



# Student Assistance Services Department of Pupil Services

Allyne Zappalla, MSW, ACSW, Student Assistance Specialist BWH/BRH

Kim Hager, LPC, Student Assistance Specialist SBH/RVH

# Why Do Teens Use?

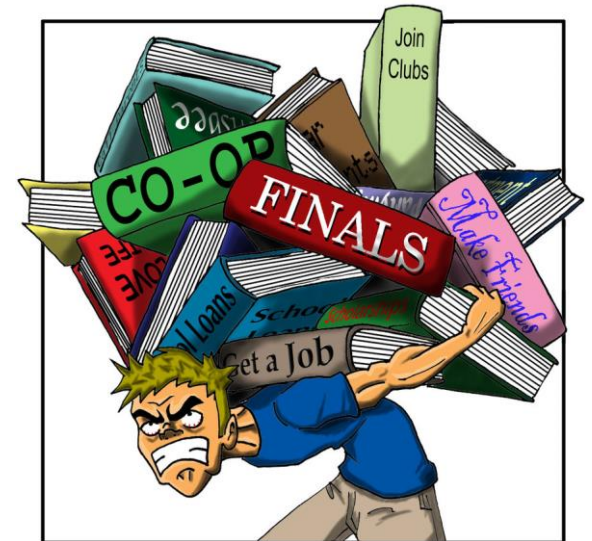
- ❑ Initially—BOREDOM, curiosity, peer pressure
- ❑ Secondary—to cope with:

## Underlying stressors

blended families  
peer relationships  
academic concerns

## Underlying MH concerns

depression  
anxiety  
trauma



# Signs of Drug & Alcohol Use



- ☐ Bloodshot eyes
- ☐ Smell of alcohol or pot
- ☐ Skipping class and/or school
- ☐ Loss of interests
- ☐ Staying out late
- ☐ Lying
- ☐ Stealing
- ☐ Poor grades
- ☐ Poor hygiene
- ☐ Isolation
- ☐ Change of friends
- ☐ Mood swings
- ☐ Conflict with parents
- ☐ Legal problems
- ☐ Manipulating others

## When to be concerned....



**Remember:** physical, emotional, and intellectual changes are normal in adolescent development



The key is CHANGE- in physical appearance, personality, friends, interests, attitudes, and behavior

# When in Doubt – Go with Your GUT

- ❑ Trust your parental instincts
- ❑ Act quickly if you suspect trouble
- ❑ Early identification and prompt intervention is KEY to good outcome
- ❑ Ask for professional help:
- ❑ Objective/nonjudgmental (another pair of eyes)
- ❑ Help to visualize the situation and make suggestions
- ❑ Can enhance parent/child communication skills
- ❑ Serves to validate concerns and identify solutions



# Parents can make a difference!



Teens who learn about the risks of using drugs at home are half as likely to abuse drugs than those whose caregivers do not teach them about risks.



2/3 of youth, ages 13-17, say that upsetting their parents or losing the respect of family & friends is one of the main reasons they don't smoke marijuana or use other drugs.

# Tips for Parents

---

**Be a good listener.**

---

**Set clear expectations about drug and alcohol use, including real consequences for not following family rules.**

---

**Help your child deal with peer pressure to use drugs.**

---

**Get to know your child's friends and their parents.**

---

**Monitor your child's whereabouts.**

---

**Supervise teen activities.**

---

**Talk to your child often**

---

**Awareness of Adolescent Life Transitions**

---

**(8th grade to High School; High to Adulthood)**

# LCPS Alcohol & Drug 8240 Violation Policy

If caught under the influence or  
in possession of alcohol or drugs  
in school or on school property  
(1<sup>st</sup> offense)

- 7 days out-of-school suspension
- 3 day Insight class at Douglass School



# LCPS Alcohol & Drug 8240 Violation Policy

**If second offense or  
distribution**

- 10 day out-of-school suspension
- 10 days SAE at Douglass school
- 3 Day Insight class

• 3 Day insight class

# Services Provided within the Schools

## School based groups

- ❑ *Concerned Students*
- ❑ *Pre-Recovery*
- ❑ *Recovery*
- ❑ *Young Men's Group*
- ❑ *Young Women's Group*

## Classroom Presentations

## The Insight Program

- ❑ *3 day early education and early intervention class.*

## PEER Program in the High Schools

## Sources of Strength in Secondary Schools

## Assessments and Referrals

# LCPS Mental Health & Wellness Seminar

Beyond Academics: A Conversation about Substance Use  
for Parents and Teens

Tuesday, February 19th

6:30—8:30 pm

Brambleton Library

22850 Brambleton Plaza, Brambleton, VA 20148

We invite teens and parents to a shared workshop experience. The workshop will begin with a powerful personal story of recovery from speaker Sam Lucania. From Sam's website, "Sam Anthony is a person in long term recovery from substance use disorder, who uses his personal experiences with drugs, alcohol, depression, anxiety, and suicidal behavior to educate and motivate others. He has passionately shared his story with thousands of high school and college students, health care professionals, and government officials through motivational speaking, panel discussions, and personal testimonials. Sam's message emphasizes awareness and encouragement."

Following Sam's presentation, parents and teens will participate in small group discussions led by Student Assistance Specialists to learn how to navigate conversations with their loved ones about substance use and mental health.

TO REGISTER: go to [lcpss.org/parentresourceservices](https://lcpss.org/parentresourceservices), call 571-252-6540

or [CLICK HERE](#)

# Safe Disposal of Prescription Medications

**Article about free sponsorship of drug disposal kits:**

<http://drugfreeva.org/drug-disposal-kits-now-available-throughout-virginia/>

**Flyer for medication disposal at Leesburg Police Department**

<https://www.loudoun.gov/DocumentCenter/View/114958>

**Database of where to find disposal sites from DEA**

<https://apps.deadiversion.usdoj.gov/pubdispsearch/spring/main?execution=e1s3>

**State disposal tips:**

<http://www.oag.state.va.us/files/Tips.pdf>;

[http://www.oag.state.va.us/files/OAG\\_Drugs\\_TipCard2\\_Print.pdf](http://www.oag.state.va.us/files/OAG_Drugs_TipCard2_Print.pdf)

# Web Resources

Please see our LCPS Mental & Behavioral Health Services page for additional information.

[LCPS Mental & Behavioral Health Services](#)

[NIDA for Teens/Parents](#)

[Drug Enforcement Administration Parent Tool Kit](#)

[Prevent Drunk Driving](#)

[Partnership for Drug-Free Kids: Get Help Parent Tool Kit](#)

[Kids Health](#)

[National Institute of Mental Health](#)

[National Institute on Drug Abuse -Monitoring Future Survey](#)

[Addiction Policy Forum](#)