K-12 SAP Trainings & SAP Thematic Workshops

K-12 SAP Trainings: May 9, 10, 11, 2017
K-12 SAP trainings are held at The Conference Center, Saint Vincent College. The Training is designed for new members of either a secondary or elementary S.A.P. team. This is also appropriate for Mental Health and Drug and Alcohol Treatment Staff and School-Based Probation Officers who have been assigned the role of "ad hoc" S.A.P. team member. Those individuals needing to make up a training session from a prior training will be able to complete those requirements at this training. For additional information or to register, please call Saint Vincent College Prevention Projects at 724-805-2050.

SAP Thematic Workshops: May 2, 2017

Awareness Days
You can easily take advantage of special events to raise awareness of an important issue or cause. Here are a few up-coming events for the next several months:

National Mental Health Month—http://www.mentalhealthamerica.net/may


Teen Pregnancy Prevention Month—http://teenpregnancy.acf.hhs.gov

World NO Tobacco Day (May 31)—http://www.whathealth.com/awareness/event/worldnotobaccoday.html

National Anxiety and Depression Awareness Week—http://www.adaa.org/


National Prevention Awareness Week (May 14-20)—https://www.samhsa.gov/prevention-week
Trainings and Events

SAP TEAM THEMATIC WORKSHOP—May 2, 2017—at the Conference Center, Saint Vincent College. This training will focus on SAP TEAM Best Practices, self care, and SAP Highlights. For more information or to register, please call the Saint Vincent College Prevention Projects at 724-805-2050. The cost of the training is $35.00 and this includes continental breakfast and lunch. Act 48 credits will be given.

K-12 SAP TRAINING—May 9, 10, 11, 2017—at The Conference Center, Saint Vincent College. Training is designed for new members of either a secondary or elementary S.A.P. team who have not completed the initial training with their team. This is also appropriate for Mental Health and Drug and Alcohol Treatment staff and school-based probation officers who have been assigned the role of "ad hoc" S.A.P. team members. Those individuals needing to make up a training session from a prior training will be able to complete those requirements at this training. For information or to register, please call the Saint Vincent College Prevention Projects at 724-805-2050.

Advocacy Day at the Capital, May 2, 2017, from 7:30am-12:30pm. Located at the PA State Capitol. This is a one-day event held at Pennsylvania’s State Capitol for individuals to come together and meet with legislators to provide education on important tobacco control issues throughout the Commonwealth. Contact: Dave Campbell at 717.541.5864 ext. 144 for more details.

Center for Safe Schools - 2016-17 Third Thursday Online Learning Series - May 18, 2017: On Thursday, May 18, 2017 from 3:00 p.m. to 4:15 p.m., “Implications of the recently released National Academies report Preventing Bullying Through Science, Policy, and Practice: How to use the report to further your bullying prevention efforts,” a live online learning session for educators will be held. This session will discuss key findings and highlights of the Preventing Bullying Through Science, Policy, and Practice report, and how the report can inform your bullying prevention efforts. Please register for Implications of the recently released National Academies Report Preventing Bullying Through Science, Policy, and Practice: How to use the report to further your bullying prevention efforts” being held on May 18, 2017 3:00 PM EDT at: http://www.safeschools.info/bullying-prevention/professional-development

Prevention Meet & Greet—May 18th, 2017, at the Westmoreland Chamber of Commerce, Greensburg from 8:30am-11:00am. Come learn & have all your questions answered about drug and alcohol prevention services in Westmoreland County. Build your awareness from various prevention representatives. Contact Julie Roebuck at 724-542-4508 for more details.

2017 PA PBS Implementers' Forum, May 16 & 17, 2017 at Hershey Lodge and Convention Center, Hershey, PA: PaTTAN Training Announcement - 2017 PA PBS Implementers' Forum. The Implementers' Forum addresses 7 specialized program strands at the early childhood, elementary, middle, and high school levels. The audience: PAPBS network facilitators; School and program-wide PBIS coaches; District and school level leadership teams; Educators, including early childhood educators; Behavioral specialists (school counselors, school psychologists, special educators); Behavioral and mental health providers; District and state policy makers; Family members and caregivers; and SBBH Community of Practice members. All participants should register for this PaTTAN-sponsored event by visiting our website at: http://www.pattan.net. Click on the PA PBS Implementers Forum link located on the training tab. If you prefer, you may email the registration form to Kristen Olszyk, kolszyk@pattan.net.

Ray of Hope Walk—September 9, 2017: Located at Twin Lakes, Greensburg
Ray of Hope Conference—November 17, 2017: Located at Westmoreland County Community College
For more information on either event, contact: www.TheRayofHopeWestmoreland.org

The Private Industry Council of Westmoreland and Fayette Counties in partnership with the Workforce Investment Board of Westmoreland and Fayette Counties is once again providing “The Summer & Year-Round Work Experience Program”

The youth must be between the ages of 16-24 to submit an application

The youth can work up to a 40 hour work week and will be paid $9.00/hr.

