

# EDUCATIONAL SUPPORT TEAM UPDATE

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.



## SAINT VINCENT COLLEGE PREVENTION PROJECTS NEWSLETTER

APRIL 2026

VOLUME 2: ISSUE 7

### K-12 SAP Trainings & SAP Thematic Workshops

**K-12 SAP TRAINING Dates:** **May 14&15, 2026; September 10&11, 2026; October 22&23, 2026; November 12&13, 2026; February& April TBD.**

**Trainings are held at the Fred Rogers 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 Liaisons, 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 these trainings. For additional information or to register, please call Saint Vincent College Prevention Projects at 724-805-2050.

**SAP Thematic Workshops:** **October 6, 2026; December 3, 2026; March TBD.** **Workshops are held at the Fred Rogers Conference Center, Saint Vincent College.** Training announcements will be emailed and also posted in the newsletter. For additional information or to register, please call Saint Vincent College Prevention Projects at 724-805-2050.

### 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 Alcohol Awareness Month—<https://recovered.org/alcohol/alcohol-awareness-month#why-is-alcohol-awareness-month-important>

Alcohol Free Weekend—<http://www.whatthehealth.com/awareness/event/alcoholscreeningday.html>

National Distracted Driving Awareness Month—<https://www.nsc.org/road-safety/get-involved/distracted-driving-awareness-month>

National Child Abuse Prevention Month—<https://www.childwelfare.gov/topics/preventing/preventionmonth/>

Sexual Assault Awareness Month—<https://nomore.org/campaigns/saam/>



**SVCPD mailing  
Address:**

**300 Fraser  
Purchase Road,  
Latrobe, PA  
15650**

**Phone:  
724-805-2050  
Fax:  
724-420-5930**



## Trainings, Workshops, Events, & more...



**Thematic Workshops—** **October 6, 2026; December 3, 2026; March TBD.** The training announcements will go to your email address and appear when appropriate in our monthly newsletter. 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 continental breakfast and lunch in the cafeteria. Act 48 credits will be given.

**K-12 SAP TRAINING—** **May 14&15, 2026; September 10&11, 2026; October 22&23, 2026; November 12&13, 2026; February& April TBD.** 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 Liaison, 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 \$360 which includes Training materials, lunch and continental breakfast both days.

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## SVCPP Announces NEW Intervention Group



# LEVEL UP

## Finding Balance with Gaming

### READY TO RESET YOUR GAME?

Gaming should be fun — not something that controls your sleep, grades, or mood.

**LEVEL UP** is a group for students who want to find balance and stay in control.

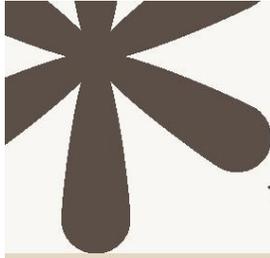
### WHO IS THIS GROUP FOR?

- Understand Gaming & the Brain**
  - How gaming impacts focus, mood, and motivation
  - Healthy vs. unhealthy gaming habits
- Manage Emotions**
  - Recognize triggers
  - Learn coping strategies that actually work
- Build Better Routines**
  - Time management skills
  - Balancing gaming with school and life
- Strengthen Social Skills**
  - Effective communication
  - Building stronger peer connections

### WHY JOIN?

- Improve focus and school performance
- Sleep better
- Feel more in control
- Connect with other students

Ask your school counselor for more information.



## Trainings Available Saint Vincent Prevention Projects, WeDAC, & County Offered Trainings



### SAP K-12 Training (Offered by SVPP)

- SAP training prepares new Student Assistance Program (SAP) team members at the elementary or secondary school level to help students who are experiencing barriers to learning. These barriers can be academic, emotional, behavioral, social, truancy or related to mental health or substance use.
- 2026 Dates:
  - September 10-11, 2026
  - October 22-23, 2026
  - November - 12-13, 2026
  - February and April TBD
  - SAP Training is free for the September, October and November dates!
- To schedule call 724-805-2050



### Thematic (Offered by SVPP)

- Thematic Workshops are designed to provide continuing education and professional development to SAP Team members based on identified current mental health and drug and alcohol trends.
- Dates:
  - October 6, 2026
  - December 3, 2026
  - March TBD
- To schedule call 724-805-2050



### 302 Training (Offered by the Westmoreland County BHDS)

- Westmoreland County BHDS provides free training to schools regarding the 302-process specific to children. This training will allow educators to ask applicable questions to policy regarding parent permission as well as proper documentation and reasons for 302.
- To schedule contact Haley Brothers at [hbrosheer@westmorelandcountypa.gov](mailto:hbrosheer@westmorelandcountypa.gov)



### Narcans Training (Offered by Westmoreland County Drug & Alcohol Commission)

- To schedule reach out to Sarah Opalinski [sopalinski@wedacinc.org](mailto:sopalinski@wedacinc.org)



## Trainings Available

### WCSI Offered Trainings



#### QPR

- QPR stands for Question, Persuade, and Refer — the 3 simple steps anyone can learn to help save a life from suicide. Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. Each year thousands of Americans, like you, are saying "Yes" to saving the life of a friend, colleague, sibling, or neighbor.



#### Trauma Informed Care for School Personnel

- This trauma-informed care training gives educators practical, compassionate strategies to support students who've experienced adversity, helping them feel safe, understood, and ready to learn. This customizable session adapts to your school's unique needs, equipping staff with tools to strengthen relationships, reduce behavioral challenges, and build a more resilient learning environment. It's a powerful way to foster a school culture where every student can thrive.



