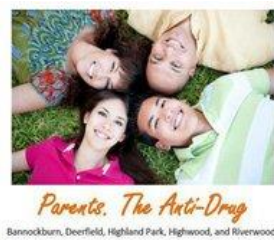


Deerfield Parent Network & Parents. The Anti-Drug "Network Notes"



"NOT MY KID!"

**Tuesday, March 4, 2014, 7:00pm
Deerfield High School North Caf **

Panel of Experts:

District 113 Principals Audris Griffith and Brad Swanson,

Laura Parise, M.D. and Maura Mooney, L.S.W., C.A.D.C., of NorthShore University HealthSystem

Lake County States Attorney Mike Nerheim

DHS Resource Officer, Anthony Kropp

DHS Graduate, Dana Kroll

Each panelist was given 2 minutes to introduce him/herself and explain why they felt it was important to participate in this panel discussion:

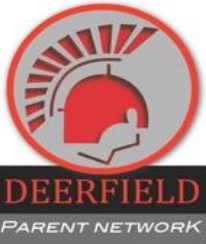
AG - As the principal of DHS, my job is help them grow up with healthy minds and healthy bodies. We strive for academic achievement making sure all students are safe and healthy.

BS - We know our students struggle with all types of issues while in high school: educational, personal & emotional. We are here to support students who are in crisis mode. We strive every day to strike that balance and compare it to the work we do as parents. I approach my "principalship" very similar to the way I like to parent. It's an ongoing struggle and the value of communication in a school district is equal to the value of communication in a family. If we keep talking about these issues and addressing them, we are able to uncover issues in our school.

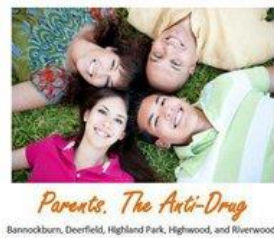
AK - This is my first year at the high school and they make an extraordinary effort to make sure kids are safe every day. We are doing everything we can in the police department to keep up with everything that is changing in the world for them as the kids are coming through the schools.

LP - Addiction in adolescents is real. Adolescents' brains are not mature yet. The part of their brain that deals with emotion and reward is mature but the part of the brain that deals with judgment and decision making is not. This forces them to be swayed by their peers, make poor judgments, make poor decisions and one of those poor decisions could be to take drugs. Because their brains aren't mature, you add substances onto that, & it creates a potential path for addiction and substance abuse disorder. Setting addiction aside, just abusing drugs can cause social & emotional problems that last a lifetime. We have patients that are adults in our adult recovery program who say that, "When I started using, I was 14 and I still feel like I'm 14 socially & emotionally." They are stagnated in adolescent mind because the substances stagnated their social and emotional growth. Cognitive impairment comes from drugs. Marijuana is an addictive neuro-toxic drug. We tend to normalize it in our society & with the legalization that is sending a message to kids that it's ok when in fact studies have shown that using marijuana routinely causes up to 8% decrease in IQ and it isn't reversed later. Adding a drug onto a forming brain is causing great difficulties in many, many teens. We also know that alcohol impairs brain development as well. 11% of all the alcohol consumed in the US is consumed by 12-20 year olds. At any given time, they think that 70% of high school seniors have drank in this month. These statistics are alarming. The prefrontal cortex of the brain that is in charge of planning & sequencing is the area that alcohol and drugs target so the consequences to social, emotional and academic endeavors by teens is enormous. We don't know yet how prescription drugs, the new synthetic research drugs, not to mention heroin affect the developing brain so there is a crisis here. There is an urgency to get this addressed, identify it and treat it as only 10% of kids get treatment. As parents we can't all be experts, but we can be present and express concern to our children. This is not normal puberty so please seek assistance.





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MM – The main message I want to share today is that it is not your job to assess or treat your child’s substance use. You have a huge job as parents. Take note of changes in your child’s development. Obviously adolescence is a time of huge change & unexpected things can occur, and you can’t intervene too early. There are so many resources & experts skilled in this work that can help you either in early intervention, an intensive outpatient program or a residential treatment program. We see really high use rates so it is profoundly impacting our community.

DK – I have personal experience as I am a DHS graduate & recovering alcoholic and addict. If I can help one family and one kid – this is called NOT MY KID, I didn’t think this would be my life. My parents didn’t think this would be their kid. I graduated with honors & had tons of friends & was in lots of activities. If I can help one family or one kid stay away from drugs and alcohol and avoid the heartache I caused myself and my family, then I did my job today. GREAT APPLAUSE

MN – This is a problem I have seen growing in last 5-10 years, we are at a point where opioids and heroin are an epidemic in all communities in Lake County. There is only so much the legal community can do & so parents are the most important part.

