

EDUCATIONAL SUPPORT TEAM UPDATE

May/June 2022

Provided By: Saint Vincent College Prevention Projects
SVCPP mailing address:
300 Fraser Purchase Road, Latrobe, PA 15650
Phone: 724-805-2050
Fax Number: 724-420-5930



Saint Vincent College Prevention Projects is funded by the Westmoreland Drug and Alcohol Commission, Inc. through a grant from the Pennsylvania Department of Drug and Alcohol Programs.



K-12 SAP Trainings & SAP Thematic Workshops

K-12 SAP TRAININGS are held at The Conference Center, Saint Vincent College. **Dates: May 17, 18, 19, 2022; September 6, 7, 8, 2022; December 6,7,8, 2022.** 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 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 additional information or to register, please call Saint Vincent College Prevention Projects at 724-805-2050.

SAP Thematic Workshops: May 4, 2022

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:**

May/June Awareness Days & Events

National Mental Health Month (May)—<https://www.nami.org/Get-Involved/Awareness-Events/Mental-Health-Awareness-Month>

Screen Free Week (May 2-8, 2022)—<https://www.screenfree.org/>

National Children's Mental Health Awareness Day (May 6)—<https://www.ffcmh.org/awarenessweek>

National Prevention Awareness Week (May 8-14)—<https://www.samhsa.gov/prevention-week/about>

National Alcohol-and other drug-related birth defects awareness week (May 12-18)—[https://www.dhd10.org/public-health-matters/national-alcohol-drug-related-birth-defects-awareness-week/#:~:text=a%20service...-National%20Alcohol%20and%20Other%20Drug%2DRelated%20Birth%20Defects,Week%20\(May%2013%2D19\)](https://www.dhd10.org/public-health-matters/national-alcohol-drug-related-birth-defects-awareness-week/#:~:text=a%20service...-National%20Alcohol%20and%20Other%20Drug%2DRelated%20Birth%20Defects,Week%20(May%2013%2D19))



SPRING THEMATIC WORKSHOP— May 4, 2022! *WE ARE BACK AT THE ROGER'S CENTER!* Speakers/ Topics include: Parent Engagement regarding SAP and follow-up recommendations, Overview of MTSS and the role SAP plays, SAP Team best practices; The evolution of a SAP team and more. For more information or to register, please call the Saint Vincent College Prevention Projects at 724-805-2050. The cost of the training is \$40.00 and this includes breakfast beverages and a lunch. Act 48 credits will be given.

K-12 SAP TRAINING— May 17, 18, 19, 2022; September 6,7,8, 2022; December 6,7,8, 2022 *WE ARE BACK AT THE ROGER'S CENTER!* 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. The cost of the training is \$355, this includes breakfast beverages and a boxed lunch.

SAP TEAM MAINTENANCES!

Hello SAP Teams!

We have a few open slots available
for SAP Team Maintenances.

Please contact Laurel Sherbondy
Laurel.Sherbondy@stvincent.edu

or

Donna Cartia
Donna.Cartia@stvincent.edu
to schedule!

Also a quick reminder that “Bubble sheet” data
(PDE form 4092) needs to be in by June 30, 2022.

If you need assistance, please contact Laurel or Donna to
schedule a date and time.

Almost Summer!



TROOPER KENTON IWANIEC MEMORIAL FOUNDATION



2022 TakeOff Memorial Race April 23, 2022 Saint Vincent College

Hundreds of people attended this community event in support for the foundation’s mission: The mission of the Trooper Kenton Iwaniec Memorial Foundation is to honor DUI victims, raise awareness about the seriousness of impaired driving, and encourage the community to have a positive influence in the reduction of impaired driving. As a 501(c)(3) non-profit organization, we provide Preliminary Breath Test Devices (PBTs) to the Pennsylvania State Police and other law enforcement agencies throughout the Commonwealth.



B Cool made a new friend, Victory Brinker. You may know her best from America’s Got Talent.



B Cool and Victory were hanging out with some of our Saint Vincent College Prevention Projects Prevention Specialists during the race and festivities.



