

# 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

MAY/JUNE 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 Mental Health Month (May)**—<https://www.aha.org/mental-health-awareness-month#:~:text=May%20is%20a%20time%20to,resources%20available%20in%20their%20community>.

**Screen Free Week (May 4-10, 2026)**—<https://www.screenfree.org/>

**National Children's Mental Health Awareness Week (May 3-9, 2026)**—<https://www.ffcmh.org/awarenessweek>

**National Prevention Awareness Week (May 10-16, 2026)**—<https://www.samhsa.gov/about/digital-toolkits/prevention-week>

**National Alcohol-and other drug-related birth defects awareness week (May 10-16)**—<https://zinniahealth.com/substance-use/alcohol/birth-defects-awareness-week>



SVCPD mailing  
Address:

300 Fraser  
Purchase Road,  
Latrobe, PA  
15650

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

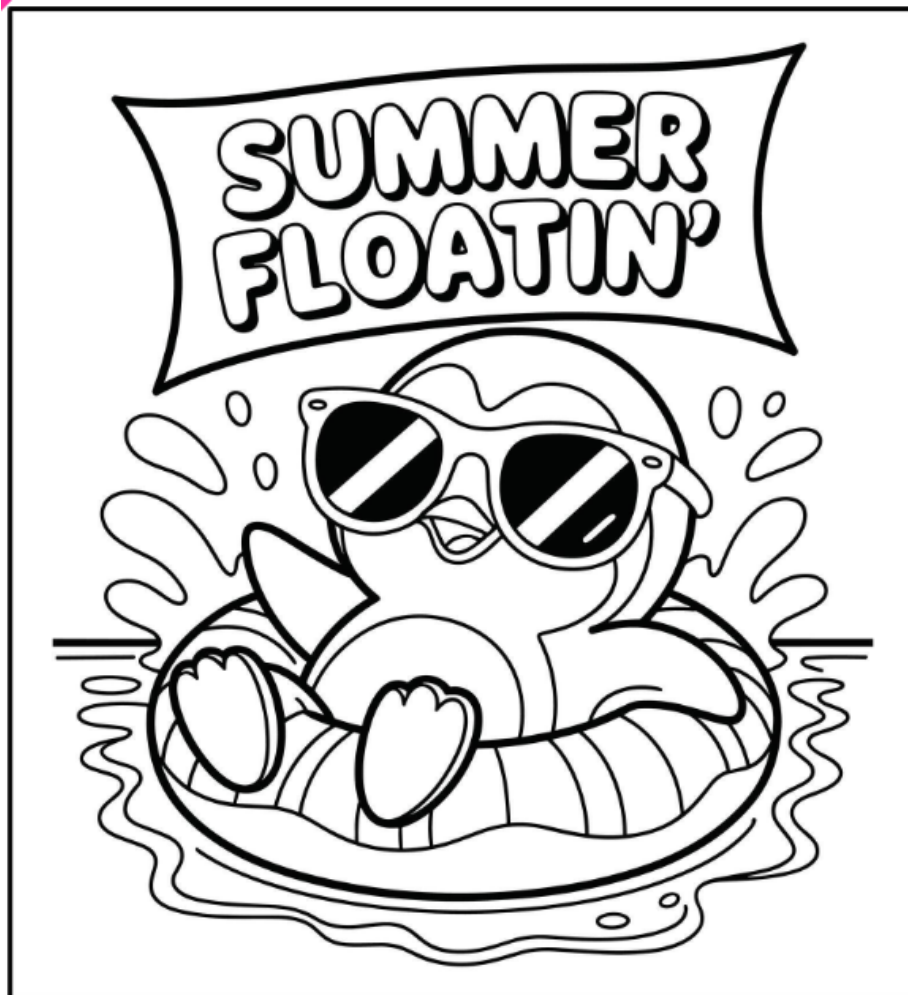


## Trainings, Workshops, Events, & more...



**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. SAP Training for all school district employees is \$0 until December 31, 2026.





