

Hello EHS Parents-

I am **Cathleen Leader**, Prevention Intervention Specialist (PI or Substance Abuse Counselor) from **YES (Youth Eastside Services)**. This is my 4th year of educating, presenting and supporting students, families and staff at EHS. I will be in my office on **Mondays, Tuesdays and Wednesdays** this year. I am located upstairs in what used to be called the Security Office area, in room **C236B**

I have appreciated the referrals from teachers, administrators, students, staff & parents, so please continue to contact me for information and referrals when it comes to anything related to Drugs/Alcohol/Tobacco/Nicotine; including signs/symptoms, trends across our district and communities and any family issues related to substance use/abuse. I also have a list of community resource referrals for all kinds of counseling, support groups, family help/support, etc.

Many students come to see me because they are actively using substances. Other students who see me do not use substances themselves, but may be concerned about a friend or family member's use.

Some Services I can provide at EHS:

- Individual, brief sessions with students/parents/families
- Substance Abuse Screenings and/or full comprehensive assessments
- Vaping assessments and interventions
- Referrals to community resources (including support groups, MH counseling, housing)
- Classroom introductions
- Facilitation of drug/alcohol awareness activities
- Educational tidbits to staff, students, parents
- Groups, such as:
 - **"Affected Others"** -for students who are impacted by a family member's substance use.
 - **"Healthy Choices"** -for students struggling with substance 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.
 - **"Prevention Group"** -for students to promote leadership throughout the school to make healthy decisions surrounding no substance use and no violent or bullying behaviors.

If you are concerned about a student who may be using substances OR is impacted by someone else's substance use, please refer them to me. You can refer by email, in person or through a counselor/ administrator. I will let you know I have **received** your referral. However, due to very strict **Federal Confidentiality Laws**, I cannot update you on the student's **attendance/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 (and possible health) 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 share this information with your students and/or with parents.

I look forward to continuing to collaborate with you all!

Cathleen Leader, M.Ed., CDP

Prevention Interventionist

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