



Upcoming Events

- Alcohol Awareness Month
- Child Abuse Prevention Month
- 2/ Autism Awareness Day
- 4/ Stray Animals Day
- 22/ Earth Day



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BATH SALTS

“Bath salts” is a street term for a group of synthetic stimulants known as synthetic cathinones. These drugs affect the central nervous system and are designed to produce effects similar to cocaine, methamphetamine, and MDMA (ecstasy). To avoid drug laws, they are often marketed under misleading labels such as “bath salts,” “research chemicals,” or “plant food,” sometimes including warnings like “not for human consumption.”



Synthetic cathinones are typically manufactured in East Asia and distributed widely across Europe, North America, Australia, and other regions. They are sold under street names such as Bliss, Ivory Wave, Meow Meow, Cloud Nine, Purple Wave, Stardust, White Lightning, and Vanilla Sky. The drugs usually appear as a white or off-white powder but may also be compressed into gelatin capsules and are often sold in smoke shops, convenience stores, gas stations, and online.

INHALANTS

Inhalants are invisible, volatile chemicals found in many common household products that produce vapors people inhale to experience psychoactive, mind-altering effects. More than 1,000 everyday products can be misused this way, including glue, lighter fluid, spray paint, air fresheners, refrigerants, felt-tip markers, and cleaning fluids. Common street names include **Gluey, Huff, Rush, and Whippets**. These substances are usually inhaled through the nose or mouth by “sniffing” or “snorting,” breathing fumes from a bag (“bagging”), or inhaling vapors from a cloth soaked in the chemical (“huffing”). Because these products are inexpensive and easy to access, inhalants are often among the first substances misused by young people, with about one in five children reporting use by eighth grade.



Inhaled chemicals quickly enter the bloodstream through the lungs and travel to the brain, producing effects similar to alcohol intoxication, such as dizziness, slurred speech, poor coordination, and euphoria. Repeated or long-term use can damage the brain areas responsible for thinking, movement, vision, and hearing, and may lead to weight loss, muscle weakness, depression, and damage to the nervous system and other organs. Inhalant use can also be deadly; inhaling concentrated fumes may cause irregular heart rhythms, suffocation, or “sudden sniffing death,” which can occur even during a single use. Although these products are legal for their intended purposes, many states restrict their sale to minors because of the serious risks associated with misuse.

KRATOM

Kratom is a tropical tree native to Southeast Asia whose leaves contain psychoactive compounds, primarily mitragynine and 7-hydroxymitragynine. When consumed, kratom can produce stimulant effects at low doses and sedative effects at higher doses. The leaves may be crushed and smoked, brewed into tea, chewed, or taken in tablets, capsules, or extracts. In Southeast Asia it has long been used and is known by names such as thang, kakuam, thom, ketum, and biak. In recent years, kratom use has increased in the United States.



At low doses, kratom can increase alertness, energy, and talkativeness, while higher doses may cause sedation and drowsiness. However, use can lead to dependence and has been linked to symptoms such as nausea, itching, sweating, dry mouth, constipation, vomiting, and loss of appetite. Some users have also experienced more serious effects including weight loss, insomnia, seizures, hallucinations, and psychosis. Kratom is not currently controlled under the U.S. Controlled Substances Act, but the FDA has not approved it for medical use, and the DEA lists it as a Drug and Chemical of Concern, with some states regulating or restricting it.



Online vs. Offline Friend Interactions Among Young Adults

This study examined how young adults perceive differences between their online and offline interactions with close friends, focusing on the roles of social anxiety and gender. Researchers surveyed 687 Australian young adults aged 17–25 who regularly used social media. Of these, 520 participants who reported noticing differences between online and face-to-face communication were included in the analysis. The study combined survey data with participants’ written responses describing how they interact with friends in both settings.

