

EDUCATIONAL SUPPORT TEAM UPDATE

Saint Vincent College Prevention Projects is funded by the Westmoreland Drug and Alcohol Commission, Inc. through a grant from the Pennsylvania Department of Drug and Alcohol Programs.



SAINT VINCENT COLLEGE PREVENTION PROJECTS NEWSLETTER

NOVEMBER/DECEMBER 2024

VOLUME 1: ISSUE 3

NEWSLETTER DATE

K-12 SAP Trainings & SAP Thematic Workshops

K-12 SAP TRAININGS Dates: November 12, 13, 2024 (FULL); February 4,5, 2025; March 11, 12, 2025. Trainings are held at the Fred Rogers Conference Center, Saint Vincent College.

The Training is designed for new members of either a secondary or elementary S.A.P. team. This is also appropriate for Mental Health and Drug and Alcohol Liaisons, Treatment Staff, and School-Based Probation Officers who have been assigned the role of "ad hoc" S.A.P. team members. Those individuals needing to make up a training session from a prior training will be able to complete those requirements at these trainings. For additional information or to register, please call Saint Vincent College Prevention Projects at 724-805-2050.

SAP Thematic Workshop: December 4, 2024; February 19, 2025.

Workshops are held at the Fred Rogers Conference Center, Saint Vincent College.

Training announcements will be emailed and also posted in the newsletter. For additional information or to register, please call Saint Vincent College Prevention Projects at 724-805-2050.

Awareness Days

You can easily take advantage of special events to raise awareness of an important issue or cause. Here are a few up-coming events for the next several months:

Great American Smokeout Day—November 24, 2024—<https://www.cancer.org/healthy/stay-away-from-tobacco/reasons-to-quit-smoking.html>

International Survivors of Suicide Days—November 23, 2024— <https://afsp.org/international-survivors-of-suicide-loss-day>

Adoption Awareness Month—November 2024—<https://www.childwelfare.gov/topics/adoption/nam/about/>

Runaway Prevention Month—November 2024—<https://www.1800runaway.org/youth-teens/youth-teens-faq>

National Impaired Driving Prevention Month—December 2024—<https://blog.americansafetycouncil.com/national-drunk-and-drugged-driving-awareness-month/>

Welcome
Back!



SVCPD mailing
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15650

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724-805-2050

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724-420-5930



Trainings, Workshops, Events, & more...