Our Mission: To support prevention professionals in eliminating substance abuse and risk-related behaviors.



Prevention Conference: Every Connection Matters

JUNE 21-24, 2022

Penn Stater Hotel & Conference Center, State College



Register for Conference

Full (in person) Conference Registration includes both pre-conference virtual deep dives and the sessions detailed below. Virtual Conference Registration includes both pre-conference virtual deep dives and all the sessions highlighted in blue in the schedule below. All virtual sessions will be recorded and available for ALL conference registrants until Friday, July 8th, 4:00 p.m. EST.

Registration will close on Friday, May 20, 2022, 4:00 p.m. EST. Unless we reach peak capacity before this date and time.



Full Conference

CPA Members - \$475
Non-members - \$575
Students - n/a



Virtual Sessions Only

CPA Members - \$275
Non-members - \$375
Students - \$90



2022 COMMUNITY TRAINING OPPORTUNITIES

Westmoreland County, in partnership with Achieving True Self, is offering free trainings for the community in 2022 that will increase awareness and understanding amongst businesses, churches, community groups, recreational organizations, and local law enforcement in order to better support individuals with autism, intellectual disabilities, behavioral health diagnoses, and/or learning challenges. Together, we can maximize potential and opportunities for all.

Something for everyone. Something for **you**. Let's connect, learn, and help make Westmoreland County more inclusive for people of all abilities.



FOR MORE INFORMATION
& A LIST OF TRAININGS AVAILABLE,
CONTACT MONICA MINYON AT
WESTMORELAND COUNTY
BEHAVIORAL HEALTH AND
DEVELOPMENTAL SERVICES

724-830-3625



***2022 Community Training Opportunities with Learner Objectives**

- ✓ **Addressing Challenging Behaviors: An Introduction to the Functions of Behavior** (2 hours)
 - Define behavior
 - Describe behavior in a way that is objective, observable, and measurable
 - Explain the importance of identification of behavioral functions
 - Identify the four functions of behavior
 - Define behavioral antecedents and behavioral consequences
 - Describe possible responses to behaviors based on the hypothesized function
- ✓ **Demonstrating the Need for Teaching Self-Care and Healthy Relationships to Prevent Victimization** (2 hours)
 - Identify the types of bullies in adulthood that often target people struggling with autism, their mental health, or an intellectual disability
 - Recognize the importance of teaching self-care and healthy relationships to others
 - Interpret current statistics
 - Be able to encourage and apply strategies for self-advocacy
 - Understand the basics of human rights
- ✓ **Overview of Autism and ABA** (3 hours)
 - Identify common characteristics of individuals with autism spectrum disorder
 - Identify each component of the three-term contingency used in applied behavior analysis
 - Identify types of antecedent and consequence variables
 - Identify the four functions of behavior
 - Describe how to pair yourself with reinforcement
- ✓ **Strategies for Employers to Support Staff with Autism and/or Intellectual Developmental Disabilities (IDD)** (1/2 day)
 - Identify business needs that might be met through creative planning and matching of needs with staff
 - Describe the benefits of hiring someone with a disability, including specific benefits of hiring someone with a diagnosis of autism and/or intellectual disability
 - Describe how an Employment Specialist can assist a business and staff member with successful planning
 - Apply tips for outlining business preferences to prepare for success with a new hire with a disability
 - Identify effective communication strategies between the business, new hire with a disability, and their employment specialist
- ✓ **Understanding Autism: Strategies for Success** (1/2 day)
 - Describe the history of autism spectrum disorder, including previous concerns about the cause of autism and the rise in prevalence of the diagnosis
 - Describe current criteria for an individual to receive a diagnosis of autism spectrum disorder
 - Identify common behaviors and characteristics of individuals with autism spectrum disorder
 - Describe strategies for success when interacting with individuals with autism spectrum disorder

(*Also coming in Spring 2022 will be training for first responders, and a training focusing on cultural competency.)