Findings showed that social anxiety strongly influenced communication preferences. Young adults with higher social anxiety reported feeling more confident, comfortable, and open when communicating online because they had more time to think before responding and felt less pressure from non-verbal cues. In contrast, those with lower social anxiety generally preferred in-person interactions, describing them as more natural and easier for understanding emotions and reactions.

Gender differences also appeared in how online communication was used. Female participants were more likely to use online platforms to maintain friendships, check in with friends, and offer emotional support. Male participants more often used online communication for practical purposes such as organizing plans or playing online games, and their conversations were typically shorter and activity-focused.

Overall, most participants still viewed face-to-face interactions as deeper and more meaningful than online communication. However, the findings suggest that online communication plays an important role in maintaining friendships and can be especially helpful for socially anxious individuals by providing a more comfortable environment for connection.

ADHD and Sleep Issues Why they’re common and what we can do to help



For many families raising children with ADHD, sleep becomes one of the biggest daily challenges. Bedtime can be chaotic, with kids taking hours to fall asleep, waking repeatedly during the night, or struggling to get up in the morning. As a result, both parents and children often start the day already exhausted. Psychologist William Benson, PhD, notes that sleep problems are among the most common challenges for kids with ADHD, with estimates suggesting that 50 percent or more experience significant sleep disturbances. In some cases, stimulant medications used to treat ADHD can also contribute to these issues.

ADHD-related sleep problems can appear at different points in the night. Some children struggle to wind down and resist bedtime routines, while others cannot fall asleep because their minds are racing or they feel restless. Some kids fall asleep but wake frequently during the night or very early in the morning. Even when they seem to sleep through the night, their sleep may be lighter or more fragmented, which means they do not feel fully rested. Mornings can be especially stressful because children with ADHD may sleep deeply and be very difficult to wake.

One reason sleep is harder for kids with ADHD is difficulty with self-regulation. Winding down requires calming the body and quieting thoughts, which can be challenging for children with ADHD. They may struggle to stop enjoyable activities, put away stimulating devices, recognize when they are tired, or follow bedtime routines without getting distracted. Many people with ADHD also experience bursts of creativity or focus late at night, making it harder to go to sleep.

Other factors can also contribute to sleep difficulties. Anxiety often becomes more noticeable at bedtime, and inconsistent routines can make it harder for kids to settle down. Teenagers naturally shift toward later sleep schedules, and this tendency can be even stronger for teens with ADHD. In addition, stimulant medications may sometimes interfere with sleep if they remain active at bedtime. Because sleep and ADHD symptoms influence each other, poor sleep can worsen issues like concentration problems, irritability, and impulsivity during the day.

CHC SAP programming and activities are funded in part by the Pennsylvania Department of Drug and Alcohol Programs with Lehigh and Northampton County Drug and Alcohol.

3rd Annual Benefit

SPRING GOLF OPEN



Monday, May 4, 2026

Green Pond Country Club

Check-in Opens 8AM - Scramble Start 10AM

Individual Player - \$175

Includes 18 holes of golf with cart, lunch, buffet dinner, contest and raffle prizes. **Sponsorships available!**



Visit the CHC website at www.thehc.org for online registration, sponsorships, or to download tournament information.



Join the fun and friendly competition to support the prevention education programs and services provided by the Center for Humanistic Change.

Research Infographic

97%
OF STUDENTS USE PHONES DURING SCHOOL

An average of 43 minutes per day, spent primarily on social media, YouTube, and gaming

Common Sense Media

NEA POLL
83% of teachers support an all day phone-free policy

National Education Association

PHONES PREVENT FACE TO FACE COMMUNICATION

Research suggests that face to face communications are linked to better mental health.

Psychology today

SOCIAL MEDIA IS NEARLY UNIVERSAL

40% of 8 – 12 year olds are on social media

95% of teenagers are on social media

Advisory on Social Media and Youth Mental Health

72% OF HIGH SCHOOL TEACHERS REPORT CELLPHONES ARE A MAJOR DISTRACTION IN THE CLASSROOM

The Mere Presence of a Cell Phone May be Distracting

Students not using their phones during class wrote down **62%** more information.

