

# Stepping It Up

By: Jessica Pugh

## Upcoming Events!

### Potluck Lunch

Next Potluck will be provided in January by Residential.

#### HELP NEEDED!

Somerset Hospital is conducting a Community Health Needs Assessment. Please complete the survey to share your input!

[www.surveymonkey.com/r/SomersetHospitalCHNA](http://www.surveymonkey.com/r/SomersetHospitalCHNA)

### Strike!

Sign up in the breakroom to participate in the annual Bowling Event. It will be **May 9th** at Terrance Lanes in Somerset beginning at **6 pm**.

Each team will comprise of 5-6 players! Let's keep the trophy at TLC!



### Next Staff Meeting

**February 10, 2016 at 8:30 am**

**DO YOU KNOW..** Besides Alcohol and Marijuana, what is the next most popular addictive drug used by teens?

\*Submit your answer to **Jess** by phone ext. 259, email or in person. First one with the answer receives a prize!



# National Drug & Alcohol Fact Week



**National Drug and Alcohol Fact Week (NDAFW)** began in 2010 to help counteract the myths teens may have about drugs and drug abuse. This year's NDAFW is **January 25-31th**. The National Institute on Alcohol Abuse and Alcoholism became a partner starting this year, and alcohol has been added as a topic area for the week. Events are planned within communities and schools all over America to come together for a honest conversation about how drugs affect the brain, body and behavior. During NDAFW and year around, anyone can test their knowledge about drugs, alcohol and drug abuse by taking an interactive **National Drug & Alcohol IQ Challenge**. This information can be found at [www.teens.drugabuse.gov](http://www.teens.drugabuse.gov).

About **1/3** of high school seniors report using an illicit drug sometime in the past year. About **5%** of seniors report nonmedical use of potentially addictive prescription painkillers; more than **20%** report smoking marijuana in the past month. Many teens are not aware of the risks to their health, their success in school and the dangers while driving under the influence. After given facts about drugs and alcohol teens can be better prepared to make good decisions for themselves and share the information with others.

# Employee of the Month

**Jessica Pugh** – Jessica has done a phenomenal job covering for Prevention. While being short staffed Jessica has worn many hats and even filled in for other areas as needed. Jessica is always willing to lend a hand where needed and always does so with a smile. She covered multiple CRN's for people who were out sick at a moment's notice. Thank you Jessica for all that you do as well as your hard work enthusiasm and dedication to Twin Lakes Center.

**Misty Gorman** – Misty does a great job keeping beds full and providing customer service. Misty will gladly fill in any where she is needed and is always willing to go the extra mile to help out. Thank you for your hard work and continued dedication.

