

# EDUCATIONAL SUPPORT TEAM UPDATE

## APRIL 2024

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



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

## K-12 SAP Trainings & SAP Thematic Workshop

**K-12 SAP TRAININGS** are held at The Conference Center, Saint Vincent College. **Dates: May 7, 8, 9, 2024.** 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 Workshop:** May 1, 2024 has a **DATE CHANGE to APRIL 29, 2024!**

## Awareness Days

### APRIL Awareness Days & Events



You can easily take advantage of special events to raise awareness of an important issue or cause. **Here are a few up-coming events for the next several months:**

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

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

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

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

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

**National Counseling Awareness Month**—<http://www.counselingpsychology.org/april-celebrate-counseling-awareness-month>

**Stress Awareness Month**—<https://www.dnaweekly.com/blog/stress-awareness-month/>

**Autism Awareness Month**—<https://autismsociety.org/autism-acceptance-month/>

## TRAININGS/EVENTS OF INTEREST...

**SPRING THEMATIC WORKSHOP— DATE CHANGE FROM MAY 1st to now APRIL 29th.** This thematic will focus on SAP Teams, Mental Health, Youth and Adult Advocacy, Tobacco/Vaping Dependency. Stay tuned for more updates and the training announcement. 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 7, 8, 9 2024.** 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 lunch and a continental breakfast all 3 days.

### Do you know anyone who would like to work with B. Cool?

Saint Vincent College Prevention Projects is currently looking for a full-time Prevention Education Specialist. If you like working with students grades K-12 this job is for you! We work with all school districts in Westmoreland County. Looking for dynamic teacher who can challenge our students to live healthy lifestyles and work with school faculty and staff. Must have related bachelor's degree and love working with students. Interested candidates may provide resume through the Saint Vincent College Portal at <https://www.stvincent.edu/resources/careers.html> for more information contact [beth.potochnik@stvincent.edu](mailto:beth.potochnik@stvincent.edu). or (724) 805-2050. Come join the team!



**CSAY**  
COUNCIL ON SUBSTANCE ABUSE AND YOUTH

**FUNDRAISER**

**Paws for Prevention Pet Walk**

**Saturday, May 18, 2024**  
Mammoth Park  
Pavilion 13  
11:00 AM to 2:00PM

**Online Registration Fee: \$20**

**At the Event: \$25**

**PRIZES**

**T-shirt, Bandana, Water Bowl, Treats and Raffle Ticket included with registration**

**WOOF**

**FUN**

**Westmoreland Drug & Alcohol Commission, Inc.**  
[www.wedacinc.org](http://www.wedacinc.org)

**Register Here**  
<https://www.surveymonkey.com/r/PawsParticipant2024>

**Benefits Council on Substance Abuse and Youth (CSAY)...helping to reduce substance use and underage drinking in our communities by creating a positive change.**

**Animal Shelters**  
**Pet Related Vendors**  
**Nail and Rabies Clinic**  
**Basket Raffle**  
**Resources**  
**Photos with your Best Friend**  
**Food Trucks**

**Come walk with your pet, your friends, your family, or all of the above and experience the most fun you've ever had walking in the park.**

**If you have an event or training you would like highlighted in the EST, please email Donna Cartia at [donna.cartia@stvincent.edu](mailto:donna.cartia@stvincent.edu).**



SAINT VINCENT COLLEGE

Prevention Projects

**STUDENT ASSISTANCE PROGRAM  
Spring Thematic Workshop**

“Navigating SAP Through the Eyes of our Youth”

**ANNOUNCEMENT**

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

**April 29, 2024**

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.- 10:45 a.m.**      **“Prevent Opioid Relapse by Treating Tobacco Dependence”**  
**Presenter: Dr. Frank Leone**  
**Professor of Medicine at the University of Pennsylvania, and Director of Comprehensive Smoking Treatment Programs**
- 10:45 a.m. – 11:00 a.m.**      **Break**
- 11:00 a.m.-12:30 p.m.**      **“Listening to Youth Voice: An Interview with a Former Student”**  
**Presenter: Dr. Kathryn Poggi, Educational Consultant & Behavioral Analyst and Hunter Steinitz, Youth Engagement Specialist**  
**PaTTAN Pittsburgh**
- 12:30 p.m.- 1:30 p.m.**      **Lunch**
- 1:30 p.m.- 3:30 p.m.**      **“Role of Liaisons Throughout the SAP process.”**  
**Presenter: Renee Urick, L.S.W**  
**Region VIII Coordinator**  
**PA Network for Student Assistance Services**
- 3:30 p.m. – 3:45 p.m.**      **Summary/Evaluations/Concluding Remarks/Individual Team Assistance**

