



# JHS Drug and Alcohol Intervention Services

Lyn Lauzon,  
Intervention Specialist

# Services I provide:



- Referral Source
- Individual Counseling
- Groups – Recovery & Concerned Others
- Tobacco Intervention & Cessation
- Classroom Presentations
- Resource for Parents/Parent Workshops
- Prevention

# Referral Source

- Confidentially refer to me – by phone or with referral form
- Set up a meeting with myself and student
- Call the parent if you **know** the student is using – I CAN'T
- I can only let you know that I met with the student referred
- Shows the student you **notice** and you **care**

# When to refer to administration:

- When you suspect the student is under the influence or has drugs/alcohol in their possession – call an administrator
- This is in the best interest of the student AND the school
- This may be the only intervention they receive

# GROUPS



- Recovery Group

- Students trying to stay abstinent for any reason
- They are RARELY internally motivated
- New set of problems –
  - Using peers / no friends
  - Post-acute withdrawal syndrome
  - Grief / trauma
  - Start dealing with problems created while using
  - Outpatient treatment
  - Use at home

# Concerned Others Group

- Research estimates that nearly 1 in 4 students have some kind of addiction in their family.
- All of them suffer some anxiety – many with depression and low self-esteem.
- Most have problems sleeping
- Some behaviors make it obvious there's a problem, but many go undetected.
- The Heroes are usually perfectionists and leaders – look good on the outside.

# Individual Counseling:

- My goal is to move them through the stages of change
  - Pre-contemplation
  - Contemplation
  - Preparation
  - Action
  - Maintenance
- Develop discrepancies
- Use workbooks, Teen Intervene curriculum, videos, etc.



SUB  
CASE



# TOBACCO INTERVENTION

- TESA – Tobacco Education & Self Assessment
- A large majority of students who smoke and/or chew use other drugs and/or alcohol
- Smoking Cessation resources/group

# DON'T UNDERESTIMATE THE “SMALL STUFF”

- Tobacco

- 90% of life-long smokers start before the age of 18

- Alcohol

- Late stage alcoholism
- Driving while intoxicated

- Marijuana

- Directly correlated to doing poorly in school



# PREVENTION

- Parent Resource
  - Community Resources
  - Support
  - Parent Workshops/Town Hall
- Prevention Club

QUESTIONS??