

# EDUCATIONAL SUPPORT TEAM UPDATE

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.



## SAINT VINCENT COLLEGE PREVENTION PROJECTS NEWSLETTER

OCTOBER 2024

VOLUME 1: ISSUE 2

NEWSLETTER DATE

### K-12 SAP Trainings & SAP Thematic Workshops

**K-12 SAP TRAININGS Dates: November 12, 13, 2024 (FULL); February 4,5, 2025; March 11, 12, 2025.** Trainings are held at the Fred Rogers Conference Center, Saint Vincent College.

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: October 16, 2024; December 4, 2024; February 19, 2025.** Workshops are held at the Fred Rogers Conference Center, Saint Vincent College.

Training announcements will be emailed and also posted in the newsletter. For additional information or to register, please call Saint Vincent College Prevention Projects at 724-805-2050.

### 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 month:

- ⇒ **October 2024—Talk about Prescriptions Month** <https://nationaldaycalendar.com/talk-about-prescriptions-month-october/>
- ⇒ **National Drug-Free Work Week: October 14-18, 2024** <http://www.ndwa.org/>
- ⇒ **October 23-31, 2024—Red Ribbon Week** [www.redribbon.org](http://www.redribbon.org)
- ⇒ **October 2024—It's time to stop bullying National Bully Prevention Month** <http://www.pacer.org/bullying/nbpm/unity-day.asp>

Welcome  
Back!



SVCPP mailing  
Address:

300 Fraser  
Purchase Road,  
Latrobe, PA  
15650

Phone:  
724-805-2050

Fax:  
724-420-5930



## Trainings, Workshops, Events, & more...



**Thematic Workshops—October 16, 2024; December 4, 2024; February 19, 2025.** Stay tuned for more updates and the training announcement via email. 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— November 12,13, 2024(FULL); February 4,5, 2025; March 11,12,2025.** 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 Training materials, lunch and continental breakfast both days.



[St. Vincent College Prevention Projects](#)

[2024-2025 Training Schedule Announcement](#)

[Student Assistance Program \(SAP\) Training Dates:](#)

November 12, 13, 2024 (FULL)

February 4, 5, 2025

March 11, 12, 2025

\*\*Training cost is \$360.00/person which includes continental breakfast, lunch, and training manual. \*\*

[SAP Thematic Workshop Dates:](#)

October 16, 2024

December 4, 2024

February 19, 2025

\*\*Workshop cost is \$40/ person and includes continental breakfast and lunch. \*\*

Please contact the St. Vincent College Prevention Projects office at  
724-805-2050 to register.

All trainings and workshops will be offered at:

**St. Vincent College** 300 Fraser Purchase Road Latrobe, Pa 15650



SAINT VINCENT COLLEGE

Prevention Projects

STUDENT ASSISTANCE PROGRAM  
Fall Thematic Workshop  
*“The Future of SAP”*  
ANNOUNCEMENT

WASAP Council Meeting (8:00 a.m. – 9:00 a.m.)  
October 16, 2024

TO: SAP Contacts  
TIME: 8:30 a.m. – 3:45 p.m.  
PLACE: St. Vincent College, Fred Rogers Center

**8:30 a.m. – 9:00 a.m. Registration, continental breakfast provided.**

**9:00 a.m.-9:15 a.m. “Welcome & Introductions”**  
**Presenter: Donna Kean, Executive Director**  
**Saint Vincent College Prevention Projects**

**9:15 a.m.- 10:15 a.m. “Overview of Truancy and ESSA Liaison”**  
**Presenter: Tara Maharowski, MSW**  
**Education Program Specialist-ESSA Liaison**  
**Westmoreland County Children’s Bureau**

**10:15 a.m. – 10:30 a.m. Break**

**10:30 a.m.-11:30 p.m. “SAP Training Refresher”**  
**Presenter: Renee Urick, L.S.W**  
**Region VIII Coordinator, PA Network for Student Assistance Services**

**11:30 p.m.- 12:30 p.m. LUNCH**

**12:30 p.m.- 1:30 p.m. “SAP Scenario’s”**  
**Presenter: Renee Urick, L.S.W**  
**Region VIII Coordinator, PA Network for Student Assistance Services**

**1:30p.m.-2:15p.m. “Westmoreland County SAP Liaison Process”**  
**Presenter: Tiffany DeMarchi, M.Ed**  
**Mental Health Program Specialist**  
**Westmoreland County Behavioral health and Developmental Services**

**2:15p.m.-2:30 p.m. Break**

**2:30p.m.-3:30p.m. “Westmoreland County SAP D&A Process”**  
**Presenters: Christina Weimer, SAP Coordinator and Intervention Services Manager and**  
**Jenna Constantinovich, B.A., Case Manager**  
**Westmoreland Drug and Alcohol Case Management**

**3:30 p.m. – 3:45 p.m. Summary/Evaluations/Concluding Remarks/Individual Team Assistance**

**REGISTRATION: Phone – 724-805-2050 on or before **October 11, 2024****  
**ACT 48 Professional Development Credit – 5.00 hours**  
**COST: \$40.00 per person, *includes lunch in the cafeteria.***

