Recovery Works!

The mission of Chester County Department of Drug and Alcohol Services is to ensure that quality alcohol and other drug intervention and treatment, as well as alcohol, tobacco, and other drug prevention programs are provided for citizens in an efficient and cost-effective manner.

April is Alcohol Awareness Month

April is Alcohol Awareness Month, an opportunity to update your knowledge about the adverse effects of alcohol misuse on health and our community. It's also a good time to talk to teens about drinking and to equip them with the knowledge to handle situations involving alcohol. Caregivers and trusted adults can play a meaningful role in shaping youth’s attitudes toward drinking and helping teens make the right decisions for them. Having open conversations with them about alcohol and understanding your key function as a role model is a good place to start. Youth are less likely to drink heavily when the adults in their lives demonstrate responsible behavior regarding their own alcohol use and when they live in homes where caregivers have specific rules against drinking at a young age. Check your own alcohol use with the screening tool below.

Resources
Facts around teen drinking
- Talk. They Hear You. A resource for caregivers
- Activities for middle schoolers
- Kahoot quiz on underage drinking
- What is a standard drink?
- Thinking about a change with your drinking habits?

When was the last time you checked your drinking? Use this free tool to help you evaluate your level of alcohol consumption. Built with the ability to create a personalized plan based on your goals, take an honest look at your habits and decide if they still fit with your personal goals and values.

**Alcohol Use Screening Tool**

Interested in promoting Alcohol Awareness Month?
[Access the toolkits here.]

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**Recovery is Possible.**
**Help is Available.**

- What is Alcohol Use Disorder (AUD)?
- Chester County Family Help Guide
- El Libro de Ayuda para la Familia
- AA
- Al-Anon
- Al-a-Teen
- SMART Recovery
- Families Anonymous
- Adult Children of Alcoholics & Dysfunctional Families
- ATLAS Treatment Search Tool

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**Power of Parents:** **April 23rd**

Chester County Department of Drug and Alcohol Services presents the Power of Parents. Join us on Tuesday, April 27th at 7:00PM to learn about having difficult conversations with your youth. We’ll be joined by several experts in the field for a panel discussion following the training. This event is great for any caregiver or individual in the child serving sector.
Empower Yourself as a Caregiver

to ask the question
to have the hard conversation
to help youth make good decisions

Chester County
Dept. of Drug &
Alcohol Services
Presents:

POWER of
PARENTS

Tuesday, April 23rd, 2024
7:00 - 8:15PM

Learn how to have ongoing conversations about the dangers and consequences of substance use with the youth in your life.

In Partnership With:

Register Here
DEA Drug Take Back Day
Saturday, April 27th

Chester County’s Department of Drug & Alcohol Services is raising awareness for National Prescription Drug Take Back Day on Saturday, April 27th. Organized nationwide by the Drug Enforcement Administration (DEA), Take Back Day provides local sites for safe, convenient, and responsible means of disposing of unwanted or expired medications. From 10:00AM to 2:00PM on Saturday, April 27th prescription drug disposal sites will be set up throughout Chester County.

Find a temporary location near you.
Find a permanent location near you.
Chester County Becomes a POPP

We are pleased to announce that Chester County has been approved as a Pennsylvania Overdose Prevention Program Recognized Entity (POPP)!

The Pennsylvania Overdose Prevention Program (POPP) was established in August 2023 as a joint initiative between the Pennsylvania Commission on Crime and Delinquency (PCCD) and the Pennsylvania Department of Drug and Alcohol Programs (DDAP). This program was designed to ensure naloxone and drug checking equipment is available to anyone who may need it. By creating a network of POPP Recognized Entities across the state, the goal is to enhance community-based distribution and harm reduction efforts, particularly in those individuals with the greatest risk of experiencing overdose.

As a Registered Entity, this enables Chester County to obtain Naloxone as well as drug checking strips designed to detect xylazine and fentanyl at no cost to the County. This also enables us to focus on reaching individuals with the greatest risk of experiencing overdose in our community. These include, but are not limited to, the following populations:

- People who are currently using substances
- People who know someone currently using substances
- Justice-involved individuals with substance use disorders, including people who were recently incarcerated.

For more information, please contact:
Rachel Kramer, MBA, MSN, ANP-BC
Opioid Settlement Coordinator
Chester County Department of Drug and Alcohol Services
Phone: (610) 344-5630, email through stopodchesco.org

Attend a Training:

**Medication Assisted Treatment**
April 17th, 2024
9:00AM - 12:00PM
Government Services Center
601 Westtown Road, Suite 351, West Chester, PA 19382

**Healing the Healers**
April 17th, 2024
9:00AM - 1:00PM
Government Services Center
601 Westtown Road, Suite 250, West Chester, PA 19382
Our Partners are Doing Great Things!

