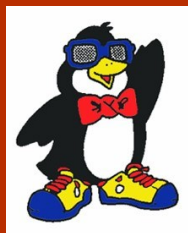


EDUCATIONAL SUPPORT TEAM UPDATE

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

AUGUST/SEPTEMBER 2025

VOLUME 2: ISSUE 1



SVCPP mailing
Address:

300 Fraser
Purchase Road,
Latrobe, PA
15650

Phone:
724-805-2050

Fax:
724-420-5930

K-12 SAP Trainings & SAP Thematic Workshops

K-12 SAP TRAINING Dates: September 18&19, 2025; October 30&31, 2025; November 20&21, 2025; January 22&23, 2026; February 5&6, 2026; March 12&13, 2026; May 14&15, 2026. 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 15, 2025; December 3, 2025; and March 25, 2026. 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:

International Overdose Awareness Day, August 31st: <http://www.overdoseday.com/>

National Alcohol and Drug Addiction Recovery Month-September:
<https://www.naadac.org/national-recovery-month>

Fetal Alcohol Spectrum Disorder (FASD) Day, September 9: <https://www.cdc.gov/ncbddd/fasd/facts.html>

World Suicide Prevention Day September 10: <https://www.iasp.info/resources/>



Trainings, Workshops, Events, & more...



Thematic Workshops— **October 15, 2025; December 3, 2025; and March 25, 2026.** We offer Workshops 3 times a year. Each of these will have a SAP process, Mental Health, and Substance Abuse focus. 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— **September 18&19, 2025; October 30&31, 2025; November 20&21, 2025; January 22&23, 2026; February 5&6, 2026; March 12&13, 2026; May 14&15, 2026.** 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.

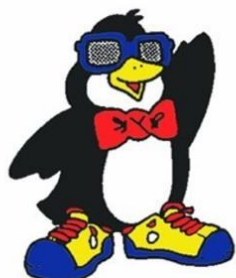


Free Coloring Pages from PrimaryGames.com

Info from: <https://benton.uconn.edu/coloring-pages-color-by-number-2/>



Events and Community News



Have you heard the news?

PDE has granted all K-12 Public School District employees the opportunity to be SAP Trained free of charge through December 2026. This special grant funding allows for reimbursement for classroom teacher substitute costs up to \$150/day per substitute.

Saint Vincent College Prevention Projects

2025–2026 Training Dates for K-12 SAP Training:

- September 18 & 19, 2025 • February 5 & 6, 2026
- October 30 & 31, 2025 • March 12 & 13, 2026
- November 20 & 21, 2025 • May 14 & 15, 2026
- January 22 & 23, 2026

Workshop cost for all other training participants is \$360.00/person

Saint Vincent College Prevention Projects

2025-2026 Training Dates for SAP Thematic Workshop:



- October 15, 2025
- December 3, 2025
- March 25, 2026

Workshop cost is \$40/person

For information or to register, please call the Saint Vincent College Prevention Projects at 724-805-2050.

Participants will receive training materials, lunch and continental breakfast at all trainings.

All trainings and workshops will be offered at:

Saint Vincent College 300 Fraser Purchase Road, Latrobe, PA 15650



Events and Community News



SAINT VINCENT COLLEGE

Prevention Projects

STUDENT ASSISTANCE PROGRAM

Fall Thematic Workshop

“Power of Prevention”

ANNOUNCEMENT

WASAP Council Meeting (8:00 a.m. – 9:00 a.m.)

October 15, 2025

TO:	SAP Contacts
TIME:	8:30 a.m. – 3:45 p.m.
PLACE:	St. Vincent College, Fred Rogers Center
8:30 a.m. – 9:00 a.m.	Registration, continental breakfast provided.
9:00 a.m.-9:15 a.m.	“Welcome & Introductions” Presenter: Donna Kean, Executive Director Saint Vincent College Prevention Projects
9:15 a.m.- 10:30 a.m.	“Under the Zynfluence” Presenter: Annmarie Brady, MPH Specialist Health Promotions American Lung Association in Pennsylvania
10:30 a.m. – 10:45 a.m.	Break
10:45 a.m.-11:30 a.m.	“Drug and Alcohol Liaison in Westmoreland County & the D/A Process” Presenters: Chrissy Weimer, SAP Coordinator and Intervention Manager, Saint Vincent College Prevention Projects Jenna Constantinovich, B.A. Case Management Team Lead Westmoreland Drug and Alcohol Case Management
11:30 a.m.- 12:30 p.m.	LUNCH
12:30 p.m. – 1:30 p.m.	“Complex Case Review” Presenters: Jessica Lesniewski (Complex Case Director) and Brittany Henderson (Child and Adolescent Cross System Coordinator) Westmoreland County BH/DS Office
1:30 p.m.-1:45 p.m.	Break
1:45 p.m. – 3:30 p.m.	“Marijuana Trends Amongst Youth” Presenter: David Fialko, BS, ICPS, NCTTS Internationally Certified Prevention Specialist Nationally Certified Tobacco Treatment Specialist The Council of Southeast Pennsylvania, Inc.
3:30 p.m. – 3:45 p.m.	Summary/Evaluations/Concluding Remarks/Individual Team Assistance

