

The Guide Line

March 2010

National Problem Gambling Awareness Week March 7-13, 2010



The National Council on Problem Gambling (NCPG) is pleased to present the 8th Annual National Problem Gambling Awareness Week campaign, a grassroots public awareness and outreach campaign, to be held March 7-13, 2010. The goal of this campaign is to educate the general public and health care professionals about the warning signs of problem gambling and to raise awareness about the help that is available both locally and nationally.

According to the NCPG, teen rates for problem gambling are higher than for adults. Approximately 4%-8% of youth between 12 and 17 years of age meet criteria for a gambling problem, and another 10%-15% are at risk of developing a problem. **Gambling is characterized as any act that involves risking of money or valuables on the outcome of a game, contest, or any other risk-taking event.**

Motives For Adolescent Gambling include, but are not limited to, the following: relaxation; enjoyment; excitement; entertainment; adventure; attention; opportunity; and to escape negative feelings.

Major Types of Teen Gambling Include:

- Sports Betting
- Lottery
- Cards, often Poker
- Games of Skill

Signs Of a Possible Gambling Problem in Your Students:

- Unexplained absences from school
- Declining grades
- Asking for/borrowing/stealing money from peers
- Large amounts of money in student's possession
- Intense interest in gambling conversations
- Displaying money, clothing, and/or other material possessions
- Behavioral changes (i.e. - day dreaming, anxious, moody, less participative, appears fatigued.)
- Using gambling 'lingo' in his/her conversation (i.e. - bookie, loan shark, point spread, underdog, favorite, exaggerated use of the word bet.)
- Spending unusual amount of unsupervised time on the computer and/or excessive time reading newspapers, magazines, and/or periodicals having to do with sports
- Selling personal, or family, belongings
- Bragging about winnings
- Lying, cheating, or stealing in school
- Playing on a team, but not performing to normal abilities (shaving points) or overly interested in how other school teams are performing
- Overly invested in performance of certain athletes (fantasy football/basketball/etc.)

If you suspect a teen has a gambling problem, call 1-800-522-4700 for confidential help.

Taken from <http://www.ncpgambling.org/>

The Guide Line is a publication from The COAD Group through funding from the Chester County Department of Drug and Alcohol Services. If you have something you would like to share with others in The Guide Line, please contact Jacquelyn Taylor, Director of SAP Services at jtaylor@coadgroup.com.

National Eating Disorders Awareness Week



The aim of NEDA awareness Week is to prevent eating disorders and body image issues while reducing the stigma surrounding eating disorders and improving access to treatment. Eating disorders are serious, life-threatening illnesses — not choices — and it's important to recognize the pressures, attitudes and behaviors that shape the disorder. This year, NEDA is calling for everyone to do “just one thing” to help raise awareness and provide accurate information about eating disorders. COAD Mental Health Services offers books, brochures, and bulletin board displays that you can use during NEDA awareness Week. To request resources, call 610.363.6164, or e-mail Tammy Schauf, COAD Mental Health Services Project Coordinator at tschauf@coadgroup.com.

The **2009-2010 SAP Reporting Form** is now available. The deadline for submission of your SAP data is **June 30, 2010**. You can download the new SAP PDE4092 Blank Printable Form at:
https://www.safeschools.state.pa.us/BlankReports/2009-2010/SAP_Blank_Pde4092_Forms_09_10.pdf.

SAVE the DATE & Start the Planning!

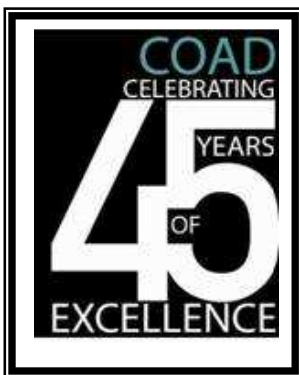


The Pennsylvania Network for Student Assistance Services (PNSAS) has dedicated the week of May 3-7, 2010 to celebrating the 25th anniversary of the Student Assistance Program in the state of Pennsylvania. Ideas and information on how to mark this achievement are available at www.sap.state.pa.us. How will your SAP Team celebrate this milestone?

National Inhalants and Poisons Awareness Week March 14 – 20, 2010

One in five students in America has used an inhalant to get high by the time he or she reaches the eighth grade. There is a common link between inhalant use and problems in school -- failing grades, chronic absences, and general apathy. Other signs include the following: paint or stains on body or clothing; spots or sores around the mouth; red or runny eyes or nose; chemical breath odor; drunk, dazed or dizzy appearance; nausea, loss of appetite; and anxiety, excitability, irritability. (Taken from <http://www.inhalants.org/>)

The COAD Group has free literature available to all educators on inhalant use and abuse. For more information call 610-363-6164.



**Saturday, April 17th
Penn Oaks Country Club
6 - 10pm**

**Call The COAD Group
for more information
about supporting this
event - 610-363-6164.**

Secondary SAP Training

March 9th, 10th, & 11th at The COAD Group
8 a.m. to 3:15 p.m.

This 3-day certification training prepares school and agency staff to join existing school SAP core teams and meets the requirements of the PA Interagency Committee for Student Assistance Programs. Completion of the competency based activities, including a post-training assignment, results in SAP certification and receipt of 30 Act 48 hours.

For more information: Jacquelyn Taylor at 610-363-6164

Chester County visualizes a unified system of care that maximizes all resources around an individual or family. This system of care includes child and adult serving agencies and community partners that join with an individual or family to meet their goals.