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

# Attention PASAP Members!



## Join Us! Live Webinar Series

2024-2025

10/10/2024	12:00 PM	Tips for teachers and things for them to do/say to help them with students struggling with depression and anxiety	Brittany M. Weaver, MA, LMFT, LPC, NCC Behavioral Health Therapist III UPMC Western Behavioral Health
12/12/2024	12:00 PM	Domestic Violence and the impact on students	Lori Palisin Executive Director of Safe Journey
1/9/2025	12:00 PM	Creating Trauma informed Spaces	Amy Blackman Co-Assistant Director of Prevention and Education Crime Victim Center Erie PA
3/13/2025	12:00 PM	Parent Engagement	Steve Freas Senior Unit Manager HSAO
4/10/2025	12:00 PM	Trauma Sensitive Strategies for SAP Action Plans	Susan Tarasevich Lead Trainer PA Approved SAP Training UPMC Western Psychiatric Hospital Addiction Medicine Services-Prevention Education
8/2025	9:00 AM-3:00 PM	SAP Maintenance	TBD
<b>November Morning Workshops</b>			
11/7/2024	9:00 AM	D&A Trends with Adolescents	Leann Haupt, Executive Director of Pyramid Health Care
11/7/2024	10:30 AM	Creating a Culture of SAP in Schools	Melissa Groden Director of Prevention Training and Education The Council of Southeast Pennsylvania Inc.

Go to: [pasap.org](https://pasap.org) for more information or begin your subscription.



# 2024 COMMUNITY TRAINING OPPORTUNITIES

Westmoreland County, in partnership with Achieving True Self, offers free trainings that increase awareness and understanding amongst businesses, churches, community groups, recreational organizations, and local law enforcement in order to better support individuals with autism, intellectual disabilities, behavioral health diagnoses, and/or learning challenges. *Together*, we can maximize potential and opportunities for all. Something for *everyone*. Something for *you*. Let's connect, learn, and make Westmoreland County more inclusive for people of all abilities.



FOR MORE INFORMATION  
& A LIST OF TRAININGS  
AVAILABLE,  
CONTACT MICHELLE BRANT  
AT WESTMORELAND COUNTY  
BEHAVIORAL HEALTH AND  
DEVELOPMENTAL SERVICES

724-830-3625

Promoted by the Westmoreland County Area Agency on Aging,  
Westmoreland County Commissioners, and Trib Total Media.

Accessing information for  
Caregivers, Seniors,  
and Persons with Disabilities.

Free admission, information,  
resources, door prizes, light  
refreshments, and entertainment!

**Health Screenings and  
Vaccination Clinic offered.**

Transportation available  
through GO Westmoreland.

To schedule a ride, call:  
724-832-2706

# 2024 Health and Education Expo

**Wednesday  
October 23, 2024  
10:00am – 2:00pm  
Westmoreland Mall**

Please bring  
a non-perishable  
food donation  
to benefit the  
Westmoreland Food Bank





2024 Issue

# RED RIBBON CAMPAIGN®

## Parent / School Planning Guide

### NATIONAL FAMILY PARTNERSHIP PRESENTS



COMING SOON

RED RIBBON WEEK® OCTOBER 23-31

[WWW.REDRIBBON.ORG](http://WWW.REDRIBBON.ORG)





## Awareness Month Information



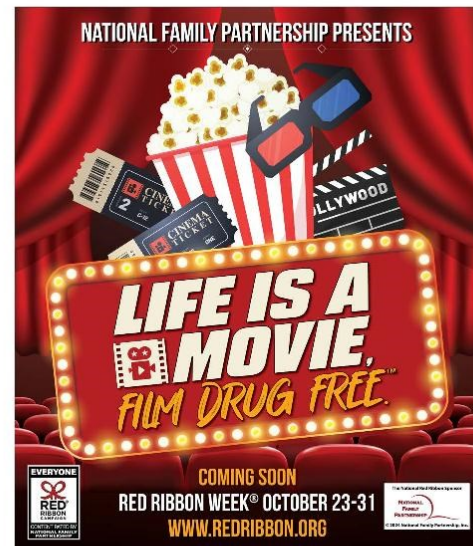
### INTRODUCING THE 2024 NATIONAL RED RIBBON THEME: LIFE IS A MOVE, FILM DRUG FREE.™

The National Family Partnership (NFP) has unveiled the theme for the 2024 Red Ribbon Week: "Life is A Movie, Film Drug Free.™" This creative theme, submitted by Cheryl Holsapfel, Digital Art Teacher, and Devansh Aggarwal from Solon Middle School, emphasizes the collective impact of embracing a drug-free lifestyle. The annual Red Ribbon Week Theme Contest, sponsored by NFP, encourages participants nationwide to craft slogans reflecting the campaign's mission. The winning theme inspires individuals to contribute to safe, healthy, and drug-free communities through dedication and commitment.

