



TRUE NORTH
AT CAPITAL REGION ESD 113

STUDENT ASSISTANCE PROGRAM



OCTOBER 2021

WE'RE HERE TO HELP!

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.

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SUICIDE PREVENTION LIFELINE: 800-273-8255

CRISIS TEXT LINE: Text HOME to 741741

WHAT'S GOING ON IN OCTOBER?

RED RIBBON WEEK: DRUG FREE LOOKS LIKE ME!



Red Ribbon Week takes place each year from October 23 through 31st. This is the largest drug-abuse prevention campaign in the nation. The challenges youth face today are not the same as when Red Ribbon campaign first began. The Red Ribbon mission is to "support

our nation's families and communities in nurturing the full potential of healthy, drug free youth."

"Approximately 1 in 10 people who use marijuana will become addicted. When they start before age 18, the rate of addiction rises to 1 in 6."

[SAMHSA.gov](https://www.samhsa.gov)

Adolescents start using marijuana for many reasons. Curiosity, peer pressure, and the desire to fit in with friends are common ones. Risk factors such as untreated mental health conditions (anxiety, depression, and ADHD), trauma or early use of substances can put you at higher risk of marijuana use. For some, drug use begins as a means of coping with anxiety, anger, depression, or boredom. Marijuana has negative effects on attention, motivation, memory, and learning that can persist after the drug's immediate effects wear off—especially in people who use regularly.

KEEPING KIDS SAFE

According to [drugabuse.gov](https://www.drugabuse.gov), research shows parents have a big influence on their teens, even when it doesn't seem that way. Talk openly with your children and stay actively engaged in their lives. One way to actively engage in your child's life is to discuss healthy coping skills.

Healthy coping skills can include:

- Writing, drawing, painting, photography.
- Playing an instrument, singing, dancing, acting.
- Taking a shower or a bath.
- Gardening
- Taking a walk or going for a drive.
- Listening to music
- Watching cute kitten videos on YouTube.
- Playing a game.

For more tips on how to talk to adolescents about drug use, go to: <https://www.starttalkingnow.org/>

Many are struggling and tend to forget to take time for themselves. Take October to commit to doing self-care. As well as opening the conversation up to your kids about healthy coping skills.



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WHO WE ARE

The Student Assistance Prevention-Intervention Services Program (SAPISP) is a comprehensive, integrated model of services that:

- Fosters safe school environments
- Promotes healthy childhood development
- Prevents alcohol, tobacco, and other drug abuse

WHEN TO REFER TO STUDENT ASSISTANCE

You can make a referral at any time you have a concern about a student by submitting the referral form.

Some signs you may notice include:

- Decline in school performance
- Absenteeism or chronic tardiness

- Levels of activity or alertness change from day-to-day
- Talks freely about using or partying, or of family members using.
- Paraphernalia, clothing, jewelry, pictures, and drawings centered on chemical use
- Perfectionism or difficulty accepting mistakes
- Withdrawal; a loner; separates from others.

As a rule, an isolated instance of poor or unsatisfactory performance is not necessarily grounds for referral. However, if a student exhibits several of these signs, or there is a repeated pattern of behaviors, a referral is appropriate.

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



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