

EDUCATIONAL SUPPORT TEAM UPDATE

MAY/JUNE 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; September 17, 18, 19, 2024; December 3, 4, 5, 2024. More dates to follow.** 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: November 13, 2024; more dates to follow.

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:**

May/June Awareness Days & Events



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 6-12, 2024)—<https://www.screenfree.org/>

National Children's Mental Health Awareness Week (May 5-11)—<https://www.ffcmh.org/awarenessweek>

National Prevention Awareness Week (May 12-18)—<https://www.samhsa.gov/prevention-week/about>

National Alcohol-and other drug-related birth defects awareness week (May 13-19)—[https://www.dhd10.org/public-health-matters/national-alcohol-drug-related-birth-defects-awareness-week#:~:text=a%20service...-,National%20Alcohol%20and%20Other%20Drug%2DRelated%20Birth%20Defects,Week%20\(May%2013%2D19\)](https://www.dhd10.org/public-health-matters/national-alcohol-drug-related-birth-defects-awareness-week#:~:text=a%20service...-,National%20Alcohol%20and%20Other%20Drug%2DRelated%20Birth%20Defects,Week%20(May%2013%2D19))

TRAININGS/EVENTS OF INTEREST...

THEMATIC WORKSHOPS— November 13, 2024; more dates to follow. 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; September 17,18,19, 2024; December 3,4,5, 2024. More dates to follow. 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. 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

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.

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.

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

If you have an event or training you would like highlighted in the EST, please email Donna Cartia at donna.cartia@stvincent.edu.

SAGES ARMY

INAUGURAL RECOVERY FRIENDLY 80's PARTY

**FRIDAY
MAY 17TH
7:00PM - 11:00PM**

Breakout the hairspray & get your parachute pants on, it's party time! \$15 a person or \$25 a couple gets you: Breakdancing Vogue style to a DJ spinning those nostalgic 80's hits and misses! Non-alcoholic beverages, buffet style dinner, door prizes and more!

4099 William Penn Highway, Jonette Building, 10th floor
Monroeville PA, 15146

Dance the night away with nostalgic 80's music, while wearing your best attire! Secret Judging for the best of the 80's:

- Best hair.
- Best/most neon.
- Best overall outfit.
- Best dance Moves.
- Best valley girl/guy.
- Heaviest rock band.



Scan to purchase tickets



Purchase tickets here!

**FOR MORE
INFORMATION:
(724) 863-5433**

Raffle Basket & 50/50 Tickets available!
Mocktails available for purchase!



RAY OF HOPE PRESENTS

VETERAN

CORNHOLE TOURNAMENT

VETERANS CONNECTING WITH VETERANS

FREE EVENT FOR VETERANS, SERVICE MEMBERS,
AND THEIR FAMILY & FRIENDS

CASH PRIZES:
1ST - \$500
2ND - \$250
3RD - \$100

GIFT BASKETS
AND
GIVEAWAYS

FREE
BBQ
LUNCH

30
TEAMS
MAX

**ONE MEMBER OF
YOUR TEAM **MUST**
BE A VETERAN**

PRE-REGISTRATION ONLY

[HTTPS://WWW.EVENTBRITE.COM/E/VET
ERAN-CORNHOLE-TOURNAMENT-
TICKETS-861090804777](https://www.eventbrite.com/e/veteran-cornhole-tournament-tickets-861090804777)

JUNE 8TH
REGISTRATION: 12:00
TOURNAMENT: 1:00

**JEANNETTE
AMERICAN LEGION**
109 SOUTH 5TH ST.
JEANNETTE, PA 15644

FREE EVENT
FREE PARKING

FOR MORE INFORMATION CONTACT LISA AT EGOLDBERG@MHASWPA.ORG OR
724-875-2415

EVENTS OF INTEREST...



34th Annual Conference

JUNE 12-14, 2024

Hilton Harrisburg · Harrisburg, PA

**If You're Attending,
Download Our Awesome Conference App—Whova!**

Registered attendees will receive a link closer to the conference.

Pricing & Registration

- **Full In-Person Conference Registration** includes the June 5th & 6th online sessions, evening reception, and the keynotes, workshops, and power sessions scheduled June 12-14th.
- **Virtual Conference Registration** includes the June 5th & 6th sessions and the keynotes and workshops being live streamed, June 12-14th.
- **Registration will close on Tuesday, May 14th for the in-person event and Friday, May 31st for the virtual event.**

Virtual Conference

CPA Members – \$300
Non-members – \$400
Students – \$100

*Includes the June 5th & 6th online sessions
and select streamed conference sessions*

Full In-Person Conference

CPA Members – \$425
Non-members – \$525
Optional Pre-Conference Session – \$70

Includes June 5th & 6th online sessions and June 12th reception

Conference Scholarships

The Pennsylvania Commission on Crime and Delinquency (PCCD) is providing scholarships to attend the **In-Person 2024 CPA Conference!** Pennsylvania agencies, coalitions, institutes of higher education, school districts, organizations, providers, faith-based organizations, community-based organizations, and college students are eligible to apply.

The Scholarship Application will be open through Friday, April 19, 2024, or until all scholarships are awarded. CPA reserves the right to change the deadline based on scholarship availability, capacity, and/or attendance. One scholarship includes:

- Conference registration for **one** individual to attend the **entire In-Person Conference** during its scheduled time (June 12-14), including the pre-conference (Wednesday, June 12 from 8:30 – 11:00 am).
- Lodging for up to 3 nights (June 11-13), if the applicant lives or works more than **50 miles** from the Hilton Harrisburg, One N 2nd Street, Harrisburg, PA, 17101.
- The four virtual pre-conference sessions on June 5 & 6, 2024.
- Attendee reception on the evening of Wednesday, June 12.

