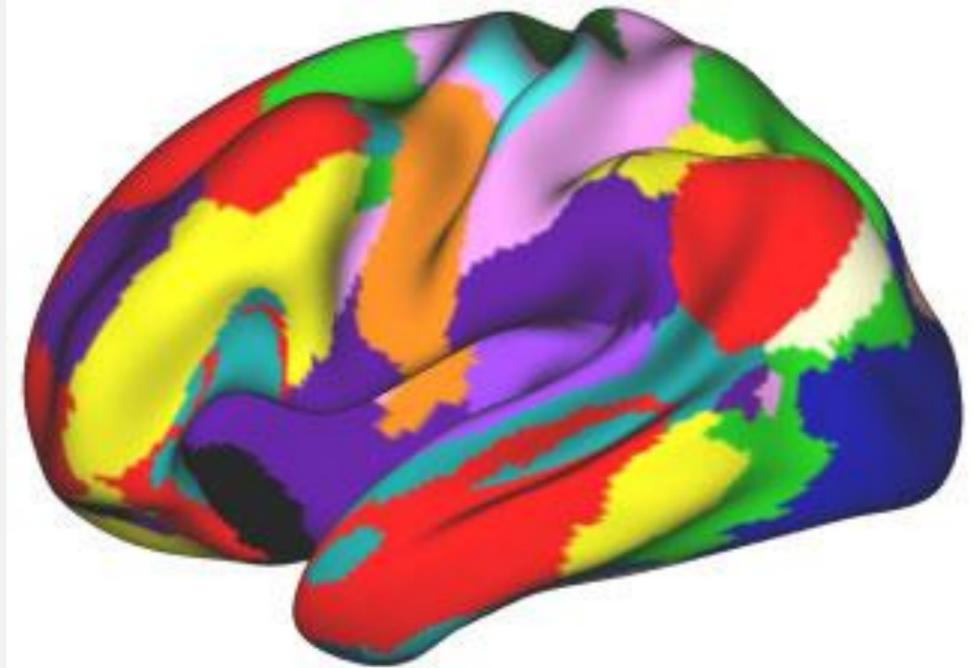




# PrEvention News



Multi-Institute research program will generate robust data about how young brains mature

*Information Courtesy of National Institute on Drug Abuse*

With nearly \$290M of new funding for seven years to research institutions around the country, the National Institutes of Health renewed its commitment to the Adolescent Brain Cognitive Development (ABCD) Study, the largest long-term study of brain development and child health ever conducted in the United States. Launched in 2015, ABCD is following 11,750 children, including 2,100 who are twins or triplets, for at least 10 years starting at ages 9 to 10. The new awards continue funding for a Coordinating Center and Data Analysis Informatics & Resource Center at the University of California, San Diego, as well as the research project sites where children are assessed.

“The next phase of the ABCD study will help us understand the effects of substance use, as well as environmental, social, genetic, and other biological factors on the developing adolescent brain,” said NIDA Director Nora D. Volkow, M.D. “Since the participants are now in their vulnerable middle school years or are beginning high school, this is a critical time to learn more about what enhances or disrupts a young person’s life trajectory.”

Scientists are documenting exposures to drugs (including nicotine, alcohol, and marijuana), screen time activities, sleep patterns, engagement in sports and arts, among other variables, that may affect brain development, cognitive skills, mental health, and many other outcomes. The young participants undergo interviews and behavioral assessments once or twice a year, with physiological measures (e.g., blood pressure, cholesterol) of cardiovascular health and neuroimaging of brain structure and function every two years.

While the project is designed to answer long-held questions about the development of the teenage brain through the entire period of adolescence and beyond, the study has already released two sets of anonymized high-quality baseline data to the broader research community via the National Institute of Mental Health Data Archive to enable both ABCD investigators and non-ABCD researchers to pursue their own research questions. The data—so far more than 140 terabytes—include basic participant demographics, assessments of physical and mental health, substance use, culture and environment, and neurocognition, tabulated structural and functional neuroimaging data, and minimally processed brain images. The comprehensive dataset, which is disaggregated by sex, racial/ethnic group, and socioeconomic status, allows researchers to address numerous questions that may ultimately inform health decisions and policies related to education, nutrition, physical activity, sleep, and prevention of substance use and mental illness.

So far, 32 research papers have been published using these data, with 11 from investigators not involved in the ABCD study. These analyses have led to a better understanding of the association between certain traits and experiences in adolescence (e.g., sleep, body mass index, family conflict, screen time) and brain physiology and other outcomes, such as cognitive ability and mental illness (e.g., depression and suicide). While most of these research projects have only looked at associations at a single point in time, data that will be collected over time will allow scientists to examine the developmental trajectories of individuals and how they are affected by many of the factors mentioned above—including genetics.

