
Putnam County Educational Service Center

Insight Program

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Warning Signs of Drug Use

School Problems

- Drop in grades;
- Loss of motivation;
- Excessive tardiness, absenteeism, failure to turn in assignments.

Home Problems

- Gradual loss of interest;
- Spends less time at home;
- Inability to follow rules;
- Decline questions like who, what, where;
- Possession of drugs/related items.

Personal Changes

- Decline in personal hygiene;
- Change in dress;
- Change in friends;
- Personality changes;
- Change in social activities.

Many of these behaviors could develop apart from drug use. These signs and symptoms may be just a stage of adolescence. If you see one or more of these problems, it could be signaling that a problem exists. If in doubt, discuss your concerns with someone like your child's school counselor.

Take Action! It can make a difference in your child's future.

“children are
living messages
we send to a time
we will not see.”

Dick Hanson

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the Putnam County Educational
Service Center.

Insight is . . .

The Insight Program is an intervention program sponsored by the Putnam County Educational Service Center. This program is used when a student has violated their school's policy on tobacco, alcohol or other drugs.

Students are referred by their school for the Insight Program. Self-referrals for assistance are also provided. Each participant is asked to sign a contract agreeing to non-use of tobacco, alcohol and other drugs and to take a look at the choices they are making. Insight is done both individually or in a group. There are eight sessions to the program, each lasting approximately forty minutes. For students to best benefit, they are expected to participate.

Insight Goals

1. Learn the facts about tobacco, alcohol and other drugs.
2. Learn the consequences of drug use.
3. Develop good decision making skills.
4. Learn effective ways of dealing with peer pressure.
5. Explore drug free options.
6. Explore feelings and behaviors regarding the use of drugs.
7. Learn the importance of taking time to stop and think about making choices.

Insight Sessions

Session 1

- Overview and Goals of the Insight Program
- Rules and Contract for the Program
- Explore Participant's Feelings and Use of Drugs

Session 2

- Risk of Drug Use
- Addiction Discussion/Exercise

Session 3

- Consequences of Tobacco and Marijuana Use
- Discussion and Exercises

Session 4

- The Risk of Alcohol Use
- Drinking, Drug Use and Driving, Discussion and Exercises
- Law Enforcement/Guest Speaker
- The Cost of Alcohol Use

Session 5

- Peer Pressure-Movie
- Discussion, Exercise and Handouts
- Choices and Consequences
- Friendships and Relationships

Session 6

- Self Esteem
- Goal Setting
- Decision Making Skills

Session 7

- Defenses
- Refusal Skills
- Drug Free Options

Session 8

- Review of Insight Program
 - Evaluation of Insight
 - Self Evaluation and Discussion of Personal Changes/Consequences
 - Report to Principal/Referral Source
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