

THE BROADCAST

SUMMER 2019

Personal Solutions, Inc.
Drug & Alcohol Management Services
145 Clark Building Road, Suite 5
Bedford, PA 15522
814.623.5009 Fax: 814.623.5217



PSI BOARD MEMBERS

Kirt Morris
Board President

Mark Bollman
Vice President

Amy Roose
Secretary

Matt Godissart
Treasurer

Josh Lang

James Dull

Brandi Hershey

Michael Lamb

Tammy Lemin

PSI STAFF

Adam Logsdon
Executive Director

Marcy Miller
Fiscal Officer

Stacey Ickes
Office Manager

Erin Reese
Prevention Specialist

Kesha Keel
Prevention Program Specialist

Ashley Shroyer
Intensive Case Manager

Peter Loehner
Case Manager

Paul Bonus
Case Manager

TEENS AND SUMMER DRUG USE

Sun, fun, sand, pool, friends and hot weather add up to any teenager's summer dream. More free time and less adult supervision can make summertime an exciting time for many young people and we want to encourage them to have fun during the school break. Unfortunately, for some teens summertime also means an increased likelihood of exposure to the dangers of substance abuse.

Are you sure you know what your teens are doing this summer? Multiple studies show that alcohol and drug use among adolescents significantly increases during the summer months. By the end of August, nearly one million teens will have tasted their first drink of alcohol. On an average summer day, approximately 4,500 youth will smoke cigarettes or marijuana for the first time.

Alcohol is readily available to youths at home during the summer. Among 12-14-year-olds who reported that they drank alcohol in the past month, 95.1 percent reported that they got it for free the last time they drank and, in many cases, can find it at home.

While experimenting with drinking or smoking may not seem like a big deal to some, the reality is that substance use can lead to poor decisions about engaging in risky behavior, including drinking and driving, sexual activity (such as unprotected sex), and aggressive or violent behavior. Research shows that young people's brains keep developing well into their 20s and alcohol can alter this development, potentially affecting both brain structure and function. This may cause cognitive or learning problems and/or make the brain more prone to alcohol dependence.

With summer in full swing, now is the perfect time to speak with your teen about the negative effects of drug and alcohol use. While you can't be with your teen 24/7, you can monitor what your teen is doing and find activities such as camps, swim teams, summer jobs, etc., to fill his or her idle time. Most importantly, you can drive home the message that drugs will only ruin their summer fun!

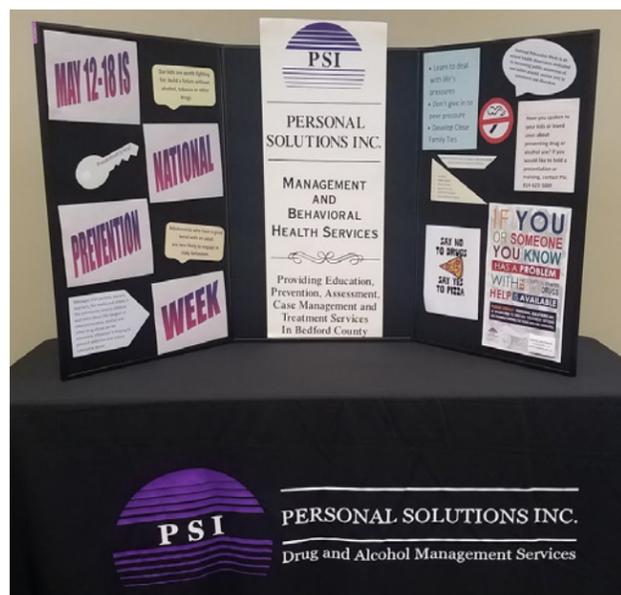
Bradford Health offers these tips to help keep your teen safe and drug-free in summertime:

- **SET SUMMERTIME RULES:** Make clear your rules regarding unsupervised time spent with friends, as well as your expectations surrounding drinking, smoking and other risky behaviors.
- **SUPERVISE:** Be physically present when you

continued on page 2

NATIONAL PREVENTION WEEK

is an annual health observance dedicated to increasing public awareness of, and action around, mental and/or substance use disorders. This year, from May 12-18th, PSI had a display set up at the Bedford County Library, informing the public on how they can join in on prevention week. If your classroom, church, etc is in need of a drug and alcohol training or presentation, contact Erin at 814-623-5009, x102.



can, and when you cannot, ask a friend, neighbor or relative to randomly check in. Research shows that unsupervised youth are three times more likely to use alcohol or other drugs.