#### Refresher Training (Joint with SVPP):

- The SAP Refresher Training is a great opportunity for your entire school faculty or SAP core teams to learn updates to the SAP process and Liaison Role for better functionality. The SAP refresher training is a great in-service opportunity for whole buildings to revisit how to make referrals and the process as a whole and how it can help students.



#### Outreach:

- SAP Liaisons are available for all types of school outreach to assist in fostering a positive parent relationship with SAP. Please invite your liaison to events such as transition nights, orientations, open houses, and wellness days!



#### Youth Mental Health First Aid

- Youth Mental Health First Aid (YMHFA) equips parents, family members, caregivers, teachers, school staff, neighbors, health and human services workers and anyone who cares about youth with the tools to make a real difference. Go to our website [www.wcsi.org](http://www.wcsi.org) and visit our training calendar under the Education & Training tab for dates



To schedule one of these trainings, please contact  
Kaitlyn Walton-Day at [kwday@wcsi.org](mailto:kwday@wcsi.org).



# Events and Community News



## 40 Hour CIT Training Covers Many Topics

- Behavioral Health Continuum of Care
- Substance Use & Services
- LGBTQI+
- Suicide Assessment & Prevention
- Youth and the Juvenile System
- Mental Health Procedures Act (302s)
- Verbal De-escalation & Complex Crisis Intervention Strategies
- Family & Lived Experience w/ Mental Illness and Suicide
- Justice Related Services
- Westmoreland County and System Specific Resources

## Thanks to Our Partners

- Westmoreland County Behavioral Health & Developmental Services Office (BHDS)
- Westmoreland County Juvenile Probation (JPO)
- Westmoreland County Department of Public Safety (DPS)
- Mental Health America of SWPA
- NAMI Keystone PA
- Westmoreland Drug and Alcohol Commission
- Westmoreland County Children’s Bureau
- Westmoreland County Police Chiefs & Pennsylvania State Police
- Adelphi Village
- Westmoreland Intermediate Unit
- Westmoreland County School Districts

## Westmoreland County Crisis Intervention Team-Youth (CIT-Y)

CIT will prepare police, first responders, schools, community providers and the behavioral health and criminal justice systems to better collaborate and communicate in order to promote an appropriate response to youths during and after a mental health crisis.



Want more info?  
**Contact Us!**

### Training Dates & Locations

June 8th-12th, 2026, 8:00 AM - 4:00 PM  
Registration Begins @ 7:30 AM

Westmoreland Intermediate Unit  
102 Equity Dr  
Greensburg, PA 15601

Bobby Tanyer @ West. Co. BHDS



[rtanyer@westmorelandcountypa.gov](mailto:rtanyer@westmorelandcountypa.gov)



724-830-3617



724-830-3904





# Events and Community News



## What is CIT?

CIT was first introduced by the Memphis Tennessee Police Department in 1988 as an innovative program of Police-based crisis intervention involving community partnerships. Emphasis is put on the knowledge of mental health, crisis resolution, de-escalation and access to community services. CIT programs focus on improving the crisis response system, advocating for additional services, increasing officer insight into their own well-being and strengthening partnerships across our communities long after the training.

Please visit these sites for additional information on Crisis Intervention Team & the Memphis Model:

- [www.citinternationalsal.org](http://www.citinternationalsal.org)
- [www.cit.memphis.edu](http://www.cit.memphis.edu)
- [www.nami.org](http://www.nami.org)

## Our Mission

### Southwest PA Regional Crisis Intervention Team



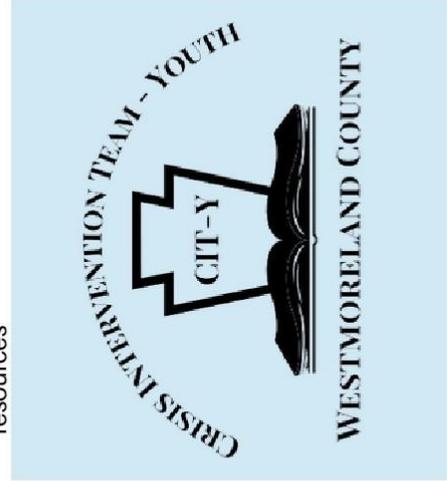
To promote a best practice of response as well as increase community and systems collaboration for first responders with respect to the treatment of those with mental illness.

Officers will be provided with the best quality training and become part of a specialized team which can safely and effectively respond to a mental health crisis.

Westmoreland County was the first to ever pilot the 40-hour youth-specific Crisis Intervention Team training not only in Pennsylvania, but also in the United States in September 2024. We are extremely hopeful that our police departments, school districts, and system partners take advantage of this opportunity so we can evolve and sustain the program for many years.

## Training Benefits

- ★ Utilize **de-escalation** techniques and community resources to create **best practices** for responding to youths in a mental health crisis.
- ★ Increase **collaboration** between law enforcement and the various community providers and systems
- ★ Reduce law enforcement and mental health **stigma**
- ★ Decrease number of arrests and involvement with the **Juvenile and Criminal Justice Systems**
- ★ Increase first responder **safety** and **awareness** in a mental health crisis situation
- ★ **Reduce** the need for intensive police interventions and the likelihood of **confrontations** between law enforcement and community members
- ★ **Support** the education system by **empowering** staff with de-escalation skills, awareness, and community resources





# Events and Community News








### Locations



**226 Donohoe Road  
Greensburg, PA 15601**  
Welcome Center  
724-834-1260 ext. 1176  
8:30 am - 4:30 pm  
Monday - Friday



**108 South Chestnut Street  
Derry, PA 15627**  
Welcome Center  
724-834-1260 ext. 4112  
8:30 am - 4:30 pm  
Monday - Friday



**557 Donner Avenue  
Monessen, PA 15062**  
Welcome Center  
724-834-1260 ext. 4111  
8:30 am - 4:30 pm  
Monday - Friday



**5103 Center Drive  
Latrobe, PA 15650**  
Main Office  
724-834-1260  
8:00 am - 4:00 pm  
Monday - Friday

\*Food Bank distribution occurs on the third Thursday of every month from 11:00 am - 1:00 pm

### Our Mission

Our mission is to connect individuals and families to opportunities and resources to improve their quality of life and help to reduce poverty in the community.

