



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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What's **SAP**pening

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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>

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 suicide. www.sadd.org



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

Lowered school performance



Withdrawal from activities and reluctance to say why



Frequent tears or anger

Feeling ill in the morning and not wanting to go to school



Changing friendship groups



Asking for extra lunch or pocket money, or having money go missing from the house



Unexplained bruises, cuts and scratches



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

Changes in behaviour or mood associated with the use of a device (i.e. just after using a social networking site)



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.

your child is bullying others



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



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

Encourage and provide opportunities for your child to discuss issues that might be causing them to bully or cyber bully.



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

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