## WHAT PARENTS NEED TO KNOW ABOUT SUBSTANCE ABUSE TRENDS

BCSD Parent Connections Break Out Session Presentation 12/16/2021 Presenters: Dr. Loretta Novince & Mrs. Laura Pirkey Translator: Mrs. Laura Pumarejo

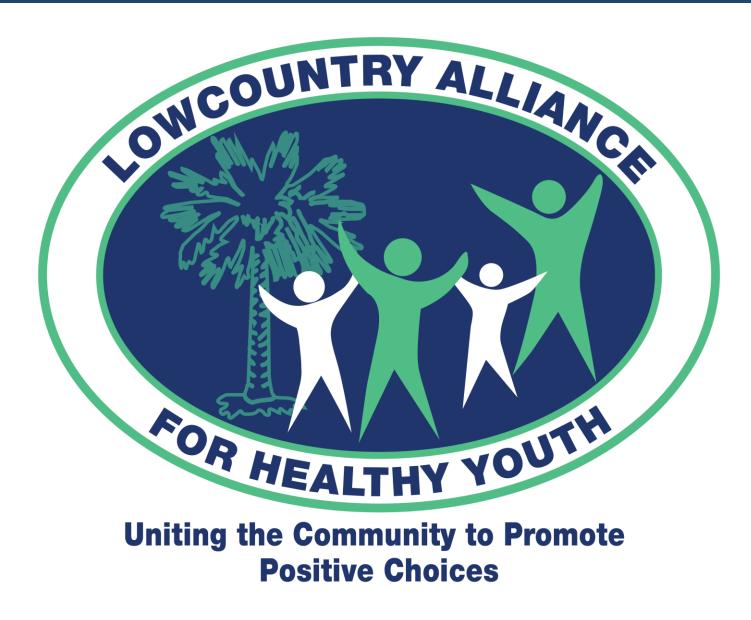
### Agenda

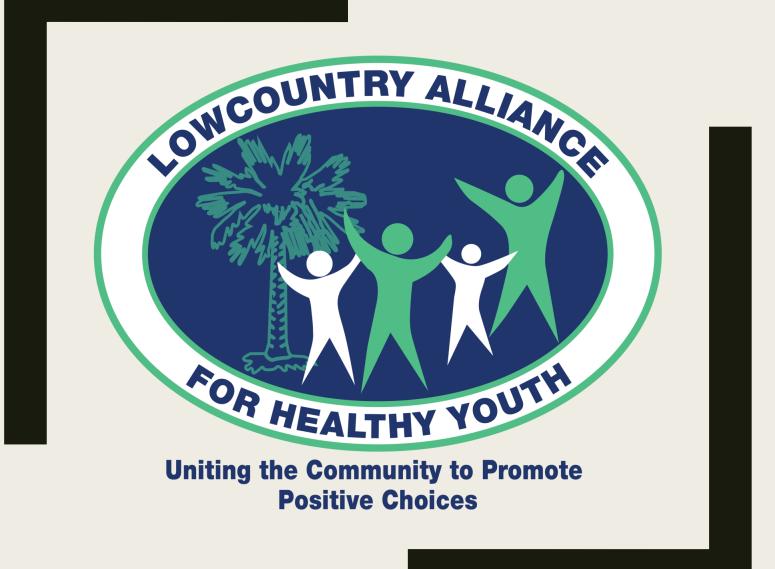
### □ What Parents Need to Know About Substance Abuse Trends

□ Youth Substance Use: Effects on the Developing Teen Brain/Risk Factors, Dr. Loretta Novince, 20 minutes

Prevention Resources for Parents, Mrs. Laura Pirkey, 15 mins.

**Question and Answer Session**, *10 minutes* 





LCAHY'S MISSION: TO BRING TOGETHER ALL SECTORS OF OUR COMMUNITY TO **IDENTIFY AND IMPLEMENT** STRATEGIES THAT **PROMOTE POSITIVE** YOUTH DEVELOPMENT BY ADDRESSING YOUTH SUBSTANCE USE/ABUSE AND RELATED RISK **BEHAVIORS.** 



LCAHY IS THE ONLY **COMMUNITY-BASED COALITION** WITHIN BEAUFORT COUNTY THAT BRINGS TOGETHER REPRESENTATION FROM ALL COMMUNITY SECTORS TO DEVELOP AND IMPLEMENT A **COMPREHENSIVE SOLUTION TO PREVENTING AND REDUCING YOUTH SUBSTANCE USE/**ABUSE AND RELATED RISK BEHAVIORS.

