

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

NOVEMBER/DECEMBER 2025

VOLUME 2: ISSUE 3

K-12 SAP Trainings & SAP Thematic Workshops

K-12 SAP TRAINING Dates: November 20&21, 2025 (FULL); 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: 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:

Great American Smokeout Day—November 20, 2025—<https://www.cancer.org/healthy/stay-away-from-tobacco/reasons-to-quit-smoking.html>

International Survivors of Suicide Days—November 17, 2025—<https://afsp.org/international-survivors-of-suicide-loss-day>

Adoption Awareness Month—November 2025—<https://www.childwelfare.gov/topics/adoption/nam/about/>

Runaway Prevention Month—November 2025—<https://www.1800runaway.org/youth-teens/youth-teens-faq>

National Impaired Driving Prevention Month—December 2025—<https://blog.americansafetycouncil.com/national-drunk-and-drugged-driving-awareness-month/>



SVCPD mailing
Address:

300 Fraser
Purchase Road,
Latrobe, PA
15650

Phone:
724-805-2050

Fax:
724-420-5930



Trainings, Workshops, Events, & more...



Thematic Workshops— 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— November 20&21, 2025 (FULL); 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.



BE SMART!

Driving Impaired isn't worth it.

Average : \$10,000
DUI

Average : \$7,500
funeral

Average : \$20
ride share





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:

- ♦ November 20&21, 2025 (FULL)
- ♦ February 5&6, 2026
- ♦ January 22&23, 2026
- ♦ March 12&13, 2026
- ♦ May 14&15, 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:



- 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 Winter Thematic Workshop *Trauma, Resilience, and Self-Care*

ANNOUNCEMENT

WASAP Council Meeting (8:00 a.m. – 9:00 a.m.)
December 3, 2025

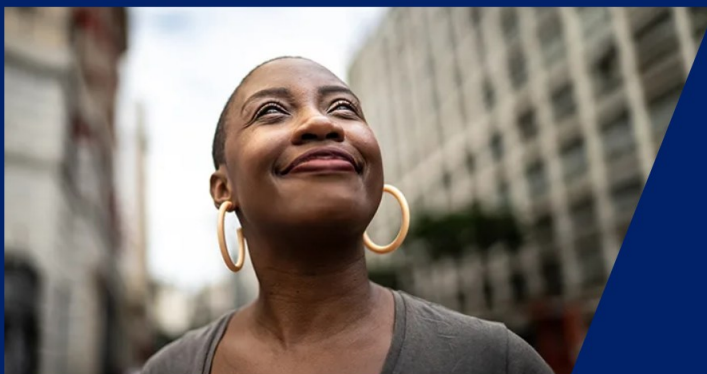
TO:	SAP Contacts
TIME:	8:30 a.m. – 3:45 p.m.
PLACE:	St. Vincent College, Fred Rogers Center
 8:30 a.m. – 9:00 a.m.	 Registration, continental breakfast provided.
9:00 a.m.-9:15 a.m.	“Welcome & Introductions” Presenter: Donna Kean, Executive Director Saint Vincent College Prevention Projects
9:15 a.m.- 10:30 a.m.	“Empowering Educators: Building a Climate of Compassion” Part 1 Presenter: Mollye Readinger-Scott, MA Minding Your Mind
10:30 a.m. – 10:45 a.m.	Break
10:45 a.m.-11:30 a.m.	“Empowering Educators: Building a Climate of Compassion” Part 2 Presenter: Mollye Readinger-Scott, MA Minding Your Mind
11:30 a.m.- 12:30 p.m.	LUNCH
12:30 p.m. – 2:00 p.m.	“Empowering Educators: Sustainable Self-Care” Presenter: Mollye Readinger-Scott, MA Minding Your Mind
2:00p.m.-2:15 p.m.	Break
2:15p.m. – 3:15 p.m.	“Westmoreland County Crisis and 302 Process” Presenter: Patrick Showman, BH Deputy Administrator Westmoreland Behavioral Health/Development Services
3:15 p.m. – 3:30 p.m.	Summary/Evaluations/Concluding Remarks/Individual Team Assistance

REGISTRATION: Phone – 724-805-2050 on or before Dec. 1, 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.