### Contact Us

- [724-834-1260 ext. 3](tel:724-834-1260)
- [westmorelandca.org](http://westmorelandca.org)
- [resourcenavigator@westmorelandca.org](mailto:resourcenavigator@westmorelandca.org)
- Main Office**  
5103 Center Drive  
Latrobe, PA 15650






**Contact us 724-834-1260**

## WELCOME — Center

[www.westmorelandca.org](http://www.westmorelandca.org)

Welcome Centers
Services Provided
About Us

Our Welcome Centers are here to help people in Westmoreland County who may have a hard time getting services in Greensburg, PA.

When you visit a Welcome Center, a navigator will sit down with you and talk about what you and your family need. They will help connect you to services at Westmoreland Community Action and other places in the community.

The Resource Navigator can help make referrals and offer short-term support when needed.

We look at the needs of the whole family, from children to adults, to find the services that will help the most. The Welcome Center is a great first step toward getting support.



- Emergency Services**
- Emergency Food Pantry/Food Bank
  - Energy Assistance
  - General Emergency Assistance
  - Financial Services
- Access to Crisis Related Services**
- WCA CRISIS HOTLINE: 1-800-836-6010
- Community Health Worker (CHW)**
- We help connect mental and physical health care, social services, and community supports. This makes it easier for people to get the help they need and makes services work better together.
- Social Determinants of Health (SDOH)**
- Social Determinants of Health are the conditions where people live, learn, work, and play that affect their health. These include things like housing, food, jobs, school, and access to health care.

## Contact Us

### 724-834-1260



[www.westmorelandca.org](http://www.westmorelandca.org)

Westmoreland Community Action is a non-profit organization that was established in 1980.

Our organization strives to make Westmoreland County a better place to live by helping struggling families improve their standard of living and become more self-sufficient. Through housing programs, emergency services, mental health programs, workforce development programs, community services, children and family services, financial services, and a social enterprise, we have helped thousands of Westmoreland County's residents.

Our mission is to connect individuals and families to opportunities and resources to improve their quality of life and help to reduce poverty in the community.





## Events and Community News



# WELCOME — Center

731 Pittsburgh Street  
Scottdale PA 15683



Scottdale Welcome Center  
724-834-1260 ext. 1147  
8:30 am - 4:30 pm  
Monday - Friday

### OVERVIEW

Our Welcome Centers are designed to be accessible to Westmoreland County residents who struggle with accessing services in **Scottdale, PA**.

Our navigators meet with visitors to the welcome centers to help determine family needs and connect participants to support services both inside and outside of Westmoreland Community Action.

The Resource Navigator provides warm hand off referrals to services, providing short-term case management if needed.

The navigator uses a whole family and multi-generational approach to help determine what services would be helpful for the person and their family. This is an entry point to services.



Our mission is to connect individuals and families to opportunities and resources to improve their quality of life and help to reduce poverty in the community.

### Contact Us

- 724-834-1260 ext. 1147
- [resourcenavigator@westmorelandca.org](mailto:resourcenavigator@westmorelandca.org)
- [westmorelandca.org](http://westmorelandca.org)

### SERVICES PROVIDES

#### Emergency Services

- Emergency Food Pantry/Food Bank
- Energy Assistance
- General Emergency Assistance
- Financial Services

#### Access to Crisis Related Services

- **WCA CRISIS HOTLINE: 1-800-836-6010**

#### Community Health Worker (CHW)

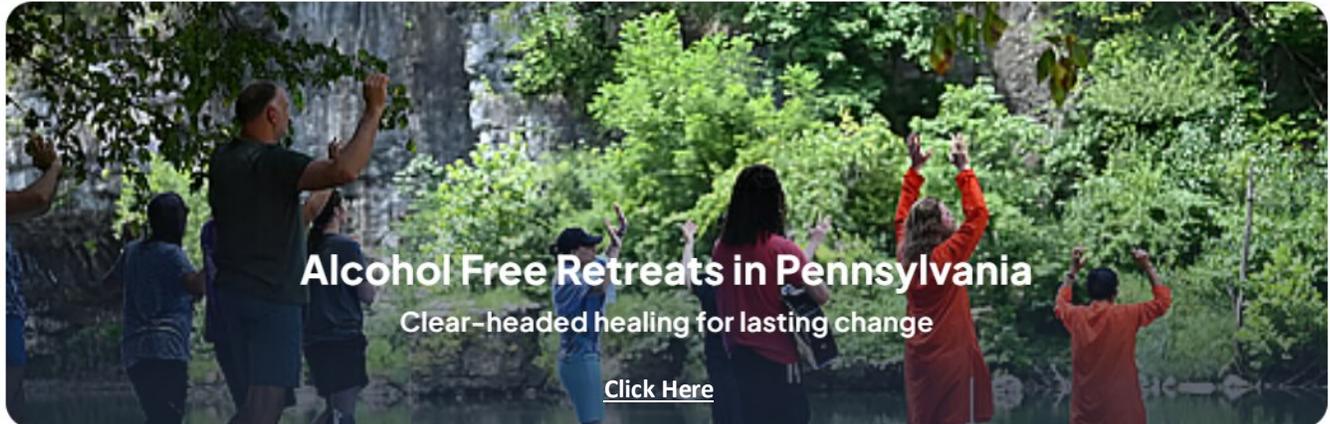
- Liaison between behavioral & physical health, social services, and the community to improve access to & coordination of resources

#### Social Determinants of Health (SDOH)





## Awareness Month Information



### **April is Alcohol Awareness Month**

National Alcohol Awareness Month is a stark warning about alcohol and how some abuse it. It's also a time dedicated to increasing public understanding and awareness of alcohol use disorder, including its causes, effective treatment, and recovery.