## 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)



### Narcan 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



# 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>.



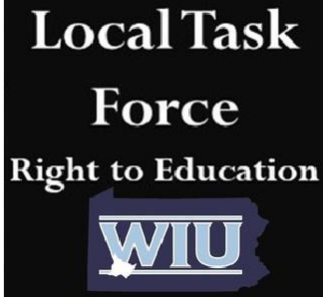
@westmorelandLTF



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



Melissa Skiffen, Chair - [mskiffen@achieva.info](mailto:mskiffen@achieva.info)  
Natalie Smith, Vice Chair - [nsmith@wiu7.org](mailto: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 necessary ....You 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](mailto:mskiffen@achieva.info); 1.888.272.7229, Ext. 114

Natalie Smith, LTF 7 Vice Chairperson  
[nsmith@wiu7.org](mailto: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](mailto:mskiffen@achieva.info)  
Natalie Smith, Vice Chair - [nsmith@wiu7.org](mailto:nsmith@wiu7.org)



## Get Involved

There are many ways to get involved in National Prevention Week throughout the year.

When you participate in National Prevention Week, you join the nationwide effort to prevent substance use and promote mental health. Show others that prevention works, all while supporting the health and well-being of your community. No matter how you choose to participate, what matters most is that you **DO** participate!

Organizations and individuals can participate in National Prevention Week in a few different ways. See below for some ideas about how to get involved.

## Host a Community Event

- \* During National Prevention Week and year-round, thousands of organizations and individuals across the country host health fairs, block parties, educational assemblies, town hall meetings, memorial walks, social media campaigns, outdoor events, and more. These community events help raise awareness about the importance of preventing substance use and promoting mental health in a fun and engaging way.
- \* **Share Your #MyPreventionStory**  
#MyPreventionStory captures the vast array of prevention experiences and stories. Join this online conversation to reinforce why prevention is important and celebrate all that it has to offer! Share your unique perspective by using the #MyPreventionStory hashtag across social media.
- \* **Use the Planning Toolkit**  
The National Prevention Week Toolkit can help you host a successful event that connects your community's efforts to the national observance. The Toolkit has tips on choosing an event topic, hosting logistics, partnership ideas, promotional strategies, and more. [Download the Toolkit.](#)

Info from: <https://www.samhsa.gov/about/digital-toolkits/prevention-week>



## Awareness Month Information



**NATIONAL PREVENTION** *weEK*  
A CELEBRATION OF POSSIBILITY

### Prevention Fill-It-In

Use this activity to make your *#MyPreventionStory* — finish the sentences below, take a screenshot or photo, and share it on social media using the hashtag *#MyPreventionStory* to join the conversation.

#### GENERAL

1. Prevention is important to me because: \_\_\_\_\_
2. To me, prevention represents: \_\_\_\_\_
3. I love that the prevention community: \_\_\_\_\_
4. I take care of my mental health through: \_\_\_\_\_
5. I help prevent substance use by: \_\_\_\_\_
6. I lead a safe, healthy life by: \_\_\_\_\_

#### PERSONAL STORY

1. I feel supported in my [prevention/recovery] journey by: \_\_\_\_\_
2. An activity that is important to my prevention story is: \_\_\_\_\_
3. Prevention/recovery allows me to: \_\_\_\_\_

#### PROFESSIONAL STORY

1. I got involved with the field of prevention because: \_\_\_\_\_
2. My organization is committed to prevention by: \_\_\_\_\_
3. I enjoy working in the field of prevention because: \_\_\_\_\_



## Awareness Month Information



### ENGAGE: Evidence-Based Strategies to Prevent Youth Substance Use

#### AT A GLANCE

- Youth substance use is a significant public health problem, and preventing drug use is one of the Administration's drug policy priorities.
- CDC's *ENGAGE: Evidence-Based Strategies to Prevent Youth Substance Use* contains effective strategies and approaches to help local, community, state, and other organizations plan for and implement a wide range of prevention activities.
- Your organization can tailor the programs, practices, and policies in *ENGAGE* to address the specific needs of your community.



### Youth substance use is preventable

Youth substance use is a serious public health issue in the United States. In 2024, 9% of eighth graders, 16.9% of tenth graders, and 26.2% of twelfth graders reported using illegal substances in the past year.<sup>1</sup> Substance use early in life comes with many consequences. These include substance use disorders, poor physical and mental health, and suffering for individuals and their families.

