



www.lscares.org

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Drug & Alcohol Free R-7

A Parent's Guide to Prevention



The average age that youth begin drinking in Missouri is 12.
True or False?
(answer inside)

Community Resources

Alcoholics Anonymous 471-7229
Support for adults & teens dealing with recovery from alcohol dependency.

Al-Anon & Alateen 373-8566
Support groups for teens with alcohol or chemically dependent parents, family members or friends.

Crittenton 765-6600
Provides psychiatric care for children & their families.

Narcotics Anonymous 531-2250

National Council on Alcoholism & Drug Dependence
Education, Assessment, Referral & Prevention Programs 361-5900

Preferred Family Health Care 347-8777
Care for adolescents & their families with substance abuse problems.

ReDiscover 246-8000
A full service mental health & substance abuse provider.

Toughlove Parent Support Group (913) 397-8118
Support for parents troubled by a child's behavior.



Hotlines

Al-Anon Family Groups (888) 425-2666

Alcohol & Drug Helpline (800) 821-HELP

Cocaine Hotline (800) COCAINE

Center for Substance Abuse Treatment Drug
& Alcohol Treatment Referral Service (800) 622-HELP

True. The average age youth begin drinking in Missouri is age 12.

Lee's Summit R-7 School District
 Director of Student Services
 Jeff Miller

986-1139

High School Student Resource Officers (SRO's)

Lee's Summit - Officer John Keck 986-2135
 Lee's Summit North - Officer Rodger Bowers 986-3053
 Lee's Summit West - Officer Bobby Conard 986-4035

High School Counseling Centers

Lee's Summit 986-2003
 Lee's Summit North 986-3019
 Lee's Summit West 986-4003

Websites



ReDiscover
www.rediscovermh.org

Freevibe
www.freevibe.com

Office of National Drug Control
 Policy
www.whitehousedrugpolicy.gov

Join Together
www.jointogether.org

Mothers Against Drunk Driving
www.madd.org

Lee's Summit R-7 School District
www.leesummit.k12.mo.us

Lee's Summit CARES
www.lscares.org

National Council on Alcoholism &
 Drug Dependence
www.ncadd.org

Partnership for a Drug-Free America
www.drugfreeamerica.org

Philosophy

R-7 School District recognizes that the use and/or possession of tobacco and mood-altering chemicals as a significant health problem for many adolescents, resulting in negative effects on behavior, learning and the total development of each individual. The possession or use of tobacco and of mood-altering chemicals, such as alcohol, drugs, marijuana, etc., by adolescents affects extra-curricular participation and the development of related skills.

Consequences of Substance Abuse

Any student in possession of, buying, under the influence of, or using a controlled substance, illegal drugs, drug paraphernalia, alcohol, mood altering chemicals or non-prescription drugs, or any student who represents any substance as one of the above, will be suspended for up to ten days with a possible referral to the superintendent, which could result in a suspension of up to 180 days.

A second drug offense during a student's high school career will result in an automatic ten-day suspension and referral to the superintendent for long-term suspension or expulsion.

The verbal or written agreement to sell or transfer intoxicants, alcohol, and/or physical or mind-altering chemicals (illegal drugs) or any substance a student represents as a controlled substance on a school property or at school-sponsored activities will result in a ten-day suspension and a referral to the superintendent, which could result in a suspension of up to 180 days or expulsion.

School discipline shall be imposed independent of court action. Local law enforcement agencies will be contacted in accordance with Safe Schools Act guidelines. Consistent with the community's expectation that school officials sustain a safe school environment, the Lee's Summit Schools will cooperate with appropriate law enforcement agencies in conducting periodic, unannounced searches requiring the utilization of canine units.

For Students Involved in Athletics/ Extracurricular Activities

Credible citizenship is a year round responsibility. The following rule includes the school year, summer, and season of practice, play or rehearsal:

Regardless of quantity, a student shall not use or possess tobacco; have in possession or use a beverage containing alcohol; use or consume, have in possession, buy, sell or give away illegal drugs or chemicals; or any substance defined by law as a drug specifically prescribed for the student's own use by his/her doctor; or use or be in possession of drug paraphernalia. The use of prescribed or non-prescribed performance-enhancing products is greatly discouraged by Lee's Summit R-7 School District.

The use of each type of chemical can adversely affect the student on a short or long term basis. Chemical substances are defined as tobacco/alcohol/mood-altering chemicals/and drug paraphernalia.

The following are **minimum** guidelines that shall be applied for the violation of the substance abuse rules in our high schools. Each coach/sponsor shall have the option of assigning additional penalties for any violation.