When completing the application, you will have to answer the following questions:

1. What is the basis of your financial need (1-2 sentences only).
2. How will attending the conference benefit your prevention efforts (1-2 sentences only)?

More info, including registration, go to: <https://paprevention.org/conference/2024-conference/>

SELF-CARE BBQ FOR SCHOOL PROFESSIONALS

The Renfrew Center, Charlie Health, and Newport Healthcare invite you to join us for an afternoon filled with food, fun, and self-care, to thank you for all of your hard work throughout the school year.



Activities will include:

- Outdoor games
- Network with local colleagues
- Make your own self-care goody bag

WHERE

Walter's BBQ 4501 Butler St.
Pittsburgh, PA 15201

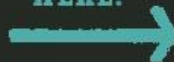
WHEN

Wednesday, June 19, 2024
12:00 pm – 2:00 pm



charlie health

REGISTER
HERE!



WESTMORELAND COUNTY
JUVENILE PROBATION

... Family ...
Fun Fest

AUG | 19 | 2024

Twin Lakes Park & Nature Center
(Upper Lake)

4:00 - 7:00 PM

All Activities Free!

SNACKS | RAFFLES
COMMUNITY RESOURCES
AND MORE!



FOR MORE INFORMATION EMAIL:

Michele Wentzel | mwentze2@co.westmoreland.pa.us



Make A Difference in a Youth's Life

become a mentor with the Westmoreland County Youth Commission

- Opportunity for short and long term mentorship to impact the lives of youth in your community

Expectations:

- Attend orientation training
- Attend 1 meeting a month
- Make weekly contact with your juvenile
- Supervise a Juvenile for up to 6 months

How to Apply:

- Go to www.co.westmoreland.pa.us
- Click on the Community Tab
- Volunteer Opportunities
- Department: Juvenile Probation
- Westmoreland County Youth Commission
- Membership Application

*Tips for being
a good mentor:*

- Have realistic goals
- Be positive
- Have Fun
- Respect



Requirements:

*Must be at least 21 years of age
PA Child Abuse Clearance
PA Criminal History Check
FBI Criminal History Check*

Scan QR code to apply today!



For more information:

Casey Miller at 724-830-4213 or cmiller@co.westmoreland.pa.us

Jen McCune at 724-830-4216 or jmccune@co.westmoreland.pa.us

Kevin Lintner at 724-830-4217 or klintner@co.westmoreland.pa.us



Vision: We envision a community where all children and youth have good mentors at every stage of development.

NEW CLIENTS WELCOME!

COMMUNITY
GUIDANCE
CENTER



***YOUR COMMUNITY
FOR
MENTAL HEALTH***

4893 US-Route 30, Suite 1
Greensburg

PSYCHIATRIC SERVICES *
OUTPATIENT COUNSELING *
ID/DD SUPPORTS COORDINATION

thecgc.com
724.271.4288

thecgc.com
724.271.4288

thecgc.com
724.271.4288

thecgc.com
724.271.4288

thecgc.com
724.271.4288

thecgc.com
724.271.4288

thecgc.com
724.271.4288

thecgc.com
724.271.4288

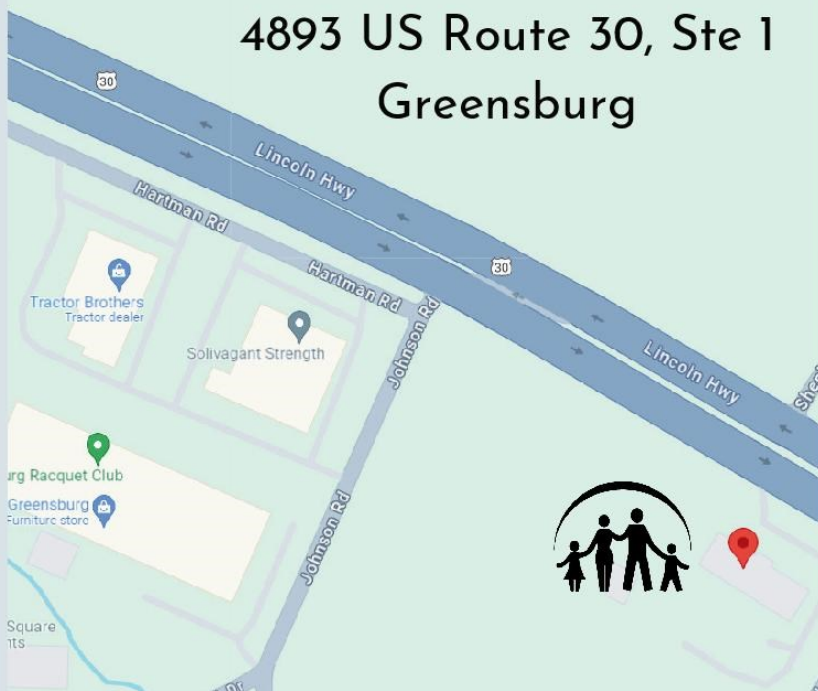
thecgc.com
724.271.4288

SERVICES OF INTEREST...

COMMUNITY GUIDANCE CENTER

NOW OPEN!