The use of illegal drugs and misuse of prescription medications can have far-reaching effects on various aspects of youths' lives and result in a host of negative outcomes, such as:

- \* Impaired brain development
- \* Decreased performance at school
- \* Increased school absenteeism
- \* Increased risk for later substance use
- \* Increased risk of premature death



Info from: <https://www.cdc.gov/overdose-prevention/php/interventions/youth-substance-use-prevention.html>



## Awareness Month Information



### Strategies and approaches

ENGAGE includes strategies — selected through a rigorous evaluation process — that have the greatest potential to impact substance use behaviors, delay substance use initiation, or modify the risk and protective factors associated with substance use.

Strategy	Approach
<b>Enhance knowledge and skills</b>	<ul style="list-style-type: none"> <li>• School-based interventions</li> </ul>
<b>Nurture family environments</b>	<ul style="list-style-type: none"> <li>• Early childhood home visitation</li> <li>• Parenting skills and family relationship programs</li> </ul>
<b>Give youth access to resources and activities</b>	<ul style="list-style-type: none"> <li>• Extracurricular activities and after-school programs</li> <li>• Mentorship programs</li> </ul>
<b>Amplify protective community environments</b>	<ul style="list-style-type: none"> <li>• Community-level programs to create healthier communities</li> </ul>
<b>Guard efforts to lessen immediate and long-term harms</b>	<ul style="list-style-type: none"> <li>• Services and supports for youth exposed to violence and other adverse experiences</li> <li>• Treatment and services for youth with early substance use behaviors</li> </ul>
<b>Encourage provider and health system engagement</b>	<ul style="list-style-type: none"> <li>• Addressing substance use during primary care visits</li> <li>• Screening combined with interventions</li> </ul>

Info from: <https://www.cdc.gov/overdose-prevention/php/interventions/youth-substance-use-prevention.html>



## 2026 Mental Health Awareness Month Toolkit

### Key Messages and Weekly Themes ^

#### Overall Theme: See the Person. Support the Journey.

Mental health is part of everyday life. It shapes how we think, feel, connect with others, and move through the world. This year's theme highlights the importance of:

- Noticing early signs of mental health concerns
- Strengthening the support around us
- Responding with care and compassion during challenging moments

Mental health touches every part of life — from housing and work to relationships and community. When mental health challenges arise, they often intersect with substance use, and whole person care that addresses both is essential to lasting recovery and well-being.

These key messages and weekly themes are your starting point. Sample social media shareables are also included. Please feel free to use them as-is or adapt for your audience.

#### Week 1 (May 1 – 8): Understanding Mental Illness, Including Serious Mental Illness: Awareness Leads to Compassion.

- Mental illnesses are medical conditions involving changes in emotion, appetite, thinking, or behavior that can affect daily functioning.
- Serious mental illness can substantially interfere with major life activities, including work, school, relationships, and self-care.
- Economic instability, housing insecurity, unemployment, and limited access to healthcare can increase stress and worsen mental health conditions.
- Chronic stress related to financial hardship or unstable housing can contribute to the development or worsening of serious mental illness.
- Early support, including access to stable housing, employment assistance, healthcare, and community programs, improves long-term stability and well-being.
- When people feel respected and understood, they are more likely to seek care and remain connected to services.





## Awareness Month Information



### Week 2 (May 11 – 15): Early Support Matters: Recognizing Signs in Children and Youth

- Parents and caregivers are often the first to notice changes. Paying attention to patterns, having open conversations, and connecting children and teens to support early can make a meaningful difference.
- Changes in mood, sleep, appetite, thinking, or behavior may signal the need for support.
- Most serious mental illnesses begin in young adulthood.
- Exposure to trauma can affect long-term mental health.
- Timely assessment and access to services improve outcomes.
- Community awareness strengthens early identification and support.
- Young people thrive when support comes early. Asking for help on behalf of a child, teen, or young adult is an act of protection and advocacy.