Awareness Month Information



The Great American Smokeout. Your Smoke-free Start.

Quitting smoking isn't easy. Join the Great American Smokeout on the third Thursday in November to start your smoke-free journey.

Quitting starts here

The Great American Smokeout®

Quitting smoking isn't easy. It takes time. And a plan. You don't have to stop smoking in one day. Start with day one. Let the Great American Smokeout event on the third Thursday in November be your day to start your journey toward a smoke-free life!

You'll be joining thousands of people who smoke across the country in taking an important step toward a healthier life and reducing your cancer risk. Plus, the American Cancer Society can help you access the resources and support you need to quit.

Smoking and Vaping Together Increases Lung Cancer Risk More Than Smoking Alone



People who both smoke cigarettes and use electronic cigarettes (e-cigarettes, e-cigs, or vapes) are 4 times more likely to develop [lung cancer](#) than people who only smoke cigarettes, new research finds. The study found that combining both cigarette smoking and vaping is much more common in people with lung cancer.

In fact, people with lung cancer were 8 times more likely to both smoke and vape than people without lung cancer. The researchers also found that both men and women who smoked and vaped had an increased risk of lung cancer. The study was published in the [Journal of Oncology Research and Therapy](#).



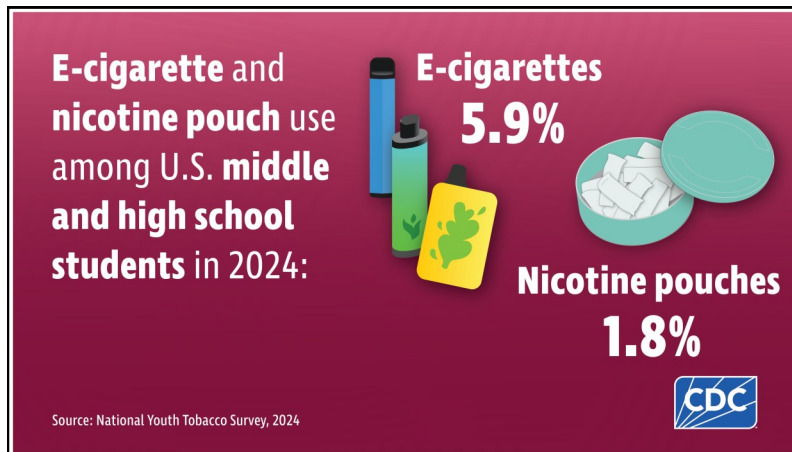
Awareness Month Information



“My takeaway from this study is that patients who smoke and vape really need to make efforts to quit both, because it’s very clear that both are harmful to the lungs. And both, particularly in combination, increase the risk of developing lung cancer. Frankly, this is at a degree much higher than I would have expected,” said Ryan Gentzler, MD, an American Society of Clinical Oncology (ASCO) expert and an associate professor in hematology and oncology at the University of Virginia Comprehensive Cancer Center.

Effects of vaping: Misconceptions and facts

- **Misconception:** Many people believe vaping doesn’t carry the same health risks as cigarette smoking because e-cigarettes do not contain tobacco.
- **Fact:** Most e-cigarettes are classified as “tobacco products.” This is because they contain nicotine, the chemical found naturally in tobacco plants that makes these products so addictive.
- **Misconception:** Some people also think vaping is safer than smoking because they believe the vapor from e-cigarettes does not contain the same harmful chemicals as smoke.
- **Fact:** Vaping produces an aerosol made up of tiny particles, including chemicals known to be harmful and cause serious health problems such as cancer.



Vaping health risks

Short-term health effects of vaping include coughing and shortness of breath. But vaping can also cause serious long-term health problems, including lung disease, heart disease, and cancer.

“Anything that is consumed repetitively and causes damage to organs in the body is going to lead to chronic inflammation and damage the cells,” said Dr. Gentzler. “And that chronic damage and inflammation over time can lead to the development of cancer.”