REGISTRATION: Phone – 724-805-2050 on or before **October 8, 2025**

ACT 48 Professional Development Credit – 5.00 hours

COST: \$40.00 per person, includes lunch in the cafeteria.

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.



2025



PREVENTION CONFERENCE



Westmoreland
Drug & Alcohol Commission, Inc.

VENDOR TABLES
AVAILABLE
\$30 DONATION



TOPICS INCLUDE:

"GAS STATION DRUG"
TRENDS

EMDR/TRAUMA

PREVENTION PANEL

CO-OCCURRING
SUD/MENTAL HEALTH

SELF CARE

- Situational awareness
- Sound bath

Questions contact:
sopalinski@wedacinc.org

Social Work and ACT 48 Credits pending

SEPTEMBER 26, 2025
9:00AM--3:30PM

WESTMORELAND COUNTY
COMMUNITY COLLEGE
STUDENT ACHIEVEMENT CENTER
YOUNGWOOD, PA 15697

REGISTRATION FOR VENDORS

www.surveymonkey.com/r/2025PrevConf

REGISTRATION FOR ATTENDEES

www.surveymonkey.com/r/2025PrevConfATT





Events and Community News



Join Us

The Westmoreland IU 7 Local Task Force is comprised of a group of parents, community members, and school staff who come together to work toward improving the services for school-age children with disabilities.

Local Task Force
Right to Education

WIU

2025-2026 WIU 7 Local Task Force Meeting Dates



Tuesday, 09/30/2025; 10:00 am - 11:30 am - VIRTUAL Meeting

Topic: ODR Services: Helping Families and Schools Find Solutions. The Office of Dispute Resolution in PA will provide information about their resources for mediation, IEP facilitation, and formal due process hearings to help resolve educational disputes.

Virtual via Zoom at <https://wiu7.zoom.us/j/6178568864>

Tuesday, 11/25/2025; 10:00 am - 11:30 am - VIRTUAL Meeting

Topic: Families to the Max. Join F2MAX for a short overview of how they help families and schools work together to support students with disabilities, including the resources, guidance, and partnerships available across Pennsylvania.

Virtual via Zoom at <https://wiu7.zoom.us/j/6178568864>

Tuesday, 01/27/2026; Time and Location To Be Determined

Topic: Helping Children Start Strong. Achieving True Self will be sharing practical strategies to support children—especially those with autism or have behavioral needs—who may not have received early intervention services but need guidance for a successful transition into kindergarten.

Tuesday, 03/10/2026; 10:00 am - 11:30 am - VIRTUAL Meeting

Topic: Lessons Learned: A Parent Panel on Transition to Adulthood. Hear from families as they share insights, experiences, and what they wish they had known to better prepare for their child's journey into adulthood.

Virtual via Zoom at <https://wiu7.zoom.us/j/6178568864>

Tuesday, 05/12/2026; 10:00 am - 11:30 am - VIRTUAL Meeting

Topic: Planning for 2026-2027. Ever wonder how the WIU 7 Local Task Force chooses speaker topics? Join us at this important planning meeting where we decide the upcoming speaker series for the next school year.

Virtual via Zoom at <https://wiu7.zoom.us/j/6178568864>

To view meeting minutes, agendas, Speaker Series videos, and other LTF information, please visit <https://bit.ly/LTF-IU7>.



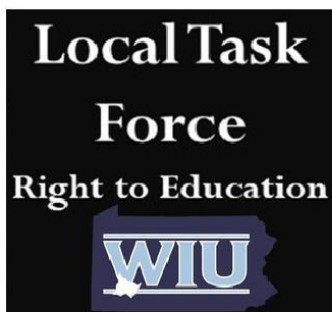
@westmorelandLTF



<https://bit.ly/LTF-IU7>



Melissa Skiffen, Chair - mskiffen@achieveinfo
Natalie Smith, Vice Chair - nsmith@wiu7.org



What is the Local Task Force?



