

The Scoop

“Raising Awareness about Substance Abuse Prevention”

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Prevention Services

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Prom Safety

By Carmen Wiriyagale

As we head into the final months of this school year, many families will be putting a great deal of time, effort and money into making prom night special.

A prom is an unforgettable rite of passage for teens. This memorable and highly anticipated experience marks, for many, the last hoorah of high school before graduation.

Unfortunately, prom season, which usually begins in April, also marks a surge in risky behaviors and alcohol-related accidents involving young people. An article by the Huffington Post reports the following facts:

- Teen traffic deaths during prom season weekend are higher than at any other time of the year.
- According to the National Highway Traffic Safety Administration (NHTSA), for the past several years during prom weekend, approximately 300 teens have died in alcohol-related car accidents.
- Also according to the NHTSA, one in three children under age

21 who died in alcohol-related accidents died during prom and graduation season.

- Most date rapes and sexual assaults against girls are alcohol and drug-related.
- A U.S. Department of Health and Human Services national survey reported 39% of high school senior boys considered it acceptable to force sex on a girl who is intoxicated by alcohol or high on drugs.



What can parents and other caring adults do to ensure youth have a safe and positive experience during prom season?

- Make sure your child has a plan for the evening and that you know it.
- Work with the school to have food served during the prom.
- Know all of the "hot spot" destinations.

- Take stock of the alcohol in your home and under no circumstance provide alcohol to prom-goers.
- Do not rent hotel rooms for prom-goers.
- Discuss the school's prom rules with your child and the consequences for violating them.
- Give your child a curfew.
- Communicate with other parents and school officials.
- Know who is driving - if it's a limo, check their policy on allowing alcohol in the vehicle.
- Encourage seatbelt use - the best accessory!
- Stay up until your prom-goer returns home.
- Reinforce to your child that they should get help immediately if a friend is in trouble.



<http://www.autoevolution.com/news/auto-club-gives-safety-tips-to-prom-goers-6721.html>

Prevention Counseling and Intervention Services

In December, the prevention program was certified by the New York State Office of Alcoholism and Substance Abuse Services (NYS OASAS) to deliver counseling services at the Douglass Campus. The following is an overview of the counseling service and the brief intervention program Teen Intervene.

1. General Prevention Counseling

Begins with intake and assessment. Adolescents aged 12 to 20 can qualify for this service if they:

- a) Have any current or past substance use
- b) Have suffered any consequences as a result of their use
- c) Have a family member who has a history of use
- d) Have friends or peers that use
- e) Have problems getting along with others at home or experiencing family problems
- f) Have problems in school, home, work
- g) Have misconceptions of drugs and alcohol or believe they are not harmful

Based on the intake assessment, youth can meet with the counselor once a week for approximately 30 minutes to work on goals and skill-building. Areas of focus may include:

- a) Goal setting
- b) Effective communication and conflict resolution
- c) Building decision making and problem solving skills
- d) Raising awareness of healthy and unhealthy relationships
- e) Identifying and building support systems
- f) Building coping skills (to deal with stress, anger, etc.)
- g) Building skills to resist peer and media pressure
- h) Healthy behaviors
- i) Drug and alcohol education

2. **Teen Intervene** is an **evidence-based** early intervention program for 12- to 20-year-olds who display the early stages of alcohol or drug use problems (e.g., using or possessing drugs during school) but do not demonstrate substance use dependence. Integrating stages of change theory, motivational enhancement, and cognitive-behavioral therapy, this intervention aims to help adolescents reduce and ultimately eliminate their alcohol and other drug use. This brief intervention can be administered from two to six sessions.



Drug Slang Match-Up

Match the slang term with its corresponding drug/definition:

- | | |
|----------------------------|--|
| 1. Syrup Head | a. Getting high and drunk at the same time. |
| 2. Dexing | b. Ritalin |
| 3. Special K | c. GHB (Gamma Hydroxybutyrate). Also known as liquid ecstasy. |
| 4. Crank | d. Abusing cough syrup. |
| 5. Crunk | e. Mixture of LSD and ecstasy. |
| 6. Snow | f. Mixture of black tar heroin and Tylenol PM. |
| 7. Georgia Home Boy | g. Methamphetamine |
| 8. Roofies | h. Users of dextromethorphan a drug contained in cough syrup. |
| 9. Kibbles and Bits | i. Cocaine |
| 10. Cheese | j. Ketamine |
| 11. Candy Flipping | k. Rohypnol |

Answers on page 4.

Between September and February the prevention program provided 2900 units of service at the Douglass Campus.

Out of the students at the Douglass Campus that completed a prevention service, 93.3% achieved all, or most, of their goals.

Prevention is conducting outreach and educational seminars at Monroe Community College on drugs, alcohol and gambling.

Key Phone Numbers

211/LIFE LINE	211	or 275-5151	(275-2700 TTY*)
Alternatives for Battered Women Hotline	232-7353		(232-1741 TTY*)
City/County Drug Helpline (24 hrs)	275-0505		(275-2700 TTY*)
Community Place of Greater Rochester (prevention services, food/rental assistance, disability services, aging services, etc.)	288-0021		
FACIT (Family Crisis Intervention Team)	428-7183		
Jordan at Threshold	454-7530		
Liberty Resources Behavioral Health Clinic	410-3370		
Monroe County Child Abuse Hotline	461-5690		
Monroe County Emergency Housing Unit (8:00-3:00)	753-6687		
After 3:00	442-1742		
National Poison Control Locator	1-800-222-1222		(273-3854 TTY*)
Police/Fire Emergency	911	(Also TTY*)	
Rape Crisis/Safe Center Hotline	546-2777	(546-7582 TTY*)	

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"A hundred years from now, it will not matter what kind of car I drove, what kind of house I lived in, how much money I had in the bank ... but the world may be a better place because I made a difference in the life of a child."
 Forest Witcraft