



WHAT ARE SOME SIGNS KIDS MAY SHOW TO LET YOU KNOW THEY MAY NEED YOUR HELP?

Knowing what to look for is a huge help in determining whether your child is drinking or using drugs – If you're familiar with the signs of drug use, that knowledge can aid you in gathering evidence and starting the conversation. Here you'll find a comprehensive list of signs and symptoms of drug and alcohol use.

Keep in mind: Many of these signs of drug use or alcohol use – in isolation – may be just normal teen behavior. Mood swings or changes in behavior are a standard part of growing up as teens make the transition from childhood to adulthood. However, as you start to recognize more and more of these signs and symptoms in your teen, a picture of drug or alcohol use may begin to become clear.

The signs of substance abuse aren't all physical. Be aware of these behavioral indicators that may be a sign that your teen has been drinking or is using drugs, especially if you've noticed an abrupt change in one of these behaviors.

- ⇒ Change in relationships with family members or friends
- ⇒ If your teens treats you or other family with blatant disrespect, or has completely ditched certain friends, drugs could be to blame.
- ⇒ Loss of inhibitions
- ⇒ Mood changes or emotional instability
- ⇒ Loud, obnoxious behavior
- ⇒ Laughing at nothing
- ⇒ Unusually clumsy, stumbling, lack of coordination, poor balance
- ⇒ Sullen, withdrawn, depressed
- ⇒ Unusually tired
- ⇒ Silent, uncommunicative
- ⇒ Hostile, angry, uncooperative
- ⇒ Deceitful or secretive
- ⇒ Makes endless excuses
- ⇒ Decreased Motivation
- ⇒ An overwhelmed teen may just "drop" a class or club, but a general lack of motivation for school, activities and friends could be a sign of substance abuse.
- ⇒ Lethargic
- ⇒ Unable to speak intelligibly, slurred speech, or rapid-fire speech
- ⇒ Barring hearing loss or stroke, slurred speech is usually linked to the influence of some type of drug.
- ⇒ Inability to focus
- ⇒ Hyperactive
- ⇒ Unusually elated: It's good to have a happy teen, but if your kid is bizarrely elated for no reason, it is possible he's high off amphetamines or another drug
- ⇒ Periods of sleeplessness or high energy, followed by long periods of "catch up" sleep

Taken from: <http://timetoact.drugfree.org/think-look-for-signs.html>

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Inside this issue:

Supportive Services Within Your Community 2

Supportive Services Within Your Community (Continued) 2

What We Hope to do in the Community to Help 3

Colters: Their Safe Ride Contribution to Protecting Lives 4

Supportive Services Within Your Community

-Andrew Parker

There are a number of individuals in our community who have struggled with the mistakes and often destructive consequences of their own behaviors. These consequences often cause harm to family and friends, cause interruptions to educational and work efforts, and may lead to legal consequences that could result in incarceration.

In an effort to provide an opportunity for people to create real change in their lives, rather than spending time in jail, within Lincoln County a cooperative effort of several agencies has lead to the successful implementation and administration of the Lincoln County Adult Probation (LCAP) program, also

known as Lincoln County Drug Court. The cooperative effort includes participation by High Country Behavioral Health, Lincoln County Circuit Court, Lincoln County Attorney's office, and Lincoln County Sheriff's office. A public defender is also provided to represent the participants in court if need be, and to assure their rights to due process are observed. The representatives of these agencies form the Drug Court "Team," a group of professionals who are genuinely invested in the well being and progress of the program participants.

The first Drug Court was founded in Dade County, Florida in 1989. At present "there are more than 2,140 drug courts in operation with another 284 being planned or developed" in the United States (Office of National Drug Court Policy).

The Lincoln County LCAP or Drug Court program diverts non violent drug and alcohol abusers from prison and jail into treatment. By doing so, participants are allowed to remain in the community, with family, maintaining employment, while participating in treatment to develop new life skills in lieu of drinking or drug use. During the program, participants spend a minimum of one year in Intensive Outpatient Treatment provided by High Country Behavioral Health. Close probationary supervision is provided by the Lincoln County Sheriff's office. The program is administered in both Afton and Kemmerer, insuring county wide services.