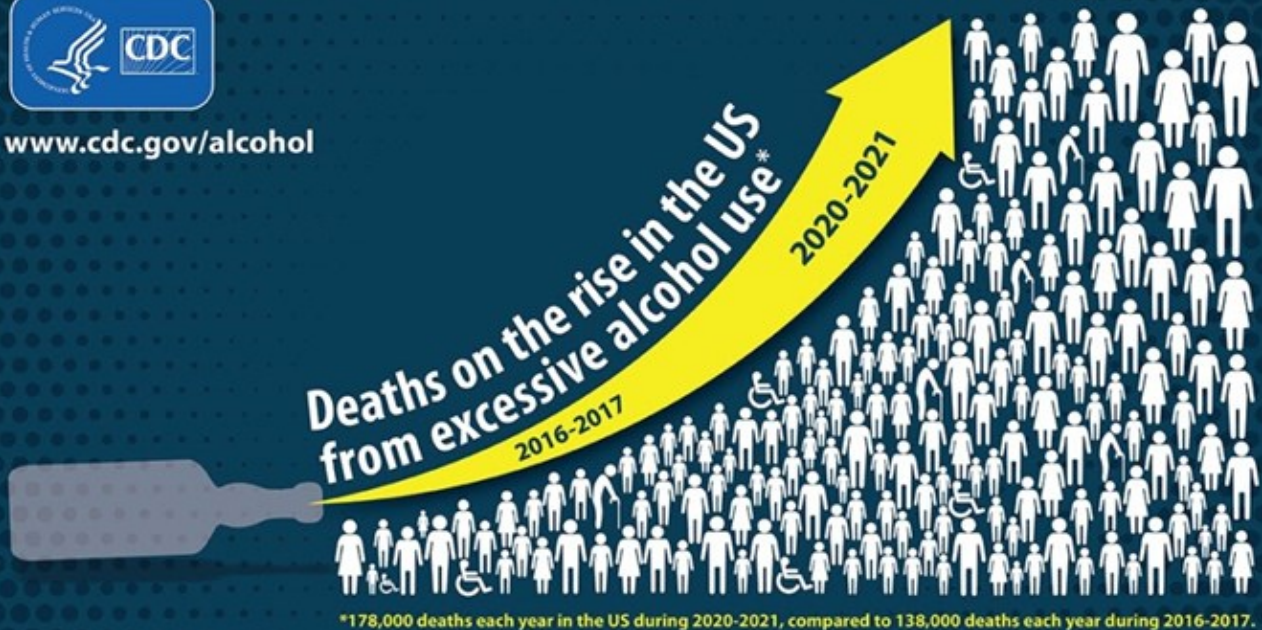


Thematic Workshops— December 4, 2024; February 19, 2025. The Winter Thematic will cover Drug and Alcohol trends, Risky Behavior and Resiliency, Human Trafficking and Internet safety: A grandmother's story. The training announcement will be coming soon via email. For more information or to register, please call the Saint Vincent College Prevention Projects at 724-805-2050. The cost of the training is \$40.00, and this includes continental breakfast and lunch in the cafeteria. Act 48 credits will be given.

K-12 SAP TRAINING— November 12,13, 2024(FULL); February 4,5, 2025; March 11,12,2025. Training is designed for new members of either a secondary or elementary S.A.P. team who have not completed the initial training with their team. This is also appropriate for Mental Health and Drug and Alcohol Liaison, Treatment staff and school-based probation officers who have been assigned the role of "ad hoc" S.A.P. team members. Those individuals needing to make up a training session from a prior training will be able to complete those requirements at this training. For information or to register, please call the Saint Vincent College Prevention Projects at 724-805-2050. The cost of the training is \$360 which includes Training materials, lunch and continental breakfast both days.



www.cdc.gov/alcohol



Graphic stat from: <https://pttcnetwork.org/guiding-your-community-in-alcohol-awareness-and-alcohol-misuse-prevention/>



Great American Smoke out Day

November 24th, 2024

Quitting E-cigarettes

E-cigarettes do not contain tobacco, but many of them contain nicotine, which comes from tobacco. Because of this, the Food and Drug Administration (FDA) classifies e-cigarettes as "tobacco products." (Learn more in [What Do We Know About E-cigarettes?](#))

In many ways, quitting one tobacco product that contains nicotine is a lot like quitting another tobacco product that contains nicotine. This is because the physical, mental, and emotional parts of quitting are mostly caused by nicotine addiction. Many of the ways to handle the mental hurdles of quitting are the same. But most experts agree that more research is needed about the best ways to quit e-cigarettes.

While some people may be able to quit e-cigarette use on their own, others, such as daily users, are likely to find this to be very difficult. The Centers for Disease Control and Prevention (CDC) recommends following one of the ways known to help people quit other tobacco products, as they can be helpful. Read more about quitting tobacco products in [Making a Plan to Quit and Planning a Quit Day](#) and in [Quitting Smoking or Smokeless Tobacco](#).

If you're having trouble quitting e-cigarettes on your own, talk to your doctor or pharmacist. You can get help from other support services, too, such as your state quitline (1-800-QUIT-NOW) or the American Cancer Society (1-800-ACS-2345).



Can e-cigarettes be used to help quit smoking?

Some people who smoke choose to try e-cigarettes to help them stop smoking. The American Cancer Society does not recommend the use of e-cigarettes as a cessation method. No e-cigarette has been approved by the FDA as a safe and effective cessation product. It's important to know that people who switch to e-cigarettes when trying to quit other tobacco products still expose themselves to potentially serious ongoing health risks. It's best to stop using all tobacco products, including e-cigarettes, as soon as possible both to reduce health risks and to avoid staying addicted to nicotine.

