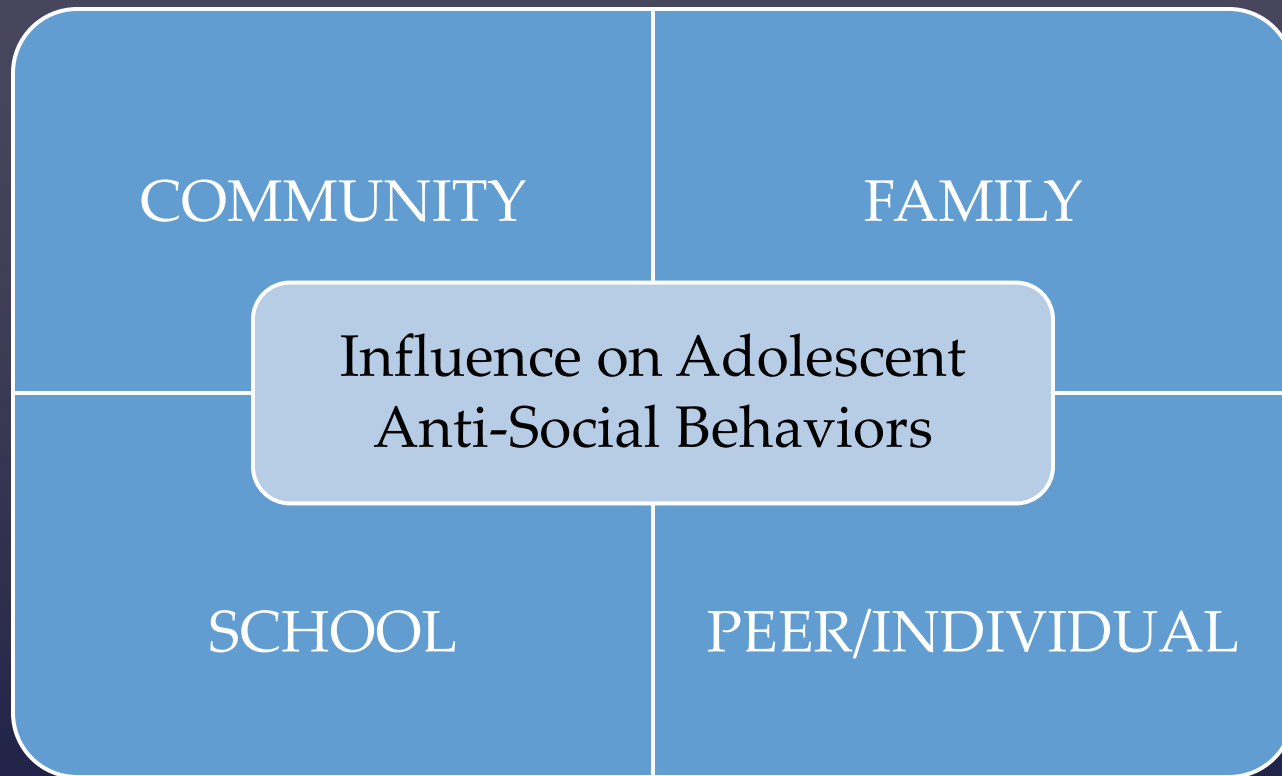


# Addressing Student Substance Abuse in the Manhasset Community:



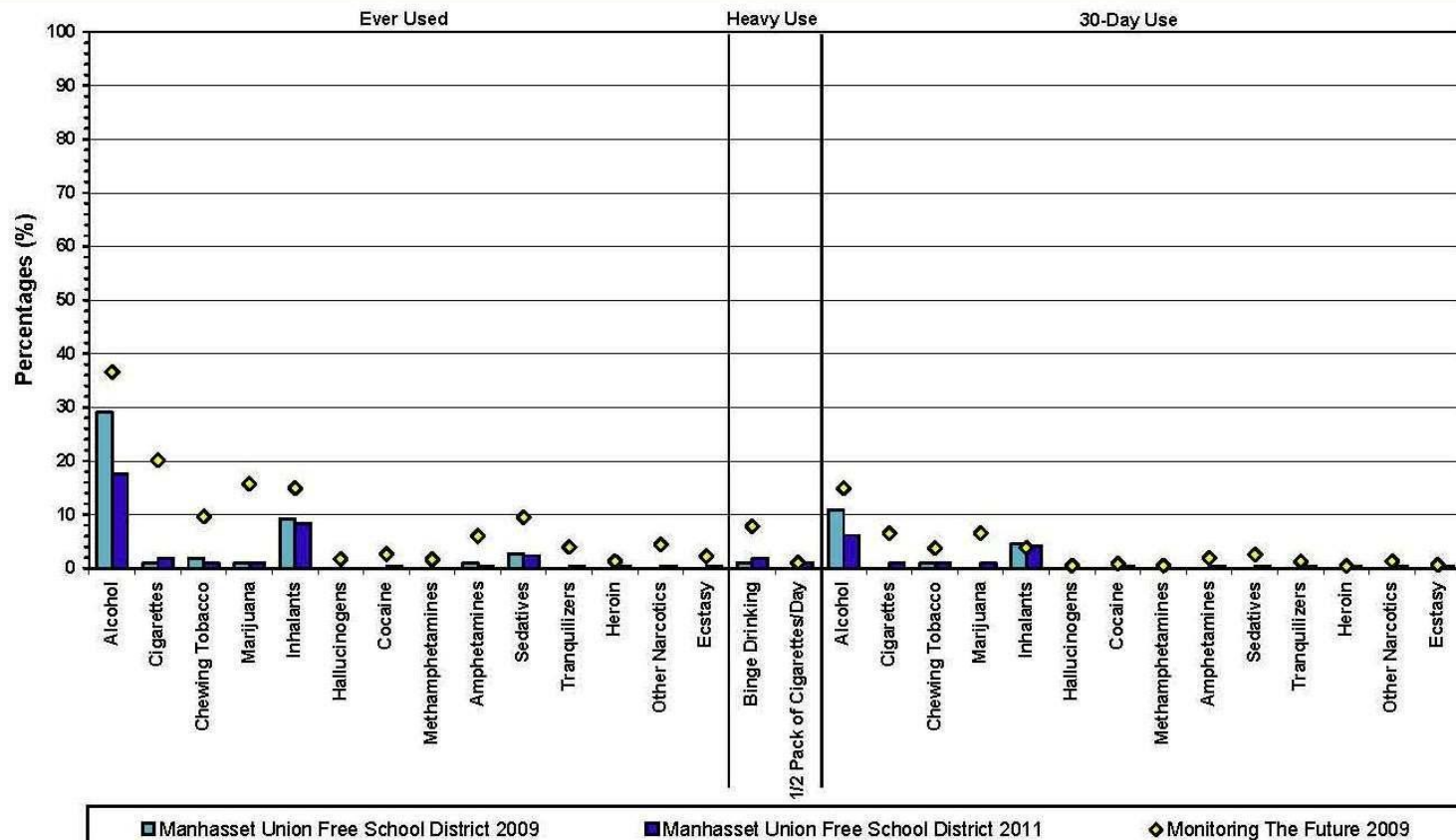
# Risk & Protective Factors



# Overview of Student Substance Use

## 