Cheryl Holsapfel, Digital Art Teacher at Solon Middle School, expressed enthusiasm for integrating the Red Ribbon project into her curriculum, providing students with real-world application and engagement. The Red Ribbon Campaign, initiated in 1985 by NFP, symbolizes a commitment to raising awareness about the devastating impact of drugs in America.

Peggy B. Sapp, President of NFP, highlighted the importance of community engagement through initiatives like the theme contest. The theme contest is open annually, Theme submissions for the Red Ribbon Week Contest are open annually from January 1st to December 4th. Winners of the contest receive \$500 worth of Red Ribbon Week themed merchandise, generously provided by Nimco, Inc. As the sole supplier of Red Ribbon Merchandise Theme materials, Nimco, Inc. supports ongoing drug education efforts in schools nationwide.

Red Ribbon Week is observed annually from October 23rd to 31st. To learn more about the contest and the campaign, visit [www.RedRibbon.org](http://www.RedRibbon.org).



Cheryl Holsapfel, Digital Art Teacher (left) and  
Devansh Aggarwal, Student (right)  
Solon Middle School



All of the RED RIBBON AWARENESS Week Information came from this year's Guide. You can download the guide at <https://www.redribbon.org/downloads>





## Awareness Month Information



### It Takes A Community To Teach Prevention

How will you celebrate Red Ribbon Week®?

#### Schools

- Plan essay and poster contests about drug prevention
- Create theme days and coordinate fun and impactful prevention activities
- Decorate the interior and exterior of your school
- Decorate your homeroom door
- Invite parents and families to a special health fair or education program
- Organize a Red Ribbon Rally
- Organize a Miles of Quarters Campaign
- Screen Natural High videos ([naturalhigh.org](http://naturalhigh.org))

#### Business

- Wear Red Ribbons and distribute to your employees
- Display Red Ribbons and posters on the interior and exterior of your building
- Place a Red Ribbon message in your advertisements and monthly statements
- Sponsor a School
- Sponsor a Classroom
- Identify and share local prevention, intervention and treatment resources with your employees

#### Government

- Wear Red Ribbons and distribute to staff and employees
- Display Red Ribbons on interior and exterior of city and county buildings
- Encourage police and fire departments to participate in Red Ribbon Activities
- Display Red Ribbon Car Magnets on all your governmental cars
- Include Red Ribbon Message in employee pay checks and in utility bills
- Identify and share local prevention, intervention and treatment resources with your employees and outside community

#### Law Enforcement

- Wear Red Ribbons and distribute to staff and officers
- Display Red Ribbon Car Magnets on all your patrol cars

- Offer to speak at community programs on alcohol and other drugs

#### Faith Based

- Distribute Red Ribbons at your services
- Incorporate a drug-free message into your sermon.
- Include a special Red Ribbon insert in bulletins
- Distribute Red Ribbons at your services and explain the significance of the campaign
- Hold prayer vigils for those affected by the use of drugs
- Identify and share local prevention, intervention and treatment resources with your members.

#### Medical

- Display a basket of Red Ribbons in the waiting room lobby for patients and family members
- Display the Red Ribbon message with posters and banners in your facility
- Incorporate screening, brief intervention and referral to treatment (SBIRT) into your daily practice

#### Media

- Inform the community about the Red Ribbon Campaign®, encourage them to participate
- Wear Red Ribbons and distribute to your employees,
- TV Anchor person, news reporters, etc.

#### Everyone!

- Celebrate National Plant the Promise Week – October 23-31st! During Red Ribbon Week® schools, businesses, families and youth across America will plant bulbs that will bloom and serve as a reminder to stay drug-free. In most regions bulbs that are planted during October, will bloom in April, during National Alcohol Awareness Month. [Order your bulbs today at Nimco.com!](http://www.nimco.com)

**Red Ribbon Activities Guide, References and Resources.**  
For more activity suggestions, visit [www.redribbon.org/activities](http://www.redribbon.org/activities).





## Awareness Month Information



LETS GET STARTED

# RED RIBBON CHECKLIST

**First:** Schedule the campaign: Set up a schedule for the morning announcement messages and Parent messages. Decide what day the Photo Contest flyer will be sent home with the students.

**Morning Announcements:** Read the Morning Announcement Script in this guide. Schedule the announcements to begin on October 23rd. Repeat the message 5 times before October 31st. The last morning announcement should be on October 31st. Our announcement script can be edited to meet the specifics of your school.

**Parent Phone Message:** Read the Script in the tool kit. Schedule the recorded parent message the week before October 23rd and then again on October 23rd. This message can be edited to meet the specifics of your school. Red Ribbon Week is most effective in preventing substance abuse with parent involvement.

**Spread The Word:** Distribute the Photo Contest flyer to the students to take home.

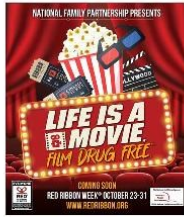
**Email to Teachers and Staff:** Let teachers and staff know the schedule and theme for Red Ribbon. Everyone can participate! Teachers can encourage their students to get involved by entering the National Red Ribbon Photo Contest.

**Tell Us About Your Campaign:** We want to promote the awesome job you did with the campaign. Go to [redribbon.org/contact](https://redribbon.org/contact) and tell us about your experience.