But beyond that first alarming message, we can find a time of hope. This month is a prime opportunity to decrease stigmas associated with alcohol abuse and decrease misunderstandings. Thus, we can remove those barriers that make people fear seeking treatment and recovery. The actions we take during National Alcohol Awareness Month can make seeking help easier for those who hide the magnitude of their disease.

#### **Participate in Alcohol-Free Weekend**

One of the primary events occurring during National Alcohol Awareness Month is the Alcohol-Free Weekend. It typically comes at the beginning of April. This event encourages people to avoid using alcohol (or illicit drugs, for that matter!) for 72 hours. The reason for this alcohol-free weekend is to demonstrate your support for those who struggle with alcohol dependence. It's also an opportunity to reflect on one's personal alcohol use and its impact.

**Will you join  
the challenge?**  
**#AlcoholFreeWeekend**



# Awareness Month Information



## Have the Tough Conversations About Alcohol Misuse

Use the platform offered by this month as an opportunity to initiate open and honest conversations about alcohol misuse. These discussions could be about the risks of binge drinking. They may also speak about the signs of alcohol dependence and the importance of getting help. It's also a critical time for educating middle school-aged children and teenagers about the dangers of peer pressure and alcohol. The more discussions we have, the more we help destigmatize drinking problems and allow people to seek help without fearing repercussions.

## Host Alcohol-Free Social Events

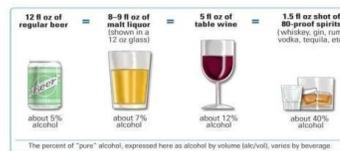
Do you have a gift for party planning? Organize a social gathering sans alcohol and invite everyone you can think of. Besides a party, you can host community events, family get-togethers, or outings with friends. Focus on creating a fun and inclusive atmosphere without the need for alcohol. Be an example, proving that you can have fun without consuming alcohol. Your efforts will show that you support those in recovery.

Info from: <https://www.daysoftheyear.com/days/national-alcohol-awareness-month/>



### Alcohol Use Disorders Identification Test (AUDIT)

Alcohol can affect your health, medications, and treatment, so we ask patients the following questions. Your answers will remain confidential. Place an X or circle one response for each question. Think about your drinking in the past year. A drink means one beer (12 oz.), one glass of wine (5 oz.), or one mixed drink containing one shot (1.5oz.) of spirits.



Questions	0	1	2	3	4	5	6	Score
1. How often do you have a drink containing alcohol?	Never	Less than monthly	Monthly	Weekly	2-3 times a week	4-6 times a week	Daily	
2. How many drinks containing alcohol do you have on a typical day when you are drinking?	1 drink	2 drinks	3 drinks	4 drinks	5-6 drinks	7-9 drinks	10 or more drinks	
3. How often do you have X (5 for men; 4 for women & men over the age of 65) or more drinks on one occasion?	Never	Less than monthly	Monthly	Weekly	2-3 times a week	4-6 times a week	Daily	
4. How often during the past year have you found that you were not able to stop drinking once you had started?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily			
5. How often during the past year have you failed to do what was normally expected of you because of drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily			
6. How often during the past year have you needed a first drink in the morning to get yourself going after a heavy drinking session?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily			
7. How often during the past year have you had a feeling of guilt or remorse after drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily			
8. How often during the past year have you been unable to remember what happened the night before because of your drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily			
9. Have you or someone else been injured because of your drinking?	No		Yes, but not in the past year		Yes, during the past year			
10. Has a relative, friend, doctor, or other health care worker been concerned about your drinking or suggested you cut down?	No		Yes, but not in the past year		Yes, during the past year			
Total In Each Column:								Total Score:

(AUDIT) – Alcohol Use Disorders Identification Test – is a 10-item questionnaire that screens for hazardous or harmful alcohol consumption. Developed by the World Health Organization (WHO), the test correctly classifies 95% of people into either alcoholics or non-alcoholics. The AUDIT is particularly suitable for use in primary care settings and has been used with a variety of populations and cultural groups. It should be administered by a health professional or paraprofessional.