2011 Bach Harrison Prevention Needs Assessment Survey

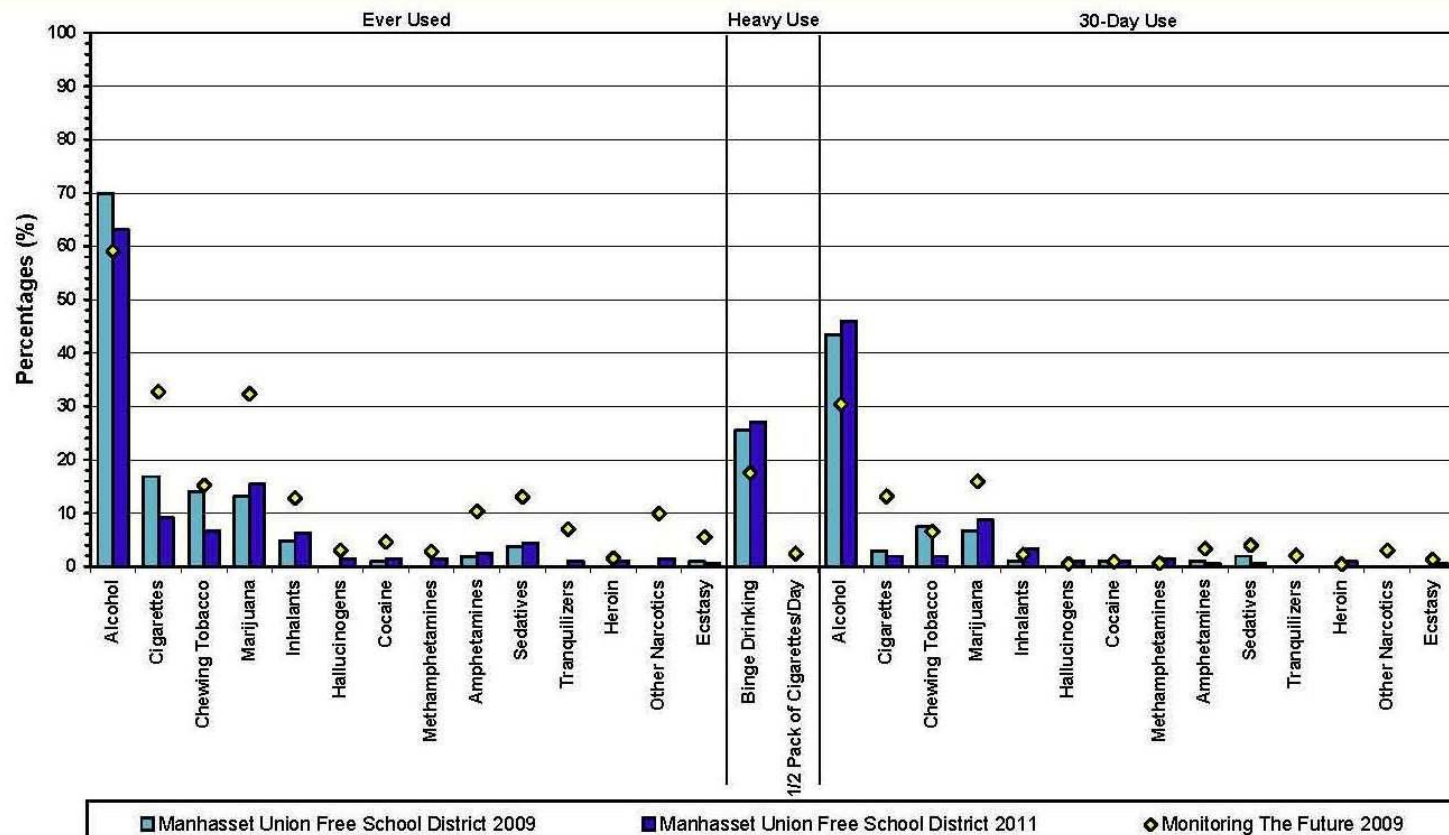
LIFETIME, 30 DAY & HEAVY ATOD USE  
2011 Manhasset Union Free School District Student Survey, Grade 8



