

2018
Winter Edition
Newsletter

IT'S A WRAP!

13th Annual YS-CTC Variety Show a Success

Our 13th annual Variety Show, which took place on November 18, was — as they say — a roaring success! This event, our major yearly fundraiser, has become a staple of the York Suburban community and is always eagerly anticipated.

We had a record-breaking 30 acts in this year's show, which featured Kevin Schreiber as emcee. The performances included instrumental, vocal, dance, magic, gymnastics, and skits; they had the audience cheering. This year's finale, led by Mr. Michael Jackson, math teacher and athletic coach at the Middle School, featured all of the show's performers in an audience-engaging rendition of Grand Funk Railroad's "I'm Your Captain/Closer to Home."

Students on YS-CTC's Middle School and High School student boards served as student masters of ceremonies. We were pleased to give them this opportunity to speak in front of an audience and are proud of the job they did!

More than \$5,000 was raised to help us continue our mission of empowering our youth and strengthening our community. Without our generous advertising sponsors, audience members, hard-working volunteers and — of course — our dedicated performers, we could not do this.

Continued on page 3



CTC Annual Appeal Underway

This year's fundraising campaign is underway, and we need *your* help! This year we are being asked to provide additional assistance to York Suburban School District for staff training, new wellness programming, and parent/community education. As a non-profit, our sole sources of funding are donations and grants. Competition for grants is keen, and funds are uncertain. Please help in meeting our campaign goal of \$6,000. This will allow us to meet the increasing needs across the district.

To make a donation, please mail a check to:
 YS-CTC, 1800 Hollywood Dr., York PA 17403,
 or donate via PayPal to: ctc.mobilizer@gmail.com.

For additional information or assistance in making a donation email ctc.mobilizer@gmail.com.

***We appreciate your generosity;
 thank you!***

MARK YOUR CALENDARS!

Suicide Prevention of York Presentation, YSMS
CTC Dodgeball Tournament, YSHS
Multi-Cultural Festival, YSMS

Wednesday, February 28; 7:00 p.m.
Thursday, March 8; 7:00 p.m.
Thursday, March 22; 7:00 p.m.



The CTC boards have been continuing their good work on empowering the York Suburban Community! On Thursday, January 18, an annual joint meeting of the Prevention, High School, and Middle School boards was held to discuss concerns on the minds of our student board members. Thanks to everyone who attended!



Teen Suicide: Parents Can Make a Difference*

According to the 2015 – 2016 PAYS data, 21% of 10th graders have considered suicide. (That equates to 1 in 5 YS students!) Parents can help prevent suicide by recognizing warning signs, identifying risk factors, promoting protective factors, and knowing how to talk to their children and seek mental-health services. You can empower yourself and your teen by following these seven steps.

1. Know your facts

Myth – Suicide in youth is not a problem.

Truth – Suicide is a major problem affecting youth; it is the third-leading cause of death among 10 – 24 year olds.

Myth – Asking about suicide causes suicidal behavior.

Truth – Addressing the topic of suicide in a caring, empathetic, and nonjudgmental way shows that you are taking your child seriously and responding to his or her emotional pain.

Myth – Only a professional can identify a child at risk for suicidal behavior.

Truth – Parents and other caregivers often are the first to recognize warning signs and most able to intervene in a loving way.

2. Recognize the warning signs

Studies show that four out of five teen suicide attempts are preceded by clear warning signs. A warning sign does not mean your child will attempt suicide, but do not ignore warning signs. Respond to your child immediately, thoughtfully, and with loving concern.

- **Changes in personality:** sadness, withdrawal, irritability, anxiety, exhaustion, indecision.
- **Changes in behavior:** deterioration in social relationships and school and/or work performance, reduced involvement in positive activities
- **Sleep disturbance:** insomnia, oversleeping, nightmares
- **Changes in eating habits:** loss of appetite, weight loss, over eating
- **Fear of losing control:** erratic behavior, harming self or others

3. Know the risk factors

Recognize certain situations and conditions that are associated with an increased risk of suicide.

