

SJPS SELF-CARE SERIES

Issue 3 - May 2018

SUBSTANCE ABUSE...

"Teens and young adults are more inclined than adults to take risks, including smoking, drinking or using other drugs. Use of any addictive substance while the brain is still developing increases the chances of future use of that and other addictive substances."

At SJHS & Upton:

This fall Drug Recognition Experts, State Troopers Tim Gean & Mindy Logan, presented with Kerri Teachout of the Berrien County Health Department to the HS & Upton staff about current substance trends in Berrien County as well as tips to recognize usage among students.

Highlights:

Xanax - most abused; signs include: odorless, appearing drunk/sluggish, disoriented, jerky eyes, slurred speech.

Narcotics -2nd most popular; signs include: droopy eyelids, depressed reflexes, dry mouth, facial itch, raspy speech & extreme fatigue (nod off).

Cannabis (marijuana) signs include: very relaxed & bloodshot eyes.

Drinking - current trends include: drinking imitation flavorings (like vanilla extract) or soaking gummy

bears with alcohol (ie- vodka).

Vape Pens- come in different sizes, have a variety of attachments (ie- *dab*) looks like earwax to add other substances (ie- *THC*).



*All 7th & 9th grade students participate in *Health Class* which has a 3 week unit on substances, substance abuse & addictions (including trying out drug goggles)

*A student Assistance Program at the HS offers students suspended for substance abuse or possession an opportunity to lessen their suspension by committing to getting help through *Harbor Town Treatment Center*, *Community Healing Center*, *Riverwood* and/or *Project Towards No Drug Abuse*.

Guidance

*Collaboration with the Berrien County Health Department about their services and utilizing their help in facilitating *focus groups* with HS students to help understand & impact how students are dealing with stress.

Advisory

On April 30th, with the collaborative effort of *Michigan State Police*, *AirCare*, *Starks Funeral Home* and the *St. Joseph Department of Public Safety* HS students witnessed a *mock crash* to show the impact of driving while impaired. While watching, students listened to a narration with relevant statistics.



Coming Soon:

Nov 8, 2018 on the evening of Parent Conferences- *The Mock Bedroom*. The *Berrien County Health Dept* will display a typical teenager's room, scattered with obvious and not-so-obvious clues that drug abuse is occurring.

Read about:

Teen Substance Use

*<https://www.centeronaddiction.org/addiction-prevention/teenage-addiction>

*<https://raisingteens today.com/vape101-what-parents-need-to-know/>

Teens & Self-Medicating

*<https://www.troubledteens.com/SearchResult/q/Teens-Who-Self-Medication/>

Other Resources:

SAMHSA

(Substance Abuse & Mental Health Services Admin.)

*provides 24-hour free and confidential treatment referral and information
<https://www.samhsa.gov>
or 1-800-662-HELP(4357)