

EDUCATIONAL SUPPORT TEAM UPDATE

February 2020

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



2020 PASAP Conference

February 23-25, 2020

Penn Stater Conference Center Hotel

215 Innovation Blvd.

State College, PA 16803

Information and registration are available at: <http://www.pasap.org/>

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 Workshops

K-12 SAP TRAININGS are held at The Conference Center, Saint Vincent College.

Dates: March 24,25,26, 2020; May 11,12,13, 2020

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

SAP Thematic Workshops: Feb. 6, 2020; May 5, 2020

Awareness Days

February 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 February.

Teen Dating Violence Awareness Month—February.

More info at: <http://www.teendvmonth.org/2015>

Random Acts of Kindness Awareness Month—February.

More info at: <https://www.randomactsofkindness.org/>

Through with Chew Week—February 16-22.

More info at: <https://truinpa.org/>

Great American Spit-Out Day—February 20.

National Eating Disorder Awareness Week—February 24-March 1.

More info at: <http://nedawareness.org/>

TOPICS OF INTEREST...

Winter THEMATIC WORKSHOP—February 6, 2020 at The Conference Center, Saint Vincent College. This training will focus on Mental Health and Trauma. Presenters will include STEPUP Westmoreland, The Sprout Center For Emotional Growth and Development, and Excelsa Health Home Care Hospice. 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. Act 48 credits are given.

K-12 SAP TRAINING—March 24,25,26, 2020 at The Conference Center, Saint Vincent College. 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 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.

Calling All Artists!!

Excelsa to launch Neighborhood Teens Grief Group—The Bereavement Counselors from Excelsa Health Home Care & Hospice are looking for input from the teenagers of the area to offer ideas for their “Neighborhood Teens Grief Support Group.” They are also looking for help with designing a sign for the program, as well as designing and painting their “Listening Chairs.” Please contact Maureen Ceidro at 724-616-8605 for further information.

Great Idea for Mentors and Check-in/Check-out Teachers/Staff



PASAP—SAVE THE DATE

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PASAP Member Webinar:

“Teens and Technology”

Presenter: Sarah Billman

April 22, 2020

2:30 PM - 3:30 PM

Webinar Description: Social media, online gaming, video games and gambling have the same effect on the brain as drugs and alcohol. Teens, as digital natives, are the most frequent users of technology and therefore more vulnerable to the negative impacts. This workshop provides insight to this emerging process addiction.

Registration information coming soon.

The Pennsylvania Annual Suicide Prevention Conference

May 6 and 7, 2020

Best Western Premier, Harrisburg, PA

Five tracks for the conference:

- ☐ Youth Transition age youth
- ☐ Adults
- ☐ Older adults
- ☐ Military/Law enforcement
- ☐ Attempt/loss survivors

Registration information coming soon.

2020 STAR-Center Conference

Friday, May 15, 2020

Pittsburgh, PA

Conference Agenda and registration is available at: <https://www.starcenter.pitt.edu/>

PROBLEM GAMBLING CONFERENCE



MARCH 25, 2020 9:00 AM - 3:00 PM

FEATURING INDUSTRY PROFESSIONALS SPEAKING ON GAMBLING-RELATED BEHAVIORS

- ❖ Similarities/Differences Between Substance Use Disorder and Disordered Gambling
- ❖ Older Adults and Gambling
- ❖ Online Sports Betting Now and the Future

Westmoreland County Community College
Student Achievement Center
145 Pavilion Lane, Youngwood, PA 15697

For more information contact:
sdunford@wedacinc.org

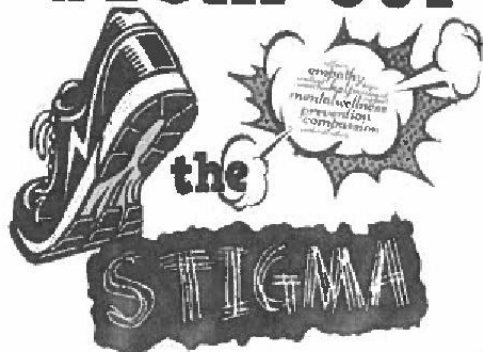


TOPICS OF INTEREST...



APRIL 25, 2020

STOMP OUT



1 in 5 youth are affected by a mental health disorder. Stigma associated with mental health creates an environment of shame and fear and silences students from speaking up and getting help. It is our goal to STOMP OUT STIGMA, EDUCATE the public and offer HOPE and SUPPORT to those struggling alone in mental un-wellness.



STEP UP Westmoreland will host the first annual awareness walk to STOMP OUT THE STIGMA around mental health!

Where: Twin Lakes Park (Lower Lake)

Time: Registration at 9:00 am; Walk begins at 10:00 am; Event ends at 12:00 pm

Registration : \$15.00: Includes t-shirt, bracelet, vendors, food, music & more!