# Overview of Student Substance Use

## 2011 Bach Harrison Prevention Needs Assessment Survey

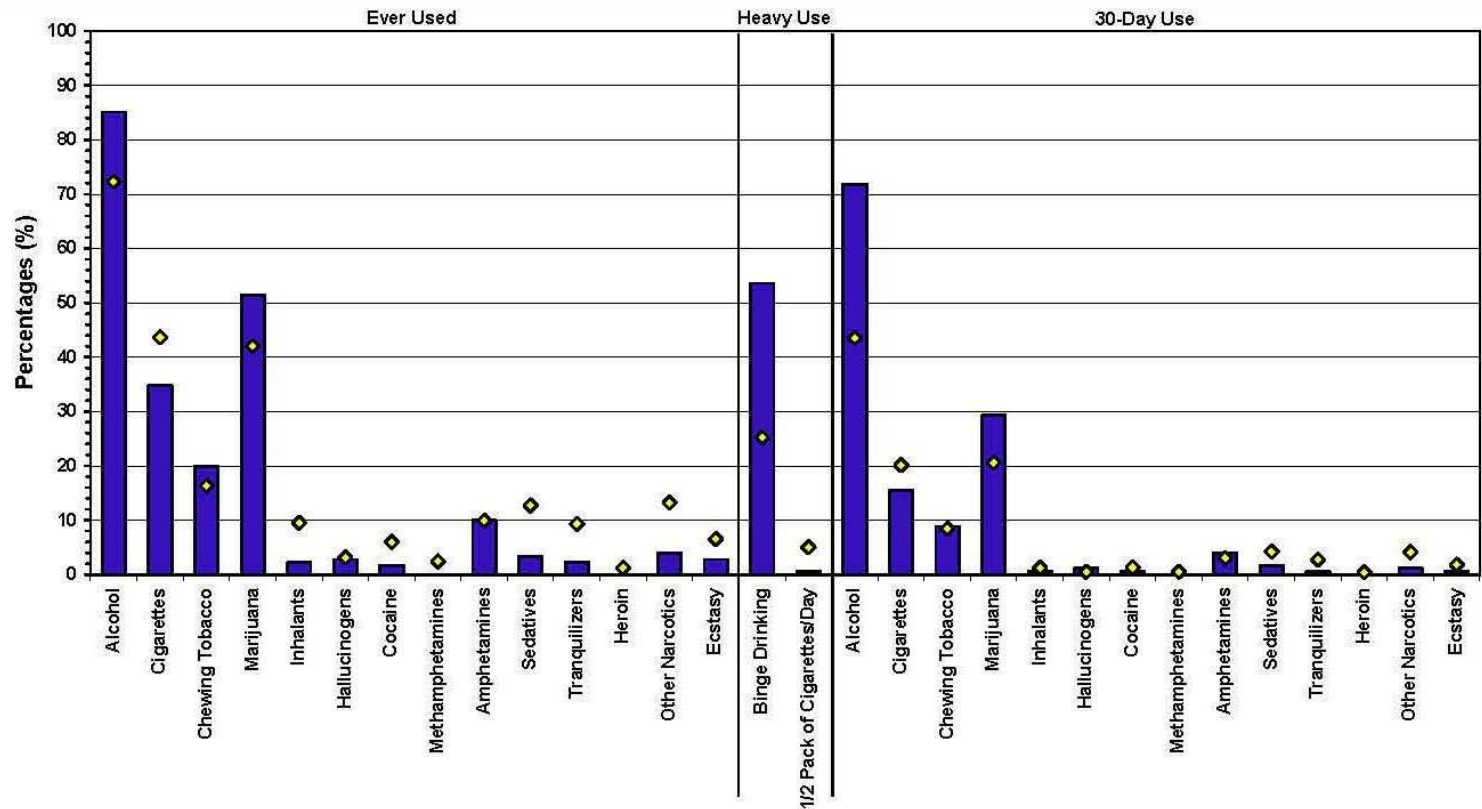
LIFETIME, 30 DAY & HEAVY ATOD USE  
2011 Manhasset Union Free School District Student Survey, Grade 10



