

How much is too much?

Do you have a teen who is using drugs or alcohol? Do you wonder if you should step in? Do you wonder if "this is just a phase"? Many parents wonder these same questions. This brochure includes resources that will help you answer those questions.



Resources:

The Primal Teen: What the new discoveries about the teenage brain tell us about our kids by Barbara Strauch. Doubleday, 2003.

Why do they act that way? A survival guide to the adolescent brain for you and your teen. By David Walsh and Nat Bennett. Free Press, 2004.

Beautiful Boy: A father's journey through his son's addiction by David Scheff. Houghton Mifflin, 2008. This is the story of a teen's addiction through the eyes of a parent.

Addict in the Family: Stories of loss, hope and recovery by Beverly Conyers. Hazeldon 2003. This book validates the feelings and experiences of parents and families dealing with a child's addiction, coupled with education.

www.drugfree.org - Offers tips and information for parents and caregivers. Also try www.drugfree.org/teenbrain/ which provides great information on the teen brain.



Supported by the
Illinois Department of Health and Human Services
Division of Alcohol and Substance Abuse



Interested in learning more?
Go to www.illinoistreatmentworks.org or
www.iffcmh.net to download a resource for parents;
A Parent's Journey: Navigating Teen Substance Abuse.

Navigating Teen Substance Use & Abuse

Illinois Federation of Families
and the Illinois Department
of Health and Human
Services—Division of Alcohol
and Substance Abuse.

Warning Signs for Substance Abuse

- Change in friends
- Declining grades
- Mood swings
- Legal problems
- Change in activities and interests
- Valuables missing from your home
- Poor hygiene or drastic change in lifestyle
- Missing prescriptions or over the counter medications
- Missing alcohol
- Fascination with the drug culture (doodling marijuana leaves or mushrooms, posters or t-shirts depicting marijuana or other drugs)
- Decline in physical health
- Someone tells you your child is using
- Lack of motivation or change in work ethic
- Increase in conflicts in the family
- Teen has experienced emotional or physical trauma.



Parents need to trust their instincts. If you think something is wrong, something probably is wrong. SEEK HELP!

Where do I go for help?

- Go to www.findtreatment.samhsa.gov and click on the treatment locator. Choose "detailed search" then enter your zip code and how many miles you are willing to drive. The next page allows you to check criteria. Check "adolescents" under special programs/groups, then click "continue". The locator then will give you a list of treatment facilities in your area that have expertise in treating adolescents. .
- In Illinois, parents can go to www.illinoistreatmentworks.org. On the homepage is a link to the adolescent provider directory. There you can see a list of facilities in Illinois.
- Talk to a community representative. A school counselor, clergy from your congregation, neighbors and friends are all good people to begin the process of finding help.
- Open up your phone book to social service agencies or substance abuse facilities. Call agencies and ask whether they have substance abuse treatment and mental health services for adolescents.
- Call your insurance company to find available programs covered by your insurance. You can also call your Employee Assistance Program or the Human Resources Department at your place of employment for treatment options.



What happens next?

A **treatment program** may conduct a screening over the phone to determine whether your teen is suitable for the program. If appropriate your teen and you will go to the agency for an **assessment**. An assessment is an evaluation that examines the extent of drug use, mental health issues and appropriateness for treatment. After an assessment a clinician will recommend a level of treatment appropriate for your teen. **Early intervention** services may include counseling classes or education groups that focus on the affects of alcohol and other drugs. A program could also include life skills and youth development. If your teen has progressed beyond experimentation, a counselor may suggest treatment. **Outpatient treatment** includes individual therapy once or twice a week, family therapy, group counseling or a combination of these things not totaling more than 9 hours per week. During **inpatient treatment** a teen stays overnight for a number of days depending on the structure of the program.



The best predictor of teen success in intervention, treatment, and recovery is **FAMILY INVOLVEMENT**.

Families should seek support for themselves while their teen is in treatment and recovery.