**REGISTRATION: Phone – 724-805-2050 on or before **April 24, 2024****  
**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.*

# SCOTTDALE PROFESSIONAL FORUM



**TUESDAY, APRIL 23**  
**6:00PM-8:00PM**



**405 Porter Ave,**  
**Scottsdale, PA**

This is an open educational session that will provide information on organizations that help with mental health and substance use that you can share with your clients, patients, congregants, or any of the people you serve.



**MEET & GREET**  
**6:00PM-7:00PM**  
**FOOD AVAILABLE FOR**  
**PURCHASE**  
**FREE COFFEE AND WATER**

**7:00PM-8:00PM**  
**EDUCATION SESSIONS**

## ORGANIZATIONS IN ATTENDANCE

- WESTMORELAND COMMUNITY ACTION
- ALCOHOLICS ANONYMOUS
- NARCOTICS ANONYMOUS
- AL-ANON
- CHRISTIAN COUNSELING ASSOCIATES
- SAGE'S ARMY
- CATHOLIC CHARITIES
- WESTMORELAND DRUG + ALCOHOL CASE MANAGEMENT
- ABOUT FACE CHURCH OUTREACH



"I came that they might have abundant life." - John 10:10

Ruth Zalonis, RN: [rrz@zoominternet.net](mailto:rrz@zoominternet.net)  
Andy Pinskey: [andyhmf@yaho.com](mailto:andyhmf@yaho.com)  
Jon Aigner: [picpc@aa-swestpa-dist23.org](mailto:picpc@aa-swestpa-dist23.org)



**Westmoreland**  
Drug & Alcohol Commission, Inc.

# SAVE THE DATE

## 2024 Spring Spectacular

### Community Festival

**Pre-registration is Required**

***Slots are limited***

Westmoreland County Fairgrounds

**April 6th, 11AM-2PM**

10K Egg Hunt, Golden Ticket Prizes,  
Bunny Photo Op, Andy the Ambulance, Food  
Trucks, Face Painting, Balloon Twisting,  
Resource Tables, and lots more!



Sponsored By:

Ray of Hope in partnership with  
Westmoreland County DHS and BH/DS



# TAKEOFF

In Memory of Trooper **Kenton Iwaniec**

1983 - 2008 —

## APRIL 20, 2024

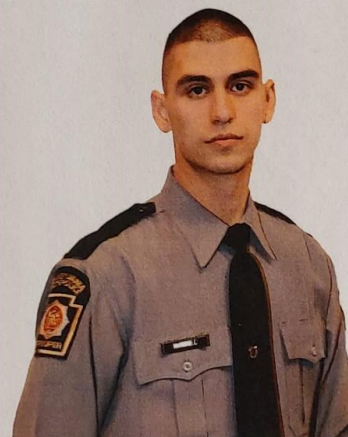
### IN-PERSON & VIRTUAL EVENTS

1 MILE & 5K WALKS, 5K/ 10K RUNS

CHILDREN'S RACES

42 MILE, 542 MILE, & 1042 MILE CHALLENGES

RUN, WALK, BIKE, HIKE, SWIM, OR PADDLE



## 2024 EVENT

THE 2024 TROOPER IWANIEC MEMORIAL RACE WILL BE AN IN-PERSON AND VIRTUAL EVENT.

### DETAILS

- The in-person event will take place at Saint Vincent College on April 20.
- The virtual events can be run or walked anytime and anywhere, even indoors on a treadmill. The best part about a virtual race is that anyone can participate, no matter the location. Many groups sign up and participate together.
- Virtual Challenges can be completed now through December 31, 2024.

- Register at [www.trooperiwaniec.org](http://www.trooperiwaniec.org) for TakeOff 2024 and select your event.

- Events: 10K Run, 5K Run, 5K Walk, 1 Mile Walk, 100 M Children's Sprint, 1/2 Mile Children's Run, 42 Mile Challenge, 542 Mile Challenge, and 1042 Mile Challenge.

- Proceeds go to the purchase of Preliminary Breath Testing Devices for state and local law enforcement.

**HELP SAVE LIVES - STOP IMPAIRED DRIVERS**



## TRAININGS OF INTEREST...

FREE to attend!

