

Resource Connections:

Winter Newsletter



The Battle of Addiction

According to the National Institute on Drug Abuse, many people have a hard time understanding why others become addicted to drugs and alcohol. A common misconception is that having an addiction is moral flaw or the fault of the addict, but there is actually a chemical change in the brain as an addiction develops. Research has shown that the following are 3 major reasons some people may get addicted to drugs and others do not. They include:

- 1.) Biological—family genes and genetics,
- 2.) Environmental—how children are raised and what they are exposed to,
- 3.) Developmental — while taking drugs at any age can be harmful, life stages are also another key concept. The earlier a person begins to experiment with drugs the risk of becoming addicted is higher.

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Important Numbers

Lehigh County Crisis
Intervention
(610) 782-3127

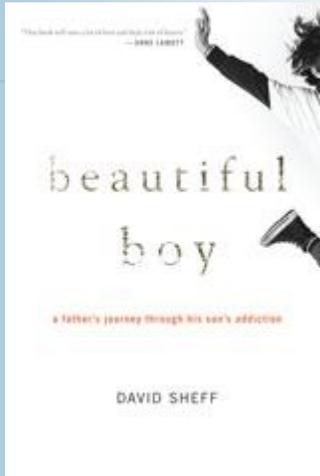
Poison Control Center
(800) 222-1222

LCOCYS 24/7 on-call
(610) 782-3064

Resource Connections Published by:

Lehigh County Office of
Children and Youth Services
17 S. 7th Street, Allentown PA 18101

The Battle of Addiction



“Anyone who has lived through [their child’s addiction], or those who are now living through it, knows that caring about an addict is as complex and fraught and debilitating as addiction itself. At my worst, I even resented [my son] because an addict, at least when high, has a momentary respite from his suffering. There is no similar relief for parents or children or husbands or wives or others who love them.”

These words were written by David Sheff, in his 2008 book “Beautiful Boy – A Father’s Journey through his Son’s Addiction” (Houghton Mifflin Harcourt, New York). This is an honest account of his son Nic’s addiction to meth, and his family’s struggles to help Nic, and themselves, through the process. This is a true story of a “normal” family and their son, who from teenage years through adulthood has been addicted to drugs, and the impact it has had on his family. I found it to be very educational and couldn’t help thinking about all of the kinship caregivers we at LCOCYS have worked with over the years who struggle every day with loving their child and at the same time, hating the addiction and how it has stolen their child from them. I know that many of you continue to worry about your adult children and struggle with your impulse to help them, even when it negatively affects you and the children you care for. Please know that our staff is here to assist you in any way that we can, and can help you connect with supports such as Al-Anon or Nar-Anon. Maybe reading this book would be a good place to start.

Laurie Boucher, LSW
Kinship/Foster Care/ICPC Supervisor

Supportive Drug/Alcohol Services

(In the Allentown Area)

- **Lehigh Valley Drug and Alcohol Intake Units**

Assisting individuals to remove barriers to recovery.

- 29 S. Law St., 3rd floor Allentown
PA18101 610-432-2228 or

-6 S. Third St. Easton PA18042 Allentown PA 18042 610-923-0394

Services include the assessment and referral for drug and alcohol problems for adults and adolescents in the Lehigh and Northampton counties.

Mental Health Assessments are also conducted for adolescents if they are referred through the school district.

- **Council on Alcohol and Drug Abuse (CADA)**

-1031 W. Linden Street, Suite 202 , Allentown PA 18102 610-437-0801

CADA offers services for chemically dependent individuals and their families.

CADA provides assessments, outpatient and intensive outpatient programs.

CADA offers life skills, anger management and other groups.

Hours : Monday through Thursday 9:00am to 8:00pm.

Medical Assistance and Magellan are accepted

- **Lehigh County Office of Drug and Alcohol Abuse Services.**

-17 South 17th Street, Allentown PA 18101 610-782-3555

Services include prevention, intervention, treatment.

Hours: 8:30am to 4:30pm .

You can also call central intake at 610-432-2228 for direct drug and alcohol assessment.



KINSHIP FAMILY CONNECTIONS

Purpose: To bring kinship families together to learn from one another, to share ideas, support each other and discuss our common experience!

When: Thursday, February 7, 2013 from 5:30 to 7:00.

You will receive training credit towards your yearly 6 hour training requirements. Future groups will be held the First Thursday of the month.

Where: Community Services for Children, Safe Start Therapeutic Center, 350 N. Oswego Street, Allentown, PA (Allentown State Hospital Grounds)

Registration Contact: Laurie Boucher (610) 782-3969 or laurieboucher@lehighcounty.org.

**Child care available for a limited number of children (ages 0-18). Please register early so we can be sure to have a space for you and your child.

Refreshments provided.

**Additionally training is being offered “Handling Difficult Behaviors” on February 26, 2013, from 4:00 to 6:00.



Tips for Fighting the Flu



Common tips to fight the flu according to the Centers for Disease Control
<http://www.cdc.gov/flu/protect/preventing.htm>

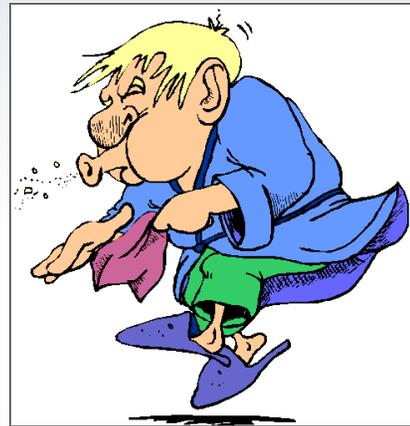
Flu is a serious contagious disease that can lead to hospitalization and even death.