Many parents seem to have stereotypical visions of teen drug users. Can you explain the profiles of the actual kids using & how that may differ from these preconceived notions.

MN- We all seem to have an image in our mind of the stereotypical heroin user. Forget about it. It’s the straight A student, the captain of the lacrosse team, the most popular, beautiful girl in the school, soccer moms & truck drivers. It’s anyone & everyone. There is no face to this. We placed a hidden camera at one of the common dealer spots on the west side of Chicago and vehicles of all kinds pulled up to buy heroin. What was striking about it was there were soccer moms from the North Shore in mini vans, construction workers in dump trucks, you had everybody coming up to buy this drug. No part of Lake County is immune. The coroner has a map of Lake County & places a dot in the location of every heroin death and now every part of Lake County is filled with dots. This drug does not discriminate & affects every kind of family imaginable. Police officers who teach on this subject even have kids who are affected by this substance.

DK- When I was in high school, the majority of people drank and experimented with drugs from your jocks, to social outcasts to the most popular groups. My freshman year, I was involved in volleyball & softball & that went out the window as I wanted to drink more & didn’t want to wake up early for practice. I can’t stress enough that you need to monitor your kid’s behaviors as there were warning signs with me. Have a lot of communication in the house because it can be anybody’s kid. People think that it’s the kids that are darker or more troubled but that’s not true. However, when kids turn to drugs and alcohol, there are probably some underlying issues going on.

LP - When we talk about underlying issues tied to substance abuse, we call them co-occurring disorders. It’s often the rule that there is an underlying anxiety disorder or a learning disability or depression or bi-polar disorder or sometimes even a psychotic disorder. Providing the opportunity for an appropriate intervention for a child from a professional is important.

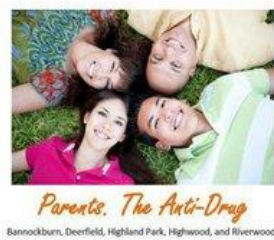
What concerns you most professionally & personally as experts in the field?

MN- What concerns me most professionally is heroin and opioids which are on the rise. We had 1500 non-fatal overdoses last year in Lake County. More people have died in overdoses than car accidents and it’s growing. These drugs are brought into Chicago by cartels and then distributed in our community by street gangs. You can get heroin 5 minutes from here. Since the gangs are bringing this drug into our community, this has caused an increase in gang violence. When we talk about these opioids, particularly heroin, we are shocked by the incredibly addictive nature of this drug. The head of DEA explained to us last week that the type of heroin coming into Chicago is 80-95% pure which means you don’t have to inject it. People are rolling it up with joints & smoking it with marijuana, snorting it and sadly some are overdosing the first time they try it. You cannot experiment with heroin at all as you are likely to become addicted and it’s an addiction you will battle your whole life.





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DK – I think what scares me the most is looking back and how scary it was for me to think about having fun without alcohol. Teens perceive that there isn't enough to do without alcohol. Why do kids in high school choose to drink: lack of self-esteem & wanting to feel more comfortable.

MM – The #1 reason teens are admitted for substance abuse treatment is marijuana. With the legalization debates, there are a lot of misperceptions about marijuana. #1 risk factors – perception of risk of a substance – We know that as perception of risk decreases, then use increases. We have seen that really significantly with marijuana in past few years. Teens are very perceptive. They hear these terms: legalization & medical marijuana and they think this is safe. We need to get the message out that the marijuana of today is much more potent. It is not the marijuana that you might have smoked. Because of its potency, it has a much bigger impact on that developing brain. Please know when we talk about these lethal substances that kids don't start off with heroin but start with either prescription opioids and need to maintain that or they are poly-substance abusers and built up a tolerance.

LP- The medical community struggles with how to treat addiction. There aren't many pediatric addiction psychiatrists in the medical field. We aren't taught very much about addiction in medical school. It is not something most physicians are comfortable treating. I am also concerned about the stigma that comes with addiction. If we keep saying it's them, not me, families will continue to quietly struggle.

KP – We are on the bad end of drugs. The access is too easy, the cost is too cheap & the substances are too dangerous. We see all stages from withdrawal to overdose and the rates of use of heroin is increasing. The stuff is too readily available and if you get a bad dose, it can be your last time like the 2 brothers we found in an apartment recently who had both overdosed.

