

Insight Class

2023-24



Monday Nights | 6 – 8 pm

Cascade Middle School Library

13900 NE 18th St, Vancouver, WA 98684



Evergreen Public Schools

What is Insight Class?

Insight Class is an interactive series of 4 classes for families wanting to gain education on adolescent substance use. Classes include prevention & intervention strategies, discussions, activities, local resources, coping skills, and more!

INSIGHT IS A SERIES OF 4 CLASSES

- 1. Self-Assessment & the Addiction Cycle**
- 2. What Families need to know about Alcohol & Drugs**
- 3. Legal, Health & Social Consequences**
- 4. Resources**

Insight Class Fliers Links: English, Russian, Spanish

[Insight Class Flyer: English](#)

[Curso Insight: Español](#)

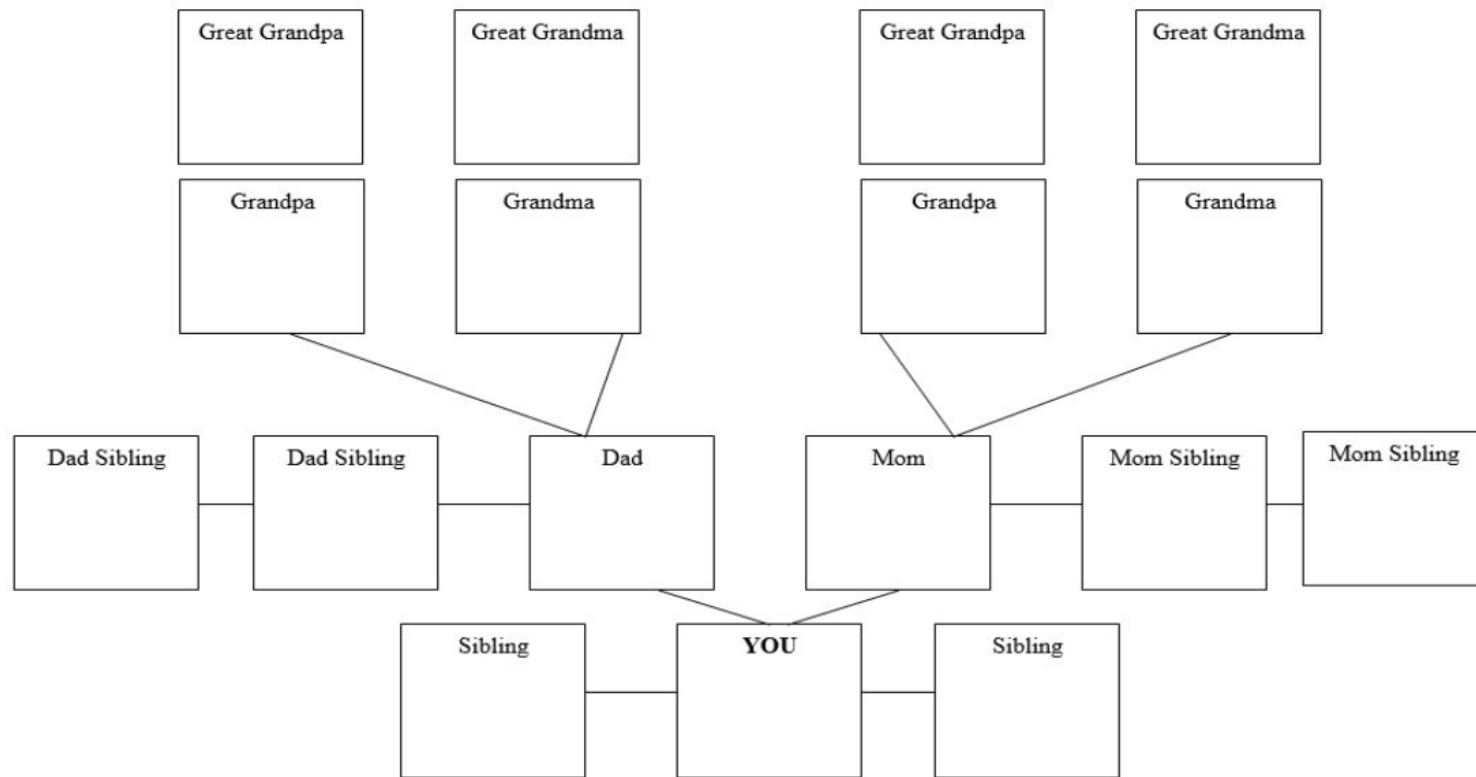
[класс Insight: русский](#)

