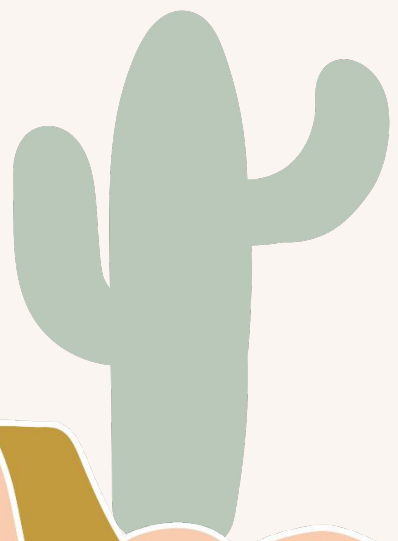


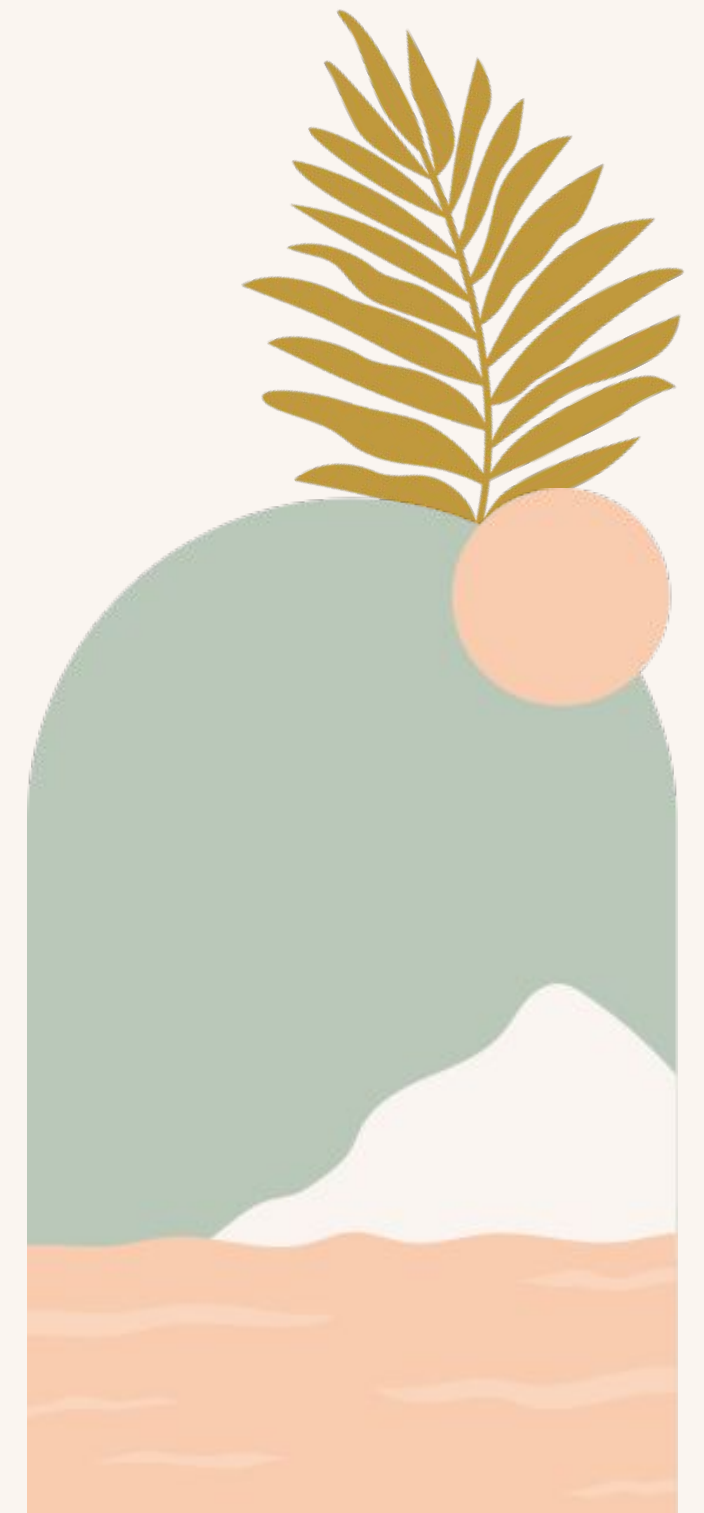
Overcoming Barriers to Student Success

Fiona Brown, LPC & Hyesun Jeong, LPC
Student Assistance Specialist (SAS)
Loudoun County Public Schools



Today's Agenda

- What is a SAS?
 - Teen substance use trends
-
- What are common challenges in teens?
 - Engaging with your teen
-
- Why is substance use relevant?
 - Helping teens build resilience
-
- How does substance use affect teen health?
 - Supports available at school
-



What is a Student Assistance Specialist (SAS) ?

