



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

Issue # 7 May 26 2020

# PrEvention News

## Opioids: Fact's Parents Need to Know

*Information Courtesy of  
National Institute on Drug Abuse*



You have probably heard a lot about the opioid crisis in the news lately. But what are opioids, and what do they have to do with you as the parent of a teenager?

If your child has had a sports injury, dental work, or surgery, it is possible that he or she was prescribed a pain reliever that contained an opioid. Opioids can be very effective at reducing severe pain in the short term, such as after surgery, but they can be very addictive, especially if they are misused.

Children and adolescents are at greater risk than adults of becoming addicted when exposed to drugs. Particularly when used in treating children or adolescents, opioids should only be taken to manage severe pain, when no other pain medicine works, and for the shortest time necessary—and most importantly, only while under the careful watch of a trained health care provider. In addition to opioids prescribed for treating pain, there are powerful opioids sold on the street and used solely to get high, including heroin and illicit fentanyl. These are also highly addictive. All opioids—particularly when misused to get high, when combined with other drugs like alcohol or tranquilizers, or when used for pain without proper medical supervision—can result in deadly overdoses.

While opioid misuse in teens has been going down, the rate of opioid misuse increases significantly after the age of 18, so it is critical to talk with teens early and frequently to protect them from experimenting with opioids as they transition into adulthood. Talking to your kids about drugs may not be easy, but it is important.

Here at the National Institute on Drug Abuse (NIDA), we developed this guide to help parents talk with their kids. We also have a companion book, Opioid Facts for Teens, that you can share. Sometimes, just beginning the conversation is the hardest part. I hope these booklets can help.

[Access Full Article and Resources Here](#)

## Videos

To access videos click  
video title

[Tips for Mental  
Health Wellness  
during stressful  
times](#)



[Mental Health  
Awareness](#)



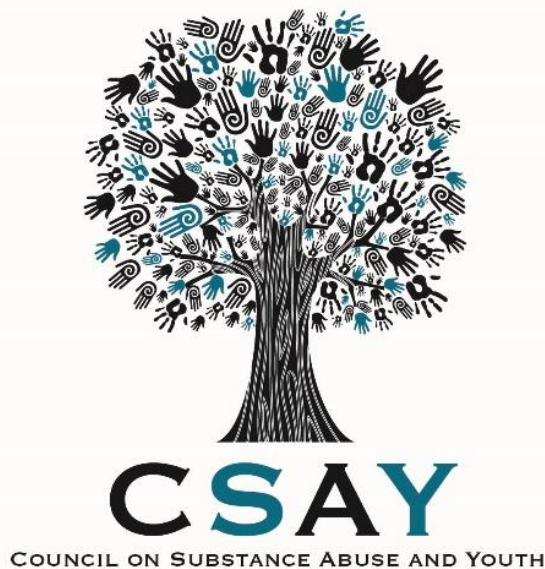
**i talk**  
they hear you®

**Substance Use  
Prevention**



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

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



## Webinar Opportunities

### **Ignite Wellness: Yoga & Mindfulness for the Professional**

Wednesday May 27, 2020 1:00 PM

[Register Here](#)

### **Overdose Prevention, Case Management and CRS**

Thursday May 28, 2020 1:00 PM

[Register Here](#)

### **PAYS History and 2019 Westmoreland County PAYS Data**

Wednesday June 3, 10:00 AM

[Register Here](#)

## **Call volumes spike for mental health and substance use disorder help**

*Information Courtesy of ABC News*

With many people out of work and anxious about this pandemic, calls to mental health and substance abuse hotlines have doubled. State officials want people to know that help is out there. May happens to be Mental Health Awareness Month, dedicated to fighting the stigma surrounding mental health and substance use disorders.

“It’s not unusual for people to feel anxious, alone and frightened, and for some, those feelings may be surfacing for the first time during this pandemic,” said Pennsylvania Department of Human Services Sec. Teresa Miller. Miller says there’s nothing wrong with reaching out for help when you need it. “Far too many people struggle with mental health or substance use disorder issues in silence and only about half of people impacted by mental illness seek treatment,” she said.

The department launched a mental health helpline in April. Since then, it’s received more than 3,400 calls. “In most cases, what’s happening is we’re referring them to community services to actually follow up and get the services they need,” Miller said. There’s also a Get Help Now hotline through the Department of Drug and Alcohol Programs.

“Misusing substances like opioids, anti-anxiety medications, even alcohol, will not be the cure that they’re looking for,” said Department of Drug and Alcohol Programs Sec. Jennifer Smith. Smith says calls to that line have doubled, now taking more than 300 calls a week. “Even during this pandemic, providers are open. Treatment is available.

Resources are available and people are ready to help,” Smith said. Some counties have seen an increase in overdose deaths, including a spike in York County. “There have been some impacted pockets across the state, but not perhaps as widespread as we thought when we were initially hearing these concerns,” Smith said.

