

Upcoming Events: January

National Blood donor
Month
National Mentoring
Month
It's Okay to Be Different
Month

1/21: Martin Luther King
Jr. Day.

1/22-27: National Drug
and Alcohol Fact Week
1/24: National

February

Compliment Day

Black History Month
Teen Dating Violence
Awareness Month
National School
Counselors Week (first
week)
National Kindness Week
(second week)

SAP Updates:



What's SAPpening

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

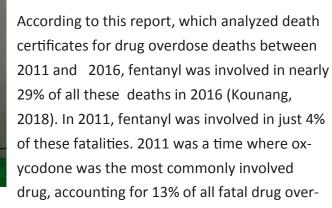
January 2018

Fentanyl Becomes the Deadliest Drug in America

The number of total drug overdoses has jumped 54% each year between 2011 and 2016 (Partnership News Service Staff). There were 63,632 drug overdose deaths in the year 2016 alone.

Centers for Disease Control and Prevention has found that fentanyl is now the most commonly used drug involved in overdose fatalities. The rate of deaths involving this synthetic opioid has significantly increased, about 113 percent each year from

2013-2016.



doses (Kounang, 2018).



Fatal dose of Heroin vs. Fatal

Dose of Fentanyl

CDC also reports that the majority of overdoses involve more than one drug with two-fifths of cocaine-related overdose deaths in 2016 also involving fentanyl, and almost one-third of fentanyl-related overdoses also involved heroin. Additionally, More than 20% of meth-related fatal overdoses also involved heroin (Kounang, 2018).

Many experts blame the overprescribing of prescription painkillers as the cause of the US opioid crisis, saying it has transformed, first into a heroin crisis and now into a fentanyl epidemic. These findings are cautioned by Dr.'s not to be interpreted as the end to the prescription drug abuse problem, since states such as Oklahoma have overdose deaths due to prescription opioids that outnumber heroin and fentanyl fatalities (Kounang, 2018).

Much of the emphasis of the drug overdose crisis has been on opioids, but there has also been an increase in the rates and numbers of cocaine- and methamphetamine-related deaths (Kounang, 2018). Furthermore, the study found that while fentanyl and heroin were the leading causes of unintentional overdoses, prescription drugs were more likely to be involved in suicidal overdoses.

Retrieved From: http://www.wfmz.com/health/fentanyl-deadliest-drug-in-america-cdc-confirms/926650589

https://drugfree.org/learn/drug-and-alcohol-news/fentanyl-most-commonly-used-drug-involved-in-overdose-deaths/?utm_source=pns&utm_medium=email&utm_campaign=fentanyl-most-commonly-used-drug-involved-in-overdose-deaths



Helpful Resolutions Students Can Make:

- Stop Procrastinating Work.
- Communicate with Teachers and Parents, they're there to help!



- Commit yourself to your schoolwork.
- Don't do it all! It's better to be involved in a few activities and excel at them.
- Keep a calendar to stay on track of deadlines



- Try something new! A new club, sport, musical, instrument, etc.
- 7. Banish Self-Doubt. Say no to thoughts like "I can't do this."
- Spend less time communicating over phones
 more time in person with friends & family.





The holidays are a joyous time of year where extended time is spent with family and friends attending gatherings and parties. For teens, it means school is out and at times a lack of parental supervision. Parents may struggle to find positive activities during the holiday break from school and many teens are left with lots of idle

time. Their attempt to find ways to entertain themselves can lead teens to experiment with alcohol and other illicit substances.

According to SAMHSA, over 11,000 young people aged 12 to 17, will try alcohol for the first time on an average December day (Harding, 2018). Some unable to make it to the new year due to prevalence of alcohol related deaths.

Underage drinking can be an overlooked but significant issue in the US as more teens use alcohol than tobacco or other substances.

Those ages 12 to 20 years drink 11% of all al-

cohol consumed in the United States, with over 90% of this consumed in the form of binge drinks (Harding, 2018).

While this age group tends to drink less frequently than adults do, they drink much more, having 5 or more drinks at a time (SAMHSA, 2018). SAMHSA's 2014 National Survey found that 5 million youth between 12-20 report being binge drinkers and 1.3 million being heavy drinkers. 77% of current underage drinkers drink while in a group, and 65% obtain alcohol from friends and family, making social gatherings over extended breaks especially crucial to monitor (SAMHSA, 2018).

Retrieved from: https://blog.samhsa.gov/2014/12/09/lets-talk-about-underage-drinking-during-the-holidays

https://safeandsoberparents.com/2017/06/21/119/

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TOM WOLF, GOVERNOR | JENNIFER SMITH, SECRETARY

Ways to Help Teens Avoid Alcohol During the Holiday Season:

- Don't allow teen alcohol use in any amount or for any reason
- Provide supervision at family gatherings and neighborhood parties
- Talk to your teen about avoiding alcohol use
- Lock up alcohol in the house
- Set up a "bailout" plan for your teen

<u>Center For Humanistic Change Student</u> <u>Assistance Program Team:</u>

Kristen Hettrick, Director: khettrick@thechc.org
McKenna Bast, Liaison: mbast@thechc.org
Stephanie Dorney, Liaison: sdorney@thechc.org
Eliana Jimenez, Liaison: ejimenez@thechc.org
Delia Mitchell, Liaison: dmitchell@thechc.org
www.thechc.org • 610-443-1595 100A Cascade
Drive • Allentown, PA 18109