More info : <https://www.cancer.org/cancer/risk-prevention/tobacco/guide-quitting-smoking/quitting-e-cigarettes.html>



Awareness Month Information



International Survivors of Suicide Loss Awareness Day: November 23, 2024



Support for Survivors of Suicide Loss

With every suicide death, family, friends and colleagues are left behind to make sense of the loss. The American Foundation for Suicide Prevention provides support for survivors of suicide loss by offering programs and resources for healing and connection.

Following a Loss

International Survivors of Suicide Loss Day

Each year, AFSP supports hundreds of Survivor Day events around the world, in which suicide loss survivors come together to find connection, understanding and hope.

Support Group Listings

AFSP provides listings for hundreds of suicide loss survivor support groups in the U.S. and Canada.

Memory Quilts

The Memory Quilt Program allows suicide loss survivors to honor their loved ones by creating a commemorative physical or digital quilt square.

Healing Conversations

Healing Conversations gives those who have lost someone to suicide the opportunity to talk with our experienced volunteers, who are themselves survivors of suicide loss.

Children, Teens and Suicide Loss

Written in partnership with The Dougy Center, The National Center for Grieving Children & Families, this booklet provides guidance on how to provide support for young loss survivors.

Supporting Others

After a Suicide: A Toolkit for Schools

Created in partnership with the Suicide Prevention Resource Center, this newly revised toolkit offers best practices for schools that have experienced a suicide death.

Support Group Facilitator Trainings

Experienced trainers prepare participants to run effective peer-to-peer suicide loss support groups for adults or children and teens.

Suicide Bereavement Clinician Training

This workshop gives clinical professionals insight and tools to meet the specific needs of suicide loss survivors.

After a Suicide: A Toolkit for Medical Schools

This practical handbook provides guidance for hospital and program leaders in the event of a trainee's death by suicide.

[Click here for more Info](#)

afsp.org/loss



American
Foundation
for Suicide
Prevention



Awareness Month Information



November is Runaway Awareness Month

The National Runaway Safeline maintains a database of thousands of resources nationwide. When you contact us, we are able to connect you with a wide range of services and supports.

See below for a list of resources we frequently contact or rely on for information. If you are unable to locate the resource you need, please contact us or check out a more comprehensive list of helpful organizations.

Abuse

[Childhelp National Child Abuse Hotline](#) – The Childhelp National Child Abuse Hotline is dedicated to the prevention of child abuse. Serving the U.S. and Canada, the hotline is staffed 24 hours a day, 7 days a week with professional crisis counselors who—through interpreters—provide assistance in over 170 languages. The hotline offers crisis intervention, information and referrals to thousands of emergency, social service and support resources. All calls are confidential.

Housing

[National Safe Place](#) – Our nation’s young people deserve safety and shelter, and many youth feel they don’t have either. National Safe Place provides access to immediate help and supportive resources for youth in need. As a community initiative, the program designates schools, fire stations, libraries and other youth-friendly organizations as Safe Place locations, which display the yellow and black sign. Safe Place locations extend the doors of the local youth service agency or shelter to support teens in crisis situations, creating a safety net for youth.





