

# Preventing Substance Abuse in Middle School

Are you concerned that your student may be exposed to using drugs or alcohol when they enter middle school?

## Signs & Symptoms:

- Negative change in personal appearance or hygiene
- Change in personal habits
- Negative behavioral changes
- Truancy/attendance issues
- Poor grades/failing class
- Change in friends
- Smell of alcohol or other drugs
- Drug-related language



## Arlington middle school students self-report using the following substances:

- Alcohol
- Marijuana
- Prescription medications for pain, anxiety, cough/cold-related ailments, and ADHD
- Non-prescription medications for cough, cold, allergies, and motion sickness
- Synthetic drugs (K2/Spice, Bath Salts, MDMA/Molly)
- E-Cigarettes/Vapes
- Tobacco



## APS Substance Abuse Counselors are trained professionals who can help!

- APS Substance Abuse Counselors can speak with a parent, legal guardian, or child, while following all Federal Confidentiality Laws (42 CFR Part 2).
- Conversations with the Substance Abuse Counselor can be by phone or in person.
- The Substance Abuse Counselor can meet with a student to suggest what services would be most helpful.

## Contact your school counselor for confidential help:

- **Siobhan Bowler MC, MAC, CSAC**  
*siobhan.bowler@apsva.us*
- **Jenny Sexton MA, CSAC, FAC**  
*jennifer.sexton@apsva.us*
- **Vanessa Zuniga, LPC, CSAC**  
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## Substance Abuse Prevention in APS

**Vision:** APS envisions students who are productive members of the global community. Students are resilient, self-motivated and self-confident; are engaged in healthy decision-making; value an environment free of drugs and alcohol; and seek support when needed.

**Mission:** Substance Abuse Counselors, in collaboration with families and the community, promote and foster protective factors in students' lives so they may access their education and prepare to embark on their future endeavors.

Substance Abuse Counselors provide the following services:

- Education, prevention and early intervention.
- Coordination and collaboration of services, including internal and external referrals.
- Engage students in a safe and confidential environment to facilitate open communication.
- Early identification of at-risk elements, which reduces barriers to learning and supports students in achieving their full potential.
- Encourage students, parents and caregivers to access the supports and resources available.



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