

### Substance Abuse and Awareness Flex Time Presentation

Flex Time on November 6th was used to present substance abuse and awareness information. The students were shown a [Community Drug Awareness video](#) and provided the [KCPH Fentanyl Info Sheet 2019](#) and [Drug Awareness and Student Safety 2019](#) handouts.

### Drugs and Alcohol in our Community Presentation

Thank you to the many families who attended our *Drugs and Alcohol in our Community* presentation. The [video of the presentation](#) is now available for viewing. We have also combined the questions posed by parents into themes and had our presenters answer them. The [Drugs and Alcohol in our Community presentation Questions and Answers](#) document is now available. If you were unable to attend here is the [Drugs In Community Presentation 10.16.19](#) Power Point document that was used during the presentation.

### **Community Resources for Grief and Substance Abuse:** [Resources for Grief and Substance Abuse](#)

We understand the importance of providing families and the community with any support or resources we can as we work together to make Skyline a safe and supportive space for our students . If you have any questions or concerns about how your child is coping, please contact our school counseling office, or our Administrative team. One resource that may be helpful during this time is The Crisis Connections Line (866-427-4747). The line is available 24-hours a day and provides helpful resources and support for people in need.

Below are two additional resources that may be helpful during this time:

- The article [“Tips for Supporting the Grieving Teen”](#), from the Dougy Center: The National Center for Grieving Children and Families, provides thoughts and tips for families as they speak to their teenagers about loss and grief. This article has thoughtful steps, examples, and guidance that could be a helpful support as you discuss this very sensitive and difficult topic. The full web site for the Dougy Center is: [www.dougy.org](http://www.dougy.org).
- The document [“Experiencing Grief”](#) is a summary of research from the University of Washington Center for Student Counseling. This includes a list of tips and ideas, and more information and details are available at the UW Center for Student Counseling web site:

<http://www.washington.edu/counseling/resources-for-students/healthy-grieving/>

### **Keynote Speech by Dr. O'Rourke from Curriculum Night**

If you were unable to attend Dr. O'Rourke's keynote speech during Curriculum night, the [video of his speech](#) is now available.