# Awareness Month Information



## RED RIBBON WORD SEARCH

CURQHWSQGRUMNKFBHYKELCCXKGCBRB  
 BOMKZTEBEIDHSTEDMKGDIYMCUKGWH  
 CUUCBYKAFILMDRUGFEESBNEWBPVIRK  
 PHBRQDPEATSAYUPGKSEFHV FZLASMCX  
 PUOAAEVDKBYOIUUVUFJWEKIIAAMXYQT  
 LQJIFGNUHGNCFFMTELRPTKVBWNOFPM  
 LFMLCNECATTUCOIIREDRIBBONWEEKY  
 PLJDSEQA WFS AOENRTCDTGRASSROOTN  
 FZCGQGSTAUAHAKJDMZJBLGEPHC SHVAO  
 HEBYLOZIRYXWLFEP LQBGMSPARQZRQ  
 NENHNQSOEUNYJDUKYWKOAPUEWWRNAG  
 LBARENWNNGYBLVLUGVSKZOPQNCZUTU  
 UEPLIU VSENGPAFNBS SDRUWPAFPFRYP  
 PXABTQZTSHROTMEPHCGPTEOQP VWTES  
 URZDRHULSHCOTDSCLYDRDRRLSSOUQW  
 OREEEKYEASRGEVSI OIAEKMTZSTLRF S  
 ALBVJRNKCS PNERJFHUMMBEKZFRUINR  
 PIVKEC SHVAUUSGEMEJRDXNJ JHEMNRJ  
 TFKRLNH HKCMEQYV SUBLAQTZAHNCGAU  
 AEIONRTHIFQADTIAPXSNGRWZXGSZHM  
 AIAJZUPIK PZSRLJYTOMVPEAPQTWHID  
 YSBKEDEA OFZCGECDFPNABGSJWHIYFA  
 WAYVCVPLSNECAWNP UXWSLAOVHXS LTM  
 FMTMVVBASDHTAYBADAGBIAKNIVTYHU  
 QOFVUEGQKSGDXZXPTSU VJBUOO OUDSQ  
 FVLEV MFKHXXHEXUYIDKZZFIADDOVUT  
 GEAZCFU OFRTFYUBBKDLKCRBLJKWREA  
 ILKTPDNBPOTENTIALIZPUQHOIEBJTX  
 XMLLTYFHCXXBZWFCOMMUNITYPTOHKQ  
 MSEYPTWELLNESSADHATBBPYPAWYDEU

KINDNESS  
 MIND  
 MINDFULNESS  
 RED RIBBON WEEK  
 LIVE DRUG FREE  
 NFP  
 HEALTHY CHOICES

AWARENESS  
 CELEBRATION  
 DEA  
 COMMITMENT  
 ENRIQUE  
 CAMARENA  
 CAMPAIGN

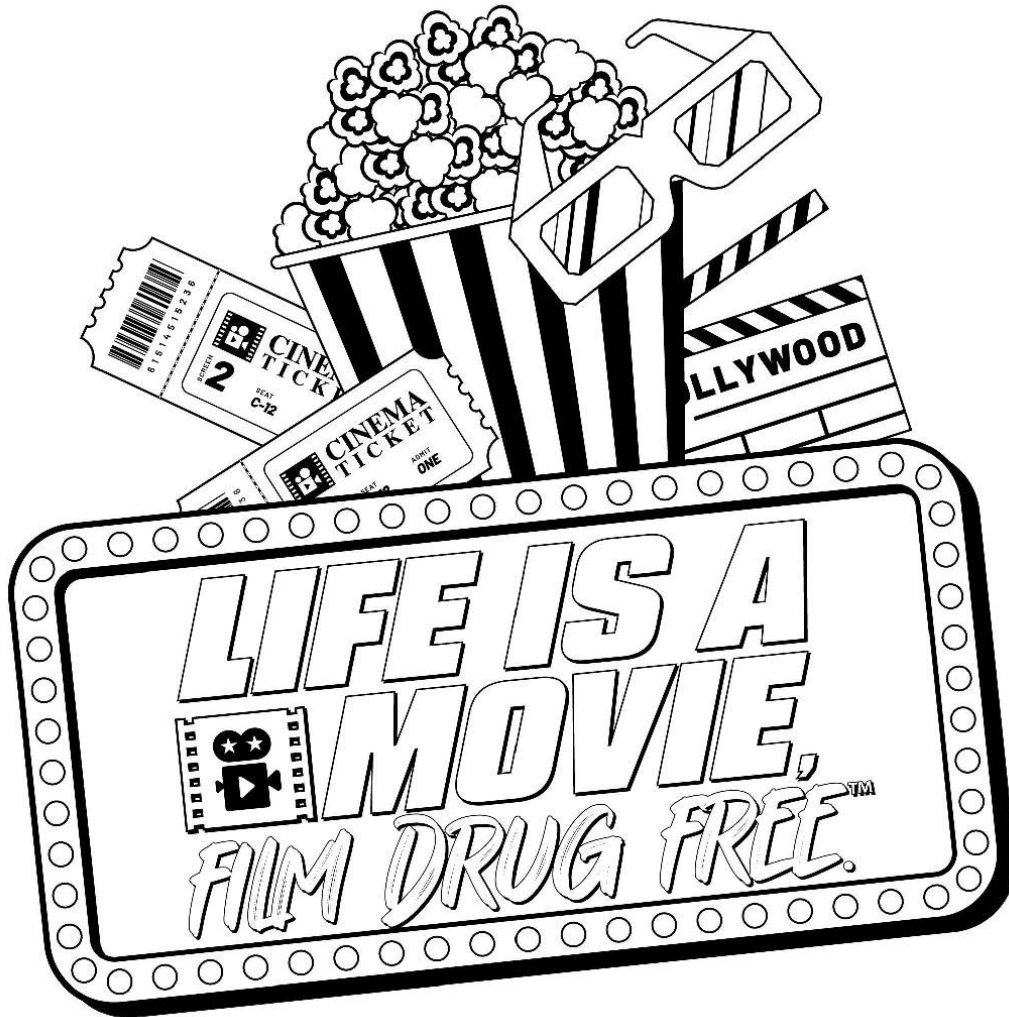
COMMUNITIES  
 EDUCATION  
 FAMILY  
 GRASSROOTS  
 NATIONAL  
 PARENTS  
 PREVENTION