First Violation Penalty

Following confirmation of the violation, the student would lose eligibility to participate in the next match/contests that occur in a consecutive chronological sequence. The student/athlete shall be ineligible for interscholastic competition and may not participate for a minimum of 40% of his/her competitive season. The matches/contests cannot be selected. The student must meet all other team obligations as defined by the coach/sponsor of that activity. Also, the student must undergo ten hours of tobacco/drug/alcohol counseling or rehabilitation before they can participate in activities.

Acting On Your Suspicions

If you suspect that your teen is using drugs or alcohol, you should voice your suspicions openly - avoiding direct accusations - when he or she is sober or straight and you're calm.

This may mean waiting until the next day if your teen comes home drunk from a party, or if his/her room reeks of marijuana. Ask about what's been going on – in school and out – and discuss how to avoid using drugs and alcohol in the future. If you encounter reluctance to talk, enlist the aid of your teen's school guidance counselor, family physician or a local drug treatment referral and assessment center - they may get a better response.

Taking time to discuss the problem openly without turning away is an important first step on the road to recovery. It shows that your teen's well-being is crucial to you and that you still love him, although you hate what he's doing to himself. But you should show your love by being firm and enforcing whatever discipline your family has agreed upon for violating house rules.

Even in the face of mounting evidence, parents often have a hard time acknowledging that their child has an alcohol, tobacco, or drug problem. Anger, resentment, guilt, and a sense of failure are all common reactions, but it is important to avoid self-blame. Drug abuse occurs in families of all economic and social backgrounds, in happy and unhappy homes alike. Don't let the stigma of addiction or alcoholism hinder you from seeking more information or asking for help.

Please, utilize the resources at the end of this booklet to seek more information or ask for help. Your high school guidance counselor is another great place to begin if you have a concern. Most important is that the faster you act, the sooner your teen can start to live well and healthy again.

Inhalants

- Inhalants are breathable chemicals that produce mind-altering vapors. They include solvents, aerosols, some anesthetics (e.g. airplane glue, nail polish remover, lighter and cleaning fluids, gasoline, paints, hair sprays, nitrous oxide.) Basically anything that paints, polishes, or propels.
- One in five kids report having used inhalants by the 8th grade.
- Using inhalants may result in nausea and vomiting, losing touch with one's surroundings, a loss of self-control, violent behavior, unconsciousness, or death. Solvents and aerosols also decrease the heart and breathing rate and affect judgment.
- Death from inhalants is usually caused by a very high concentration of inhalant fumes (teens use paper bags).

Ecstasy and Club Drugs

- MDMA (adam, ecstasy, XTC) is a "designer drug" concocted by mixing varying amounts of hallucinogens, stimulants, and sometimes opiates. Sold in pill form, it can cause a variety of behavioral and cognitive consequences, and affect memory.
- Ketamine (Special K) is a powerful hallucinogen in powder (snorted or sprinkled on marijuana) or liquid form and used as an anesthetic by veterinarians. It can cause delirium, amnesia, impaired motor function and potentially fatal respiratory problems.
- Methcathone ("cat") is a stimulant sold in powder or pill form. It causes severe internal bleeding, but it looks and acts like cocaine enough to fool even the experienced user. Can be snorted or sprinkled on marijuana.
- Rohypnol ("ruffies"), a "date rape" drug is a colorless, odorless, tasteless sedative-hypnotic. It causes the recipient to appear drunk and eventually results in an inability to move and total memory blackout. It is addictive.
- GHB, gamma hydroxybutyric, another "date rape" drug, was originally used by body builders and is available in clear liquid, white powder, or tablet. Odorless and nearly tasteless, it results in a state of relaxation for up to four hours and has also been used as a "date rape" drug. Effects can include nausea, vomiting, respiratory problems, seizures and coma.
- Many of these club drugs can be easily slipped into drinks at raves and parties, and because they are clear, odorless and nearly tasteless, the recipient will be unaware that (s)he is ingesting the substance.

For Students Involved in Athletics/ Extracurricular Activities

Second Violation Penalty

The student shall be ineligible for 365 days, beginning with the date of the violation.

End of Season, Off-Season, Summer Violations

The loss of eligibility carries over to the next season in which the student/athlete participates. Example: If a student commits a violation during the last contest of the season, he/she loses eligibility (as per the consequence category involved) in the next season of participation. The 40% formula will be reworked per the next season of participation. Counseling and/or rehabilitation services must begin during the season of the violation.

