

DIRECTORY OF TREATMENT AND REFERRAL SERVICES AVAILABLE IN COLUMBIA, LYCOMING, MONTOUR, NORTHUMBERLAND, SNYDER AND UNION COUNTIES

Psychological Services Clinic, Inc.
352 Arch Street/ Sunbury, PA 17801
Phone: (570) 286-5081

Bethesda Day Treatment Center, Inc.
www.bdtcpa.org
49 Lower Market St/ Milton, PA 17847
Phone: (570) 649-6855 ext. 250
Contact: Collette Benner

200 Montour Blvd./ Bloomsburg, PA 17815
Phone: (570) 387-1051
Contact:

740 Fairfield Rd./ Montoursville, PA 17754
Phone: (570) 368-0301
Contact:

Gaudenzia, Inc.
www.gaudenzia.org
39 N. 4th St/Sunbury, PA 17801
Phone: (570) 988-1901
Contact: Tammy

White Deer Run
www.whitedeerrun.com

115 Farley Circle/ Lewisburg, PA 17837
Phone (570) 522-0873
Contact: Lisa Olander

360 White Deer Run Road/ Allenwood, PA 17810
Phone: (570) 538-2567 x. 1264
Contact:

901 Westminster Dr/Williamsport, PA 17701
Phone: (570) 321-6127
Contact: Eric Fetterman

Mazzitti and Sullivan, Inc.
www.mazzittiandsullivan.com

Upper Dauphin Human Services Center
Elizabethville, PA
Intake Phone (717) 901-5652 ext. 10

CMSU Base Service Unit
www.cmsu.org
Phone (570) 275-4962
Contact: Crisis Volunteer

CMSU Crisis Line
www.cmsu.org
Phone 1-800-222-9016
Contact: Crisis Volunteer

Crossroads Counseling
www.crossroadscounselinginc.com
501 E. 3rd St/Williamsport, PA 17701
Intake Phone 1-800-887-2720

Family Life Services
www.diakon.org
435 West 4th St/Williamsport, PA 17701
Hotline Phone (570) 322-7873

Genesis House, Inc.
www.freetree.com
800 W. 4th St/Williamsport, PA 17701
Intake Phone (570) 332-0520

Good Samaritan Counseling Center
www.gsrnc.com
10 E. Spruce St/Frackville, PA 17931
Phone: (570) 622-5898

Clear Concepts Counseling
www.clearconceptsounseling.com
210 E. Main St/Middleburg, PA 17842
Intake Phone (570)837-2208

Michael Gildea
88 Bull Run Crossing, Suite 6/Lewisburg, PA 17837
Phone (570)522-8330

Teen Challenge Training Center, Inc.
www.teenchallenge.com/rehrersburg
33 Teen Challenge Road/Rehrersburg, PA 19550
Hotline (717) 933-4181 ext. 342
(717) 933-4181 ext. 200

Alcoholics Anonymous (also-AI-Ateen)
www.alcoholics-anonymous.org
Phone (570) 286-7436

Narcotics Anonymous
www.na.org
Phone (570) 988-7177

Northumberland County Drug and Alcohol Services
Phone (570) 495-2154

WHAT CAN YOUR COUNTY'S DRUG AND ALCOHOL SERVICES DO FOR YOU?

If you are a resident of Columbia, Lycoming, Montour, Northumberland, Snyder or Union Counties and you or a friend need help with a drug or alcohol problem we may be able to help you.

Here's How it Works...

If you need help with a drug or alcohol problem, simply call: Lycoming County- West Branch Drug & Alcohol (570) 323-8543; Columbia/ Montour/ Snyder/ or Union Counties- CMSU at 570-275-4962 or 800-676-4412; and Northumberland County - (570) 495-2154 and explain that you are calling for help with your problem. The receptionist at this number should connect you with one of the Drug and Alcohol Case managers who will ask you some questions about your background and pattern of use. At this time, they may schedule a time to meet with you to discuss your problems in more detail and assist you in finding help for your problem. Our agencies will assist with paying for the help you might need if you are eligible. Also, if you are interested in free help with quitting tobacco, call Clinical Outcomes Group, Inc. at 1.800.264.1290.

Don't Worry

All information you share with our staff is confidential and we do not share this information without a written permission from you. It takes courage to ask for help and admit you may have a problem.