The Local Task Force (LTF) is a committee of engaged and active parents, community members, agencies, and educators, brought together to collaboratively ensure that **all children with disabilities** in Westmoreland County receive the supports and services they need to be successful in the least restrictive environment.

- A major purpose of the Local Task Force is to propose recommendations that will improve, strengthen, and when needed, expand services for children with disabilities.
- The Local Task Force serves as an information-sharing and networking vehicle between members and the community.
- The Local Task Force addresses individual issues brought to the committee by parents regarding their child's educational needs during Creative Resolutions.

Together
We Can!

Who Can Attend Meetings and Activities?

Any interested educator, community member, agency staff, person, or parent of a student with a disability may attend any of the regularly scheduled Local Task Force meetings. It is not necessary to be a member to attend, and no advance notice is necessaryYou are always welcome!

Where and When are the Meetings?

We have meetings five times per year. Go to <https://bit.ly/LTF-IU7> to get specific meeting information.

What Happens at the Meetings?

We have a speaker at almost every meeting. The topics are based on parent, school, and community preference and feedback. We also discuss current events, legislation, concerns and issues, and other topics related to school-age children with disabilities.

Reach Out!

Melissa Skiffen, LTF 7 Chairperson
mskiffen@achieva.info; 1.888.272.7229, Ext. 114

Natalie Smith, LTF 7 Vice Chairperson
nsmith@wiu7.org; 724.219.2321



To view meeting minutes, agendas, Speaker Series videos, and other LTF information, please visit <https://bit.ly/LTF-IU7>.



@westmorelandLTF



<https://bit.ly/LTF-IU7>



Melissa Skiffen, Chair - mskiffen@achieva.info
Natalie Smith, Vice Chair - nsmith@wiu7.org



August 31st is Drug Overdose Awareness Day

The following fact sheets can be copied and hung in the workplace and classroom

FACT SHEET

DEPRESSANTS

31 AUGUST

—

**INTERNATIONAL
OVERDOSE
AWARENESS DAY**

WHAT ARE DEPRESSANTS?

Benzodiazepines, barbiturates (medical depressants), and alcohol all slow the central nervous system to produce a calming effect.

These substances are often prescribed to relieve pain, help you sleep or in the case of alcohol, used recreationally when socialising. However, when taken in excessive amounts or in combinations with other drugs, depressants can depress normal functions such as breathing and heart rate until they eventually stop, resulting in brain damage or death.

SIGNS OF OVERDOSE

- Vomiting
- Unresponsive, but awake
- Limp body
- Pale and/or clammy face
- Blue fingernails or lips
- Shallow or erratic breathing, or not breathing at all
- Slow or erratic pulse (heartbeat)
- Choking or sounds of a gurgling noise
- Loss of consciousness

OVERDOSE RESPONSE

Call an ambulance, tell the operator your location, and stay on the line.

Be prepared to give CPR if they stop breathing before an ambulance arrives.

Ensure the person has adequate air by keeping crowds back or opening windows. Loosen tight clothing.

If the person is unconscious or wants to lie down, put them in the recovery position and continue to monitor them.

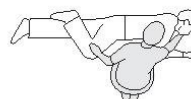
Provide paramedics with as much information as possible, such as what, and how much of the drug was taken, how long ago and any pre-existing medical conditions. If the drug came in a bottle or packet, give the packaging to the ambulance officers.

The Recovery Position

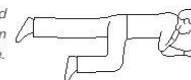
Support face Place the arm nearest to you at right angles to the body. Place their other hand against their cheek.



Lift Leg Get hold of the far leg just above the knee and pull it up, keeping the foot flat on the ground.



Roll over Keep their hand pressed against their cheek and pull on the upper leg to roll them towards you and onto their side.



WHAT NOT TO DO IN THE EVENT OF A SUSPECTED OVERDOSE

- Do **NOT** ignore snoring or gurgling: This could mean someone is having trouble breathing.
- Do **NOT** leave the person alone.
- Do **NOT** give the person anything to eat or drink, or try to induce vomiting.

TIME TO
REMEMBER.
TIME TO
ACT.



A Penington Institute Initiative

For more information visit
www.overdoseday.com

Info from: <https://www.overdoseday.com/overdose-basics/>



Awareness Month Information



FACT SHEET

STIMULANTS

31 AUGUST

INTERNATIONAL
OVERDOSE
AWARENESS DAY

WHAT ARE STIMULANTS?

