



Upcoming Events

- Clean Air Month
- Healthy Vision Month
- 1/ Asian Pacific American Heritage Day
- 2/ Brothers & Sisters Day
- 14/ Mother's Day
- 29/ Memorial Day

MENTAL HEALTH
 AWARENESS MONTH
 — MAY —



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Effects of Marijuana and How to Help

Today, we are answering some important questions related to the substance itself and how to talk to people in your life about marijuana.

Why is it important to be informed about marijuana? Nearly 30% of people who use it have a mild, moderate or severe form of marijuana use disorder.

- Young people who use marijuana are 4 to 7 times more likely than adults to become addicted to marijuana; however, the longer teens and young adults delay use while their brains are developing, the less likely they are to develop a marijuana use disorder or addiction.

What are the risks of using marijuana? Teens are among the most at risk to the harms of marijuana. Marijuana can affect people differently, but here are some common effects:

- Brain development can be negatively impacted, including decision-making, impulse control
- Anxiety and psychoses (how people view reality) can increase
- Attention, learning and memory can be negatively impacted
- Slower reaction time, can affect driving and increase injury risk
- Can lead to addiction

How do I talk to someone about marijuana? When connecting with someone in your life about marijuana, it's important to remember:

- Not to lecture – listen and understand their perceptions of marijuana
- Be clear about your position
- Let them know that this is a health concern

Where can I go to learn more about marijuana basics, risks of use or protecting others from its harm? Visit Partnership to End Addiction's Marijuana Resource Center.

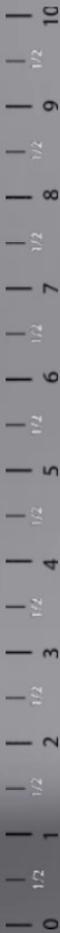
55 million Americans in total had reported using marijuana within the past year. The 55 million amount is actually higher than the number of active tobacco smokers, which is approximately 36.5 million, according to the Centers for Disease Control and Prevention (CDC). That means there are 50.68% more marijuana users than there are tobacco smokers.

BORG

A BORG is a “blackout rage gallon”. These have been trending on TikTok. BORGs are made in a plastic water gallon jug by combining water, a fifth of vodka, and flavoring (often including electrolytes) and may contain caffeine, to help kids “blackout” without feeling hungover the next day. A fifth of alcohol contains about 17 standard 1.5 ounce shots of hard liquor.

Diluting a BORG with water and adding electrolytes will NOT prevent the toxic effects of consuming this much alcohol.

Mixing alcohol with caffeine or energy drinks is dangerous as drinkers may feel more awake and alert and consume more alcohol, which can lead to dangerous levels of impairment and possible alcohol poisoning. Additionally, caffeine may mask the typical signs of intoxication, making it harder to know when you’ve had too much to drink.



ACTUAL SIZE

BORG

BLACKOUT RAGE GALLON

**BORGs CAN CONTAIN
ONE 750ML BOTTLE
OF HARD ALCOHOL
= 17 SHOTS**

FACTS YOU NEED TO KNOW:

- DILUTING ALCOHOL WITH WATER AND ADDING ELECTROLYTES WILL NOT PREVENT ALCOHOL POISONING
- ADDING CAFFEINE MAKES IT HARD TO KNOW WHEN YOU’VE HAD ENOUGH



growth can look like:

@crazyheadcomics

learning to laugh at slight misfortunes

seeing a bad day for what it is, and thinking of ways to make tomorrow better

asking for help without self-judgement

being less fixated on things i can't change, and more appreciative of the things that are good



giving space for tough feelings

accepting when i'm in the wrong without taking it as a personal attack

learning to dwell a little less, and dream a little more

doing things that scare/intimidate me every once in a while



GRANDPARENTS Raising Grand Kids

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