




# 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



**Uniting the Community to Promote  
Positive Choices**



**Uniting the Community to Promote  
Positive Choices**

**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.



**Uniting the Community to Promote  
Positive Choices**



**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
- Teens for Healthy Youth Advisor Bluffton High School
- Teacher in BCSD for 16 years, NBCT & M.Ed.

[laurapirkey@gmail.com](mailto:laurapirkey@gmail.com)

[laurapirkey@beaufort.k12.sc.us](mailto:laurapirkey@beaufort.k12.sc.us)

Cell: 843-384-3351 Work: 843-706-8038



**Uniting the Community to Promote  
Positive Choices**



**"Promoting Positive  
Teen Health"**

## 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.lcahealthyouth.com/>





# 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

## 1 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.



## 2 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.



## 3 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.

## 4 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.



## 5 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.





# Resource #2- NIDA



National Institute on Drug Abuse  
*Advancing Addiction Science*

- [Marijuana: Facts Parents Need to Know](#)
- [Facts Parents Need to Know About Marijuana Brochure](#)



HOW CAN I TELL IF MY CHILD HAS BEEN USING MARIJUANA?

HOW DOES MARIJUANA AFFECT DRIVING?

HOW MANY TEENS USE MARIJUANA?

CAN A PERSON WHO USES MARIJUANA HAVE A BAD REACTION?

**MARIJUANA: FACTS PARENTS NEED TO KNOW**

*Revised*

HOW CAN I PREVENT MY CHILD FROM GETTING INVOLVED WITH MARIJUANA?

WHAT ARE THE LONG-TERM EFFECTS OF MARIJUANA USE?

**WHAT DOES MARIJUANA DO TO THE BRAIN?**

IS MARIJUANA MEDICINE?

National Institute on Drug Abuse  
National Institutes of Health



## Resource #3-Healthy Children.org

### 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](#)

- [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 has 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

[Read More About THY](#)



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



QUESTION  
AND  
ANSWER  
TIME

# Contact Us

Dr. Loretta Novince, Ph.D, Consultant for LCAHY  
[lorettanovincephd@gmail.com](mailto:lorettanovincephd@gmail.com)

Mrs. Laura Pirkey, DFC Project Officer LCAHY  
[laura.Pirkey@beaufort.k12.sc.us](mailto:laura.Pirkey@beaufort.k12.sc.us)

Mrs. Laura Pumajero, Bilingual Liaison Bluffton High  
[laura.pumajero@beaufort.k12.sc.us](mailto:laura.pumajero@beaufort.k12.sc.us)

Follow us on



[Sign up for LCAHY's E-News Alerts](#)