



Pearl River School District

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Marco Pochintesta
Superintendent

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Dear PRSD Families,

Over the last few years, there has been a strong focus on the abuse of heroin and prescription drugs among teens and young adults. In addition to the school curriculum, there have been resources for parents to learn more about how they can prevent drug use and help their children. Local efforts have included PRSD school sponsored presentations for students and parents and Parent University sessions, as well as community forums such as "The Perfect Storm: A Prescription Drug & Heroin Epidemic", presented by the Rockland County District Attorney's Office, Orangetown Police Department, Wellcore, and SOCASA.

This week, I received a new publication from New York State's Office of Alcoholism and Substance Abuse Services regarding their program "Combat Heroin and Prescription Drug Abuse". They have developed a *Kitchen Table Toolkit* for parents to assist in the challenging task of initiating conversations about the dangers of substance abuse, including underage consumption of alcohol. Their *Kitchen Table Toolkit* link, listed below, provides a valuable resource to those adults that can be instrumental as protective assets in a young person's life, by providing them with guidance on how to have those conversations. Protecting young people from substance abuse is of critical importance. This information further arms those key people who can make a difference in this all important struggle.

As the "Combat Heroin and Prescription Drug Abuse" site reads, "Addiction can happen to anyone, any family, at any time". I encourage you to review this discussion guide and sit down and have a conversation with your teens and young adults.

Sincerely,

[Combat Heroin and Prescription Drug Use: Kitchen Table Toolkit](#)