

COCAINE CRACK DEPRESSANTS FENTANYL GHB HEROIN INHALANTS KETAMINE LSD MARIJUANA MDMA

What you

MESCALINE METHAMPHETAMINE METHCATHINONE OPIUM PCP PSILOCYBIN RITALIN ROHYPNOL STEROIDS

need to

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know as a

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parent or

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grandparent

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Keep your eyes open.

Know who your son is with. Know where your daughter is tonight. Lots of factors can impact a young person's risk of becoming a drug abuser. Negative factors – those which can increase the likelihood of drug issues – include things like association with drug-using peers, low self-esteem, and lack of parental supervision. Positive factors include things like a broad network of adult mentors, self-confidence, and parental support.

Make sure your kids know exactly where you stand on the issue.

Have a family discussion on substance abuse. Encourage honest dialog. Ask questions. Listen carefully.

Early intervention matters.

If you notice behaviors that concern you, don't wait – act. Check with your insurance to see what clinics or agencies you can access. If you're without insurance and/or you're having financial difficulties, the Lake County Alcohol, Drug Addiction and Mental Health Services (ADAMHS) Board funds a network of service providers that offer help regardless of your ability to pay. *Call the ADAMHS Board's Compass Line at 981-2000 or 350-2000 (both 440), or go to www.HelpThatWorks.us and click "I'm looking for help".*

It's also important to "trust your gut" when it comes to your son's or daughter's behaviors. If you sense something's amiss – even if you lack hard evidence – chances are good that you're right.

Be especially alert during key risk periods.

Research shows that key risk periods for drug abuse are during major transitions in children's lives. For instance, when kids advance from elementary school to middle school they typically find themselves facing a whole new array of social and academic pressures – plus a raft of hormonal and physical changes that accompany early adolescence. It can be a risky time, and parents need to be especially vigilant. Another big transition takes place a few years later when adolescents enter high school. The peer pressures ramp up. So does the potential for exposure to drugs, drug users, and social activities that involve

drugs. Other transitions that can spawn increased risk include things like a significant loss (a parent or close friend dies), a move to a new area where old friends are left behind, or leaving home for college or a job after high school.

Collaborate.

If you're worried, talk with your daughter's teachers, your son's soccer coach, or the parent of one of your kid's pals. Ask them if they've noticed changes. Enlist their help and support.

A word about parties.

Teen parties with no adult supervision are dangerous – don't allow your son or daughter to attend them, and don't allow your home to be used to host one. Be aware that allowing underage drinking in your home is not only unwise, it's illegal.

Don't allow your home to be an easy target.

Home medicine cabinets can be tempting targets for drug abusers and addicts. Keep all prescription medications under lock and key, and purge your medicine cabinet of any older, unused meds by taking them to one of the seven secure collection bins located in law enforcement offices throughout Lake County (*for a list of locations visit www.lakeopiateTaskforce.org*). Ask yourself how accessible your home's alcohol supplies are to underage visitors who may be looking to experiment or abuse, and take steps to secure those as well.

Online Resources

www.HelpThatWorks.us, www.LakeOpiateTaskForce.org

Looking for help but not sure where to start?

Call The ADAMHS Compass Line at 918-2000 or 350-2000 (both 440). You'll speak with a trained triage specialist who will get you pointed in the right direction.



The Lake County Alcohol, Drug Addiction and Mental Health Services Board