For the first two months of the program, participants meet with the Judge and team biweekly to monitor progress; thereafter they meet monthly. After a year of successful participation in treatment and probation,

participants are graduated and removed from supervised probation.

What are the benefits of Drug Court? There is a benefit to the county as a whole. According to Office of National Drug Court Policy an "analysis of 23 drug court programs by the United States Government Accountability Office showed that lower percentages of drug court program participants than comparison group members were rearrested or reconvicted, and that participants had fewer recidivism events than comparison group members." This was substantiated in a congressional report in 2005. By maintaining offenders in the community setting, Lincoln County is precluded from the expense of housing these individuals in the jail. Because the recidivism or rearrest rate of Drug Court graduates is significantly lower than those who do not participate in such a program, the need for future legal interventions and associated costs are decreased

as well. However, the greatest benefits are those afforded to the participants and their families.

One past participant with a history of prescription pain pill abuse states, "I

chose to go through the Drug Court program for help." She indicated that she "need[ed] someone to talk to and not feel like I was being judged."

She added, "I found that in this program...It was like a ton of weight lifted off my shoulders." She has since graduated from the program and has maintained more than two years of sobriety and clean living.

Another participant indicates that Drug Court "has given me a chance to live clean and sober on the outside rather than in jail." One of the benefits of the program is that it connects people with similar struggles and similar problems who might otherwise feel very alone in what they are dealing with. One participant says, "Drug Court has been beneficial to me by meeting new people just like me..."

Another participant testimonial to the benefits of the program is summarized, "It has allowed me to grow and get a hold of myself, with the help of High Country Behavioral Health and [the probation officer]" and "gives you a great opportunity to get in touch with yourself again."

One individual notes that it has allowed him to "step back into my integrity, maintain a job again, and move forward. Also it has given me back my happiness."

The treatment component provided by High Country Behavioral Health focuses on helping participants discover the underlying causes of maladaptive drug

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and alcohol use, the development of practical “real world” coping skills, and the ability to develop a habit of self assessment and self monitoring to the end of preventing further, similar problems in the future.

One participant observed that treatment “opened my eyes not only to the world around me, but to the person inside of me.” Observations include, “I’ve learned coping skills to prevent a lapse in my recovery” and “through the aid of my counselor I’ve discovered the underlying causes to my addictions.”

Rather than a rigid and confrontational approach, treatment focuses on support and incorporating the input of other participants as supports and sources of guidance. The treatment is structured, but also is based on the understanding that success will occur when the treatment is directed by the individual participant and his or her needs. As with the other Drug Court team members, treatment specialists have a genuine investment that is not lost on the participants. One participant notes, “The therapists who support our recovery are there with us, to help us, to teach us, and to be there for us on both good and bad days.” Similar sentiments relative to the probation officer are ex-

pressed.

The Lincoln County Adult Probation program is not a quick fix. Nor is it an easy program. As one participant stated, “I think it is a great program, but like everything else, it takes work.” It takes real investment by participants who want to change, who are tired of the same problems and the same ineffective solutions. For those individuals it is a path to real change and happiness.

In summary, the Lincoln County Adult Probation or Drug Court program is a success story of Lincoln County agencies working together with Lincoln County residents for real working change for themselves and for those dear to them.

It should be noted that while it does not have the same components of close supervision and regular accountability to a circuit court judge that Drug Court provides, Lincoln County residents can obtain the same level of treatment, voluntarily, through High Country Behavioral Health.

Questions about the Lincoln County Drug Court program can be directed to treatment specialists at High Country Behavioral Health (885-9883), or MaryAnn Christiansen at the Lincoln County Sheriff’s office (885-4953).