## Awareness Month Information

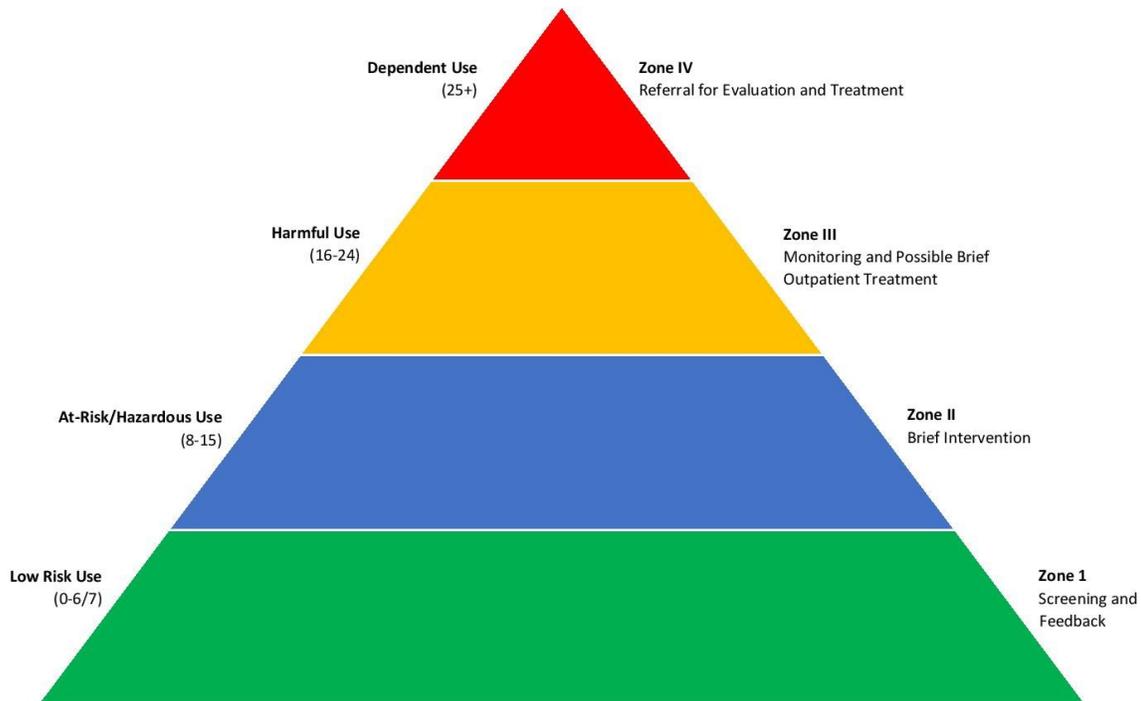


### Alcohol Screening Tools

Alcohol screening tools are designed to help medical and mental health professionals screen individuals for alcohol abuse and further diagnose them so they can seek appropriate treatment. Many individuals with this disease go untreated because they are simply never diagnosed. Screening tools are often the first assessment tools used in order to find out if further evaluation is warranted.

### AUDIT Score Results in the chart below

Scoring the AUDIT: Use the number at the top of the column (0-6) to total the individual's score. For each item selected assign it the necessary points (from the top column) and total those for the final score.



Info from: <https://www.wvdhhr.org/rfts/provider/forms/dcc/USAUDIT.pdf>





## Understanding Weekend Alcoholism

Alcoholism can manifest in various ways, and one particular pattern that is important to recognize is weekend alcoholism. This section will explore what weekend alcoholism is and highlight the signs that may indicate a person is a weekend alcoholic.

### What is Weekend Alcoholism?

Weekend alcoholism refers to a specific pattern of alcohol consumption where an individual consumes excessive amounts of alcohol primarily on weekends while abstaining or drinking moderately during the weekdays. This pattern often leads to negative consequences, both physically and emotionally, and can have a significant impact on a person's life.

### Signs of a Weekend Alcoholic

Identifying the signs of weekend alcoholism is crucial in understanding and addressing this issue. Here are some common signs that may indicate a person is a weekend alcoholic:

- Frequent binge drinking episodes on weekends
- Inability to control or limit alcohol consumption during weekends
- Focusing on and looking forward to the weekend solely for alcohol consumption
- Neglecting responsibilities, such as work or family obligations, due to alcohol-related activities
- Difficulty in cutting back or abstaining from alcohol during weekends
- Increased tolerance to alcohol, requiring larger amounts to achieve the desired effects
- Experiencing withdrawal symptoms, such as irritability or restlessness, when alcohol is unavailable during weekdays
- Continued weekend drinking despite negative consequences on relationships, physical health, or daily functioning



Recognizing these signs is essential for individuals and their loved ones to seek help and support. Understanding the presence of weekend alcoholism can be the first step towards making positive changes and finding healthier ways to cope with stress or other underlying issues.



## Understanding Weekend Alcoholism cont.

### Treatment Options

Once the problem has been recognized, exploring treatment options is the next important step. There are various approaches to overcoming weekend alcoholism, and it's crucial to find the one that works best for you. Some common treatment options include:

#### Treatment Options

- Individual therapy or counseling
- Group therapy or support groups
- Alcohol addiction treatment programs
- Medication-assisted treatment

It's important to consult with a healthcare professional or addiction specialist who can guide you in selecting the most suitable treatment approach based on your individual needs and circumstances.



### Building a Support System

Building a strong support system is crucial when seeking help for weekend alcoholism. Surrounding yourself with understanding and supportive individuals can provide the encouragement and accountability needed for recovery. Consider the following sources of support:

#### Sources of Support

- Family and friends who are empathetic and non-judgmental
- Support groups or Alcoholics Anonymous (AA) meetings
- Therapists or counselors specializing in addiction
- Online communities or forums for individuals facing similar challenges



By connecting with others who have experienced or are currently experiencing similar struggles, you can gain valuable insights, receive guidance, and find solace in knowing that you are not alone.

*Remember*, seeking help and support is a brave and important step towards overcoming weekend alcoholism. By recognizing the problem, exploring treatment options, and building a support system, you can embark on a journey of recovery and regain control of your life.



## Drug-Facilitated Sexual Assault

Drug-facilitated sexual assault occurs when alcohol or drugs are used to compromise an individual's ability to consent to sexual activity. These substances make it easier for a perpetrator to commit sexual assault because they inhibit a person's ability to resist and can prevent them from remembering the assault.