Awareness Month Information

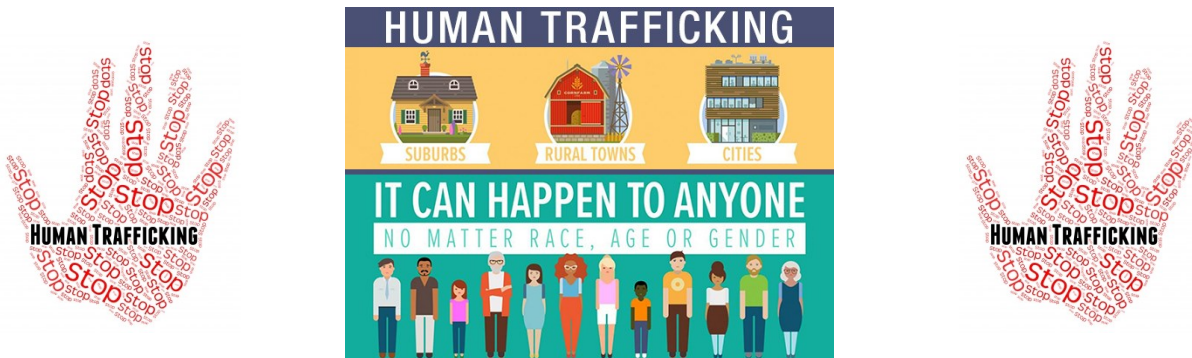


Dating Abuse

Love is respect – A project of the National Domestic Violence Hotline, love is respect offers 24/7 information, support and advocacy to young people between the ages of 13 and 26 who have questions or concerns about their romantic relationships. The organization also provides support to concerned friends and family members, teachers, counselors and service providers through the same free and confidential services via phone, text and live chat.

Human Trafficking (Sex and Labor Trafficking)

Girls Educational & Mentoring Services (GEMS) – For the past 20 years, Girls Educational & Mentoring Services (GEMS) has served as the nation's leading organization for empowering commercially sexually exploited and domestically trafficked girls and young women. Through cultural change, advocacy, training, and survivor leadership, GEMS is committed to shifting public perception and policy. As New York State's first—and only—organization designed to provide trauma-informed, strengths-based services, GEMS has served thousands of young women and girls, ages 12–24.



National Human Trafficking Hotline – The National Human Trafficking Hotline connects victims and survivors of sex and labor trafficking with services and supports to get help and stay safe. The Hotline also receives tips about potential situations of sex and labor trafficking and facilitates reporting that information to the appropriate authorities in certain cases. The toll-free phone and SMS text lines and live online chat function are available 24/7. Help is available in English or Spanish, or in more than 200 additional languages through an on-call interpreter.

Mental Health

National Alliance on Mental Illness (NAMI) – The National Alliance on Mental Illness (NAMI) is the largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. Started in 1979, today NAMI is an alliance of more than 600 local affiliates who work in communities to raise awareness and provide support and education that was not previously available to those in need.

More info at: <https://www.1800runaway.org/prevention-education/youth-hope-month>



Awareness Month Information



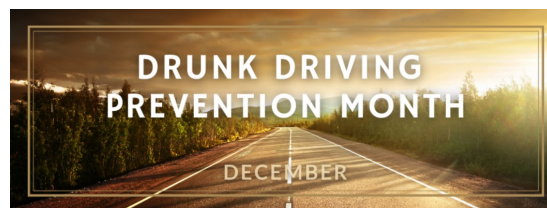
December is National Impaired Driving Prevention Month



The [National Highway Traffic Safety Administration](#) (NHTSA), within the [U.S. Department of Transportation](#), with the White House's Office of National Drug Control Policy (ONDCP), and the U.S. Department of Health and Human Service's [Substance Abuse and Mental Health Services Administration](#) remind you to celebrate safely this holiday season. We stand with all those who have known the tragic consequences of drugged or drunk driving, and we rededicate ourselves to preventing it this December and throughout the year.

December is National Impaired Driving Prevention Month. Families, educators, health care providers, and community leaders are invited to [promote responsible decision-making](#) and encourage young people to live free of drugs and alcohol.

[Impaired driving](#) includes distracted driving, [drugged driving](#), and drunk driving.



All 50 States and the District of Columbia enforce the minimum legal drinking age of 21 years. NHTSA asks minors to avoid alcohol, and encourages parents and other caregivers to make a new or renewed commitment to never cater a party to underage drinking. If someone you know is drinking, do not let that person get behind the wheel. If you see an impaired driver on the road, contact law enforcement. Your actions may save someone's life, and inaction could cost a life. Families play an essential part in stopping impaired driving. By talking about the risks and setting clear expectations, parents and other caregivers can help their children stay safe, sober, and focused on the road.



Awareness Month Information



Prevention Resources and Toolkits:

[Traffic Safety Marketing](#) – a website with free campaign posters, TV/radio/web ads, and other resources, including more about NHTSA’s Buzzed Driving is Drunk Driving and Drive Sober or Get Pulled Over campaigns.

Too Smart to Start – a website dedicated with evidence-based approaches to help youth, families, educators, and communities prevent underage alcohol use and its related problems.

