



Upcoming Events:

October

- Domestic Violence Awareness Month
- Healthy Lung Month
- National Bullying Prevention Month
- Mental Illness Awareness Month
- (SIDS) Sudden Infant Death Syndrome Awareness Month
- World Mental Health Day
- National Depression Screening Day (10/10)
- World Food Day
- Respiratory Care Week (10/20-10/26)
- National Health Education Week (10/21-25)
- National Healthcare Quality Week (10/20-10/26)

November

- Great American Smokeout (11/19)
- International Survivors of Suicide Day (11/23)

SAP Updates:

SAP Fall Consortium

"The Vaping Epidemic"

October 22

Northampton County — 8 AM

October 23

Lehigh County — 8 AM

**Location: 555 Union Boulevard
Allentown, PA 18109**

For more information:

Karen Kohn, SAP Administrator
kkohn@thechc.org



Teen's lung blisters . . . the reports are coming in

More information is starting to roll in on e-cigarettes. Now we are receiving reports on illnesses and deaths associated with vaping . . . The Trump administration just announced moves to ban flavored e-cigarettes . . . To try and combat the vaping problem, a school in Alabama has taken off the doors in the stalls . . . Another school in Maryland took off doors going into the bathrooms . . . And in some New Jersey schools vape detecting devices have been installed in all bathrooms.

A teen who just recently purchased a device in California had surgery to remove a blister that resulted in a collapsed lung. This teen's scan showed a dark, collapsed lung where a blister had popped in the patient's chest cavity. There is definitely an association between the blister and vaping.

Khan, a cardiothoracic surgeon at Sutter Health Alta Bates Summit Medical Center, said that this summer, an 18-year-old young man came to him after suffering a blistered lung. The patient had what's called a pneumothorax, or collapsed lung, a dangerous problem in which air leaks into the space between the chest wall and the lung, making it hard to breathe. This can happen when blisters pop up inside the lungs. "He needed surgery to relieve that air, to allow the lung to expand, and subsequently the blister had to be taken out surgically," Khan said. The procedure, Khan said, requires general anesthesia. "We go in with scopes, we have to cut the blister out with staples, and then leave tubes in to allow the lung to expand," he said.

Young, thin men are more susceptible to suffering these rare lung injuries than other people (and they also develop in smokers sometimes), but Khan feels that vaping contributed to this particular case, especially because the blister was in an unusual location on the side of the lung.

"By the time they get to me, that means the denominator is huge," he said. "We are definitely seeing in the lung clinic, more patients coming in who are starting to have respiratory issues, changes on their chest x-rays, things like that."

Hundreds of lung injuries have been reported in vapers in recent months. The Centers for Disease Control and Prevention (CDC) reported that more than 450 possible cases of vaping-related lung illnesses have been tallied across 33 states. Six people are dead. Many of the patients have reported that they used cannabinoid liquids (especially THC) before they fell ill. "It's on the verge of becoming a public-health crisis," Khan said. "When I'm seeing these people, it means they're needing surgery. That's pretty dramatic."

Experts, however, are still baffled about what's causing the injuries. They think some devices could be tainted with bad vape juice, or perhaps some oils are seeping into people's lungs, where only air should be. Clearly it has something to do with the chemical reaction that's aerosolizing the product. Another theory is that some people's bodies are mounting unusual defensive immune responses to some vapes.

The adverse reactions people are having to vaping are more "accelerated" than the way lung damage in smokers typically progresses, Khan said. "We think it's probably a chemical reaction that's occurring."

Because the cause of these illnesses is still a mystery, the CDC is suggesting that individuals consider not using e-cigarettes, because as of now, this is the primary means of preventing the severe lung disease.

People who use a vape device and think they're getting a great deal from the corner on their marijuana vapes should think twice.

CURRENT STATS (as of 9/14/19)

450—Lung illnesses
associated nationally with
using e-cigarettes

6—Teens from Lehigh Valley
hospitalized with the same
serious lung issues

7—Deaths to date





October is National Bullying Prevention Month

The goal is to encourage schools to work together to stop bullying and cyberbullying and put an end to hatred and racism by increasing awareness of the prevalence and impact of all forms of bullying on all children of all ages.