[Access Full Article & Information Here](#)



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

### **Available Online Resources**

Pennsylvania’s  
comprehensive mental  
health resources

<https://www.dhs.pa.gov/Services/Mental-Health-In-PA/Pages/default.aspx>

Mental Health America

<https://mhanational.org/covid19>

### **Helpful phone numbers:**



National Suicide Prevention  
Lifeline: 1-800-273-TALK (8255)

The Crisis Text Line:  
Text “PA” to 741-741

Veteran Crisis Line:  
1-800-273-TALK (8255)

Disaster Distress Helpline:  
1-800-985-5990

Get Help Now for substance  
use disorder and alcohol  
treatment: 1-800-662-HELP  
(4357)

**Westmoreland Drug and Alcohol Case Management Unit**

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

**1-800-220-1810**





# Why You Should Talk With Your Child About Alcohol and Other Drugs

Information Courtesy of SAMHSA

Parents Have a Significant Influence in Their Children’s Decisions to Experiment with Alcohol and Other Drugs. One of the most influential factors during a child’s adolescence is maintaining a strong, open relationship with a parent. When parents create supportive and nurturing environments, children make better decisions. Though it may not always seem like it, children really hear their parents’ concerns, which is why it’s important that parents discuss the risks of using alcohol and other drugs.

It’s Better to Talk Before Children Are Exposed to Alcohol and Other Drugs. If you talk to your kids directly and honestly, they are more likely to respect your rules and advice about alcohol and drug use. When parents talk with their children early and often about alcohol and other drugs, they can protect their children from many of the high-risk behaviors associated with using these drugs.

Some Children May Try Alcohol or Other Drugs at a Very Young Age. It is never too early to talk to your children about alcohol and other drugs. Children as young as nine years old already start viewing alcohol in a more positive way, and approximately 3,300 kids as young as 12 try marijuana each day. Additionally, about five in 10 kids as young as 12 obtain prescription pain relievers for nonmedical purposes. The earlier you start talking, the better.

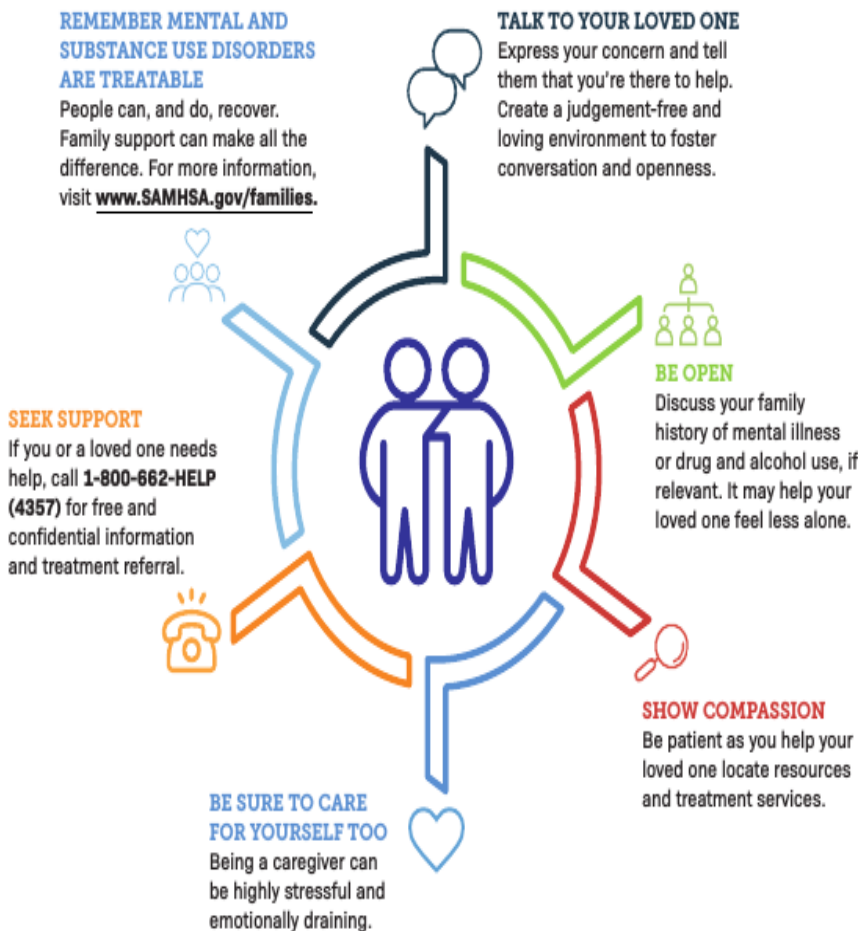
The Older Kids Get, the More Likely They’ll Try Alcohol or Other Drugs. About 10 percent of 12-year-olds say they have tried alcohol, but by age 15, that number jumps to 50 percent. Additionally, by the time they are seniors, almost 70 percent of high school students will have tried alcohol, half will have taken an illegal drug, and more than 20 percent will have used a prescription drug for a nonmedical purpose. The sooner you talk to your children about alcohol and other drugs, the greater chance you have of influencing their decisions about drinking and substance use.