Awareness Month Information



Dangers of smoking and vaping at the same time

Using both cigarettes and e-cigarettes at the same time is known as “dual use.” The dual use of e-cigarettes and tobacco cigarettes can lead to significant health risks.

For people who don't already smoke, vaping makes it more likely that they will start using other, more harmful tobacco products, such as cigarettes. Decades of research show that smoking cigarettes increases lung cancer risk. However, Dr. Gentzler notes that vaping is still relatively new. While this recent study makes a clear link between vaping and lung cancer risk, more long-term research is needed. It's especially important for researchers to learn more about how vaping alone may impact cancer risk.

The American Cancer Society recommends people who use any tobacco product, including e-cigarettes, to stop. Quitting as soon as possible can reduce the risk of ongoing health problems and nicotine addiction.

How to quit vaping and smoking

First, know it's never too late to stop vaping or smoking. But the sooner you quit, the more you can reduce your cancer risk.

Next, remember there isn't a “right” way to quit. And quitting can be hard. However, here are some steps that may be helpful:

- Discuss quitting with your doctor. It's best to talk with your doctor about a plan that's right for you. Talking to a pharmacist might be helpful, too. Be sure to check with your insurance company to see what quit programs and products might be covered.
- Schedule a “[Quit Day.](#)” Your “Quit Day” can be a day that has special meaning to you. Or, it can be a day that's part of a bigger movement to stop smoking. For example, you may consider joining the [Great American Smokeout](#) on the third Thursday in November as your first step.
- Choose a quit method. Some people may benefit from following a quit program. One example is the American Cancer Society's [Empowered to Quit Program](#). Other people might prefer using medications to stop smoking. Often combining a quit program with prescription medicines and counseling or a support group can work better than using just one method. Talk with your doctor about what they recommend based on your preferences and health history.
- Find a “quit buddy.” A quit buddy is someone who is also trying to stop smoking. “Having another person who's working through this with you, someone to talk to about the temptations and struggles, can really make a big difference in helping you quit,” said Dr. Gentzler. Ask your doctor about support groups available nearby.

Info from: <https://www.cancer.org/cancer/latest-news/smoking-and-vaping-together-increases-lung-cancer-risk-more->



8 Questions About Vaping and Teens



1 WHAT IS VAPE?

Vape is another word for electronic cigarettes, or e-cigarettes. E-cigarettes include electronic nicotine delivery systems (ENDS), mods, vape pens, vapes, e-hookahs, and JUUL (a brand of e-cigarette).



2 HOW DO VAPES WORK?

Vapes have a chamber or cartridge filled with chemicals and nicotine (called 'e-juice' or vaping liquid.) Heat from the battery turns the liquid into vapour, which the user inhales (vaping).

3

WHY DO TEENS USE VAPE?

Teens may be curious and choose to vape for a variety of reasons, including to:

- have fun
- look/feel more mature
- reduce tobacco use
- fit in/make friends
- try something new
- focus or cope

Vaping to cope is not a healthy strategy. Try music, reading, physical activity, hobbies, volunteering, hanging out with friends or talking with others about how you feel.

4

IS VAPE ADDICTIVE?

It sure can be. Nicotine is hard to quit. Inhaled nicotine travels in the blood stream from the lungs to the brain where it can produce short-lived, pleasant effects. When these go away the user craves more, leading them to vape again. The more nicotine used, the more the brain needs to feel good. Needing more and more of a drug is called increased tolerance and is a sign of addiction.



6

HOW DOES VAPING AFFECT MY BRAIN AND BODY?

Nicotine is a stimulant - it 'wakes up' the brain and body. Users feel alert & energized, but the effects do not last. Although research is still underway, inhaling vape may negatively affect the lungs.

Nicotine can also harm the growing brain - particularly the parts that control attention, learning, mood & impulse control. Using nicotine as a teen may increase the risk for future addiction to other drugs by creating and strengthening the 'addiction' pathways in a brain that is still 'under construction.'

5

WHAT IS NICOTINE WITHDRAWAL?