Interested applicants may call PIC at 724-836-2600
Pennsylvania Teen Safe Driving Grant Opportunities 2017

Teen driver crashes are the number one killer of teens. Join us in reducing those crashes by engaging in a mini-grant opportunity. This year (January-June 2017) the Pennsylvania DUI Association with funding from the Pennsylvania Department of Transportation is awarding grants to Pennsylvania youth groups that implement peer-to-peer activities focused on teen traffic safety listed in guide.

There will be two opportunities to participate in the program. The first opportunity the "PA Teen Safe Driving Mini-Grant" this will be a reimbursement based grant and the second opportunity we will provide a "PA Teen Traffic Safety Kit" for your school to utilize implementing mandatory programs with required documentation that you completed the work.

Teen Traffic Safety Mini Grant
Implement peer to peer teen traffic safety programs and your youth based group can be reimbursed for your costs. Mini-grants are up to $500 and are cost reimbursable.
Learn more and register.

PA Teen Traffic Safety Kit
PA Teen Traffic Safety Kit will be shipped to you with tools and a program guide with three mandatory teen traffic safety activities to implement. Complete your registration application online at the Traffic Safety Kit Registration link provided, and you are registered. The Kit will be mailed to you. Once you receive your Kit complete your activities during January-June 2017, and report your outcomes. Learn more and register.

4th Annual Mental Health Awareness Event

Rock Your Way to Recovery
Saturday, May 20, 2017
10 a.m.—2 p.m.
Westmoreland Mall Center Court

FREE Event Highlights:

Vanessa Beggs of Hummingbird Mind-Body-Spirit and The Heavenly Biscuits Band 11:00am

N.A.K.F Karate Demonstration 12:00pm

Stage Right Performance 1:00pm

Plus: Mascots, DJ, Face Painting, Caricatures
World No Tobacco Day May 31, 2017

Tobacco – a threat to development

Every year, on 31 May, WHO and partners mark World No Tobacco Day (WNTD), highlighting the health and additional risks associated with tobacco use, and advocating for effective policies to reduce tobacco consumption.

The theme for World No Tobacco Day 2017 is "Tobacco – a threat to development."

About the Campaign

It will demonstrate the threats that the tobacco industry poses to the sustainable development of all countries, including the health and economic well-being of their citizens. It will propose measures that governments and the public should take to promote health and development by confronting the global tobacco crisis.

Goals of the World No Tobacco Day 2017 campaign

- Highlight the links between the use of tobacco products, tobacco control and sustainable development.
- Encourage countries to include tobacco control in their national responses to 2030 Sustainable Development Agenda.
- Support Member States and civil society to combat tobacco industry interference in political processes, in turn leading to stronger national tobacco control action.
- Encourage broader public and partner participation in national, regional and global efforts to develop and implement development strategies and plans and achieve goals that prioritize action on tobacco control.
- Demonstrate how individuals can contribute to making a sustainable, tobacco-free world, either by committing to never taking up tobacco products, or by quitting the habit.

Facts about tobacco, tobacco control and the development goals

- About 6 million people die from tobacco use every year, a figure that is predicted to grow to more than 8 million a year by 2030 without intensified action. Tobacco use is a threat to any person, regardless of gender, age, race, cultural or educational background. It brings suffering, disease, and death, impoverishing families and national economies.
- Tobacco use costs national economies enormously through increased health-care costs and decreased productivity. It worsens health inequalities and exacerbates poverty, as the poorest people spend less on essentials such as food, education and health care. Some 80% of premature deaths from tobacco occur in low- or middle-income countries, which face increased challenges to achieving their development goals.
- Tobacco growing requires large amounts of pesticides and fertilizers, which can be toxic and pollute water supplies. Each year, tobacco growing uses 4.3 million hectares of land, resulting in global deforestation between 2% and 4%. Tobacco manufacturing also produces over 2 million tons of solid waste.
Pennsylvania’s Tobacco resistance Unit (TRU) continues to gain interest across the southwest part of the state. A total of 485 youth have joined the effort to educate others about the dangers of tobacco. TRU has been busy preparing for their annual Day at the Capitol on May 2nd, where TRU members will meet with legislators and discuss strengthening current tobacco laws. To learn more about TRU or to join the effort visit truinpa.org or visit their Facebook page to see what other groups are doing to stop big tobacco.

For more information contact:
Saint Vincent College Prevention Projects,
c/o Tracy Thompson,
300 Fraser Purchase RD.
Latrobe, PA 15650
Tracy.thompson@stvincent.edu
(724) 805-2050

What’s Really in a cigarette?
AVAILABLE SERVICES FROM SVCPP:

LOOK FOR THE
SAINT VINCENT COLLEGE PREVENTION PROJECTS
AT MANY SCHOOL EVENTS THROUGHOUT WESTMORELAND COUNTY

Lunch and Learn Presentations
Presentations are available to your community group, business or organization at minimal cost or FREE. Topics include: Current Drug Trends, Power of Parents, Gambling/Gaming Awareness, Responsible Gambling, talking with your Kids, and The Dangers of Underage Drinking.