Self Assessment

	EXPERIMENTATION <i>EXPERIMENTACIÓN</i>	SOCIAL USE <i>USO SOCIAL</i>	ABUSE <i>ABUSO</i>	ADDICTION <i>ADICCIÓN</i>
HOW OFTEN? <i>¿Con qué frecuencia?</i> FREQUENCY <i>FRECUENCIA</i>				
HOW MUCH? <i>¿Cuánta cantidad?</i> QUANTITY <i>CANTIDAD</i>				
REASON FOR USE <i>RAZÓN DE USO</i>				
CONSEQUENCES <i>CONSECUENCIAS</i>				

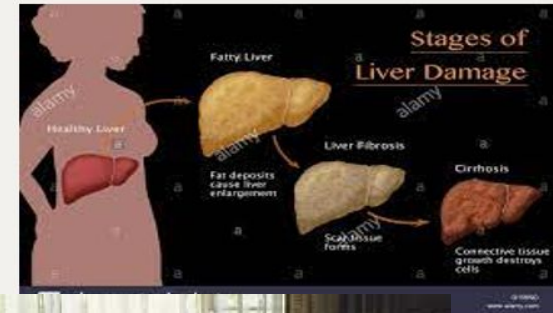
What Families Need to Know about Drug and Alcohol Dependence

Genetic predisposition to chemical dependency



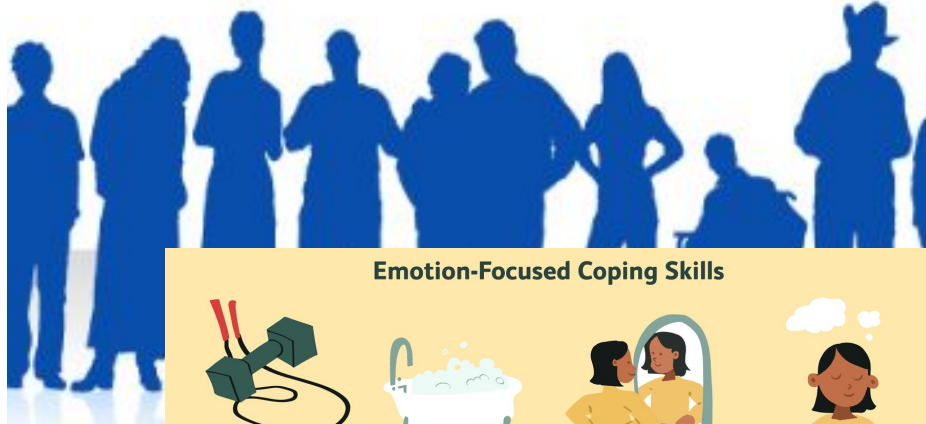
Key - T = Tobacco A = Alcohol M = Marijuana
RX = Prescription/Over the counter O = Other

Legal, Health, and Social Consequences

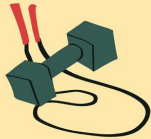


Community Resources

Welcome to ALCOHOLICS ANONYMOUS



Emotion-Focused Coping Skills



Exercise



Take a bath



Give yourself
a pep talk



Meditate

Problem-Focused Coping Skills



Work on
managing time



Ask for support



Establish
healthy boundaries



Create a
to-do list

COMMUNITY RESOURCES

AI –Ateen: 360-693-5781: Support groups for teens who are affected by substance use.

Alcohol Anonymous: 503-519-4084: (Randy) Works with teens in recovery.

Betty Ford: <http://www.hazeldenbettyford.org>: Offers resources & info surrounding drugs and alcohol.

Catholic Community Services: 360-696-1615

Provide individual and family counseling for students and families needing emotional support.

Clark Co. Crisis Line: 1-800-626-8137

Open 24/7 for students and families in crisis. Will do emergency mental health and suicide assessments and make treatment referrals.

