

WRMS Substance Abuse Awareness Speaker Presentation for Parents



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Recently Published Data

- Smoking marijuana rate 70% higher for those with mental illness
- Affluent Communities *Risk Factors* are those that are normally considered *Protective Factors*
- “According to [Join Together](#) and The Partnership at Drugfree.org, the binge drinking rate among high school girls is almost as high as their male peers. One in five high school girls binge drink according to a new report by the [CDC](#).”
- Adolescents with attention deficit hyperactivity disorder (ADHD) are more likely to have problems with substance abuse and cigarette use compared to teens without ADHD

Stages of Development

Erikson - Identity vs. Role Confusion

Identity:

Who am I?

Where do I belong?

Why do I feel this way?

Values:

What do I believe?

What's important to me?

Relationships & Sexuality:

How do I connect with others while staying true to myself?

Physical & Cognitive:

What's happening to me?

Why Do Teens Act This Way?

Prefrontal Cortex - Reasoning & Impulses

It's as if, while the other parts of the teen brain are shouting, the Prefrontal Cortex is not quite ready to play referee. This can have noticeable effects on adolescent behavior. You may have noticed some of these effects in your teen:

- difficulty holding back or controlling emotions,
- a preference for physical activity,
- a preference for high excitement and low effort activities (video games, sex, drugs, rock 'n' roll),
- ****Immediate Gratification & Pinball Machine!**
- poor planning and judgment (rarely thinking of negative consequences),
- more risky, impulsive behaviors, including experimenting with drugs and alcohol.



Underage
Drinking
Prevention

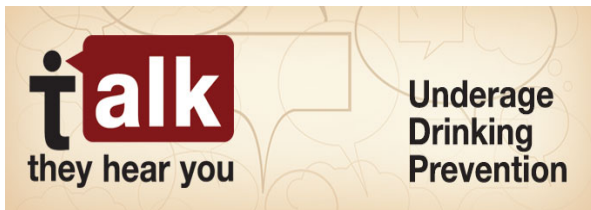
The goal of “**Talk. They Hear You.**” is to reduce underage drinking among children ages 9 to 15 by engaging parents in prevention behaviors.

SAMHSA completed a comprehensive study and these were the findings -

- For **parents**:
 - Underage drinking is not a top-of-mind issue;
 - No participant believes his or her child drinks; and
 - A recognized government agency must support the research.
- For **youth**:
 - Talk about alcohol in context of a recent event; and
 - Mom is the go-to parent, but other trusted adults can also deliver underage drinking prevention message.

Parents are important!

- **Parents** are the **primary messengers** for underage drinking prevention. ****You do not light up their pinball machine!**
MADD - In a recent survey of underage Texas youth, **62 percent reported that they get their information about the dangers of alcohol from either TV or school.**
- Parents should take advantage of opportunities to discuss the issues as they present themselves.
- Monitor social media!



What can YOU do?



Underage
Drinking
Prevention

Stress

When children worry about things like grades, fitting in, and physical appearance, they may use alcohol as a way to escape their problems.

What You Can Do: Encourage your child to get involved in something as a healthier way to cope.

Peer Pressure

Impressionable period when youth are especially susceptible to outside influences.

What You Can Do: Help boost your child's confidence by helping him or her learn different ways to say "no" and reminding him or her that real friends would not pressure him or her to drink.

****Immediate Gratification & Pin Ball Machine!**

Transitions

Life events such as transitioning from middle school to high school, breaking up with a significant other, moving, or divorce can cause children to turn to alcohol.

What You Can Do: Reassure your child that things will get easier, and make sure he or she knows that drinking is not a solution.

Environment

Their **parents** or peers drink a lot and/or view drinking favorably, they may be more likely to drink themselves.

What You Can Do: If you choose to drink, set a good example by drinking in moderation, and make sure your child knows that underage drinking is not acceptable.

Genetics

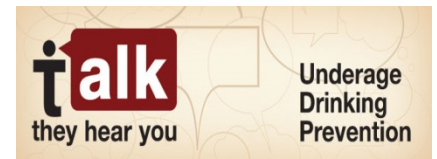
Children who come from a family with a history of alcoholism are at an increased risk for becoming an alcoholic.