When someone who is addicted to nicotine tries to stop, they experience unpleasant mental & physical changes, including intense cravings. These are symptoms of nicotine withdrawal. Experiencing nicotine withdrawal is a sign of addiction.

7

WHAT ELSE SHOULD I KNOW ABOUT VAPING?

Misinformation has some teens believing vape is harmless. Vape includes several different chemicals, and often nicotine. Some teens also believe vaping is better than smoking. Vaping is a relatively new behaviour; we do not know its long-term effects. It may cause lung injury or disease. Some youth who vape progress to smoking cigarettes. Youth who use vape to try to quit smoking cigarettes often end up using both.



8

HOW DO I LEARN MORE?

There is much more to learn about vaping so you can be informed and TALK SMART.

Visit mentalhealthliteracy.org to get the info you need.

mentalhealthliteracy.org



10 Reasons to Attend a Suicide Survivor Day

International Survivors of Suicide Loss Day, also known as Survivor Day, takes place each year on the Saturday before American Thanksgiving, with virtual and in-person events in communities everywhere. [Learn more and find an event near you.](#)

Here, in the words of past attendees, are ten reasons to attend a [Survivor Day](#) event.

1. Because you will find connection.

“It was incredibly helpful to hear about the losses that others have experienced, and share my own. It’s not often that I am able to connect with others on that level, and it was very comforting to be in the company of those who truly understand what it means to lose someone to suicide.”

“In the group sharing, I found a connection that I’d never experienced before, outside of my family. It was the first time I’d been in a group of survivors, other than my own family, since my dad killed himself 25 years ago.”

2. Because you will find a safe, supportive space.

“Simply being in the same room as so many other survivors was incredibly helpful. The space felt very safe and I felt like I could express any and all the painful emotions that I was feeling. Everyone was so supportive and comforting.”

“The Survivor Day event was the first time I have been able to let down my guard.”

“It was especially nice to sit together and have a meal like a normal group.”

3. Because you will learn that your feelings are normal.

“It gave me a chance to talk with other people that have gone through or are going through the same thing as I am. By doing so, I got to find out that the things I am thinking and feeling are actually quite normal, and that there is nothing wrong with me.”

“Hearing everyone else’s feelings made me feel like I wasn’t crazy for feeling the way I do.”





Awareness Month Information



4. Because you will find hope.

"You can enjoy life again. Survivor is a great word and I feel like one."

"I attended with much sorrow in my heart, and today I feel a little lighter!"

"The group sharing was beneficial and uplifting. Ultimately I left with a feeling of encouragement and hope."

"Attending Survivor Day has made it possible for me to carry on. Seeing how a room full of people dealt with their losses, and had the same questions I did for decades, I felt hopeful for the first time since it happened."

5. Because you will learn things to help you cope and heal.

"I didn't learn just one thing to help me move forward in my grief: I found many, many things."

"It was so helpful to realize there is no 'right' or 'wrong' way of dealing with suicide loss. I have learned to be less judgmental and have more empathy."

"Important topics were addressed, and even though I am a long time survivor, hearing each person's perspective in their own words went a long way in helping me to further define my own feelings."

If you need to talk, the 988 Lifeline is here.

The 988 Lifeline is for everyone. Through the 988 Lifeline, you have access to free, quality, one-on-one assistance. Our skilled, judgment-free counselors are here to provide compassionate support. You deserve to feel heard and cared about anytime, anywhere, 24/7/365

6. Because you will find resources.

"I learned about programs and resources I had no idea were available."

7. Because you will help others.

"I felt like I was able to offer some help to a recent survivor this year. This is the first time I realized I had something to give back."

"As I was the person in attendance who had been surviving suicide the longest, I was able to share with more recent loss survivors that although the pain and grief remain, you can make it through."



Awareness Month Information



8. Because it can bring you and your family closer.

"I learned a lot about how to speak better with my children about the loss of my sister."

"I think this was a big turning point for my husband."

"It helped me and it helped my husband to understand me better."

"My brother and sister attended Survivor Day activities in other parts of the country, and it was comforting to me that we could debrief on the same content."