1.) Take time to get a flu vaccine.

- Centers for Disease Control recommends a yearly flu vaccine as the first and most important step in protecting against flu viruses. Everyone 6 months of age and older should get a flu vaccine as soon as the vaccines are available.

- High risk people include young children, pregnant women, people with chronic health conditions like asthma, diabetes or heart and lung disease and people 65 years and older.

- Caregivers of children younger than 6 months should be vaccinated.



2.) Take everyday preventive actions to stop the spread of germs.

- Cover your nose and mouth with a tissue when you cough or sneeze.

- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.

- Avoid touching your eyes, nose and mouth. Germs tend to spread this way.

- Try to avoid close contact with sick people.

If you are sick with flu-like illness, the center recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.)



WINTER ACTIVITIES FOR CHILDREN

The Lehigh Valley schools provide kids with a variety of days off during the winter; some for holidays, some for snow days, and even some half days for teachers to have meetings. As parents, we want to make those days off special for our children, not only keeping them occupied but maybe throwing a few educational activities into the mix! Here are some suggestions to have your children enjoying their day off and maybe, just maybe learning a little something too!

1. This first suggestion isn't really educational, but it sure is fun (if there is snow on the ground) – **SLEDDING!**

There are a variety of places to sled in the Lehigh Valley. It's time to find out where some of the best places are to go sledding in the Lehigh Valley! Although there are not many sledding hills that have websites or even an actual street address, if you are a Lehigh Valley local, you know that there are literally hundreds of places to grab your friends and go sledding or tubing for the day. In no particular order, here are some of the sledding hills that have become worthy of telling you about.



Hill at DeSales University

Sledding down the hill at DeSales University, located in Center Valley. When classes are canceled for snow, you'll be sure to find a gathering of people both young and old.

Nazareth Borough Park Hill

The fun never ends when you get to spend the day sledding with friends or family. The Nazareth Borough Park Hill has been a gathering spot for locals as well as people from the neighboring towns.

15 Catty Park

Located in Catasauqua, Catty Park is known as the "3 Dips" to the people that spend the day sledding here. Instead of just one large hill, enjoy a roller coaster like feeling while shooting down the hill over the "3 Dips"!

Lehigh Parkway

The Lehigh Parkway is absolutely beautiful after a fresh fallen snow. Located in Allentown, it is a popular sledding spot in the Lehigh Valley. In addition to sledding, the Lehigh Parkway is famous for its Annual Lights in the Parkway Display, as well as a recreational 5 mile loop.

2. Head to the **Da Vinci Science Center** in Allentown.

- This educational but so much fun place promotes curiosity, creativity, and imagination in children of all ages. With events like a toy design challenge and ice cream wars, your children will thank you for such an awesome day!

3. Stay in and have a **cold weather craft day**.

- Have fun with your little ones by making snowflakes, sparkling ice crystals, 3-D crafts or book blankets! The online magazine Disney family fun is a great resource. It provides tons of ideas to make sure you and your kids have a great winter day.

WINTER ACTIVITIES FOR CHILDREN CONTINUED:

4. Take the kids **skiing or snow tubing!**

There are a surprising number of places to ski near the Lehigh Valley, like Bear Creek and Blue Mountain.



5. Visit the **Crayola Factory** at Two Rivers Landing.

- You can color, draw, paint and create with the latest Crayola products without the worry of cleanup afterwards. Each creative space invites you to play and explore while learning and having lots and lots of fun. See how Crayola Crayons and Markers are made. Learn about the history of the Crayola brand. Explore dozens of interactive projects and activities. Most importantly enjoy a day with the family while learning!

If you are lucky enough to live in the Lehigh Valley, here are some frugal indoor family activities you can enjoy for \$5 or less!

- Allentown Art Museum — On Sunday admission is free to the Allentown Art Museum, and the kids can enjoy Artventures.
- Lowe's/Home Depot Workshops — The first Saturday of the month is Home Depot's Kids Workshops, and Lowe's features kids clinics every other week. The kids get a little apron, and a small wooden project to put together, and a certificate of completion. It's free.
- Bounce U — Purchase a Bounce Pass for \$25 and it is good for 5 bounce sessions. Just \$5 per session.
- Emmaus Movie Theatre — A second-run movie theatre in downtown Emmaus. Matinees are just \$3.00.
- Farmers Market — The Allentown Fairgrounds Farmer's Market is an Allentown favorite for strolling and taking in the wonderful scents and aromas. .
- Roller Skating — Try Skateaway Roller Rink in Bethlehem. Admission is just \$5 for Saturday or Sunday night.
- Bowling — In general, bowling is very affordable. Try the Emmaus Bowling Center.



- Coffee at the Perk — You can enjoy some terrific coffee at The Perk on Main in Emmaus, and treat the kids to some tasty desserts.
- Promenade Shops in Saucon Valley — One of our favorite things to do is to stop in for storytime at Barnes & Noble. The kids usually do a small coloring or craft project.

****Upcoming Training Opportunity****

Topic: Discussion of Child Behavior

Date: February 26, 2013 from 4pm-6pm

Presented By: Mary McGonigle, MSW

Location: Lehigh County Government Center
17 S 7th St. Allentown, Pa 18101
ROOM 201

RSVP: Laurie Boucher, LSW
610-782-3969

SAVE THE DATE

Greater Lehigh Valley Foster Care Coalition Spring Training

Saturday April 6, 2013, from 8:30 – 3:30 PM

at The Children's Home of Reading, Reading, PA.

7 hours of training credit!

Information about the individual trainings available
and RSVP information will be forwarded at a later date.



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