

SCHOOL BASED SERVICES

STUDENT ASSISTANCE PROGRAM

and

PREVENTION

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WELCOME

Welcome to the October 2023 issue of the Devereux TCV School Based Services Newsletter! I want to highlight Red Ribbon Week that will occur the last week of October. This is an opportunity for students to pledge to be drug free. My staff and I are prepared to assist in any way we can in your schools. If you need anything please do not hesitate to contact me or my staff.

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



Autumn is a gentle reminder
that **changes** can be beautiful



Take a Nap

Allow yourself to rest.



Enjoy a Warm Bath

Unwind after a long day.

WORLD MENTAL HEALTH DAY

Self Care Practices for Oct. 10th

I AM ENOUGH
I AM ENOUGH
I AM ENOUGH

Practice Positive Affirmations

Be kind to yourself.



Do Something You Love

Enjoy yourself. You deserve it.



STOP BULLYING

October:
National Bullying
Prevention Month



**TOGETHER WE CAN CREATE
A WORLD WITHOUT BULLYING**

**CELEBRATE
DIFFERENCES**

**KNOW
YOUR
ACTIONS
MATTER**

**RESPECT
EACH
OTHER**

**INCLUDE
THOSE
WHO ARE
LEFT OUT**

**SHARE
KINDNESS**

**LISTEN
WITH
PATIENCE**



RED RIBBON WEEK® OCT. 23-31 • WWW.REDRIBBON.ORG

The National Red Ribbon Campaign
Alcoholics Anonymous
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Everything you need to celebrate Red Ribbon Week®, planning guides, flyers, promotional material can be found at

<https://www.redribbon.org/downloads>



OCTOBER IS

domestic violence awareness month

Your concern and support can help change a person's life.

✔ Listen without judgment

- Focus and listen fully to their words.
- Offer to sit with them when calling for information or reporting abuse.

✔ Let them know you believe them

- Help them feel comfortable about getting help.
- Let them know that abuse can happen to anyone, and it's not their fault.
- Tell them you're concerned about their safety and assistance is available.

✔ Support their decisions

- Respect the way they want to handle the situation.
- Encourage them to reach out for help and guidance.

✔ Ask what more you can do to help

- Know about resources like national hotlines or your installation Family Advocacy Program.



**Speak up.
Know the warning signs.**

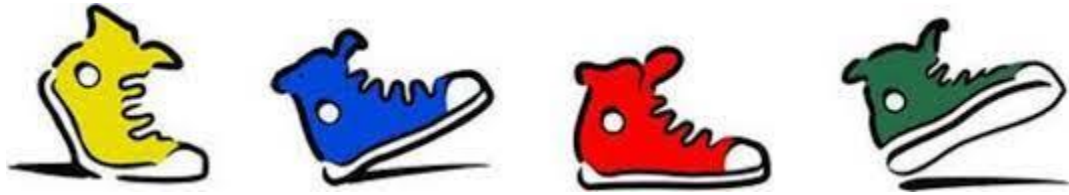
Abusive behavior

- Strict control – financial, social or victim's appearance
- Need for excessive contact – texts, calls
- Emotional abuse – put-downs, insults, humiliation
- Extreme jealousy
- Restricting partner's access to family or friends

Victim behavior

- Shows fear around a partner
- Frequent, last-minute change of plans
- Unexplained injuries with explanations that don't add up

FREE. 24/7. CONFIDENTIAL
NATIONAL DOMESTIC VIOLENCE
HOTLINE
1 (800) 799-7233



23rd Annual HIV/AIDS Awareness Walk

Join us to walk to raise awareness about HIV/AIDS in the Mon Valley. All are welcome to join this free community event.

Free HIV Testing
Chance to win prizes
Hotdog cookout
Local resources

Register [here](#) or scan the QR code to register:



Saturday, October 7th
Registration @ 8:00 a.m.
Walk starts @ 9:00 a.m.
In-person

Human Services Center
Mon Valley
519 Penn Ave
Turtle Creek, PA 15145

Questions?
Call 412-436-9537 or email Dharma
Kear at dkear@hscmonvalley.org



Fall Word Search Puzzle

O X C F L B T C D I L J J P H
D P S Z Z S B C U D V W B U D
U G C U E I P H T Y B F B T L
W V A V U D U E X B Q V M L Q
A M R Z D F M S A J K O A S I
C A E K J K P T E Q C F A N C
H D C W L O K N K Y P J N O N
U L R Z Y E I U B F I F U V A
Z L O L C O N T I W N F N E A
P E W R F Z T S T I E Q G M U
R A K E J G M S M I C J R B T
H V A Z C H R K M Z O X R E U
M E E U S E A S O N N C E R M
U S C O R N F N V C E T A H N
Z R E I R A I N C O A T P S K

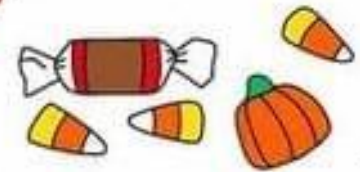
AUTUMN
CHESTNUTS
CORN
FALL
HARVEST
LEAVES
NOVEMBER
PUMPKIN
RAINCOAT
SCARECROW
SEASON
RAKE
REAP
PINECONE



www.MyPartyGames.com

LESSONS *from* Autumn

@POSITIVELYPRESENT



NO RAINY DAY LASTS FOREVER.



Happy Autumn