- Previous suicide attempt(s)
- Mental health disorders (depression, anxiety)
- Alcohol and other substance abuse
- Feelings of hopelessness, helplessness, guilt, loneliness, worthlessness, low self-esteem
- Loss of interest in friends, hobbies, or activities previously enjoyed
- Aggressive behavior
- Bullying or being a bully at school or in social settings
- Disruptive behavior, including disciplinary problems at school or at home
- High-risk behaviors (drinking and driving, poor decision-making)
- Recent/serious loss (death, divorce, separation, broken romantic relationship)
- Family history of suicide
- Family violence (domestic violence, child abuse or neglect)
- Sexual orientation and identity confusion (bullying or lack of support)
- Access to lethal means like firearms, pills, knives, or illegal drugs

4. Know the protective factors

- Skills in problem solving, conflict resolution, and handling problems in a nonviolent way
- Strong connections to family, friends, and community support
- Restricted from lethal means of suicide
- Cultural and religious beliefs that discourage suicide and support self-preservation
- Easy access to services
- Support through ongoing medical and mental-healthcare relationships

Continued on page 5

Find out more! Suicide Prevention of York will present “Suicide Prevention: Everybody’s Responsibility” to the community on Wednesday, Feb. 28, 7 p.m., at York Suburban Middle School.

VARIETY SHOW, continued from page 1...

Your support enables us to continue bringing educational programming, awareness of issues facing our youth, student-achievement recognition, and more to the students and the entire York Suburban community.

Thank you to all! Mark your calendars now for this year's show on **Saturday, November 17, 2018**. Performers, it's never too early to start planning your acts!



We can't say "thank you" enough to the community members, organizations, school staff, and students who worked tirelessly to make the Variety Show happen! You deserve your own round of applause!

Christopher Beaudoin
Kevin Bryant
Michael Curtis
Lori Ehrlich
Kate Farah
Endyra Ford
Michael Jackson
Megan Lonergan
Shelby Marks
Matthew Peters
Daisy Pflaum
Shane Regener
Marcella Rolle
Kevin Schreiber
Billy Sprankle
Ella Sprankle
Kristian Sprankle
Stephanie Sullivan

Kristin Sweigard
Lexi Thoman
Matt Thoman
Ayush Tripathi
Alex Weinrich
Bailey Williams

Barry Girling, Mike Siple, and the YSHS custodial staff
GIANT Foods
Junior Girl Scout Troop #21192
Print-O-Stat
Stauffer's Cookie & Biscuit Co.
Weis Markets
YS-CTC Student Boards
YS Mascots: Ready Teddy, Yorkie Bear, Spike,
Road Runner, Trojan
YS National Honor Society
York Suburban District PTOs

AROUND THE COMMUNITY

Art Exhibits, York College of Pennsylvania

Now through March 24, Wolf Hall (Times vary; see college events calendar.)

"Creative Defiance" by Chaz Maviyane-Davies, featuring posters from his series "A World of Questions," and "Common Denominator" by Kate Kretz, combining works from several of her series and exploring different subjects and mediums. These works address current key issues. More information: www.ycp.edu/news-and-events.

Leap into Science

Saturday February 10, 10:30 a.m. – 11:30 a.m.; Martin Library

Join Mr. Tony and Miss Paula for fun science activities! Parents and elementary-age kids can try cool experiments and investigate science hands-on in this engaging hour workshop! Every month features a different topic and our York College helpers will be on hand to show you the ropes! This is a free event. Visit www.yorklibraries.org/event/leap-into-science-2-2/2018-02-10/ for more information.

Valentine's Day Story Time

Tuesday, February 13, 4:30 p.m. – 5:15 p.m.; Martin Library

Students from the Central York High School English Honors Society will present a story time for Valentine's Day. Join us for some holiday stories and cookies. Event geared towards Pre-school and Elementary school aged children. For more information, visit <https://www.yorklibraries.org/event/valentines-day-story-time/>

PA Garden Show of York

Friday, March 2 – Sunday, March 4; York Expo Center, Memorial Hall

A family tradition to welcome Spring full of blooming flowers, great ideas for outdoor living, wonderful plants and really neat garden gear to buy. Visit <http://pagsy.com/> for more information.

A Conversation with Cal Ripken, Jr.

