

SCHOOL BASED SERVICES
STUDENT ASSISTANCE PROGRAM
and
PREVENTION



 **WELCOME**

March 2024

In This Issue

- PG. 2 Self Injury Awareness Month
- PG. 3 24/7 Crisis Support
- PG. 4 Overdose Prevention
- PG. 5 National Nutrition Month
- PG. 6 Mindful March
- PG. 7 Word Search
- PG. 8 Spring Ahead

Welcome to the March 2024 issue of the Devereux TCV Community Services Student Assistance Program & Prevention Newsletter! Please share with your staff and families. I want to thank everyone for taking the time to complete our satisfaction surveys. We had over 90 surveys submitted. I am currently going through each survey and I will be in touch with you to discuss further if needed. As always let my team and I know if you need anything. We are here to help every step of the way. Spring is coming in the next couple weeks and I hope everyone enjoys more daylight coming on March 10th.

Jim Phillips 412-862-5565
Manager of School Based Services

1800 West Street
Homestead, PA 15120
412-464-1522 x2351

**“Challenges are an
opportunity to test you
and rise to the next level.”**
- Angelica Montrose



VISIT

https://www.crisistextline.org/selfcare_student_planner/

for resources for students, educators, and parents

Signs Of Self-Injurious Behavior:

Signs that someone is engaging in self-harming behaviors can be:

- Bruises, scabs, burns, or cuts on the body
- Overdressing and constantly wearing long-sleeved shirts or pants
- Making excuses for how they got injured
- Social isolation or avoidance
- Withdrawing from activities or events that they once enjoyed

In a crisis?

Text HOME to 741741 to connect with a volunteer Crisis Counselor

Free 24/7 support at your fingertips.

Text Us

Chat With Us

WhatsApp

<https://www.crisistextline.org/> for information on:



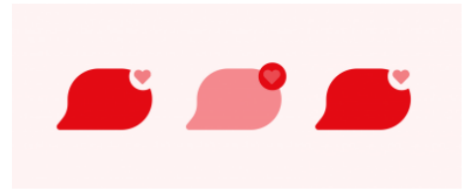
Gun Violence

Gun violence is a public health crisis that threatens the physical and mental health of our communities. If you're struggling to find ways to cope, you're not alone.



Anxiety

Here's everything you need to know about moving from totally overwhelmed, to a cool, calm "I've got this." You can get through anxiety.



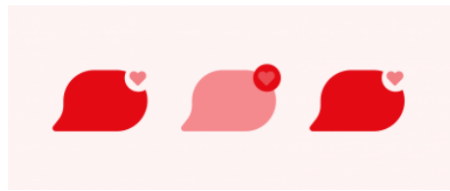
Eating Disorders

Eating disorders are physical and mental illnesses that cause people to severely alter their eating behaviors and related thoughts and emotions.



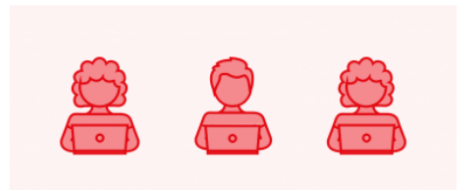
Depression

Depression is no regular grade bad day. It's an ongoing, incapacitating heaviness that lasts for hours, days, weeks, or even years. You are not alone. We're here to support you.



Suicide

Suicide is a leading cause of death. It's also preventable. In U.S. alone, we have the ability to save nearly 45,000 lives every year.



Self-Harm

We all need healthy ways to cope with the hard stuff. We're here to help you find a healthy alternative to self-harm.



U.S. Department of Health & Human Services

Overdose Prevention Strategy

VISIT

<https://www.hhs.gov/overdose-prevention/>

for information on the following:

Primary Prevention

Preventing substance use disorder is the first step towards addressing overdoses. Learn about effective prevention programs and safe prescribing practices.

Harm Reduction

Harm reduction is critical to keeping people who use drugs alive and as healthy as possible. Read the research and reduce stigma.

Evidence-Based Treatment

When a person is ready, high-quality treatment must be available without delay. Help improve access to treatment.

Recovery Support

Recovery support services can lead to better long-term outcomes, especially when available in communities where they are needed. Explore different types of recovery services.