[Stop Underage Drinking](#) – a comprehensive portal of federal resources for information on underage drinking and ideas for combating this issue.

Teen Drugged Driving: Parent, Coalition and Community Group Activity Guide (PDF) – This guide provides coalitions, prevention groups and parent organizations with: the facts on the dangers and extent of teen and young adult drugged driving; parent and community activities for effective prevention; resources to further assist in prevention activities.

The National Criminal Justice Reference Service compilation of resources on impaired driving, including general information, enforcement, and prevention, in observation and recognition of National Impaired Driving Prevention Month.

Info from: <https://youth.gov/feature-article/december-national-impaired-driving-prevention-month>





Take a drive and have a drink---
And you could very well become extinct.

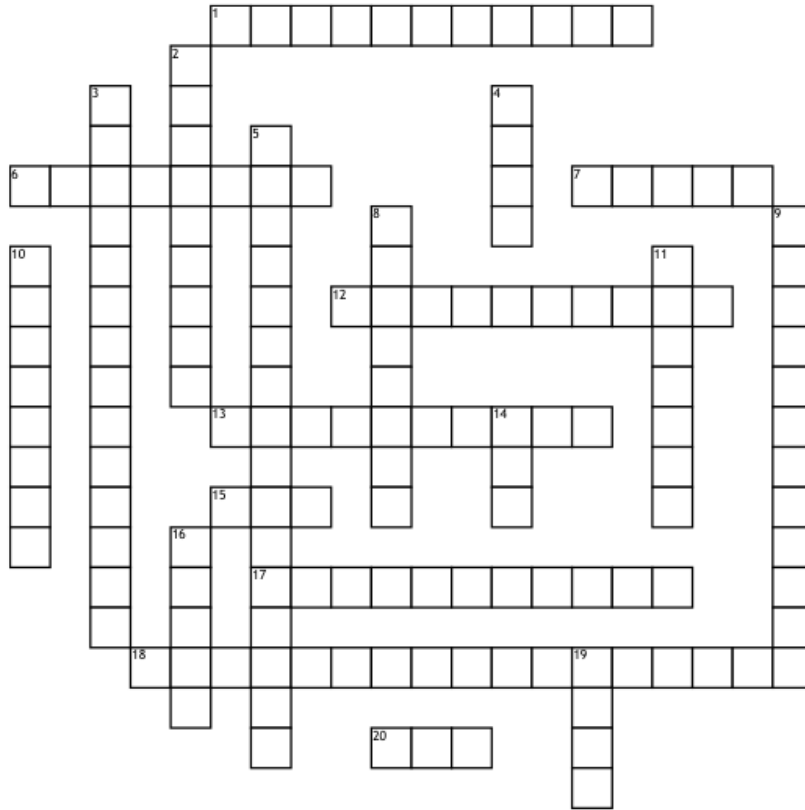




Crossword Puzzle



Alcohol, Drugs and Driving



Across

1. Breath test given in "the field" to check for alcohol content in the body.

6. Anyone caught driving with a BAC of 0.08 in NC is considered _____.

7. Alcohol is oxidized out of the body through this organ.

12. Factors that could cause your punishment for a drunk driving conviction to be more lenient.

13. Alcohol is categorized as this type of drug.

15. Alcohol is measured by this 3 letter acronym.

17. If you are stopped by a law enforcement officer, always be _____.

18. Roadside test given by an officer to estimate the alcohol content in the body. (3 words)

20. How much alcohol will affect driving ability.

Down

2. This drug distorts your depth perception & impairs your judgement.

3. When you get your driving permit, you are agreeing to be tested for alcohol in your body if stopped by the police. (2 words)

4. How intoxicated a person becomes depends on _____ factors.

5. Anyone under 21 convicted of driving with any amount of alcohol in their system will lose their license for 1 year. (3 words)

8. An example of prescription medication that impacts the ability to drive. (2 words)

9. Law passed in 1983 that replaced all other DUI laws & raised the legal drinking age to 21. (3 words)

10. Alcohol is _____, not digested by the stomach.

11. Approximate time it takes for your body to recover from one standard amount of alcohol. (2 words)

14. Anyone under 18 caught driving with this amount of alcohol in their system will have their license revoked for at least 45 days.

