



Upcoming Events

- Black History Month
- American Heart Month
- Spay & Neuter Awareness Month
- World Cancer Day / 4
- Boy Scout Day / 8
- Presidents Day / 16
- Eating Disorder Awareness Week / 2.23 - 3.1

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Nitazenes

Nitazenes, a class of synthetic opioids, have rapidly become a public health concern in the United States and around the world. Also known as benzimidazole opioids, nitazenes were created in the 1950s as an alternative to morphine. They are unrelated to opioids derived from morphine or fentanyl. However, they act similarly. Nitazenes bind to opioid receptors and stop or reduce pain intensity. This causes sedation, euphoria, and analgesia, which can lead to overdose or even death. Nitazenes was never approved for medical use because of its potential for causing overdoses. In the past, knowledge of nitazenes was limited to those researching opioid pharmacology.



Since nitazenes emerged in the illegal street drug markets in 2019, their presence has been increasing. More than 20 different variants have been found, and new ones continue to appear. Nitazenes are sold in pills, powders, and sprays. They can be ingested intravenously, intranasally, orally, sublingually, and by inhalation (vaping). Nitazenes are becoming increasingly popular due to being inexpensive, strong, and highly addictive. They are sold both as a “pure” form and mixed with other drugs, typically heroin, fentanyl, and benzodiazepines. Because of its potency, Nitazene doses can be very small. This makes them easier to hide and transport.

The reason why Nitazenes entered the world’s drug supply in the first place is unknown, as there has never been public demand for the drugs. Nitazenes’ potency is troubling; even a small dose that can fit on the tip of a pin is enough to slow or stop breathing. Causing respiratory depression, sometimes referred to as the “sleepy death”. The difference between a fatal overdose and a “dose” of Nitazenes can be microscopic.

The greatest concern with Nitazenes is that the majority of individuals are unaware that they are using them. Nitazenes are difficult to detect; standard drug tests often miss them since labs do not test for them. They are showing up in counterfeit pills and powders; they are also being mixed with oxycodone, heroin, or even non-opioid drugs. For individuals living with substance use disorders, this makes every use potentially lethal.

Bromazolam

Bromazolam is a benzodiazepine frequently used in counterfeit pills that can be purchased from foreign vendor platforms. According to data from the Drug Enforcement Administration (DEA), bromazolam’s presence in the United States illicit drug supply has been growing due to overseas drug vendors. Benzodiazepines, including bromazolam act on nonopioid neuroreceptors in the brain. Due to its sedative effect on other neuroreceptors, bromazolam is used as an adulterant for fentanyl and commonly used as an active ingredient in counterfeit Xanax tablets. Bromazolam may be added to Fentanyl to cause users to perceive longer highs, leading to complications in overdose reversal measures. In the United States bromazolam is not specifically controlled like other drugs in the benzodiazepine class. Most benzodiazepines as categorized into Schedule IV, these drugs are accepted for medical use and are used to treat anxiety and insomnia. Between January 2019 and January 2025, over 1,400 of the DEA drug exhibits seized contained bromazolam. Of the seized exhibits containing bromazolam DEA reported over a thousand of these were in tablet form. Ninety-six percent of counterfeit tablets containing bromazolam carry counterfeit marking associated with Xanax or other generic brands of alprazolam and were found to be in rectangle or oval tablets.



Restorative Practice in Education

Restorative practice is an approach centered on building strong relationships, promoting accountability, and addressing conflict in ways that strengthen school communities rather than divide them. At its core, it focuses on understanding how actions affect others and creating opportunities to repair harm, rebuild trust, and move forward together, with the goal of creating safe, respectful, and supportive learning environments where students feel valued and connected.

In education, restorative practice is both proactive and responsive. Schools use restorative conversations, classroom circles, and relationship-building activities to foster trust, encourage open communication, and build a sense of belonging among students and staff. When strong relationships are in place, students are more likely to engage positively, manage conflict constructively, and take responsibility for their actions.

When challenges or conflicts occur, restorative practices offer an alternative to traditional punitive discipline. Instead of focusing solely on rule violations and consequences, educators guide students through reflective discussions that explore what happened, who was impacted, and how harm can be repaired. This process helps students develop empathy, accountability, and problem-solving skills while reinforcing that mistakes are opportunities for learning and growth.