Not Talking About Alcohol and Other Drugs Still Sends Kids a Message. Kids don’t always have all the facts when it comes to alcohol and other drugs. If parents don’t talk about the risks of underage drinking and substance use, their kids might not see any harm in trying alcohol and other substances. Having a conversation allows parents to set clear rules about what they expect from their kids when it comes to alcohol and other drugs.

[Click to access Full Article and other tips on talking to your kids about drugs and Alcohol](#)

## HELPING A LOVED ONE DEALING WITH MENTAL AND/OR SUBSTANCE USE DISORDERS

You may suspect or discover your loved one is dealing with a mental illness, drinking too much, or using drugs. As a family member, you can play a central role in getting them the help they need.



## Be Kind to Your Mind

Tips to cope with stress during COVID-19

- 1 **PAUSE.** Breathe. Notice how you feel
- 2 **TAKE BREAKS** from COVID-19 content
- 3 **MAKE TIME** to sleep and exercise
- 4 **REACH OUT** and stay connected
- 5 **SEEK HELP** if overwhelmed or unsafe



May 31, 2020 World No Tobacco Day

[Click to Access World Health Organization Info about World No Tobacco Day](#)



SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities. 1-877-SAMHSA-7 (1-877-726-4727) • 1-800-487-4889 (TDD) • [www.samhsa.gov](http://www.samhsa.gov)



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



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



**GET IN WESTMORELAND**  
COMMUNITY SOLUTIONS FOR SUBSTANCE USE

# Need Narcan?

CONTACT THE WESTMORELAND DRUG OVERDOSE TASK FORCE AT:  
724-830-3827

FOR THOSE IN NEED OF NARCAN DURING THIS DIFFICULT TIME, WE WILL DO A 'NO CONTACT' PORCH DROP OFF.

[WWW.GETINWESTMORELAND.INFO](http://WWW.GETINWESTMORELAND.INFO)

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

Narcan supplied by the Westmoreland Drug and Alcohol Commission Inc.

**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)

## MHA Kicks Off Mental Health Month, Focusing on Tools 2 Thrive Theme

**Information Courtesy of Mental Health America**

**NEED NARCAN?**

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

Narcan supplied by the Westmoreland Drug and Alcohol Commission, Inc.

**SAGES ARMY**

Contact Sage's Army at 724-863-5433.

We will find a way to get Narcan distributed to those who need it. Whether it be your home or a mutual location, we will ensure that we get the Narcan to you.

[www.sagesarmy.com](http://www.sagesarmy.com)

During a time of unprecedented anxiety about a world pandemic, Mental Health America (MHA) announced the start of its 2020 May is Mental Health Month campaign, with an emphasis on delivering “Tools 2 Thrive” to address the mental health needs of everyone. MHA is proud to have started May is Mental Health Month in 1949, and since then has led the observance by reaching millions of people through the media, local events and online mental health screenings. Over the past 71 years, it has become the most widely recognized mental health awareness effort in the world.

While 1 in 5 people will experience a mental illness during their lifetime, everyone faces challenges in life that can impact their mental health. In 2020, our theme of Tools 2 Thrive will provide practical tools that everyone can use to improve their mental health and increase resiliency regardless of the situations they are dealing with. In this uncertain and troubling time, we now believe that these tools – even those that may need to be adapted for the short term because of COVID-19 and social distancing will be more useful than ever.

MHA’s Tools 2 Thrive toolkit includes sample materials for communications and social media as well as printable handouts on the following topics: Owning Your Feelings, Finding the Positive, Eliminating, Toxic Influences, Creating Healthy Routines, Supporting Others, Connecting with Others and an infographic about mental health and COVID-19

“With the development of COVID-19 and the anxiety, fear and isolation that has come with it, these tools and tips are important to helping us each keep our mental health in check,” said Paul Gionfriddo, president and CEO, Mental Health America. “Recognizing your feelings, finding the routines that lift you up, removing toxic influences and connecting with others – right now virtually – can go a long way in helping you develop your own mental health tools to thrive.”

As part of Mental Health Month, MHA is also launching the #MillionInMay campaign, designed to get one million mental health screens for MHA’s Online Screening Program. Mhascreening.org is home to nine verified mental health screens, that offer individuals a quick, free and private way to assess their mental health and recognize signs of any problem before crisis occurs. MHA is asking everyone share our #MillionInMay campaign to your friends and colleagues, to your community, and on social media - and help direct people to the screening program throughout the month of May.