Community Members and  
Providers welcome and  
encouraged to attend!



Westmoreland  
Casemanagement & Supports,  
Inc. invites you to:

# Youth Mental Health First Aid

LEARN HOW TO SUPPORT THE YOUNG PEOPLE IN YOUR LIFE

## WHEN

March 22, 2024  
8:00 AM - 5:00 PM

April 12, 2024  
8:00 AM - 5:00 PM

April 26, 2024  
8:00 AM - 5:00 PM

May 17, 2024  
8:00 AM - 5:00 PM

## WHERE

WCSI Conference Center  
134 Industrial Rd.  
Greensburg PA, 15601

## AFTER THE COURSE, YOU'LL BE ABLE TO:

- Recognize common signs and symptoms of health challenges, including anxiety, depression, eating disorders & attention deficit hyperactive disorder. (ADHD)
- Recognize common symptoms of substance use challenges.
- Understand how to interact with a young person in crisis.
- Know how to connect a young person with help.
- Better understand trauma, substance use, self-care, and the impact of social media and bullying.

To register, visit <https://wcsi.org/education-training/calendar/> or scan the QR Code, select the date from the calendar, and complete registration



This training is made possible through a generous grant from the Richard King Mellon Foundation

## TRAININGS OF INTEREST...

WESTMORELAND  
CASEMANAGEMENT  
AND  
SUPPORTS, INC.  
INVITES YOU TO:



American  
Red Cross

NO COST TO  
ATTEND  
TRAINING AND  
RECEIVE  
CERTIFICATION!

# CPR & FIRST AID

COMMUNITY MEMBERS AND PROVIDERS WELCOME AND  
ENCOURAGED TO ATTEND

## WHEN:

MARCH 18, 2024  
9:30AM - 2:30PM

APRIL 8, 2024  
9:30AM - 2:30PM

APRIL 29, 2024  
9:30AM - 2:30PM

MAY 13, 2024  
9:30AM - 2:30PM

\*Each session is limited to 20  
participants

## WHERE:

WCSI CONFERENCE CENTER  
134 INDUSTRIAL PARK RD.  
GREENSBURG, PA 15601

To register, visit  
<https://wcsi.org/education-training/calendar/> or scan  
the QR Code below, select  
the date from the  
calendar, and complete  
registration



CPR,  
ESPECIALLY IF  
PERFORMED  
IMMEDIATELY,  
CAN DOUBLE  
OR  
TRIPLE A  
CARDIAC  
ARREST  
VICTIM'S  
CHANCE OF  
SURVIVAL.

THIS TRAINING IS MADE POSSIBLE THROUGH A GENEROUS GRANT FROM  
THE RICHARD KING MELLON FOUNDATION



## APRIL is ALCOHOL AWARENESS MONTH



### RETHINKING DRINKING

Do you enjoy a drink now and then? Many of us do, often when socializing with friends and family.

For anyone who drinks, *Rethinking Drinking* offers valuable, research-based information. Let's take a look at your drinking patterns and how they may affect your health. *Rethinking Drinking* can help you get started.

The first part of this booklet, *How Much Is Too Much?*, answers many questions about alcohol use. The second part, *Thinking About a Change?*, offers tips, tools, and resources for people who choose to cut down or quit. Persistence pays off. Even for people with alcohol use disorder (AUD), studies show that most do recover.

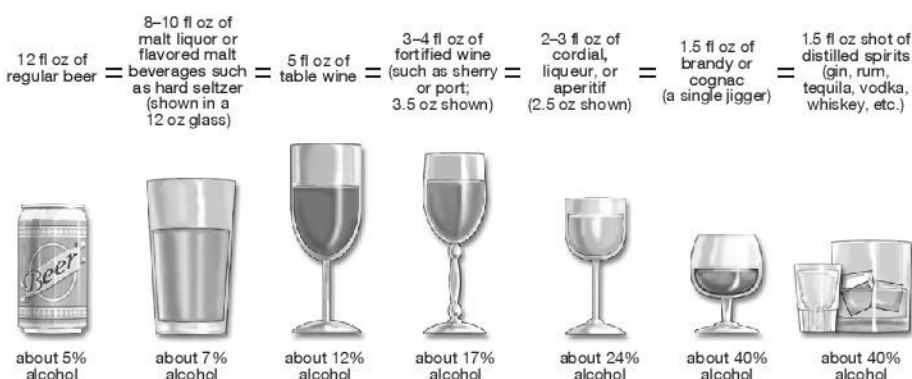
#### What is alcohol use disorder?

