

SAC Newsletter

Student Assistance Counselor

The District SAC is responsible for promoting awareness and services for students and staff regarding substance abuse issues.

Here's What Happened in 2014

- ◆ Red Ribbon Week 2014: 10/27-10/31 District-Wide
- ◆ Prescription Drug Abuse: A National Epidemic of America's Youth: OHS, 10/21 PHMS, 11/4
- ◆ Community Resource Fair: PHMS, 11/20, OHS, 11/24
- ◆ Keepin it Real: began in November for 7th graders PHMS

Here's What's Still to come in 2015

- ◆ DARE lessons: Bean and John Glenn
- ◆ Head's Up 1/30: 8th graders PHMS
- ◆ Parent Prom Presentation 5/6: OHS

Pine Hill Schools SAC

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Please contact the SAC with any concerns regarding substance abuse issues.



According to
SAMHSA
(<http://www.promotepr event.org>)

Talking to children about the dangers of prescription drug abuse and misuse goes a long way. Teens that had learned "a lot" or "a little" from their parents or grandparents about prescription drugs were up to 42 percent **less likely to abuse prescription drugs** than teens that reported learning "nothing."

How to start the Conversation

- ◆ [A Parent's Guide to Prevention](#)
- ◆ [Advice for Parents](#)

*"I am not what has happened to me.
I am what I choose to become."*

-Carl Jung