Welcome to the February 2024 issue of Devereux TCV Community Services Student Assistance Program & Prevention Newsletter! Here’s to hoping warm weather is coming our way very soon. Our school based services satisfaction surveys were just sent out via email. Please take the time to complete these to let us know how your SAP or Prevention Liaison/contracted staff is doing in your school. February is a month to focus on love and happiness. Let us all help to spread kindness throughout our schools and in the community. As always let me know if you need anything. Stay safe everyone!

Jim Phillips  
412-862-5565  
Manager of School Based Services
National Teen Dating Abuse Helpline
Call 1.800.799.SAFE (7233)
Text "START" to 88788

https://www.teendvmonth.org/
provides information and resources
to help bring attention to this serious issue

For Violence Prevention visit
https://www.cdc.gov/violenceprevention/intimatepartnerviolence/fastfact.html
Eating Disorders Awareness Week (EDAW) is an annual campaign that raises awareness of eating disorders and aims to educate the public on the severity of these illnesses and to give hope to those who are affected by them.

February 26 - March 3, 2024

https://www.nationaleatingdisorders.org/

CRISIS TEXT LINE: Text “HOME” to 741-741

Signs of an Eating Disorder

| Dramatic or frequent fluctuations in weight | Preference to make one’s own meals, not have what others are having, or eating something different from the rest of the family | Expressing excessive body dissatisfaction |
| Extreme food restrictions | Secretive exercise | Feelings of guilt after eating | Frequently weighing self |

CDC’s Work is Guided by Six Principles and Five Strategic Priorities to Address the Overdose Crisis

**MISSION | Prevent Overdoses and Substance Use-Related Harms**

**GUIDING PRINCIPLES**
- Promote Health Equity
- Address Underlying Factors
- Partner Broadly
- Take Evidence-Based Action
- Advance Science
- Drive Innovation

**STRATEGIC PRIORITIES**
- Monitor, Analyze, and Communicate Trends
- Build State, Tribal, Local, and Territorial Capacity
- Support Providers, Health Systems, Payors, and Employers
- Partner with Public Safety and Community Organizations
- Raise Public Awareness and Reduce Stigma

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Visit

https://www.cdc.gov/stopoverdose/naloxone/index.html

for information on Naloxone and how to use it
February is dedicated as Black History Month, honoring the triumphs and struggles of African Americans throughout history.

https://blackhistorymonth.gov/ForTeachers.html

provides ready-to-use lesson plans, student activities, collection guides, and research aids
RANDOM ACTS OF KINDNESS WEEK – FEBRUARY 14-20, 2024
UNITED STATES

Say hi to someone new
Let someone else go first
Make someone laugh
Share with others
Compliment someone on a job well done
Help someone in need
Help someone carry their things
Always choose to be kind
Tell someone thank you
Kindness counts
Be kind to the environment
Donate things you no longer need
Ask someone about their day
Clean up a mess you didn’t make
Offer your hand in friendship
Listen to someone else’s idea
Check on a friend that is sad
Hold the door for others
Let others know how much you appreciate them
Write someone an encouraging note
Bring a smile to someone’s face
WORD SEARCH DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

- AQUARIUS
- CANDLELIGHT
- CARNATION
- CHOCOLATE
- COZY
- CUPID
- FEBRUARY
- FIREPLACE
- FRIENDSHIP
- GROUNDHOG DAY
- HEART
- HUG
- KISS
- LEAP YEAR
- LOVE
- MARDI GRAS
- PINK
- PISCES
- PRESIDENTS DAY
- RED
- ROMANCE
- ROSES
- SKIING
- SNOW
- SWEETHEART
- VALENTINE
- WINTER