WHAT WE HOPE TO DO IN THE COMMUNITY TO HELP TEENS CHOOSE CLEAN AND SOBER LIVES

At this time there seems to be no middle ground for teens who are trying to figure out how to live clean and sober lives. One Valley teen’s perception is, “There is no place for us. In this Valley you are either a church kid or an [alcohol and/or drug user]. There is no in between ground. There is no place for us if you are not in one of those two groups.” Though it is one teen’s perspective, why not take this seriously and see what we can do to help? One idea is to establish a clean and sober community center just for adolescents. It could be the safe place for the in between teens to socialize and have fun. There could be pool tables, juke box, a quiet room with computers for research and homework, soda and snack machines, teen recovery-based meetings, other meetings as the teens desire such as how to cope with stress, how to communicate with others, expectations of employers in the valley who do on-the-job-training, and skills on how to appreciate and accept yourself no matter what. Teens are at a particularly precarious and difficult development stage in life. They are at times unsure of who they are, unsure of where they can contribute positively to society, and unsure of what the future may bring. Adolescents’ ability to problem solve, process and make effective decisions are being shaped and formed within them. Let’s try to make it a little easier for them. Teen community centers in each town could be the beginning of our help and acknowledgement to address this issue. If you are interested in helping or have ideas or feedback on how to address this issue, email or call me. Email: jennifers@hcbh.org. Phone: 307-885-9883 EXT. 12.

COLTER'S: THEIR SAFE RIDE CONTRIBUTION TO PROTECTING LIVES

-Jennifer Schmidt

I have been asking for feedback from many community organizations as to how we can establish a Safe Ride program only to find out that Colter's Lodge Bar and Restaurant is already on top of it! When I heard from several people about the safe rides Colter's offers not only to their customers but even customers from other alcohol-serving establishments, I was absolutely intrigued. I am so thankful for their recognition of the critical importance of not driving while impaired.

Too many people have lost their lives and too many others have been left behind to endure the pain and sadness of losing a loved one. Colter's is doing something to change that. I asked Doug Rieck, the owner of Colter's, why he offers this service? He stated, "We owe it to our customers to make sure they make it home safe."

Doug is very civic-minded and is willing to do whatever he can to promote safety and care in our community. If you need a ride while at another establishment, you can call Colter's (307-885-2895) and they will pick you up and take you home for a minimal charge. If you are in his establishment, the safe ride home is no charge.

Doug and Colter's staff, we appreciate your awareness and attention to this important social issue of impaired driving. There may be other establishments that also employ the safe ride philosophy and hopefully those who haven't yet will get it started right away. The goal: Not One More Death Caused by Impaired Driving in Star Valley, Wyoming!

High Country Behavioral Health Directory

Afton Office	Kemmerer Office	Pinedale Office
389 Adams, PO Box 376	821 Sage Avenue	24 Country Club, PO Box 856
Afton, WY 83110	Kemmerer, WY 83101	Pinedale, WY 82941
(307) 885-9883	(307) 877-4466	(307) 367-2111
<u>Clinic Director/Therapist</u>	<u>Clinic Director/Therapist</u>	<u>Clinic Director/Therapist</u>
Clive Hallam	Scott Erickson	Dayle Read-Hudson
<u>Therapists</u>	<u>Therapists</u>	<u>Therapists</u>
Andrew Parker	Dinah Villanueva	Sarah Hixson
Gabrielle Fritze	Todd Bader	Kay Ryan
Leah Black	Brent Westover	Glen Ensinger
<u>Office Manager</u>	<u>Office Manager</u>	<u>Office Manager</u>
Kelly Romine	Carolyn Carlson	Candace Wyckoff
<u>Case Manager:</u>	<u>Assistant Office Manager</u>	<u>Prevention Specialists</u>
Jennifer Schmidt	Elizabeth Slaughter	Benita Gustafson
<u>Peer Specialist</u>	<u>Prevention Coordinator</u>	
Davina Reyburn	Brittany Ritter	
	<u>Prevention Specialist</u>	
	Julie Welsh	

Executive Director: Steve Corsi Operations Manager: Carl Harris
Business Manager: Ann Sanderson Accounting Manager: Nick Baird