- Master's-level, often licensed, mental health professionals (LPCs, LCSWs, LSATPs)
- Consult with staff on strategies for addressing substance use, bullying, suicide and improving the social-emotional well-being of the student body.
- Provide direct support to students and their families



What are common challenges for teens?

Academics

Complex coursework

Requires new skill sets

More expectations of
independence

Relationships

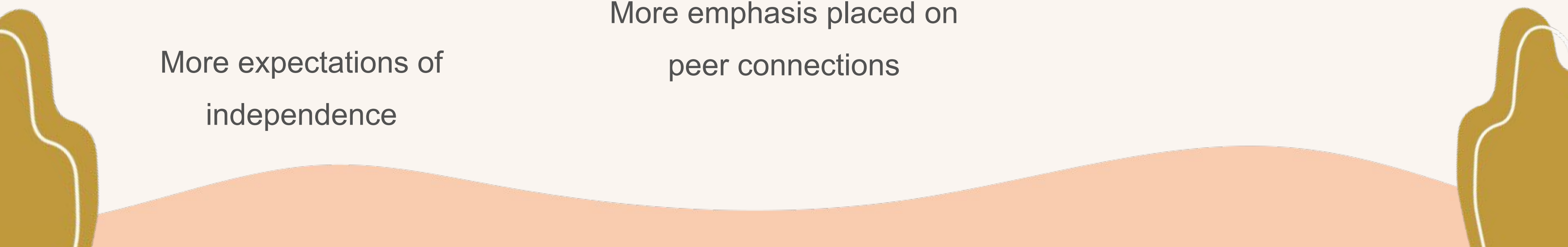
Increasingly complex
social situations

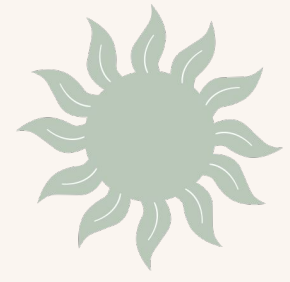
More emphasis placed on
peer connections

Mental Health

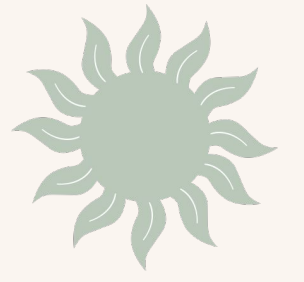
Lack of mental health skills

Emerging mental illness





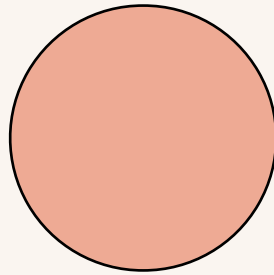
How does this increase risk for substance use?



Academics	Affects self-esteem & sense of mastery Feeling behind same-age peers Attempts to self-medicate
Relationships	Efforts to fit in Create new reputation Cope with social stressors
Mental Health	Cope with uncomfortable thoughts & feelings Avoid stressors

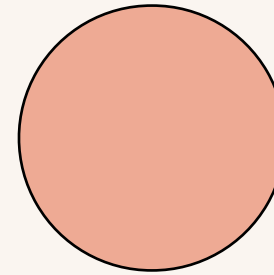


How does substance use impact these areas?



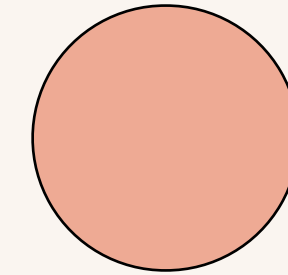
Academic

Problems with attention
Problems with memory
Problems with learning
Problems with motivation



