

Hello Eastlake!

This is **Jenna Patterson**, Eastlake Grad and Drug & Alcohol Counselor (aka Prevention Interventionist or PI) from **Youth Eastside Services**. I recently took over for Andrew Galbreath and I am looking forward to a year of educating, presenting and offering support for students, families, and staff. My office hours at Eastlake are Mondays 7:30-2:30 as well as Tuesdays 7:30-12:30 and Thursdays 8:30-12:30pm. I can be found in C133.

I am looking forward to working with all of you and the students of EHS. Please utilize me for information and referrals.

#### Services I provide:

- Individual sessions with students/parents/families
- D/A Screenings & referrals to community resources
- Classroom introduction of services
- Facilitation of drug/alcohol awareness activities (**Red Ribbon Week coming up this month**)
- Educational tidbits to staff, students, parents
- Information on drug abuse trends; recognizing a student of concern, and referral process
- Groups, such as:
  - "Prevention Club" –for students who want to promote healthy choices for student body of EHS
  - "Affected Others" –for students who are impacted by a peer or family member's drug/alcohol use
  - "Healthy Choices" –for students struggling with drug and alcohol use or experimentation and are looking for coping skills, support & alternatives
  - "Sober Support" –for students to gain more tools, skills and support to help them maintain sobriety

If you are concerned about a student who may be using OR is impacted by someone else's use, please refer them to me. You can refer by email, in person, my mailbox in the main office, or through a counselor or administrator. I will do my best to let you know once I have followed up with your referral. However, due to very strict **Federal Confidentiality Laws**, I cannot update you on the student's progress unless they have signed a consent form and placed your name on it.

Thank you for your support. I am excited to be at EHS for 2014-2015!

**Jenna Patterson, BA, CDP**  
**Prevention Interventionist**  
**Eastlake High School (Monday/Tuesday/Thursday)**  
**Newport High School (Wednesday/Friday)**  
**425-747-4937 x2734 at Y.E.S.**