

SAC CORNER

QUARTER 2

ISSUE 2 | 2024 - 2025



UPDATE:

ParentSquare has been a tricky transition for the SAC Corner. The SAC Corner will be moving to a quarterly issue via Canva.

CRISIS:

- 988 Lifeline - call or text 988 at any time 24/7 to talk for free and with confidentiality
- 2nd Floor - NJ's Youth Helpline - 888-222-2228 is a 24/7 hotline that can be called or texted for confidential and anonymous help

THE NEWS

TRENDS

- Vaping in the long term
- Response to Q1 smelling salts, OTC, & caffeine use in students
- School Refusal/Avoidance

STUDENTS

- Students report peers in bad situations after drinking

CAREGIVERS

- Mental Health Resource Fair - Coming to YOU!
- Parent Guidance

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TRENDS

- If you recall, in October we had Daniel Ament speak to our students about the dangers of vaping. Daniel suffered a double lung transplant due to vaping, the first case of its kind. In January 2024, Jackson Allard received a double lung transplant due to parainfluenza that he believes escalated due to the compromising of his lungs from vaping. More stories, like his, are popping up. Vaping started nearly 20 years ago and really picked up popularity a little over 10 years ago. We are just now seeing long term impacts.
- Athletes in the NHS volunteered their time to create PSA videos, in collaboration with the district athletic trainer, SAC, and HMHS nurse, on the over use of caffeine, the over use of over the counter medicine, and smelling salts. The videos on caffeine and OTCs have been shared with great feedback.
- Districts throughout the country are experiencing increases in school avoidant and/or refusal behavior. This may be from fear, anxiety, or defiance. What do you do? <--- That's the big question exhausting caregivers. Do you force them to go? Will there be trauma from that? Do you let them stay home? Will they experience developmental or educational stunting?
- - We have resources and advice we can give on motivation, therapy, goal planning, gradual exposures, and more! We are here to support and help. Send a counselor an email and/or feel free to check out the [padlet](#) resources!

STUDENTS

- Making good decisions is much harder when under the influence of alcohol. Students report peers getting drunk and engaging in sexual activities that would not have happened sober. Please talk to your students about alcohol, the dangers of being under the influence, the dangers of being around others under the influence, and help us help them! (*Drinking problem? Contact the SAC to talk confidentially*)
- Need help getting started on that talk with your kids? Want to make sure you don't forget to talk about major key points? [Check out SAMHSA's Talk They Hear You resources](#)
- Students have also said that although vaping is a problem, they would have benefited more from an assembly on alcohol - we will look for one! Your voices are heard!

CAREGIVERS

- The Annual Student Mental Health Information Session has morphed into a **Mental Health Resource Fair** (yay!) What to expect:
 - Please see the flyer below!
 - Click that microphone on the flyer to have your questions be anonymously answered!
- Parent Guidance is here! Check out these free parent coaching resources: [click here](#) for access to a parent coach, ask a live therapist, and short webinars on topics like: social media, ADHD, school avoidance, substance use, self-harm, depression, exposure to pornography, and so much more!



Sponsored by the Haddonfield Education Association!!

MENTAL HEALTH RESOURCE FAIR

****FOR PARENTS/GUARDIANS****

We are excited to invite you to the first mental health resource fair. Our annual (for caregivers) student mental health information night has evolved!

EVENT HIGHLIGHTS

Resources - Brought To You

Visit the tables of local resources (free and insurance taking) such as: Guardian Recovery, NJ4S, SERV, NJ Recovery & Wellness, 2nd Flr, Penn Medicine, High Focus, Camden County Family Support Organization, and more!

No Waitlist List!

Get first access to a list of providers that currently are taking new clients and have no waitlist. Making therapy more accessible!

Food

Enjoy some light fare provided by the wonderful HEA.

Raffle

There will be a door prize raffle (free) with 3 winners! (prizes provided by the HEA)

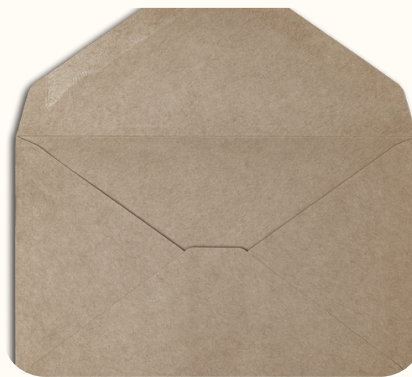
Annual Presentation

7-8pm Information presentation on what we see currently impacting our students. Have questions? [Submit them here](#) so your topic can be covered



More Information

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To RSVP, click the envelope!



CLICK THE MICROPHONE TO SUBMIT QUESTIONS OR TOPICS YOU'D LIKE TO SEE COVERED



NEED YOUR KIDDO WATCHED WHILE YOU ATTEND? NHS HAS YOU COVERED! RSVP FOR CHILDCARE BY CLICKING THE PICTURE ABOVE

6:30 - 8:30 PM

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MARCH

HMS AUDITORIUM

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