

SCHOOL BASED SERVICES
STUDENT ASSISTANCE PROGRAM
and
PREVENTION

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WELCOME

Welcome to the December 2023 issue of the Devereux TCV School Based Services Newsletter! It's hard to believe we have almost reached the end of 2023. The holiday season is here. A time to reflect on this past year and a time to spend with all of those that you love. I wanted to let everyone know that I will be sending out my yearly satisfaction surveys in January. Please take the time to complete these. They will be done in Google Docs with a link sent out. Happy Holidays! As always please let my team and I know if you need anything. We are here to support you each and every day of the year.

Jim Phillips 412-862-5565
Manager of School Based Services

*Never say never, because
limits, like fears, are often
just an illusion.*

Michael Jordan

SEASONAL AFFECTIVE DISORDER AWARENESS MONTH DECEMBER

Causes Of Seasonal Affective Disorder

1.



Reduced Sunlight

2.



Circadian Rhythm

3.



Latitude

4.



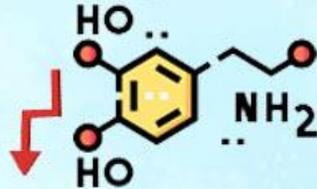
Vitamin D Deficiency

5.



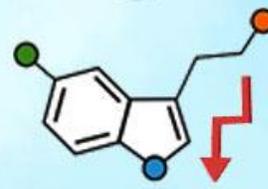
Overproduction of Melatonin

6.



Lesser Dopamine Production

7.



Decreased Serotonin Levels

SYMPTOMS OF SEASONAL AFFECTIVE DISORDER

- Increased sleep
- Depression
- Lethargy
- Weight gain
- Carbohydrate cravings
- Avoidance of social interaction
- Difficulty performing daily tasks
- Crying fits
- Suicidal thoughts

**DON'T
WAIT**

NATIONAL
SUICIDE
PREVENTION
LIFELINETM
1-800-273-TALK (8255)
suicidepreventionlifeline.org

8 WAYS TO DEAL WITH SEASONAL DEPRESSION



Exposure to Sunlight



Balanced Diet



Physical Exercise



Meditation



Company of Loved Ones



Vacations



Recreational Activities



Faith & Patience

☆ ☆ ☆ YOUR HOLIDAY GRIEF ☆ ☆ ☆
SURVIVAL GUIDE

HOW TO GET THROUGH THE HOLIDAYS WHEN YOU'RE GRIEVING

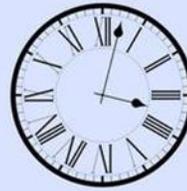
1. LET YOURSELF SAY 'NO'

Above all else, you need to take care of yourself. If you're feeling sad & not up for going to that holiday party - give yourself permission to say no! Stay home, watch a movie and take care of yourself.

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2. IT'S OKAY TO LEAVE EARLY

You might feel like you're up for a social gathering until you get there and realize "I am not okay being here". That's okay! Give yourself permission to go home early - your friends will understand.



3. ALWAYS HAVE AN EXIT STRATEGY

Drive to holiday parties yourself so you have the option to leave as soon as things get too difficult to handle. Avoid hosting if you can - if you host, you can't leave! ALWAYS make sure you have an escape plan in place.

4. YOU'RE ALLOWED TO CHANGE YOUR MIND

So you've said yes to that thing you said you'd do but now you're absolutely dreading it? Know that you're allowed to change your mind! If you've over-committed yourself, be honest! You're allowed to change your mind.

5. SURROUND YOURSELF WITH SUPPORTIVE PEOPLE

Only surround yourself with people who make you feel supported & understand that you're grieving and might not be up for celebrating this year.



6. KNOW IT'S OKAY TO BE SAD & IT'S OKAY TO BE HAPPY TOO



You don't have to love this holiday season. A lot of it is hard. Give yourself that it's okay to be sad. it's also okay to feel happy - it's okay to get better. It doesn't mean you're "over" the loss.

 love lives on.com



SWEATER DRIVE

A red sweater with a white collar and cuffs, hanging on a black hanger. The sweater has a white stripe on the sleeve and a white stripe on the hem.

November 13 – December 15, 2023

Donations of new and gently-used adult and child sized sweaters will be accepted at the following locations:

Front of the Children's Museum

Daily, 7:00 am – 7:00 pm

Sweater collection bins will be available every day

The Children's Museum is open Mon – Sun, 10:00 am – 5:00 pm

The Oaklander Hotel

5130 Bigelow Blvd, Pittsburgh, PA 15213

YogaSix South Hills

The Galleria of Mt. Lebanon

1500 Washington Road, Pittsburgh, PA 15228

Club Pilates South Hills

The Galleria of Mt. Lebanon

1500 Washington Road, Pittsburgh, PA 15228

Commonplace Coffee at Southside Works

428 S. 27th, Pittsburgh, PA 15203

Square Café

134 S Highland Ave, Pittsburgh, PA 15206

StretchLab Mount Lebanon

1500 Washington Rd, Mount Lebanon, PA 15228

Collected sweaters will be distributed to nonprofit agencies that work with families and children throughout the region.

Holiday Word Search!

Find and circle all the holiday words that are hidden in the grid below!

E	L	V	E	S	T	L	J	O	L	L	Y	R
Q	H	W	P	D	S	T	O	C	K	I	N	G
I	E	G	G	N	O	G	C	M	U	X	A	I
L	J	D	R	E	I	D	E	L	S	P	A	N
M	I	S	T	L	E	T	O	E	H	L	O	G
D	G	H	A	N	U	K	K	A	H	W	M	E
M	Y	F	A	D	E	A	A	H	H	G	K	R
C	O	O	R	J	C	P	D	J	J	T	I	B
H	I	I	H	T	U	Q	X	U	U	I	I	R
E	R	E	I	N	D	E	E	R	N	T	Z	E
I	Z	U	M	E	N	O	R	A	H	V	O	A
M	R	K	C	A	R	O	L	I	N	G	C	D
F	G	W	K	W	A	N	Z	A	A	K	V	S
W	Y	Z	U	O	Z	P	P	V	D	R	I	A
E	V	X	S	F	C	H	I	M	N	E	Y	N
Z	C	H	R	I	S	T	M	A	S	T	W	T
A	R	C	C	S	O	Y	X	A	X	U	G	A

Caroling
Chimney
Christmas
Dreidel

Eggnog
Elves
Fruitcake
Gingerbread

Hanukkah
Jolly
Kwanzaa
Menorah

Mistletoe
Reindeer
Santa
Stocking

New Year's Eve Safety Tips

Designate a Driver

If you are going to be driving New Year's Eve, don't drink and drive. If you have a friend that prefers not to drink, make sure they take the wheel.



Be Alert

Be aware of your surroundings and how others are acting. **Stay away from those who are out of control** and might cause harm. Taking preventive measures is key. If someone is really intoxicated, prevent them from trying to drive or leaving with someone they do not know. It's important to keep an eye out for each other



Don't Drive

If you can avoid having to drive on New Year's Eve, do it. More people are driving under the influence on this particular night, so **avoid a potentially dangerous accident by staying off the road.** Using public transportation is a wise option.



Use Public Transportation



Stick Together

This way we can look out for our friends and family. Going out to parties and nightclubs means a **fast-paced, crazy night**; so be sure to **travel in groups.** Having a safety net around you in this environment is imperative

Monitor your Alcohol Intake

A majority of people will be drinking on New Year's Eve, and there is nothing wrong with that. Just be sure to pay attention to **how much you and others are consuming.** Drinking too much alcohol can have lethal affects. Be responsible



Sources

<http://www.army.mil/article/71393/>