4893 US Route 30, Ste 1 Greensburg



- Psychiatric Services
- Outpatient Counseling
- Supports Coordination for Developmental Disabilities

theCGC.com

New Clients Welcome!

thecgc.com
724.271.4288

thecgc.com
724.271.4288

thecgc.com
724.271.4288

thecgc.com
724.271.4288

thecgc.com
724.271.4288

thecgc.com
724.271.4288

thecgc.com
724.271.4288

thecgc.com
724.271.4288

thecgc.com
724.271.4288



SMART Teen & Young Adult

SMART stands for: **S**elf **M**anagment **A**nd **R**ecovery **T**raining

SMART Teen & young Adult is a self-help program that offers a place where teens & young adults can get together to try to investigate and change behaviors that hurt themselves and others. Like Smoking, drinking, fighting and using substances, to name a few.

When

Every Monday
5:00pm



Where?

Sage's Army Recovery Center
6044 Lincoln Highway Suite 400
Greensburg, PA 15601



This meeting is available in-person or via Zoom. Visit www.sagesarmy.com/meetings and click on the meeting you wish to attend.

For more information
scan here!





INDOOR REC NIGHTS



Our Rec Nights have moved indoors for the winter season! Every 4th Wednesday of the month, starting at 5:30pm. We will be playing board and card games, Wii game nights, movie nights and more! Pizza and drinks will be provided. We hope to see you there!

When?



Every 4th Wednesday
of the month
5:30pm - 8:00pm



Where?

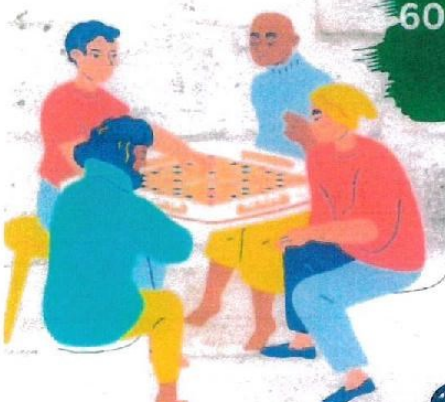


Sage's Arm Recovery Center
6044 Lincoln Highway, Suite 400
Greensburg, PA 16501



Questions?

Call us.
(724) 863-5433



www.sagesarmy.com

SAMHSA'S NATIONAL PREVENTION WEEK

What is National Prevention Week?

Sponsored by the Substance Abuse and Mental Health Services Administration (SAMHSA), National Prevention Week is a public education platform showcasing the work of communities and organizations across the country dedicated to raising awareness about the importance of substance misuse prevention and positive mental health.

We recognize that the important work of prevention happens every day. We created National Prevention Week to celebrate these year-round initiatives and the possibilities prevention brings. National Prevention Week will take place **May 12–18, 2024.**

What are the main goals of National Prevention Week?

- Involve communities in raising awareness of substance misuse and mental health issues, implementing prevention strategies, and showcasing effectiveness of evidence-based prevention programs;
- Foster partnerships and collaborations with federal agencies and national organizations dedicated to improving public health; and
- Promote and disseminate quality substance misuse prevention and mental health promotion resources and publications.

A New Tagline for National Prevention Week

The National Prevention Week tagline, “**A Celebration of Possibility,**” is about communities coming together to celebrate the possibilities and brighter futures that exist thanks to the ongoing work of prevention happening across the country.

SAMHSA is working to change the prevention landscape by providing evidence-based and accessible resources to facilitate collective action and story sharing. By showcasing the work of our partners in prevention, we can confront the societal challenges surrounding substance misuse together while celebrating stories of prevention.

How can I learn more about National Prevention Week and participate?

VISIT THE NATIONAL PREVENTION WEEK WEBSITE

Be sure to check the website frequently for the latest prevention news, as well as resources for planning your events and activities: samhsa.gov/prevention-week.



samhsa.gov/prevention-week

SHARE YOUR #MYPREVENTIONSTORY



Substance use prevention and mental health promotion make a difference! To build excitement about and engagement in the Substance Abuse and Mental Health Services Administration's (SAMHSA) National Prevention Week in May, we invite you to join the online prevention conversation using the hashtags **#NationalPreventionWeek24** and **#MyPreventionStory**.

In 2022, SAMHSA introduced **#MyPreventionStory** to capture the vast array of prevention experiences and stories. Through this effort, SAMHSA engaged individuals to explain the significance of substance misuse prevention in their lives.

We want to continue this conversation and reinforce why prevention is important. Share your unique perspective about why prevention is important to you and use the **#MyPreventionStory** hashtag across social media to join the storytelling movement!

Host a Community Event

Throughout the year, host a community event or activity to raise awareness about the prevention of substance misuse and the promotion of positive mental health.

Then, **tell us about your event**. We can help promote your community's event in future promotional materials, and you might even find yourself spotlighted in the yearly National Prevention Week Outcomes Report.

To get started with planning your event, download materials from the **National Prevention Week Planning Toolkit**. The toolkit has all the information you need to jump-start your National Prevention Week event planning.

Where can I find more information?

