



Schenectady County Substance Abuse Prevention Coalition



schenectadyprevention@gmail.com

**“For the prevention of substance abuse and the
promotion of mental, emotional and behavioral health”**

NEW CHOICES RECOVERY CENTER

<http://www.newchoicesrecovery.org/> 518-346-4436 or 518-348-7976
Intensive outpatient, outpatient, residential programs

CONIFER PARK

<http://www.coniferpark.com/> 1-800-989-6446
Detoxification, Inpatient and Outpatient Services

St. Peters Addiction Recovery Services (SPARC)

<http://www.sphcs.org/addictionrecoveryparc> 518-452-6700
Detoxification, Inpatient and Outpatient Services

1-800-846-7369 (call or text)

<http://www.combatheroin.ny.gov/prevention>

Partnership for Drug Free America

<http://www.drugfree.org/the-parent-toolkit/>

New York State Office of Alcoholism and Substance Abuse Services

<http://talk2prevent.ny.gov/>

Research shows that kids who learn about drug risks from their parents are half as likely to use drugs as kids who haven't had that conversation with a caring adult.

Nearly half of all prescription drug misuse occurs right in the home when a person takes a prescription medication that is not prescribed for him/her or takes it for reasons or in dosages other than prescribed. The availability of these medications in the family medicine cabinet provides easy access for teens. Teens often mistakenly believe that these medications are safe because they are approved by the FDA and are prescribed by a physician.

Prescription pain killers can lead to rapid tolerance and if used consistently over several weeks or months can lead to opiate withdrawal when stopped abruptly. There is a potential for overdose and related medical consequences including death.

Did you know...

In New York State, 38% of teens have used alcohol in the past month while 22% have had five or more drinks in a row (binge drinking). The effects of teen alcohol use are all too familiar to us – car crashes, alcohol poisoning, unintended pregnancies to name just a few.

To report an underage drinking party, bars or bartenders serving those under 21 or an alcohol beverage retailer selling to those under 21 call! The call is anonymous, can be made 24 hours a day, calls are handled by the



Addiction to drugs, alcohol and tobacco are the most common mental health problems in teenagers, a new government report concludes. 2013

Addiction is the leading cause of preventable death in the U.S.

Open, honest conversations are some of the most powerful tools adults can use to **connect with** — and **protect** — their **kids** but figuring out what to say can be a challenge. The following scripts will help you start the conversation:

- ↳ **ELEMENTARY SCHOOL** Scenario: Your kids are curious about prescription medicine bottles around the house. What to Say: You should only take medicine when Mom or... grandma, etc. gives it to you and says it is ok. If you take medicine that belongs to somebody else, it could hurt you and make you very sick.
- ↳ **MIDDLE SCHOOL** Scenario: Your child is just starting middle school and you know that eventually, he will be offered drugs and alcohol. What to Say: There are a lot of changes ahead of you in middle school. I know we talked about drinking and drugs when you were younger. I'm guessing you'll at least hear about kids who are experimenting or find yourself someplace where kids are doing things that are risky. I just want you to remember that I'm here for you and the best thing you can do is just talk to me about the things you hear or see. Don't think there's anything I can't handle or that you can't talk about with me, okay?
- ↳ **HIGH SCHOOL** Scenario: Your teen is starting high school — and you want to remind them that they don't have to give in to peer pressure to drink or use drugs. What to Say: You must be so excited about starting high school. It's going to be a ton of fun, and we want you to have a great time. But we also know there's going to be some pressure to drink, smoke weed or take other drugs. A lot of people feel like this is just what high-school kids do. But, it's not what you have to do. Not all high school kids drink or use drugs! You can still have a lot of fun if you don't drink or use drugs. Look for other kids who are making good choices. You'll have a lot of decisions to make about what you want to do in high school and you might even make some mistakes. Just know that you can talk to us about anything, anytime — even if you DO make a mistake or feel stuck in a situation that you need help to get out of. We won't freak out. We'll figure out a way to help you. We want you to count on us to help you make smart decisions and stay safe, okay?

Looking for a presentation or services or simply have questions
call your Prevention Provider Laura Combs 727-8523