Restorative practice also supports equity and inclusion by ensuring that all voices are heard and respected in a structured and supportive way. This inclusive approach strengthens relationships between students, educators, and families, fostering a school culture grounded in fairness, dignity, and shared responsibility.

By emphasizing connection, communication, and community, restorative practice helps create schools where students feel supported rather than singled out. Over time, this approach contributes to improved school climate, stronger relationships, and a learning environment where students are better equipped to succeed both in and beyond the classroom.

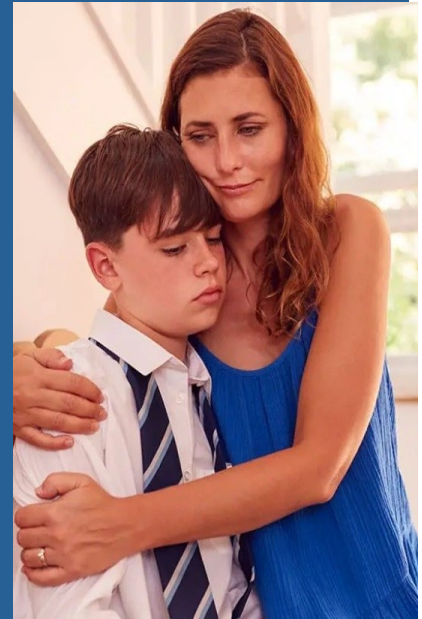
How to Know if Your Child Is Being Bullied

Kids can be really mean to each other. Even best friends are mean to each other sometimes. When a kid is teased or left out or someone is mean to them, it doesn't always mean they're being bullied.

So how do you know if your kid is being bullied? Bullies target kids who are smaller or younger or less popular. They hurt other kids physically or emotionally on purpose. They do it over and over and sometimes they get other kids to join in the bullying. Bullying can make kids feel anxious and depressed. It needs to be taken seriously.

If your kid tells you they're being bullied, it's important to let your child know you'll help solve the problem. First, get the facts. Try acting like a reporter. You can ask questions like, "Were lots of kids around when they said that to you?" "Are they a really popular kid?" "What were the other kids doing?" This will give you a better idea of what happened. And if it happens two or three times you might need to get involved. This could mean contacting a teacher or the school principal. But try to get your kid's permission before you do that. If they're really against it, you can hold off but let them know it's an option if things get worse.

Talking about bullying before it happens can prepare your child. You can practice having your child say things like, "Hey, don't talk to me that way," and other things that make them feel like they have some power. You can suggest that your child talk to their friends and ask them how they've handled bullies. Friends can also agree to stand up for each other. Bullies hate that!



CHILD MIND INSTITUTE

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.

The month of February is

Teen Dating Violence Awareness & Prevention Month!

Dating violence can take place in person or online and can include the following types of behaviors:

PHYSICAL VIOLENCE

This includes hitting, kicking, slapping, punching, choking, pushing, or using any other form of physical force to cause pain, injury, or fear.

SEXUAL VIOLENCE

This includes forcing or attempting to force a partner into sexual acts or unwanted touching, as well as non-physical behaviors such as sharing sexual images or sexting without consent.

PSYCHOLOGICAL AGGRESSION

This includes verbal and non-verbal communication intended to harm a partner mentally or emotionally and to exert control.

STALKING

This refers to a pattern of repeated, unwanted attention or contact from a current or former partner that causes fear or raises safety concerns.

Teens who experience **dating violence** are more likely to:

- Develop symptoms of depression and anxiety
- Engage in risky or unhealthy behaviors, such as using tobacco, drugs, or alcohol
- Exhibit antisocial behaviors, including lying, bullying, or hitting
- Have thoughts of suicide

PREVENTION IS KEY.

During the pre-teen and teen years, it is crucial for pre-teens and teens to start learning the skills needed to build and maintain healthy relationships, including managing emotions and communicating effectively.

HELP IS AVAILABLE!

Contact any of these organizations below for assistance.

National Teen Dating Abuse Helpline

www.LovelsRespect.org | 1-866-331-9474 | Text "LOVEIS" to 22522

Turning Point of Lehigh Valley

www.TurningPointLV.org | 610-437-3369

National Domestic Violence Hotline

www.TheHotline.org | 1-800-799-SAFE (7233) | Text "START" to 88788