Don't Miss this FREE TRAINING! -CEUs and PQAS available

The Covid-19 Pandemic's Impact on Young Children and Families:

Exploring the Trajectory from a Trauma-Informed Lens

Presented

By:

SPROUT
CENTER FOR EMOTIONAL GROWTH
AND DEVELOPMENT, LLC

Erin Troup, LPC, NCC, CT, IMH-E(IV) on May 20, 2022

3 Hours (delivered via Zoom) 9 am - 12 pm



[https://
www.eventbrite.com/e/
training-the-impact-of-covid
-19-on-young-children-and-
families-tickets-
292543083237](https://www.eventbrite.com/e/training-the-impact-of-covid-19-on-young-children-and-families-tickets-292543083237)



Sponsored By:

Westmoreland County Behavioral Health and Developmental

Services Office in Partnership with the Healthy Families/Healthy

Babies Committee for More Information Call Monica Minyon at 724-830-3625

This program is offered for 3 hours of social work continuing education through co-sponsorship of the University of Pittsburgh's School of Social Work, a Council on Social Work Education accredited school and therefore a PA pre-approved provider of social work continuing education. These credit hours satisfy requirements for LSW/LCSW, LMFT, and LPC biennial license renewal. For information on social work continuing education please visit socialwork.pitt.edu/continuing-ed.

Don't Miss this FREE Virtual Training:
**Supporting our young children as we
move on from the Pandemic**

Presented

By:



Erin Troup, LPC, NCC, CT, IMH-E(IV) on May 20, 2022

1 Hour Training for Parents/Caregivers 1 - 2 pm

Family Resources and Discussion to Follow 2 - 3 pm



[https://
www.eventbrite.com/e/
supporting-our-young-
children-as-we-move-on-
from-the-pandemic-
tickets-293435713117](https://www.eventbrite.com/e/supporting-our-young-children-as-we-move-on-from-the-pandemic-tickets-293435713117)



Sponsored By:

***Westmoreland County Behavioral Health and Developmental
Services Office in Partnership with the Healthy Families/Healthy
Babies Committee for More Information Call Monica Minyon at
724-830-3625***

EVENTS OF INTEREST...



YOUTH & YOUNG ADULTS
16-29



KEYSTONE STATE PARK
PAVILION #1



June 16, 2022
10AM to 4PM

ACTIVITIES INCLUDE
(AT NO COST)

- ✓ Self-Stigma Workshop
- ✓ Leadership & Teambuilding
- ✓ Art & Music
- ✓ Hiking & Fishing
- ✓ Food & More

Family Members, Caregivers, & Support Staff are welcome to attend

📍 1150 KEYSTONE PARK RD, DERRY, PA 15627

 [**Register Here**](#)

Contact us to be a sponsor or vendor for Wellness Days at ymfa@youthmovepa.org

TOGETHER for Mental Health

Mental health is an incredibly important part of overall health. With a growing number of Americans experiencing mental health symptoms, we need to join together to advocate for improving our nation's mental health care system.



**May is Mental Health
Awareness Month!**

Each year millions of Americans face the reality of living with a mental illness. During May, NAMI joins the national movement to raise awareness about mental health. Each year we fight stigma, provide support, educate the public and advocate for policies that support people with mental illness and their families.

Together For Mental Health

For 2022's Mental Health Awareness Month, NAMI will amplify the message of "Together for Mental Health." We will use this time to bring our voices together to advocate for mental health and access to care through NAMI's blog, personal stories, videos, digital toolkits, social media engagements and national events.

Together, we can realize our shared vision of a nation where anyone affected by mental illness can get the appropriate support and quality of care to live healthy, fulfilling lives.

For more information to get involved, go to: <https://www.nami.org/Get-Involved/Awareness-Events/Mental-Health-Awareness-Month>



Mental Health Awareness Month: Youth



It is normal for children and youth to experience various types of emotional distress as they develop and mature. For example, it is common for children to experience anxiety about school, or youth to experience short periods of depression that are transient in nature. When symptoms persist, it may be time to seek professional assistance. While most youth are healthy, physically and emotionally, one in every four to five youth in the general population meet criteria for a lifetime mental disorder and as a result may face discrimination and negative attitudes. As with physical health, mental health is not merely the absence of disease or a mental health disorder. It includes emotional well-being, psychological well-being, social well-being and involves being able to

- * navigate successfully the complexities of life,
- * develop fulfilling relationships,
- * adapt to change,
- * utilize appropriate coping mechanisms to achieve well-being without discrimination.
- * realize their potential,
- * have their needs met, and
- * develop skills that help them navigate the different environments they inhabit.