Visit stepupwestmoreland.org for more information and to register.

Registration will be online early March.

We're looking for Sponsors!

We are seeking community sponsors to ensure our first annual walk is a success. Donations will be used to help with costs for participant t-shirts, food, and music. Sponsors giving a donation of \$200 or more will have their logo included on the back of the STOMP OUT THE STIGMA t-shirts. If your organization would like to donate to our event, please complete the form on the back of this flyer.

- Make your check payable to: **Westmoreland Intermediate Unit Foundation** and mail the form and payment to Ms. Kyra Matachak, Westmoreland Intermediate Unit, 102 Equity Drive, Greensburg, PA 15601.

We're looking for Vendors!

We would love to have organizations that support youth mental health represented at our event on April 25, 2020! We will have vendors inside and outside the Activity Center at Twin Lakes. Vendors placed outside may want to bring a small tent. If your organization is interested in setting up a table to share information and distribute materials, please send an email Kyra Matachak at kmatachak@wiu7.org.

*Through with Chew Week
February 16-22, 2020*

*Great American Spit-Out Day
February 20, 2020*



INDEPTH: An Alternative to Teen Nicotine Suspension or citation

About INDEPTH

Intervention for Nicotine Dependence: Education, Prevention, Tobacco and Health (INDEPTH) is a new, convenient alternative to suspension or citation that helps schools and communities address the teen vaping problem in a more supportive way. Instead of solely focusing on punitive measures, INDEPTH is an interactive program that teaches students about nicotine dependence, establishing healthy alternatives and how to kick the unhealthy addiction that got them in trouble in the first place.

Developed by the American Lung Association in partnership with the Prevention Research Center of West Virginia University, this new free education program is available for any school or community to establish to help our teens make healthier choices.

How INDEPTH Works

INDEPTH is taught by any trained adult in four, 50-minutes sessions. Each session addresses a different tobacco-related issue and can be facilitated either one-on-one or in a group setting. The goal of every program is to educate students about nicotine addiction and cravings and ultimately guide them through the process of identifying their own reasons for chewing, smoking or vaping tobacco products.

Any adult can complete the online INDEPTH training, and facilitators receive a step-by-step guide that can be used to plan and implement the INDEPTH program at their school or community-based organization.

- **Session 1** Getting the Facts: Breaks down the program for participants
- **Session 2** Addiction: Explains the harmful effects of nicotine and tobacco products
- **Session 3** Alternatives: Helps teens understand their urges and identify healthy alternatives to replace tobacco use.
- **Session 4** Past, Present, Future: Talks about next steps and how to avoid future tobacco-related problems



Teen Cessation Resources

Smokefree Teen



Smokefree Teen is a web-based program designed and run by the National Cancer Institute to help you understand the decisions you make- especially the decision to quit smoking- and how those decisions fit into your life. Visit www.teen.smokefree.gov to learn more or sign up. This program is free.

Smokefree TXT

Smokefree TXT is a mobile text messaging program that provides 24/7 tips, advice, and encouragement to help you quit smoking. To sign up for Smokefree TXT simply text QUIT to IQUIT (47848). This free program is designed and run by the National Cancer Institute.

1-800-QUIT-NOW

The quitline is a free service that offers one-on-one immediate support. It is staffed by quit smoking coaches who can provide you with helpful information, advice and support as they walk you through a step by step plan to quit. To sign up call 1-800-QUIT-NOW (1-800-784-8669).

QuitSTART App

This QuitSTART is a free app made for teens who want to quit smoking. This app takes the information you provide about your smoking history and gives you tailored tips, inspiration, and challenges to help you become smokefree and live a healthier life. This app is free for download on iTunes and Android. This free program is designed and run by the National Cancer Institute. For more information visit www.teen.smokefree.gov.

My Life, My Quit

My Life, My Quit, through National Jewish Health, is a comprehensive cessation program that offers teens free help with quitting vaping or other tobacco products along with providing educational resources. Assistance can be provided through text, phone call, or online at MyLifeMyQuit.com. Text “Start My Quit” to 855.891.9989 or call to talk with a coach today.



**-NO-
SMOKING**



**-NO-
VAPING**

Preventing Teen Dating Violence

What is teen dating violence?

Teen dating violence (TDV) is a type of intimate partner violence. It occurs between two people in a close relationship.