Stimulants are a category of drug that increase alertness and heart rate, producing an effect of increased confidence, and energy.

Large doses of these drugs can result in anxiety, panic, seizures, headaches, stomach cramps, aggression and paranoia.

Examples of stimulant drugs include: amphetamines, cocaine and Ecstasy (MDMA).

SIGNS OF OVERDOSE

Physical signs

- Hot, flushed or sweaty skin
- Headaches
- Chest pain
- Unsteadiness
- Rigid muscles, tremors or spasms
- Uncontrolled movements or seizures
- Difficulty breathing

Psychological signs

- Psychotic symptoms in individuals with no prior mental illness
- Severe agitation or panic
- Altered mental state, such as confusion or disorientation

OVERDOSE RESPONSE

Before you act, check for danger

Call an ambulance, tell the operator your location, and stay on the line.

Move the person to a quiet, safe room away from bystanders, noise, excessive light, heat and other stimulation.

If confused or panicking, try to reassure them.

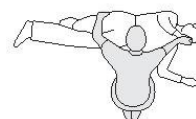
If overheating, try to cool them down by loosening outer clothing or putting a wet towel on the back of the neck or under their arms.

If you can't get a response or the person is unconscious, put them in the recovery position.

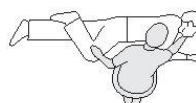
If muscle spasms or seizures occur, remove anything from the immediate environment that might cause injury.

The Recovery Position

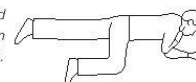
Support face Place the arm nearest to you at right angles to the body. Place their other hand against their cheek.



Lift Leg Get hold of the far leg just above the knee and pull it up, keeping the foot flat on the ground.



Roll over Keep their hand pressed against their cheek and pull on the upper leg to roll them towards you and onto their side.



WHAT NOT TO DO IN THE EVENT OF A SUSPECTED OVERDOSE

- Do **NOT** leave the person alone.
- Do **NOT** give the person anything to eat or drink, or try to induce vomiting.

TIME TO
REMEMBER.
TIME TO
ACT.

International Overdose Awareness Day
prevention and recovery
A Penington Institute Initiative

For more information visit
www.overdoseday.com

Info from: <https://www.overdoseday.com/overdose-basics/>



Awareness Month Information



FACT SHEET

CRYSTAL METHAMPHETAMINE

31 AUGUST

INTERNATIONAL
OVERDOSE
AWARENESS DAY

WHAT IS CRYSTAL METHAMPHETAMINE?

Methamphetamine (or methylamphetamine hydrochloride) is a central nervous system (CNS) stimulant.

It is generally available in four forms:

- 1 **Speed** – which comes in powder form and is typically of low purity.
- 2 **Base** – a damp oily substance with white to yellow or brown colour (also known as "pure", "paste", "wax").
- 3 **Pills/tablets** – usually contain only a small dose of methamphetamine.
- 4 **Crystal** – purest form of methamphetamine and has a translucent to white crystalline appearance. The crystal form of the drug is also known as ice.

Meth can be swallowed, snorted, smoked or injected, with each of these methods having different risks. For example, swallowing makes it difficult to work out the dose and when its effects will be felt. Smoking is harsh on the lungs and risks burning them. Injecting any drug attracts risks of injection-related injury and diseases including blood borne viruses (e.g. HIV, hepatitis C).

Smoking and injecting ice can have a nearly instantaneous onset of its effects which might account for the higher likelihood of methamphetamine dependence among people who smoke and/or inject ice.

SIGNS OF OVERDOSE

Because of its high purity, meth overdose, or toxicity, can occur even with small doses, especially when mixed with other drugs. The greatest concern in meth overdose is the risk of seizures, stroke and heart attack. Emergency presentations featuring meth toxicity are less common than meth psychosis. However, risks to the cardiovascular system from high levels are significant, especially when there is a pre-existing health problem.

Some signs of overdose can include:

Physical signs

- Hot, flushed, sweaty skin
- Severe headaches
- Chest pain
- Unsteady walking
- Rigid muscles or tremors, spasms, jerky movements
- Movement of the limbs, and seizures
- Difficulty breathing

Psychological signs

- Psychotic symptoms in individuals with no prior mental illness
- Severe agitation or panic
- Altered mental state (e.g. confusion, disorientation)

OVERDOSE RESPONSE

Before you act, check for dangers such as needles.

Call an ambulance, tell the operator your location, and stay on the line.

Move the person to a quiet, safe room away from bystanders, noise, excessive light, heat and other stimulation.

If confused or panicking, try to reassure them.