AUD is characterized by an impaired ability to stop or control alcohol use despite adverse social, occupational, or health consequences. It is a spectrum disorder and can be mild, moderate, or severe and encompasses the conditions that some people refer to as *alcohol abuse*, *alcohol dependence*, or the colloquial term *alcoholism*. AUD can cause lasting changes in the brain that make patients vulnerable to relapse. The good news is that no matter how severe the problem may seem, most people with AUD can benefit from treatment with behavioral therapies, medications, or both.

## HOW MUCH IS TOO MUCH?

### WHAT'S A "STANDARD DRINK"?

In the United States, a "standard drink" (also known as an alcoholic drink-equivalent) is defined as any beverage containing 0.6 fluid ounces or 14 grams of pure alcohol. Although the drinks pictured here are different sizes, each contains approximately the same amount of alcohol and counts as one U.S. standard drink or one alcoholic drink equivalent.



*Each drink shown above represents one U.S. standard drink and has an equivalent amount (0.6 fluid ounces) of "pure" ethanol.*

Each beverage portrayed above represents one standard drink (or one alcoholic drink equivalent), defined in the United States as any beverage containing 0.6 fl oz or 14 grams of pure alcohol. The percentage of pure alcohol, expressed here as alcohol by volume (alc/vol), varies within and across beverage types. Although the standard drink amounts are helpful for following health guidelines, they may not reflect customary serving sizes.

### HOW MANY DRINKS ARE IN COMMON CONTAINERS?

The table below shows the approximate number of standard drinks (or alcoholic drink equivalents) found in common containers.

regular beer (5% alc/vol)	malt liquor (7% alc/vol)	table wine (12% alc/vol)	80-proof distilled spirits (40% alc/vol)
12 fl oz = 1	12 fl oz = 1½	750 ml (a regular wine bottle) = 5	a shot (1.5 oz glass/50 ml bottle) = 1
16 fl oz = 1⅓	16 fl oz = 2		a mixed drink or cocktail = 1 or more
22 fl oz = 2	22 fl oz = 2½		200 ml (a "half pint") = 4½
40 fl oz = 3⅓	40 fl oz = 4½		375 ml (a "pint" or "half bottle") = 8½
			750 ml (a "fifth") = 17

The examples shown on this page serve as a starting point for comparison. For different types of beer, wine, or malt liquor, the alcohol content can vary greatly. Some differences are smaller than you might expect, however. Many light beers, for example, have almost as much alcohol as regular beer—about 85 percent as much, or 4.2 percent versus 5.0 percent alcohol by volume (alc/vol), on average.

Thu Apr 4th, 2024

# National Alcohol Screening Day

Alcohol screening promotes health awareness, enabling informed choices and fostering a balanced lifestyle for individuals.

## *How to Observe National Alcohol Screening Day*

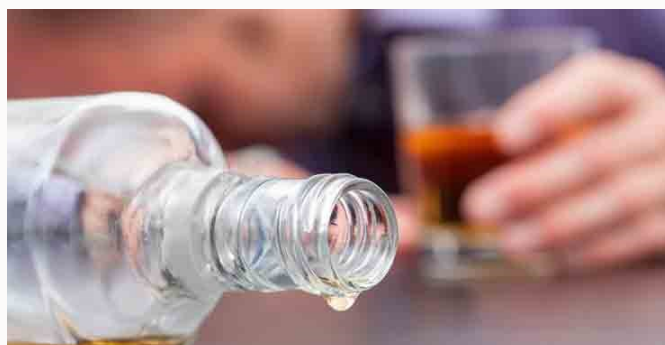
Show some care and help for individuals and the community by participating in National Alcohol Screening Day with some of these ideas:

### *Attend an Alcohol Screening*

One important way to get involved with National Alcohol Screening Day is for a person who is concerned that they may have an alcohol problem to attend a screening. The most commonly used test at these screenings is the Alcohol Use Disorders Identification Test (AUDIT), which contains a series of ten multiple choice questions that help to identify how much a person drinks and how often. The answers to the questionnaire are scored on a points system and a medical professional or counselor can help to assess whether that person's alcohol use is in danger of becoming an addiction or chronic disease.

### *Host an Alcohol Screening Event*

Medical professionals, health care centers and college campuses or groups can participate with National Alcohol Screening Day by hosting a screening event. Doctors' offices, education staff, community coordinators and others may want to partner with the [National Drug and Alcohol Screening Association](#) to get more information and resources about hosting an event or getting trained.