TDV includes four types of behavior:

- **Physical violence** is when a person hurts or tries to hurt a partner by hitting, kicking, or using another type of physical force.
- **Sexual violence** is forcing or attempting to force a partner to take part in a sex act, sexual touching, or a non-physical sexual event (e.g., sexting) when the partner does not or cannot consent.
- **Psychological aggression** is the use of verbal and non-verbal communication with the intent to harm another person mentally or emotionally and/or exert control over another person.
- **Stalking** is a pattern of repeated, unwanted attention and contact by a partner that causes fear or concern for one's own safety or the safety of someone close to the victim.
Teen dating violence also referred to as, "dating violence", can take place in person or electronically, such as repeated texting or posting sexual pictures of a partner online without consent. Unhealthy relationships can start early and last a lifetime. Teens often think some behaviors, like teasing and name-calling, are a "normal" part of a relationship—but these behaviors can become abusive and develop into serious forms of violence. However, many teens do not report unhealthy behaviors because they are afraid to tell family and friends.

How big is the problem?

TDV is common. It affects millions of teens in the U.S. each year. Data from CDC's Youth Risk Behavior Survey and the National Intimate Partner and Sexual Violence Survey indicate that:

- Nearly 1 in 11 female and approximately 1 in 15 male high school students report having experienced physical dating violence in the last year.
- About 1 in 9 female and 1 in 36 male high school students report having experienced sexual dating violence in the last year.
- 26% of women and 15% of men who were victims of contact sexual violence, physical violence, and/or stalking by an intimate partner in their lifetime first experienced these or other forms of violence by that partner before age 18.
- The burden of TDV is not shared equally across all groups—sexual minority groups are disproportionately affected by all forms of violence, and some racial/ethnic minority groups are disproportionately affected by many types of violence.

To continue reading, go to: <https://www.cdc.gov/violenceprevention/intimatepartnerviolence/teendatingviolence/fastfact.html>

TOPICS OF INTEREST...



The National Eating Disorders Association's (NEDA's) National Eating Disorders Awareness (**#NEDAwareness**) Week is the largest and best-known eating disorders outreach effort in the country. In 2019, **NEDAwareness** Week encouraged you to *Come as You Are*, highlighting NEDA's movement towards inclusivity in the greater eating disorder community and unifying the field. This campaign expressed that, regardless of your body shape, weight, race, gender identity, ability, religion, socioeconomic status, sexual orientation, or your stage of body acceptance and eating disorder recovery, your story is valid and deserves to be heard.

Building off last year's success and continued relevance, we want you to *Come as You Are* again for **NEDAwareness** Week 2020! From February 24th to March 1st, we encourage our community to embrace this year's theme, ***Come as You Are: Hindsight is 20/20***, by reflecting on the positive steps they've taken — Including those stemming from setbacks or challenges — toward accepting themselves and others.

Through **NEDAwareness** Week 2020, NEDA aims to improve public understanding of eating disorders and their causes, dangers, and treatments and to empower everyone to reduce risk factors and join prevention efforts. We hope *Come as You Are: Hindsight is 20/20* offers the opportunity for *all* people to get involved. By sharing our stories of what we have learned as we go through our eating disorder and body acceptance journeys and how the greater community is affected, we offer the opportunity to continue the conversation and prioritize inclusivity.

Let's Get Social

Join the conversation about food, body image, and exercise issues on social media. Let's bust myths, reflect on our personal journeys, and point people to support and resources. Don't forget to use our campaign hashtags, **#NEDAwareness** & **#ComeAsYouAre**, and follow us on [Facebook](#), [Instagram](#), [Twitter](#), [Tumblr](#), [Pinterest](#), [YouTube](#), and [LinkedIn](#).

For more info: <https://www.nationaleatingdisorders.org/get-involved/nedawareness>

TOPICS OF INTEREST...

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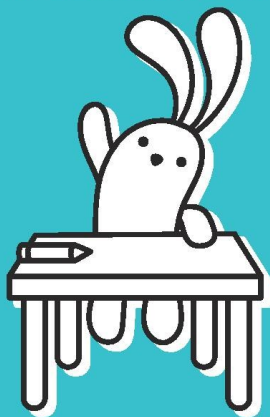
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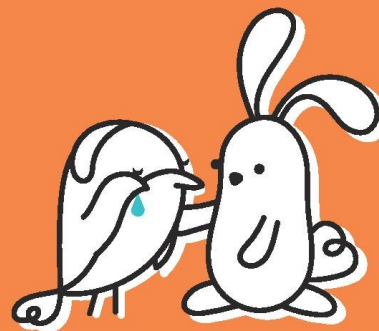
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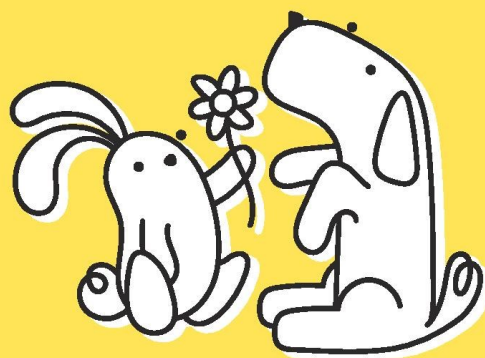
Treating people, places,
and things with kindness.