9. Because our Survivor Day films tell stories that resonate and inspire.

"I really enjoyed the film. It touched on everything that I was feeling at this very moment in my grieving. It shows that the sadness and anger do not last forever. Life does go on in time."

"I felt as if I knew the people in the film. Some of the things they described about their loved ones were exactly what I had thought or felt about my daughter."

10. Because you will find comfort.

"Everything had a wonderful, fuzzy feeling of comfort like a big, enriching hug! I enjoyed and valued every minute."

Info from: <https://afsp.org/story/10-reasons-to-attend-a-survivor-day-event>

5

Action Steps for Helping Someone in Emotional Pain

ASK "Are you thinking about killing yourself?"	KEEP THEM SAFE Reduce access to lethal items or places.	BE THERE Listen carefully and acknowledge their feelings.	HELP THEM CONNECT Call or text the 988 Suicide & Crisis Lifeline number (988).	STAY CONNECTED Follow up and stay in touch after a crisis.
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[nimh.nih.gov/suicideprevention](https://www.psychiatry.org/patients-families/suicide-prevention)

Graphic from: <https://www.psychiatry.org/patients-families/suicide-prevention>



Impairment Begins With the First Drink

Having a plan that includes a designated driver, a taxi or ride share, or an overnight stay at a friend's home just might save a life. Just a single drink can cause a decline in visual function, mental judgment and motor skills, resulting in driver impairment.

In the 1980s, the United States saw a significant reduction in alcohol-involved crashes due to lowering the legal driving limit to 0.08 blood alcohol concentration, increasing the minimum legal drinking age to 21 and instituting educational campaigns about the dangers of drinking and driving.

However, in the decades since, drivers with alcohol concentrations at or above 0.08 have remained involved in about one-third of all traffic fatalities in the U.S. That's about 10,000 lives lost every year.



To reduce this toll, the National Safety Council supports:

- A national campaign educating Americans on impairment beginning with the first drink
- Efforts by states to lower the legal limit for blood alcohol concentration in drivers

The legal alcohol concentration limit in all states is 0.08. Research shows that for the majority of drivers, driving performance deteriorates significantly at this level.

However, the current U.S. culture regarding driving and alcohol is not supportive of lowering driving limits for all adult drivers. And despite drivers' views of drinking and driving as a very serious threat, more than one in eight drivers admit to driving in the past year when they thought they were close to or over the legal limit.

NSC knows more must be done to educate our fellow citizens about alcohol impairment, and we believe change can happen as people know more. A strategy grounded in human behavior theory is needed to change those beliefs and ultimately influence widespread change.

Read the [NSC Low Alcohol Concentration National Culture Change](#) policy statement. It includes data, scientific evidence of impairment at low levels and background.



Awareness Month Information



December is National Impaired Driving Prevention Month

Weekends and holidays can be dangerous times on our roadways. Two of the most celebrated days of the year, Christmas Eve and New Year's Eve, also are among the most deadly. That's why December has been recognized as National Impaired Driving Prevention Month. Taking personal responsibility for a safe ride saves lives.

Alcohol is Only One Cause of Impaired Driving

Drugs — including opioids, marijuana and some over-the-counter medicines — can impair driving by causing drowsiness, altering visual functions and affecting mental judgment and motor skills. Other factors, such as fatigue and stress, also can impair your ability to drive.

Drivers should avoid driving while impaired by any of these factors, just as they would if they consumed alcohol. To learn more about the many causes of impairment, visit [nsc.org/impairment](https://www.nsc.org/impairment).

Info from: <https://www.nsc.org/workplace/safety-topics/impairment?>

Drugged driving is more complicated than drunk driving.