16. The first organ of the body to be impacted when alcohol is consumed.

19. The only thing that will help a person sober up.

Word Bank

impaired
depressant
liver
absorbed

zerotolerancelaw
onehour
saferoadsact
marijuana

mitigating
any
painmeds
impliedconsent

intoxilyzer
cooperative
any
fieldsobrietytest

four
brain
time
BAC



Available Services Through SVCPP:



LOOK FOR THE SAINT VINCENT COLLEGE PREVENTION PROJECTS AT MANY SCHOOL EVENTS THROUGHOUT WESTMORELAND COUNTY

Special Speaker Presentations

Presentations are available to your community group, business or organization at minimal cost or FREE. Topics include: Current Drug Trends, Power of Parents, Gambling/Gaming Awareness, Responsible Gambling, Talking with your Kids and The Dangers of Underage Drinking, Mobile Bedroom, Social Media, Click-Bait and Other On-Line Potholes, and more.

RADAR (Free Materials)

Regional Alcohol/Drug Awareness Resource, Information Center

The Saint Vincent College Prevention Projects provides free materials (pamphlets, brochures, posters, etc.) to schools, organizations, community groups, and to the general public on various topics that include: alcohol, tobacco, drugs, violence prevention, child guidance, and medications and the elderly.

To schedule a program for your business, school or organization, please contact Beth Potochnik, Prevention Education & Community Outreach Services Manager at Saint Vincent College Prevention Projects at 724-805-2050 or email beth.potochnik@stvincent.edu





Available Intervention Services Through SVCPP:



The following Tier II Intervention Programs are offered to all Westmoreland County Secondary Schools at **NO** cost to the school districts:

N.O.T. (Not on Tobacco) Program

SVCPP Intervention Specialists deliver 6 sessions covering facts vs. myths, triggers and advertising nicotine products, identifying support strategies, benefits to quitting nicotine use and how your body responds, creating healthy habits, and ways to stay nicotine free. N.O.T. explores the various delivery systems, i.e. vape devices, chewing, smoking, etc. N.O.T. is an American Lung Association program aimed to recognize dependence on nicotine and to identify replacement strategies to restore health.

The Blues Program

SVCPP Intervention Specialists provide early intervention service groups for adolescents with observable behaviors displaying depressive symptoms or are at-risk for depression. These are 6 session groups provided weekly within your school.

Marijuana Brief Intervention Program

SVCPP Intervention Specialists use this evidence-based program for early intervention with students who may be experimenting with marijuana in its various forms. During the 6 weekly sessions, students will identify triggers, how their environment can contribute to usage, and practical evidence-based ways to reduce/eliminate marijuana use.

If your school district can benefit from these services, please email:

Christina Weimer, SAP Coordinator and Intervention Services
Manager

Christina.weimer@stvincent.edu

or

Donna Cartia Assistant SAP Coordinator

Donna.cartia@stvincent.edu





Westmoreland County Information



1200 Maronda Way, Suite 300, Monessen, PA
Hours: Monday-Friday 8:00 AM – 4:30 PM

724-243-2220

<http://wedacinc.org>



Southwestern Pennsylvania Human Services, Inc.

203 S Maple Ave, Greensburg, PA 15601
Hours: Monday-Thursday 8:30am-9:00pm
Friday 8:30am-5:00pm

724-834-0420

<http://www.sphs.org>

Outside In

To the Fullest...