Columbia River Mental Health: 360-993-3000

Provides individual & family counseling for students and families

Love and Logic: www.loveandlogic.com : Parenting Resources, Videos, Books and more

Eluna: <https://elunanetwork.org/resources/>: camps for grief and addiction, resources for families, care packages.

Family Reconciliation Services: 360-993-7903 or 1-888-713-6115

A Family member must request services. Mediation support between student & parent

Marijuana Anonymous: 360-696-1942

Narcotics Anonymous – 360-690-1144

Insight Class Overview

Classes: Self Assessment; Legal, Health and Social Consequences; Resource; and Family Classes

Restorative Practice

- Building Relationships
- Preventing repeat occurrence of substance use
- Community Orientated

Insight Class

- Provides exercises for communication, listening skills, and identifying student/family strengths.
- Provides education around choices, offers new options, and identifies coping skills.
- Discusses the variety of ways Drugs and Alcohol impact our community in our homes, schools, and neighborhoods.
- Finds solutions on how to support our students in the home, school and community.

2018 Healthy Youth Drug Survey

- **Parents are the primary influence on their children's decision to use alcohol and other drugs.**
- The developing brain is more vulnerable to the effects of alcohol and other drugs.
- **Parents, schools, and communities can work together to keep youth healthy and safe.**
- **State, local, and community prevention efforts are crucial for addressing teen misuse.**
- **Insight is a community prevention program.**
 - <https://www.doh.wa.gov/Portals/1/Documents/8350/160-NonDOH-DB-Opiates.pdf>

2018 Healthy Youth Survey Alcohol Data

- 5,000 people under the age of 21 die each year from alcohol-related car crashes, homicides, suicides, poisoning, falls, drownings and other injuries.
- Youth alcohol use is associated with violence, school failure, and sexual activity.
- Research shows that heavy alcohol use during teen years can permanently damage the still-developing brain.
- **Parents, schools, and communities can work together to keep youth healthy and safe.**
- State, local, and community prevention efforts are crucial for reducing youth alcohol use and driving under the influence.
- **Insight is a community prevention program.**
 - <https://www.doh.wa.gov/Portals/1/Documents/8350/160-NonDOH-DB-Alcohol.pdf>

2018 Healthy Youth Survey Facts on Suicide

- Suicide is the second leading cause of death for Washington teens 15-19 years old.
- Most youth suicides occur at home.
- Depression can occur along with substance use and thoughts of suicide.
- **Insight Class conducts a Resource class for students and families to access community resources, support, and treatment referrals.**

2016–2019 Study highlights need for targeted interventions

“Although **drug overdoses** remain an infrequent event among youth, our findings indicate that all-drug overdoses are rising among youth <15 years of age... **our results suggest that targeted interventions, even with young children, such as multifaceted approaches including school, family, and medical providers may be warranted to prevent overdoses requiring medical treatment.**”

<https://pediatrics.aappublications.org/content/147/1/e2020003491>

***Insight Class brings together school, family, medical providers, and other community resources for targeted interventions.**

Insight Class Effectiveness

2014 – 15

81 Total Alcohol Drug Violations

40 Tobacco

41 Other

18 Attended Insight Classes

**•0 Repeat Violations –
after Insight Class**

**•7 Repeat Violations – no
Insight Class**

2015-16 (as of March 23, 2016)

47 Total Alcohol Drug Violations

10 Tobacco

37 Other

11 Attended Insight Classes

**•0 Repeat Violations –
after Insight Class**

**•8 Repeat Violations – no
Insight Class**

Insight Referral Protocol

Referral process:

- ❖ contact parents
- ❖ give information about Insight classes/flier
- ❖ set up an interpreter if needed
- ❖ Email corinne.gannon@evergreenps.org if families are interested in an all day Saturday class

Question: How can our district increase the number of Insight referrals to support students, families, the school, and community?

In Closing...

- In 2019-2020, students and families started attending Insight without policy violations for information, resources, and support related to drugs and alcohol.
- Insight utilizes community presenters from healthcare workers, the 12 Step Community, Law Enforcement, and Alcohol and Drug Treatment Programs.
- Insight is a valuable resource for families as place for parents to partner with their child, school, and community for substance use and mental health resources. It significantly reduces repeat substance use issues.