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## Substance abuse prevention services for deaf & hard of hearing children

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## **Substance Abuse Prevention Services for Deaf & Hard of Hearing Children**

You may have seen the new slogan recently being advertised: “PARENTS. The Anti-Drug.” This is very true. Research has shown that parents who are closely involved with their children’s lives on a daily basis, and who start communicating with them at a relatively young age (9-12) about tough topics, including drugs, alcohol and tobacco, often steer them away from substance abuse and related problems.

SAISD (Substance and Alcohol Intervention Services for the Deaf) has been providing services to the community since 1979 and is currently located on the RIT/NTID campus. Despite our office location, our services are not exclusively limited to the college population. We also serve deaf and hard of hearing individuals, along with their family members, in the outlying community. Not only do we provide intervention and counseling services for deaf and hard of hearing individuals and their families who may have a concern about drugs, alcohol or tobacco, we also provide information and prevention education to deaf and hard of hearing children, adolescents and their families.

As hard as it is to accept, drugs and alcohol are widely prevalent in today’s society. Unfortunately, many adolescents have easy access to these substances, and when used, their bodies react more sensitively than adults. The major causes of substance abuse seem to be related to stress, isolation, boredom, emotional pain, and lack of positive role models. We believe that providing young people with clear, accurate information about drugs and alcohol, along with helping them to develop healthy social skills, can help them to deal with their problems in positive ways. Some important social skills include: self-esteem building, communicating with others, decision-making, anger and stress management, conflict resolution, and dealing with peer pressure.

If you would like more information on how to talk to your kids about drugs, or if you would like to request a presentation on any of the above mentioned topics, feel free to call, write or visit us at: SAISD, Rochester Institute of Technology, 115 Lomb Memorial Drive, Rochester, NY 14623. (585) 475-4978 v/tty. You may also visit our website at: <http://www.rit.edu/sa/coun/saisd>. All our services are free and confidential. We look forward to hearing from you!