



UPCOMING EVENTS:

- **National Prevention Week** May 10-16, 2020
- **Mental Health Month**
- **World No Tobacco Day** May 31, 2020

FACT OR FICTION

Smokeless tobacco does NOT cause cancer.

FALSE! smokeless tobacco, which includes chewing tobacco and snuff, increases the risk of oral cancers.

Prevention Newsletter

APRIL 2020

National Prevention Week



National Prevention Week (NPW) is a year-round educational platform that promotes prevention and recognizes work being done in our communities. This is done in the hopes that it will inspire others to take action and prevent substance abuse. NPW helps to provide quality resources, generate ideas, offer tools, showcase evidence-based prevention programs, as well as assist in building partnerships and collaborations with numerous organizations, all of which are dedicated to improving public health.

NPW raises awareness each May about the importance of substance

use prevention and positive mental health. Each day is focused on a different theme.

Monday, May 11: Preventing Prescription Drug and Opioid Misuse
 Tuesday, May 12: Preventing Underage Drinking and Alcohol Misuse

Wednesday, May 13: Preventing Illicit Drug Use and Youth Marijuana Use

Thursday, May 14: Preventing Youth Tobacco Use (E-Cigarettes and Vaping)

Friday, May 15: Preventing Suicide

What Can You Do?

Participate in the #PreventionHappensHere Challenge (go to AICDAC's social media for more information)

Follow AICDAC and SAMHSA on Facebook, Twitter, and Instagram

Download resources! Go to: SAHMSA.Org for more information

Program Spotlight: Operation Prevention



Operation Prevention is a PowerPoint based program created by the Drug Enforcement Administration (DEA) Opioid Program. This is best suited for third through sixth grade students and consists of

four classroom sessions. It is designed for students to examine the reasons people turn to opioid use and misuse. Students will act as investigative reporters, tasked to consider the who, what, when, where, why, and how of opioid use and misuse. They will also consider

how opioid use and misuse may be impacting their own communities. For more information, please visit: www.operationprevention.com.

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

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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, 2.6% of students (6th,

8th, 10th, 12th) had used hallucinogens in their lifetime. This is closely followed by synthetic drugs (1.7%) and Ecstasy (1.1%). 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).

Deep Breathing Techniques

Be comfortable! Lay down on your back in bed or on the floor with a pillow placed under your knees. Breath in and out through your nose. Take three more deep breaths.

- Helpful Apps for adults:
 - * The Mindfulness App
 - * Headspace
 - * Calm

- Helpful Apps for kids:
 - * Mindfulness for Kids
 - * Headspace for Kids
 - * Stop, Breath & Think



Meet Our Staff

Haley Crowover (Miss. Haley) has been a Prevention Specialist with the Armstrong Indiana Clarion Drug and Alcohol Commission since January of 2018. As a graduate of Indiana University of Pennsylvania with a bachelor's degree in Child Development and Family Relations, Haley always knew she wanted to work with kids. You can typically find her teaching in grades K-6, but has made some occasional appearances in the high schools as well. The best part about the job in her eyes, is being able to be inspired by so many awesome

children, all while having the job that is meant to inspire them! The importance of her job to her, means being able to communicate the significance of so many topics that will be valued throughout their life! When she is not working, Miss. Haley can be found helping her husband at his farm or spending time with her family!

