

You can't PREVENT what you don't know!

A WESTCHESTER VIRTUAL SPEAKER SERIES

STEPHEN HILL: THE FIRST CHOICE AND A SECOND CHANCE

“TIP” JAR

TAKE-AWAYS - INFORMATION - PROMPTS

Understand the Risks and the Consequences of Substance Use

- This is the most dangerous time in history to be using drugs
 - Fentanyl is being used to lace and disguise other drugs and even one dose can be fatal
 - With the advent of commercialized marijuana, extremely high potency THC products are available in legal retail shops and on the black market
 - Most fatal overdoses involve polysubstance use
 - Especially for adolescents, all substance use is connected: the use of one drug often leads to the use of others
- You don't have to become addicted to drugs and alcohol to have major negative consequences
 - Strained or lost relationships with friends and family members
 - Lost opportunities (school, career, and others)

Teens Can Help Themselves

- Work on your own self-esteem so you'll be able to refuse drugs and alcohol with confidence
- Create a life for yourself that's worth staying sober for
- Be mindful that your actions can affect other people, including loved ones, in both positive and negative ways

Everyone can find strength in overcoming their struggles by looking at what many people perceive as a weakness or negative experience and turning it into a life lesson for personal growth. You can turn your mess into a message!

Parents, Friends, and Community Can Help. Recovery is Real.

- **Change the Narrative:** Rather than just focusing on what a young person is doing wrong, or using punitive measures to try and correct a young person's negative behavior, ask yourself: *“How can I HELP this young person?”*
- **Help is Available:** There are resources available if you, or someone you love, need help

Family Navigator Support Call or Text: 914-575-1605

fordrughelp.com

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