SUPPORT  
 LEADERSHIP  
 NURTURING  
 POTENTIAL  
 DRUG FREE YOUTH





# NATIONAL FAMILY PARTNERSHIP PRESENTS



Copyright © 2024 National Family Partnership



COMING SOON  
RED RIBBON WEEK® OCTOBER 23-31  
[WWW.REDRIBBON.ORG](http://WWW.REDRIBBON.ORG)





## Awareness Month Information



### NATIONAL PRESCRIPTION DRUG TAKE BACK DAY – OCTOBER 26, 2024

#### DEA's National Prescription Drug Take Day Removes Almost 600,000 Pounds of Unneeded Prescription Medications Across the Country

November 07, 2023  
For Immediate Release

Contact: Media Relations  
Phone Number: (571) 776-2508

WASHINGTON – On Oct. 28, 2023, the community once again emptied their medicine cabinets to help dispose of old, unwanted, and expired medications. Nationwide, DEA and its law enforcement partners collected 599,897 pounds of unneeded medications at 4,675 collection sites nationwide.

For more than a decade, DEA's National Prescription Take Back Day has removed almost 17.9 million pounds of unneeded medications from communities across the country. According to a report published by the Substance Abuse and Mental Health Services Administration (SAMHSA), a majority of people who use prescription medication for a nonmedical purpose obtained that medication from a family member or friend. Removing unnecessary medications from the home can help prevent situations involving; not taking medication as intended or dosed; taking someone else's prescription; and taking the medicine for euphoric effects rather than medicinal purposes.

DEA continues to expand opportunities to make safe disposal of medications more accessible nationwide. We encourage people to remove unnecessary medications from their home regularly and dispose of it at one of the nearly 17,000 permanent drug-drop boxes located in communities across the country. Those locations can be found [here](#). Safe medication disposal receptacles along with DEA Take Back events provide families easy, no-cost opportunities to get rid of unnecessary medicines stored in the home.

Complete results for DEA's fall National Prescription Drug Take Back Day are available at [Take Back Day](#) (dea.gov).

Info from: <https://www.dea.gov/press-releases/2023/11/07/deas-national-prescription-drug-take-day>

#### April 2024 Report:

- Total Law Enforcement Participation: 4,607
- Total Weight Collected: 670,136 lbs. (335 tons)
- Total Collection Sites: 4,869
- Total Weight All Time: 18,570,487 lbs. (9,285 tons)

Info from: <https://www.dea.gov/takebackday#results>



# Awareness Month Information



## National Drug-Free Work Week October 14-18, 2024

National Drug-Free Work Week was initiated by the U.S. Department of Labor as a cooperative agreement focused on improving safety and health in the construction industry through drug-free workplace programs. The first Drug-Free Work Week was observed in 2006, and in subsequent years, more and more organizations—representing a range of industries—also rallied behind the effort, helping firmly establish it as an annual opportunity to reinforce to employers and employees alike that “working drug free works.”

Today, the National Drug-Free Workplace Alliance, a division of Drug Free America Foundation, in collaboration with stakeholders for a safe and healthy workplace, promote this annual observance. Together, we spread the message to encourage individual workplaces to take this opportunity to educate and strengthen their safe and healthy work environments—reflecting the true spirit of National Drug-Free Work Week.

More info including a toolkit, go to: <https://www.ndwa.org/resources/national-drug-free-work-week/>

**Drug Free Workplace**

- No Drugs**
- No Alcohol**
- No Tobacco**

The company has zero tolerance policy regarding the use of drugs and alcohol, and smoking while working.

**What is the problem with** prescription drugs and drug addiction in the **Workplace?**




**Drug Free Workplace**

- No Drugs**
- No Alcohol**
- No Tobacco**

The company has zero tolerance policy regarding the use of drugs and alcohol, and smoking while working.



