



STUDENT ASSISTANCE PROGRAM

Tenino Schools

Welcome December!

I hope you all had a great November and look forward to continuing the holiday season into December. My name is Greg, and I am the Student Assistance Professional (SAP) at Tenino Middle and High School.

The Student Assistance Prevention-Intervention Services Program (SAPISP) is a comprehensive, integrated model of services that fosters safe school environments, promotes healthy childhood development, and prevents alcohol, tobacco, and other drug abuse.

DECEMBER IS NATIONAL IMPAIRED DRIVING PREVENTION MONTH

Two of the most celebrated dates in December—Christmas Eve and New Year's Eve—are also among the most dangerous when it comes to drinking. In 2018, drunk driving crashes claimed 108 lives in those two days alone, accounting for nearly half of total traffic deaths (MADD, 2019).

KEEPING KIDS SAFE

According to the Substance Abuse and Mental Health Services Administration (SAMHSA), impaired driving remains an issue that affects Americans every day.

- On average, three in five people will be involved in a crash due to impaired driving in their lifetime (National Center for Statistics and Analysis, 2017)
- Impaired driving can have serious consequences, including injury and death (SAMSHA, 2020).
- In 2016, 10,497 people died in crashes caused by alcohol-impaired driving, accounting for 28 percent of all traffic-related deaths in the United States (National Highway Traffic Safety Administration, 2017).
- Additionally, drugs other than alcohol are involved in about 16 percent of motor vehicle crashes (CDC, 2020).

We are asking everyone to take personal responsibility this holiday season by making a plan for a safe ride home before your

celebrations begin. Here's what you can do, according to SAMSHA:

- Talk to your kids about the dangers of impaired driving. You can have this conversation at any time, like when you're sitting at the dinner table, ridding in the car together, or running errands.
- Make sure your children know what you expect from them when it comes to impaired driving. Let them know it's never okay to get behind the wheel of a motor vehicle while under the influence, and that getting in a car with someone who has been drinking or using drugs is also dangerous.
- Help them make an exit plan. For example, you can suggest:
 - Calling a relative or friend for a ride home
 - Staying the night at their current location
 - Calling a rideshare service or taxi

For more information and helpful resources, please visit:

- <https://www.samhsa.gov/underage-drinking>
- <https://www.esd113.org/district-support/health-safety/behavioral-health-support/>

I hope you all have a great holiday season. Please know you are not alone. If you have any questions or concerns about your child's wellness, please reach out with any questions.

Greg Myers, CDP
360-264-3503

TRUE NORTH

WE'RE HERE TO HELP

CRISIS RESPONSE DISPATCH:

**Olympic Health
& Recovery Services:**

Grays Harbor, Lewis
& Pacific Counties:
800-803-8833

Thurston & Mason Counties
360-754-1338

**TRUE NORTH ADOLESCENT
BEHAVIORAL HEALTH SERVICES:**

360-464-6867
esd113.org/behavioral-health

**RESOURCES TO SUPPORT
CHILDREN'S MENTAL HEALTH**

