



Upcoming Events

- Suicide Prevention Month
- National Recovery Month
- Healthy Aging Month
- Childhood Cancer Awareness Month
- **FASD: Fetal Alcohol Spectrum Disorder 9/14**
- National Hispanic Heritage Month 9/15-10/15

Center for Humanistic Change

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Vaping, Marijuana Use, and Binge Drinking

- If your teens use e-cigarettes, they're more likely to use cannabis or binge-drink.
- Vaping is not risk-free. Parents should maintain a dialogue with their teens about making healthy choices.

Surveys of teens ages 13 to 18 revealed that vapers were 20 times more likely to use marijuana than teens who used no nicotine products. Those who vaped in the previous month were six times more likely to have had multiple binge-drinking episodes in the previous two weeks. These associations were even stronger for kids who smoked traditional cigarettes and vaped.

"The surprising thing is just how strong those links were," said lead study author Noah Kreski, a data analyst for Columbia University Mailman School of Public Health. "The associations we see there are just far and away so much higher than what we usually see in a study on really anything."

Because of this strong overlap, effective interventions should simultaneously address vaping, drinking and cannabis use, Kreski said. "These patterns are so strong in terms of where there is some substance use, there's very likely other substance use," Kreski said.

There also may be a strong social aspect to vaping, Kreski said. Teens could be using a friend's vaping device, for example.

Substance Use & Mental Health Prevention Awareness

Live. Be.
WELL
A Community Empowerment Event



September 30, 2023

10:00 AM – 3:00 PM

FREE

Easton Area Middle School
1010 Echo Trail, Easton

- **Who should attend:** Everyone of all ages
- **Featured Speakers:** Kevin Hines and Westley Morris
- **Other Features:**
 - Prize Giveaways
 - Iron Pigs' Mascots FeRROUS & FeFe
 - Recovery & Mental Health Resources
 - Food Trucks
 - Free Chair Massages and Yoga Sessions
 - Free Henna Tattoos and Face Painting

For more information contact:
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Sponsored by Northampton County Drug & Alcohol and Suicide Prevention Task Force

Oral Nicotine Pouches

As youth e-cigarette use remains a concern, a different type of flavored nicotine product is gaining popularity: oral nicotine pouches. Oral nicotine pouches are used similarly to snus – an oral pouch containing shredded tobacco leaf – but unlike snus, they contain a nicotine powder instead of tobacco leaf. Like the e-cigarette JUUL, this product is being marketed to kids, enticing them with fruity flavors and high nicotine concentrations.





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

RED RIBBON WEEK® OCT. 23-31
WWW.REDRIBBON.ORG



Salt and Ice Challenge (SIC)

By placing salt on the skin and then ice on top of the salt, the teen feels a “burning” sensation and is challenged to see how long they can withstand this sensation. This is a very serious medical concern as the mixture causes the temperature to become 0 degrees F and can cause second and third degree burn injuries. It is similar to frostbite and numbness associated with the cold interferes with the teen’s awareness that an injury has occurred. Nerve damage and permanent scars to the skin at varying depths are possible.



Overcoming a Tough School Year

At the end of summer, the stress of school starting begins to rise for parents and children. Many are dreading the start of the new school year after the 2022-23 academic year.

Last school year, students struggled academically, due to the rise of classroom disruptions. When disruptions occur, it often disrupts the learning process. As a result, teachers remove students from the classroom, causing them to miss important material.

When schools closed due to the pandemic, mental health concerns among students worsened, and they haven’t improved. Children are struggling to build relationships with others, which may result in isolation and stress, causing them to act out in school.

These ideas may help you prepare them for a better year:

- Create and establish routines with your child.
- Look for a tutor if your child needs academic support. Free support options may be available. Your school counselor may be able to point you toward resources.
- Let your child know that you want to help. Some kids hesitate to tell their family they need help to avoid possible disappointment or punishment. Problem-solve together.
- Contact new teachers before school begins and let them know about your child’s struggles last year.
- Praise your child’s efforts to do better. Show them that you’ve noticed their improvements, even if they haven’t met their goals yet.
- Find activities outside of school where your child can have positive experiences and connections. Some kids thrive in environments that require interaction with others.

When Should I Be Concerned?

If your child’s anxiety or stress levels dramatically increase when you talk about school, see your child’s pediatrician or a mental health professional.

A challenging school year can be hard for kids to know how to overcome. Talking with your child and creating a plan together can help both of you have a successful school year.



Could Lack of Sleep Harm Your Kids?

Regularly getting insufficient sleep leads to chronic sleep deprivation, which is a contributing factor to significant mental health concerns like depression, anxiety, and low self-esteem. Not getting enough sleep means teens will do poorer in school, will be more likely to struggle with obesity (and diabetes), and will be at a higher risk for harmful substance use.



What’s the biggest culprit? It’s their smartphone. Since 2012, the year when the majority of teens had their own smartphones, the amount of sleep a teenager gets on average has trended downward.

What can you do? It starts with proximity. Don’t let your kids sleep with their phones next to them or under their pillows. Buy them a cheap alarm clock, and keep their phones in another location in the house. Consistent, healthy sleep is essential to a teen’s growth and development. All families can put consistent sleep as a higher priority, and a simple yet powerful step starts with taking phones out of the bedroom.

Recognizing and Responding to Fetal Alcohol Spectrum Disorders

FASD

In Recognition of International
FASD Awareness Day

CEU Credit
Event

When:

September 14, 2023

Thursday / 8-11 am

Where: Virtual Webinar

Register: https://www.thehc.org/event_calendar/

[event_calendar.html/event/2023/09/14/fasd-fetal-alcohol-spectrum-disorder-webinar/447856](https://www.thehc.org/event_calendar.html/event/2023/09/14/fasd-fetal-alcohol-spectrum-disorder-webinar/447856)

