

## Do you love someone who is addicted?

Talk to someone who understands.

Better understand what to expect

Learn about addiction.

**we can  
help**

Talk openly about feelings.

Share experiences & advice.

Feel less isolated.

### PARENT/FAMILY SUPPORT GROUP

2nd Monday of the month, 7:00 – 8:30pm

Perry Human Services 582-8703

Mulhollem Office Centre, 8391 Spring Rd, New Bloomfield

## SAVE THE DATE

### Mini Golf Tournament

**May 4, 2019**



**Paradise Stream Family Campground**

## AN OUNCE OF PREVENTION

A Newsletter by Perry Human Services

### WINTER 2018

Kindness by definition means the quality of being friendly, generous, and considerate. Have you ever wondered whether tiny acts of kindness have larger consequences? They absolutely do! Researchers have shown that generosity is contagious. According to 2017 PAYS (PA Youth Survey) which was given to grades 6, 8, 10 & 12 in all Perry County Schools, 31.0% of students in the county indicated experiencing bullying in the past 12 months. 38.3% of students reported they felt sad or depressed MOST days in the past 12 months and 16.5% of students had seriously considered attempting suicide. These results are saddening and even more of a reason to make a call to action. Performing small, kind gestures every day helps others. A new study by Yale and UCLA researchers suggests it may also diffuse our own stress, improving our mental health. At Perry Human Services, we are starting a kindness movement. Being kind, doing something kind, telling your peers something kind, can help kids feel accepted, loved and involved in their school and community. Random acts of kindness can be as simple as; leaving money on a vending machine for someone, giving a stranger a compliment, letting someone go in front of you in line, or picking up litter. Goodness spurs goodness. A single act can influence dozens more.... Let's start a movement!!!

#PECOBEKIND

*Kristin Dancker*

### TAKING PRIDE IN YOUR COMMUNITY

Perry County with all of its beauty is a great place to live. Do you have pride in your community? If there are things that can be fixed or changed, are you willing to help? This newsletter is dedicated to showing ways that we can invest in our small towns and county so we can share and increase our Perry County Pride.

### Be Kind Campaign

The Be Kind campaign is underway throughout the county middle and high schools. Students will have the opportunity to purchase Be Kind t-shirts in December and will be encouraged to participate in the February kindness challenge. The hashtag, #PECOBEKIND is for posting photos of kind actions or activities or just student groups wearing their Be Kind shirts. February was chosen because it contains National Random Acts of Kindness Day, Valentine's Day and it's midwinter when everyone could use a pick-me-up.

Be Kind

February 2019

| Sunday   | Monday  | Tuesday   | Wednesday   | Thursday  | Friday  | Saturday   |
|--|---|---|---|---|---|--|
| Be kind whenever possible. It is always possible. ~            |   |   |   |   | 1<br>WEAR BE KIND SHIRT<br>Smile at 20 people.                      | 2<br>Do a chore without being asked.   |
| 3<br>Call a relative or friend you have not seen in long time. | 4<br>Hold the door open for people as often as you can.         | 5<br>Let someone ahead of you in line.                                | 6<br>Leave a positive note for 5 people.                    | 7<br>Thank someone for doing a good job.                          | 8<br>WEAR BE KIND SHIRT<br>Say good morning to 15 people.           | 9<br>Help a neighbor.  |
| 10<br>Encourage someone.                                       | 11<br>Pick up trash in the hallway, sidewalk, around home.      | 12<br>Compliment 5 people.  | 13<br>Volunteer to help a friend.                           | 14<br>Tell 5 people how much they mean to you.                    | 15<br>WEAR BE KIND SHIRT<br>Forgive someone.                        | 16<br>Take a treat or visit with a neighbor.   |
| 17<br>National Random Acts of Kindness Day                     | 18<br>Post only kind things on social media.                    | 19<br>Help someone who looks confused or has a lot to carry.          | 20<br>Tell an appropriate joke to make people laugh.        | 21<br>Make a gratitude list and share with someone.               | 22<br>WEAR BE KIND SHIRT<br>Recycle                                 | 23<br>Help fix something for someone.  |
| 24<br>Send a hand written letter to someone.                   | 25<br>Sit with someone eating alone.                            | 26<br>Leave change in a vending machine or at cash register.          | 27<br>Thank anyone who does something for you.              | 28<br>Ask someone how they are and take the time to listen.       | #pecobekind   |  |
| Other ways to be Kind  | Shovel snow for neighbors.<br>Play with young kids in the snow. | Visit a nursing home.<br>Send cards or notes to kids in the hospital. | Babysit for free.<br>Pay for the person in line behind you. | Take coffee or a treat to police, fire company, office staff etc. | Donate:<br>Books to the library,<br>Food to a foodbank,<br>Clothing | There is not a time limit to being kind. Please use these suggestions all year long. |

“No act of kindness, no matter how small, is ever wasted” - Aesop

# Join the Movement to End Substance Abuse



Did you know that you can have an impact on the substance abuse problem in the community? Earlier this year the Substance Abuse Prevention Coalition of Cumberland and Perry Counties started a movement called “I Am The Solution.” The purpose is to a call to action for all adults to help with the drug crisis that our communities are facing. Research and surveys show that if a child has at least one adult showing an interest in their life and expressing being proud of them, that they are less likely to use substances. You could be that one adult that can make a difference. Every day is filled with opportunities to have a positive interaction with teenagers. We all like to feel appreciated. Maybe you could ask a neighbor child or teen for help with a project, or maybe even offer them a job helping with big things. The feeling of being needed, having responsibility and fulfillment of a job well done and reward can go a long way with a teenager.



Please check out the website at [www.iamthesolution.net](http://www.iamthesolution.net). Your business, church or organization can be a partner in this without any financial obligation. Posters, magnets and window clings are available at our office in New Bloomfield. Will you join the movement?

## If You See Something Say Something

The largest risk factor revealed in the 2017 PAYS survey with a 47% risk is that the students here in Perry County think the laws and norms are favorable to drug use. An overall 69% of students in Perry County believe they would not get caught by the police if drinking alcohol. These factors contribute to the willingness of teenagers to experiment with drugs at young ages. That young experimentation leads to an increased risk of addiction. Protecting your community also protects your child. Report drug use and criminal activities to local authorities, the office of Attorney General or hotline number.

State Police 717-567-3110      Sheriff 717-582-5123      Drug Tip Line 1 888 UNDER 21

Office of Attorney General      text PADRUGS + your tip to 847411