The presence or absence of various combinations of protective and risk factors contribute to the mental health of youth and efforts can be undertaken to promote positive mental health and prevent or minimize mental health problems. Youth with mental health disorders may face challenges in their homes, school, community, and interpersonal relationships. Despite these challenges, for most youth, mental health distress is episodic, not permanent, and most can successfully navigate the challenges that come from experiencing a mental health disorder with treatment, peer and professional supports and services, and a strong family and social support network.

Mental Health Month raises awareness of trauma and the impact it can have on the physical, emotional, and mental well-being of children, families, and communities. Mental Health Month was established in 1949 to increase awareness of the importance of mental health and wellness in Americans' lives, and to celebrate recovery from mental illness. Mental health is essential for a person's overall health. Prevention works, treatment is effective, and people can recover from mental disorders and live full and productive lives.



May 2-8, 2022 is Screen-Free Week

What is Screen-Free Week?

Screen-Free Week is an annual invitation to play, explore, and rediscover the joys of life beyond ad-supported screens. During the first week of May, thousands of families, schools, and communities around the world will put down their entertainment screens for seven days of fun, connection, and discovery.

Even though it's about turning off screens, Screen-Free Week isn't about going without – it's about what you can get! An hour once dedicated to YouTube becomes an hour spent outside; ten minutes whiled away on social media turn into ten minutes spent doodling; a movie on a rainy afternoon is replaced by time spent reading, chatting, or playing pretend!

You can celebrate Screen-Free Week at home, in your school, in your community, or anywhere – just put down those entertainment screens and do literally anything else! You might be surprised at what you find.

("Entertainment screens" means that you can't use Screen-Free Week as an excuse not to do your homework or your job. But if you're a teacher or boss, you can help everyone celebrate by reducing the amount of screen-based work you assign!)

Need a little more info? Explore [our resources](#) or check out [our blog](#) to hear from people who have unplugged and loved it.



Screen-Free Week 2022

We all need time to unplug. But with the pandemic, what we all need around screens right now looks very different from household to household, from town to town. We're in the same storm, different boats.

So, this year for Screen-Free Week 2022, we're inviting you to come as you are and celebrate however you can, whether it's by unplugging for one day, shutting off your phone at dinner time, spending more time outdoors, or taking the whole week to only use screens for work and school and enjoy some serious offline fun!

We don't want to put any additional pressure on schools and organizations whose plates are overflowing, so we're keeping it simple: participate as you can. Our fun resources will be here when you need them – from activity ideas to organizing kits to pledge cards and beyond! Our resource library is being updated with 2022 materials as we speak.

We certainly don't know what May will look like in 2022, but we're all in this together. Kids, grown-ups: we all need a little time to put down our digital entertainment devices in favor of real-life connection and play.

Why Screen-Free Week?

A healthy childhood depends on a surprising thing: play! Through creative play, kids explore their physical world, build their curiosity, and expand their imaginations. But often, time spent on ad-supported screens displaces the kind of creative play kids need to thrive.

It was this displacement that worried Henry Labalme and Matt Pawa when they created TV Turnoff Week in 1994. Over the years, millions of kids and families joined Henry and Matt in turning off their TVs and going outside, playing, and having screen-free fun. In 2010, TV Turnoff Week became Screen-Free Week and it found a new home at Fairplay.

Not only does Screen-Free Week allow people to enjoy time away from news feeds, targeted ads, and autoplay videos, but it gives families and communities an opportunity to come together and connect with each other. Don't just listen to us, though – hear from Screen-Free Week participants themselves!