Be A Good Role Model

Be aware of your own use of alcohol and other drugs. Your habits will send your teen a powerful message. Parents' abuse of alcohol, tobacco or illicit drugs significantly increases a teen's chance of using and developing a substance abuse problem of their own.

Drinking alcohol is one of the accepted practices of adulthood. But drinking to the point of losing control sends the wrong message to teens. Also:

- Never drink & drive.
- Don't involve your teen in your use, such as asking him or her to get you a beer or a cigarette.
- Don't allow your teen to drink or smoke in your home.
- Don't provide alcohol to teenagers in your home. It's not safe, it sends the wrong message and you would be breaking the law.
- Consider locking up your alcohol.

Guide Your Teen

Believe it or not, older teens have already had to make decisions many times about trying alcohol and drugs. They witness many of their peers using alcohol and drugs - some without obvious or immediate consequences, others whose use gets out of control.

To resist peer pressure, teens need more than a general message not to use drugs. Most high school students are future oriented and are more likely to listen to discussions of how drugs & alcohol can ruin chances of getting into a good college, being accepted by the military or being hired for certain jobs.

Set your expectations. Expectations help you define the standard of behavior you expect from your teen. Communicate these to your teen. They need to know where you stand. Rules and consequences should be spelled out as well. They provide a solid way to help your teen understand your expectations and learn self-control. Also they provide teens with a believable excuse to give their peers when resisting drugs and alcohol.

Finally, it is important that parents praise and encourage teens for all the things they do well and for the positive choices they make. Knowing they are appreciated by the adults in their lives is highly motivating and can strengthen their commitment to remain drug and alcohol free.

Hallucinogens

- Hallucinogens include LSD ("acid"), mescaline, psilocybin ("shrooms") and DMT.
- PCP is an hallucinogen, but it also can relieve pain or act as a stimulant.
- The effects of psychedelics are unpredictable. It depends on the amount taken, the user's personality, mood and expectations, and the surroundings in which the drug is used.
- Physical side effects include dilated pupils, higher body temperature, increased heart rate and blood pressure, sweating, loss of appetite, sleeplessness, dry mouth and tremors.
- Having a bad psychological reaction to LSD and similar drugs is common. The user may experience panic, confusion, suspiciousness, anxiety, feelings of helplessness and loss of control.
- Heavy users of LSD sometimes develop signs of organic brain damage, such as impaired memory and attention span, mental confusion and difficulty thinking.
- PCP can produce violent or bizarre behavior in people. This behavior can lead to death from drowning, burns, falls and automobile accidents. Taking large amounts of PCP can cause death from repeated convulsions, heart and lung failure, or ruptured blood vessels in the brain.

Over The Counter & Prescription Drugs

- Over the counter (OTC) cold remedies which contain ephedrine or alcohol are abused by many teens.
- Varying amounts of caffeine, ephedrine, and phenylpropanolamine, are usually found in OTC preparations such as diet pills and decongestants.
- Young teens shoplift to obtain these products because they are expensive.
- Effects include anxiety, restlessness, weakness, headache, difficulty breathing and rapid heartbeat. There have been reports of severe high blood pressure, leading to cerebral hemorrhaging and death.
- Danger from overdose is extremely high because of the appearance of safety created by easy availability.

Stimulants

- Amphetamines are physically and psychologically addictive. When people stop using stimulants abruptly, they may experience fatigue, long periods of sleep, irritability, hunger, and depression.
- Cocaine is a strong stimulant of the central nervous system.
- It is generally in the form of a white crystalline powder like sugar. It can be snorted, injected, eaten or smoked.
- “Crack” is a smokable form of cocaine that looks like small lumps or shavings of soap, but has the texture of porcelain.
- Cocaine constricts the blood vessels and produces complete but temporary local anesthesia. It rapidly increases heart rate and raises blood pressure.
- Cocaine can cause brain seizures and strokes.
- Cocaine is highly addictive, and addicts use the drug just to feel normal or to avoid the severe depression and fatigue that set in when they try to stop.
- Amphetamine, dextroamphetamine, and methamphetamine (speed, white crosses, uppers, ice, dexies, bennies, crystal) increase heart and breathing rates and blood pressure, dilate pupils, and decrease appetite. High doses can cause people to flush or become pale, cause a rapid or irregular heartbeat, tremors, loss of coordination, and even physical collapse.
- 92% - 98% of people who try meth get addicted the first time.
- 24% of meth users are under 18 years of age; 35% are in the age range of 18-23.

