Future Aspirations-Life After High School

- Mission: To create and sustain a safe, just, and healthy community to prevent youth substance use
Outline

- Introduction-why this topic is IMPORTANT!
- Substance Use prevention and the developing young brain
- Our Guests
- YEAP
- Impact of substance use on future careers
- The High School to College Transition
- Considerations for the future
- Resources
- Jam Board!
Importance of Future Aspirations in Prevention and your influence as parents

Impact of substance use on learning

- Abstract and critical thinking skills
- REM Sleep
- Short term memory
- Lower verbal IQ and theta waves
- Focus?
- State dependent restriction
Developmental Factors

- Brain not fully developed until mid-20’s (but best for learning from 13-20)-Ready to take risks at 13
- Immunity & immortality
- Lack of clear identity and goals
- Desire to assert independence
- Disconnect with resources and supports
Factors in the Environment Contributing to Substance Use

- Unstructured free time
- Widespread belief that alcohol and other drug use is normal
- Aggressive promotions targeting young adults
- Abundantly available, inexpensive substances
- Inconsistently enforced laws and policies
Our Guests!

- Todd Bernard: Lieutenant at SPPD
- Jason Gauthier: Senior Master Sargent, National Guard
- Meredith Prescott: Substance Use Prevention The Opportunity Alliance
- Alice Kabore: Multicultural Coordinator SPSD
Young people & the workplace
Young people & the workplace

Benefits
- Brain primed for learning new skills
- Builds work ethic, time management
- Opportunity for responsibility, ownership, & independence
- Less time for risk-taking
- Value of $$

Risks:
- Can have an impact on academics (20 hours/week while in school)
- Developing brain is also more vulnerable to learning habits that may be harmful
- Substance use as a workplace norm
- If working 26+ hours, risk of substance use increases significantly
Food & Hospitality Industry

- Maine’s second largest employer
- One third of employed young people in industry
- No workplace initiatives focusing on young people

Industry with the highest rates of:

- Substance use disorder
- Past month illicit drug use
- Suicidal ideation
The Mission

To promote individual and organizational wellness by actively working to create healthy work environments, prevent substance misuse, and increase awareness of available mental health and substance use services.
YEAP in action

With employers:

• Employer toolkit
  • Financial breakdown
  • Addressing workplace norms
  • Assess workplace needs
  • Implement or adapt substance use policy, early intervention, restorative practices

• Resource offerings
• Trainings

Statewide interest
Early stages of rollout in Cumberland County
YEAP youth edition
Quick Tips for Parents

1. Have clear expectations
2. Ask about position & work environment
   - High stress?
   - Support from management?
   - Work culture norms?
   - Repetitive tasks?
3. Know federal rules for working teenagers
4. If working a late shift, be up when they come home
Who Knew?
How substance use can interfere with career opportunities...
How high school is different from college

- Senior Privilege
- 2-3 hours for every hour in class- 25-30 hours in high school
- Sage on the stage not guide on the side
- Asking for help...your responsibility
- Manage own time
- Orientation....
- 168 hours in a week
- Sleep
- Classes/Studying
- Eating/Getting ready
  - How many hours left of free time?
Considerations for the future

- Health Class-not just in 10th grade
- Life skills workshops
- Senior year transition projects
- Orientation throughout the first semester-First year experience classes
- Train college advisors in substance use prevention
- Transition sessions for parents/Snow Plow
- Continuum of Care Recovery Centers on campus
Resources

- Make it Happen: [https://mlc.portlandschools.org/programs/make_it_happen](https://mlc.portlandschools.org/programs/make_it_happen)
- Free Summer Courses at Community Colleges! [https://www.mccs.me.edu/press_release/free-summer-classes-available-for-high-school-students-and-incoming-first-year-students-from-maine/](https://www.mccs.me.edu/press_release/free-summer-classes-available-for-high-school-students-and-incoming-first-year-students-from-maine/)
- Campus Pride Index: [https://www.campusprideindex.org/](https://www.campusprideindex.org/)
- TRIO: [https://www2.ed.gov/about/offices/list/ope/trio/index.html](https://www2.ed.gov/about/offices/list/ope/trio/index.html)
- PATHS [https://paths.portlandschools.org/](https://paths.portlandschools.org/)
- SIRP [https://sirpmaine.com/](https://sirpmaine.com/)
Gateway to Opportunity Resources

- 15 Alternatives To College That Make Complete Sense
- 25 Best Jobs That Don't Require a College Degree

- Gap Year Programs For Maine Young Adults

- https://www.differentdrumsailing.com/?utm_source=teenlife

- Year On | Gap Year and Gap Semester Programs

- Best Gap Year Programs 2020 & 2021 | Top Rated & Low Cost

- Carpe Diem Education: International Gap Year Programs
Global Citizen Year: Global Gap Year Program
Dragons | Travel Abroad Programs for Students, Educators, and Adults
Scholarships:
Maine Blue Collar Scholarship Foundation
55 Best Scholarships & Grants for Non-Traditional College Students in 2019
Non Academic College Scholarships Scholarships Aren’t Just For A Students Anymore
Scholarships for Students Who are Considered Non-Traditional
Apprenticeships / trade work
Destination Occupation, Educating about Jobs in Maine
10 Apprenticeships You Should Consider Applying To
Become an Apprentice
JAM Board - Future Aspirations and Other Topics for SoPo Unite Parent Connector Sessions