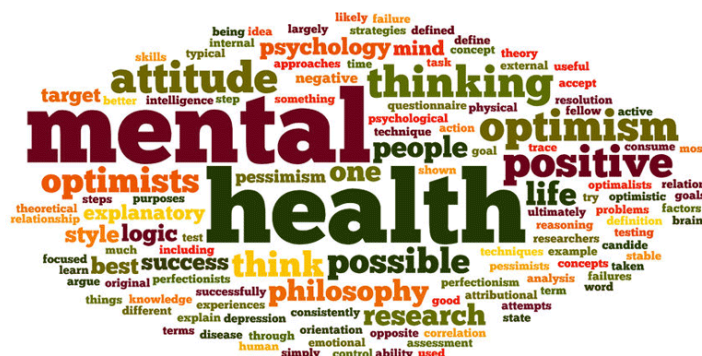
### Week 3 (May 18 – 22): Words Matter and Words Can Heal

- Language that recognizes the whole person helps people feel respected and valued.
- When we choose our words thoughtfully, we create space for connection to care.
- Respectful communication is especially important during times of transition, including housing instability or reentry into the community.
- Coordinated, compassionate support helps reduce disruptions in care.
- Trust grows through clear and thoughtful conversation.

### Week 4 (May 25 – 29): Supporting Loved Ones: Connection Is a Powerful Form of Care

- Understanding serious mental illness helps you respond with empathy and confidence.
- Feeling heard and respected can be deeply supportive. Listening with compassion makes a difference.
- When someone you love is living with a serious mental illness, steady presence and compassion matter most.
- Maintaining healthy, clear boundaries protects both you and your loved one.
- Caring for yourself matters. Seeking support when you need it helps you show up with steadiness and compassion.

Info from: <https://www.samhsa.gov/about/digital-toolkits/mental-health-awareness-month>





# Home Stretch For 2025-2026!



Teachers can reach the 2026 school year finish line by maintaining strict routines, engaging students with creative, high-impact projects, and focusing on student-centered reflection. To survive the final weeks, teachers should use scaffolding for diverse needs, incorporate movement, and celebrate

## Strategies for the End-of-Year Sprint

- \* **Maintain Routine and Structure:** Keep daily routines consistent to manage energy and behavior as the year concludes.
- \* **Engaging Activities & Projects:** Plan hands-on projects rather than busy work to keep students motivated, such as "design-your-own-unit" or reflection portfolios.
- \* **Reflect on Successes:** Focus on what went well, helping students recognize their academic growth.
- \* **Encourage Peer Connection:** Use the final weeks for community building, allowing students to reflect on their relationships and create advice for future students.
- \* **Plan for 2026 Trends:** Focus on critical thinking, collaboration, and real-world applications as these become higher priorities in education.
- \* **Classroom Management & Prep:** Use this time to organize classroom libraries, update student files, and tidy up for the next year.
- \* **Prioritize Self-Care:** Teachers should set personal, realistic goals to avoid burnout and plan for rest to start the summer refreshed





## 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/>



## SVC Prevention Projects

### Christina Weimer

Intervention & SAP Manager  
[Christina.Weimer@saintvincent.edu](mailto:Christina.Weimer@saintvincent.edu)  
Office: 724-805-2050

### Donna Cartia

Assistant SAP Coordinator  
[Donna.Cartia@saintvincent.edu](mailto:Donna.Cartia@saintvincent.edu)  
Office: 724-805-2050  
Cell: 724-771-4776



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



# SUMMER FUN 2026!

## Tech-Free Summer Ideas

Play "I Spy"	Make a new friend	Go to a new playground	Watch a parade	Make s'mores	Have a sleepover with friends	Write a poem
Read outside	Bring a treat to a neighbor	Find a pet rock	Catch fireflies in a jar	Go for a walk	Eat lunch in the park	Wear your clothes inside out
Have a no-talking contest	Look in a mirror and draw yourself	Freeze berries in ice cubes	Have a relay race	Find a seashell	Visit the library	Take a nap
Look at the stars at night	Eat something you made	Watch the sunset	Wear your pajamas all day	Smile at everyone	Count all the cars you see	Roll down a hill
Perform a shadow puppet show	Build a tower with index cards	Read out loud in funny voices	Eat breakfast for dinner	Help three people	Read in the bathtub	Design your own outfit
Make lemonade	Have a water balloon fight	Go to a concert	Build a pillow fort	Decorate a paper fan	Put on a play	Invent something with paper and tape
Have a paper airplane contest	Blow bubbles	Plant a seed	Invent a new game	Have a dance party	Look for a rainbow	Try a new food
Pick up litter	Play hide and seek	Send a letter	Do a cartwheel	Paint on the sidewalk with water	Jump rope	Color in a cardboard box