**CARING**

Feeling and showing
concern for others.

**INCLUSIVENESS**

Including others, inviting them in,
and welcoming them with open arms.

**INTEGRITY**

Acting in a way you know to be right
and kind in all situations.

**RESPONSIBILITY**

Being reliable to do the things that
are expected or required of you.

**COURAGE**

Being brave when facing new
or difficult circumstances.



Random Acts of Kindness Coloring Sheet!



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>**GatewayRehab**

Addiction Recovery & Self Renewal

212 Outlet Way, Suite 1, Greensburg, PA

724-853-7300

Hours: Mon.-Thurs. 8:30 AM—9:15 PM
Friday 8:30 AM—5:00 PM

<http://www.gatewayrehab.org>**SVC Prevention Projects**

Laurel Sherbondy
Donna Cartia

724-805-2050
724-805-2050



Greenbriar Treatment Center
Restoring Hope... Recovering Lives

701 Fourth Avenue, New Kensington, PA
724-339-7180

AVAILABLE SERVICES FROM 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 Joseph, Prevention Education & Community Outreach Services Manager at Saint Vincent College Prevention Projects at 724-805-2050 or email beth.joseph@stvincent.edu

Let's Make the Connection - PARENT PAGE

PLEASE SHARE—HELPFUL INFORMATION

Ways Parents Can Encourage Kindness in Kids

To nurture kindness in kids, try incorporating some of these practices into your daily routines.

1. Do Unto Others

Young children need reminders about trying to put themselves in someone else's shoes. Ask your child to try to remember to think before saying something about someone and to take the time to consider how she might feel if someone said it to her. How would she feel if she found out that someone was making fun of her dress or criticizing her for not doing a math problem fast enough? Would she want someone to praise her for trying or to put her down for not doing something right? Would she want someone to compliment her on something she does or would she want someone to make fun of her? Teaching empathy is a key part of teaching kids kindness.

2. If You Cannot Say Something Nice...

The adage about saying nothing at all if you don't have something nice to say about someone is a good one to teach kids. Teach your child to get into the habit of saying only positive things -- the kind of things that will make someone feel good rather than sad. Teach him to hold his tongue when he has a negative opinion about something. For example, if his friend asks him whether he likes a drawing he did, and he didn't like it, he can practice finding something positive about it. "I liked the colors you used," or "You made a nice, big house" or something similar is good. He should not mention what he did not like about it. Another example: If a classmate isn't very good at sports, your child can offer encouragement and praise the classmate for trying.



3. Kind Words and Smiles

It's also a good idea to get kids into the habit of being friendly and finding something nice to say to someone. (That said, a child should know the basics of how to protect herself from stranger and acquaintance danger and should know what to do if she ever gets lost.) Let your child see you tell the checkout person at the supermarket to have a nice day, thank a waiter for serving you, or compliment a neighbor on the hard work she did in her garden.

4. Thank You, Please, and More

Teaching good manners, such as being respectful to others, greeting people properly, and speaking to people in a polite way, is also an important part of raising a kind child. And since you live with your children, you'll reap the benefits of having pleasant and nice individuals growing up in your home.

Let's Make the Connection - PARENT PAGE

PLEASE SHARE—HELPFUL INFORMATION

5. Guard Against Spoiling

Kind children are also children who are charitable, who know that mom and dad cannot buy everything they want for them (and understand why they should not get everything they want), and are patient, thankful, and have self-control. If you want to teach kids kindness, make sure you don't spoil your kids.

6. Bullying and Cyberbullying

Be very aware of the dangers of cyberbullying, both by being vigilant about what your child sees and reads online as well as by keeping close tabs on what he is writing and sharing. Learn about bullying and what to do to prevent and stop bullying.

7. Be Nice to Your Child

Even when you're tired and frustrated – especially when you're tired and frustrated – try to speak in a kind way to your child. Discipline with love, support her when she is down, and be kind.

8. Kindness Is Contagious

Similarly, kids who may not naturally be inclined to bullying others or being mean may join in when others are doing it. If your child can set an example of kindness, it too may spread to her social group.

9. Being Kind Makes Kids Feel Good

When you encourage kindness in your child, he will feel better not only about the world he lives in but about himself. That's the thing about raising a good child who is kind: not only will kindness lift up your child and the others around him, it will help him grow to be a happy and loving person.

BIG Ways to
Teach Kindness
to Kids



Be a good role model and try to be nice to people you interact with throughout the day. Be the behavior you want to see in your child.

BIG Ways to
Teach Kindness
to Kids



For more info and resources: <https://www.verywellfamily.com/teaching-kids-kindness-620723>