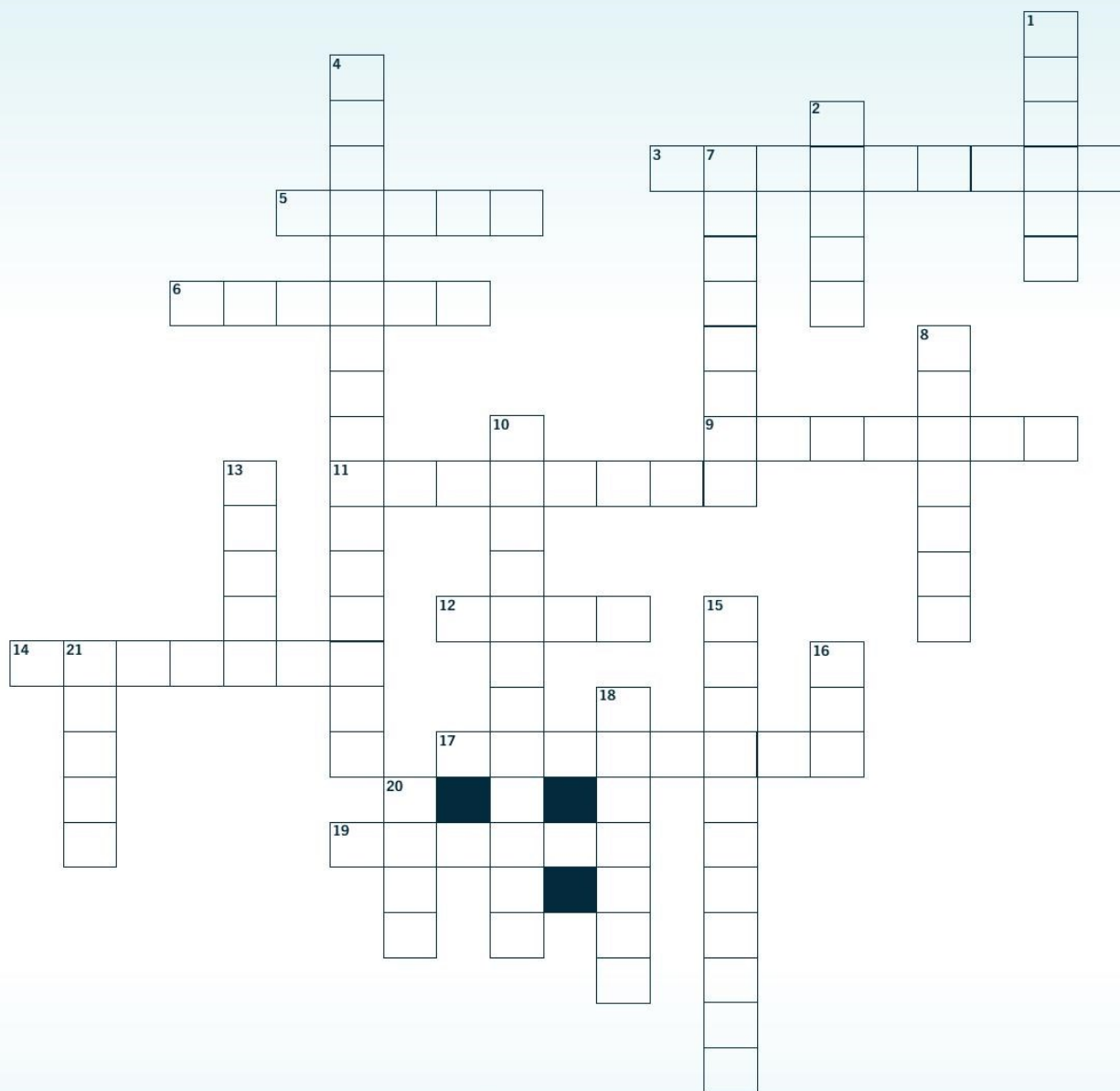
Visit the National Prevention Week website to learn more about National Prevention Week and how you can participate: samhsa.gov/prevention-week.



NATIONAL PREVENTION *we* EK

A CELEBRATION OF POSSIBILITY

Crossword Puzzle



ACROSS

3. Prevention efforts across the ___ of care
5. Building drug-free communities
6. March is ___ Awareness Month
9. Screen4 ___ tool
11. 988 is the Suicide & Crisis ___
12. ___ They Hear You.
14. National Collegiate ___ Awareness Week in October
17. September is National ___ Month
19. April 1–7 is National ___ Health Week

DOWN

1. Substance ___ prevention
2. #MyPrevention ___
4. The emotions and biology related to a person's mental well-being (2 words)
7. August 31 is International ___ Awareness Day
8. National Prevention Week starts on the ___
10. Awareness Month in May (2 words)
13. National Survey on Drug Use and Health
15. National Prevention Week is a ___
16. National Prevention Week occurs in ___
18. Listen to the new Communities Talk About Prevention ___
20. National Minority Mental Health Awareness Month
21. June is ___ Pride Month

For the answers, go to: <https://www.samhsa.gov/sites/default/files/npw-24-crossword.pdf>

NATIONAL *we* EK

A CELEBRATION OF POSSIBILITY

Prevention Word Search

E T S A M M J N Y R U K U D L R S Z K Q
 G T F U Y N O A J U Z E T R T A N W A Q
 M O C H B D D I Q K K N R U F Z J Y C J
 U R V Q P S W M F R T H E N N G S S T R
 F W E B B L T G Q C M Z A I E O T I I L
 K E U C L R Z A S L E Y T U I M R Z O V
 M L G K O D Q L N X U L M L J I O Q N E
 P L Z V X V M B E C U B E Q B C N U L R
 R B M Q O Q E E F L E L N B R X G Z D K
 E E H Q G G Y R W S C M T N R L E G O D
 V I D W W F U P Y U X O I V U A R P O I
 E N R K H U Q E C Z R U B S V W T S Y Z
 N G D F U L W R F L T R W Y U T O I J B
 T C O M M U N I T I E S V M O S G S O S
 I P I T H T T E K I X V K S Y X E A S N
 O F Z V S W M P T U G N L Z N L T M B B
 N M E N T A L H E A L T H N D F H H S J
 Z H Z C O L L A B O R A T I O N E S L N
 C P O S S I B I L I T Y X Y E V R A E R
 D C X Q B I Y D I M N D X M B J G K H H