HOME / SAFE DRIVING

# April is Distracted Driving Awareness Month

## Thousands have Died in Crashes Involving Cell Phone Use

Many distractions exist while driving, but cell phones are a top distraction because so many drivers use them for long periods of time each day. Almost everyone has seen a driver distracted by a cell phone, but when you are the one distracted, you often don't realize that driver is you.

New technology in vehicles is causing us to become more distracted behind the wheel than ever before. Fifty-three percent of drivers believe if manufacturers put "infotainment" dashboards and hands-free technology in vehicles, they must be safe. With some state laws focusing on handheld bans, many drivers honestly believe they are making the safe choice by using a hands-free device. But in fact, these technologies distract our brains — and continue to distract us long after we've used them.

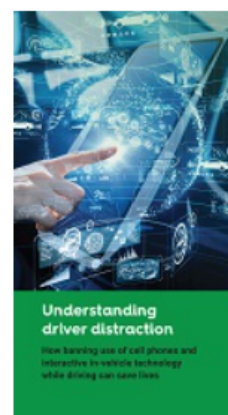
Make no mistake: This multitasking technology is about convenience, not safety.

Preoccupation with productivity and connectedness keeps a smartphone in the hands of many Americans – even when they are driving. And those who think it's fine to use hands-free electronic devices while driving will be shocked to hear it's only marginally safer.

*Understanding Driver Distraction* details the science that shows electronic devices are visually, manually and, most of all, cognitively distracting to drivers. The report offers compelling evidence and concludes that the safest option is to completely eliminate driver use of cell phones and interactive, in-vehicle infotainment systems.

This report also includes recommendations for drivers, employers, legislators and manufacturers. Only with a multifaceted approach can we eliminate the more than 40,000 deaths and 276,000 injuries that tragically occur every year because of distracted driving crashes.

Info from: <https://www.nsc.org/road/distracted-driving-awareness-month>



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**nsc**  
National Safety Council

# Stress Awareness Month

## HOW CAN YOU SUPPORT TEACHER WELLBEING?

Social and emotional learning (SEL) activities for teachers provide a framework that school administrators can use to promote overall teacher wellbeing.



### Equal Treatment

Ensure the equal treatment of teachers, regardless of gender, type of employment, working hours, and time served.<sup>20</sup> Providing teachers with equal support and treatment lays the groundwork for fostering a positive school environment.



### Professional Learning

These opportunities enable teachers to learn, develop, and grow together.<sup>24</sup> Further, opportunities show teachers that school and district leaders are invested in their learning and wellbeing. Topics could include

- managing the emotional labor and stress of teaching.<sup>25</sup>
- strengthening social and emotional competencies to support student social and emotional growth.<sup>26</sup>
- using SEL interventions in the classroom.<sup>27</sup>
- building close relationships with students.<sup>28</sup>



### School Culture

Create school environments that promote feelings of belonging, respect, value, and trust for both teachers and students. Positive school environments support the growth of a school community where members, including teachers, feel connected.<sup>21</sup>