Relationships

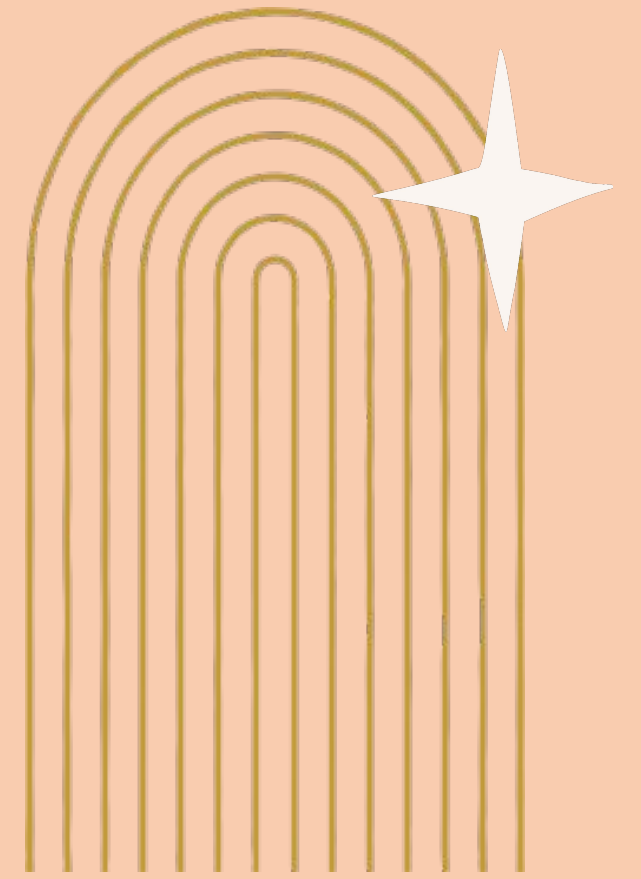
Increased conflict
Change in peer
group



Mental Health

Impairs skill-building
Exacerbates existing mental
illnesses
Can cause depression,
anxiety & other mental
illnesses to develop

Teen Substance Use Trends



E-cigarettes / “vapes”

Rise in popularity of disposables due to loophole in Tobacco 21 law

Increased nicotine content

Nicotine salts (marketed as tobacco-free nicotine) are synthetic nicotine and are more potent

“Nic sick” - Nausea or vomiting, stomach ache and loss of appetite, increased heart rate and blood pressure, headache, mouth watering, quick, heavy breathing, dizziness or tremors, confusion and anxiety

Signs of intoxication (10-30 min.):

Increased adrenaline resulting in increased heart rate, blood pressure and respiration. Initial alertness followed by difficulty concentrating



Image from Food & Drug Administration

Dab Pens

Highly concentrated form of Delta-9 THC derived from the Cannabis plant

THC content in marijuana in the 60s/70s - 3%

THC content in THC concentrates - 80 - 90%

“carts”

Signs of intoxication (15 min - 3 hrs):

Disoriented, drowsiness, dry mouth & throat, impaired memory, mood changes, panic reactions, altered time/distance perceptions, slowed reaction time, increased appetite, bloodshot eyes, sedation, body tremors, paranoia, alterations in thought formation, relaxed inhibition, lack of concentration, eyelid tremors, decreased coordination

