

# PEARL RIVER PARENT CONNECTION

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A newsletter brought to you by PRSD School Social Workers  
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## The Role of the School Social Worker

The role of the school social worker is to help identify and address the social emotional issues that can interfere with academic progress. Through counseling, crisis intervention, referrals and prevention programs, we assist young people overcome the day to day struggles children and adolescents face today. We also provide students and their families with support, referrals and resources. Together with parents/guardians, teachers, guidance counselors, school administrators and other support staff, we help in developing appropriate interventions and strategies that will best serve the student.

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## October is National Substance Abuse Prevention Month

October is National Substance Abuse Prevention Month – an observance to highlight the vital role of substance abuse prevention in both individual and community health and to remember those who have lost their lives to substance abuse. Millions of Americans suffer from substance abuse, which includes underage drinking, alcohol dependency, non-medical use of prescription drugs, abuse of over-the-counter medications, and illicit drug use. Studies have shown that, along with education, parent & community involvement is an important deterrent in youth substance abuse.

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## How Do I Talk to My Children About Substance Use?

It's never too early to start talking about substance abuse with kids and it may be easier than you think! Here are some helpful articles on how and when to have these crucial conversations:

- NYS Talk 2 Prevent: [Talk 2 Prevent Conversation Starters](#)
- Parents.com: [Age-by-Age Guide to Discussing Drugs & Alcohol](#)
- Addiction is Real: [Talking About Drugs with Kids Grades 6-10](#)

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## Juuling: Get the Facts

JUUL (pronounced “jewel”) is a brand of e-cigarette made by JUUL Labs Inc. The devices have become very popular in recent years, especially among young people. Using a JUUL, also called “Juuling,” can put kids’ health at risk in several ways. Here are some youth-based websites for parents to view more information:

- **HealthyChildren.org:** [Juuling: Get the Facts](#)
- **Healthline.com:** [Juuling: the Addictive New Vaping Trend Teens Are Hiding](#)



## Local Resources for Youth Substance Abuse

Rockland County has several organizations whose focus is on substance abuse. Please feel free to reach out to these groups for assistance in supporting your child:

- **Rockland Council on Alcoholism and Other Drug dependence, Inc. (RCADD)** is a not-for-profit agency that provides FREE and CONFIDENTIAL assessment and referral to treatment for individuals and families affected by family diseases of addiction to alcohol and other drugs. <http://www.rcadd.org/>
- **Community Awareness Network For A Drug-Free Life And Environment, Inc. (CANDLE)** was founded as a non-profit organization in 1982. Its mission is to prevent substance abuse and violence among youth. CANDLE’s goal is to improve the health and climate of our schools and our communities by providing prevention education and resistance strategies to youth and their adult allies, and support programs for young people at risk. <http://www.candlerockland.org/>
- **Al-Anon Family Groups** provides strength and hope for families and friends of problem drinkers. <http://al-anon.alateen.org/>

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