

## Resources and Phone Numbers

Columbia County Deputy Sheriffs Benevolent Association  
Hotline 822-8477  
www.pillfinder.com

Catholic Charities of Columbia and Greene Counties  
Alcohol and Substance Use Prevention Program  
431 East Allen Street, Hudson, NY  
Phone: (518) 828-8660 ext. 130

Columbia County Department of Human Services  
Mental Health Clinical and Care Coordination Services  
325 Columbia Street, Suite 300, Hudson Phone: (518)  
828-9446 (24/7 on-call)  
Twin County Recovery Services, Inc.  
Substance Abuse Clinical and Residential Services  
350 Power Avenue, Hudson, NY  
Phone: (518) 751-2083 ext. 320

Mental Health Association  
of Columbia-Greene Counties  
Mental Health  
Clinical, Residential and Support Services  
713 Union St., Hudson, NY  
Phone: (518) 828-4619

Mental Health Association  
of Columbia-Greene Counties  
Mobile Crisis Assessment Team (MCAT)  
Phone: (518) 943-5555

Services provided: Phone assessments and consultation;  
on-site face to face mental health assessments; referrals  
to available services; follow up from psychiatric hospitali-  
zations; wellness calls and visits when someone is con-  
cerned  
Hours: 7 days/week; Noon-8pm

Ichabod Crane School  
Counseling Offices  
(518) 758-7575

Updated September 2016 mmp

## *What you can do.....*

- *Be aware – the best of kids can make bad choices. Peer pressure can be overwhelming.*
- *Seek advice – are you worried? Don't put it off – ask your doctor, or the school counseling office for advice. Call one of the resources listed here.*
- *Talk to your child. Let them know you are aware that they are facing choices - There is a fine line between mistrust and concern – find it.*
- *Don't be put off by anger, resentment. “You don't trust me!” They will get over it – they may not get over drug use.*
- *Be alert, be aware. Don't wait until it's too late. Parents don't have to be “the last to know.”*

## Teen Drug and Alcohol Abuse



***“Parents Are  
the Last to  
Know.....”***

**Jeff G.  
Recovering Addict  
Ichabod Crane High School  
Class of 2006**

### Ichabod Crane Safe Schools Committee

The members of the ICC Safe Schools Committee represent law enforcement, school officials, school physicians, and town officials. The committee meets regularly in an effort to find ways to reduce substance abuse among our children and young people.

## *Tips: from School Officials....*

**Dropping grades** – does your child seem less interested in getting good grades – is he/she failing, or just passing, when he/she could be doing much better?

**Change of friends** – is there a new crowd on the scene? Are kids calling or coming to the house whom you've never met before? Is your child being secretive about the new peer group?

**Absenteeism** – is the school calling about your child's absences from school? Is he/she skipping classes? Late to school, even though leaving home in plenty of time to get there?

**Behavior** - Has there been an increase in discipline problems at school? Fighting? Illegal activities? Stealing? Other concerns from Teachers or Administrators?

## *from School Physicians....*

**Physical signs** - Do you see blood shot eyes, or pupils larger or smaller than usual? Is your child using eye drops? Have you noticed tremors, slurred speech, or impaired coordination?

Have you observed changes in appetite or eating habits? Sudden weight gain or weight loss? Any change in sleep patterns?

**Appearance** – Is your child neglecting his/her appearance? Do you notice unusual smells on breath, body or clothing? Or an unusual use of mouthwash or cologne?

**Psychological** – Has your child exhibited sudden mood swings, irritability, angry outbursts? Or sometimes seem fearful, anxious or paranoid for no reason? Does he/she seem lethargic or spaced out? Or hyperactive, agitated or giddy? Have you seen a personality change?

## *from Law Enforcement...*

**Money**- Does your child have an unexplained need for money? Other financial problems? Have you experienced missing funds from your purse or wallet? Or other valuables? Or does he/she have more money than you would expect?

**Prescriptions** – Have prescription drugs gone missing from your medicine cabinet? Have relatives whom your child visits mentioned that they have misplaced or lost a prescription drug?

**Behaviors** – Is your child demanding more privacy? Locking doors? Sneaking around, hiding things, keeping secrets? Does he/she seem unusually isolated, withdrawn, angry or depressed?