

Good Afternoon Eastlake community,

I am Allyse DiRe-Day, Prevention Intervention Specialist (PI or Drug & Alcohol Counselor) from Youth Eastside Services. This is my 7th year of educating, presenting and supporting for students, families and staff. My previous 6 years were at Finn Hill Middle and Kamiakin Middle. I will be at Eastlake on Tuesday's and Friday's from 830am to 300pm. I am in the old security are in room C-236B. My email is [allysed@youtheastsideservices.org](mailto:allysed@youtheastsideservices.org).

I have appreciated the referrals from teachers, administrators, students, staff & parents so far this year so please continue to utilize me for information and referrals when it comes to anything related to Drug/Alcohol/Tobacco/Nicotine, including signs/symptoms, trends across our district and communities and any family issues related to D/A use/abuse. I also have a lot of community resource referrals for any kind of counseling, support groups, family help/support, etc.

**Services I provide:**

- Individual sessions with students/parents/families
- D/A Screenings and/or full comprehensive assessments
- Referrals to community resources (including support groups, MH counseling, housing)
- Classroom introductions
- Facilitation of drug/alcohol awareness activities
- Educational tidbits to staff, students, parents
- Trainings on drug/alcohol abuse trends; recognizing a student of concern, and referral process
- Groups, such as:
  - **"Affected Others"**-for students who are impacted by a family member's drug/alcohol use
  - **"Healthy Choices"** -for students struggling with d/a use or experimentation and are looking for healthy coping skills, support & alternatives
  - **"Sober Support"** –for students who want more tools and skills to maintain their sobriety
  - **"Living Skills"** – for students who want to build resiliency, healthy decision making skills and healthy coping skills.

If you are concerned about a student who may be using OR is impacted by someone else's use, please refer them to me. You can refer by email, in person, through a counselor or administrator. I will let you know once I have followed up with your referral. However, due to very strict **Federal Confidentiality Laws**, I cannot update you on the student's progress unless they have signed a consent form and placed your name on it.

**If you suspect a student is on a chemical (drugs or alcohol) this is a [discipline issue](#) and should be reported to the administration immediately.**

Periodically I will send out a “DID YOU KNOW?” a fact or tidbit about drug/alcohol/tobacco/nicotine use (with teens and in general). Please feel free to follow up with any questions. I will be sending out information to be posted in the newsletter.

Thank you!

Allyse DiRe-Day  
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