## Awareness Month Information



### Why Unity Day

Unity Day, started by PACER's National Bullying Prevention Center as the signature event of National Bullying Prevention Month continues to grow every year as a tangible representation of the universal message that our society wants to promote kindness, acceptance and inclusion to prevent bullying. Plan to support the event by participating in the simple call to action—wear and share the color **orange**.

**Why unity?** For years, bullying was justified with expressions such as, “Bullying is a natural part of childhood,” “Bullying makes kids tougher,” or “Bullying is a rite of passage.” The goal of Unity Day is to bring together youth, parents, educators, businesses, and community members across the nation to emphasize the message that bullying is not acceptable, and that all students deserve to be safe in school, online, and in the community.

**Why the color orange?** Unity Day is celebrated in October, and **orange** is a color commonly identified with the month and the autumn season. It is also a color that is associated with safety and visibility. It is a color described as warm and inviting, and its vibrancy makes an impactful statement.

**Why just a day?** The event provides a catalyst for everyone to come together with a visual statement that our actions matter not only on one day, but every day.

One young student shared that he wished Unity Day could be every day. When asked why he replied: “*So that every day everyone would be nicer to me and to each other.*”

#### Start planning now

- Mark your calendar for the third Wednesday in October
- Download the free [Unity Day Guide](#) featuring large scale ideas to individual action
- Watch the [Unity Day animated video](#), which describes the event from student perspective
- Order the free [Unity Day poster](#)
- Visit the [idea library](#) to explore activities and events designed to fit various ages and audiences,
- Purchase the exclusive, [custom-designed orange T-shirt](#) to wear during October and beyond.





## Awareness Month Information



Unity Day is an excellent event for schools, youth organizations and businesses. In addition to groups, every individual's involvement is important! This event goes beyond schools and into the community and online environments. Everyone is invited to wear orange and share an image with an online post.

For too long, the response to bullying has been silence and those who were bullied felt that no one cared. The simple act of wearing orange shows that youth experiencing bullying are not alone. The goal of wearing and sharing orange is to empower those who are bullied, and everyone around them, to speak up and reach out with kindness, acceptance and inclusion.

For more information about [Unity Day](#) and bullying prevention, visit PACER's innovative websites for [parents and professionals](#), [middle and high school students](#), and [elementary students](#).

To interview someone involved in this important campaign, please call 952-838-9000 or email [bullying411@PACER.org](mailto:bullying411@PACER.org).

Info from: <https://www.pacer.org/bullying/nbpm/unity-day.asp>

# BULLYING PREVENTION MONTH

## 25 Anti-Bullying Posters







## Awareness Month Information



# National Bullying Prevention Month

## STUDENT ACTIVITY KIT

*A four-week guide for K-12 learners*

Throughout October, use this four-week activity kit in K-12 classrooms or other youth settings. The kit features theme weeks, classroom projects, and student engagement to promote kindness, acceptance, and inclusion to prevent bullying.

### Organize the Materials

- Provide everyone with a [student activity book](#); download and print, or share digitally.
- Create a bulletin board or order posters to showcase the weekly themes and group projects.

## EXPLORE

*Learn how kindness, acceptance, and inclusion can help prevent bullying.*



**Action Items:** Show the bullying prevention slideshow and provide the follow-up quizzes for [elementary](#) or [middle and high school](#) students.

### Student Activity Book:

- Page 2: Provide an overview of National Bullying Prevention Month along with the weekly themes.
- Page 3: Define kindness, acceptance, inclusion, and unity using words, art, or music.
- Page 4: Encourage youth to write down acts of kindness, acceptance, and inclusion that they see and where they see them happen. Note: This can be done throughout the month.

**Classroom Posters or Bulletin Board:** As a group define—using content from the page 3 exercise in the student activity book—unity, kindness, acceptance, and inclusion using words, art, or music.

## PLAN

*Record ideas for wearing and sharing orange on Unity Day.*



**Action Items:** Review the [Unity Day Guide](#), as well as the [supplemental guide](#) for virtual activation. Then, think through ideas for wearing and sharing orange, such as group projects, art, and other activities.

### Student Activity Book:

- Page 5: Encourage youth to think through and write down their ideas for participating in Unity Day.

**Classroom Posters or Bulletin Board:** As a group record ideas—using content from the page 5 exercise in the student activity book—to **GO ORANGE** for Unity Day. As a group, decide which activities you'd like to implement for Unity Day (week three).



## National Bullying Prevention Month

# STUDENT ACTIVITY KIT

*A four-week guide for K-12 learners*

### CELEBRATE

*Gather in-person or online on Unity Day to share your efforts and show your commitment.*



**Action Items:** Engage in your planned activities from week two.

**Student Activity Book:**

- Page 6: Complete one or more of the acrostic templates.

**Classroom Posters or Bulletin Board:** Invite everyone to add their own custom mark, such as an emoji, picture, thumbprint, or signature.

