

About

I.N. THE KNOW

With the purpose of saving lives, the Flower Mound Police Department launched an innovative program called I.N. the Know, a new tool to help combat drug abuse among teens within the community. The "I.N." of the title stands for "Identify" and "Notify," two key components of the initiative.

With I.N. the Know, officers focus on identifying at-risk teens that are using or experimenting with dangerous drugs, specifically heroin. Once identified, the Police Department will reach out and notify family members their son or daughter may be using illegal drugs and provide the necessary resources and support to help that young person get back on the path to success.

I.N. the Know is not intended to be an enforcement effort, rather, a life-saving mission for Flower Mound youth. This is not about getting teenagers thrown in jail, suspended from school, or kicked off the football team. This is about working with the families to provide information, resources, and support. Most importantly, all tips and information regarding teen narcotic use will remain confidential.

Community members, school officials, fellow classmates, and the police themselves may become aware of a teenager's drug use. In some of these cases, due to various reasons (such as lack of evidence, not wanting to get involved, or get the person in trouble) nothing is done about the situation. However, with I.N. the Know, the silence ends and help begins.

I.N. the Know Program - Identify and Notify

Sgt. Colin Sullivan

972.874.3341

colin.sullivan@flower-mound.com

I.N. THE KNOW CONTACT INFO:

Sgt. Colin Sullivan

972.874.3341

colin.sullivan@flower-mound.com



DISCLAIMER:

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I.N. THE KNOW

IDENTIFY AND NOTIFY



The Flower Mound Police Department

4150 Kirkpatrick Lane

Flower Mound, Texas 75028

972.539.0525

www.flower-mound.com/police



FAQS

Q. I think my son or daughter is abusing drugs or alcohol. Where do I start?

A. The first step is to have an assessment done. A 60 to 90-minute assessment by a licensed professional can often give parents a clear picture of what their child is struggling with and determine if treatment is needed. The Seay Center in Plano provides free assessments Monday – Thursday, from 9 a.m. to 4 p.m.

Seay Behavioral Health Center
Texashealth.org/seay 972.981.8300

Q. How do I test my teen for drugs or alcohol?

A. Families are the first line of defense in preventing drug use by children. Lewisville-based Watchdog Solutions can provide alcohol and drug tests, educate parents on countermeasures, and provide directions to perform the test. Watchdog also helps parents become familiar with the various types, signs, and effects of drugs. In addition to the drug tests, they have resources and information about therapists, counselors, detox, and treatment centers.

Watchdog-solutions.org 800.972.2054

Q. I just found out my teen is using drugs and feel completely overwhelmed. Where can I find some peer support, other parents who have been through this?

A. Winning the Fight is a non-profit organization founded by Kathy O'Keefe here in Flower Mound. Kathy lost her teenage son Brett in 2010 due to drug use and is an excellent resource for families. WTF provides education, professional resources for families, abusers, and addicts, and a complete series of networking tools to assist with sobriety. WTF can also assist with providing drug

test kits at a reduced cost.
Winning the Fight
WTF-winningthefight.org 972.467.7704

Q. Does the school have any resources when it comes to substance abuse?

A. The LISD CHOICES - Safe and Drug Free Schools Program provides education and resources to parents and students at the elementary, middle, and high school levels.

Choices-Safe and Drug Free Schools
choices@lisd.net 469.948.8680

Q. My teen was arrested for drugs or alcohol. What happens next?

A. Families entering the adult or juvenile legal system for a drug or alcohol-related offense can be overwhelmed. While we cannot give legal advice, we can explain the process so you can make educated choices. Fear of the unknown or what's going to happen next is sometimes the hardest part.

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Q. This year has been really tough! I feel my family needs counseling. Where can I go?

A. Youth and Family Counseling (Y&FC) offers individuals and their families six free 50-minute counseling sessions, through a referral from the Flower Mound Police Department. Issues routinely handled by Y&FC include: ADD, truancy, single parent issues, anger, grief therapy, impulse control, anxiety disorders, and many more.

Youth and Family Counseling
105 Kathryn Drive, Suite 3A
Lewisville, Texas 75067
972.724.2005

Q. Do we have NA or AA groups that meet here in Flower Mound?

A. We have two groups that meet here locally - "A Daily Reprieve" and "Carry the Message." They hold both open and closed meetings providing support for the addict and those family members affected by addiction.

<http://www.aadallas.org/wordpress/meetings/meeting-search/>

Q. I am a single parent. Does Flower Mound, Lewisville, or Highland Village have any Big Brothers/Big Sisters organization in the area?

A. As the nation's largest volunteer supported mentoring network, Big Brothers/Big Sisters makes meaningful, monitored matches between adult volunteers and children ages 6 through 18. They develop positive relationships that have a direct and lasting effect on the lives of young people.

BBBS Lone Star (<http://www.bbbstx.org>)
723 - 1-35 940.383.4441
Denton, TX 76205
bbbstx@bbbstx.org

Q. Where can I dispose of unwanted prescription medication that I don't want to end up in the hands of my teenager or the water supply?

A. The Flower Mound Police Department has a Medication Disposal Bin located in the Police Department that is accessible 24 hours a day, 7 days a week. The service is free and no appointment is needed.

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