If overheating, try to cool them down by loosening outer clothing or putting a wet towel on the back of the neck or under their arms.

If you can't get a response or the person is unconscious, put them in the recovery position.

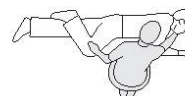
If muscle spasms or seizures occur, remove anything from the immediate environment that might cause injury.

The Recovery Position

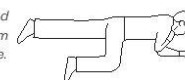
Support face Place the arm nearest to you at right angles to the body. Place their other hand against their cheek.



Lift Leg Get hold of the far leg just above the knee and pull it up, keeping the foot flat on the ground.



Roll over Keep their hand pressed against their cheek and pull on the upper leg to roll them towards you and onto their side.



WHAT NOT TO DO IN THE EVENT OF A SUSPECTED OVERDOSE

- Do **NOT** leave the person alone.
- Do **NOT** give the person anything to eat or drink, or try to induce vomiting.

TIME TO
REMEMBER.
TIME TO **ACT.**

International Overdose Awareness Day
prevention and remembrance

A Penington Institute Initiative

For more information visit
www.overdoseday.com

Info from: <https://www.overdoseday.com/overdose-basics/>



Awareness Month Information



FACT SHEET

ALCOHOL

31 AUGUST

INTERNATIONAL
OVERDOSE
AWARENESS DAY

WHAT IS ALCOHOL?

Alcohol is a legal depressant that slows down the messages travelling between the brain and the body. In small amounts, alcohol can cause you to feel relaxed, more confident and heighten your emotions.

Alcohol depresses the nerves that control involuntary actions such as breathing and the gag reflex (to prevent choking). A fatal dose of alcohol will eventually cause these functions to shut down. Since alcohol is an irritant to the stomach, excessive vomiting is also common. If the person is unconscious, this could lead to death by asphyxiation.

SIGNS OF OVERDOSE

- Confusion
- Loss of co-ordination
- Vomiting
- Seizures
- Irregular breathing (a gap of more than 10 seconds between breaths)
- Slow breathing (less than eight breaths per minute)
- Pale or blue tinged skin
- Low body temperature (hypothermia)
- Unconsciousness or passing out

OVERDOSE RESPONSE

Call an ambulance, tell the operator your location, and stay on the line.

Keep them warm.

If you can't get a response or the person is unconscious, put them in the recovery position. Don't leave them on their back.

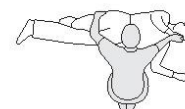
If they are awake, try to keep them in a sitting position and awake.

Be prepared to give CPR if they stop breathing before an ambulance arrives.

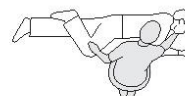
If muscle spasms or seizures occur, remove anything from the immediate environment that might cause injury.

The Recovery Position

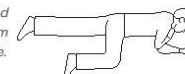
Support face Place the arm nearest to you at right angles to the body. Place their other hand against their cheek.



Lift Leg Get hold of the far leg just above the knee and pull it up, keeping the foot flat on the ground.



Roll over Keep their hand pressed against their cheek and pull on the upper leg to roll them towards you and onto their side.



WHAT NOT TO DO IN THE EVENT OF A SUSPECTED OVERDOSE

- **Do NOT leave them to sleep it off:** the amount of alcohol in someone's blood continues to rise even when they stop drinking.
- **Do NOT give them coffee:** alcohol and coffee both dehydrate the body. Having both can lead to severe dehydration and permanent brain damage.
- **Do NOT make them sick:** alcohol can interfere with a person's gag reflex, causing them to choke on their own vomit.
- **Do NOT walk them around:** alcohol slows brain function and affects co-ordination and balance. Walking them around might cause accidents.
- **Do NOT put them in a cold shower:** it could dangerously reduce body temperature and lead to hypothermia.
- **Do NOT let them drink more alcohol:** the amount of alcohol in their bloodstream could become even higher – which could put them in further danger.

TIME TO
REMEMBER.
TIME TO **ACT.**

International Overdose Awareness Day
prevention and recovery

A Penington Institute Initiative

For more information visit
www.overdoseday.com

Info from: <https://www.overdoseday.com/overdose-basics/>



What is a drug overdose?

A drug overdose is a medical emergency, and it's important to seek help immediately and administer first aid if you can.

Overdoses can look different depending on a number of factors, including the type of or combination of drugs taken, the amount taken, and the person's state of health at the time.

For example, a stimulant overdose might cause hot, flushed or sweaty skin and agitation or panic. An opioid overdose might cause shallow breathing, and you may hear unusual snoring or gurgling sounds. An overdose due to alcohol could look different again.