Opiates

- These are narcotics which include opium, morphine, heroin and codeine, as well as the synthesized meperidine (Demerol).
- Teens usually smoke the dark brown chunks of opium, either alone or add it to marijuana cigarettes.
- Effects include restlessness, nausea, vomiting. With large doses, the user cannot be awakened, pupils become smaller, skin becomes cold, moist, and bluish in color. Breathing slows down and death may occur.
- Opiates are highly addictive and become the main focus of the addict's life because of the development of tolerance.

Monitor Your Teen

Monitoring is keeping tabs on your teenagers. It includes knowing where they are, whom they are with, what they are doing and when they will be home. It means asking questions, having your teen check in with you regularly, and checking up on them as well.

Require your teen to check in with you when they get home at night. This serves as a deterrent to alcohol, tobacco and illicit drug use if they know they will have to say goodnight. It also gives you the opportunity to check for signs of use, such as odors on breath or clothing.

Plug into the different areas of your teen's life, including school, work, friends, after-school activities, adult relationships and free time. Sometimes it's a process of communication, and other times it means comparing notes with other adults in your teen's life.

Parents have no stronger allies in their fight against drug abuse than each other.

- Get to know your teen's friends and their parents. Agree on a general behavior code appropriate to your teens. It's helpful to be able to turn to other parents at the same stage of child-rearing with questions like “My son wants to go to a party where the chaperone will be a 20-year-old brother— are you allowing your daughter to go?”
- “Check up” on your teen periodically. Don't hesitate to drive by a party your teen is attending and call the host parents to ensure they will be home.
- Have your teen call from a residence phone (not a cell phone) and use caller ID to make sure they are where they said they would be.

Share information with parents of your teen's friends. Your teen is networking every day...are you?

Contract For Life

Young Adult:

I recognize that there are many potentially destructive decisions I face every day and commit to you that I will do everything in my power to avoid making decisions that will jeopardize my health, safety or your trust in me. I understand the dangers associated with the use of alcohol and other drugs, and the destructive behaviors often associated with impairment.

By signing below, I pledge my best effort to remain alcohol and drug free and agree that I will never drive under the influence of either, or accept a ride from someone who is impaired.

Finally, I agree to call you if I am ever in a situation that threatens my safety and to communicate with you regularly about issues of importance to us both.

Parent (or Caring Adult):

I am committed to you and to your health and safety. By signing below, I pledge to do everything in my power to understand and communicate with you about the many and potentially destructive decisions you face.

Further, I agree to provide for you safe, sober transportation home if you are ever in a situation that threatens your safety and to defer discussion about that situation until a time when we can both talk about the issues in a calm and caring manner.

I also pledge to you that I will not drive under the influence of alcohol or other drugs and will always seek safe, sober transportation home.

Signed:

Student

Parent (or Caring Adult)

Tobacco

- The use of tobacco products is the chief avoidable cause of death in our society. Over 425,000 people in America die of tobacco-related illnesses each year.
- Cigarette smoke contains over 4,000 chemical compounds including 43 known carcinogens. It is responsible for 30% of all cancer deaths and 87% of lung cancer deaths.
- Smoking is associated with cancers of the lungs, mouth, pharynx, larynx, esophagus, pancreas, uterine cervix, kidneys, bladder, coronary heart disease and stroke.
- Nicotine is one of the most highly addictive stimulant substances known.
- Tobacco, along with alcohol and marijuana, are often referred to as "gateway drugs": which means they often lead to illicit drug use.

Marijuana

- Marijuana (pot, grass, weed) smoke contains substantially more cancer causing chemicals and carbon monoxide than tobacco smoke.
- THC, the addictive chemical in marijuana, can store up in the fatty tissues of the body for a month or longer. The marijuana available to your children today contains over 15 times the amount of THC than it did in the 1960's.
- Marijuana impairs memory, the immune system, alters the sense of time, reduces ability to do things which require concentration, swift reactions, and coordination and causes users to lose interest in goal setting (amotivational syndrome).
- Because marijuana impairs thinking and reflexes, driving skills are impaired for at least 4-6 hours after smoking a single marijuana cigarette.
- Marijuana is physically and psychologically addictive.