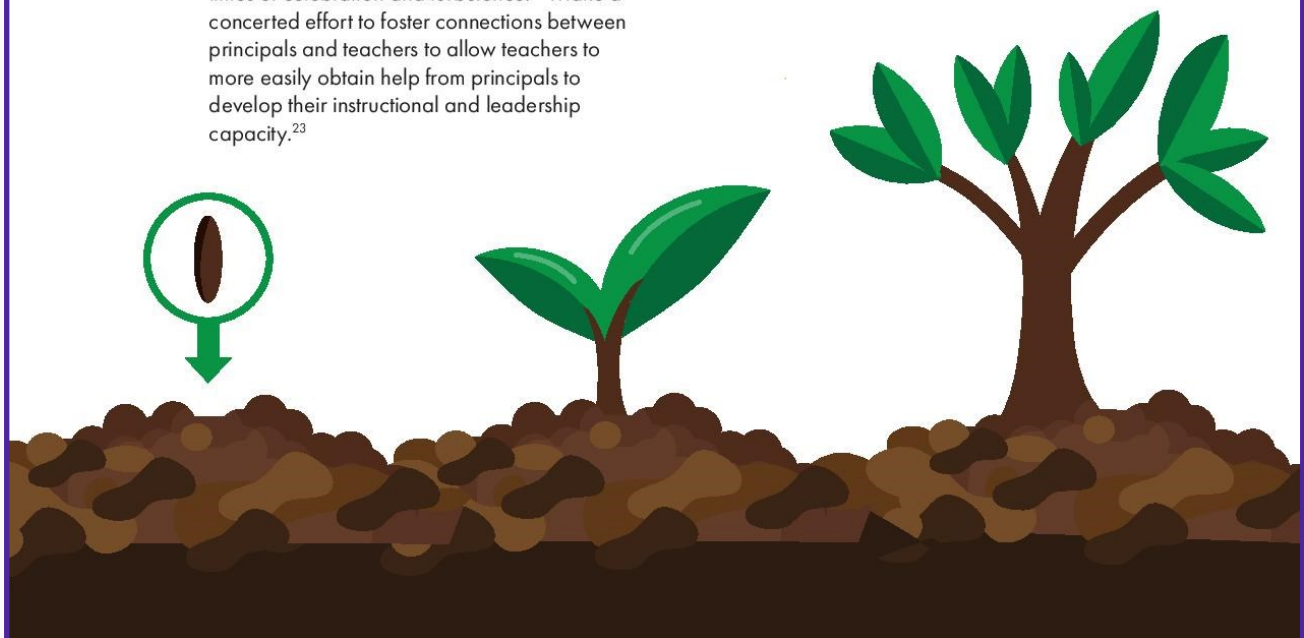
### Relationship Building

Provide opportunities for teachers to develop professional networks that enable them to learn from one another and connect during times of celebration and turbulence.<sup>22</sup> Make a concerted effort to foster connections between principals and teachers to allow teachers to more easily obtain help from principals to develop their instructional and leadership capacity.<sup>23</sup>



### Teacher Voice

Supply opportunities for teachers to participate in decision making to support their professional growth and connections to the learning environment.<sup>29</sup>



THINK  
positive



## Westmoreland County Contact Info



1200 Maronda Way, Suite 300, Monessen, PA

724-243-2220

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

<http://wedacinc.org>

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

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

### Southwestern Pennsylvania Human Services, Inc.

203 S Maple Ave, Greensburg, PA 15601

724-834-0420

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

<http://www.sphs.org>

### Outside In

*To the Fullest...*

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

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

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



### SVC Prevention Projects

Christina Weimer 724-805-2050  
Donna Cartia 724-805-2050



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

## Available Services Through SVCPP:

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

#### Lunch and Learn Presentations

Presentations are available to your community group, business or organization at minimal cost or FREE. Topics include: Current Drug Trends, Power of Parents, Gambling/Gaming Awareness, Responsible Gambling, Talking with your Kids, and The Dangers of Underage Drinking.

#### RADAR (Free Materials)

#### **Regional Alcohol/Drug Awareness Resource, information Center**

The Saint Vincent College Prevention Projects provides free materials (pamphlets, brochures, posters, etc.) to schools, organizations, community groups, and to the general public on various topics that include: alcohol, tobacco, drugs, violence prevention, child guidance, and medications and the elderly.

**To schedule a program for your business, school or organization, please contact Beth 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)**



## YOUNG TEENS AND ALCOHOL: THE RISKS

For young people, alcohol is the drug of choice. In fact, alcohol is used by more young people than tobacco or illicit drugs. Although most children under age 14 have not yet begun to drink, early adolescence is a time of special risk for beginning to experiment with alcohol.

While some parents and guardians may feel relieved that their teen is “only” drinking, it is important to remember that alcohol is a powerful, mood-altering drug. Not only does alcohol affect the mind and body in often unpredictable ways, but teens lack the judgment and coping skills to handle alcohol wisely. As a result:

- Alcohol-related traffic crashes are a major cause of death among young people. Alcohol use also is linked with teen deaths by drowning, suicide, and homicide.
- Teens who use alcohol are more likely to be sexually active at earlier ages, to have sexual intercourse more often, and to have unprotected sex than teens who do not drink.
- Young people who drink are more likely than others to be victims of violent crime, including rape, aggravated assault, and robbery.
- Teens who drink are more likely to have problems with school work and school conduct.
- The majority of boys and girls who drink tend to binge when they drink.
- A person who begins drinking as a young teen is four times more likely to develop alcohol dependence than someone who waits until adulthood to use alcohol.

The message is clear: Alcohol use is unsafe for young people. And the longer children delay alcohol use, the less likely they are to develop any problems associated with it. That’s why it is so important to help your child avoid any alcohol use.