BS – I'm concerned about the student who is self-medicating: one who is not able to get through a week, weekend, stressful times at school etc. Then it becomes part of their lifestyle and how they cope with stress, anxiety, depression. Another part is what we don't know, we are saying tonight “Not My Kid” and many times at school we are saying “Not That Student.” We would be surprised to know what is happening on the weekend. We try to keep our eyes and ears open all the time, but I think we would be surprised by what we don't know. Then if we did know everything, would we have the capacity to address it? How would we work with our students if we knew everything that was going on & how to address this as a structure & community? Lastly, what do we do when parents and schools are not on the same page when issues are in front of us? When there is an incident or a code violation, we want to partner with you & find that balance between education and accountability. We want this to be a learning experience for a lifetime, not just in that short moment. Your want to have a vision of 20-30 years of your child's life not just if he/she will be kicked off the team. Are we going to be on the same page? We certainly have the same goal. I don't want to see each other as “enemies” if we have scenarios happening at school.

AG- Partnering with parents is one of the main concerns that I have since I've been in public education over 30 years. They are very difficult conversations with parents when I have to explain that there are consequences as a result of the activities your child has engaged in with alcohol and other drugs. I get personally and professionally overwhelmed by these subjects of heroin use, overdoses or a student going into rehab for the 3rd or 4th time. I am certain if a toddler was in harms way about to enter Waukegan Road, everyone in this community wouldn't hesitate to grab & save that child. But when we are dealing with adolescents & teenagers, we have to walk that line to raise them to leave, be independent & make their own choices but at the same time I maintain that they need their parents, teachers & community as intensely as when they were toddlers. Why we get quiet about having those hard conversations? For example, when they come in at night, have them kiss you so you can smell them. Make that phone call to check out the party after homecoming – get pragmatic and hands on interaction so you can keep them safe. With parents, we are really on the same side of the conversation and our teens needs us as hands on now as when they were little.





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Where are teens obtaining substances?

DK – The kids are obtaining substances from liquor cabinets, parents, buying it from other students from other high schools, stealing drugs from other people’s parents & basically stealing from wherever they can.

AK- Most of the alcohol & drugs are coming from parents, grandparents, other friends’ homes. Kids are going into their parents’ liquor cabinets & filling up a Gatorade bottle so they are mixing it which makes it a little more undetectable. With medications, they are taking a few pills from the grandparents’ who may not notice. They are selling them if not using them. They are getting drugs from all over. They are driving to Lake Bluff or North Chicago or Waukegan & for \$5-\$20 they are getting their fix.

LP- Don’t forget social media as a resource for getting drugs. It’s rampant in terms of access as they can text, “Where can I meet you?” and obtain a substance.

Parents seem driven to protect their children at all costs which seems to be leading teens to more risk taking since they believe there will be little or no consequences. How can parents create accountability without exposing children to legal ramifications?

AK- DARE starts the exposure to this topic by giving them facts about what’s out there & the fear of what’s out there to dissuade them from becoming users. It’s important that parents sit down and talk about it but know the curiosity is always there especially through friends. Creating accountability is most important aspect, explaining to your kids that you know what’s going on out there, use the internet to your advantage & see what they are seeing, make yourself knowledgeable. Things are changing so fast that you need to stay on top of things. Have consequences, they don’t need to be extremely harsh to be effective. However, make sure they are harsh enough so they really understand what they did was wrong.

BS – The last part of that question bothered me. Part of the natural consequence certainly could be legal, school or all of the above. We have to be ok with this. I would want you as a parent and us as a community to realize that going through this consequence may pale in comparison to what your child could experience later in life. We are committed to helping our students learn in all kinds of ways. Can you support your student through a bad choice? Can you help them get to the end of that dark day? Can you support them and hold their hand all the way through it? Don’t hide them and protect them from the consequences. That would be the wrong message. Don’t send this message, “We do everything and anything to escape consequence.” What lessons are being learned during those times? We will support your student through the whole process, be it legal or school or both. I can think of a number of parents who have thanked us for partnering with them to help a student through a very difficult time.

AG – I believe in the philosophy of “call me no matter what.” We are the parent, we are the guardian. Please remember your teenage years and how many of us made a decision we wish we could take back. So if your student calls you and is under the influence or at a party & you don’t know what to say to your child, say, “Go to bed. I need to think about this tonight, and we will talk about it in the morning.” Then you need to have those hard conversations & determine the consequences within your family. Nobody will know your child the way you do, what works and what doesn’t work.