Alcohol - A Dangerous Drug

- It takes an adolescent only 6-18 months to become an alcoholic as opposed to 5-15 years for an adult.
- Alcohol is the number one drug of choice among teens.
- A 12oz. beer, 5oz. glass of wine, 1oz. shot of liquor contains the same amount of alcohol.
- Alcohol impairs vision, judgment, reactions, coordination and the ability to think clearly.
- Alcohol destroys brain cells.
- Long-term drinking causes damage to the liver, heart, nervous system and kidneys.
- Alcohol is a mind-altering drug that works as a central nervous system depressant.
- Alcohol changes the way a person thinks and acts.
- The younger the person begins to use alcohol, the greater the risk of alcoholism.
- Research verifies that children of alcoholics are at high risk to become alcoholics if they choose to drink alcohol.
- Binge drinking is life-threatening. At least one college student a week dies from alcohol overdose.
- More than two-thirds of young people who begin drinking before the age of 15 will try an illicit drug.
- One night of drinking negates the efforts of the previous 14 days of practice and/or weight training.

Steroids

- Anabolic steroids, a synthetic version of testosterone, are attractive to adolescents because they may help put muscle on some people when they are used while lifting weights and sports performance may appear to be enhanced.
- Steroid use has a long list of adverse side effects such as bad breath, oily hair and skin, male pattern baldness and acne or cysts.

A. Parents must be at the party.

1. No parent - no party.
2. A home minus adult supervision is asking for trouble.
3. Parents have a responsibility to see to it that parties are conducted in an appropriate manner.

B. Set ground rules with your teen beforehand.

1. Let your teen know your expectations; they do want guidelines. Make sure your teen passes these on to their guests in advance so there are no surprises.
2. Become involved with your teen in planning party activities. Agree on an appropriate guest list & stick to it.
3. Remind your teen that he/she is accountable for his/her behavior.
4. Notify your neighbors beforehand.

C. Alcohol or other drugs should not be permitted, served or available.

1. Be alert to the signs of alcohol or drug use.
2. Guests who attempt to bring in alcohol or drugs or who are uncooperative or uninvited should be promptly told to leave.
3. Have a plan to implement if anyone arrives at the party under the influence of alcohol or another drug. Do not let a person drive when under the influence of alcohol or other drugs. If they refuse call the police.
4. Anyone who leaves the party should not be allowed to return without the permission of the parent. This will discourage people from leaving with the intent of drinking or using drugs elsewhere & then returning to the party.
5. Be visible - bring in snacks, etc. Your visibility will help keep the party running smoothly & will give you an opportunity to meet your teen's friends.
6. Ask other responsible adults to help chaperone the party.
7. Have plenty of food & non-alcoholic drinks & a wide variety of activities available.
8. If you feel that despite your precautions things do get out of hand, please do not hesitate to call the police for assistance.

Family

- Changing attitude toward rules and regulations, parents, brothers and sisters.
- Lack of participation in family activities.
- Isolation (staying in room, etc.).
- Breaking curfew or sneaking out past curfew.
- Lying; blaming others for irresponsible behavior.
- Stealing (money, pills, goods to be "hocked").
- Violence - physical and verbal.
- Erratic sleeping habits; extremes of too much or too little.
- Vagueness about company kept.
- Strange telephone calls; parties hang up or refuse to be identified.
- Compliant and agreeable, but fails to follow through with promises made.

Family & Social Settings

- Changing attitude toward non-using friends.
- Change of circle of friends with little interest in old friends.
- Parents don't know friends; can't get names and addresses.
- Hanging out with an older crowd.
- Decreasing interest in attending non-school activities.

School

- Grades begin falling for inexplicable reasons.
- Excessive tardies, skipping classes or entire days.
- Dropping out of sports or other activities.
- Disrespectful of teachers, assignments, rules and regulations.
- Frequent disciplinary referrals.
- Suspension or expulsion.

Note: None of the symptoms alone constitute a significant problem.

Legal

- DUI (Driving Under the Influence).
- MIP (Minor in Possession) of alcohol.
- Accidents or near misses.
- Speeding/carelessness on roadway/highway.
- Thefts, assaults, infringements of the law.
- Curfew violations.

Physical-Psychological

- Odor of alcohol beverage on breath.
- Alcohol hangover; headache, vomiting.
- Reddened eyes or frequent use of eye drops (marijuana induced)/dilated pupils (stimulant use).
- Deep, nagging cough-dry and persistent.
- Weight loss/gain.
- Lethargic attitude; doesn't seem to be interested in anything.
- Undisciplined; doesn't get things done on time or as agreed.
- Blackouts; has period where memory is lost.
- Sometimes inappropriately happy; sometimes depressed/paranoid.

Miscellaneous

- Financial management poor; seems to spend lots of money and asks for money.
- Unaccounted for sums of cash.
- Paraphernalia kept or admired; rolling paper, pipes, bong, roach clips, pro-drug magazines, aluminum cans with holes punched in them.
- Uses excessive profanity.
- Frequent visits to pro-drug websites.