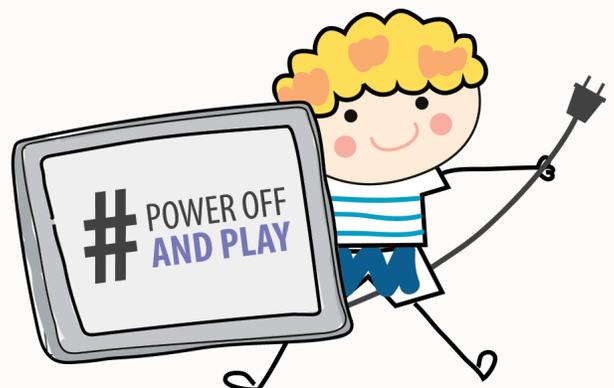


Elementary and high school students from Chicago Waldorf School clean up Welles Park during Screen-Free Week 2017.



Check out this toolkit:

<https://gethealthyclarkcounty.org/wp-content/uploads/2017/08/tv-free-screen-free-toolkit.pdf>





Designing Your School's Super Successful Screen-Free Week

The most exciting and memorable Screen-Free Week experience for students is one that includes a school week's worth of events and activities, either during lunch/recess or, better yet, after school.

- **Lunch/recess Screen-Free Week activities** might include book readings by the principal or other unexpected staff (P.E. teacher, school nurse, etc.), board games, read-ins (where teachers and children enjoy silent reading during a break), teacher and student talent shows, open mic events, student poetry readings, volunteer activities, school fundraising activities, short gardening projects, arts and crafts, and more.
- **After-school Screen-Free Week activities** can be more creative since students might have fewer time constraints and more flexibility outside of the classroom. Ideas for after-school activities appear near the end of this document.
- **Off-campus Screen-Free Week activities** can be simple and fun, too! Not all Screen-Free Week after-school activities need to be held on school premises. Many schools in smaller communities take advantage of what their communities offer and collaborate with smaller service providers to do so. They may obtain reduced or free admission to local indoor swimming pools, the local Y or recreation center, restaurants, museums, community theaters, bowling alleys, skating rinks, and more. Or they may ask local parks and nature centers to lead a hike, gardening activity, outdoor recreation activity, or nature immersion experience.
- **Family Screen-Free Week activities** are designed to include the entire family. Family game night, family scavenger hunts, family hikes, family craft nights, etc. can involve younger or older siblings or grandparents!
- **Themed Screen-Free Week activities** are a creative way of organizing events. Some schools may choose to organize a different theme each night, for example: a reading event, an exercise event, an outdoors event, a gardening event, a music/arts and crafts event, a community service event, etc. Such diverse events expose the students to a full range of screen-free possibilities. Alternatively, some schools focus on a single theme, whether it be the outdoors, physical activity, or reading.

Children's Mental Health **ACCEPTANCE** Week 2022

May 1-7, 2022



CMHA Redefined: Moving from Awareness to **Acceptance** in 2022

After 17 years, we're re-defining the CMHA campaign!

Previously, Children's Mental Health Awareness, the "A" now stands for Acceptance.

One positive impact of a pandemic that has challenged everyone's mental health is that, now more than ever, people are talking about it and know it's important. So, it's time to move beyond the term awareness. This significant shift to "acceptance" speaks more directly to our goal for the campaign - to eliminate prejudice and discrimination that individuals with a mental illness diagnosis or symptoms experience.

We believe the term acceptance more directly combats prejudice. Mental health exists on a spectrum and almost everyone experiences challenges at some point in their life. Recognizing that our mental health is just as important as our physical health and accepting individuals who struggle for a period - or for a lifetime - is critical to reducing the fear, worry, blame, and shame that families and their loved ones experience - and increases the likelihood that those who are in need will seek the support and treatment they deserve.

In December of 2021, the Surgeon General issued [an advisory](#) highlighting the urgent need to address our nation's youth mental health crisis further exposed by the COVID-19 pandemic. The advisory stresses the urgency of our new campaign message - that it's time to move beyond awareness and into acceptance - for multiple reasons.