Image from Smoke Cartel

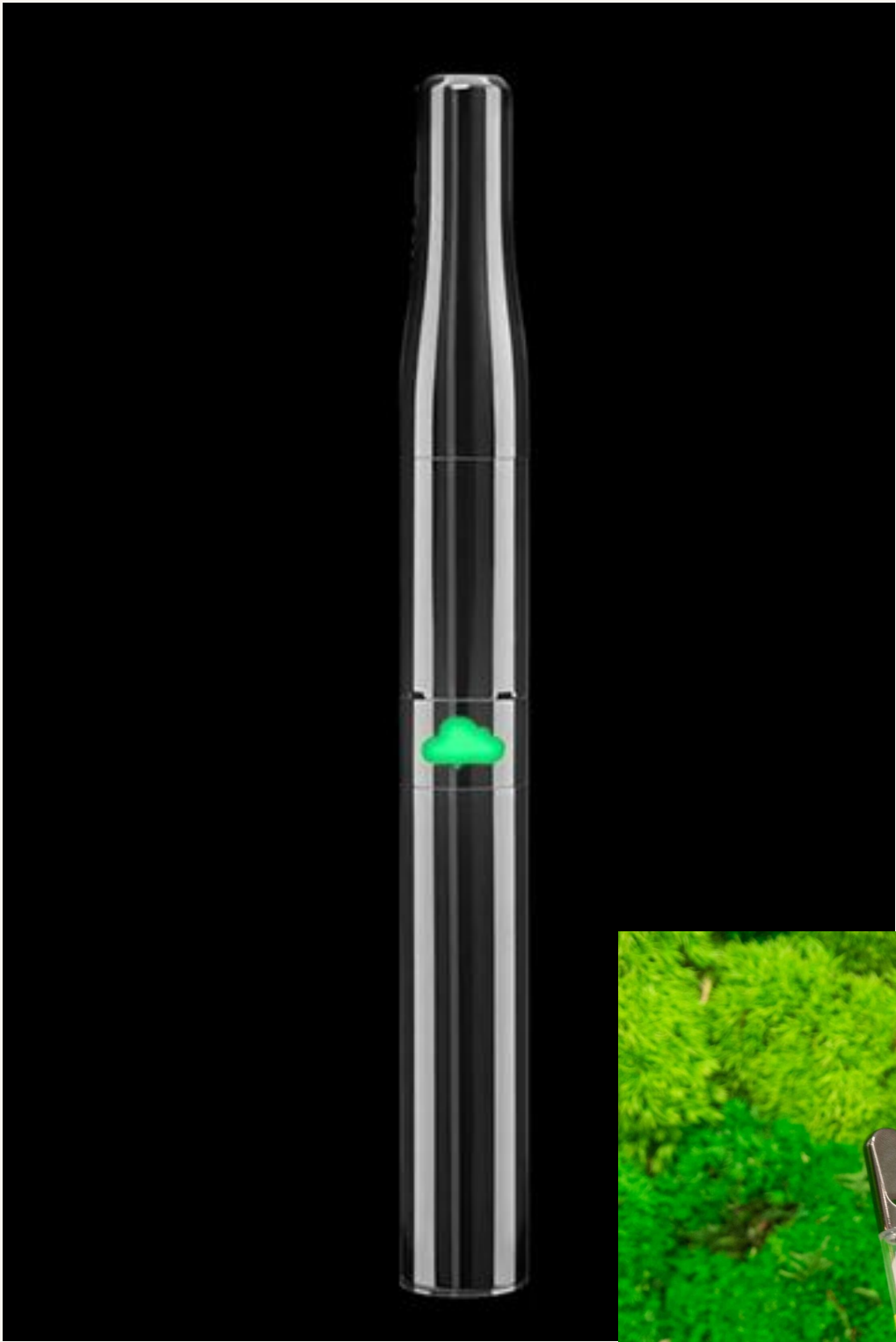


Image from Rolling Stone



Image from Bud Bar

THC edibles/drinkables

Highly concentrated Delta-9 THC infused into food products (primarily candies and baked goods)

Can be easily mistaken for other products

Appealing to teens

High risk of overdose

Signs of intoxication (15 min - 3 hrs):

Disoriented, drowsiness, dry mouth & throat, impaired memory, mood changes, panic reactions, altered time/distance perceptions, slowed reaction time, increased appetite, bloodshot eyes, sedation, body tremors, paranoia, alterations in thought formation, relaxed inhibition, lack of concentration, eyelid tremors, decreased coordination



