

SUSPECTED SUBSTANCE USE IN STUDENTS

Better Choices. Brighter Futures.

Signs to Watch for:

Physical Signs

- Bloodshot eyes
- Dilated pupils
- Nosebleeds
- Smell
- Lack of grooming
- Rapid weight loss

Behavioral Signs

- Changes in academic performance: attendance, motivation, getting into trouble
- Changes in mood or behavior: lack of involvement in former interests, low energy, irritable, defensive
- Switching friends or peer groups

Important to note: Adolescents may be experiencing one or 2 of these signs without experimenting with substances. Take notice with 3 or more of these signs.

What Should I Do?

- Create a safe, open and comfortable space to talk. Speak and listen from a place of love, support and concern. Don't normalize or brush off use.
- Let your student know you value their honesty and are willing to listen without judgment.
- Ask open-ended questions; listen with the intent to understand, not to respond.
- Reassure your student that you can always be counted on for support.
- Thank your student for talking with you.
- Notify Administrative Staff/SRO
- Refer student to meet with Chemical Health Specialist

RESOURCES

Prevention and Early Intervention Services:

- i.e. Family focused therapy and Chemical Awareness
 - Youth Service Bureau, Inc. (Stillwater, Woodbury, Cottage Grove): 651-439-8800
 - Canvas Health: 651-777-5222
 - Family Means: 651-439-4840
 - Family Innovations: 651-383-4800

YSB on-demand chemical health podcasts and resources: www.ysb.net

www.gobi.support: An online intervention program for middle and high schoolers and their families.

Hazelden Betty Ford: Free, confidential phone assessments to determine if treatment is needed and, if so, what location and treatment options are available. 1-888-414-0832

Nivon Wellness Center: Outpatient treatment in Cottage Grove. 612-564-8073



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service
bureau