What You Can Do: Have an honest discussion with your child to make sure he or she understands the seriousness of the disease.

Texting is a popular way for parents to communicate with their children.

1. Be careful tonight. If your friends offer you a drink, just say you promised me no.
2. Have fun with ur friends. Remember, we are always here if u need anything.
3. Hey! Have fun tonight. Wanted 2 remind you not 2 drink at the party.
4. I want you to have fun 2nite, but be safe. Love, Mom/Dad
5. You make me so proud.
6. Just because your friends drink, doesn't mean you have to. I'm here if you need anything.
7. Just wanted to say that I am thinking about you. xo
8. Remember 2 always make good decisions. It only takes 1 bad 1 2 ruin all the good ones.
9. Remember our discussion about drinking. We love you too much to see anything bad happen to you.
10. Remember your promise to us. Be safe tonight. Love you.

***Know who you are texting!



It only takes 6

Ways to help you reduce the chance your teenage child will drink, use drugs or engage in other risky behavior:

- Build a Warm & Supportive Relationship
- Be a Good Role Model – including taking medication & dealing with stress
- Know Your Child's Risk Level
- Know Your Child's Friends/Significant Other
- Monitor, Supervise & **Set Boundaries and Limits**
- Ongoing Conversations

THE PARTNERSHIP[®]
AT DRUGFREE.ORG

**Stay Involved – lack of connection, poor communication, and lack of understanding of stressors! (*Education Digest*)

Logical Consequences

- I Messages
- **Respect** – Child should have input. Two way communication
- **Reasonable** – You must live with it too!
- **Related** - Should be related to your child's mistake. **what motivates your child
- **Responsibility** - Should be to **teach your child to take responsibility** for his own actions.
- 2 minutes or less of yelling or nagging!
- FOLLOW THROUGH!
- Let it Go!

WHS Data 2013

- 1760 completed survey

3. What percentage of students, at your school, do you believe have used alcohol in the past 30 days?

	What grade are you in?				Response Totals
	9th	10th	11th	12th	
a. Less than 5%	10.6% (60)	5.0% (27)	5.7% (30)	3.3% (4)	6.9% (121)
b. 6% - 15%	19.0% (108)	13.7% (74)	7.8% (41)	8.1% (10)	13.3% (233)
c. 16% - 30%	25.2% (143)	20.3% (110)	21.4% (112)	24.4% (30)	22.5% (395)
d. 30% - 50%	24.5% (139)	28.4% (154)	32.5% (170)	34.1% (42)	28.8% (505)
e. More than 50%	20.8% (118)	32.7% (177)	32.5% (170)	30.1% (37)	28.6% (502)
answered question	568	542	523	123	1,756
	skipped question				4

2. What percentage of students, at your school, do you believe have used marijuana in the past 30 days?

	What grade are you in?				Response Totals
	9th	10th	11th	12th	
a. Less than 5%	15.7% (89)	8.5% (46)	9.0% (47)	8.9% (11)	11.0% (193)
b. 6% - 15%	25.0% (142)	15.3% (83)	16.5% (86)	16.3% (20)	18.9% (331)
c. 16% - 30%	29.2% (166)	26.6% (144)	27.7% (144)	32.5% (40)	28.2% (494)
d. 30% - 50%	18.8% (107)	30.6% (166)	27.9% (145)	27.6% (34)	25.8% (452)
e. More than 50%	11.3% (64)	19.0% (103)	18.8% (98)	14.6% (18)	16.1% (283)
answered question	568	542	520	123	1,753
skipped question					7

5. During the past 30 days, how often did you drive a car when you had been drinking?

	What grade are you in?				Response Totals
	9th	10th	11th	12th	
a. 0 times	97.2% (550)	94.1% (507)	91.2% (475)	94.9% (112)	94.3% (1,644)
b. 1 time	0.2% (1)	2.0% (11)	3.8% (20)	2.5% (3)	2.0% (35)
c. 2 times	0.0% (0)	0.0% (0)	1.2% (6)	0.0% (0)	0.3% (6)
d. 3 times	0.0% (0)	0.4% (2)	0.6% (3)	1.7% (2)	0.4% (7)
e. 4 or more times	0.7% (4)	1.1% (6)	1.5% (8)	0.8% (1)	1.1% (19)
f. Not sure	1.9% (11)	2.4% (13)	1.7% (9)	0.0% (0)	1.9% (33)
answered question	566	539	521	118	1,744
skipped question					16