Drug-facilitated sexual assault can happen to anyone, by anyone, whether the perpetrator is a date, a stranger, an acquaintance, or someone you have known a long time.

Alcohol remains the most commonly used drug in crimes of sexual assault. Drugs being used by perpetrators in crimes of sexual assault include, but are not limited to, Rohypnol, GHB (Gamma Hydroxybutyric Acid), GBL (Gamma-Butyrolactone), and ketamine. In certain amounts, any drug can leave you helpless.

Note: Although the term "date rape" is often used, that is misleading because the circumstances in which these drugs are used often do NOT involve a dating situation.<sup>1</sup>

Download the full PDF at: <https://www.dea.gov/sites/default/files/2022-01/Drug%20Facilitated%20Sexual%20Assault.pdf>

### Common Date Rape Drugs



Rohypnol



GHB



Ketamine



Alcohol



## Sexual Assault Myths & Facts

There is a lot of information that circulates about sexual assault and the people affected by it. The following myths are common and can impact survivors of assault or abuse, as well as the behavior and effectiveness of friends, family, medical, social service and law enforcement personnel. This resource will help clarify some of the most common myths.

**Myth: Sexual assault is an act of lust and passion that can't be controlled.**

*Fact:* Sexual assault is about power and control and is not motivated by sexual gratification.<sup>1</sup>

**Myth: If a victim of sexual assault does not fight back, they must have thought the assault was not that bad or they wanted it.**

*Fact:* Many survivors experience tonic immobility or a "freeze response" during an assault where they physically cannot move or speak.<sup>2</sup>

**Myth: A lot of victims lie about being raped or give false reports.**

*Fact:* Only 2-8% of rapes are falsely reported, the same percentage as for other felonies.<sup>3</sup>

**Myth: A person cannot sexually assault their partner or spouse.**

*Fact:* Nearly 1 in 10 women have experienced rape by an intimate partner in their lifetime.<sup>4</sup>

**Myth: Sexual assaults most often occur in public or outdoors.**

*Fact:* 55% of rape or sexual assault victimizations occur at or near the victim's home, and 12% occur at or near the home of a friend, relative, or acquaintance.<sup>5</sup>

**Myth: Rape does not happen that often.**

*Fact:* There is an average of 293,066 victims ages 12 or older of rape and sexual assault each year in the U.S. This means 1 sexual assault occurs every 107 seconds.<sup>6</sup>

**Myth: People that have been sexually assaulted will be hysterical and crying.**

*Fact:* Everyone responds differently to trauma- some may laugh, some may cry, and others will not show any emotions.<sup>7</sup>

**Myth: Men are not victims of sexual violence.**

*Fact:* 15% of all men have been raped and 47% of bisexual men have experienced some form of unwanted sexual contact in their lifetime.<sup>4</sup>

**Myth: Wearing revealing clothing, behaving provocatively, or drinking a lot means the victim was "asking for it".**

*Fact:* The perpetrator selects the victim- the victim's behavior or clothing choices do not mean that they are consenting to sexual activity.<sup>8</sup>



**RESILIENCE**  
EMPOWERING  
SURVIVORS  
ENDING SEXUAL  
VIOLENCE

Adapted from [Resilience: Sexual Violence Myths & Facts](#) by the PLU Center for Gender Equity 2021



PLU CENTER FOR  
GENDER EQUITY



## Awareness Month Information



### Sexual Assault Myths & Facts

**Myth: If a parent teaches a child to stay away from strangers they won't get raped.**

*Fact:* 60% of child sexual abuse cases are perpetrated by someone the child knows outside the family, and 30% are assaulted by family members.<sup>9</sup>

**Myth: Being sexually assaulted can change a person's sexual orientation.**

*Fact:* The assault is typically not based on the sexual preferences of the victim or rapist, and therefore does not necessarily change the victim's sexual orientation.<sup>10</sup>

**Myth: Disabled people are at low risk for sexual assault.**

*Fact:* Disabled people are victims of sexual assault twice as much as people without disabilities.<sup>6</sup>

**Myth: Sex workers cannot be raped because they are selling sex.**

*Fact:* Sex workers have the right to give and withhold consent to any sexual activity, and therefore, can be raped just like anyone else.<sup>11</sup>

**Myth: Getting help is expensive for survivors of assault.**

*Fact:* Services such as counseling and advocacy are offered for free or at a low cost by sexual assault service providers.<sup>12</sup>

**Myth: There is nothing we can do to prevent sexual violence.**

*Fact:* There are many ways you can help prevent sexual violence including intervening as a bystander to protect someone who may be at risk.<sup>13</sup>

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**RESILIENCE**  
EMPOWERING  
SURVIVORS  
ENDING SEXUAL  
VIOLENCE

Adapted from [Resilience: Sexual Violence Myths & Facts](#) by the PLU Center for Gender Equity 2021



PLU CENTER FOR  
GENDER EQUITY



## Available Services Through SVCPP:



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

#### Special Speaker Presentations

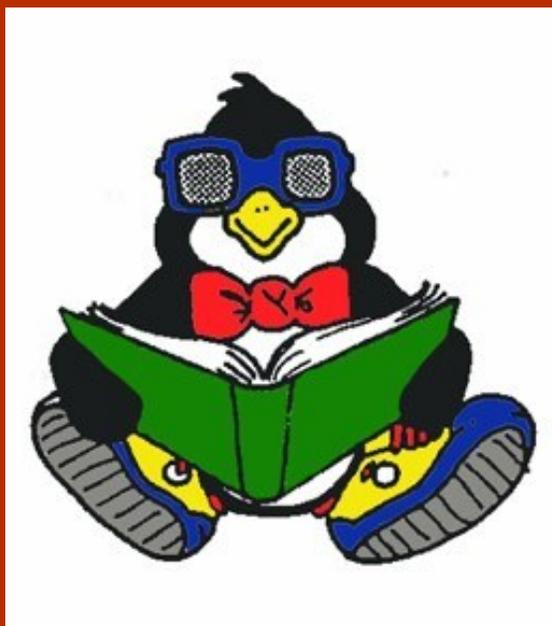
Presentations are available to your community group, business or organization at minimal cost or FREE. Topics include: Current Drug Trends, Power of Parents, Gambling/Gaming Awareness, Responsible Gambling, Talking with your Kids and The Dangers of Underage Drinking, Mobile Bedroom, Social Media, Click-Bait and Other On-Line Potholes, and more.