# PART 2: PREVENTION RESOURCES FOR PARENTS

Parent Connections Presentation BCSD 12/16/2021



### Mrs. Laura B. Pirkey

- Project Director for the Drug Free Communities Grant
- LCAHY's Youth Coordinator
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Initing the Community to Promote Positive Choices



### LCAHY's Website

- Contains an abundance of prevention resources for Parents. There are also resources specific to educators & others.
- Go to Resources.
  Select Parent or another sector.
- Translation to Spanish available on the website.



### Uniting the Community to Promote Positive Choices

http://www.lcahealthyyouth.com/



Substance Use Prevention





### Resource #1- SAMSHA Talk. They Hear You. Campaign

- Talk They Hear You Substance Use Prevention
- Download the app to your cell phone!
- Subscribe to E-newsletter.
- SAMHSA's "Talk. They Hear You." By-Your-Side PSA—60 Seconds

## SAMSHA's Conversation Goals

#### Show you disapprove of underage drinking and other drug misuse.

Over 80 percent of young people ages 10–18 say their parents are the leading influence on their decision whether to drink or not. Don't assume they know how you feel about drinking and substance use. Send a clear and strong message that you disapprove of underage drinking and use or misuse of other drugs.



#### Show you're paying attention and you will discourage risky behaviors.

Young people are more likely to drink or use other drugs if they think no one will notice. Show that you're aware of what your teen is up to, but do this in a subtle way and try not to pry. Ask about friends and plans because you care, not because you're judging-you are more likely to have an open conversation.



#### Show you care about your teen's health, wellness, and success.

Young people are more likely to listen when they know you're on their side. Reinforce why you don't want your child to drink or use other drugs—because you want them to be happy and safe. The conversation will go a lot better if you're open and show your concern for their well-being.





Show you're a good source of information about alcohol and other drugs.

You want your teen to make informed decisions about alcohol and other drugs with reliable information about its dangers. You don't want him or her to learn about alcohol and other drugs from unreliable sources. Establish yourself as a trustworthy source of information.

> Build your teen's skills and strategies for avoiding drinking and drug use.

Even if you don't think your child wants to drink or try other drugs, peer pressure is a powerful thing. Having a plan to avoid alcohol and drug use can help children make better choices. Talk with your children about what they would do if faced with a difficult decision about alcohol and drugs. Practice saying "no thanks" with them in a safe environment and keep it low-key. Don't worry, you don't have to get everything across in one talk. Plan to check in frequently with quick chats and keep the lines of communication open.

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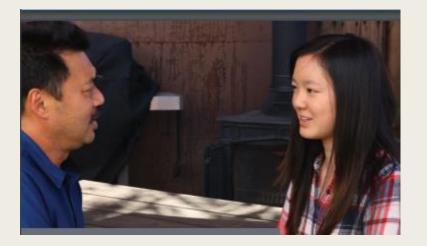


### Resource #2- NIDA



Advancing Addiction Science

- Marijuana: Facts Parents Need to Know
- Facts Parents Need to Know About Marijuana
  Brochure





#### Featured Article



#### One-on-One Time with the Pediatrician

During an adolescent wellness visit, before the physical exam, the doctor will ask the parent to allow some time alone with the adolescent. Parents and adolescents should understand the reasoning behind this routine. Learn more here.

View

### Resource #3-Healthy Children.org

- Edible Marijuana Dangers: How Parents
  Can Prevent Pot Poisoning
- Alcohol: The Most Popular Choice
- Intervention Strategies for Concerned Parents
- Vaping: Dangerous, Available & Addicting

## LCAHY's Youth Coalition

- Teens for Healthy Youth is an initiative of the Low Country Alliance for Healthy Youth.
- It began as a pilot program at Bluffton High School in 2013 and as grown to include seven area high schools with over 150 members.
- THY uses peer-to-peer education to prevent substance use.
- For instance, during National Drug and Alcohol Facts Week THY educates peers on myth and facts of substance use.



- THY website
- THY Brochure
- THY Recruitment Video

### **THY Success Stories**



THY BLHS Plays Drug Fact Trivia with 6th Graders during National Drug and Alcohol Facts Week



LowCountry Alliance for Healthy Youth Yesterday at 12:28 PM · 🔇

Here is a message from Teens for Healthy Youth about vaping, smoking and juuling during the COVID-19 pandemic and also bringing awareness to Mental Health Awareness Month.

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Kylie Nelson THY Member MRHS Gives Message to Peers on Smoking, Vaping & Mental Health

Read More About THY



# QUESTION AND ANSWER TIME

# Contact Us

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