



Helping Teens Avoid Alcohol and Other Drugs

Free Programs Fall 2008

Teen2Teen: Alcohol, Drugs & All In Between

Tuesday, October 7, Atholton High School, 7 – 8:30 p.m. (Teens & Parents)

Speakers: Panel of Young Adults

Teen2Teen is a panel of young adults, sharing their experience with alcohol and other drugs. They will speak about their lives and methods of recovering from their addiction, and then answer questions and discuss topics of interest to the audience. This will be a powerful program for parents and teens by teens who “have been there.”

Whose Homework Is It Anyway? Promoting Academic Self-Reliance During the Teen Years

Thursday, October 16, Long Reach High School, 7 – 8:30 p.m. (Parents ONLY)

Speaker: Dr. Brad Sachs, Ph. D., psychologist and author of *The Good Enough Child* and *The Good Enough Teen*

Co-hosted with HCPSS Student Services Advisory Council/Pam Blackwell's office

At this workshop for parents of teens, Dr. Sachs will address one of the adolescent's most crucial developmental tasks: learning to handle responsibility independently, particularly when it comes to academic achievement. This workshop will help parents understand the hidden reasons why many teens struggle with homework and class work. Dr. Sachs will discuss strategies that are designed to diminish family tension and conflict in this arena, and ultimately promote the adolescent's self-reliance and self-confidence, both in middle and high school, and beyond.

Flying Under the Radar: A Look into the Hidden Lives of Teen Behavior

Thursday, November 6, Mt. Hebron High School, 7 – 8:30 p.m. (Parents ONLY)

Speaker: Mark Donovan, Integrative Counseling & Congruent Counseling

Most parents feel that they are tuned into their intuition – their “radar” - for clues as to what is going on in their children's lives. But as their children grow into teenagers, parents sometimes focus on grades, sports, activities, and friends - trusting their radar that their kids are doing “fine.” This program will help parents figure out the signs that their teen's life may not be “fine.” Mark Donovan will lead an interesting discussion about teens' ability to engage in risky behavior while appearing to lead routine lives --- “flying under the radar.”

The ABCs of Teen Drinking and Drug Use: How to Prevent It, What to Do if It Starts

Wednesday, December 10, East Columbia Library, 7 – 8:30 p.m. (Teens & Parents)

Speaker: Joseph Gagliardi, MA, MD, Addiction Medicine Specialist & Associate Medical Director, Kolmac Clinic

This program will introduce parents and teens to the dynamics that lead teens to avoid alcohol/drug use or propel them toward alcohol/drug use. “The ABCs” will address the signs of early alcohol/drug use and strategies for early intervention when an adolescent is using alcohol/drugs and treatment resources in Howard County for adolescents. There will also be ample time for discussion and questions.

Registration for programs is not required. For more information, call 443-325-0040.

Useful Websites:

Howard County Library www.hclibrary.org

HC DrugFree www.hcdrugfree.org

Parents. The Anti-Drug. www.theantidrug.com

The Partnership for a Drug-Free America www.drugfree.org

Freevibe (for Teens) www.freevibe.com