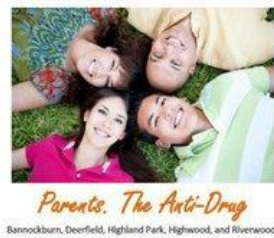
MM- Another one of those protective factors is setting really clear non-use expectations with your teens. They should know what the expectation is and be very clear because what may be clear to you may not be clear to your child. Get the message across that use will not be tolerated. Your kids should know what the consequences are for violating this rule, & the rule should be enforced. However, even parents who are following everything right, there is no assurance that your child won’t use. There is no assurance that your child will not need help, so consequences are one piece but the other piece is care. When enforcing consequences, please come from a place of care. You set this expectation because you treasure them, their health and safety. Finally, make sure they get an intervention by accessing the resources in the community.

DK- We shouldn’t put all the responsibility on the parents, we need to place it on the students as well. I was considered an alcoholic from the age of 14 and my parents tried to protect me too much which in hindsight wasn’t the best way to handle it. I believe that natural consequences can help quicken the process. It took me a long time to get sober. Come from a place of care & compassion & don’t just say, “Don’t do this because it’s bad.” When I was told that, I wanted to do it more. Using gave me a





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sense of adulthood and entitlement. Be there for your kids in a way that is strict but compassionate. Consider taking your child out of his/her environment and sending him/her away to a therapeutic program. I think it would have helped me if I were sent away at a younger age for a longer period of time. Therapeutic interventions can be very helpful.

MN- There is a lot of emphasis on parents. A recovering addict told me that he was concerned that we are sending a message to parents that it's their fault. He continued by saying, "It's not your fault because for me, for example, my parents were with me every step of the way. They waited up for me when I came home. I didn't come home to an empty house. My parents did everything right." This message is important as you have to pay attention, you can't be your child's friend, you have to build that trust but unfortunately, still have a child that uses. Please know this is such a dynamic problem that sometimes it's not the parents fault. When we talk about legal intervention, I believe we must have consequences & they must be real. It gets serious enough, don't be scared to seek legal intervention as that doesn't have to be bad. There are many outstanding programs in the county right now. We have a diversion program, a first offender programs, a drug court, a mental health court. If the court does get involved, it doesn't mean your child is going right to prison. There is a lot we can do to help solve the problem. Getting the courts or police involved is not necessarily a bad thing.

LP – Addiction is a family disease. We had a family in which a student was using marijuana daily, chronically and we were trying to engage him in treatment but when they left I heard the child say to the parent, "Dad, I'm not stopping pot until you do."

How does social media intertwine itself with substance & alcohol use?

DK – Social media makes me feel really small, feel bad about myself as everyone is posting their best day & sometimes that's really hard even though I do like to be connected on things like Facebook. I think its important to monitor your child on Facebook as it drove me to feel very low about myself.

LP – On the internet there are websites (such as <http://www.chemsrus.com>) where anyone can buy new research chemicals & actually have it delivered to your home. Access to these dangerous drugs have been increased greatly due to social media.

BS- Social media is their world as much as the real world may be. It influences them as often. It may be where they spend more time than face to face or certainly on the phone. So to discount it wouldn't be working to understand your child as much as possible. The internet blows everything up, and they can research anything possible. If you can think it, it's out there. Don't underestimate the world of Facebook or you may be doing a disservice to the social life of your student. That is the influence they are getting 24/7. It is exacerbating their insecurities as far as seeing what other students do. Facebook platforms are also exacerbating the "everybody is doing it" mentality whether it's drugs, parties or whatever they choose to reinforce in their minds.

What are the most commonly abused prescription drugs? Why are teens using them and getting access to them?

LP – I will divide the prescription drugs into the opiate section, the stimulant section and the sedative/hypnotic section.

Opiates – *Vicodin, Norco, Oxycotin, Oxycodone*. Kids are injecting them, snorting them & crushing them. These drugs enter the blood stream & very quickly travel through the blood brain barrier creating euphoria. A pill on the street for 80mg Oxycotin = \$80 per pill. Heroin however is much cheaper at \$5 = bag of heroin.

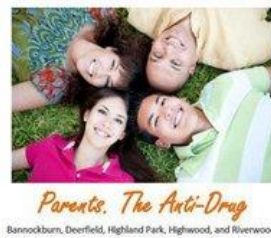
Stimulants – *Ritalin, Adderall, Dexedrine*. There has been such an increase of diagnosis for ADD/ADHD. I believe that treating ADD/ADHD diminishes the chance of abuse of substances so I am very proactive about prescribing stimulate medications where they are needed. But in terms of abusing them, kids are snorting them as well so they also are reaching the blood brain barrier very quickly. Kids are able to stay up all night, study and perform at a perceived level they wouldn't necessarily be able to perform at.

