

Two graduates of Ichabod Crane presented their stories of addiction and recovery to the High School student body in 2012. We hope their courage and honesty helps to keep other teens from experiencing the horrors of drug addiction. As one of the speakers said of this problem, **“Parents are the last to know…”**

The members of the 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.

Resources and Phone Numbers:

Columbia County Deputy Sheriffs Benevolent

Assoc. Hotline: 822 - 8477

www.pillfinder.com

Twin Counties Alcohol and Substance Abuse:

828-9300

Catholic Charities: 828-9668

Mental Health Crisis Hotline: 828-9446

Ichabod Crane Guidance Office:

Middle School: 758-7575

High School: 758-7575

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 guidance office for advice.*
- *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.*
- *Look for local resources online. There are teen substance abuse groups. There are physicians who specialize in addiction. They are local. They can help.*
- *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.*

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

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?