	DRUGGED DRIVING	DRUNK DRIVING
Number:	Hundreds of drugs	Alcohol is alcohol
Use by Drivers, Presence in Crashes:	Limited Data	Abundant Data
Use by Drivers:	Increasing	Decreasing
Impairment:	Varies by type	Well-documented
Crash Risk:	Varies by type	Precise
Beliefs & Attitudes:	No strong attitudes – public indifferent	Socially unacceptable

[Click Here](#)

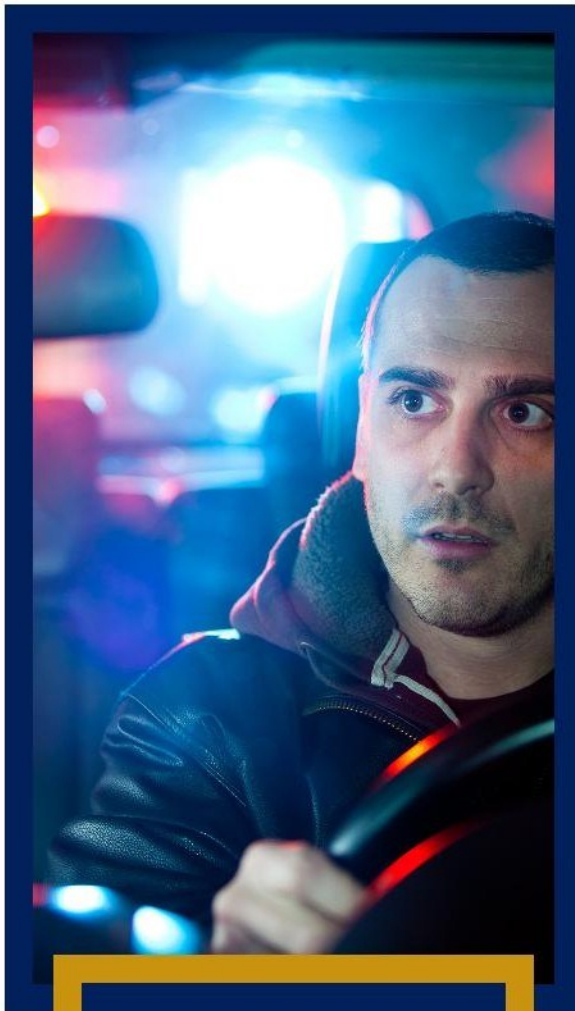


RESPONSIBILITY.ORG

Info graphic from: <https://www.t-driver.com/know-the-risks/high-school/impaired-driving/>



Awareness Month Information



DUI ARREST in Pennsylvania



For additional information
concerning DUI, contact:

The Pennsylvania DUI Association
2413 N. Front St., Harrisburg, PA 17110
800.62.PADUI (72384)
www.padui.org

MADD, Pennsylvania State Office
408 E. 4th St., Ste. 310,
Bridgeport, PA 19405

610.825.4902

Victim toll-free number:

877.MADDHELP (877.623.3435)
800.848.6233

The Pennsylvania Liquor Control Board's
Bureau of Alcohol Education offers a
variety of materials free of charge.

For more information:

ra-lbeducation@pa.gov

Pennsylvania Liquor Control Board

Bureau of Alcohol Education

www.lcb.state.pa.us

800.453.PLCB (7522)

Hearing Impaired TDD/TTY 717.772.3725



LCB-140 02/16

Reorder Item #0140

Info from: https://www.pa.gov/content/dam/copapwp-pagov/en/lcb/documents/education/resources/documents/dui_arrest_in_pennsylvania.pdf



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/>



SVC Prevention Projects

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Cell: 724-771-4776



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



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



[CLICK
HERE
To read
more](#)

TEENAGE VAPING



ROOTS
Through Recovery



Understanding Teen
Cannabis Vaping: What
Parents Need to Know and
How to Help

[For more info, click here](#)





Helping a Child Who's Lost Someone to Suicide

Elena Camacho, MSW, LSW

August 2025

Losing someone to suicide is a devastating experience; and all ages are impacted by suicide loss, including youth. One in five teens has been exposed to the suicide death of a friend, relative or acquaintance and research suggests this increases the risk of suicide, especially for teens struggling with their own mental health. Suicide is often preventable and support from caring adults can play a powerful role in protecting young people.

