



UPCOMING EVENTS:

Prevention Newsletter

JUNE 2020

Program Spotlight



CATCH My Breath E-Cigarette and Juul Prevention Program provides students with the skills to resist peer pressure and media influences to try e-cigarettes. The overall goal of the program is to prevent the initiation of e-cigarette use among preteen and teen adolescents through educational strategies such as, social emotional learning, peer-facilitated cooperative learning groups, large

group discussions, analysis of mass media, and goal setting.

This curriculum is offered over four sessions for grades 5 and up.

For more information, visit <https://www.catch.org/>

FACT OR FICTION

True or False:

E-Cigarettes do not contain nicotine, therefore, they are much healthier for you.

FALSE! Over 95% of vapes on the market contain nicotine. The use of e-cigarettes can also lead to the use of other nicotine products as well.

E-Cigarette Informational Resources

- * <https://www.truthinitiative.org>
- * <https://www.lung.org/quit-smoking/e-cigarettes-vaping>
- * https://www.cdc.gov/tobacco/basic_information/e-cigarettes/index.htm

Know the Statistics of Vaping

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, 16.3% of students (6th, 8th, 10th, 12th) admitted to using e-cigarettes in their lifetime. This statistic increased from the previous year by .8%.

For more information on vaping or other topics, 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).

Follow AICDAC on Social Media

www.facebook.com/mydrugfreecommunity

www.facebook.com/clariondrugfree

www.twitter.com/PreventionStaff

Instagram- aicdac

Commonwealth Prevention Alliance (CPA) Conference

Each June, CPA holds their annual conference in State College, PA. CPA's mission is to support all prevention professions in their work toward eliminating risk-related behaviors and substance abuse. In our every changing current society,

the conference will be held from June 9-12, 2020 in a virtual platform. A large number of our prevention staff will be attending the CPA Conference in order to gain new and innovative ways to provide prevention curriculum to our students.

Self Care

Self care is important as it enables you to take care of your body in order for it to run efficiently. Self care can include the following:

1. Physical (eating well, sleeping well, exercising)
2. Social (maintaining contact with friends or loved ones)
3. Mental (enjoyable activities, practicing self-compassion and acceptance)
4. Spiritual (meditating, practicing a religion/ praying, connection with the universe)
5. Emotional (expressing emotions in a healthy way, discussing with someone you trust, emotional processing).



Meet Our Staff

Melanie Christy has been a part-time Prevention Specialist with the Armstrong Indiana Clarion Drug and Alcohol commission for the last year and a half. She graduated from Indiana University of Pennsylvania with a Bachelor's degree in Child Development and Family Relations before pursuing her Master's and Education Specialist degrees in School Psychology. Melanie has worked with students of all ages and enjoys different aspects of each age. She believes that she learns as much from the students she encoun-

ters as they learn from her! She enjoys teaching students valuable lessons on a variety of topics and seeing their knowledge grow in return! Later this summer, Melanie will be leaving her position at AICDAC to begin her internship with a school district to become a School Psychologist. She has loved every minute of her position and will take the knowledge that she has gained

and apply it to her career in the future!

