

What's **SAP**pening

*FAKE

oxycodone M30 tabl

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



Upcoming Events

- Birth Defect Prevention Month
- Stalking Awareness Month
- Cervical Cancer
 Awareness Month
- 2/ Science Fiction Day

• 14/ Dress Up

Your Pet Day



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Fentanyl

- Opioid 50 times stronger than heroin
- Has mostly replaced heroin on the streets
- Implicated in about 68% of overdose deaths
- · Pressed into pills to look like Percocet or Xanax

AUTHENTIC oxycodone M30 tablets



"Fentapills"

- Look like other pills, such as Percocet, Xanax, Ritalin
- Can be purchased online via Snapchat and other apps
- Some may be rainbow colored





Real Oxycodone Pills

Fake Oxycodone Pills

Fake Opioid Painkillers

Street names: 30s; 40s, 512s, Beans, Blues, Buttons, Cotton, Greens, Hillbilly Heroin, Kickers, Killers, Muchachas, Mujeres, OC, Oxy, Oxy 80s, Roxy, Roxy Shorts, Whites

X AÅA X	8039

Fake Alprazolam (Xanax) Pills Street

Street names: Bars, Benzos, Bicycle Handle Bars, Bicycle Parts, Bricks, Footballs, Handlebars, Hulk, Ladders, Planks, School Bus, Sticks, Xanies, Yellow Boys, Zanbars, Zannies, Z-Bars





Fake Adderall Pills

Fake Amphetamine (ADHD) Pills

Street names: A-Train, Abby, Addy, Amps, Christmas Trees, Co-Pilots, Lid Poppers, Smart Pills, Smarties, Study Buddies, Study Skittles, Truck Drivers, Zing





Online Systematic Training for Effective Parenting (STEP)

A program for parents and caregivers with children in elementary school (6-12 years old).

Classes start on: Jan. 17 - Feb. 21, 2023

6:00 - 7:00 PM

Participants must register and attend session one, pick and choose sessions of interest after that.

The program will help the participants to:

- Increase ability to identify goals of misbehavior
- Increase encouragement skills
- Increase skill in communication
- Increase skill in discipline
- ... and more!

For more information and registration, contact: Maria Alonso-Tomlinson mtomlinson@thechc.org

Looking for community resources?

Contact Delia Mitchell at: dmitchell@thechc.org 610-443-1595 ext. 13 / cell: 502-298-6281



TikTok

LIP BALM ON EYE LIDS?

Teens are putting Burt's Bees lip balm on their eyelids, and no, you shouldn't try this at home. People believe rubbing Burt's Bees lip balm on their eyelids before a night out will give them a euphoric, tingling sensation. However, experts say otherwise.

TikToker trend called "Beezin"

Beezin' is a fad where people apply Burt's Bees lip balm to their eyelids. The menthol or peppermint flavors are supposed to cause a sensation of enhanced alertness.

Placing menthol or peppermint on the eyelids can cause a burning sensation, inflammation, swelling and even pink eye. *Optometry Times* states that beezin' can cause contact dermatitis, saying a "nice buzz" can turn into a "full-blown inflammatory response requiring treatment."

REACH LV Youth Recovery Center

REACH provides a recovery community program that supports, empowers, and provides services to adolescents and their families in all phases of recovery.

Services Include:

- Recovery Meetings
- Peer-to-Peer Support
- Planned Sober Social
- Events
- Family Support Groups
- Psychosocial Education Groups
- Linkage to Counseling and
- Community Services

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mental health resolutions







i will listen to what my body needs

i will be kind o myself



i will let go of unhealthy coping mechanisms

i will state my boundaries with assertiveness



i will allow myself some rest when i need it

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