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



**MUST TRY**  
**FAMILY BONDING IDEAS**



**OUTDOOR ACTIVITIES**

- A trip to the park
- A walk to the beach
- Go to your family's favorite bakery
- Have a picnic in your backyard
- Go for a walk to the flower fields



**PLAY ACTIVITIES**

- Play board games
- Have a family game night
- Have a karaoke at home
- Play tags
- Sing songs and dance together



**EDUCATIONAL ACTIVITIES**

- Read a book together
- Choose a recipe and cook it together
- Learn crocheting
- Try yoga at home
- Do arts together



**INDOOR ACTIVITIES**

- Watch a movie together with delicious snacks
- Write a diary time you've spent together
- Organize a living room sleepover
- Build a pillow fight
- Have a photoshoot at home



**22 FREE FAMILY ACTIVITIES TO DO THIS WEEKEND**

 MOVIE NIGHT	 BUILD A FORT	 RIDE YOUR BIKES	 PUT ON A MAGIC SHOW
 CAMP IN BACK YARD	 PLAY CAPTURE THE FLAG	 STAR GAZING	 SPLASH PAD
 GAME NIGHT	 PUT ON A TREASURE HUNT	 INDOOR PICNIC	 MAKE FUN FOOD
 HAVE A TASTE TEST	 SCAVENGER HUNT	 CAMPING IN NATURE	 COMMUNITY SERVICE
 TURN CHORES INTO GAMES	 LOCAL CULTURAL EVENTS	 OUTDOOR MOVIE	 LEARN YOGA
 4 SQUARE COMPETITION	 CREATE A BUCKET LIST		

GET ALL ACTIVITIES HERE:  
[THEBEEHIVECONNECTION.COM](http://THEBEEHIVECONNECTION.COM)





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



# YOU NEED THREE Wins a Day!

(Just pick one from each section — or any three total!)

## BODY WINS (Move & Care for Your Body)

- ✓ Go outside and move your body for **20 minutes** (walk, bike, play)
- ✓ Drink **water** with every meal.
- ✓ Stretch, dance, or do yoga for **5-10 minutes**.
- ✓ Eat at least **one fruit or veggie**.
- ✓ Go to bed on time and get **good sleep**.
- ✓ Take **5 deep belly breaths** to calm your body.
- ✓ Play a sport, do a workout video, or have active free play.
- ✓ Get sunshine or fresh air.
- ✓ Take a warm shower or bath and relax.



## MIND WINS (Grow Your Brain)

- ✓ **Read 10 pages** of a book (any kind counts).
- ✓ Write or draw in a **journal** for a few minutes.
- ✓ Learn something new (a fact, skill, or game).
- ✓ Do one **hard thing** without giving up.
- ✓ Listen to **music** or a podcast that makes you feel good.
- ✓ Finish one important task (homework, cleaning, practice).
- ✓ Build, draw, create, or play for fun.



## HEART WINS (Feel Good in Your Heart)

- ✓ Say something kind to someone.
- ✓ Give someone a **hug**, a note, or help.
- ✓ Spend **5 minutes** in quiet time to **relax**.
- ✓ Pet a dog, cat, or other pet.
- ✓ Think of **3 things** you're grateful for.
- ✓ Help a family member or friend.
- ✓ Draw a picture, write a letter, or do something nice for someone.
- ✓ Think about what went well today.





# Chores By Age

## 2-3 Years Old

- Make bed
- Take clothes to laundry room
- Put away laundry
- Pick up toys
- Dust furniture
- Feed pets
- Put clothes in dryer
- Match socks
- Clear place after meals

## 4-5 Years Old

- Set the table
- Clear the table
- Help cook dinner
- Carry and put away groceries
- Water plants
- Take sheets off bed
- Sort laundry
- Pull weeds
- Make a small snack
- Fold towels

## 6-9 Years Old

- Vacuum
- Fold laundry
- Put away laundry
- Sweep the floor
- Clean counters
- Empty dishwasher
- Help cook (wash produce, find ingredients, simple cutting)
- Get mail
- Rake Leaves

## 10-15 Years Old

- Do laundry
- Mow the lawn
- Wash the car
- Cook a meal
- Wash dishes
- Clean the bathroom
- Take out trash
- Mop the floor
- Supervise younger siblings
- Load Dishwasher



Make your own at [TheTripClip.com](http://TheTripClip.com)