

Substance Use and Abuse 2019 – It's not the High you think you remember!

Monday, October 21, 6:30 pm – 8:30 pm
Trinity School, 101 West 91st Street, NYC

Between vaping, legal and illegal marijuana, binge drinking and opioids, kids are experimenting earlier and more often. They're using powerful, often unregulated substances at a time when their brains and their bodies are still developing, causing serious health issues that may be irreversible and sometimes fatal.

Health professionals and educators believe students are self-medicating in response to increased stress and anxiety, heightened expectations, and new forms of cultural and peer pressure. Please join our Interschool community for a panel discussion on how and why you need to talk to your kids about what you may not even realize they're doing.

Panelists



Dr. Jonathan Avery is currently the Director of Addiction Psychiatry at New York-Presbyterian Hospital and is an Associate Professor of Clinical Psychiatry at Weill Cornell Medical College where he teaches addiction psychiatry to Weill Cornell medical students and residents of New York-Presbyterian Hospital. He is the founder of the addiction Stigma Institute which studies stigma towards individuals with substance use disorders and creates novel interventions to improve these stigmatizing attitudes. He has been published on a broad variety of topics and is the editor of the books *Co-occurring Mental Illness and Substance Use Disorders: A Guide to Diagnosis and Treatment* and *The Stigma of Addiction: An Essential Guide*. He has won numerous awards for his clinical and academic work, including the American Board of Psychiatry and Neurology Faculty Innovation in Education Award and the Outstanding Faculty Member Award from the New York County Psychiatric Society.



Alexis Mulvihill is the Assistant Head of School for Academic Affairs and an Upper School English teacher at Trinity School. Before this most recent appointment, Alexis served for several years as English Department Head and as the Co-Chair of Trinity's Student Wellbeing Committee, which involved 85 members of the Trinity community and spent two years delving into the various issues affecting adolescent wellbeing. Alexis's current passion project is Trinity's Gender Equity Task Force, which is in its second year of work. Alexis is also mother to two sons, ages 20 and 16, whom she frequently embarrasses by using as either guinea pigs or case studies.



Linda Richter, Ph.D. is a research psychologist and the Director of Policy Research and Analysis at Center on Addiction in New York City. For more than 20 years, her work has focused on understanding the nature, scope, predictors, and consequences of substance use and addiction, especially among young people. She uses her research to help raise awareness among parents, educators, health professionals, and policymakers about addiction science and best practices in substance use prevention and addiction care. In recent years, she has published many policy reports, journal articles, and book chapters on nicotine products, including e-cigarettes, as well as marijuana, alcohol, and opioids. She's also a mom of twin high school students, a boy and a girl, and cares deeply on both a professional and personal level about how parents can help protect their kids from addictive substances.



Justine Ang Fonte (moderator) is the founder and Director of Health & Wellness at The Dalton School, a K-12 independent school in New York City. She also works as a consultant to schools and speaker for teachers, parents, and students in both public and private school institutions across the United States on social justice-based health education. Her work as a teacher began in middle school mathematics which gave her the groundwork to understand the administrative structures in school systems. She experienced first-hand the negative impact that insufficient health care and access had on her math students' learning. She received her Master's in Education from the University of Hawai'i and her Master's in Public Health from Columbia University. <http://www.justinefonte.com/>