### REFLECT

*Determine ways to continue creating a kinder, more inclusive, and more accepting world all year.*



**Action Items:** Ask students to share something they learned during National Bullying Prevention Month.

**Student Activity Book:**

- Page 7: Encourage youth to complete the personal reflection about actions taken during the month and determine steps they can take throughout the year.
- Page 8: Take the Create a World Without Bullying Pledge.

**Classroom Posters or Bulletin Board:** As a group record ideas—using content from the page 7 exercise in the student activity book—for continuing bullying prevention efforts throughout the year.

[CLICK HERE to Download](#)

 **PACER's**  
**National Bullying Prevention Center.**  
 Create a World Without Bullying | [PACER.org/bullying](https://PACER.org/bullying)

©2021, PACER Center, National Bullying Prevention Center | [PACER.org/Bullying](https://PACER.org/Bullying)  
 National office: 8161 Normandale Blvd., Minneapolis, MN 55437  
 Los Angeles area office: 80 E. Hillcrest Drive, #203, Thousand Oaks, CA 91360  
 (952) 838-9000 | (800) 537-2237 | [Bullying411@PACER.org](mailto:Bullying411@PACER.org)



## Available Services Through SVCPP:



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

#### Special Speaker 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, Mobile Bedroom, Social Media, Click-Bait and Other On-Line Potholes, and more.

#### RADAR (Free Materials)

#### Regional Alcohol/Drug Awareness Resource, Information Center

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

To schedule a program for your business, school or organization, please contact **Beth Potochnik, Prevention Education & Community Outreach Services Manager at Saint Vincent College Prevention Projects at 724-805-2050 or email [beth.potochnik@stvincent.edu](mailto:beth.potochnik@stvincent.edu)**





## Available Intervention Services Through SVCPP:



### The following Tier II Intervention Programs are offered to all Westmoreland County Secondary Schools at **NO** cost to the school districts:

#### **N.O.T. (Not on Tobacco) Program**

SVCPP Intervention Specialists deliver 6 sessions covering facts vs. myths, triggers and advertising nicotine products, identifying support strategies, benefits to quitting nicotine use and how your body responds, creating healthy habits, and ways to stay nicotine free. N.O.T. explores the various delivery systems, i.e. vape devices, chewing, smoking, etc. N.O.T. is an American Lung Association program aimed to recognize dependence on nicotine and to identify replacement strategies to restore health.

#### **The Blues Program**

SVCPP Intervention Specialists provide early intervention service groups for adolescents with observable behaviors displaying depressive symptoms or are at-risk for depression. These are 6 session groups provided weekly within your school.

#### **Marijuana Brief Intervention Program**

SVCPP Intervention Specialists use this evidence-based program for early intervention with students who may be experimenting with marijuana in its various forms. During the 6 weekly sessions, students will identify triggers, how their environment can contribute to usage, and practical evidence-based ways to reduce/eliminate marijuana use.

**If your school district can benefit from these services, please email:**

Christina Weimer, SAP Coordinator and Intervention Services  
Manager

[Christina.weimer@stvincent.edu](mailto:Christina.weimer@stvincent.edu)

or

Donna Cartia Assistant SAP Coordinator

[Donna.cartia@stvincent.edu](mailto:Donna.cartia@stvincent.edu)





# Westmoreland County Information



1200 Maronda Way, Suite 300, Monessen, PA  
Hours: Monday-Friday 8:00 AM – 4:30 PM

724-243-2220

<http://wedacinc.org>



Southwestern Pennsylvania Human Services, Inc.

203 S Maple Ave, Greensburg, PA 15601  
Hours: Monday-Thursday 8:30am-9:00pm  
Friday 8:30am-5:00pm

724-834-0420

<http://www.sphs.org>

## Outside In

*To the Fullest...*

Outpatient Services  
PHONE 724-837-1518

Residential Programs  
PHONE 724-238-8441

PO Box 639  
Greensburg, PA 15601



First Floor Suite 110, 40 N Pennsylvania Avenue, Greensburg, PA 15601  
(724-830-3617)

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



## SVC Prevention Projects

### Christina Weimer

Intervention & SAP Manager

[Christina.Weimer@saintvincent.edu](mailto:Christina.Weimer@saintvincent.edu)

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### Donna Cartia

Assistant SAP Coordinator

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Office: 724-805-2050

Cell: 724-771-4776



Map from: <https://www.city2map.com/en/us/pa/westmoreland-county.html>



## WHO ARE COMMUNITY BASED CARE MANAGERS?

Community Based Care Manager (CBCM) services are made up of individuals working in long-term recovery who help others with substance use or co-occurring disorders to obtain self-sufficiency through their recovery journey. We are a team who guides individuals in creating a healthy, independent, recovery-focused lifestyle.

## ABOUT US

Our team will walk with individuals every step of the way. Funding is available for basic needs when other resources have been exhausted. The CBCM Team will not give up! Having lived-experience in substance use and recovery, the CBCM staff understand the hardships and hurdles that must be overcome while navigating through the recovery journey! Staff are prepared to address whatever comes a person's way!

