

EARLY WARNING SIGNS of Problem Behavior

WEB RESOURCES

If you or someone you know can identify with any of these warning signs, now is the time to seek help.

- Changes in personality or inconsistency in behavior and mannerism.
- Deterioration in personal hygiene and appearance.
- Loss of temper usually caused by lowered tolerance to pressure and stress.
- Job or financial difficulties.
- Decreased attention and concentration span.
- Loss of interest in activities which one once enjoyed.
- Isolation from family and friends.
- Impairment of reasoning and common sense.
- Changes in sleep patterns usually characterized by sleep disturbances, restlessness, and nightmares.
- Impairment of memory and judgment.
- Decline in school or work performance.
- Decreased motivation and drive.

Department of Drug and Alcohol Programs
www.ddap.pa.gov

The Cool Spot — www.thecoolspot.gov

SAMHSA Nat'l Clearinghouse for Alcohol & Drug Info
www.store.samhsa.gov

Pennsylvania Liquor Control Board — www.lcb.state.pa.us

Stop Underage Drinking Portal of Federal Resources
www.stopalcoholabuse.gov

Street Drugs — www.streetdrugs.org

Partnership for Drug-Free Kids — www.drugfree.org

Stop Drugs — www.justthinktwice.com

National Institute On Drug Abuse — www.nida.nih.gov

Pacific Institute for Research & Evaluation — www.pire.org

Substance Abuse & Mental Health Services
Administration — www.samhsa.gov

The PA Public Health & Addictions Information Clearinghouse
<https://apps.ddap.pa.gov/clearinghouse>

DEA Resource for Parents, Educators, & Caregivers
www.getsmartaboutdrugs.com

CDC's National Center for Health Statistics
www.cdc.gov/nchs/index.htm

Tobacco Information and Prevention Source (TIPS)
www.cdc.gov/tobacco

Alcoholics Anonymous — www.aa.org

Alanon/Alateen — www.al-anon.alateen.org

Tobacco Information
www.lungusa.org — www.quitnet.com

Treatment Locator — www.findtreatment.samhsa.gov



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Alcohol | Tobacco | Other Drugs



PREVENTION

INTERVENTION

CASE MANAGEMENT

TREATMENT

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PREVENTION ACTIVITIES

Activities are designed to prevent or reduce the use of drugs and alcohol, benefiting individuals, the family, and the larger society. Prevention activities encourage positive interpersonal and human relations skills, enhanced ability to relate to social institutions, and effective coping skills. These services target the entire Bedford County population and may be delivered through schools, media, family, or community agencies and groups.

Prevention presentations may be requested on topics including:

- Alcohol, Tobacco, and Other Drugs
- Alcoholism/Addiction
- Underage Drinking
- Drinking and Driving
- Legalization Issues
- Parenting Concerns
- Drugs and the Workplace
- Community Prevention Activities
- Alcohol, Drugs, Violence, and Crime
- Gambling/Gambling Laws

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WHO should take advantage of these programs?

- Schools
- Churches
- Scouts
- 4-H Clubs
- Daycare/Preschools
- Homeschoolers
- Senior Citizen Groups
- Parent Groups
- Civic Organizations
- Agencies
- Community Groups
- Concerned Individuals

PROBLEM GAMBLING PREVENTION

Personal Solutions Inc supports several activities and services in Bedford County under the Problem Gambling Initiative funded through the Department of Drug and Alcohol Programs. With the increased availability of legalized gambling in Pennsylvania comes an increased concern about the individual and social costs of problem gambling within our communities. PSI hopes to address these concerns by using a wide array of services and methods for dissemination of information, classroom and group education, community events, and Student Assistance Programs. These services are available to individuals, schools, families, and the community about specific gambling and health-related risks, risk reduction activities, and other activities to promote positive and healthy lifestyles.

INTERVENTION

Intervention services assist the client with a specific issue or other situation in his or her life for which customary solutions may not be working. At this level, assistance in decision-making and support enable the client ultimately to cope with the situation independently. Referral is provided if the need for structured treatment or other service is indicated. Intervention services include the Student Assistant Programs (SAP), Drug-Free Workplace programs, and Smoking Cessation programs.

DRUG & ALCOHOL ASSESSMENT SERVICES

Drug & Alcohol Assessment Services involves identifying the nature and causes of a client's problems and needs. These services involve a face-to-face interview with the client where information is gathered to determine what treatment service would best suit the client. Case Management services include screening, assessment, placement, authorization of services and funding, continuing stay and utilization review. All of these services are tailored to meet the individual's needs.



**BIG JOURNEYS
BEGIN WITH
SMALL STEPS**

RESOURCE COORDINATION (RC)

Services are available to clients with only one or two support service needs. RC typically involves a single case management session providing information and referrals to appropriate agencies.

INTENSIVE CASE MANAGEMENT (ICM)

Services are available to clients with multiple support service needs. ICM was developed to evaluate client's strengths and needs, to help the client set appropriate goals, to link the client to appropriate services, to advocate for the client's rights with those services, and to coach clients as they work toward achieving their goals and objectives. ICM services utilize all available resources to help the client reach self-sufficiency. Follow-up services are also available upon completion of ICM to help maintain self-sufficiency.

TREATMENT

Services assist individuals in realizing the negative consequences of drug and alcohol abuse and provide services to help the individual learn to cope without the use of substances. Following assessment, PSI refers selected clients to contracted treatment facilities based on individual needs and choices. Available services may include Outpatient Treatment, Detoxification, Residential Treatment, and Halfway House Services.

Pregnant substance abusers will receive preference for treatment services.

Personal Solutions Inc., makes available affordable drug and alcohol services to Bedford County residents.