#### 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 Potochnik, Prevention Education & Community Outreach Services Manager at Saint Vincent College Prevention Projects at 724-805-2050 or email [beth.potochnik@stvincent.edu](mailto:beth.potochnik@stvincent.edu)**





## Available Intervention Services Through SVCPP:



The following Tier II Intervention Programs are offered to all  
**Westmoreland County Secondary Schools**  
 at **NO** cost to the school districts:



### **N.O.T. (Not on Tobacco) Program**

SVCPP Intervention Specialists deliver 6 sessions covering facts vs. myths, triggers and advertising nicotine products, identifying support strategies, benefits to quitting nicotine use and how your body responds, creating healthy habits, and ways to stay nicotine free. N.O.T. explores the various delivery systems, i.e. vape devices, chewing, smoking, etc. N.O.T. is an American Lung Association program aimed to recognize dependence on nicotine and to identify replacement strategies to restore health.

### **The Blues Program**

SVCPP Intervention Specialists provide early intervention service groups for adolescents with observable behaviors displaying depressive symptoms or are at-risk for depression. These are 6 session groups provided weekly within your school.

### **Marijuana Brief Intervention Program**

SVCPP Intervention Specialists use this evidence-based program for early intervention with students who may be experimenting with marijuana in its various forms. During the 6 weekly sessions, students will identify triggers, how their environment can contribute to usage, and practical evidence-based ways to reduce/eliminate marijuana use.

### **In-Depth Program**

The American Lung Association's INDEPTH® (Intervention for Nicotine Dependence: Education, Prevention, Tobacco and Health) program is an alternative to suspension or citation program that is offered as an option to students who face suspension for violation of school tobacco or e-cigarette use policies. This program is administered by a trained adult facilitator in either a one-on-one or group format and can be offered in a school or community-based setting. The program consists of four sessions of approximately 50 minutes geared toward youth and focused on tobacco use, including e-cigarettes, nicotine dependence, establishing healthy alternatives and making the change to be free of all tobacco products. Because the program is offered as an alternative to suspension or citation, attendance is mandatory to fulfill the obligation for the infraction. While INDEPTH is not a cessation program, steps toward cessation are strongly encouraged. Students may decide to quit or reduce their tobacco/nicotine use as result of their participation in the program.

**If your school district can benefit from these services, please email:** Christina Weimer, SAP Coordinator and Intervention Services Manager, [Christina.weimer@stvincent.edu](mailto:Christina.weimer@stvincent.edu)



# Westmoreland County Information



1200 Maronda Way, Suite 300, Monessen, PA  
Hours: Monday-Friday 8:00 AM – 4:30 PM

724-243-2220  
<http://wedacinc.org>



Southwestern Pennsylvania Human Services, Inc.

203 S Maple Ave, Greensburg, PA 15601  
Hours: Monday-Thursday 8:30am-9:00pm  
Friday 8:30am-5:00pm

724-834-0420  
<http://www.sphs.org>

## Outside In

*To the Fullest...*

Outpatient Services  
PHONE 724-837-1518

Residential Programs  
PHONE 724-238-8441

PO Box 639  
Greensburg, PA 15601



First Floor Suite 110, 40 N Pennsylvania Avenue, Greensburg, PA 15601  
(724-830-3617)

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



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Map from: <https://www.city2map.com/en/us/pa/westmoreland-county.html>



## From the Desk of Saint Vincent College Prevention Projects: Parent Tips & Resources



Illustration by  
Billy Nuñez, age 16

## TEEN DATING VIOLENCE: TIPS FOR PARENTS

### PARENTS NEED TO KNOW WHAT'S GOING ON

- Learn the myths and facts about dating violence.
- Some teens who are abused don't talk about it.
- There are warning signs of abuse.
- Teach your teenager that respect is the most important thing in a dating relationship.
- Learn how to talk with your child about dating violence.

**R**omantic and sexual feelings develop during the teen years. Teenagers are starting to date and experiment with different types of relationships. It is fun and exciting to meet someone new, and sad and difficult to break up.

As a parent, you can help your teenager make good decisions about dating. With guidance and support, teens can learn about healthy relationships and get the strength and courage needed to leave those that are not.

**There is no place for verbal or physical abuse in a healthy and respectful relationship.**

### MYTHS AND FACTS

**MYTH:** "Teen dating violence is just another way of saying rape."

**FACT:** Abuse comes in many forms. Besides sexual violence, it also includes:

- Yelling, swearing, put-downs, and threats
- Being pushed around or hit
- Controlling, bossy, and bullying behavior

**MYTH:** "Oh, it's not that common."

**FACTS:**

- More than 1 in 10 teenagers experience physical violence in a dating relationship.
- When threats and emotional abuse are included, it's even higher.

**MYTH:** "It only happens to kids from bad homes."

**FACT:** Dating violence is not limited to families with a history of violence. It happens to teens from families of all cultures, income levels, and educational backgrounds.

