



Drug Awareness & Prevention

Drugs and alcohol are in our communities, in our schools and more available than ever to our youth. Your child does not have to be using drugs or alcohol to be impacted by substance abuse. When kids in the school use, everyone is affected.

Substance abuse trends among teens

- Heroin use has increased among teens; it's relatively inexpensive and accessible. It is typically smoked or injected.
- Cocaine is making a big comeback and is now viewed as a "soft" drug by teens.
- Psilocybin or mushrooms are considered by teens to be natural and therefore safe.
- New club drugs are coming on the scene rapidly and have unpredictable highs.
- Ecstasy/MDMA, previously a club drug, is becoming more popular to use in other settings.
- Prescription medications, including ADHD medications, are abused in many ways (swallowed/snorted/smoked) and can be addictive.
- Alcohol is a powerful drug that can severely affect developing brains and bodies, with high rates of addiction among early users.
- Marijuana is still very popular among teens and is often a gateway to other drug use. It is the number one drug of abuse in substance abuse agencies statewide. It's also eight to 15 times more potent than it was 20 years ago. It is addictive and damaging to developing brains.
- Synthetic marijuana (sold under such names as Spice and K2), though recently banned by the FDA, is still readily available and has a more potent high with serious and unpredictable side effects.
- Methamphetamine has rebounded in popularity among teens.

Warning signs of drug or alcohol use

- Obvious signs include intoxication, smell of drugs or alcohol, slurred speech, glassy eyes and paraphernalia like tin foil balls, pipes or lighters.
- Less obvious are mood swings, volatile temper, change in friends, and drop in school attendance or grades.
- Lack of interest in things that were once important such as friends, sports and hobbies.
- Watch for missing money, prescription drugs or alcohol from the home.
- Use of eye drops, room deodorizers or perfume/colognes in attempt to conceal substance use.
- Expression of concern by your teen's school, friends, etc.

What to do if you're concerned about your teen or a teen you know

- Stay calm and tell your teen that you know he or she using.
- Approach it as a family problem, expressing love and concern.
- Be a parent, not a friend, and set clear boundaries and realistic consequences.
- Be prepared to withhold privileges (anything outside of food, shelter and clothing), including smartphone access.
- Know where your children are, who their friends are and how they spend free time.
- Keep the lines of communication open.
- If a teen continues using, get her or him a substance use assessment and counseling.

Resources

- **Youth Eastside Services** in Bellevue, Kirkland and Redmond and many schools 425.747.4937
- **Washington Recovery Helpline** 1.866.789.1511
- **Alanon/Alateen** 206.625.0000
- **Alcoholics Anonymous** 206.587.2838
- **Narcotics Anonymous** 206.790.8888
- **Lakeside-Milam Recovery Centers** 1.800.231.4303

About YES

Since 1968, YES has been a lifeline for kids and families, offering counseling, treatment, education and prevention services to help youth become healthy, confident and self-reliant and families to be strong, supportive and loving.

Our services include:

Substance Abuse Treatment & Prevention

- Comprehensive youth-specific assessment
- Evidence-based counseling and treatment
- Counseling for co-occurring substance abuse and mental health issues
- Group programs for youth and parents
- Individual and family counseling
- Aftercare and recovery support
- Support for youth impacted by family addiction
- Prevention/intervention services in area schools

Education & Prevention Programs

- Counselors in local teen centers
- Mentoring for youth
- Latino outreach programs
- BGLAD for LGBTQ youth
- Healthy Start for young parents
- Anti-bullying programs
- Teen dating violence prevention

Youth & Family Counseling

- Emotional distress
- Depression and anxiety
- Trauma and grief
- Behavioral difficulties
- School-related problems
- Peer and family relationship issues
- Parent-child conflicts
- Sexual or physical abuse counseling and treatment
- On-site counselors in some schools

Parent Education, Support & Coaching

- Classes and workshops
- Co-counseling
- Support groups
- Parent coaching
- Positive parenting strategies

YES is a nonprofit organization. We accept private insurance, Washington Apple Health (formerly Medicaid), and offer a sliding scale fee schedule. Our services are fully confidential, including when provided at the schools.

Offices in Bellevue, Redmond and Kirkland.

Serving more than 70 sites including doctor's offices, schools, teen centers and community centers.