# Overview of Student Substance Use

## 2011 Bach Harrison Prevention Needs Assessment Survey

LIFETIME, 30 DAY & HEAVY ATOD USE  
 2011 Manhasset Union Free School District Student Survey, Grade 12



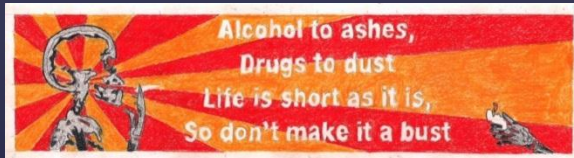
■ Manhasset Union Free School District 2011

◆ Monitoring The Future 2009

# CASA's Strategic Framework

1. **Prevention Education**
2. **Environmental Strategies**
3. **Community-Based Process**
4. **Positive Alternatives**

# Prevention Education *(Secondary School)*



# Prevention Education *(Secondary School)*

- September 14, 2011  
12<sup>th</sup> Grade  
*What Parents Need to Know About College Drinking*
- September 27, 2011  
9<sup>th</sup> Grade  
*Navigating the Teen Years*
- October 27, 2011  
11<sup>th</sup> Grade  
*Crucial Conversations*
- January 4, 2012  
8<sup>th</sup> Grade  
*Start Talking Before they Start Drinking*
- February 14, 2012  
10<sup>th</sup> Grade  
*Marijuana What Every Parent Should Know*



# Prevention Education *(Community Wide)*

- Nursery School *Building Blocks to a Healthy Future*
- Senior Citizen Outreach *Power of a Grandparent*
- Family Day (K-6)
- *Red Ribbon Week*
  - Parent Outreach Mailings (K-12)
  - Bilingual parent programming (K-12)
  - Teacher outreach (7-12)
- National Drug Facts Week
- March CASA/SCA Health and Fitness Week
  - *Helping Children Develop Healthy Habits (K-6)*
  - *Choosing a Healthy Lifestyle (7-12)*
- Spring Underage Drinking Campaign
  - Town Hall Meeting & Frolic Parent Meetings – *Teen Party Parent Booklet*  
Graduation Mailing/Red Watch Band
- Guidance Parent Meetings

# Environmental Strategies

- Policy & Laws
  - Tobacco Free Schools Policy
  - MPS Breathalyzer Policy (*other approaches on Long Island*)
  - Nassau County Social Host Law
- Availability
  - Lock Your Meds Take Back Events
- Enforcement/Compliance
  - Project 21 Initiatives Nassau County Police 6<sup>th</sup> Precinct
  - Targeted Party Patrols
- Media/Communications
  - Underage Drinking and Prescription Drug Misuse Prevention Campaigns
    - Parents Who Host Lose the Most
    - Underage Drinking Not a Minor Problem



# Twelve Sector + Representation



Manhasset Great Neck EOC



MANHASSET PRESS  
Founded 1932 - Serving the Communities of Manhasset, Mansey Park, Flanstone, Flanstone Heights, Flanstone Manor and Flower Hill



Mental Health, Chemical Dependency and Developmental Disabilities Services

North Shore LIJ North Shore-Long Island Jewish Health System



# Positive Alternatives

- CASA/Green Club
  - Lock Your Meds Campaign
  - Health & Fitness Week/Movie Night
    - *What's On Your Plate?*
- Manhasset CASA funds
  - SADD activities
  - Red Ribbon Week
  - Manhasset Unplugged Talent Show
  - Middle School Above the Influence Dance
  - Rachel's Challenge funded
  - Award for GSA Club Member



# Why drug use?

- Why do people get high?