**What is binge drinking?**  
The National Institute on Alcohol Abuse and Alcoholism (NIAAA) defines binge drinking as a pattern of drinking that brings blood alcohol concentration (BAC) to 0.08 percent—or 0.08 grams of alcohol per deciliter—or higher.\* For a typical adult, this pattern corresponds to consuming 4 or more drinks (female), or 5 or more drinks (male), in about 2 hours. Research shows that fewer drinks in the same timeframe result in the same BAC in youth; only 3 drinks for girls, and 3 to 5 drinks for boys, depending on their age and size.

\*A BAC of 0.08 percent corresponds to 0.08 grams per deciliter, or 0.08 grams per 100 milliliters.





### THE BOTTOM LINE: A STRONG PARENT-CHILD RELATIONSHIP

**Y**ou may wonder why a guide for preventing teen alcohol use is putting so much emphasis on parents' need to understand and support their children. But the fact is, the best way to influence your child to avoid drinking is to have a strong, trusting relationship with him or her. Research shows that teens are much more likely to delay drinking when they feel they have a close, supportive tie with a parent or guardian. Moreover, if your son or daughter eventually does begin to drink, a good relationship with you will help protect him or her from developing alcohol-related problems.

The opposite also is true: When the relationship between a parent and teen is full of conflict or is very distant, the teen is more likely to use alcohol and to develop drinking-related problems.

This connection between the parent-child relationship and a child's drinking habits makes a lot of sense when you think about it. First, when children have a strong bond with a parent, they are apt to feel good about themselves and therefore be less likely to give in to peer pressure to use alcohol. Second, a good relationship with you is likely to encourage your children to try to live up to your expectations, because they want to maintain their close tie with you. Here are some ways to build a strong, supportive bond with your child:

- **Establish open communication.** Make it easy for your teen to talk honestly with you. (See box "Tips for Talking With Your Teen.")
- **Show you care.** Even though young teens may not always show it, they still need to know that they are important to their parents. Make it a point to regularly spend one-on-one time with your child—time when you can give him or her your loving, undivided attention. Some activities to share: a walk, a bike ride, a quiet dinner out, or a cookie-baking session.



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



- **Draw the line.** Set clear, realistic expectations for your child's behavior. Establish appropriate consequences for breaking rules and consistently enforce them.
- **Offer acceptance.** Make sure your teen knows that you appreciate his or her efforts as well as accomplishments. Avoid hurtful teasing or criticism.
- **Understand that your child is growing up.** This doesn't mean a hands-off attitude. But as you guide your child's behavior, also make an effort to respect his or her growing need for independence and privacy.



### GOOD REASONS FOR TEENS NOT TO DRINK

- You want your child to avoid alcohol.
- You want your child to maintain self-respect.
- You want them to know drinking is illegal.
- Drinking at their age can be dangerous.
- You may have a family history of alcoholism.

Download the pdf <https://www.niaaa.nih.gov/publications/brochures-and-fact-sheets/make-a-difference-child-alcohol>



## The Dangers of Teen Distracted Driving

For most adults, driving is second nature. Like breathing, we don't really think about it. But to teens, the whole driving experience is new. This makes them more prone to distracted driving. Having the right [teen car insurance](#) is important for helping protect against the unexpected - but paying attention on the road is essential for their safety and the safety of others. Use the information below to help your teen make good driving decisions and avoid distracted driving.

### Why are teens driving while distracted?

In our over-stimulated world, teenagers are prone to distraction. Even more so as they figure out the world behind the wheel. Suddenly re-focused on the road, a new driver might overreact to a given situation – swerving into other lanes or even running off the road.

Based on government research, drivers under age 20 have the highest proportion of distraction-related fatal crashes. The CDC has more [facts and stats](#) on distracted driving.

### Common teen driving distractions

#### Friends

Teens love to roll with their whole squad. But the numbers show this can be a problem. Adults have fewer accidents with passengers in the vehicle. Teens? It's the opposite: accidents are more likely when one teen is [driving others in the same car](#).

Solution: Don't allow your teen to drive other teens until they've been on the road for at least a year.

#### Phones

This one is obvious. For many teens, a smartphone is almost constantly absorbing their attention. So of course, nothing good can happen if they're using it while driving.

Solution: Don't let your teen use the phone when they drive. If they must, have them park and finish their calls or texts before getting back on the road. In fact, there are [several apps for that](#).