**March - National
Nutrition
Month**


**Fuel
for the
FUTURE**

VISIT




for resources for students, educators, and parents

HEALTHY EATING PLATE



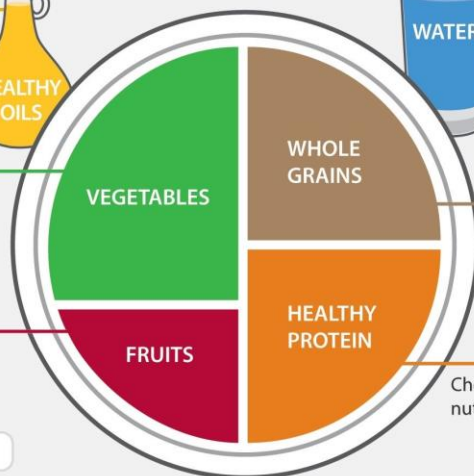
HEALTHY OILS

Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.



WATER

Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.




The more veggies – and the greater the variety – the better. Potatoes and French fries don't count.

Eat plenty of fruits of all colors.

Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.



© Harvard University

Harvard T.H. Chan School of Public Health
The Nutrition Source
www.hsph.harvard.edu/nutritionsource

Harvard Medical School
Harvard Health Publications
www.health.harvard.edu



INTERNATIONAL DAY OF HAPPINESS

20 MARCH

Mindful March 2024

MONDAY



4 Notice how you speak to yourself and choose to use kind words

11 Stay fully present while drinking your cup of tea or coffee

18 Have a 'no plans' day and notice how that feels

25 Focus your attention on the good things you take for granted

TUESDAY



5 Bring to mind people you care about and send love to them

12 Listen deeply to someone and really hear what they are saying

19 Cultivate a feeling of loving-kindness towards others today

26 Choose to spend less time looking at screens today

WEDNESDAY



6 If you find yourself rushing, make an effort to slow down

13 Pause to watch the sky or clouds for a few minutes today

20 Focus on what makes you and others happy today dayofhappiness.net

27 Appreciate nature around you, wherever you are

THURSDAY



7 Take three calm breaths at regular intervals during your day

14 Find ways to enjoy any chores or tasks that you do

21 Listen to a piece of music without doing anything else

28 Notice when you're tired and take a break as soon as possible

FRIDAY

1 Set an intention to live with awareness and kindness

8 Eat mindfully. Appreciate the taste, texture and smell of your food

15 Stop. Breathe. Notice. Repeat regularly

22 Notice something that is going well, even if today feels difficult

29 Choose a different route today and see what you notice

SATURDAY

2 Notice three things you find beautiful in the outside world

9 Take a full breath in and out before you reply to others

16 Get really absorbed with an interesting or creative activity

23 Tune into your feelings, without judging or trying to change them

30 Mentally scan your body and notice what it is feeling

SUNDAY

3 Start today by appreciating your body and that you're alive

10 Get outside and notice how the weather feels on your face

17 Look around and spot three things you find unusual or pleasant

24 Appreciate your hands and all the things they enable you to do

31 Discover the joy in the simple things of life

ACTION FOR HAPPINESS

Happier · Kinder · Together



EAT YOUR GREENS



Just in time for St. Patrick's Day and National Nutrition Month, find 20 nutrient-rich greens hidden in this puzzle.

ARUGULA	H	W	W	A	T	E	R	C	R	E	S	S	E
BEET	S	S	I	D	A	F	S	P	I	N	A	C	H
BOK CHOY	S	W	B	N	A	D	A	R	U	G	U	L	A
CABBAGE	M	I	O	H	O	N	M	U	S	T	A	R	D
CHICORY	S	S	K	A	L	E	D	E	T	U	C	R	C
COLLARD	E	S	C	A	R	O	L	E	F	R	H	O	U
DANDELION	C	C	H	M	T	A	L	N	L	N	I	M	G
ENDIVE	D	H	O	P	A	Y	P	D	X	I	C	A	E
ESCAROLE	E	A	Y	X	F	C	Y	I	P	P	O	I	V
FRISÉE	Q	R	B	A	V	P	H	V	N	Z	R	N	P
KALE	E	D	E	F	R	I	S	E	E	I	Y	E	Q
LEAFY LETTUCE	L	L	E	V	S	C	O	L	L	A	R	D	H
MACHE	Z	O	T	L	P	C	A	B	B	A	G	E	F
MUSTARD													
RAPINI													
ROMAINE													
SPINACH													
SWISS CHARD													
TURNIP													
WATERCRESS													



SPRING FORWARD

Set your clocks ahead one hour

Sunday
March 10, 2024