Article Source National Institute on Drug Abuse <https://www.drugabuse.gov/news-events/news-releases/2020/04/landmark-study-adolescent-brain-development-renews-additional-seven-years>

## Videos

### 6 Steps to Prevent

#### COVID-19



### DIY Face Mask

#### with Jerome

#### Adams Surgeon

#### General



STAY CALM,  
STAY HOME,  
STAY SAFE



Webinars Brought to you by  
The Westmoreland Drug and Alcohol  
Commission, Inc.  
AND



**CSAY**

COUNCIL ON SUBSTANCE ABUSE AND YOUTH

## Pennsylvania now accepting applications for Pandemic Unemployment Assistance (PUA)

Labor & Industry (L&I) Secretary Jerry Oleksiak today announced Pennsylvania's self-employed, independent contractors, gig workers, and others not eligible for regular unemployment compensation (UC) can begin filing claims for Pandemic Unemployment Assistance (PUA) benefits. PUA is included in the new federal expansion to unemployment benefits provided by the Coronavirus Aid, Relief, and Economic Security (CARES) Act.

Pennsylvanians who meet PUA eligibility requirements can apply online. L&I anticipates a high volume of applications over the next few days which may temporarily slow the system. The department is continuing to add improvements to make it easier to use. L&I expects to begin making payments to approved claimants within two to four weeks after they submit their initial claim.

Who Should File for PUA? Eligible individuals who have been negatively impacted by COVID-19 include: Self-employed; Independent contractors; Gig workers; Clergy and those working for religious organizations; and People without sufficient work history to qualify for regular UC.

PUA Benefits In general, PUA: Provides up to 39 weeks of unemployment benefits; May not be more than the state's maximum weekly benefit rate for regular UC of \$572; May not be less than half of the state's average weekly benefit amount of \$195. Payments will be backdated to January 27, 2020 or the first week you were unable to work due to COVID-19 (whichever of the two dates is later); and Benefits will not be payable for weeks of unemployment after December 31, 2020.

Information Needed for COVID-19-related Employment Disruptions. Acceptable documentation to verify COVID-19 reasons for being unable to work can include, but is not limited to: Documentation from medical professionals regarding diagnosis or isolation instructions for you or a person in your home; Notices or emails from school or childcare providers; Notices or emails from county or state government regarding closure of businesses or stay at home orders; Notices or emails from entities for which you were contracting stating that your services are not needed due to COVID-19 related shutdowns; and/or Documentation from a prospective employer that includes start date, hours, and pay of a job offer that was cancelled or delayed.

## Webinar Opportunities

**Wellness Webinar-Jayme White from White Deer Run Treatment**  
**Tuesday April 28<sup>th</sup>, 2020 10:00 AM**

[Register Here](#)

**Talking with your teen & how SAP can be resource**

Beth Joseph and Laurel Sherbondy from  
St. Vincent College Prevention Projects

**Thursday April 30<sup>st</sup> 2020, 10:00 AM**

[Register Here](#)

## DO YOU NEED HELP WITH A SUBSTANCE ABUSE OR DEPENDENCY PROBLEM?

For Treatment access:

Westmoreland Drug and Alcohol Case Management

**1-800-220-1810**

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

MAKING RECOVERY A REALITY

Information Needed for Proof of Employment or Self-employment  
Acceptable documentation can include, but is not limited to: Copies of recent paycheck stubs; Bank receipts showing deposits; 1099s; Billing notices provided to your customers; Recent advertisements for your business or services; Statements from recent customers; Current business licenses, ledgers, contracts, invoices; and/or Building leases.  
Information Needed to Show Previous Income. Acceptable documentation of wages can include but is not limited to: Tax returns; Paycheck stubs; Bank receipts; Ledgers; Contracts; Invoices; and/or Billing statements. Additional \$600 Per Week. Anyone collecting PUA benefits is also eligible for the extra \$600 per week from the Federal Pandemic Unemployment Compensation (FPUC) program:

Effective from the week ending April 4, 2020 through the week ending July 25, 2020; Payments will be backdated and paid in a lump sum; and You don't need to do anything to receive the extra \$600 – it will be paid automatically.

The new PUA system is web-based and operates differently than the state's regular UC mainframe system. This means PUA applicants will receive login information to file their continued claims and do not need a Personal Identification Number (PIN). After opening their initial PUA claim and filing for any retroactive weeks, individuals will file continuing claims on a weekly basis with a one-week grace period if they miss filing for any week. A new PUA phone line will soon be available for individuals without internet access or for those who require a translator. In the meantime, please direct questions to UCPUA@pa.gov. This email address is for PUA questions only. Article Courtesy of ABC News

<https://www.abc27.com/news/health/coronavirus/pennsylvania-now-accepting->

**April is Alcohol Awareness Month**



**EARTH DAY**  
APRIL 22

## What is the Office of Behavioral Health Equality? *Information Courtesy of samhsa.gov*

The Office of Behavioral Health Equity (OBHE) coordinates SAMHSA's efforts to reduce disparities in mental and/or substance use disorders across populations. Its work is organized around key strategies, including data, policy, and quality practice and workforce development. Behavioral Health Equity is the right to access quality health care for all populations regardless of the individual's race, ethnicity, gender, socioeconomic status, sexual orientation, or geographical location. This includes access to prevention, treatment, and recovery services for mental and substance use disorders. OBHE expands the behavioral health workforce capacity to improve outreach, engagement, and quality of care for minority and underserved populations.

