



# Prevention *for parents*

## Trick or Treat: Halloween During a Pandemic

This Halloween is going to look a little different like many things this year. What will that mean for you and your family?

A night in with the family is a great option if you're spooked by the idea of COVID-coated-candy wrappers.

We know that when kids have strong, positive relationships with their parents, they are less likely to use substances.

Spending quality time together is a great way

to foster that positive relationship, so queue up a scary-movie marathon, get out the pumpkin carving kit,



or make your own sweet treats together.

If you or your teen is planning to partake in festivities with oth-

ers, check out the Parent Resource section on the second page of this newsletter for some ideas on socially dis-

tanced Halloween activities.

If your teen is planning to go out without parents, make sure you

know who they're with and what they're doing.

It's also a good time to talk with your teen about their thoughts and goals around their substance use choices.

When teens understand their parents' expectations and have thought about their personal commitment to saying no to substance use, they make better decisions in the moment.

## How to Dispose of Old Medications

Do you have some old prescriptions haunting your medicine cabinet? Drop them off during the annual Drug Take Back Day or check the [SW C.A.R.E.S Coalition Facebook page](#) for up-to-date information!

Decreasing access is a great way to prevent teens from using

prescriptions that don't belong to them.

While most teens don't use medications that don't belong to them, it doesn't hurt to remove the option. Plus, it's a great opportunity to declutter!

You could also involve your teen in the process and talk with them

about how to responsibly use prescriptions and what to do when you're done with the medication.

South Whidbey C.A.R.E.S Coalition is hosting their yearly Drug Take Back Day on

**Saturday, October 24, 10am-2pm**, at the South Whidbey Community Center.



## Be Brave, Be Happy, Be Drug-Free: Red Ribbon Week 2020

Red Ribbon Week is a national campaign for youth, families, and communities to take a visible stand to be safe, healthy, and drug-free, which takes place every year, October 23rd-31st. The campaign started in 1985 after drug traffickers murdered DEA agent Kiki Camarena; this began the continuing tradition of displaying Red Ribbons as a symbol of intolerance towards the use of drugs.

The campaign hosts a variety of activities and a contest each year to determine the national theme; the theme for 2020 is Be Brave, Be Happy, Be Drug-Free. This year, South Whidbey Student Wellness (SW<sup>2</sup>) Group youth are gearing up for Red Ribbon Week by making and sending out Halloween themed Envelopes of Hope. Join millions of people in showing your family's stand against drugs by displaying a red ribbon in your home, on your car, or at your work.



### What Would You Like To See In

Contact Colleen Chan with any suggestions, comments, or questions.

**Colleen Chan**, MSW, LSWAIC  
Student Assistance Professional (SAP)  
South Whidbey Middle/High School & SWA  
Northwest ESD 189  
360-299-4709  
cchan@sw.wednet.edu

## South Whidbey SAP Program

Worried that your student may be struggling with substance-related issues?

The Student Assistance Professional (SAP) Program exists to serve students who may be using substances themselves, are at a higher risk for using substances, or are struggling with family members who use substances.

Students can work one-on-one with the Student Assistance Professional or participate in a group with other students with similar experiences.

Services are tailored to

individual student needs and often include learning coping skills, teaching refusal skills, and learning about the risks of substance use.

All referrals and conversations are confidential and students will not get in trouble for disclosing information to the Student Assistance Professional. (Limitations to confidentiality are suicide plans, reports of abuse, or information about the injury of another person).

Referrals can be made by phone or email to Colleen Chan.



### Parent Resources

#### Socially Distanced Halloween Activities for Teens

<https://www.parents.com/holiday/halloween/games/halloween-games-for-teens/>

#### How to Dispose of Old Medications

<https://getthefactsrx.com/>

<https://getthefactsrx.com/storage-disposal>

#### What Works in Prevention & What Doesn't

[https://www.hca.wa.gov/assets/program/px\\_tool\\_what\\_works\\_what\\_doesnt.pdf](https://www.hca.wa.gov/assets/program/px_tool_what_works_what_doesnt.pdf)