Stronger Together
 Celebration
 Wellbeing
 SAMHSA

Substance Misuse
 Treatment
 Recovery

Collaboration
 Possibility
 Prevention

Communities
 Mental Health
 Action

SAMHSA
 Substance Abuse and Mental Health
 Services Administration

Electronic version is here: <https://www.samhsa.gov/prevention-week/community-events/activities>

NATIONAL PREVENTION *we* EK

A CELEBRATION OF POSSIBILITY

Prevention Bingo

Go on a walk	Dance around your house	Create a #MyPreventionStory and share it on social media	Read a new book	Visit your local farmer's market
Practice positive affirmations	Play a board or card game	Learn a new skill/hobby	Spend time outside	Connect with a family member
Try a mindfulness exercise	Talk with someone you trust	FREE SPACE	Write in a journal	Create a drawing or artwork
Limit your social media time	Cook a healthy recipe	Complete a workout	Put up a sticky note with a motivational message	Try a new yoga pose
Try a new workout class or activity	Watch a new movie	Volunteer for a local organization	Listen to your favorite song	Spend time with friends



National Alcohol and Other Drug-Related Birth Defects Awareness Week

Using Illegal Drugs During Pregnancy

Using illegal drugs during pregnancy is dangerous for an unborn baby and the mother. Studies show when a pregnant woman uses illegal drugs during pregnancy it can result in miscarriage, low birth weight, premature labor, placental abruption, seizures, respiratory problems, feeding difficulties, and death of the baby and the mother.

The following information can help you understand these drugs and their harmful effects:



Marijuana

- **Common slang names:** pot, weed, grass, and reefer
- **What happens when a pregnant woman smokes marijuana?** Marijuana crosses the placenta to your baby. Marijuana, like cigarette smoke, contains toxins that keep your baby from getting the proper supply of oxygen that he or she needs to grow.
- **How can marijuana affect the baby?** Studies of marijuana in pregnancy are inconclusive because many women who smoke marijuana also use tobacco and alcohol. Smoking marijuana increases the levels of carbon monoxide and carbon dioxide in the blood, which reduces the oxygen supply to the baby. Smoking marijuana during pregnancy can increase the chance of miscarriage, low birth weight, premature births, developmental delays, and behavioral and learning problems.
- **What if I smoked marijuana before I knew I was pregnant?** According to Dr. Richard S. Abram, author of *Will it Hurt the Baby*, “occasional use of marijuana during the first trimester is unlikely to cause birth defects.” Once you are aware you are pregnant, you should stop smoking. Doing this will decrease the chance of harming your baby.

Cocaine

- **Common slang names:** bump, toot, C, coke, crack, flake, snow, and candy
- **What happens when a pregnant woman consumes cocaine?** Cocaine crosses the placenta and enters your baby's circulation. The elimination of cocaine is slower in a fetus than in an adult. This means that cocaine remains in the baby's body much longer than it does in your body.
- **How can cocaine affect my baby?** According to the Organization of Teratology Information Services (OTIS), during the early months of pregnancy cocaine exposure may increase the risk of miscarriage. Later in pregnancy, cocaine use can cause placental abruption, which can lead to severe bleeding, preterm birth, and fetal death. OTIS also states that the risk of birth defects appears to be greater when the mother has used cocaine frequently during pregnancy. According to the American Congress of Obstetricians and Gynecology (ACOG), women who use cocaine during their pregnancy have a 25 % increased chance of premature labor. Babies born to mothers who use cocaine throughout their pregnancy may also have a smaller head and be growth restricted. Babies who are exposed to cocaine later in pregnancy may be born dependent and suffer from withdrawal symptoms such as tremors, sleeplessness, muscle spasms, and feeding difficulties. Some experts believe that learning difficulties may result as the child gets older. Defects of the genitals, kidneys, and brain are also possible.
- **What if I consumed cocaine before I knew I was pregnant?** There have not been any conclusive studies done on single doses of cocaine during pregnancy. Birth defects and other side effects are usually a result of prolonged use, but because studies are inconclusive, it is best to avoid cocaine altogether. Cocaine is a very addictive drug and experimentation often leads to abuse of the drug.



Heroin

- **Common slang names:** horse, smack, junk, and H-stuff
- **What happens when a pregnant woman uses heroin?** Heroin is a very addictive drug that crosses the placenta to the baby. Because this drug is so addictive, the unborn baby can become dependent on the drug.
- **How can heroin affect my baby?** Using heroin during pregnancy increases the chance of premature birth, low birth weight, breathing difficulties, low blood sugar (hypoglycemia), bleeding within the brain (intracranial hemorrhage), and infant death. Babies can also be born addicted to heroin and can suffer from withdrawal symptoms. Withdrawal symptoms include irritability, convulsions, diarrhea, fever, sleep abnormalities, and joint stiffness. Mothers who inject narcotics are more susceptible to HIV, which can be passed to their unborn children.
- **What if I am addicted to heroin and I am pregnant?** Treating an addiction to heroin can be complicated, especially when you are pregnant. Your healthcare provider may prescribe methadone as a form of treatment. It is best that you communicate with your healthcare provider so he or she can provide the best treatment for you and your baby.