Sedatives/Hypnotics – *Xanax, Valium, Klonopin*. These substances are prescribed for sleep & anxiety. Many prescribers are unaware of their addictive qualities. We are a medication driven society and our kids may think it's ok. If we joke about drinking in high school or smoking marijuana, we normalize it for them. As perceived risk of substances decreases, use tends to increase.





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The IYS data tells us that more teens are driving under the influence of marijuana vs driving under the influence of alcohol. Can you please discuss why this may be and what are the risks associated with driving under the influence of marijuana? There seems to be a perception among our youth that this is not a problem.

MM- It is really, really scary to me as I get this all the time because there are so many misperceptions about marijuana use. Time & time again I hear kids tell me that they drive better high or that it is safe. It is not safe, it impairs depth perception, reaction time especially, coordination. It is really important that kids know the facts about substances. Scare tactics don't work. For example, saying "If you use marijuana, you will use heroin & probably be an addict or alcoholic." That's a scare tactic & data does not support that. But giving them actual facts from reliable sources and websites such as NIDA (<http://www.drugabuse.gov>), places that have done real research. Give them these facts just like the schools may be doing as it is really useful to know

BS – This is part of our driver education programs. Buzz driving is buzz driving. I believe it is part of private driver education programs as well. We are not silent on this topic. Smoking marijuana and driving, fails the eye test. From 10 feet away, you look like you are fine to drive. You are not stumbling or slurring etc. All the stereotypes of drinking and driving don't match with those who have only smoked. That's part of the 16 year old mind and why they see the disconnect. Our nation as a whole has educated the population about not drinking and driving but not smoking weed & driving.

AK – I speak at every driver's education class. We are letting them all know and all the kids are asking that question, "What if I'm just smoking weed, is it ok for me to drive?" There is no difference as DUI is a DUI either as alcohol or drugs. I have them put on the drunk driving goggles and have them drive the golf cart through cones under the influence. Many didn't realize that until they got behind the wheel of the golf cart and were running into things on the track. It really opens their eyes to impaired driving.

It has been said that if kids are going to drink, they should do it at someone's home where they are safe & in fact we should prepare them for college life by making sure they have had some safe experiences with drugs and alcohol while there are parents around. What are your thoughts on those sentences?

AK- That's naïve. Social hosting is not allowed by law. It is not teaching your child anything by saying, "We are going to teach you to drink & you can have your friends over but you can't leave." Parents cannot control 25-50 kids in a house. We have seen this tragedy develop over the years. We make a lot of arrests of parents and kids who are hosting. We go to a house where there is a party & there was supposed to be 5 kids and now 25. The parents say, "I'm upstairs & they are downstairs so everything is ok." If your child is going to have a small party, you need to monitor what they are doing. If there is alcohol in the party area, you need to remove it. It falls back on the parents and your child to make the right decisions when hosting.

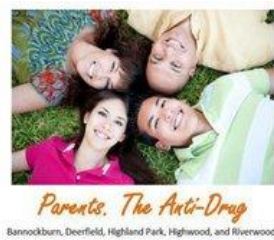
MM – It is really important to recognize that adolescence is a period of determining and exercising independence and your kids are going to rebel. They are programmed to do that developmentally and so the distance they have to go to rebel if you set clear non-use expectations is a lot different than the distance they have to go if you say you are allowed to drink in my home. They will rebel but they will rebel farther. That's what all our data shows. These messages do come from a place of care but it's misunderstood care. We can't teach kids how to drink, you can model healthy behaviors with your own drinking, not driving after you've had anything to drink, not drinking in excess, not glamorizing alcohol or substance use but you can't teach them how to drink. You just can't.

DK- Growing up, I had a huge group of friends & none of our parents allowed us to drink that, but we still figured out ways. You are setting yourself up for disaster. Teaching 14-17 year old teens to drink is not the answer. Be actively involved. When we drank, it was with a parent home & we hid it in the basement. I remember all our turnabout dances in a basement heavily intoxicated.





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If you could tell parents just one thing that would help keep their child safe, what would it be? What do you wish all parents knew?

AG - Know your children's friends, their last names, know the names of their parents & know the cell phone numbers of everyone. Make certain you are talking to the parents of these children about their social activities. When they come home at night, have them kiss you goodnight so you can smell them. Please remember you can't be too hands on.