RADAR (Free Materials)
Regional Alcohol/Drug Awareness Resource, Information Center
The Saint Vincent College Prevention Projects provides free materials (pamphlets, brochures, posters, etc.) to schools, organizations, community groups, and to the general public on various topics that include: alcohol, tobacco, drugs, violence prevention, child guidance, and medications and the elderly.

To schedule a program for your business, school or organization, please contact Beth Joseph, Prevention Education & Community Outreach Services Manager at Saint Vincent College Prevention Projects at 724-805-2050 or email beth.joseph@stvincent.edu
Recent scientific research has found that the longer an individual postpones the onset (first use) of alcohol, tobacco or other drug use, the less likely the individual is to develop an addiction or other substance use problem later in life.

And believe it or not, parents are the most powerful influence on their kids when it comes to alcohol and drugs. Recent research has found that 2 out of 3 kids ages 13-17 say that losing their parents' respect is one of the main reasons they don't drink alcohol, smoke marijuana or use other drugs.

So, as a parent, what can you do to influence or encourage a healthy attitude about alcohol and drug use?

**Here are Ten Tips for Parents:**

1) **Don’t Be Afraid to be the “Bad” Parent:** Sometimes, our fear of negative reaction from our kids keeps us from doing what is right. When it comes to alcohol and drugs, taking a tough stand can help our children to say no. Our decisions and our rules can allow our child to use us as “the reason” for not using alcohol or drugs. (“My mom or my dad would kill me if I drank or used.”)

2) **Connect With Your Child’s Friends:** Pay attention to who your child is hanging out with, who’s coming to the house and get to know them. Encourage your child to invite friends over to the house and make them feel welcomed.

3) **Make Connections With Other Parents Too:** As you get to know your kid's friends, take the opportunity to introduce yourself to his/her parents. It’s a great way to build mutual support and share your rules about alcohol and drugs. And, it will make it easier for you to call if your son/daughter is going to a party at their house to make sure that there will be responsible parental supervision.

4) **Promote Healthy Activities:** Help your kids, and their friends, learn how to have fun, and fight off the dreaded “I’m bored.” Physical games, activities and exercise are extremely important because of the positive physical and mental benefits. Encourage kids to become engaged in other school and community activities such as music, sports, arts or a part-time job. The more your children are active, the less time they have to get caught up in the pressure from peers to drink alcohol and use drugs.

5) **Establish Clear Family Rules About Alcohol and Drugs:** Setting specific, clear rules is the foundation for parental efforts in prevention, some ideas:

   - Kids under 21 will not drink alcohol
   - Kids will not ride in a car with someone who has been drinking or using drugs
   - Older brothers and sisters will not encourage younger kids to drink or use drugs
   - Kids under 21 will not host parties at our home without parental supervision
   - Kids will not stay at a kid’s party where alcohol or drugs are present.
Consistent enforcement of the rules, with consequences, if needed is essential. Without consequences the rules have no value and will not work.

6) Get Educated About Alcohol and Drugs: You cannot rely on your own personal experiences or common sense to carry you through. Your ability to provide family leadership in prevention requires you to be better educated. And, as you learn, share what you are learning with your spouse and your kids.

7) Be a Role Model and Set a Positive Example: Bottom line, from a kid’s perspective, what you do is more important than what you say! Research studies show that parents who drink alcohol or use drugs are more likely to have kids who drink or use. If you drink alcohol, do so in moderation; if you use medication, use only as directed, and do not use illegal drugs. If you host a party, always serve alternative non-alcoholic beverages and do not let anyone drink and drive.

8) Keep Track of Your Child’s Activities: Asking questions, keeping track, checking in are all important. Research has found that young people who are not regularly monitored by their parents are four times more likely to use alcohol or drugs. Make the time to know what is happening in your child’s life – especially in families where both parents work outside of the home, life is busy but you must find time for your children – know what they are up to!

9) Keep Track of Alcohol and Prescription Drugs: For kids, the most common source of alcohol and prescription drugs is parents. Make sure that your home is not a source of alcohol or prescription drugs for your kids or their friends.

10) Get Help: If at any point you suspect that your child is having a problem with alcohol and/or drugs, get help. Don’t wait.

**AS A PARENT, YOU CAN HELP PREVENT YOUR CHILD FROM BECOMING ADDICTED TO ALCOHOL OR DRUGS.**

**TAKING ACTION IS PREVENTION**

More information can be found at: [https://www.ncadd.org/family-friends/there-is-help/ten-tips-for-prevention-for-parents](https://www.ncadd.org/family-friends/there-is-help/ten-tips-for-prevention-for-parents)