In Chester County, prevention services consist of age-appropriate, school-based, and community-based programs; education and awareness on Alcohol, Tobacco, and Other Drug (ATOD) topics; identification and referral of students at risk; and information and referral services related to prevention, treatment, and recovery services for community members. The Chester County Department of Drug and Alcohol Services funds several providers in the County, who provide services and programs all free of charge.

Downingtown Communities that Care & Compass Mark partner for this month's Parent to Parent podcast

How can “soft skills” result in drug-free kids? Downingtown Communities that Care speaks with Shannon DiCandilo from Compass Mark to talk about how social emotional learning skills are key to emotional health, academic success, and delaying and preventing underage substance use. Shannon shares how these skills play out in real life for kids, current trends on what substances youth are using, and how they are getting it. We discuss the link between mental health challenges and substance use, the vaping prevention program Catch My Breath, and what is “stealth vaping.” Click here to listen now.

Downingtown Communities that Care presents their annual ‘Prevention Starts with Me’ youth video contest for 7th-12th graders in the Downingtown Area School District. Youth are encouraged to share their healthy lifestyle choices to help influence peers to not use substances. Click here to learn more.
West Chester Communities that Care launched their next marketing campaign: Connection is Key. This campaign emphasizes the importance of connections to improve mental health. Interested in sharing this message? Visit their website here to download the campaign and select one or more to post on your social media and communication channels. Downloads contain messages in both English and Spanish.

Coatesville Youth Initiative is hosting The Incredible Years for Parents as a place to recharge away from your kids, have lunch served to you, and spend time with other adults. This is a 14-week program for Coatesville parents with at least one child between the ages of 6-12. CYI provides lunch and free childcare during the group meetings. Meetings are held Wednesdays from 12:30-2:30PM. Click here to register or contact Jaionna Harris for more information: Jaionna@coatesvilleyouthinitiative.org; 610-380-0200 ext 208.

Secrets and Sticker Shock partnerships with youth to take a proactive stand against underage drinking. This year, youth worked with Limoncellino in Chester Springs to promote Project Sticker Shock by displaying stickers on their pizza boxes, which depict a warning message about the penalties for providing alcohol to anyone under 21.

Suicide is the 2nd leading cause of death in teens in the US. Many more survive suicide attempts. Although the majority of adolescents who attempt suicide have a significant mental health disorder, there is no single factor that causes suicide or suicidal thoughts. The keynote presentation will address suicide risk factors, identification of youth at risk for suicide, prevention, intervention, and postvention strategies. The conference will be held in the WCU SECC Building in room 112 and also has an option for virtual attendance. For questions related to registration, please contact Holcomb, 610-363-1488. Please click here to view the full agenda and register.
Lessons Learned from Colorado

a Conversation with Ben Cort

Tuesday, April 30, 2024
7:00 to 8:30 pm

Author of Weed, Inc. and national cannabis policy expert, Ben Cort, will join us for a conversation about the cannabis industry, and what we can learn about the impact on communities, and particularly young people, in a state where cannabis use has been on the rise.

Be a Part of the Conversation hosts author of Weed, Inc. and national cannabis policy expert, Ben Cort. Join us for a conversation about the cannabis industry and what we can learn about the impact on communities, and particularly young people, in a state where cannabis use has been on the rise. Click here to register for the event.

Register to attend online: convo.zone/lessons

Upcoming Community Events

Keeping You Well

QPR SUICIDE PREVENTION TRAINING (IN-PERSON)

Wednesday, April 18, 10:00 – 11:00 AM
Brandywine Valley Active Aging (BrVAA), Craterell Campus
250 Martina Luther King Jr. Blvd, Coatesville, PA 19320

QPR (Question, Persuade, Refer) is a nationally recognized suicide prevention training that has been extensively researched and proven effective. It was developed by Paul Quinnett, Ph.D., the founder of the QPR Institute (www.qprinstitute.com). Participants who complete the class are considered QPR Gatekeepers.

REGISTRATION REQUIRED.
To register, click on the event title above, scan the QR code or call 610-736-1300.

Keeping You Well

YOUTH MENTAL HEALTH FIRST AID (IN-PERSON)

Friday, April 26, 8:30 AM – 3:00 PM
Chester County Hospital Main Lobby Conference Room
301 East Marshall Street, West Chester

Youth Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illness and substance use disorders in youth. This training gives adults who work with youth the skills they need to reach out and provide initial support to children and adolescents (age 5-18) who may be developing a mental health or substance use problem and help connect them to the appropriate care. First aiders will complete a 2-hour self-paced online course prior to participating in the in-person course.

REGISTRATION REQUIRED.
To register, click on the event title above, scan the QR code or call (610) 736-2300.
Information Opportunity

Did you know...

There are several other county departments who send out community newsletters and announcements just like this one. If you’re interested, sign up here.

If you would like your information included in our newsletters, please contact Laura Wiechecki at lwiechecki@chesco.org

The next newsletter will be released in May.

Chester County Department of Human Services | 601 Westtown Road, West Chester, PA 19380

Unsubscribe ccdhs@chesco.org