

TRUE NORTH
AT CAPITAL REGION ESD 113

STUDENT ASSISTANCE PROGRAM



MAY 2023

WE'RE HERE TO HELP!

ESD 113-Student Assistance Prevention-Intervention Services Programs are a comprehensive, integrated model of services that fosters safe school environments, promotes healthy childhood development, promotes positive Mental Health, and prevents alcohol, tobacco, and other drug abuse.

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Suicide Prevention Lifeline: Call or Text 988

The Trevor Project - Crisis Support for LGBTQ
youth: 866-488-7386 or Text START to 67867

Crisis Text Line: Text HOME to 741741

En español — Manda AYUDA a 741741



NATIONAL PREVENTION WEEK | MAY 7-13

Sponsored by the Substance Abuse and Mental Health Services Administration (SAMHSA), National Prevention Week is a national public education platform showcasing the work of communities and organizations across the country dedicated to raising awareness about the importance of substance use prevention and positive mental health.

We recognize that the important work of prevention happens every day. We created National Prevention Week to celebrate these year-round initiatives and the possibilities prevention brings.

Our new National Prevention Week tagline, “A Celebration of Possibility,” is about communities coming together to celebrate the possibilities and brighter futures that exist thanks to the ongoing work of prevention happening across the country.

Share your unique perspective about why prevention is important to you and use the *#MyPreventionStory* hashtag across social media to join the storytelling movement!



*Countdown to National
Prevention Week!*



PROM AND GRADUATION SAFETY TIPS

DISTRACTED DRIVING is any activity that diverts attention from driving, including talking or texting on your phone, eating and drinking, talking to people in your vehicle, fiddling with the stereo, entertainment or navigation system—anything that takes your attention away from the task of safe driving.

TEXTING is the most alarming distraction. Sending or reading a text takes your eyes off the road for 5 seconds. At 55 mph, that’s like driving the length of an entire football field with your eyes closed. In 2021, 3,522 people were killed in motor vehicle crashes involving distracted drivers.

TEENS can be the best messengers with their peers, so we encourage them to speak up when they see a friend driving while distracted, using drugs or alcohol, or experiencing mental health symptoms. Share messages on social media about how teens are preventing distracted driving for National Prevention Week, using *#MyPreventionStory*.

PARENTS/GUARDIANS first have to lead by example by never driving distracted, having clear boundaries about cell phone use, and following laws and regulations. Clearly discuss rules around no drug and alcohol use, how they would handle difficult situations such as being offered a ride by an intoxicated driver, being offered alcohol or drugs, or being pressured into risky behaviors.

FAMILIES who plan ahead for events are more likely to have open communication about safety.

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PLAN AHEAD

- Make a schedule of exactly where you will be and what you will be doing and stick to that itinerary.
- Plan who will be driving and ensure safety, including not using drugs and alcohol, no cell phone use, following laws and regulations about the number of passengers, and always wear a seatbelt.
- Plan who to contact if a problem arises, and who will be supervising events. Risky behaviors increase when a trusted adult is not supervising.
- Have a backup plan for unexpected changes in the itinerary.

REFERENCES & RESOURCES

- [SAMHSA's National Prevention Week](#)
- [National Prevention Week 2023](#)
- [Keeping your Child Safe around Prom and Graduation Time | CADY](#)
- [Teen Driving | NHTSA](#)
- [Distracted Driving | NHTSA](#)



WE'RE HERE TO HELP REGIONAL CRISIS SERVICES

Great Rivers BHASO Crisis services:
Grays Harbor, Lewis & Pacific county: 800-803-8833
Olympic Health
& Recovery Services:
Thurston & Mason Counties:
360-754-1338 or 800-270-0041
Children's Mobile Crisis
Thurston & Mason Counties: 360-480-5721

True North Adolescent Behavioral Health Services:

360-464-6867
esd113.org/behavioral-health

Resources to Support Children's Mental Health



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