Outpatient Services
PHONE 724-837-1518

Residential Programs
PHONE 724-238-8441

PO Box 639
Greensburg, PA 15601



First Floor Suite 110, 40 N Pennsylvania Avenue, Greensburg, PA 15601
(724-830-3617)

<http://www.co.westmoreland.pa.us/>



SVC Prevention Projects

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Map from: <https://www.city2map.com/en/us/pa/westmoreland-county.html>



From the Desk of Saint Vincent College Prevention Projects: Parent Tips & Resources



10 TIPS FOR HELPING KIDS HAVE A GREAT HOLIDAY

Delaney Gracy, MD, MPH,

Chief Medical Officer and Senior Vice President
for Medical Affairs, Children's Health Fund



- 10 Make time for physical activity every day.** Chances are, your kids are used to at least a little physical activity every day—through sports, or even just recess. Often when school is out, relatives are over, it's cold outside, and it gets dark early, physical activity can decrease. Creating some unstructured time for kids to run around, be noisy, and work off pent up energy will decrease crankiness, boredom, and bad behavior throughout the day. And join in! It's good for you, too.
- 9 Create and honor your own family traditions.** Think back to your own childhood and the holidays. There were likely traditions or rituals that you loved—that made it feel like the holidays. These things are important to making the time and the memories special. They can also strengthen your family's sense of closeness. With your kids, you can certainly create new and different traditions from the ones you grew up with, but make a point have a few special things you do together every year.
- 8 Keep an eye on sugar intake.** You don't have to take all the treats and fun out of the holidays, but many kids are particularly sensitive to sugar. It can make them over-energized, and can make it much more difficult for them to regulate their behavior. In addition to being bad for your teeth and health in general, too much sugar can create highs and crashes of mood in many people as well.
- 7 Teach your kids the joy of giving, not just getting.** This can be through an overt conversation, or more subtle, depending on the age and personality of your child. Modeling is an indirect way: remember out loud how good it felt to give someone a meaningful gift, and why. Also, you can help your child identify and capture these feelings in themselves. If they have done something particularly kind, helpful, or generous, you can complement them on it. As them how they feel. With acknowledgement, the feeling can become its own reward.
- 6 Don't lose all routines.** Some degree of routine helps children know what to expect and what is expected of them. This, in turn, helps reduce stress for everyone. For most, the winter holidays mean a week or more out of school. For many, it means travel to someone else's home. Keeping some of their usual routines, appropriate for their age, can help you all feel a little more grounded.
- 5 Teach your kids to remember others in need.** Most communities, schools, and churches have activities around the holidays in which kids and families can help others. This may be through coat, food, or toy donations, or can also be making time to pay a visit to someone who may be lonely and crave the gift of a warm conversation. This type of action, when done mindfully, can help your child to develop a sense of community, responsibility, and value. Participate as a family and let it be part of your holiday tradition.
- 4 Kids still need to sleep (and so do parents).** Sure, you may not need to keep them to their usual 8:00pm bedtime for the entire break, but try to make sure your kids get adequate sleep, which will help avoid exhaustion-induced meltdowns. It can also help them (you) transition better back into their school routine when the holidays are over.
- 3 Practice mindfulness and gratitude, and teach your kids to do the same.** It's easy to get swept away by the excesses of the holidays. This may be food, presents, house guests, or activities. It can be easy to lose sight of the deep joy of togetherness in the hustle and bustle. Take time to notice moments of love and joy. Point them out to your children, and then reminisce about them later. This will help you all capture and keep those sweet moments and memories.
- 2 Take care of yourself.** If you're stressed out, it will very likely pass on to your kids. It's ok not to be perfect. It's ok to say no to some invitations, projects, outings, or decorating extravaganzas. Choose to put your heart into doing the things you and your family really enjoy. It's not just better for you—it's better for your kids, too.
- 1 Have fun! Enjoy yourself! Enjoy your kids.** This year will never come again!



CHILDRENSHEALTHFUND.ORG
215 WEST 125TH STREET, SUITE 301
NEW YORK, NY 10027



From the Desk of Saint Vincent College Prevention Projects: Parent Tips & Resources



UNIVERSITY OF
Nebraska
Lincoln EXTENSION

Lisa Poppe
Extension Educator
serving Dodge County

EXTENSION SPOTLIGHT on FAMILIES

Helping Children Cope With Holiday Stress: Tips for Parents

For most children the holidays are happy, fun and exciting. There's a break from school, and a chance to see friends and relatives. There may be special food, music and family traditions. However, for some children, the holidays can be stressful and confusing. Family plans and celebrations may be complicated by divorce, separation or remarriage. The holidays can be a difficult time for children who have lost a parent, sibling or close relative.