- **MONITOR:** Know with whom and where your child is at all times. Ask WHO, WHAT, WHEN, WHERE and WHY daily. Randomly call and text your child to check in, and don't be afraid to check up on your child by calling other parents. It truly takes a village.
- **STAY INVOLVED:** Show your child you care by taking time out of your busy schedule to do something fun together.

Lastly, we know that sometimes you do all you can do as a parent and teens still experiment with illegal substances. Be on the lookout for changes in mood or behavior and for physical changes such as bloodshot eyes, poor hygiene, weight changes, unexplained bruises, flushed cheeks or fatigue. If your teen admits to using drugs or alcohol, it is important not to overreact. An overly negative response may cause a teen to shut down and prevent further discussion from taking place. Having a conversation about a teen's experience with drugs and alcohol can help parents determine the severity of the issue, the proper channels for support and if professional help is needed.

<https://bradfordhealth.com/teen-summertime-substance-abuse/>



10 TIPS TO HELP YOU SURVIVE THE SUMMER HEAT

- 1 Sunscreen should be your best friend. Be sure to reapply while you're at the pool or doing anything out of the sun.
- 2 Hydrate. Hydrate. Hydrate. We can't say it enough. Drink plenty of water and fluids throughout the day and avoid sugary drinks, sodas, too much caffeine and alcohol.
- 3 If you must do any activities outside, try to do them in the morning or after the sunset especially if you're going on a hike. Be sure to take a buddy with you.
- 4 Don't leave anything plastic in your car or anything else that could melt for that matter. Certain things like bottles of lotion, lighters and aerosol cans have been known to explode in cars.
- 5 Speaking of cars, be sure to leave your car windows cracked when you park and use a shade to cover your windshield. (Never leave any living thing/person in your closed car unattended or without the AC running).
- 6 Keep your house ventilated if you don't have AC. Fans will help circulate the air in the house also.
- 7 Wear loose-fitting, lightweight and light-colored clothing.
- 8 Eat light, well-balanced meals throughout the day. Fruits will help.
- 9 Close the blinds and curtains in your home during the day to help keep the AC from running on overload.
- 10 Always listen to your body. If you're feeling nauseous, dizzy or faint, these could be signs of heat exhaustion. Get to a cool place quickly and drink lots of water.

<https://rebuildingchampions.com/10-tips-help-survive-summer-heat/>

EMPLOYEE SPOTLIGHT



ASHLEY SHROYER

In April of this year, Ashley Shroyer joined Personal Solutions INC. as the new Intensive Case Manager. Intensive Case Management is a new addition to the services offered through PSI. This case management expansion will consist of a more holistic approach in addressing the substance use disorders and opioid use disorders in Bedford County; addressing the individual's treatment and non-treatment needs. We are excited for the new opportunities this will provide for both Personal Solutions INC. and the residents of Bedford County.

Ashley is a 2007 graduate of Indiana University of Pennsylvania; receiving her Bachelor of Science in Marketing. In 2017, she then received her Master of Science in Community Counseling from Mount Aloysius College. Ashley was born and raised in Bedford County and hopes to use her position to provide support and serve her community.



KESHA KEEL

Hello Everyone, it is a privilege to be hired as the Prevention Program Specialist here at Personal Solutions Inc. I've worked with the community in all different aspects in the past including Family Support Specialist, TSS, and in the medical field as an EMT. I look forward to working with the community, schools, and staff on the prevention of drugs and alcohol in our community.

I received my B.S. degree from Frostburg State University and currently reside in Bedford with my husband Justin and our two children, Lily, age 7 and Daisy, age 11.



PAUL BONUS

Hello everyone, my name is Paul Bonus and I was hired on April 29, 2019 as Drug and Alcohol Case Manager at Personal Solutions, Inc. (PSI). I had been working at Twin Lakes Center in Bedford as a counselor. I have worked with PSI in that aspect and had come to appreciate the work that was coming from this end of the drug and alcohol services that are provided. I feel blessed to be a part of the family here at PSI and I am very thankful for this opportunity to help serve the Bedford County area.

Born and raised in Somerset county, I now live near Pack Saddle Bridge. I have received my B.S. in Psychology in Applied Behavior Analysis from Kaplan University October of 2017. I am currently studying for my M.S. in Addictions at Purdue Global, with expected graduation in 2021. I have been married 27 years to my lovely wife Heather and we have 6 children ages ranging from 15-26.