7. How wrong do you think your parents feel it would be for you to smoke marijuana?

	What grade are you in?				Response Totals
	9th	10th	11th	12th	
a. Not too wrong	4.8% (27)	7.4% (40)	8.0% (42)	11.9% (14)	7.0% (123)
b. Somewhat wrong	13.5% (76)	18.4% (99)	22.7% (119)	21.2% (25)	18.3% (319)
c. Extremely wrong	81.8% (462)	74.2% (399)	69.3% (363)	66.9% (79)	74.7% (1,303)
answered question	565	538	524	118	1,745
skipped question					15

8. How wrong do you think your parents feel it would be for you to drink alcohol?

	What grade are you in?				Response Totals
	9th	10th	11th	12th	
a. Not too wrong	9.4% (53)	18.2% (98)	21.5% (112)	22.9% (27)	16.6% (290)
b. Somewhat wrong	27.7% (156)	34.1% (184)	35.3% (184)	35.6% (42)	32.5% (566)
c. Extremely wrong	62.9% (355)	47.7% (257)	43.2% (225)	41.5% (49)	50.9% (886)
answered question	564	539	521	118	1,742
skipped question					18

13. During the past 12 months did you...

		What grade are you in?				
		9th	10th	11th	12th	Response Totals
a. Drink any alcohol?	Yes	19.9% (112)	34.9% (188)	47.8% (249)	41.7% (48)	
	No	80.1% (452)	65.1% (350)	52.2% (272)	58.3% (67)	
		564	538	521	115	1,738
b. Smoke marijuana?	Yes	6.7% (38)	15.8% (85)	22.1% (114)	22.6% (26)	
	No	93.3% (526)	84.2% (454)	77.9% (403)	77.4% (89)	
		564	539	517	115	1,735
c. Use anything else to get high?	Yes	3.2% (18)	7.1% (38)	8.9% (46)	7.0% (8)	
	No	96.8% (544)	92.9% (498)	91.1% (470)	93.0% (107)	

18. Besides stress, which other issues do you or your friends struggle with?

	What grade are you in?				Response Totals
	9th	10th	11th	12th	
Body Image Issues (weight problems or eating disorders)	53.4% (228)	61.1% (251)	58.4% (230)	62.8% (54)	57.9% (763)
Problems with Parents	57.8% (247)	64.0% (263)	63.7% (251)	57.0% (49)	61.5% (810)
Depression	41.9% (179)	51.8% (213)	57.4% (226)	50.0% (43)	50.2% (661)
Cyberbullying/Internet Safety	13.6% (58)	15.1% (62)	8.6% (34)	12.8% (11)	12.5% (165)
Sexting	14.5% (62)	22.1% (91)	17.5% (69)	17.4% (15)	18.0% (237)
Social Group Problems (being excluded, cliques, not fitting in)	64.4% (275)	65.7% (270)	59.4% (234)	64.0% (55)	63.3% (834)
answered question	427	411	394	86	1,318
skipped question					442

Programs

PAST	CURRENT
<i>Talk About It, ancomm</i>	<i>Project Alert</i>
<i>Class Action – health classes</i>	<i>Bullies to Buddies</i>
<i>Prevention Assemblies /Film Fest TAKS week</i>	<i>Social Norming Campaign: Epicosity</i>
<i>Keepin’ It REAL – TLC students and middle schools</i>	<i>Individual and Group Counseling (UT Masters Level Interns)</i>
<i>Travis County Underage Drinking Taskforce & Texans Standing Tall</i>	<i>PDAP contract</i>
<i>Partnership for a Drug Free Eanes</i>	<i>Monthly Parent Speaker Series & Parent University</i>
<i>Strengthen Families – 5 families</i>	<i>UT CSR Speak/Group</i>
<i>Girl Empowerment series</i>	<i>District Counselor trainings on Stress, Bullying Prevention /</i>
	<i>Suicide Prevention mandated training for all Eanes employees</i>

Listen to those around you.
Pay attention to your gut.
Ask for help!
Follow through.

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