Signs and symptoms of a drug overdose

As a general guide, some signs and symptoms of a potential drug overdose you should recognise include:

- Chest pain
- Severe headache
- Breathing difficulties
- Paranoia, agitation and/or confusion
- Snoring or gurgling sounds
- Unresponsiveness or loss of consciousness

It is not necessary for someone to have all of these signs or symptoms for them to be overdosing. Exhibiting just one or two of these signs can indicate the person is in trouble and needs emergency help.

If you notice any signs or symptoms of a potential overdose, it's important to follow these essential steps:

How to respond to a drug overdose

- Before you act, check for danger.
- Call an ambulance, tell the operator your location and stay on the line.
- Follow the instructions from the emergency operator.
- Stay with the person until help arrives – do not leave them alone.
- Other first aid steps you should take depend on the type of drug and how the person is responding.



Awareness Month Information



The emergency operator will talk you through what to do, so it's important to stay on the line until assistance arrives.

Don't ignore snoring and gurgling

Snoring and gurgling can indicate that a person is having trouble breathing.

With substance use, especially substances that slow down the systems of the body (such as benzodiazepines, opioids and GHB), snoring may indicate a serious and potentially life-threatening obstruction of the airway.

Don't let someone 'sleep it off' if they are snoring or gurgling. If you notice any sounds like this, you should attempt to wake them up immediately.

If you can't wake them up, call emergency services and follow the instructions from the operator. You will probably be asked to roll the snoring person onto their side and open their mouth to maximize air flow.

The recovery position

The recovery position helps to keep a person's airways open, so they can breathe.

If the person is unresponsive, you should gently and respectfully place them in the recovery position by following these steps:

1. Raise arm and support head. Place the arm nearest to you at right angles to the body. Place their other hand against their cheek.
2. Lift leg. Get hold of the far leg just above the knee and pull it up, keeping the foot flat on the ground.
3. Roll over. Keep their hand pressed against their cheek and pull on the upper leg to roll them towards you and onto their side.

Naloxone or Narcan® for opioid overdose

Naloxone, also known as Narcan®, is a medication that temporarily reverses the effects of an opioid overdose, allowing the person to breathe again while help is on its way.

It is safe to administer naloxone to a person experiencing an overdose, even if you're not sure if they are experiencing an opioid overdose. There are very few risks associated with naloxone use, and it cannot be misused to get high.

It is important to remember that naloxone offers a temporary reversal only. That means even if you are able to administer naloxone, you should still seek emergency help as soon as possible.

Info from: <https://www.overdoseday.com/news/drug-overdose-what-to-do-in-an-emergency/>



National Recovery Month Theme: Recovery is **REAL (Restoring Every Aspect of Life)**

SAMHSA focuses on the four major dimensions of recovery: health, home, community, and purpose. These are the building blocks that all people need to live healthy, happy, independent lives and to reach their full potential.

The key messages and weekly themes below reflect these dimensions and offer a foundation for you to develop content that resonates with your audience.

Feel free to use these themes and key messages to develop tailored posts throughout the month. If you prefer, pre-crafted social media content is also available.

Week 1: Health

This week explores key aspects of well-being and their role in recovery.

Key Messages:

- ◇ Believe you can recover, and you are halfway there.
- ◇ Recovery includes whole health.
- ◇ Treatment, recovery support services, and community connections make recovery possible.

Week 2: Home

This week focuses on how safe, stable living environments aid recovery from mental health and substance use challenges.

Key Messages:

- ◇ A safe and supportive home strengthens recovery.
- ◇ Healing happens when you feel seen and safe at home.
- ◇ A stable home supports the recovery process.
- ◇ Recovery is a family affair.

Week 3: Community

This week highlights how a sense of belonging can help people on their recovery journey.

Key Messages:

- ◇ Building social networks and a sense of community can support recovery. You are not alone, and together we can make a difference.
- ◇ Be the voice of recovery—nothing about us, without us. Share your story!
- ◇ You have not met all the people who will love you.
- ◇ Family, friends, and peers together put the "we" in wellness.



Truancy Information



Week 4: Purpose

This week focuses on how a sense of purpose drives positive change and fosters resilience.

Key Messages:

- ◇ Be part of other people's recovery journeys.
- ◇ Many voices, multiple pathways, one hope. Where there is hope, there is recovery. Everyone can play a role in recovery—what's yours?
- ◇ You are worthy of joy. It is closer than you think.
- ◇ You are not alone. Building social networks and a sense of community can support recovery. Together, we can make a difference.