- To accept that 1 in 5 youth experiences a mental health challenge
- To accept that mental health challenges must be met with understanding and support
- To accept that prejudice and discrimination toward individuals who experience mental health challenges creates a barrier to seeking treatment - and it must be eliminated
- To accept that our youth are facing serious challenges ahead that need to be addressed
- To accept that the future wellbeing of our country depends on how we support and invest in the next generation

NATIONAL FEDERATION OF FAMILIES

Bringing Lived Experience to Family Support



More info at:
<https://www.ffcmh.org/acceptanceweek>



**MAY 8-14
2022**



Strengthen
COMMUNITY



Build
RESILIENCE



Create
HOPE

National Prevention Week

National Prevention Week (NPW) is a national public education platform bringing together communities and organizations to raise awareness about the importance of substance use prevention and positive mental health.

SAMHSA's NPW is May 8 through 14, 2022, and we've already started planning! Check back often for new resources and send questions or requests to SAMHSA's NPW coordinator David Wilson at david.wilson@samhsa.hhs.gov.

The 2022 SAMHSA Prevention Day (SPD) event will kick off National Prevention Week (May 8 – 14) activities, and it will be delivered virtually through an interactive online conference platform.

Register Here!



Strengthen
COMMUNITY



Build
RESILIENCE



Create
HOPE

SAMHSA's National Prevention Week Virtual Platform

WHAT IT'S ABOUT

Sponsored by the Substance Abuse and Mental Health Services Administration (SAMHSA), NPW is a national initiative dedicated to increasing awareness of and action around substance use prevention and positive mental health.

NPW incorporates daily health themes to focus on pressing substance use topics. This year, SAMHSA's Prevention Day will take place virtually on Monday, May 9 to kick off NPW.

#NPW2022 DAILY THEMES



8th | SUNDAY

NPW Begins

9th | MONDAY

Strengthening Community Resilience: Substance Misuse and Overdose Prevention

SAMHSA's Prevention Day

10th | TUESDAY

Preventing Substance Use and Promoting Mental Health in Youth

11th | WEDNESDAY

Preventing Suicide: Everyone Plays a Role

12th | THURSDAY

The Talent Pipeline: Enhancing the Prevention Workforce

13th | FRIDAY

Prevention is Everywhere: Highlighting Efforts Across Settings and Communities

14th | SATURDAY

Celebrating Prevention Heroes

NPW Wraps Up!

#MyPreventionStory

A WAY FOR EVERYONE TO GET INVOLVED

This year, SAMHSA is creating a new way for people to participate in NPW through **#MyPreventionStory**. It's a way to acknowledge our mental health and substance use prevention experiences throughout the pandemic.

We're encouraging everyone to create and share a prevention story on social media – whether it's telling us how and why you're helping to prevent substance use or sharing the ways you're taking care of your own mental health during COVID-19. Use the **#MyPreventionStory** hashtag so others can see, too. Tag a friend to encourage them to share too.

NEED SOME INSPIRATION?

HERE ARE SOME IDEAS FOR HOW TO PARTICIPATE:



Find and post a photo that reminds you why prevention is important. Tell us why.



Tell a story about how the COVID-19 pandemic changed the way you think about prevention.



Create a visual work of art (like a painting or drawing) about something that inspires or motivates you. Explain your choice.



Share a poem about what prevention means to you.



Post a video of you doing something that supports your mental health.

Post on your organization's social channels and your personal accounts. Then, share the activity with others in your community so they can get involved, too.

Visit www.samhsa.gov/prevention-week to learn more and find inspiration for ways to incorporate **#MyPreventionStory** into your **#NPW2022** plans.

National Alcohol and Other Drug-Related Birth Defects Awareness Week (May 13-19)



1 in every 100 babies born suffer from prenatal alcohol and drug exposure.

Prevent it.

**NATIONAL ALCOHOL AND OTHER DRUG-RELATED
BIRTH DEFECTS AWARENESS WEEK - May 13-19**

Alcohol, Drugs and Childbirth do not go together. Yet, in the U.S., 20% (about 1 million) of pregnant women smoke cigarettes; another 18% (about 750,000) drink alcohol during pregnancy; and another 6% (225,000) use an illicit drug at least once while carrying a child to term.

