

What's **SAP**pening

BROUGHT TO YOU BY CENTER FOR HUMANISTIC CHANGE STUDENT ASSISTANCE PROGRAM LIAISONS



Upcoming Events

- National Bullying
 Prevention Month
- Adopt a Shelter Dog Month
- Breast Cancer Awareness
 Month
- ADHD Awareness Month
- 5—Do Something Nice Day
- 10—World Mental Health Day

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Finding Help for Kids

Alateen / Alateen is part of the Al-Anon Family Groups and is for anyone affected by someone else's drinking. This link is specifically for teens. https://al-anon.org/for-members/group-resources/alateen/

Teen Addiction Treatment / This site finds substance abuse treatment centers for teens in your area. www.alltreatment.com/teen-addiction-treatment

Boys & Girls Clubs of America (BGCA) / The mission of BGCA is to enable all young people, to reach their full potential as productive, caring, responsible citizens. www.bgca.org

National Hotline and Online Chat

Do you need someone to talk to right now? The Partnership to End Addiction has trained professionals available via phone 1-855-378-4373, or text message TEXT 55753.

Drug Abuse Resistance Education (DARE) / D.A.R.E.'s primary mission is to provide children with the information and skills they need to live drug and violence free lives. www.dare.com

Elks Drug Awareness Program / This is a resource center which is the largest volunteer drug awareness program in the U.S. Provides information for parents and a guide for teachers, educational comics for fourth through eighth graders, tips for teens, and contests. www.elks.org/dap

JustThinkTwice.com / Created by the Drug Enforcement Administration (DEA) specifically for young people, this site provides information about drugs and their consequences. www.justthinktwice.com

CampusDrugPrevention.gov / Part of DEA's effort to support drug abuse prevention programs on college campuses and surrounding communities. It was created as a one-stop resource for professionals and parents working to prevent drug abuse among college students and the community. www.campusdrugprevention.gov

National Institute on Drug Abuse for Teens (NIDA) /

Teens can get facts about drugs and drug effects, read advice from fellow teens, watch educational videos, download cool anti-drug stuff, and try their hand at brain games. http://teens.drugabuse.gov



suicide. www.sadd.org

October/ 2021

Students against Destructive
Decisions / (SADD) is dedicated to preventing destructive decisions, specifically underage drinking, other drug use, impaired and risky driving, and teen violence and

TheCoolSpot.gov / This was created by the National Institute on Alcohol Abuse and Alcoholism for kids 11-13 years old. Content is based on a curriculum for grades 6-8 developed by the University of Michigan to give young teens a clearer picture about alcohol use among their peers. The Cool Spot also features quizzes, tips for handling peer pressure, and links to educational and support sites. www.thecoolspot.gov

Return Unused Drugs to Your Pharmacy

DEA made regulations that allow more options for the safe disposal of unused, unwanted, and expired prescription drugs. These options include the return of unused narcotic painkillers and other medications to approved pharmacies or the use of mail-back programs. These new regulations will expand options to safely and responsibly get rid of unused medications.

call your local pharmacy for more information

National Bullying PREVENTION Month

The signs of bullying



Changes in sleeping and eating patterns





Withdrawal from activities and reluctance to say why







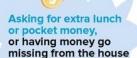
Frequent tears or anger







Changing friendship groups







Frequent damage or loss of items such as clothing, property or school work





What to do if you suspect



All children are capable of bullying and it is important for you to respond in a calm and helpful manner if your child is displaying bullying behaviours.



Talk about bullying with your child, explaining what is acceptable behaviour and what is not





Talk to your child about positive ways to build friendships and socialise with



Encourage and provide

opportunities for your





Explain the concepts of cooperation and negotiation. Encourage your child to share, and to be aware of the feelings of others.



Provide opportunities for your child to be involved in social situations which help them develop the skills of cooperation and communication, both within the school environment; online and in other areas of their lives.

Work together with your family to establish simple rules and expectations about how your family treat others.





TOM WOLF GOVERNOR JENNIFER SMITH, SECRETARY This project is funded, in part, under a contract with the Pennsylvania Department of Drug and Alcohol Programs with Lehigh and Northampton County Drug and Alcohol.

More than 1 out of every 5 students report being bullied.