PCP & LSD

- **What happens when a pregnant woman takes PCP and LSD?** PCP and LSD are hallucinogens. Both PCP and LSD users can behave violently, which may harm the baby if the mother hurts herself.
- **How can PCP and LSD affect my baby?** PCP use during pregnancy can lead to low birth weight, poor muscle control, brain damage, and withdrawal syndrome if used frequently. Withdrawal symptoms include lethargy, alternating with tremors. LSD can lead to birth defects if used frequently.
- **What if I experimented with LSD or PCP before I knew I was pregnant?** No conclusive studies have been done on one-time use effects of these drugs on the fetus. It is best not to experiment if you are trying to get pregnant or think you might be pregnant.

Methamphetamine

- **Common slang names:** meth, speed, crystal, glass, and crank
- **What happens when a pregnant woman takes methamphetamine?** Methamphetamine is chemically related to amphetamine, which causes the heart rate of the mother and baby to increase.
- **How can methamphetamine affect my baby?** Taking methamphetamine during pregnancy can result in problems similar to those seen with the use of cocaine in pregnancy. The use of speed can cause the baby to get less oxygen, which can lead to low birth weight. Methamphetamine can also increase the likelihood of premature labor, miscarriage, and placental abruption. Babies can be born addicted to methamphetamine and suffer withdrawal symptoms that include tremors, sleeplessness, muscle spasms, and feeding difficulties. Some experts believe that learning difficulties may result as the child gets older.
- **What if I experimented with methamphetamine before I knew I was pregnant?** There have not been any significant studies done on the effect of a one-time use of methamphetamine during pregnancy. It is best not to experiment if you are trying to get pregnant or think you might be pregnant.

When a newborn tests positive for drugs

Many states have expanded their civil child-welfare requirements to include illegal drug use during pregnancy as **grounds for terminating parental rights in relation to child abuse and neglect.**

The laws that address prenatal substance abuse are as follows:

- **Reporting of abuse** – In many states, including Massachusetts, Virginia, Arizona, Alaska and Illinois, it is mandatory that medical professionals who are aware of a positive drug test in a newborn report it to Child Protective Services.² This report can lead to many consequences for the mother, including an investigation and the loss of the right to parent her child.
- **Revocation of custody** – In some states—such as Florida, Texas and Minnesota—a positive drug test in a newborn is considered part of the child welfare law. This fact makes it probable that social services will remove the child from the custody of the mother to prevent further abuse or neglect.
- **Required treatment** – In Minnesota, South Dakota, Wisconsin and other states, women who have drug-positive newborns are required to be admitted into an inpatient treatment facility to get the help they need before being able to parent their newborn. How can I get help?

In addition to these potential consequences, some states enforce even stricter laws for mothers who birth children who test positive for drugs. Currently, Tennessee is the only state with a statute that specifically makes it a crime to use drugs while pregnant.

For women who get pregnant under the influence of drug or alcohol abuse or addiction, one bad or habitually bad decision making do not change the end result. Once pregnant, it is important to get the care they need to help the baby have the healthiest development possible.

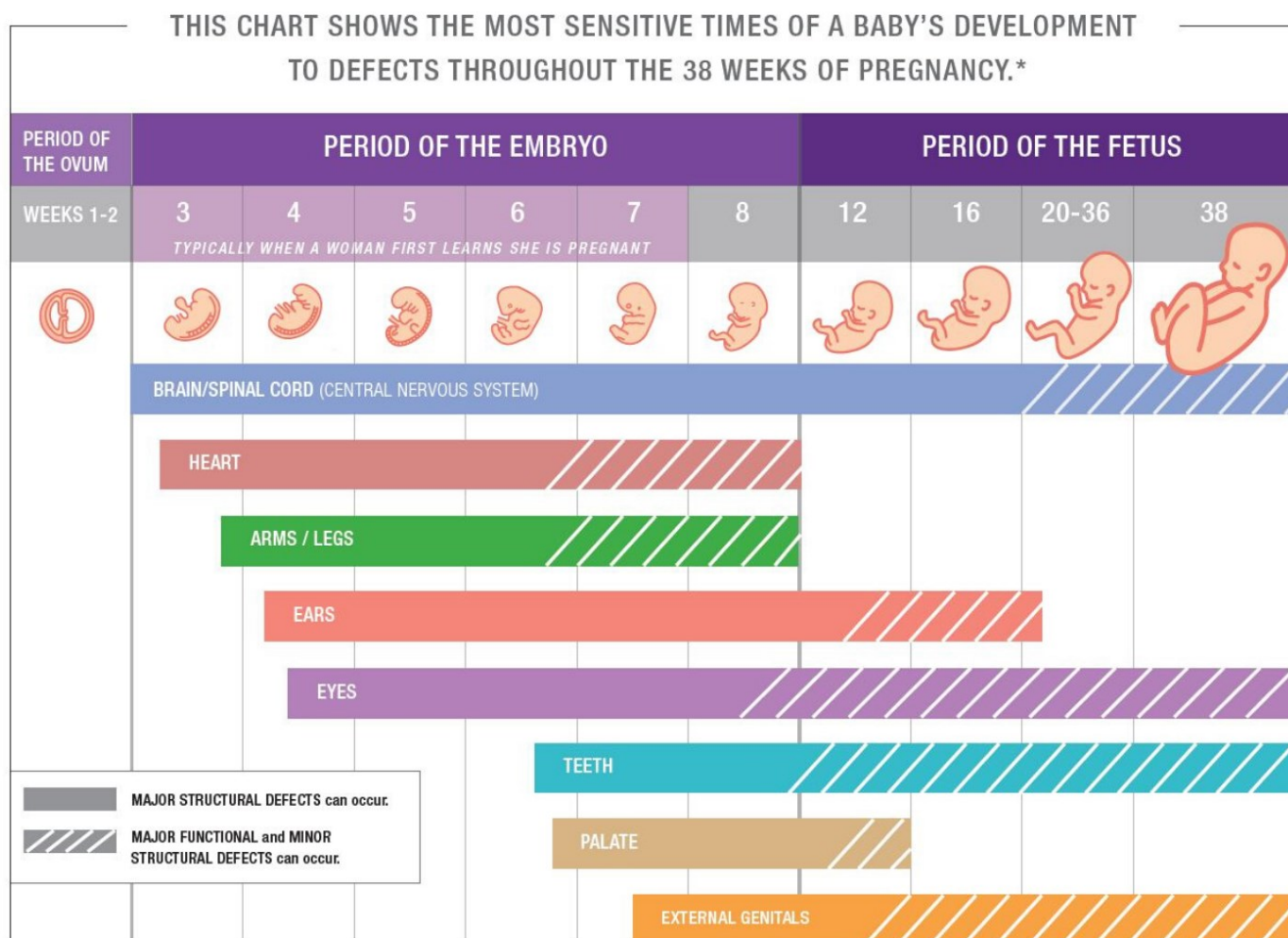
To do this may mean going through a detox program to help clear the body of drugs that may harm the baby, as well as participating in inpatient or outpatient drug addiction treatment throughout the pregnancy.