Ways to Support

You can help support your child if they've lost someone to suicide. You'll want to talk to them and ask them how they're feeling. You can also make sure they understand:

- Suicide is no one's fault.
 - It is common to struggle with questions like: "What could I have done differently? Why did this happen? Could I have prevented it? Was it my fault?" A big part of healing is learning to move forward with these unanswered questions. Suicide is complex, and many factors play a role. There is rarely a single cause or reason for a young person taking their own life. Constantly re-visiting questions such as why someone ended their life, can extend the mourning process and interfere with healthy grieving. What helps most is not finding all the answers—but having steady support, space to process and guidance in learning how to cope.
- Grieving and healing look different for everyone.
 - Grief is a difficult process for anyone to go through. However, grieving a suicide loss comes with unique challenges. Some of the many possible emotions your teen may experience include shock, shame, guilt, abandonment, confusion and anger toward the deceased. A suicide loss survivor needs a safe space to process the loss. You can provide some of that by simply being there and listening without judgment, advice or criticism. Those who are grieving a suicide loss and do not have a strong support system may be more prone to self-harm and other risky behaviors to cope. You too may be grieving and caring for yourself is key.

**Suicide Awareness
Survivor Support**

Click [here](#) for more info



Click Here for more info



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



Focusing on the good memories and honoring your loved one can help with grieving.

Help your child remember the cherished experiences and positive memories focusing on hope and forgiveness. Allowing your child to share their story at their own pace could be healing and empowering to themselves and others. Help them honor their loved one's memory through a ceremony, art or advocacy. This can look like gathering with close friends and sharing their favorite memories, painting something that reminds them of their loved one, volunteering their time to help others or journaling what they wish they could have said. In some families, healing might include praying together, visiting a gravesite regularly, or telling stories about the person. Leaning into cultural traditions can offer comfort, connection and a sense of belonging. This allows for an opportunity to find a new identity and narrative, typically one of resilience and strength, which provides meaning and can also serve as a protective factor.



24/7 CALL, TEXT, CHAT

Connecting with others who have experienced a suicide loss can help with healing.

It is important for those experiencing a suicide loss to seek out supportive and understanding individuals. Stigma or excessive judgment can isolate teens and make it harder to process their grief. This is especially relevant for teens, who are heavily influenced by their peers and highly value social acceptance. Encouraging teens to connect with other suicide loss survivors can help them feel less alone. Visit Alliance of Hope to find other suicide loss survivors and support groups.

Seeking help is often the right choice.

How caregivers talk about mental health can greatly impact help-seeking behaviors in teens. When adults show that getting help is a positive and strong choice, children are more likely to speak up when they are struggling. You can help your child by sharing where to find help, like calling or texting 988, the National Suicide Prevention Lifeline. It also helps to know the symptoms and risk factors of mental health problems, listen with care and make a plan to keep your child safe. This might include removing or locking up things that could be dangerous, keeping a closer eye on your child, and writing down what to do and who to call in a crisis.

Grieving after a suicide is not a linear process. It can be long lasting, intense and complicated. It may resurface at unexpected times - birthdays, anniversaries, or moments of change. You may want to seek professional help for you and your child if you feel like you're stuck, overwhelmed, or unsure how to move forward in the healing process.

If you or your child need help due to having suicidal thoughts, call, text or chat the Suicide and Crisis Prevention Lifeline at 988 or text the Crisis Text Line by texting "START" to 741-741. If there is an immediate safety concern, call 911 or go to the nearest emergency room.



Talk to Your Kids!

About 1 in 4 teen car crashes involve an impaired driver. Before they hit the road with friends, remind your teens to drive safely and steer clear of underage drinking and other substance use. Need ideas? Get tips on how to talk to your teens about impaired driving with the "Impaired Driving: Talk with Your Kids" fact sheet from the "Talk. They Hear You." campaign. <https://lnkd.in/gsqSV3JVV>



Impaired Driving: Talk With Your Kids

- 💬 Don't wait for the "right" time.
- 💬 Reinforce expectations.
- 💬 Help them build an exit plan.
- 💬 Show them you care.

talktheyhearyou.samhsa.gov