Starting each year on Mother's Day, Alcohol- and Other Drug-Related Birth Defects Awareness Week is a reminder that alcohol and drug use during pregnancy can be detrimental to a mother and her child. Prenatal alcohol and drug use can result in a spectrum of adverse conditions. One of the most severe outcomes being fetal alcohol syndrome (FAS), which is the constellation of developmental defects that result from maternal abuse of alcohol during pregnancy, including infant facial malformations, growth deficits, and central nervous system problems that can persist throughout a child's life.

Approximately one in every 100 children born nation-wide is adversely affected by prenatal alcohol and drug exposure, including children with the full fetal alcohol syndrome, as well as children who may not have all of the external features of the syndrome, but whose brains have been injured.

Info from: [https://www.dhd10.org/national-alcohol-drug-related-birth-defects-awareness-week/#:~:text=a%20service...-National%20Alcohol%20and%20Other%20Drug%2DRelated%20Birth%20Defects,Week%20\(May%202013%2D19\)](https://www.dhd10.org/national-alcohol-drug-related-birth-defects-awareness-week/#:~:text=a%20service...-National%20Alcohol%20and%20Other%20Drug%2DRelated%20Birth%20Defects,Week%20(May%202013%2D19))

National Alcohol & Other Drug Related Birth Defects Awareness Week Info

When Alcohol is Dangerous

There is no safe time for alcohol use during pregnancy. Alcohol can cause problems for the baby throughout pregnancy, including before a woman knows she is pregnant. Alcohol use in the first three months of pregnancy can cause the baby to have abnormal facial features. Growth and central nervous system problems (e.g., low birthweight, behavioral problems) can occur from alcohol use anytime during pregnancy. The baby's brain is developing throughout pregnancy and can be affected by exposure to alcohol at any time.

It is never too late to stop alcohol use during pregnancy. Stopping alcohol use will improve the baby's health and well-being.

Opioids

Opioid use disorder among pregnant women is a significant public health concern in the United States. The number of pregnant women with opioid use disorder at labor and delivery more than quadrupled from 1999 to 2014, according to a recent CDC analysis. Opioid use disorder during pregnancy has been linked with serious negative health outcomes for pregnant women and developing babies, including preterm birth, stillbirth, maternal mortality, and neonatal abstinence syndrome (NAS). NAS is a group of withdrawal symptoms that most commonly occurs in newborns after exposure to opioids during pregnancy. If you are pregnant and using opioid pain medications, CDC recommends you talk to your provider before starting or stopping any medications to help you understand all of the risks and make the safest choice for you and your pregnancy. To learn more about medication-assisted treatment for opioid use disorder and considerations in pregnancy, visit <https://www.samhsa.gov/medication-assisted-treatmentexternal>.

Tobacco

Smoking during pregnancy increases the risk of health problems for developing babies, including preterm birth, low birth weight, and birth defects of the mouth and lip. Smoking during and after pregnancy also increases the risk of sudden infant death syndrome (SIDS).

Additionally, e-cigarettes and other tobacco products containing nicotine (the addictive drug found in tobacco) are not safe to use during pregnancy. Nicotine is a health danger for pregnant women and developing babies and can damage a developing baby's brain and lungs. Also, some of the flavorings used in e-cigarettes may be harmful to a developing baby. Learn more about e-cigarettes and pregnancy.

Westmoreland County Contact Info



1200 Maronda Way, Suite 300, Monessen, PA

724-243-2220

Hours: Monday-Friday 8:00 AM – 4:30 PM

<http://wedacinc.org>



First Floor Suite 110
40 N Pennsylvania Ave
Greensburg, PA 15601
724-830-3617

<http://www.co.westmoreland.pa.us/>



Southwestern Pennsylvania Human Services, Inc.

203 S Maple Ave, Greensburg, PA 15601

724-834-0420

Hours: Monday-Thursday 8:30am-9:00pm
Friday 8:30am-5:00pm

<http://www.sphs.org>

Outside In

To the Fullest...