BS- Love your kids unconditionally. Remind yourself that everyday but love them as a parent, not as a friend or a buddy. Love them as a parent because they need you to be the parent at this moment, they don't need a friend in you. You may want to be a friend but they don't want that. Everyone needs a parent in their life. You are the only one. They need you as the parent, they want you to be their parent. Parent them with the vision of who you want them to be when they are 35 – 40 not now. Parent them with the long term vision so you will make the right choice at this tough time.

AK – Always be open to your son or daughter. Let them know they can call you anytime when they are in trouble or have a question or anything. When we hear, "Please don't call my parents, they will kill me." We are happy to hear this as we know that you are talking to them & instilling in them what to do. Pay attention & be there for them.

LP —Please don't be in denial of the psychiatric illness that could be underlying and/or masking substance use. Kids are killing themselves & communities don't want to talk about it. If we pretend that it's not there, it's not going to go away.

MM – It is never too early to intervene. There is help available. As a parent, it is really brave to reach out for help and accepting it.

DK – There is no right or wrong answer. Tell your kids that they are not invincible & that consequences can happen to them. Show your teen how to be responsible adult, focus on getting out of themselves & helping others. I would love to start a mentoring program where kids could have availability to other people like me who they could relate to and talk with.

MN – Be a parent, don't be a friend. Listen to your kids. Build that trust. Be a parent as they are looking for that in you. These kids are under so much pressure these days, incredible amount of pressure to do things we don't want them to do. They are looking for you to be that voice of reason, their way out, their excuse to not do certain things. Don't have parties in your basement as you are setting the wrong example and opening yourself up to criminal and civil liability.

OPEN QUESTIONS FROM THE AUDIENCE:

Why don't you bring sniffing dogs into the schools to observe narcotics in the building. When will this happen in this school district?

AG – Scare tactics don't work and false alerts of old sandwiches in lockers may not be the best use of our time and energy when it comes to interventions with our students. We are trying to get them help but there are always consequences. That is part of my job as principal but our primary goal is getting them help.

Dana, is there anything your parents could have done to stop you sooner?

DK – There were many issues in the family. I take responsibility but my family situation contributed to it. Make sure your personal issues are controlled as a parent of an adolescent because we are at a very vulnerable stage. I had an eating disorder first and my first abuse was with diet pills. There probably should have been more intervention than just therapy. I probably should have been sent away into a therapeutic environment. It would have allowed me to develop emotionally and mentally and build my self-esteem as that was completely lacking. Dana's mother stood up to add: if in your gut you know there is a problem, it doesn't matter what anyone else says, get the help that's here. If you are the only one, if you are the only crazy parent who is keeping them home from the senior trip, be that parent. Don't shy away from that.





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Can you give us some ideas for logical consequences if our teens use alcohol or drugs?

AK – The #1 consequence that would hurt a child these days is take away phone, internet privileges & computer. Unfortunately this gets their attention more than anything else since this is their outlet to the world either through Twitter, Facebook, Skype etc..... If you really want to get their attention, cut them off from the world. I talked with one father who said, "I took away the phone & you would have thought I took off her left arm." It's a place to start. We can't tell you what consequence works best for your child but start with social media and electronic devices. Stay on them as well.

MM- Every family is so unique but if you suspect substance use, I don't think you should allow your child driving privileges based on what we know about the impacts on driving and their behavior and risk perceptions. That is a clear cut consequence that should be enforced.

AK – For those of you who have children with permits and licenses, you own the right to their driver's license. If they can't respect your rules & privileges or you suspect substance abuse, take it away. You have that ability for the first few years they have their license. Please use this ability & you can save their life or someone else.

DK- Take away their car. Communicate your expectations, set boundaries & explain why. Have data to show them that you aren't just trying to be mean. Then enforce those boundaries when they aren't met.

BS – Along with consequences and taking something away, think about adding something to their life. The importance of self-image & importance of getting them out of themselves. Mandating them to give back to others and out of themselves. Turn something that has been very difficult into something bigger & positive by adding something to their life as well.

AG – We have talked about consequences but kids need to recover. How do you gracefully recover when you have made a mistake? If they have made a poor decision about using alcohol or drugs and they are earning your trust back, remember that developmentally most of our kids, most of the time make right decisions when they are by themselves. It starts to erode with each kid they are with and depending on the developmental age of your child, by the time you have 6-10 teens together good decisions become compromised. So put those limits on your teen such as allow them to go out with 1-2 kids, set strict limits about where & with whom. Ease them back into their social world while you are rebuilding your trust in them.

Where can parents go to get the kind of data you think we should share with our kids?

