



Upcoming Events:

- National Nutrition Month
- National Traumatic Brain Injury Month
- Save Your Vision Month
- National School Breakfast Week — March 2-6
- Patient Safety Awareness Week — March 8-14
- Brain Awareness Week — March 16-22
- Peanut Butter Lovers Day — March 1
- Dr. Seuss Day — March 2
- Day of Unplugging — March 4
- Girl Scout Day — March 12
- World Sleep Day — March 13

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Double Lung Transplant on Teen Due to Vaping

Daniel Ament, a 17-year-old high school junior, made headlines in 2019 for becoming the first person to undergo a double lung transplant due to vaping-related lung damage. Now Ament's has created a nonprofit, Fight4Wellness, to raise awareness among vapers about the risks they face. One of those people is his own twin brother, who still vapes.

At the time of his surgery, Ament was anonymous, but he went public in January, speaking about the dangers of vaping. "My goal is to educate kids on the dangers of substance abuse," he told Insider Magazine.

Before vaping damaged his lungs, Ament was a dedicated runner and sailor. In the summer of 2019, Ament began sharing vapes with his friends at parties - just as a series of mysterious vaping-related illnesses began to make headlines.

"I always heard vaping was a healthy alternative to cigarettes," Ament said. "That you'd feel clean after."

This was still before a spate of studies emerged about the potentially dangerous oils and chemicals in vapes, and it was before a flurry of negative press and a White House ban forced e-cigarette startup Juul to stop selling flavored e-cigarettes.

Ament vaped daily that summer and planned to stop when school started. By that time, he was having difficulty breathing.

At the same time Ament went to the hospital, the nation was experiencing an outbreak of then-unexplained vaping illnesses, which were killing teenagers. His was the first case that required a lung transplant.

When Ament went to the emergency room, doctors realized a double lung transplant was his only option. "We had to transplant him or pull support," thoracic surgeon Dr. Hassan

Nemeh told Time Magazine. "I truly don't think he had a lot of time left."

Nemeh described Ament's lungs as "so scarred they didn't even deflate." He said the lungs were as solid as truck-tire rubber.

Ament's new mission is getting people like his twin brother to stop vaping

Ament, who now has to take 20 pills a day, can no longer go to military school like he'd hoped. His goal with Fight4Wellness is to warn other teens, like his own twin brother who still vapes, about the dangers of e-cigarettes.

"He's really stubborn," Ament said of his brother. "A lot of younger kids, like my brother and my friends, feel like they're invincible, like nothing will happen to them."

"I try to argue my point using as many facts as I can," he said. "I tell people no one knows what's in them, that no one knows what chemicals are in it or how they're interacting."

Vaping is incredibly addictive, especially for younger people

One 2019 CDC survey showed that almost a third of high school students use one or more tobacco products, with e-cigarettes being the most popular.

Companies like Juul and Puff Bars followed in the footsteps of tobacco companies by marketing aggressively to younger potential customers. In November 2018, Juul committed to stop marketing to young people. But an analysis of 14,000 Juul-related Instagram posts revealed that the company no longer needed to advertise to young people, because they were marketing the brand to each other on social media.

It was the nicotine content that got Ament hooked, not the fun, fruity, now-banned flavors, like mango, cucumber, and crème. "I don't think banning flavors will do much to people already addicted," said Ament. "It's the nicotine."

Research shows younger people are more vulnerable to nicotine poisoning. Nicotine can disrupt brain development for young people, especially considering the brain isn't fully developed until age 25.

In September 2019, the Trump administration declared a permanent ban on flavored e-cigarettes. But teens have reportedly been exploiting a loophole - flavored disposable e-cigarettes are still allowed.

To the teens of the world, Ament just wants to say this: "Be smart, do your research."



Enhance The Study Space at Home

Get them comfy. Some kids work well standing up, completing homework on the kitchen counter. Others like the living room couch, with the help of a lap desk.

Let them spread out. Most kids do best when they have space to spread out their materials. The dining room table is a good option. Also, consider an L-shaped desk. It allows the student to have a place for their laptop and a separate place for writing.

Consider a beanbag chair for reading, to help your kids feel snug and relaxed.

Place the computer that's used for studying in a well-traveled area of your home, not in his bedroom. This will cut down on their exploring other websites instead of studying.

Study in different places around the house. Moving locations increases novelty, which can improve focus.

Timers are excellent tools for students who feel that they can't muster the energy to get started. By setting a timer for 10 minutes and getting to work for this brief period, kids realize that the task isn't overwhelming.

There is a product called the homework caddy for kids to get organized. This hanging folder system organizes schoolwork, books, and homework supplies. It eliminates clutter and enables kids to keep track of long-term assignments.

Attention-Grabbing Techniques for Distracted Students

Classrooms filled with students, posters, and more are major sources of distractions for students with ADHD. With the right strategies, teachers can help students concentrate, increase clarity and better process information.

When children are battling visual discrimination challenges and/or dyslexia on top of ADHD, the classroom is inherently distracting with 20 plus students, posters everywhere, written information on a white board, and a lot of talking and movement going on. Even if teachers design their classrooms to minimize the stimuli, these students struggle daily to focus their attention on learning. One way to help is to put information in "high definition." Teachers should make everything they're presenting — content, directions, assignments, schedules — as visually clear as possible.

Color Code Information for Retention

Assigning colors to certain types of information is effective in making sense of it. If you're discussing the Allied and Central powers of World War I, and you're making notes on the white board, use two different colors to make the sides and their objectives distinct.

At home, parents often use schedules and calendars to help them prepare for upcoming events. It adds extra clarity to this information if you color-code it. On a calendar, you could put school tasks and related due dates in orange, social events in yellow (birthday parties, play dates), and family events in green.

Visual with Graphic Organizers

I've seen students who bring home study guides for exams that comprised long lists of facts and content. One student's fact list was about the 13 colonies, with no visual component. To make sense of it, we first divided the colonies' information into categories — religion, farming, and economy. Then we separated the colonies themselves into three regions — Southern, Middle, and New England. Next, we made a simple chart, and divided the glut of



information into distinct boxes. This helped the student make sense of it all, comparing the different regions and their qualities. It also made it easier for him to memorize key facts.

Here are some examples of graphic organizers: cause and effect chart; Venn diagram; story map; main idea and details chart. These tools compartmentalize information into visual frames that help students see how concepts relate to each other.

Use Projectors or Document Cameras

Projecting big, bright digital images or text helps sustain focus and retain information. Being able to project the Internet for your class offers opportunities to present content in ways conducive to different learning styles, by using videos, songs, charts, infographics, and so on.

Using a document camera, like an Elmo, allows you to project novels, worksheets, textbooks, and visual aids. The teacher can stand at the white board and use expo markers to write on the projections. Young people like to look at high-definition video screens. Let's make sure our teaching uses HD as well.

The Power of Images

There's a reason Emoji's became integrated with texting: People respond emotionally and intellectually to pictures. When we try to get our students to take in and store complex information in long-term memory, an image can support that process. There was a student who needed support in setting goals and lowering anxiety about his academic workload. He was a fan of the NFL, so the teacher took a graphic of a football field, cut out the picture of a football, and used this to track his progress in completing assignments as he took the "football" to the end zone. The image kept the student focused on the goal.

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