



Upcoming Events

- Anti-Bullying Month
- SIDS — Sudden Infant Death Syndrome Month
- World Vegetarian Day 10/1
- Mental Illness Awareness Week 10/1-10/7
- World Teacher Day 10/5
- National Depression Screening Day 10/5
- National Coming Out Day 10/11

Center for Humanistic Change

555 Union Blvd. , Suite #7
Allentown, PA 18109
610-443-1595
www.thehc.org

For more information:

Wendy Texter
SAP Manager
wtexter@thehc.org

CHC Student Assistance Program Team

Stephanie Dorney:
SAP Training Provider
sdorney@thehc.org

Delia Mitchell: SR. Liaison
dmitchell@thehc.org

Maria Rossi: SR. Liaison
mrossi@thehc.org

Sahar Giacobbe:
sgiacobbe@thehc.org

Shannon Pittman:
spittman@thehc.org

Macie Sullivan:
msullivan@thehc.org



It Only Takes a Bite of a Marijuana Edible to Send a Child to the Hospital

After the recent legalization of marijuana in many states, hospitals have seen a rise in children poisoned by cannabis. The brightly colored, delicious looking THC gummies (edibles) make it extremely difficult for kids to keep their hands off of them because they mistake edibles for common sugary treats. The packaging is also designed to show how the product looks and tastes similar to regular candy and the marijuana industry does not take necessary precautions to make packaging child-resistant and less appealing to children.

Children can get very sick if they ingest too much THC, the psychoactive ingredient in marijuana. A 3-year-old child that weighs around 31 pounds needs to consume only 2.5 milligrams of an edible in order to exceed the toxicity threshold. The standard dose of THC per edible is 10 milligrams, which means that

small children only need to consume a tiny piece of an edible to become extremely ill. Children under the age of 6 may also feel the effects of edibles sooner and for a prolonged period of time. Studies have shown that children can feel the effects of edibles within 15 minutes after ingestion and can experience symptoms that last for hours or even days.

Common signs of THC poisoning include seizures, breathing issues, increased heart rate, being unresponsive, and having a severe altered mental status. Less severe side effects include vomiting, nausea, sleepiness, difficulty walking, and confusion. Regardless of symptom severity, it is required that children get evaluated at a hospital and get the necessary treatment they need.

Potential consequences are heavily influenced by weight, age, tolerance, medical conditions, and exposure to other drugs or alcohol. It is also important to know that not all edibles are made the same, so the levels of THC in one edible may differ than the other ones in the same packaging. Edibles are made for adults that weigh a minimum of 120 pounds and not for children to consume.

To reduce the amount of accidental overdoses, parents and other adults are advised to take the edibles out of their original packaging and put them into child-resistant containers. They should also be stored in areas that children do not have access to and should not be consumed in front of children to limit curiosity. If you think your child has consumed THC, call 911, go to your local emergency room, or call the poison control hotline at 800-222-1222.

NEW Opioids . . . They're More Potent Than Fentanyl

- A new type of illegal synthetic opioid that is more powerful than fentanyl is exacerbating the opioid epidemic, 1000 times more potent than morphine
- Known as nitazenes, these drugs are 10 times more potent than fentanyl and were first produced in the 1950s but never approved. But they emerged again during the pandemic, and a new study finds it takes more naloxone to reverse a nitazene overdose than a fentanyl overdose



Red Ribbon Week
October 23-31
www.redribbon.org

Teen dies after attempting the TikTok “One Chip Challenge”

A 14-year-old boy has died after attempting to eat one of the worlds hottest potato chips. Paqui, the creator of the One Chip Challenge, revived the harmful Tiktok trend after releasing a chip that contains two of the hottest peppers in the world, the Carolina Reaper and Naga Viper. The purpose of the challenge is to record yourself eating and reacting to the intense spice levels of the chip. Doctors are advising children and those with pre-existing health conditions to not participate in this deadly trend.



Suicide is the second-leading cause of death amongst teenagers. Many adults ignore the warning signs of suicide in children because they believe that the child is being over dramatic. All threats and possible indications of suicide should be taken seriously. Common warning signs to look for include:

- Loss of interest
- Depression
- Agitation or irritability
- Withdrawal from family and friends
- Alcohol and drug-use
- Hopelessness
- Participating in dangerous activities

There are also many ways in which a teenager can say they want to die. It is important to pay attention to what teens are saying. Possible indirect phrases teens could use to say are:

- “I want to sleep.”
- “I just want to be done”.
- “I can’t keep doing this.”
- “No one cares.” or “I don’t care.”
- “I can’t imagine living the rest of my life like this.”
- “I want to disappear.”

Talking about suicide can be difficult, here are ways in which adults can begin the conversation and empower teens:

- Do not wait for a crisis to happen to discuss suicide
- Check in and ask your child how they are doing
- Create a safe space so your child feels comfortable talking about their emotions
- Ask directly about suicidal thoughts

If you or someone you know is struggling, please call or text the 24/7 operated suicide and crisis lifeline at 988.

Resources for Families Coping with Substance Use

Dealing with substance abuse can be difficult, and not just for the person in need of recovery. In honor of Red Ribbon Week this October, the Substance Abuse and Mental Health Services Administration (SAMHSA) has recognized the difficulties all family members face when dealing with a loved one who has a substance use disorder. It is important to get proper emotional support for all family members, as caring for a loved one that is in recovery can be demanding. Support groups, family therapy, and counseling are possible resources that families should consider, as they improve treatment effectiveness by supporting the whole family. If you or a loved one need mental health or substance use support, please call SAMHSA’s National Helpline at 1-800-622-HELP (4357) or text your zip code to 435748. Visit www.SAMHSA.gov to learn about the available resources.

Don't miss our resources attached!

HELPING A LOVED ONE DEALING WITH MENTAL AND/OR SUBSTANCE USE DISORDERS

You may suspect or discover your loved one is dealing with a mental illness, drinking too much, or using drugs. As a family member, you can play a central role in getting them the help they need.

REMEMBER MENTAL AND SUBSTANCE USE DISORDERS ARE TREATABLE
 People can, and do, recover. Family support can make all the difference. For more information, visit www.SAMHSA.gov/families.

TALK TO YOUR LOVED ONE
 Express your concern and tell them that you're there to help. Create a judgement-free and loving environment to foster conversation and openness.

BE OPEN
 Discuss your family history of mental illness or drug and alcohol use, if relevant. It may help your loved one feel less alone.

SHOW COMPASSION
 Be patient as you help your loved one locate resources and treatment services.

BE SURE TO CARE FOR YOURSELF TOO
 Being a caregiver can be highly stressful and emotionally draining.

SEEK SUPPORT
 If you or a loved one needs help, call **1-800-622-HELP (4357)** for free and confidential information and treatment referral.