Advancing health equity involves ensuring that everyone has a fair and just opportunity to be as healthy as possible. This also applies to behavioral health. In conjunction with quality services, this involves addressing social determinants, such as employment and housing stability, insurance status, proximity to services, culturally responsive care – all of which have an impact on behavioral health outcomes. OBHE utilizes federal and community data to identify, monitor, and respond to behavioral health disparities. Populations served include but not limited to American Indian/Alaska Native (AI/AN), Asian American, Native Hawaiian, and Pacific Islander (AANHPI), Black/African American, Hispanic/Latino, Lesbian, Gay, Bisexual, and Transgender (LGBT). Learn about key federal behavioral health equity resources including data on health disparities and health care quality among diverse populations, information about health policy, cultural and linguistic competency, health literacy, and more.

[Visit Website Here](#)



### HELPLINE

724-863-LIFE

#### Grief without the Stigma

Join Zoom Meeting:  
<https://zoom.us/j/193687515>  
Meeting ID: 193-687-515  
Call in number: +646-558-8656  
Meeting ID: 193687515# US  
When: Every other Wednesday Starting 4/8/2020 6:30-8PM

#### Family Group

Join Zoom Meeting:  
<https://zoom.us/j/8969097174>  
Meeting ID: 896 909 7174  
Call in number: +16465588656  
Meeting ID: 8969097174# US  
When: Every Thursday of the month 6:30 PM to 8:00 PM

#### Coffee Break

Join Zoom Meeting:  
<https://zoom.us/j/946202392>  
Meeting ID: 946 202 392  
When: The 1<sup>st</sup> Friday of every month from 4:00-6:00 PM

#### Waking up with Willingness

Zoom Meeting ID: 896-909-7174  
When: Every Monday-Friday at 8AM  
With Adam Daykon from Sage's Army

### ONLINE RECOVERY MEETINGS

Many organizations are offering online meetings while social distancing is being recommended.

- List of online recovery meetings from Pro-A: <http://pro-a.org/wp-content/uploads/2020/03/PROA-Online-Support-Resource-list-31720.pdf>
- Eight daily meetings from Unity Recovery: [bit.ly/UnityRCOmtgs](http://bit.ly/UnityRCOmtgs)
- Alcoholics Anonymous online intergroup: [bit.ly/AAintergroup](http://bit.ly/AAintergroup)
- Narcotics Anonymous online meetings: [bit.ly/2IWqVd4](http://bit.ly/2IWqVd4)

### OTHER ONLINE RESOURCES

- [RecoveryLink](#): Daily recovery meetings, physical activities, meditations, and more via your smartphone or computer.
- [Connections Mobile App](#): Addiction Policy Forum's app will help connect you with trained counselors and peers, access e-therapy, & more.
- [WEconnect app](#): Helps with scheduling routines to stay active in recovery.
- This [Shatterproof blog](#) provides helpful suggestions to keep your recovery a priority during social distancing

### Westmoreland Drug and Alcohol Case Management Unit

Access Treatment Resources and Services 24/7 365 days a year



1-800-220-1810

## Stress and Coping During COVID-19 Crisis

Information Courtesy of CDC.gov

The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Coping with stress will make you, the people you care about, and your community stronger.

Stress during an infectious disease outbreak can include Fear and worry about your own health and the health of your loved ones, Changes in sleep or eating patterns; Difficulty sleeping or concentrating, Worsening of chronic health problems, Worsening of mental health conditions, Increased use of alcohol, tobacco, or other drugs. Everyone reacts differently to stressful situations. How you respond to the outbreak can depend on your background, the things that make you different from other people, and the community you live in.

People who may respond more strongly to the stress of a crisis include Older people and people with chronic diseases who are at higher risk for severe illness from COVID-19, Children and teens, People who are helping with the response to COVID-19, like doctors, other health care providers, and first responders, People who have mental health conditions including problems with substance use. Take care of yourself and your community. Taking care of yourself, your friends, and your family can help you cope with stress. Helping others cope with their stress can also make your community stronger.

Ways to cope with stress Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting. Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals. Exercise regularly, get plenty of sleep. Avoid alcohol and drugs. Make time to unwind. Try to do some other activities you enjoy. Connect with others. Talk with people you trust about your concerns and how you are feeling.

[Click Here to Visit CDC.GOV For more Info](#)