Sunday, March 11, 2:30 p.m.; York Catholic High School

The name Ripken is synonymous with baseball. Just one mention brings certain qualities to mind: everything from passion and integrity, to perseverance and a commitment to family. Cal Ripken, Jr. will be interviewed on stage by Pat Principe, Sports Director at WGAL-TV8. Attendees can get a chance to be a part of the interview process by emailing potential questions for Cal to answer to info@yorkcatholic.org. For info or tickets visit <http://yorkcatholic.org/announcements/cal-ripken-jr>

Indian Rock Variety Show

Friday, March 16, 7:00 p.m.; York Suburban Middle School

Come see Indian Rock students perform an assortment of acts; singing dancing, gymnastics, play musical instruments and more!!!

York's 35th Annual St. Patrick's Day Parade

Saturday, March 17, Step off 1:00 p.m.

Parade Route along Market Street in Historic Downtown York

Mark your calendars and save the date for York's annual celebration of Celtic heritage. Visit <http://www.yorksaintpatricksdaysparade.org/p/about.html> for details.

York First Friday

Recurring monthly on the 1st Friday of the month from 5:00 p.m. – 9:00 p.m.

Everyone is invited to attend 1st Friday in downtown York! On February 2nd, The Appell Center for the Performing Arts is showing the Disney animated Beauty and the Beast (1991) at 6:30 p.m.. This is a free event.

5. Take preventive measures

- Interact with your teen positively (give consistent feedback, compliments for good work).
- Increase his/her involvement in positive activities (promote involvement in clubs/sports).
- Appropriately monitor your teen's whereabouts and communications (texting, Facebook, Twitter) with the goal of promoting safety.
- Be aware of your teen's social environment (friends, teammates, coaches) & communicate regularly with other parents in your community.
- Communicate regularly with your teen's teachers to ensure safety at school.
- Limit your teen's access to alcohol, prescription pills, illegal drugs, knives, and guns.
- Talk with your teen about your concerns; ask him/her directly about suicidal thoughts.
- Explain the value of therapy and medication to manage symptoms.
- Address your concerns with other adults in your child's life (teachers, coaches, family).
- Discuss your concerns with his/her pediatrician to seek mental-health referrals.

6. Talk to your teen about suicide

- Have this important discussion with your teen by using these tips:
- Talk in a calm, non-accusatory manner.
- Express loving concern.
- Convey how important he/she is to you.
- Focus on your concern for your teen's well-being and health.
- Make "I" statements to convey you understand the stressors he/she may be experiencing.
- Encourage professional help-seeking behaviors (locate appropriate resources).
- Reassure your teen that seeking services can change his/her outlook.

7. Seek mental-health services

Mental-health professionals can be essential partners in teen suicide prevention. Take appropriate action to protect your child:

- If you feel that something is "just not right"
- If you notice warning signs
- If you recognize your child has many of the risk factors and few of the protective factors listed above.

Find a mental health provider who has experience with youth suicide. Some area resources are listed in the next column.

◆ School-based mental-health services at YSMS and YSHS:

PCBH (Pennsylvania Comprehensive Behavioral Health Services): 717-600-0900

◆ Outpatient mental health services

PA Counseling: 1-855-272-1653

Wellspan Philhaven Behavioral Health:
717-851-6340

T.W. Ponessa: 717-840-6444

True North: 717-843-0800



If danger is imminent, call 911 or seek Crisis Intervention services *immediately*:

True North Crisis Intervention: 1-866-325-0339

Wellspan Crisis Intervention: 1-800-673-2496 or
717-851-5320. Locations:

1101 South Edgar Street, Suite C

or

York Hospital Emergency Room

◆ Other resources

National Suicide Prevention Lifeline:
1-800-273-TALK (8255)

www.suicidepreventionlifeline.org

Crisis Text Line: TEXT 741-741

www.crisistextline.org

Suicide Prevention of York: 717-759-8916

www.preventsuicidepa.org

*Source:

N.J. Kaslow, P. Kitsis, M.A. Thomas, and D.A. Lamis. (2013, Sept 23) 7 essential steps parents can take to prevent teen suicide [Weblog]. Retrieved from psychologybenefits.org/2013/09/23/prevent-teen-suicide