



Prevention Newsletter

APRIL 2020

UPCOMING EVENTS:

- Alcohol Awareness Month
- National Prescription Drug Take Back Day (Postponed)

FACT OR FICTION

MYTH: Drinking alcohol underage does not mean you have a drinking problem.

FACT: Not only is drinking underage illegal, it can also lead to academic struggles and increase your likelihood of being the victim of a crime.

Screenagers

Join us starting May 4th for 2 weeks for an OnDemand viewing of the film **Screenagers** directed by Delaney Ruston, M.D. In this 68 minute film, you will learn the impact of the digital age on children and how to help families minimize harmful effects and find balance. Families report feeling more confident and better equipped to establish balance around screen time.



April is Alcohol Awareness Month

The goal of Alcohol Awareness Month is to educate the public, increase awareness, encourage people to reach out to the public with information about alcoholism and recovery and to help reduce the stigma that is often associated with the disease of alcoholism. Throughout the month of April we will be sharing information to increase awareness.

Program Spotlight: Alcohol and Driving



Alcohol and Driving is a high school program that is most effective for students prior to obtaining their driver's license or newly licensed drivers. This program focuses on Pennsylvania laws regarding underage alcohol use

and underage driving while intoxicated (DWI). It provides students with information on the risks and dangers related to underage use of alcohol and other drugs. It also stresses the responsibility of drivers to remain sober and concentrate on driving. This program utilizes the use of a DVD titled, "Stoned Cold II – Aftermath," as well as a visit from a law enforcement officer directly answering questions from students

related to underage drinking. This program includes three classroom sessions and is most appropriate for 9th and 10th grade students. To view a preview of the DVD included in lessons, please visit <http://goo.gl/tlyzrH>.

Follow AICDAC on Social Media

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mydrugfreecommunity](http://www.facebook.com/mydrugfreecommunity)

[www.facebook.com/
clariondrugfree](http://www.facebook.com/clariondrugfree)

[www.twitter.com/
PreventionStaff](http://www.twitter.com/PreventionStaff)

Instagram- [aicdac](#)

Know the Statistics

The Pennsylvania Youth Survey (PAYS) is a survey of youth in 6th, 8th, 10th, and 12th grades. Students are asked about their attitudes, knowledge, and behaviors concerning alcohol, tobacco, and other drugs. The PAYS also looks at violence, depression, and other concerning behaviors. In 2017, an alarming 43.3% of

students reported that they had used alcohol at least once in their life.

For more information, please visit [https://
www.pccd.pa.gov/Juvenile-
Justice/Pages/Pennsylvania-
Youth-Survey-\(PAYS\).aspx](https://www.pccd.pa.gov/Juvenile-Justice/Pages/Pennsylvania-Youth-Survey-(PAYS).aspx).

Coping with Covid-19

It is CRUCIAL to maintain your mental health when quarantined at home. Take deep breaths, read a book, listen to music, journal. Find an activity that helps you feel happy and at peace. Research has shown that eating healthy, well-balanced meals and exercising daily will create a positive mindset and help to distress your life. If you begin feeling overwhelmed with emotions such as

sadness, depression or anxiety, or feel that you want to harm yourself, call your local crisis hotlines (Clarion: 814-226-7223, Indiana/Armstrong: 877-333-2470). For more information, visit www.cdc.gov/coronavirus

Anxiety in Children

Anxiety in children may present as the following

- Fear or worry
- Anger and irritability can
- Stomachaches
- Difficulty sleeping or may become more tired than usual

exposure is limited for children. Talk with children in age-appropriate language and answer questions with facts.

Helpful anxiety reduction tips:

- Deep breathing-Apps such as Calm or MindSpace may help
- Stay positive!
- Establish and maintain a routine



It is recommended that media

Clarion County: School Lunch Resources

Allegheny-Clarion Valley School District

Location

- Welters Country Market, 104 North River Avenue, Parker, PA
- Little It Deli, 615 Main St., Emlenton, PA
- Bob's Place, 103 North Wayne Avenue, Parker, PA
- The Allegheny Grille, 40 Main St., Foxburg, PA

Clarion Area School District

Time/Location

- 11:00am-12:30pm at Clarion Elementary School

Clarion-Limestone School District

Time/Location

- 11:00 m-12:30pm at high school entrance

Keystone School District

Time/Location

- 11:00am-12:30pm at elementary school entrance
- Knox Ministerium:

1. 512 Main St., Knox, PA Tuesdays from 10:00am -12:00pm
2. Ebenburg Presbyterian Church, 405 Main St. Knox, PA: Thursdays from 9:00am-12:00pm

North Clarion School District

Time/Location

Monday, Wednesday, Friday 11:30am-11:45am

- Morrissey Addams Ln 11:30am-1:00pm
- East Forest School
- Farm Fresh Foods Lot
- Endeavor Community Center

11:45am-12:15pm

- President Firehall

12:15pm-12:45pm

- County Line Market
 - Clarington Church
 - West Hickory Church
- 12:30pm-12:45pm
- Vertical Seal

Redbank Valley School District

Time/Location

- 10:30am-12:30pm at the Jr./Sr. High School entrance, please complete the form at

www.redbankvalley.net

Union School District

Time/Location

- 2:30pm at the high school entrance; delivery available if unable to pick up.

Meet Our Prevention Staff

Staff Highlight:

Jill Northey



Jill Northey is a Certified Prevention Specialist and SAP Liaison of the Armstrong Indiana Clarion Drug and Alcohol Commission (AICDAC). Ms. Northey has been employed with AICDAC for over 4 years, with about 7 years of drug and alcohol prevention experience. She provides prevention services to the community through various means such as public awareness campaigns, education in Clarion County schools and community, Student Assistance Program (SAP) Drug and Alcohol Liaison, Naloxone Administration Training, ATOD free events, and community partnerships. Ms. Northey's favorite part about her position at AICDAC is meeting new people from various entities in the field and community events. Prior to joining the Commission, Jill was a substitute teacher at Abraxas, Brookville, and Clarion Limestone School Districts, and an instructor at Butler Community College-Brockway. Ms. Northey has a B.S. in Health & Physical Education and a minor in Athletic Coaching from University of Pittsburgh-Bradford and is a Certified Opioid Treatment Specialist from Clarion University. Ms. Northey also has been a swim team coach for the past 9 years.