Image from Science News



Image from Oklahoma Bureau of Narcotics



Stash items

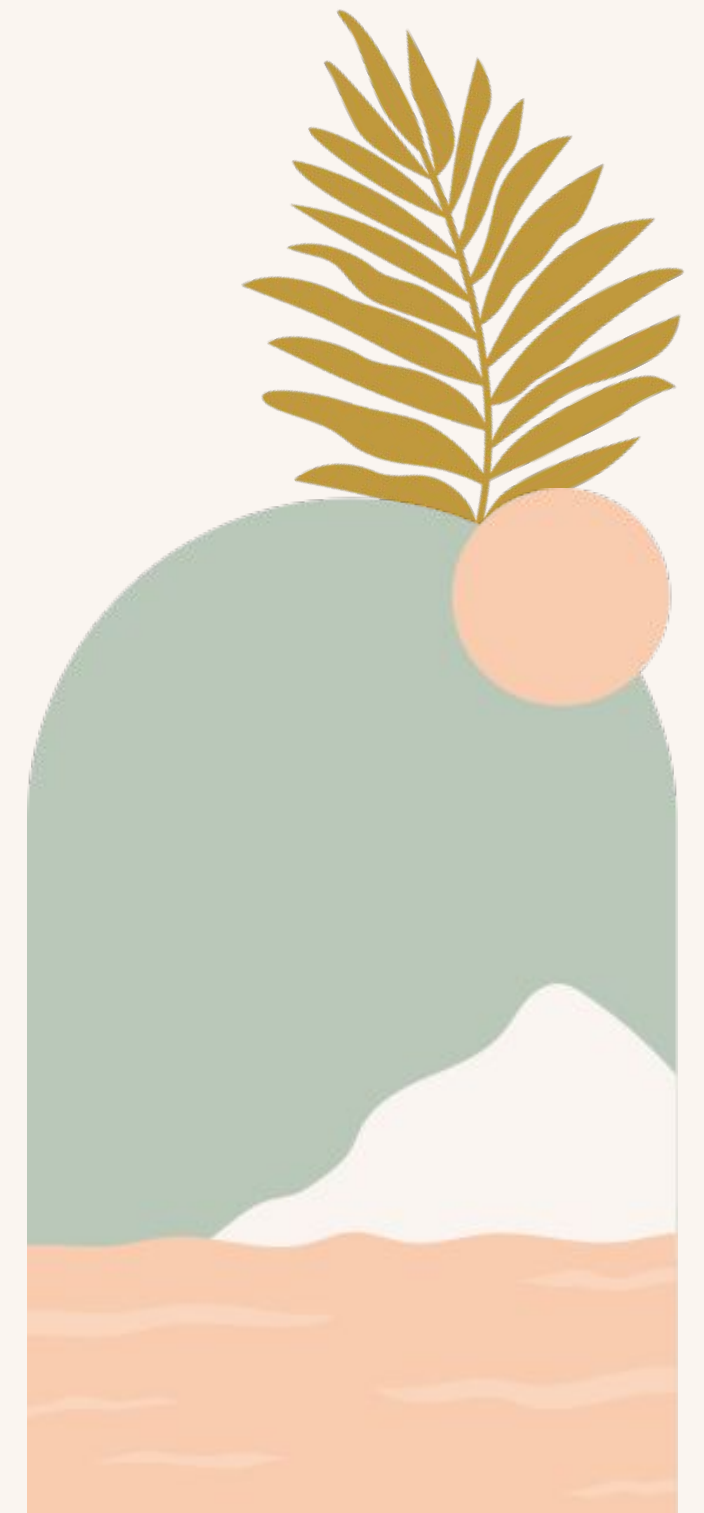


Spraygroung Products



Warning Signs

- Appearing high
- Seems unfazed by consequences
- Associating with using peers/change in peer group
- Secretive
- Unable to account for money or possessions
- Illegal activity
- Increased conflict with peers, parents, staff
- Change in physical appearance
- School refusal
- Attempts at intervention aren't working





