treatment Facility Locator at 1-800-622-HELP or contact Lehigh County Drug and Alcohol at 610-782-3555. For more information on Bath Salts please visit National Institute on Drug Abuse <https://www.drugabuse.gov/> or Lehigh County Drug and Alcohol at <https://www.lehighcounty.org/Departments/Human-Services/Drug-Alcohol>

### References

<https://teens.drugabuse.gov/drug-facts/bath-salts>  
<https://www.drugabuse.gov/publications/drugfacts/synthetic-cathinones-bath-salts>

Thanks to all of our schools!

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## National School Psychology Awareness Week

### Helping Students and Families Connect the Dots

All children have the potential for success. As parents and educators, it is essential to help students realize their potential and help them set goals. It is also important to help children build upon their strengths, skills and abilities. During the week of November 9-13, 2015, National School Psychology Awareness Week works to promote children achieving their goals. The theme this year is **Connect the Dots and THRIVE**, chosen by the National Association of School Psychologists (NASP). The overall focus and goal is to help connect students to the academic and social-emotional skills they need to promote personal achievement, growth, resiliency, and a sense of belonging and well-being. Schools around the world will be participating in activities designed to engage staff and students in “connecting the dots” to create a positive school environment.

During National School Psychology Awareness week, the services provided by School Psychologists are also recognized. School Psychologists provide a range of services related to students’ academic achievement and well-being. They are committed to working with staff, students, and families to help all students thrive and achieve greatness! School psychologists are members of the school staff who support students’ ability to learn and teachers’ ability to teach. They apply expertise to assist students and provide direct support and interventions wherein children connect the dots and thrive. Once the dots are identified and connected, goals are attained and the motion to move forward can continue. Helping to make these connections for students, families, and staff; school psychologists enable everyone to thrive.

For more information about the theme and suggested activity ideas to incorporate into your school, please visit the NASP website:

<http://www.nasponline.org/research-and-policy/advocacy-tools-and-resources/school-psychology-awareness-week-2015>