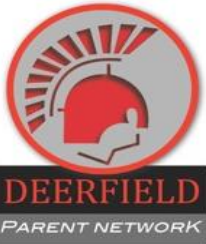
MM - National Institute of Drug Abuse NIDA (<http://www.drugabuse.gov>). They have section for parents, educators, kids etc... It is presented in a way that is easy to understand & fact based.

MN- The Lake County Under Age Drinking & Drug Prevention Task Force (<http://www.drugfreelakecounty.org>) Their website has great data and most is locally based.

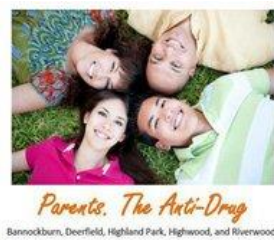
DK – Reach out for live data by contacting local AA groups. I would always be a resource and I know others would be as well. Be equipped with personal stories from kids who have passed away in our community & this high school with pictures so it is more impactful.

LP – There is an ongoing study since 1975 from University of Michigan called Monitoring the Future (<http://www.monitoringthefuture.org>). The study started out by following seniors, their substance use & attitudes about substance use. The study has been following the same cohort since 1975. In 1991, they added on 8th & 10th graders. This year they had 43,000 students at over 300 schools across the nation participate.





Deerfield Parent Network & Parents. The Anti-Drug "Network Notes"



After everything you have said about prescription medication, I'm freaked out about what I have in my house. How can I get rid of it safely?

MN –On The Lake County Under Age Drinking & Drug Prevention Task Force (<http://www.drugfreelakecounty.org>), there is a list of 15 different locations in our county where you can dispose of your medications safely. They look like a mailbox. Please don't flush it away as it gets into the water as the purification centers are not equipped to take those substances out of the water system. In Orange County, CA, they are seeing an incredible amount of barbiturates in the water. There is a significant tie in with prescription drugs & heroin so the significant thing you can do to decrease that risk is get those drugs out of your medicine cabinet.

Here are the local ones:

Highland Park Police Department

677 Old Deerfield Rd., Highland Park

Deerfield Police Department

850 Waukegan Rd., Deerfield

North Shore Health Center

1840 Green Bay Rd., Highland Park

For more locations visit:

drugfreelakecounty.org or saveastar.org

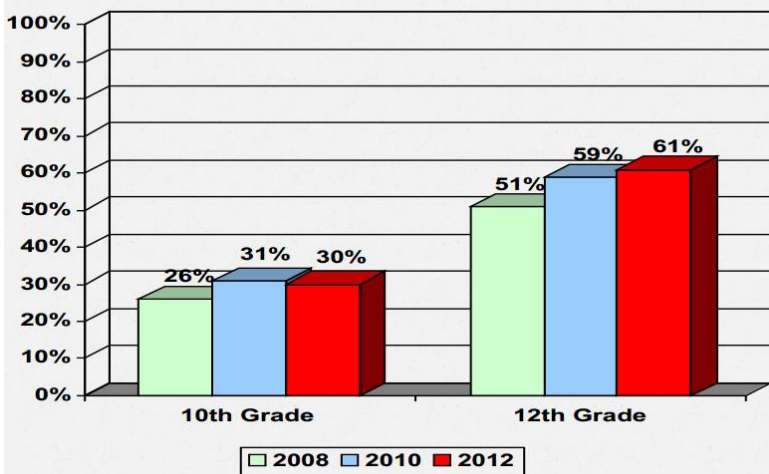
RECOMMENDED WEBSITES:

1. National Institute of Drug Abuse NIDA <http://www.drugabuse.gov>
2. The Lake County Under Age Drinking & Drug Prevention Task Force <http://www.drugfreelakecounty.org>
3. Monitoring the Future <http://www.monitoringthefuture.org>
4. Home drug testing kits: www.nickbeinlich.com This website has information about home drug testing kits and will send a kit for free. These kits can also be purchased at Walgreens and other pharmacies.