(10/7/19) The first Monday of every October is World Day of Bullying Prevention™! On this day students and schools, all over the world go BLUE together against bullying. Join us in solidarity to stop bullying and cyberbullying! Make it the day that bullying prevention is heard! Wear your own blue shirt, you'll be using your voice and sending a message that this is the day that bullying prevention is heard around the world. **Change the Culture!**

Make friends with someone you don't know. If you have ever been isolated from others at school or you were new at school and it took time to make friends, you know what it feels like to be left out. Or even if you were never isolated, imagine how it would feel. You probably wish someone had done that for you. **Be a leader.** Take action and don't let anyone at school be in isolation.

Challenge Others To Be Kind: Make kindness go viral with an act of kindness and challenge friends and classmates to pay it forward with their acts of kindness.

October 11th is National Coming Out Day: Celebrate coming out as lesbian, gay, bisexual, transgender, LGBTQ questioning or as an ally.

October 14th is STAND UP for Others Week: When you see someone being bullied, be brave and STAND UP for them. Bullies have been known to back off when others stand up for victims. If you do not feel safe get the help of an adult immediately. **Be part of the solution . . . not the problem!** It is a time to see everyone's differences and celebrate their similarities: Whether students are LGBT, African American, Asian, Muslim, AAPI, of Tribal descent or disabled . . . make friends. Students can participate by:

- Creating positive messages on post-its and hand them out to students at school
- Hold a "kindness" dance at school

The Week of October 21st

- Do not let anyone at school eat alone in the cafeteria or on a school field trip. Make it the week of **#NOONEEATSALONE**
- Include other students in school and after school activities
- Invite someone you don't know that well to sit next to you. Learn about each other. At one point or another each of us has felt insecure, or stressed out, or alone. It is important to remind our friends and classmates that we are all in it together and we are there to listen and support each other. Use the hashtag **#HereForYou** on social media to let your classmates know that they have your support and a person to reach out to if they ever need to talk.

The Week of October 28th

- Start the Week with Conversations Amongst Your Peers
- Discuss how you can **Change The Culture** at school. Hold a discussion in your classroom where students openly speak and discuss their experiences with bullying and cyberbullying, and how these experiences have effected them and how they dealt with these moments.

This is your month to take leadership at your school and carry it through all-year-round! The more awareness that is created during the month of October — and all year round you are one step closer to putting an end to bullying!

CHC Student Assistance Program Team

Stephanie Dorney, Senior Liaison: sdorney@thechc.org
 McKenna Bast, Liaison: mbast@thechc.org
 Delia Mitchell, Liaison: dmitchell@thechc.org
 Meredith MaKoul, Liaison: mmakoul@thechc.org
 Nicole Elias, Liaison: neliase@thechc.org
 Jennifer Hanley, Liaison: jhanley@thechc.org
 Wendy Texter, Liaison: wtexter@thechc.org
**www.thechc.org • 610-443-1595 • 555 Union Blvd.
 Suite 7, Allentown, PA 18109**

This project is funded, in part,
under a contract with the



TOM WOLF, GOVERNOR
JENNIFER SMITH, SECRETARY

Top 10 Social Issues Teens Struggle With Today

Technology Has Changed or Amplified the Struggles Young People Face

Advances in technology mean today's teens are facing issues that no previous generation has ever seen. While some issues are not exactly new, electronic media has changed or amplified some of the struggles young people face. For instance, teens today struggle more with their interpersonal relationships than any previous generation and a lot of this dysfunction can be linked to overuse of technology.

In fact, the average teen spends over nine hours each day using their electronic devices. Consequently, their social media habits and media consumption are changing the way they communicate, date, learn, sleep, exercise, and more. Here are the top 10 social problems teens struggle with every day.

1. Depression
2. Bullying
3. Sexual Activity
4. Drug Use
5. Alcohol Use
6. Obesity
7. Academic Problems
8. Peer Pressure
9. Social Media
10. On-screen Violence