Info from: <https://www.samhsa.gov/about/digital-toolkits/recovery-month/toolkit>

September Is Recovery Month

"Recovery Month works to promote and support new evidence-based treatment and recovery practices, the emergence of a strong and proud recovery community, and the dedication of service providers and community members across the nation who make recovery in all its forms possible."

- Council on Chemical Abuse -





Data and Statistics on FASDs

Prevalence

We do not know exactly how many people have fetal alcohol spectrum disorders (FASDs). Several different approaches have been used to estimate how many persons are living with FASDs in the population. FASDs include several diagnoses related to exposure of the baby to alcohol during pregnancy. More specifically, fetal alcohol syndrome (FAS) is the most involved diagnosis, used when several physical and developmental disabilities are present.

FAS

Using medical and other records, CDC studies have identified about 1 infant with FAS for every 1,000 live births in certain areas of the United States.¹ The most recent CDC study analyzed medical and other records and found FAS in 0.3 out of 1,000 children from 7 to 9 years of age.²

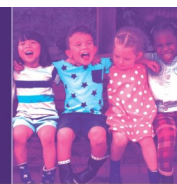
Studies using in-person assessment of school-aged children in several U.S. communities report higher estimates of FAS: 6 to 9 out of 1,000 children.^{3,4}

FASDs

Few estimates for the full range of FASDs are available. Based on the National Institutes of Health-funded community studies using physical examinations, experts estimate that the full range of FASDs in the United States and some Western European countries might number as high as 1 to 5 per 100 school-aged children (or 1% to 5% of the population)

FETAL ALCOHOL SPECTRUM DISORDERS (FASDs)

ARE A GROUP OF DIAGNOSES THAT CAN OCCUR IN A PERSON WHO WAS EXPOSED TO ALCOHOL BEFORE BIRTH.



1 IN 20

Up to 1 in 20 U.S. school children may have FASDs.



MAY PA, CHAMBERS CD, KALBERG WO, ET AL. PREVALENCE OF FETAL ALCOHOL SPECTRUM DISORDERS IN 4 US COMMUNITIES. JAMA. 2018;319(5):474-482. DOI:10.1001/JAMA.2017.21896

CS323487-A



Info from: <https://www.cdc.gov/fasd/data/index.html>



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





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



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

724-834-0420

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

<http://www.sphs.org>

Friday 8:30am-5:00pm

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



Tips for a positive start to the school year!

Here are some tips to help children under 12 kick off the school year feeling emotionally ready.

TIP #1

DAILY ROUTINES HELP KIDS FEEL SAFE AND CONFIDENT

- ☑ Plan regular times for healthy meals, play, and homework every day.
- ☑ Kids need 9-12 hours of sleep every night to help them learn.
- ☑ Get clothes and backpacks ready for school the night before.
- ☑ Set aside regular one-on-one time, without screens, to do something relaxing and fun with your child.

Put away electronics one hour before bedtime to relax together and get ready for a good night's sleep.

TIP #2

BUILDING CONNECTION BOOSTS CONFIDENCE

- ☑ Visit the school together to meet teachers and see where your child will be spending their day.
- ☑ Talk to your child about what they can expect before the school year starts. If they are nervous, let them know it's normal.
- ☑ Have a buddy for bus rides or carpools to make going to school easier.
- ☑ Reduce bullying by forming positive connections in after-school and mentoring programs.

Praise your child.

"Thank you for helping set out your school clothes for tomorrow!" or "Great job packing your backpack!"

Practice positive self-talk.

Say "I can try this" instead of "I can't do this."





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



TIP #3

TALKING ABOUT THEIR FEELINGS BUILDS TRUST

- ☛ Ask your child: what was the best thing about your school day?
- ☛ Acknowledge their feelings, even when emotions are tough because of conflict or disappointment.
- ☛ Practice coping skills such as belly breathing.

Talk about their feelings

"It's okay to feel..." &
"I'm so glad you told me about..."

Try belly breathing together!

Put both hands on your belly, breathe in slowly through your nose, then breathe out slowly through your mouth.

TIP #4

YOU KNOW YOUR CHILD BEST. IF YOU THINK YOUR CHILD NEEDS MORE HELP:

- ☛ Talk to your child's teachers about how you can support their needs at school.
- ☛ If your child's feelings are affecting their sleep or school, talk to school behavioral health staff or their doctor about ways to help.
- ☛ Consider a health check-up to stay up to date on your child's routine health care.



SCAN THE QR CODE
for more information.





