

# The Wellness Watch

Coordinated School Health Team

Whole School, Whole Community, Whole Child



October 2018

## Signs of Adolescent Substance Use

- a change in peer group
- withdrawn
- frequently tired
- hostile
- carelessness with grooming
- decline in academic performance
- missing classes or skipping school
- loss of interest in favorite activities
- changes in eating or sleeping habits
- deteriorating relationships with family members and friends



| Risk Factors                 | Domain     | Protective Factors             |
|------------------------------|------------|--------------------------------|
| Early Aggressive Behavior    | Individual | Self-Control                   |
| Lack of Parental Supervision | Family     | Parental Monitoring            |
| Substance Abuse              | Peer       | Academic Competence            |
| Drug Availability            | School     | Anti-drug Use Policies         |
| Poverty                      | Community  | Strong Neighborhood Attachment |

National Institute on Drug Abuse



# Substance Abuse Prevention

## How does RSD 10 address substance abuse prevention?

- DARE program in grade 5
- Offered every year in some way within health curriculum
- RSD 10 Coalition to Stop Underage Drinking
- McCall Center for Behavioral Health –yearly presentations in grade 8 and grade 9
- Thursday Insight meetings available with Substance Abuse Prevention Counselors
- Variety of information sessions for parents and community members offered in the evenings
- 211 posters displayed in all buildings

## Treatment Referral Resources

Dial 211-[www.211ct.org](http://www.211ct.org) (for all substance abuse related information) open 24 hours

McCall Center for Behavioral Health. 860-496-2100.  
<https://www.mccallcenterct.org/> ;  
[Sara.osborne@mccallcenterct.org](mailto:Sara.osborne@mccallcenterct.org)

Substance Abuse and Mental Health Services Administration (SAMHSA) Treatment Locator: 1-800-662-HELP or search [www.findtreatment.samhsa.gov](http://www.findtreatment.samhsa.gov)

The “Find A Physician” feature on the American Society of Addiction Medicine (ASAM) Web site:  
<https://www.asam.org/resources/patient-resources>

