

# What's SAPpening

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

September, 2019



## Upcoming Events:

### September

- National Alcohol and Drug Addiction Recovery Month
- National Suicide Prevention Week. September 7-12
- Fetal Alcohol Syndrome Awareness Day, September, 9th
- World Heart Day, September, 29th
- Children's Eye Health and Safety Month

### October

- Red Ribbon Week October 23-31.
- Breast Cancer Awareness Month
- Mental Illness Awareness Week. October 6-12

## SAP Updates:

SAP Fall Consortium "The Vaping Epidemic"

October 22  
Northampton County

October 23<sup>rd</sup> Lehigh County

Location: 555 Union Boulevard  
Allentown, PA 18109

For more info.— contact Karen Kohn, SAP Administrator  
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A person recovers by creating a new life where it is easier to not use. If you don't create a new life, then all the factors that brought you to your addiction will eventually catch up with you again. This year the Substance Abuse and Mental Health Substance Administration will celebrate its 30<sup>th</sup> anniversary of "National Recovery Month. According to the National Survey on Drug Use and Health (NSDUH), 19.7 million American adults (aged 12 and older) battled a substance use disorder in 2017. Almost 74% of adults suffering from a substance use disorder in 2017 also struggled with an alcohol use disorder. Statistics show that only one in ten people with substance addictions receive treatment so the focus for National Recovery Month this year is to make recovery support services more accessible so people can live meaningful and productive lives, reduce the stigma and continue to support the people, communities and cities that are making positive strides toward recovery.

The American Society of Addiction Medicine (ASAM) had an online survey that was completed by 9,341 people who had different pathways to recovery that consisted of: 12-step groups, medication-assisted recovery and natural recovery. The results stated that people in recovery define recovery as, being honest with self, being able to enjoy life without drinking or using drugs, living a life that contributes to society, to your family or to your betterment, being the kind of person that people can count on, and giving back and striving to be consistent with beliefs and values. A study followed 268 Harvard University undergraduates and 456 non-delinquent inner-city adolescents. About 20 percent of the undergraduates and 30 percent of the inner-city adolescents were alcoholics in recovery. The men were followed until the age of 60, every two years by questionnaire, and every 5 years by physical examination. The study concluded that after 5 years of abstinence, relapse is rare.

Change can be difficult even good change. Recovery is rewarding because you get the chance to change your life. If you use this opportunity for change, you will look back and think of your addiction as one of the most positive things that really ever happened to you. People in recovery often describe themselves as grateful addicts.

There are many support groups to help you and your family with recovery. Here's a few:

Alcoholic Anonymous (AA) Narcotic Anonymous (NA) Dual Recovery Anonymous, Al-Anon (family).



### Tips for parents and schools to stay connected:

- Read with your child regularly and encourage them to read.
- Make sure your child knows that homework is their job and make sure they do it.
- Volunteer at your child's school. Get to know the teacher.
- Attend parent/teacher conferences.
- Discuss safety issues openly.

### Tips on how schools can involve parents:

- Give parents clear Information about the classroom.
- Inform parents of the requirements for each grade
- Send consistent communications throughout the school year.
- Maintain a parent page on school website/ school blog.
- Set-up a homework hotline.

## The Dangers of Vaping

According to The National Institute on Drug Abuse (NIH) teens are more likely to use e-cigarettes than cigarettes in 2017-2018 alone, e-cigarette use currently reported by high schooler's increased from 11.7% to 20.8%, a 78% increase. Among middle school students, current e-cigarette use increased from 0.6% in 2011 to 4.9% in 2018. Although e-cigarettes and vaping has been marketed as an aid to help quit smoking, they are still highly addictive and cause cravings. Many teens believe that vaping and e-cigarettes are not harmful, however e-cigarettes contain nicotine, the same high addictive chemical compound found in cigarettes and other tobacco products. Nicotine can damage the parts of the brain that control attention learning. It also raises your blood pressure and spikes your adrenaline, which increases your heart rate and the likelihood of having a heart attack. There are many unknowns about vaping, including what chemicals make up the vapor and how they affect physical health over the long term.

According to federal health officials, 150 people across 15 states, including New Jersey and Pennsylvania have developed a "severe lung disease" associated with e-cigarette use. In an effort to better educate parents and youth the (FDA) The US Food and Drug Administration will launch T.V ads, social media postings and educational materials to teach kids about the dangers of using e-cigarettes. Efforts to educate started in September 2018 and is designed for ages 12 to 17 who have used e-cigarettes or thought about trying them.

Retrieved From: [www.cnn.com/2019/07/26/health/wisconsin-8-teens-lung-damage](http://www.cnn.com/2019/07/26/health/wisconsin-8-teens-lung-damage)  
<https://www.samhsa.gov/find-help/recovery> ( recovery article)  
[www.hopkinswellness-and-prevention/Struths-you-need-to-know/](http://www.hopkinswellness-and-prevention/Struths-you-need-to-know/) [cancer.org/latest-news/fda-reveals-new-ads-to-warn-kids/](http://cancer.org/latest-news/fda-reveals-new-ads-to-warn-kids/)  
[drugfree.org](http://drugfree.org)

### Signs of Vaping:

- Equipment- devices that look like flash drives, e-juice bottles, pods. Aside from leaf marijuana, gel jars that contain dabs (highly concentrated doses of cannabis) and cartridges that contain THC oil .
- Online purchase-purchases made online and charged to your credit card or unusual packages that arrive in the mail .
- Scent-the smell from vaping is faint, you may catch a whiff of a flavoring where there appears to be no other source .

## Fetal Alcohol Spectrum Disorder

**Friday, September 6**

8:00 am—12:30 pm / (breakfast/registration at 7:30 am)

The Center for Humanistic Change, Auditorium

555 Union Blvd, Allentown, PA 18109

Register at **[www.thehc.org](http://www.thehc.org)**

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TOM WOLF, GOVERNOR |  
JENNIFER SMITH, SECRETARY

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