



Upcoming Events

- National Bullying Prevention Month
- World Teacher Day 10/5
- National Depression Screening Day 10/9
- World Mental Health Day 10/10
- National Coming Out Day 10/11
- **SAP Consortium 10/20**
Don't forget to register!

Center for Humanistic Change

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Tips for Talking to Elementary School Students

- Children this age are eager to learn. You can talk to them about the consequences of using substances, such as how it can lead to misuse and a substance use disorder. You can continue to teach and encourage good choices around healthy living.
- Establish rituals that afford uninterrupted conversations with your child. Having dinner or other meals together provides a rich opportunity to listen and talk.
- Explain good drugs versus bad drugs. Let them know that children should only take medication when the adult in charge tells them to.
- Repeat your message regularly. Remind children that some drugs can harm the brain or cause life-threatening overdoses.
- Children crave praise, so give it out freely when deserved. Tell them that you trust their ability to avoid peer pressure and make good decisions.
- If your child does not start conversations about alcohol or other drugs with you, take the lead. Begin discussions using real life events in the news or in your own lives. This is true no matter your child's age



GET SMART ABOUT DRUGS



Discipline is not the Answer

Youth nicotine use remains a pressing issue, with 1.63 million middle and high school students reporting e-cigarette use in 2024, many of them daily users. Nicotine poses serious risks to developing brains, fueling addiction and worsening stress, depression, and anxiety during a time when youth mental health is already in crisis. Teachers report vaping disrupts classrooms and impacts learning, highlighting schools' critical role in prevention. To support educators, Truth Initiative created *Vaping: Know the truth*, a prevention curriculum that equips students with facts and resources to quit. Unlike punitive approaches, this program is designed for all students, aiming to educate rather than punish.

Truth Initiative advises schools to move away from suspensions and expulsions, which harm academic outcomes and disproportionately affect minority students, and instead provide supportive responses. Referring students to quitting resources, such as the EX Program®, has proven effective in helping teens quit nicotine. Changing social norms and providing access to quitting tools are more effective than disciplinary actions. Ultimately, schools should pair supportive policies with broader regulations that curb the availability of youth-targeted nicotine products, ensuring young people are protected and empowered to make healthier choices.

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Additional resources

Cessation and prevention resources that may be useful for schools and parents include:

- American Heart Association's Tobacco-Free Schools Toolkit
- American Academy of Pediatrics Behavioral Cessation Supports for Youth and Young Adults
- The American College of Preventive Medicine Tobacco Cessation Resources for Youth – Tools and resources for parents, teachers and counselors on tobacco and nicotine cessation

TRUTH INITIATIVE



Understanding Mental Health in Youth

Mental health is just as important as physical health. In children and adolescents, it affects how they think, feel, and act. It also impacts how they handle stress, relate to others, and make choices.

Key Signs to Watch For:

- Sudden changes in mood or behavior
- Withdrawal from friends or activities
- Difficulty concentrating or sleeping
- Frequent physical complaints (headaches, stomach-aches)

What You Can Do:

- Create safe spaces for open conversations
- Normalize talking about emotions
- Encourage students to seek help when needed

Building Resilience in Students

Resilience helps students bounce back from challenges and thrive despite adversity. It's a skill that can be taught and nurtured.

Ways to Build Resilience:

- Encourage problem-solving and goal-setting
- Celebrate effort, not just outcomes

Teach positive self-talk and coping strategies

Activity Idea: Create a "Resilience Wall" where students post notes about times they overcame something difficult.



Reducing Stigma Around Mental Health

Stigma can prevent students from seeking help. Let's work together to create a culture of understanding and support.

How to Reduce Stigma:

- Use respectful language (e.g., "person with depression" vs. "depressed person")
- Share facts and bust myths
- Encourage empathy and kindness

School Idea: Host a "Wear Green Day" to show support for mental health awareness.

Parent & Caregiver Support

Families play a crucial role in a child's mental health. Empower caregivers with tools and knowledge to support their children.

Tips for Families:

- Keep communication open and judgment-free
- Establish routines and boundaries
- Model healthy coping strategies



Idea: Host a parent night with a mental health speaker or Q&A session.

Fall SAP Consortium

Support for Students - CASSP Can Help!

October 20, 2024
Monday / 1-2 pm / Virtual

One common concern for schools and their SAP Teams is attendance. How do we handle this? CASSP can help! Before issues with students get out of control. CASSP can help.

Join us! Register at: https://www.thechc.org/event_calendar/2025-fall-sap-consortium.html

SMART PARENTING TIPS



SLEEP ROUTINE

Establishing a consistent bedtime helps regulate a child's sleep cycle, improving mood and brain development.



MEANINGFUL CONNECTION

Spending quality time, like reading or playing together, strengthens emotional bonds and supports social skills.



AGE-APPROPRIATE RESPONSIBILITIES

Giving children small tasks boosts independence and teaches responsibility from an early age.



RESPECTFUL COMMUNICATION

Listening to your child and acknowledging their feelings fosters trust and emotional intelligence.



TECHNOLOGY BALANCE

Setting screen time limits ensures children engage in physical activity and develop healthy habits.

DE-ESCALATION

techniques for defusing meltdowns

1. DON'T YELL TO BE HEARD OVER A SCREAMING CHILD
2. AVOID MAKING DEMANDS
3. VALIDATE THEIR FEELINGS, NOT ACTIONS
4. DON'T TRY TO REASON
5. BE AWARE OF YOUR BODY LANGUAGE
6. RESPECT PERSONAL SPACE
7. GET ON YOUR CHILD'S LEVEL
8. USE A DISTRACTION
9. ACKNOWLEDGE YOUR CHILD'S RIGHT FOR REFUSAL
10. REFLECTIVE LISTENING
11. SILENCE
12. BE NON-JUDGEMENTAL
13. ANSWER QUESTIONS + IGNORE VERBAL AGGRESSION
14. MOVEMENT BREAK
15. AVOID THE WORD "NO"
16. DECREASE STIMULATION
17. DEEP BREATHING EXERCISES
18. CALMING VISUALS