Numbers that can help you locate a treatment center include:

National Drug Help Hotline 1-800-662-4357

National Alcohol and Drug Dependence Hopeline 1-800-622-2255

Info from: <https://americanpregnancy.org/healthy-pregnancy/pregnancy-health-wellness/illegal-drugs-during-pregnancy/>



Info from: <https://mothertobaby.org/fact-sheets/critical-periods-development/>

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



How to Put Your Phone Down and Be Present

How to Regulate Your Phone Usage

So what can you do to use your phone in healthy ways? The key to building healthy phone habits is regulating the time you spend on your device. Here are five tips to help you stay off your phone and be more present in your life.

1. Set a Timer

It's easy to get sidetracked online for hours. Many social media apps are designed to keep you scrolling by feeding you information that continuously stimulates your brain. Be intentional by setting a timer to limit how long you spend on your screen.

2. Limit Time for Technology

Rather than cutting yourself off completely from your phone, try progressively scaling back. You're more likely to reach your goal when you break it into manageable steps.

Set a time limit for daily phone use and hold yourself to it. Many phones have tools built in to help you regulate your screen time and will prompt you when you've hit your limit. Over time, try giving yourself shorter windows of time dedicated to technology.

3. Do Not Disturb

Using your phone's Do Not Disturb function is a good way to check notifications on your own time instead of every time you get an alert. This will help you be intentional about your phone usage, rather than feeling like you must pick it up every time it buzzes.

4. Focus on One Thing at a Time

Oftentimes, we may find ourselves pulling a screen out when doing tasks that don't require our full attention, like when eating or cleaning. This prevents you from being truly present in your tasks and can lead to them taking longer than planned. Instead, try to focus on the task at hand and then you will have time for more activities.

5. Do New Things

Try to fill your time with non-technology related activities. Less screen time can give you opportunities to read a book, cook a new recipe, find a physical activity that you enjoy or plan a date to catch up with family and friends.

The possibilities are endless. Making small changes in your technology habits can lead to a better balance between technology use and being present in the moment for a happier, healthier life. Even including one tip from the list can help you be more present in your daily life.

More info at: <https://www.tmh.org/healthy-living/blogs/healthy-living/how-to-put-your-phone-down-and-be-present#:~>



SUMMER PARENTING TIPS

By: Jean Holthaus, LISW, LMSW

I loved summer as a child and spent hours playing with siblings, reading, riding bike, and learning to sew and cook. It was wonderful! However, as a working parent with two children, summer could often feel overwhelming. I love my children but an entire summer of being responsible for them twenty-four hours a day, seven days a week seemed...well, daunting to say the least. I suspect many parents face June, July, and August with the same sense of fear and trepidation I often felt. If this is you, don't panic! It is possible to enjoy summer, provide a healthy environment for your children, and maintain your sanity.

Provide structure

Psychologically and physiologically, we are creatures of habit. This means children, like adults, crave structure. School naturally provides structure and helps children know what is going to happen next.

While summer routines can be more flexible, it remains important to have a daily structure. Maintaining a consistent bedtime routine, getting up at about the same time each day, and eating meals/snacks at around the same time allows the body to establish a sense of rhythm and helps everyone's mood remain stable (including yours).

Whenever possible, include your children in making the schedule. Children are more cooperative if they have a voice in the decision making process.

Children do better if they know what is planned so talk through the schedule and/or post it in a prominent place. When everyone knows the schedule instead of you telling them it is time to practice their band instrument, the schedule tells them...easier for all involved!

Assign age-appropriate chores

Intuitively, parents know children need to have chores around the house. However, getting children to see this as important can be difficult. Children want to feel important and want to contribute in ways that matter. So, instead of telling your children what they need to do, engage them in a conversation about ways they can be helpful to you and the family. Starting the conversation with, "I need your help," may feel uncomfortable, but it helps children know they have something valuable to contribute.



Make a list of chores that need to be done each day/week and talk about how to divide up these chores so everyone is contributing to the family in age-appropriate ways. Allow your children to help with tasks like making meals, doing laundry, or cleaning. While it may take longer for the chores to be completed, the rewards are three-fold: it keeps them occupied, it will eventually lessen your workload (you won't always have to teach them), and it teaches life skills they need to be successful adults.



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



Create time for children to use their imagination

While structure is important, too much structure takes away children's opportunities to use their imagination and learn to structure themselves when external structure is absent.