#### Tunes

Roads and music just go together. But trying to change songs or channels, or even reaching for a music-playing device can also take your mind off the road.

Solution: If your teen is into car-tunes, have them mix one playlist on their device for the road ahead of time, or choose one radio station and leave it there. Also, lower the volume. It helps to hear car horns and emergency vehicles.



## What more can you do to prevent teen distracted driving?

The factors above are not the only things that can distract young drivers. Anything from spectacular scenery or a curious oddity to an attractive member of the opposite sex can divert their attention from the road. The key thing here – more easily said than done – is focus.

Young drivers need to develop the mindset early on that when they're behind the wheel, driving is their #1 priority. Anything else can wait. This is how they'll learn good driving habits. It's also where you come in as a parent, coach and mentor. Talk to your teens about the common driving distractions when you teach them how to drive and always show them by example when you take the wheel.

# Westmoreland County Summer Environmental Programs

Welcome to the Westmoreland County Parks and Recreation Summer Environmental Programs! A variety of day camps for kids and single day programs for the entire family have been designed to cover a variety of topics. Come experience the fun and get closer to nature in Westmoreland County's largest outdoor classrooms - our Parks!

### *Check out our Summer Environmental Program offerings for 2024:*

#### **“ULTIMATE SURVIVOR” Camp**

Ages 10-13, \$50, 8am to 4pm

We've combined all of our greatest camps into one fun-filled, exciting camp! Live the experience you have watched on television and learn basic survival skills such as first aid procedures, fire building, creating shelters, and working as a team. Campers will compete in various activities such as capture the flag, minute-to-win-it games, and water balloon battles to see who emerges as the Ultimate Survivor!

Northmoreland Park: June 13 – 14

Cedar Creek Park: June 20 - 21

Mammoth Park: June 27 - 28

Twin Lakes Park: July 18 -19





# Westmoreland County Summer Environmental Programs

## **“WILDLIFE EXPLORERS” Camp**

Ages 6-10, \$35, 8am to 4pm

Explore the wildlife in our Westmoreland County Parks, as you get the opportunity to experience true nature! Learn about animal homes and habitats, plant life, birds in the park, fish in our lakes, and much more. Enjoy fun, nature-based activities including: arts and crafts, fun presentations, mini games, and more. A fun way to learn about the outdoors!

Northmoreland Park: June 6-7

Cedar Creek Park: June 18 -19

Mammoth Park: June 25 - 26

Twin Lakes Park: July 16 -17



## **“CSI: Crime Scene Investigation” Camp**

Ages 10-14, \$60, 8am to 3pm

Help solve the mystery at “CSI: Westmoreland County Parks” after learning about investigation techniques such as fingerprinting and making molds. You will even get a chance to partake in a thrilling investigation! Space is limited.

Twin Lakes Park: July 24 - 26

## **“THE SUMMER GAMES”**

Ages 10-14, \$30, 8am to 3pm

A camp inspired by the Olympics, teams will compete to bring home the gold! By using athletic, mind, and creative skills, competitors will work as a team to collect points dedicated to a team total score! Basketball, kickball, soccer darts, puzzle building, scavenger hunts, and more fun awaits!

Northmoreland Park: July 10

Cedar Creek Park: July 11

Mammoth Park: July 12





# Westmoreland County Summer Environmental Programs

## **“WATER WARS” Camp**

Ages 6-13, \$20, 8am to 3pm

A water themed camp with activities that include water balloon battles, slip ‘n slide races, water obstacle courses and other outdoor water games. Other mini games and brain games included as well. Bring your own water gun for extra fun!

Northmoreland Park: July 30

Cedar Creek Park: July 31

Mammoth Park: August 1

Twin Lakes Park: August 2

## **FREE PROGRAMS FOR ALL AGES**

**“Frog Walk with PA Woods and Forests”**

All Ages, 8:15pm-9:45pm, FREE



Frog Walks are guided night hikes to educate the public on the diverse species native to their region and some of the challenges the frogs and toads face.

Ann Rudd Saxman Nature Park: May 18

**“Critter Talk with PA Woods and Forests”**

All Ages, 5pm-6:30pm, FREE

Critter Talks are live animal presentations where Aaron Capouellez, the president of PA Woods and Forests, brings animal ambassadors and field equipment used for conservation to educate families about the creatures living in their yards in PA.

Westmoreland Conservation District Barn: June 21

CLICK HERE  
TO REGISTER