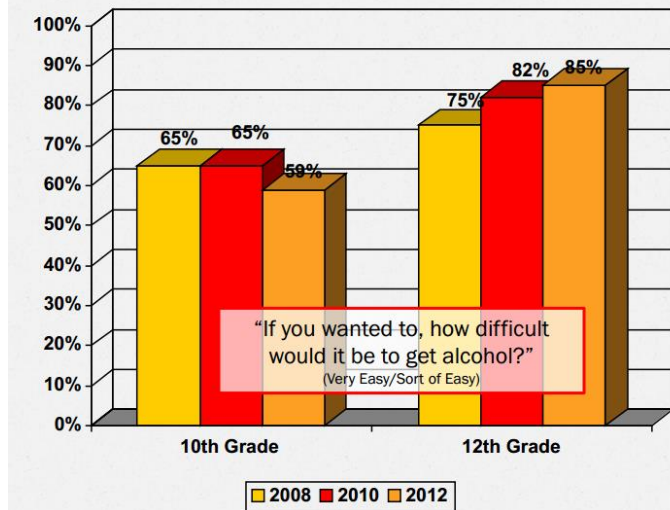
ILLINOIS YOUTH SURVEY 2012

1. Every 2 years, 8th, 10th & 12th grade Illinois students are surveyed regarding their alcohol and drug use. Click the link to see all data: <http://www.dist113.org/Documents/2012%20HSSSE-IYS%20Presentation%20Final.pdf> Below are some examples from District 113.

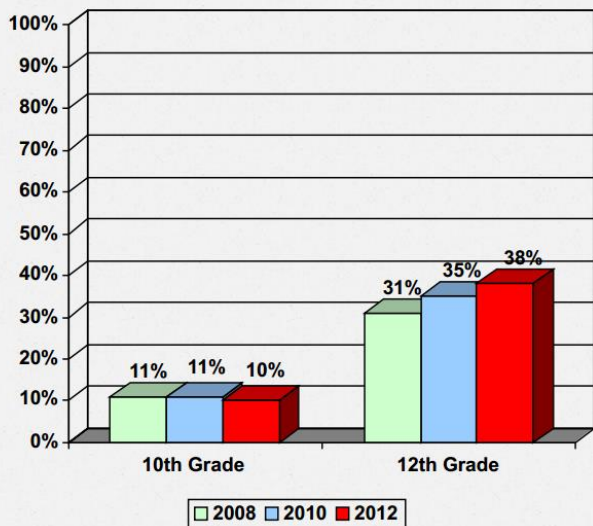
Alcohol Use – Past 30 Days



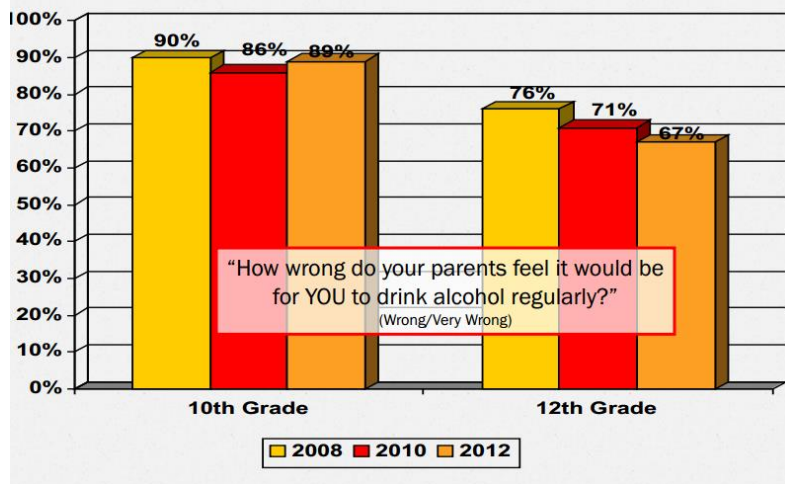
Alcohol – Access



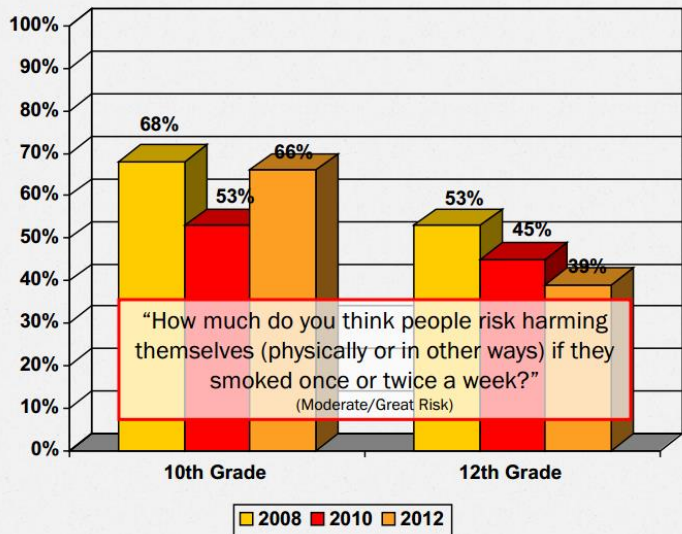
Binge Drinking – Past Two Weeks



Alcohol – Parent Approval



Marijuana – Risk of Harm



Marijuana – Access