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



Help Your Child Succeed in School: Build the Habit of Good Attendance Early

DID YOU KNOW?

- Starting in preschool and kindergarten, too many absences can cause children to fall behind in school.
- Missing 10%, or about 2 days each month over the course of a school year, can make it harder to learn to read.
- Students can still fall behind if they miss just one or two days every few weeks.
- Being late to school may lead to poor attendance.
- Absences and tardiness can affect the whole classroom if the teacher has to slow down learning to help children catch up.

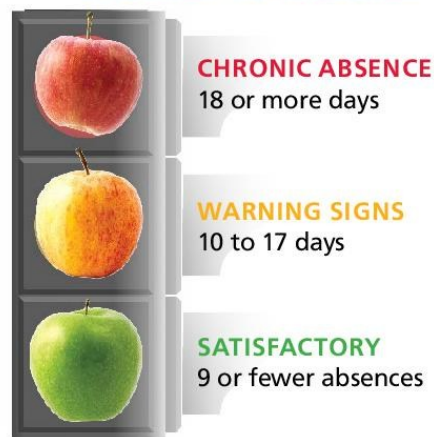
Attending school regularly helps children feel better about school—and themselves. Start building this habit in preschool so they learn right away that going to school on time, every day is important. Eventually good attendance will be a skill that will help them succeed in high school and college.

WHAT YOU CAN DO

- Set a regular bedtime and morning routine.
- Lay out clothes and pack backpacks the night before.
- Keep your child healthy and make sure your child has the required shots.
- Introduce your children to their teachers and classmates before school starts.
- Develop backup plans for getting to school if something comes up. Call on a family member, a neighbor, or another parent.
- Try to schedule non-urgent related medical appointments and extended trips when school isn't in session.
- If your child seems anxious about going to school, talk to teachers, school counselors and other parents for advice on how to make your child feel comfortable and excited about learning.
- If you are concerned that your child may have a contagious illness, call your school or health care provider for advice.
- If your child must stay home due to illness, ask the teacher for resources and ideas to continue learning at home.

Revised April 2024

When Do Absences Become a Problem?



Note: These numbers assume a 180-day school year.

Visit Attendance Works at www.attendanceworks.org for free downloadable resources and tools!

Info from: <https://www.attendanceworks.org/resources/handouts-for-families-2/>



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



Keep Your Child On Track in Middle and High School: Pay Attention to Attendance

Showing up for school has a huge impact on a student's academic success. Even as children grow older and more independent, families play a key role in making sure students get to school every day and understand why attendance is so important for success in school and on the job.

DID YOU KNOW?

- Students should miss no more than 9 days of school each year to stay engaged, successful and on track to graduation.
- Frequent absences can be a sign that a student is losing interest in school, struggling with school work, dealing with a bully or facing some other difficulty.
- By 6th grade, absenteeism is one of three signs that a student may drop out of high school.
- By 9th grade, attendance is a better predictor of graduation rates than 8th grade test scores.
- Missing 10%, or 2 days a month, over the course of the school year, can affect a student's academic success.

WHAT YOU CAN DO

Make school attendance a priority

- Talk about the importance of showing up to school every day.
- Help your children maintain daily routines, such as finishing homework and getting a good night's sleep.
- Try not to schedule dental and non-urgent related medical appointments during the school day.
- Keep your student healthy. If you are concerned about about a contagious illness, call your school or health care provider.
- If your children must stay home because they are sick, make sure they have asked teachers for resources and materials to make up for the missed learning time in the classroom.

Help your teen stay engaged

- Find out if your children feel engaged by their classes, and feel safe from bullies and other threats.
- Make sure your teens are not missing class because of challenges with behavioral issues or school discipline policies. If any of these are problems, contact the school and work with them to find a solution.
- Monitor your teen's academic progress and seek help from teachers or tutors when necessary. Make sure teachers know how to contact you.
- Stay on top of your child's social contacts. Peer pressure can lead to skipping school, while students without many friends can feel isolated.
- Encourage your child to join meaningful after-school activities, including sports and clubs.
- Support your students if you notice signs of anxiety, and if needed, seek advice from your school or health provider.

Communicate with the school

- Know the school's attendance policy – incentives and penalties.
- Check on your child's attendance to be sure absences are not adding up.
- Seek help from school staff, other parents, or community agencies if you need support.

Revised April 2024



Visit Attendance Works at www.attendanceworks.org for free downloadable resources and tools!

Info from: <https://www.attendanceworks.org/resources/handouts-for-families-2/>