They also scored a full letter grade and a half higher on a multiple choice test

The Impact of Mobile Phone Usage on Student Learning

Teens spend nearly **5 HOURS** a day on social media apps.

American Psychological Association

50%+ of kids get **237 NOTIFICATIONS PER DAY**

3+ Hours PER DAY ON SOCIAL MEDIA

doubles the risk of poor mental health including experiencing symptoms of depression and anxiety

Advisory on Social Media and Youth Mental Health

Some receive as many as **4,500 EVERY DAY!**

23% occur during school

Common Sense Media

RATES OF SCHOOL loneliness have X2 SINCE 2012

Worldwide Increases in Adolescent Loneliness

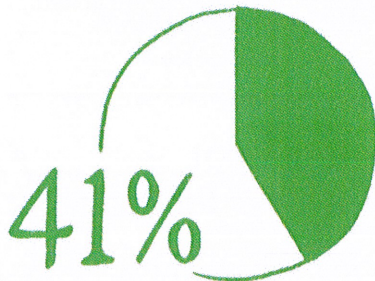


Since 2010

134% ↑ Increase in anxiety

106% ↑ Increase in depression

The Anxious Generation



41% OF TEENS WITH THE HIGHEST SOCIAL MEDIA USAGE

rate their overall mental health as poor or very poor

American Psychological Association

35% OF TEENS ADMIT TO USING THEIR CELLPHONE TO cheat

Common Sense Media

22% OF HIGH SCHOOL STUDENTS HAVE SERIOUSLY CONSIDERED Suicide IN THE PAST YEAR

10% HAVE ATTEMPTED Suicide IN THE PAST YEAR

CDC, 2023

Adolescents who experienced cyberbullying were more than

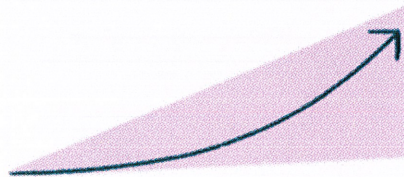
Four Times

as likely to report thoughts of

Suicide & Attempts

as those who didn't

National Institutes of Health



Each additional hour of total screen time increases the odds of suicidal behaviors

Science Direct

STEEP DROP IN BULLYING

46% & 43% OF GIRLS OF BOYS

experienced a reduction of bullying after smartphone bans were enacted.

Smartphone Bans, Student Outcomes and Mental Health

Pornography Exposure

1/3 of all teens reported that they have been exposed to pornography during the school day



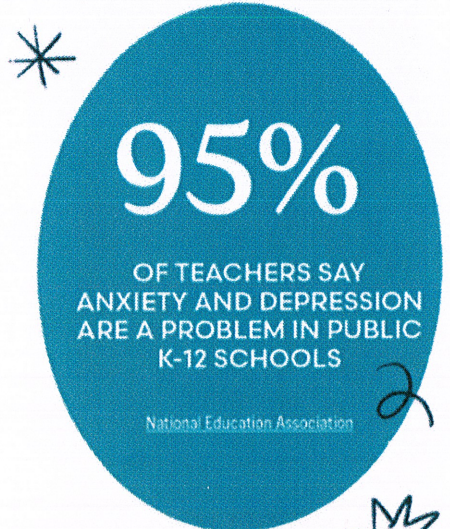
Common Sense Media

YOUTH REPORTING

LONELINESS

are also more likely to DROP OUT OF SCHOOL AT THE AGE OF 16

Loneliness During the School Years



95% OF TEACHERS SAY ANXIETY AND DEPRESSION ARE A PROBLEM IN PUBLIC K-12 SCHOOLS

National Education Association

87%

of teachers said bullying is a problem in Public K-12 schools

34%

of middle school teachers call bullying a major problem

National Education Association

“Brain Drain” The mere presence of one's own smartphone reduces available cognitive capacity

Brain Drain