**MYTH:** "It can't happen to my child."

**FACTS:**

- Boys, as well as girls, can be victims of dating violence.
- It can happen in any type of relationship—straight, gay, or lesbian.
- It can occur at any time in a relationship—those just starting or ones that have been going on for a while.

### WHY TEENS ARE SILENT

There are many reasons why teens don't tell their parents or friends about the violence they are experiencing. They may:

- Feel embarrassed, ashamed, or afraid of getting hurt.
- Be convinced it is their fault and do not know that it is abuse.
- Feel afraid they will be forced to break up or of losing privileges.
- Feel certain that being in a relationship is the most important thing in their life.
- Confuse jealousy with love, and think this is how it should be.





## From the Desk of Saint Vincent College Prevention Projects: Parent Tips & Resources



- Be afraid of losing friends. They may think friends would not believe this is happening, and they may feel alone after having lost touch with friends.
- Know the abuser will act nice some of the time, and they are happy when this happens.
- Feel hopeful that things will get better and convinced that they can help or change their partner.

### WARNING SIGNS OF ABUSE

Some of the following may be just part of being a teenager. But, when these changes happen suddenly or without explanation, there is cause for concern.

#### School

- Failing grades
- Dropping out of school or school activities

#### Attitude/mood

- Difficulty making decisions
- Changes in personality, becoming anxious or depressed
- Acting out or being secretive
- Avoiding eye contact
- Having “crying jags” or getting “hysterical”
- Constantly thinking about dating partner

#### Physical appearance

- Bruises, scratches, or other injuries
- Sudden changes in clothes or make-up

#### Activities

- Avoiding friends or changing peer groups
- Giving up activities, interests, or family time that previously had been important
- Changes in eating or sleeping habits
- Using alcohol, tobacco, or other drugs

#### Pregnancy

- Some teenagers believe that having a baby will help make things better.
- Some girls are forced to have sex.

### ABUSIVE BEHAVIOR

It is important for you to recognize signs of an abusive relationship.

- Wanting to get serious quickly and refusing to take NO for an answer
- Acting jealous and possessive and wanting to pick partner’s friends and activities
- Being controlling and bossy and making all the decisions, not taking opinions of others seriously, and always checking up on partner
- Using threats and “put-downs” when alone or with friends
- Using guilt trips like, “If you really loved me, you would\_\_\_\_\_.”
- Blaming the victim for what is wrong, like saying, “It’s because of you that I get so mad.”
- Apologizing or giving excuses for violent behavior like, “I promise I’ll never do it again,” or “I was drinking and just didn’t know that I \_\_\_\_\_.”

**Your child needs help in either case—  
victim or abuser**

### TIPS FOR PARENTS

#### Talk about healthy dating relationships and possible problems.

It is never too early or too late to teach about respect. Respect for self and others is important in any relationship.

#### If you think your teenager already may be involved with an abusive partner:

- Give your teen a chance to talk. Listen quietly to the whole story.
- Tell your child that you are there to help, not to judge.
- If your teen does not want to talk with you, help find another trusted person for your child to talk with.
- Focus on your child’s safety and self-esteem. Point out how unhappy your teenager seems to be while with this person and the possibility of danger or harm. Do not “put down” the abusive partner.
- Let your child know that abuse always gets worse. What may start as minor verbal or physical abuse is very likely to get worse if not stopped immediately.



## From the Desk of Saint Vincent College Prevention Projects: Parent Tips & Resources



### If your teenager tries to break up with an abusive partner:

- Advise that the breakup be definite and final.
- Develop a safety plan with your teen ahead of time.
- Support your teenager's decision and be ready to help.
- Make sure your teen takes all necessary safety measures.
  - Avoid walking or riding alone, and always travel with another friend.
  - Consider changing class schedules.
  - Get help from the guidance counselor, school principal, or if necessary, the police.

- "I care about what happens to you. I love you and I want to help."
- "If you feel afraid, it may be abuse. Sometimes people act in ways that are scary and make you feel threatened, even without using physical violence. Pay attention to what you are feeling."
- "No one has the right to hit you. No one has the right to control you or what you do."
- "The abuse is not your fault. You are not to blame, no matter how guilty \_\_\_\_ is trying to make you feel. This should not be happening to you."
- "It is \_\_\_\_ who has a problem, not you. It is not your responsibility to help \_\_\_\_ change."

### WHAT YOU CAN SAY

It is important for your teen to talk about dating violence, either with you or with another trusted adult. Many people who have been victims of dating violence have been able to change their lives after they began talking with others.

**Ask for teen dating violence prevention and intervention programs at your teenager's school or through religious or other community groups.**

### *Abuse is not just physical.*



*Learn the warning signs. Speak to an advocate.  
You deserve a healthy and loving relationship.*

The 24-hour National Teen Dating Abuse Helpline is here to help you stay safe.  
Call **866-331-9474** or Text "LOVEIS" to **22522**.

Connected Kids are Safe, Strong, and Secure

The information contained in this publication should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on individual facts and circumstances.

The American Academy of Pediatrics is an organization of 60,000 primary care pediatricians, pediatric medical subspecialists, and pediatric surgical specialists dedicated to the health, safety, and well-being of infants, children, adolescents, and young adults.

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**American Academy  
of Pediatrics**



DEDICATED TO THE HEALTH OF ALL CHILDREN™



From the Desk of Saint Vincent College Prevention Projects:  
Parent Tips & Resources



# TALKING WITH YOUR TEEN ABOUT ALCOHOL:

Keeping Your Kids Safe



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