Don't Hesitate to Call

The best time to begin your recovery is now. Substance Free is the Way to Be.

FOR DRUG AND ALCOHOL EMERGENCIES YOU SHOULD CALL 911 OR OUR CRISIS INTERVENTION AT 800-222-9016

THE PARENT RESOURCE GUIDE

A Call to Action

Are you, your family or friends impacted by the use of nicotine, alcohol, prescription 'abuse' or illegal drugs?

If so, you are not alone. Many of us are. According to this year's research findings 23 million Americans 12 years of age and older are substance dependent. Twenty three million people.

Half of the United States population is currently using prescription drugs. Prescription drug abuse incidence is now more prevalent in emergency room drug cases than are illegal drug abuse cases.

Other recent studies reveal that cigarette manufacturers have increased the dose of nicotine delivered per cigarette from 7 to 20 percent in the last few years. Meanwhile, scientific research into the secondary and tertiary effects of nicotine on the mortality and health of infants, children and young adults has been proven to be much worse than previously thought.

Please join us if you would like to take positive steps to turn this around. Your active participation is enthusiastically encouraged. Reach out to your friends and loved ones who are experimenting or are struggling with an addiction. While there is much to be done, all first 'small steps' are essential. In fact they are the secret to our success.

Remember that all journeys begin and end one step at a time.

- At school, and with friends
- At home
- At work
- In your community
- Among friendship circles

Not sure what you can do to lend a hand? We can work together to reach out to our peers, family members, and communities to create a drug-free generation.

Please contact us by phone, e-mail or post.

Megan Will, Youth Program Coordinator

Clinical Outcomes Group, Inc.
65 King Street
Northumberland, PA 17857
(570) 473-1290
mwill@coginc.org

Looking forward to hearing from you.

“A child who reaches age 21 without smoking, abusing alcohol or using drugs is virtually certain NEVER to do so.”

*- Joseph A. Califano, Jr.,
Chairman and President, The National Center on
Addiction and Substance Abuse at Columbia University*

HERE ARE A FEW SITES TO HELP YOU KEEP UP WITH YOUR KIDS:

www.netlingo.com

— for the latest IM/texting lingo

music.yahoo.com/lyrics

— for lyrics to the songs your kids are listening to

www.gamespot.com/misc/top100_pop.html

www.esrb.org/ratings

— info on popular games & their content

www.drugfree.org

www.theantidrug.com

www.kkdf.com

A Message from the Faith Community

Good relationships are essential to good living. I do not simply mean that relationships are essential to life, which they are, but that they are essential to a good life. People were not made to live in isolation. And children were not meant to be raised without healthy, meaningful, and supportive relationships.

We live in a day where technology is king. But we also live in a day where good relationships are at a minimum. One of the results is that we see more young people turning to drug use in this country than ever before. There is a deep-seated restlessness and loneliness in the teens of this culture. Children and teens have a wonderful sense that there is more to this life than what can be experienced through their five senses, but nothing is being demonstrated to them that is truly satisfactory. Therefore, they settle for the quick solution to find satisfaction through drugs, only to find life less satisfying after the high has worn off.

What can we, as parents, do about it?

1. Allow for the possibility that humans have been created by a loving God for relationship with Him and sincerely seek out the truth as to whether or not He exists. The use and abuse of drugs and alcohol is proof enough that humans are not self-sufficient, but are in fact looking for an experience they know to be real and that lies outside them. It could be that the experience they are looking for is God.
2. Make parent-child relationships a priority. The new Coors commercial tells us that when teens are polled, they resoundingly respond that their greatest influences in life are their parents. The greatest asset to influencing our children is not what we say or even what we model (although those things are very important). The greatest influence over our children will come through the relationship itself. I believe our relational connection with our children will directly correspond to the chance we have at keeping our children free from drugs.

If we want our children to make healthy, drug-free lifestyle choices, first establish in them healthy relationships and I think we'll find good decisions will come much more frequently.

Conversation Starters

At a loss for words? Here are some suggestions. Use these questions to start a conversation, and feel free to adapt them based on the age of your child.

Do you have any friends who use tobacco?
What do you think about people who smoke or chew?
Do you ever plan to try tobacco products? Why?

What do you like best about yourself?
What would you like people to know about you?

Is there much cheating at school? How do kids cheat?
Do your teachers watch carefully to catch students cheating? What happens to students at your school who are caught cheating? Do you know what plagiarism is?