The holidays often remind children of what has changed in their lives. For example, a child from a divorced family may feel sad on some level because he misses the "intact" family he used to have. A child whose parent is on active military duty may feel it's unfair that her father or mother needs to be away over the holidays.

The following are some tips for parents to help children cope with holiday stress.

1. Discuss holiday plans in advance, and let kids participate in decisions. Kids need some degree of predictability. Prolonged uncertainty, constantly changing plans or last-minute decisions can all increase stress.
2. If you're traveling, leave plenty of extra time and bring snacks, books, games and/or music.
3. Don't over schedule. You may not be able to do everything or see everyone. Kids can easily get "burned out," overtired and cranky during the holidays.
4. Give kids some "down time." Don't expect them to be "on" all the time. Leave room for some quiet activities, like listening to music, taking a walk or reading a book.
5. Make sure kids get plenty of sleep. While it may be exciting to stay up late, lack of sleep often leads to increased irritability.
6. Let kids be honest about their feelings. Don't force them to act happy and excited if they're feeling quiet or down.
7. Don't promise things you can't produce. For example, don't promise a parent will be home in time for the holidays if the decision is really out of your control. Don't promise someone will call if they're in an area with limited phone service.
8. Uphold and maintain family traditions even if a parent is absent. Kids count on certain traditions. They can have an important grounding effect by letting kids know that even though some things have changed, other things have remained the same.
9. Don't try to compensate for an absent parent with extra gifts or toys. What most kids really want is your time, attention and reassurance.
10. Take care of yourself. Try to avoid being overloaded with obligations. If you feel stressed, it increases the pressure and tension on your children.

Most kids, even those dealing with loss or family transitions, can and do enjoy the holidays. However, preparation, patience and honesty can help prevent conflict, reduce stress and enhance the holiday season for the whole family.

Source: American Psychiatric Association

Info from: [Helping children cope](#)



From the Desk of Saint Vincent College Prevention Projects: Parent Tips & Resources



Impaired Driving

PennDOT is reminding motorists to Be Safe PA — Don't Drive Impaired. One of the common misconceptions that impacts people when they are drinking is how much alcohol they are actually consuming. Whether it is a 12-ounce beer, a 5-ounce glass of wine, or a 1.5-ounce shot, they each constitute one drink.

Be Safe PA.

There's more than one way
to be under the influence.
Don't Drive Impaired



Paid for with Pennsylvania taxpayer dollars.

Cost of a DUI

The costs associated with an impaired driving arrest can vary greatly depending on several factors, including blood alcohol content, location of arrest, and number of offenses. The effect on a driver's wallet starts the moment they are stopped by police. Here are a few expenses associated with a DUI.

- * Traffic fine: \$300 - \$10,000 depending on blood alcohol content and number of offenses
- * Towing vehicle: \$175 - \$500 depending on circumstances
- * Impound: \$75-\$175 per day
- * Legal fees: \$2,000-\$8,000 or more
- * Alcohol evaluation: \$35-\$100
- * Accelerated rehabilitative disposition (ARD): \$100-\$1,800
- * Education and treatment: \$100-\$1,000 or more
- * License restoration: \$76 non-commercial, \$184 commercial
- * Insurance premium: increase of about \$1,000 a year or cancellation of policy

Apart from the financial aspects of a DUI arrest, there may also be social ramifications. Court appearances, community service requirements or jail time lead to lost time and lost wages — possibly job loss. A DUI conviction can also impede attempts to get a job, and cause embarrassment to your family.

For more information, check out [Pennsylvania's DUI Law](#).

Underage DUI – Zero Tolerance

Pennsylvania's Zero Tolerance Law carries serious consequences for those under 21 who are convicted of driving with any amount of alcohol in their blood. For example, those under 21 who are convicted of driving under the influence with a .02 blood alcohol content, or greater, face severe penalties, including a 12-to 18-month license suspension, 48 hours to six months in jail, and fines from \$500 to \$5,000.

Info from: <https://www.penndot.pa.gov/TravelInPA/Safety/TrafficSafetyAndDriverTopics/pages/impaired-driving.aspx>