When planning your children's day, structure in "free time" where children choose activities within established parameters. Be prepared for the inevitable "I'm bored" chant by creating a "Bored Jar." Choose activities your child might not think of doing and write each activity on a slip of paper. Include age-appropriate chores they can do to help around the house. When the "I'm bored" chant begins, offer the options of finding something to do or picking something out of the jar. Add activities to the jar throughout the summer and allow children to contribute as well (be sure to pre-approve their additions!).



Ideas for the "I'm bored" jar

- Drawing with sidewalk chalk
- Collecting insects
- Riding bike/scooter/ripestik
- Going on a scavenger hunt
- Shooting hoops
- Writing a story
- Going on a nature walk



Practice skills learned in the last school year

Another thing to consider as you contemplate summer schedules is "summer slide." Between May and August, children often lose ground in academic areas like math and reading because skills learned in school are not practiced over the summer.

Consider scheduling activities which encourage your child to either practice concepts they struggled with during school or to explore areas of special interest. Talk with your child's teacher to get suggestions and recommendations tailored to your child. Create reward systems to help children remain motivated and use this time to help bolster your child's self-confidence. Build educational time into the schedule and be sure to make it fun!

Summer is full of promise and possibility. Embrace the potential and remind yourself that the time and energy you proactively put into creating a positive structured environment this summer will be well worth it!

Info from: <https://www.pinterest.org/newsroom/articles/summer-parenting-tips-10/>





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



The Ultimate Bored Jar Activity List

Let's play - Read a book
 Go on your DS for 30 minutes
 Research the Romans on the computer
 Let's cook – Biscuits
 Let's cook – make pizza
 Tidy your room
 Pick a flower and paint a picture of it
 Go swimming
 Call on a friend
 Do the washing up
 Make music
 Go to the library
 Make rocky road or fridge cake
 Hopscotch
 Make an obstacle course
 Groom the dog
 Colour in a book
 Clean your bedroom
 Learn how to skip
 Help pair socks
 Draw round your brother
 Write 5 things you love about your family
 Play with Lego
 Do a jigsaw
 Paint rocks
 Scoot round the block
 Make fingerprint animals
 Feed the ducks
 Put up the play tent
 Play with the toy cars
 No electronics for the rest of the Day
 Make cards
 Have a bath
 Write a story starting with "David had to ..."
 Draw a map of our house
 Find out how many bones are in the human body
 Have a shower
 Draw a robot and label all his parts
 Pretend you are a knight
 Sort the laundry
 Make paper aeroplanes
 Have a tea party with your friends
 Empty the dishwasher
 Jump up and down 20 times
 Let's cook – cupcakes
 Let's cook – you choose
 Put on a DVD
 Go out on your Bike
 Get the paint out
 Go to a park
 Water the plants
 Make homemade bubbles
 Have an ice-cream
 Make hot chocolate
 Make a paper boat
 Take dog for a walk
 Write to your penpal

Vacuum the stairs
 Craft with Mum
 Set the table
 1 chore of Mums choice
 Draw a comic
 Play with Playmobil
 30 minutes on the Wii
 Make Jelly
 Feed the ducks
 Make a bird feeder
 Build a den
 Science time
 Draw a picture of our house from the outside
 Time for a Science Experiment
 Make a rain water collector
 Climb a tree
 Make wooden spoon people
 Spend 30 minutes on Moshi Monsters
 Let's cook – muffins
 Make/fly a kite
 Let's cook – Make popcorn
 Go out on your Scooter
 Board game
 Roll down a hill
 Go to the beach
 Sort out your shoes
 Borrow the camera
 Find five toys to give away
 Go for a walk
 Sweep the ground floor
 Do some stitching
 30 mins with Mum
 Wash the car
 Football match upstairs
 30 Minutes on the Xbox
 Go to a Museum
 Make a volcano
 Plan dinner, write a menu, help cook and serve
 Have a race
 Wash the pots
 Plan a bean in a jar
 Make finger puppets
 Find shapes, animals and objects in clouds
 Write a poem
 Watch Phineas and Ferb
 Pretend you are a cowboy
 Make a family tree
 Empty the dishwasher
 Make a treasure map
 Make a paper plate monster mask
 Pretend you are a pirate
 Learn how to use the washing machine
 Go to soft play
 Steam mop the bathrooms
 Steam mop the kitchen
 Make a card
 Prepare dinner



The Mad House
www.muminthemadhouse.com



Info from: <https://www.muminthemadhouse.com/bored-jar-list/>



O
U
T
S
I
D
E

F
U
N

T
H
I
S

S
U
M
M
E
R

Teenager Summer bucket list

- _ picnic with friends
- _ play tag at night
- _ make origami
- _ go to to a drive in
- _ go on a bike ride
- _ hike a new trail
- _ complete a puzzle
- _ go to the zoo
- _ plant a garden
- _ visit a museum
- _ have a bowling night
- _ go roller skating
- _ play mini golf
- _ go on a scavenger hunt
- _ go to the lake/beach
- _ have a bake sale
- _ find a pen pal
- _ go thrift shopping
- _ go camping
- _ watch movies
- _ have a water balloon fight
- _ have a bonfire
- _ have a pool day
- _ make homemade ice cream
- _ enter a 5k or mud run
- _ go stargazing
- _ walk the neighbor's dog
- _ skateboard with friends
- _ go on a double date
- _ make homemade pizza
- _ write a story
- _ watch the sun rise
- _ volunteer
- _ redecorate your room
- _ stay up all night
- _ visit colleges

TheTypicalMom.com



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