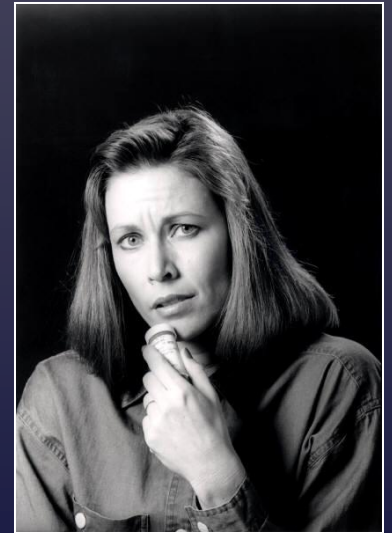
- Why do individuals drink?

# Answer.....



- Curiosity
- Peer pressure
- Relaxation
- Anxiety
- Social acceptance
- Depression
- Escape
- Energy
- Lose inhibitions

Use of drugs  
range from  
recreational use  
to  
coping skills  
and  
self medication



# Adolescence is...



- Experimentation
- Personality and character development years



Why Intervene?

# Drug Dependence

- **Physical:**

- the body has adapted to the drug and the lack of it will lead to specific withdrawal symptoms.

- **Psychological:**

- a sense of need for a specific substance is felt either for the drugs' perceived effects, or to avoid the negative effects associated with abstinence.

# Substance Use Dependence

- “A disease process characterized by the continued use of a substance despite physical, psychological or social harm.”
- A disease of the mind (as seen in the DSMIVR).
- Dysfunctional defense mechanisms and lack of healthy coping skills.

40% of those who start drinking and drugging at age 13 or younger develop dependence later in life.

10% of teens who began after the age of 17 develop dependence.



# Signs and Symptoms

- Abrupt changes in work or school attendance, quality of work, work output, grades, discipline.
- Unusual flare-ups or outbreaks of temper. Withdrawal from responsibility. General changes in overall attitude. Deterioration of physical appearance and grooming.
- Marked changes in friends, particularly associations with known substance abusers.
- Unusual borrowing of money from friends, co-workers or parents.
- Stealing small items from employer, home or school.
- Secretive behavior regarding actions and possessions; poorly concealed attempts to avoid attention and suspicion such as frequent trips to storage rooms, restroom, basement, etc.

# Signs and Symptoms (cont.)

- Lethargy, drowsiness, slurred speech.
- Constricted pupils fail to respond to light.
- Redness and raw nostrils from inhaling heroin in powder form.
- Scars (tracks) on inner arms or other parts of body from needle injections.
- Bags of pills, packets of powder.
- Use or possession of paraphernalia, including syringes, burnt spoons, eyedroppers, rubber tubing, cotton and needles.

# Overall Tips for Working With Young People Who Use Drugs

- Try not to blame or judge young people if they use substances. Understand that they may have good reasons for their choices. Build on their strengths
- Talk about why they use- friendship, fun, relief of pain, loneliness, hunger, boredom, or to forget bad experiences Understand that self-medication is a way of dealing with anxiety and stress
- Ask what else they need, and how they might begin to get it. Young people may want friendship and encouragement as well as outlets for their energy in play, music, sport, work, crafts or training. Some of these things may be out of reach if the young person continues to use substances

# Five Principles

1. EE- Express Empathy
2. AA- Avoid Argumentation
3. RR- Roll with Resistance
4. SS- Support Self-Efficacy
5. DD- Develop Discrepancy



# Teen Intervene:

## A Brief Intervention with Alcohol and Drug Abusing Adolescents

**Organized around these strategies:**

Motivational interviewing

Stages of change

Cognitive-behavioral

**Modeled after existing evidence-based approaches**

Breslin et al., 2002

Monti et al., 1999

Winters & Leitten, 2007 (Teen Intervene background research)

# Treatment Options and Services

- Self Help Groups
- Outpatient
- Inpatient
- Residential
  
- Detox
  
- LICADD Services