You can learn more about Mental Health Month and download MHA’s 2020 toolkit by going to [www.mhanational.org/may](http://www.mhanational.org/may)

**Pregnancy & Postpartum Support**  
THERE IS HELP. THERE IS HOPE

## Thursday Evenings at 7:00pm

Participate online:  
<https://us04web.zoom.us/j/425924833>  
Meeting ID: 425 924 833  
Participate by phone: + 1-929-205-6099

No RSVP needed, just join!  
For more information, contact  
The Postpartum Depression Project: 724.705.7993

## SOCIAL DISTANCING

**IT MAY NOT BE FOR YOU, BUT IT IS FOR EVERYONE.**

**COVID-19 HIGH RISK CATEGORIES:**

Elderly

Those with weakened immune systems

Pregnant women



WHERE CAN YOU GET NARCAN IN WESTMORELAND COUNTY DURING THE STAY AT HOME ORDER?

CALL FOR NARCAN

Westmoreland Drug and Alcohol Commission 1200 Maronda Way, Suite 300 Monessen, PA 724-243-2220 OR Westmoreland Drug & Alcohol Case Mgt 203 South Maple Avenue Greensburg, PA 1-800-220-1810

ASK YOUR PROVIDER FOR NARCAN

SPHS Behavioral Health, Latrobe 1100 Ligonier Street Latrobe PA 15650 <a href="tel:724-532-1700">724-532-1700</a>	Greenbriar New Kensington 701 Fourth Avenue New Kensington PA 15068 <a href="tel:724-339-7180">724-339-7180</a>	Gateway Greensburg 212 Outlet Way, Ste 1 Greensburg PA 15601 <a href="tel:724-853-7300">724-853-7300</a>
SPHS Behavioral Health, New Kensington 408 8th Street, Ste 1 New Kensington PA 15068 <a href="tel:724-339-6860">724-339-6860</a>	Axiom Family Counseling Services New Kensington 3 Kensington Square New Kensington PA 15068 <a href="tel:878-847-7179">878-847-7179</a>	RHJ Medical Center, Inc., Hunker 1005 Old State, Rt. 119 Hunker PA 15639 <a href="tel:724-696-9600">724-696-9600</a>
SPHS Behavioral Health, Greensburg 203 South Maple Avenue Greensburg PA 15601 <a href="tel:724-834-0420">724-834-0420</a>	Axiom Family Counseling Services Jeannette 225 Margaret Avenue, Ste 3Jeannette PA 15644 <a href="tel:724-522-5456">724-522-5456</a>	RHJ Medical Center, Inc., Vandergrift 2994 River Road Vandergrift PA 15690 <a href="tel:724-696-9600">724-696-9600</a>
SPHS Behavioral Health, Mon Valley 2 Eastgate Avenue Monessen PA 15062 <a href="tel:724-684-6489">724-684-6489</a>	Allied Addiction Recovery – Westmoreland 766 E. Pittsburgh Street, Ste 101Greensburg PA 15601 <a href="tel:412-246-8965">412-246-8965</a>	New Freedom Recovery Center 2000 Commerce Loop, Ste 2200 North Huntingdon PA 15642 <a href="tel:724-382-4628">724-382-4628</a>
MedMark 1037 Compass Circle Greensburg PA 15601 <a href="tel:724-834-1144">724-834-1144</a>	Outside In 580 Feightner Road Greensburg PA 15601 <a href="tel:724-837-1518">724-837-1518</a>	Strive Health of Greensburg 101 N. Main Street, Ste 200Greensburg PA 15601 <a href="tel:724-302-0804">724-302-0804</a>



YOU CAN ALSO GET NARCAN AT ANY WESTMORELAND COUNTY RECOVERY COMMUNITY ORGANIZATION:

FAVOR OF WESTERN PA  
736 LINCOLN STREET  
BOLIVAR, PA 15923  
[724-676-2111](tel:724-676-2111)

SAGE’S ARMY  
6044 Rt 30 Ste 400  
GREENSBURG, PA 15601  
[724-863-LIFE](tel:724-863-LIFE)

LOST DREAMS AWAKENING  
408 8<sup>TH</sup> STREET, REAR  
NEW KENSINGTON, PA  
[724-212-7899](tel:724-212-7899)

Get Help Now

The ONLY thing  
Narcan ENABLES  
is  
BREATHING!!!



For Overdose Prevention/Narcan  
Training Call 724-243-2220

- [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



Recovery is  
hard but not  
recovering is  
harder

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.



[Access Previous WeDAC Webinars Here](#)

[Coping with COVID-19 and Substance Use Disorder with NIDA Director Dr. Nora Volkow Click to View](#)