Engaging your Student

Stay Calm

Ask Open
Ended
Questions

Use
Teachable
Moments

Focus on
Health

Stay informed

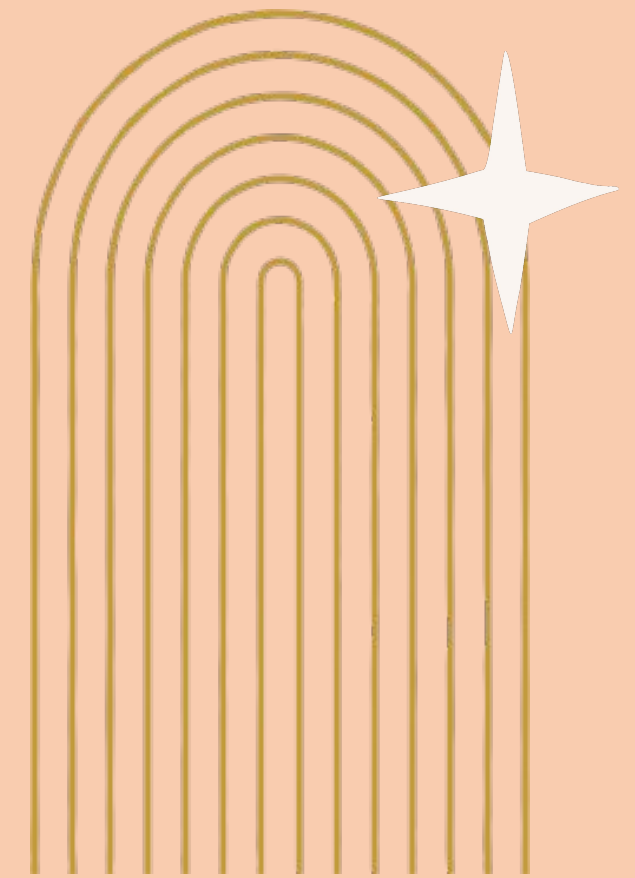
Show
Empathy

Enlist other
Supports

Model Healthy
Behaviors



Building Resiliency with Sources of Strength





Support at School

Student

Individual support

Group support

Education

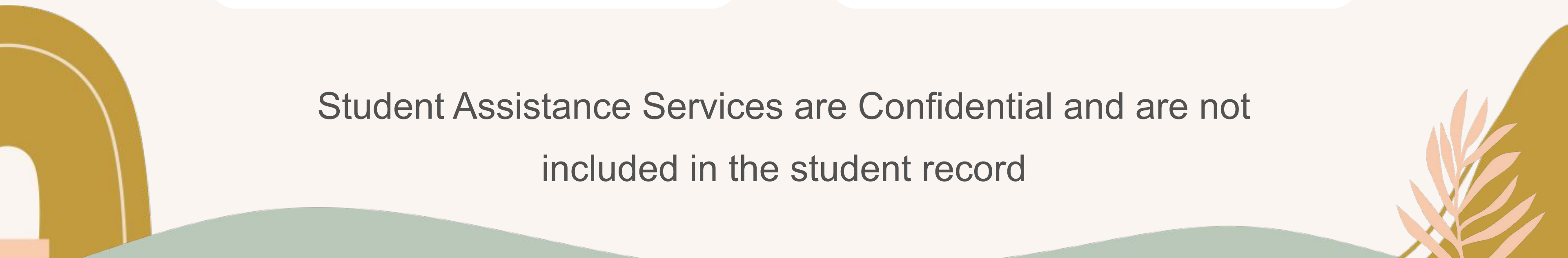
Parents/Families

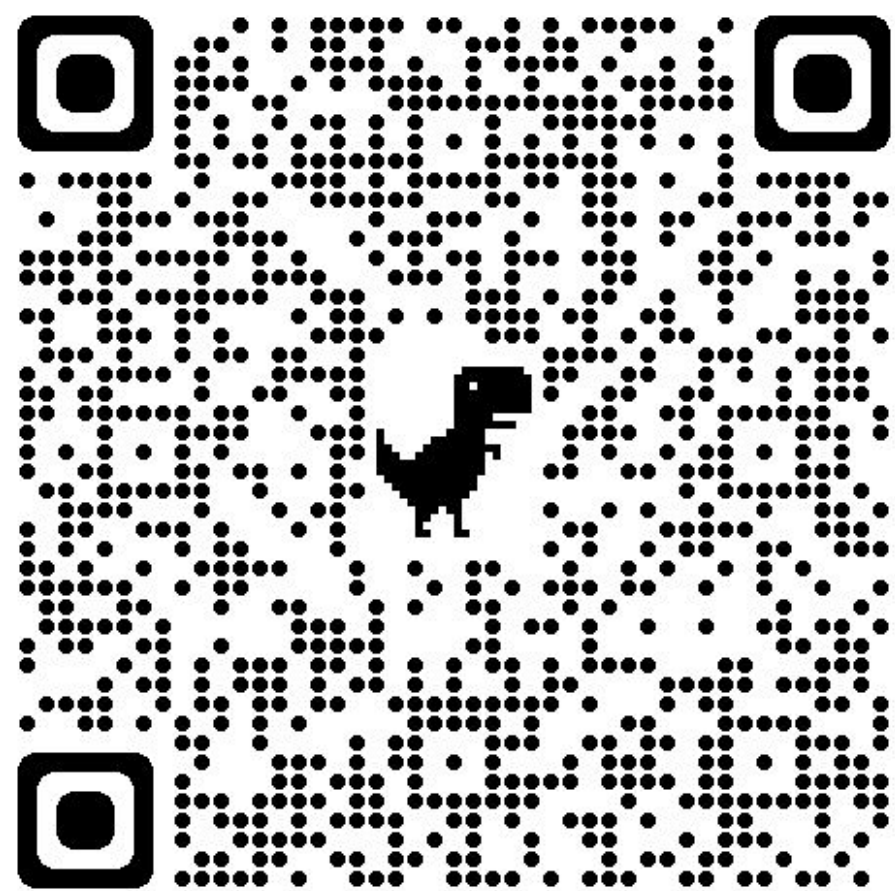
Education

Consultation

Connection to outside supports

Student Assistance Services are Confidential and are not
included in the student record





Thank you!!

Fiona Brown, LPC & Hyesun Jeong, LPC
Student Assistance Specialists

Fiona.Brown@lcps.org

Hyesun.Jeong@lcps.org