What do you think is your greatest talent or ability? What would you like to try to do that you haven't had a chance to try?

What do you like about school? What don't you like about it? Why do you feel that way?

When it's hard to make up your mind about doing something, how do you decide? Did you ever do something and then realize that it's not turning out the way you expected? Have you ever done something and then wish you hadn't?

Have you ever wished you could do something even though you knew you shouldn't? Have you ever tried to talk yourself out of doing something?

Do you think taking medicine that has been prescribed for someone else could be harmful? Why do some people gulp down something-either legal or illegal-without knowing if it's bad for them? What if someone gets hurt?

Are there cliques in your school? How does that affect you? Do you know any kids who feel bad because they aren't accepted in a specific group?

Raising Drug-Free Kids

According to the National Center on Addiction and Substance Abuse (CASA) at Columbia University and the Partnership for a Drug-Free America, the biggest deterrent to kids using drugs is their parents. Parents have a huge influence over the decisions that their kids make every day. By staying involved and knowing what is going on in their children's lives, by being available and talking with their children, and by specifically taking time to talk with their children about alcohol, tobacco, and other drugs, parents can lead their children to the healthy decision to live a substance-free life.

Here are a few ways to help keep your child drug-free:

1. Get Involved -

- a. Eat as a family as often as you can. Studies done by CASA have shown conclusively that children who eat with their families more than three times per week are 70% less likely to try cigarettes, alcohol, and other drugs
- b. Talk together often- One idea to keep this a regular thing is to set aside a time every week to do something with your child that you both enjoy. This will also give your child time to bring up things that might be difficult to talk about, especially in front of their siblings.
- c. Know your child's friends and friend's parents- so that you can know what they're doing and where they are going. Make sure to call parents at a home where your child is planning to attend a party, to be sure there will be supervision.
- d. Monitor the 'danger zone' time- studies indicate that the most dangerous time for kids is 3-6pm, when they are most likely to be unsupervised. If you can't be there, there are

many activities children can join, or write notes and call home to help them feel connected to you.

2. **Be a Role Model** - Show your children how you want them to live by the decisions you make on a day-to-day basis. If you have a problem with drugs or alcohol, get professional help. Also, watch carefully how you react to stories in the news or situations on television programs or in movies showing people who are drunk or stoned, your reaction shows your children more than anything you say what you believe about using drugs or alcohol.
3. **Set Boundaries and Enforce Them** - Teens are famous for begging their parents to let them do something just because "everyone else is doing it." Though they are developing their independence, they still need and want guidelines from their parents. Make sure your expectations and the consequences for not meeting those expectations are clear and enforce them consistently. Help your kids to develop their own ways to say no and practice that with them; make sure they know that they can make you the 'bad guy' and use the excuse "My mom or dad would kill me if I . . ."
4. **Applaud Good Behavior** - Children who are rewarded for positive behaviors will tend to repeat those behaviors. Be on the lookout for and consistently praise good behavior. When you tell them how well they've done, and give them affection and appreciation, they are far more likely to seek out positive activities and to avoid negative conduct.

BEHAVIOR SIGNS OF AN ADOLESCENT WHO MAY BE ABUSING ALCOHOL, TOBACCO OR OTHER DRUGS

- Bloodshot Eyes
- Smell of Alcohol or Marijuana
- Not Responding in Class
- Skipping Class and/or School
- Constantly Late for Class
- Incomplete Class Work
- Drug-Related Jewelry or Clothing
- Daydreaming, Joking, Sitting in the Back of Class
- Verbal Abuse
- Leaving School Grounds
- Vandalism
- Loss of Interest in Activities, Sports, or Clubs
- Troublesome Friendships/Switching Friendships
- Drop in Grades
- Emotional Highs and Lows
- Defiance of Rules
- Secretiveness Regarding Activities and School Events
- Loss of Initiative
- Withdrawal from Family Functions
- Change in Physical Hygiene
- Many Excuses for Staying Out Late
- Isolation
- Suspicion of Missing Money or Alcohol
- Manipulation of Parents and other Authority Figures
- Drastic Weight Changes
- Legal Problems
- Defensive Reactions to Any Type of Confrontation

Source: Lewisburg Area School District- Donald H. Eichorn Middle School Guidance Department