## WHAT DO WE DO?

- Provide guidance to all individuals within the County seeking help with challenges associated with long-term substance use or co-occurring recovery.
  - Provide 'in home' services, if preferred.
  - Help develop vital skills to balance recovery with everyday life.
  - Help in navigating services and resources while developing recovery networks.
  - Use a holistic, person-centered approach to help individuals live a productive, happy, independent, recovery-focused lifestyle.
  - Assist with keeping appointments, budgeting, finances, maintenance of healthy boundaries, and develop recovery-based coping skills.
  - Aid in stabilizing housing, clothing, utilities, food access, transportation, medical assistance, financial hardships, and other basic needs while in recovery.
  - Partner with individuals to set life goals and work towards achieving those goals.
  - Assist with accessing legal assistance, mental and/or physical health, substance use treatment, education, employment, volunteer work, and other needed resources.
  - Understand the ambivalence and daily struggles of short-term and long-term recovery.
- CBCM'S WILL BE THERE FOR YOU!**

*This program is completely voluntary*

### WHERE DO WE MEET?

- Public place
- Outside (weather permitting)
- Individual's home or safe space
- Our offices or any substance use treatment provider office
- Appointments (doctor, legal, etc.)

### WHO'S ELIGIBLE?

- 18 Years or older
- Resident of Westmoreland County
- Currently have a substance use and/or co-occurring issue
- Have complex physical health needs that impact daily life and independence

### WHAT TO EXPECT?

- Once a referral is received, the CBCM team will reach out
- Determine where assistance is needed during first session
- Meet to develop personal goals until they are achieved
- Staff will follow up and meet based on individual's schedule



**1-800-220-1810  
or 724-832-5880**

Westmoreland Drug and Alcohol Case Management  
203 South Maple Avenue  
Greensburg PA 15601



# Talking to Your Kids About Alcohol

Many kids and teens try alcohol during their high school and college years, before it's legal for them to drink it. Parents have a big effect on their child's choices about drinking. So talk about alcohol use with your kids early and often as they grow up.

## **Ages 4 to 7**

Talk about alcohol when it comes up naturally. For example, if you're watching TV and you see an ad for alcohol, you can ask your child if they know how drinking alcohol affects the body. Keep the info simple: Alcohol slows down the body and mind. It makes it hard to know things like when water is too deep or a car comes too close. And it gives people bad breath!

If your child asks why it's OK for grownups to drink but not kids, explain that drinking can damage a growing body and increases the risk of drinking problems later in life.

## **Ages 8 to 11**

Kids this age can hear about the effects of alcohol and why it's dangerous for growing bodies and minds. You can talk about short-term effects of alcohol, like:

- distorted vision, hearing, and coordination
- altered perceptions and emotions
- impaired judgment, which can lead to accidents, drowning, and other risky behaviors
- bad breath
- hangovers

And its long-term effects, such as:

- liver damage
- loss of appetite
- stomach problems
- heart and brain damage
- memory loss

Kids this age want to fit in with their friends. Teach your child the importance of thinking and acting as an individual.

## **Ages 12 to 17**

The teen years are a time to be a good listener and keep the lines of communication open. Keep setting a good example. Even if your kids don't seem to be hearing what you say, studies show that parents really do influence teens' behaviors.



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



- Talk about good reasons not to drink, such as:
- Drinking at a young age can lead to alcohol problems later.
- Teens who drink are more likely to be sexually active earlier and to have unprotected sex.
- Teens who drink are more likely to have problems in school.
- Drinking can hurt athletic performance.
- Drinking before age 21 is illegal.
- Drinking can lead to long-term brain changes.

Lecturing about the facts on alcohol and using scare tactics can make teens shut down. But do be clear with your teen and say that you don't want them to drink. If you have alcohol problems in your family, make sure your teen knows this could make them more likely to develop an alcohol problem.

Teens want to be liked and accepted by friends. Help yours work through different situations so they're ready. What can they say at a party when someone offers them a drink? What if someone they're supposed to drive with is drinking? Brainstorm together and let your teen know they can always call or text you and you will pick them up with no lecturing or punishment.

### **What Else Can Parents Do?**

Parents are role models, even to teens. So set a good example by drinking responsibly (or not at all), not using alcohol as a stress reliever, and never driving after drinking. Regular, honest talks with your kids will help them make good decisions.

Still, parents should watch for problems and set rules. Ask your child to be honest with you if they do try alcohol. If you think your child has been drinking and hasn't told you, don't ignore it. If you think there's a serious problem, your child's doctor can help.

### **Other things you can do:**

- Know where your kids are and who they're with.
- Know how to get in touch with your child. They should have their phone with them and turned on, and you should have numbers for their friends or the number of the home they're visiting.
- Know the parents of your kids' friends and how to get in touch with them.
- For older kids and teens, talk about your values about alcohol with them. Be clear that you do not want your child drinking alcohol.
- Tell your kids how often you want them to check in when they're away from home.
- If your teen drives, tell them drinking any amount of alcohol and driving is NOT OK. Consider having a contract that you both sign that says all members of your family will not drink and drive. Be clear that your teen will lose driving privileges if they break the contract.