

Dear Community Member:

It is with great enthusiasm that we share this informative and educational resource with you. The Oceanside School District has a commitment to building and preserving a healthy vital community. This booklet is filled with valuable information that we believe will be of assistance to you as you raise your children during these times.

This guide will help you better understand the dangers of drug and alcohol abuse, as well as provide support, guidance, and resources as necessary. We have witnessed far too many children, adults, and families whose lives have been devastated by drug and alcohol abuse. The pages of this book will also provide educational facts about drug and alcohol abuse. These areas include symptoms of drug use, the negative effects of substance use, information on child and adolescent brain development, and many other important areas.

In addition, working with our school district social workers and members of the DAWC committee, we have provided a list of local resources you can use if necessary. These resources are listed on the back cover of the booklet.

In sharing this information with you, we partner with thousands of other parents and community members from around the country who have benefited from this resource and who, along with us, are very concerned about this problem.

The Oceanside School District, through our DAWC committee, is committed to help solve the problem. We would also like to thank all the supporting sponsors who have generously contributed to the production of this very important booklet. If you would like to contribute in the future, please contact the office of the Assistant Superintendent for Curriculum, Instruction and Research. It is our profound hope that we can make a difference in the lives of our children, our families, and our community.

Sincerely,
Members of the Drug Advisory/Wellness Council (DAWC)
Oceanside School District

Sponsors:

Kiwanis Club
Oceanside Community Service
Oceanside Counseling Center
Oceanside Federation of Teachers
Oceanside Fire Department
Oceanside Parent Teacher Association
Oceanside Parent Teacher Association - Council
Oceanside School Administrators Association
Oceanside Stallions A.C., Inc.
Towers Funeral Home

OCEANSIDE SCHOOL DISTRICT

Resources and Information

OCEANSIDE SCHOOL DISTRICT

District Office, 516-678-1200

www.oceansideschools.org

(Check web-site for District social workers' contact information)

LOCAL POLICE PRECINCTS –www.NCPD.org

4th Precinct – 516-573-6400

COUNSELING RESOURCES

Outreach House – 631-231-3232

South Shore Child Guidance Center – 516-378-2992

South Oaks Child and Adolescent Center – 631-608-5028

Confide Counseling – 515-764-5522

Long Beach Reach – 516-889-2332

Mineola Day Treatment – 516-742-4015

Oceanside Counseling Center – 516-766-6283

The Tempo Group – 516-374-3671

HOSPITALS

Long Beach Medical Center – 516-897-1000

North Shore – LIJ Health System – 718-470-7000

Nassau University Medical Center – 516-572-6655

South Nassau Communities Hospital – 516-255-8200

South Oaks Hospital, Amityville – 631-264-4000

WEB RESOURCES/HOTLINES

Long Island Crisis Center – 516-679-1111 – www.longislandcrisiscenter.org

Nassau County District Attorney's Office – www.heroinprevention.com

Alcoholics Anonymous – 516-292-3042 – www.aa.org

Narcotics Anonymous – 516-827-9500 – www.nanj.org

Nassau County Mental Health Association – 516-504-4357 – www.mhanc.org

For parents – www.TheAntiDrug.com