Outpatient Services
PHONE 724-837-1518
FAX 724-837-0801

Residential Programs
PHONE 724-238-8441
FAX 724-238-3748

PO Box 639
Greensburg, PA 15601
<https://myoutsidein.org/>



SVC Prevention Projects

Laurel Sherbondy 724-805-2050
Donna Cartia 724-805-2050



225 Margaret Avenue, Suite 3
Hempfield Township, PA 15644
724-522-5456 (Greensburg office)
<https://www.axiomfamilycounseling.com/>

Available Services Through 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

Truancy Beyond the Pandemic

Simply put...Kids are not going to school. Why? Various reasons. However, more than ever, there needs to be a true partnership between the schools and families. Below is a guide with hints and talking points that may be helpful to parents/caregivers to work on over the summer months to make the 2022-23 school year a success.



PARENTS' Guide to Truancy



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Hosting A High School Graduation Party This June? What You Should Know About PA Social Host Law

by [Daniel J. O'Brien](#)

June is the last month of the school year in Pennsylvania. Seniors across the state will graduate this month. Many families will host graduation parties for their seniors. People invited to the parties typically include family, family friends and high school kids, who are friends with the graduating seniors. Of course, hosts will provide food and beverages for their guests. Because there are adults, the hosts will most likely provide alcohol as well. However, because many of the guests include underage high school students, hosts have to think about how to serve alcohol to adults and prevent underage kids getting access to it.



For instance, a bucket or cooler of beer probably should not be placed in an area where it's easily accessible for the teens. In addition, it should not be placed in an area where no adults are around. Rather, the alcohol should be placed by a table where adults are sitting at all times so underage high school kids will not be able to grab one while going unnoticed.

Another mistake parents may make is allowing their child who graduated and their friends to have a couple of beers at the party. Because parents believe their underage children will go out and drink to celebrate, they believe in letting their underage children and their guests drink at home because it is safer. They can serve them alcohol and monitor them. However, this is a mistake. If an underage guest is hurt as a result of being served alcohol, i.e., fall down a flight of stairs after becoming intoxicated, the hosts are going to be held liable for the underage guest's injuries.

Pennsylvania imposes "social host liability" on those who sell or supply alcohol to individuals under 21 years old. Social host liability does not only apply to underage kids, it also extends to serving alcohol to adults.

If guests, whether minors or adults, become intoxicated and hurt themselves or another person, hosts may be responsible for the guests' injuries, as well as the other person's injuries.

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Below are situations when hosts may be liable.

Minor Causes Car Accident After Leaving Party

At a graduation party, the hosts allow their teenaged guests to drink. One of the seniors gets drunk and decides to leave without the hosts or any other guests noticing. On his way home, he causes a head-on collision with another vehicle. The driver of the other vehicle is seriously injured.

In this situation, the hosts of the party are liable under the “social host liability” doctrine. Because they served the minor alcohol who then caused injury to another person, they will be held responsible for the other person’s injuries.

The minor will also be held liable for the other person’s injuries. If the injured driver files a Pennsylvania personal injury lawsuit, the minor and the hosts will be the named defendants.

Minor Causes Injury To Another Guest At The Party

Using the same example, instead of leaving the party, the senior starts a fight with another guest for no reason after becoming intoxicated. The senior punches the other guest multiple times causing the guest to break his nose and lose some teeth.

Again, the hosts will most likely be held liable for the injuries sustained by the injured guest. In addition, the intoxicated senior would also be liable.

Minor Hurts Himself

If in the above 2 situations the minor is hurt as well, the hosts will also be liable for the minor’s injuries. For instance, if the intoxicated minor in the first example is catastrophically injured as a result of the head-on collision, the hosts will be held liable for the intoxicated minor’s injuries. If the minor is injured during the fight with the other guest, the hosts may also be held liable for the intoxicated minor’s injuries.

Recoverable Damages

Individuals who are injured in these types of situations have legal rights. They may file personal injury lawsuits against at-fault parties (the hosts and the intoxicated minors) and financially recover for their damages and injuries which include:

- medical expenses,
- lost wages, if applicable,
- out of pocket expenses, and
- pain and suffering.

Source: <http://www.thepaninjurylawyers.com/library/host-graduation-party-social-host-liability-pa-injury-lawyer.cfm>