

# Understanding Addiction



# Warning SIGNS!



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What You Need to Know as a Parent or Grandparent

 **Warning Signs of Drug Misuse: Keep your eyes open.**  
Many factors can influence a teen's risk of substance use. As a caregiver, your role is essential in helping to guide and protect your child.

Early intervention matters. If you notice concerning behavior, don't wait—take action.

- Check your health insurance to see what services are available.
- Uninsured? The Lake County Alcohol, Drug Addiction and Mental Health Services (ADAMHS) Board funds a network of providers who help regardless of your ability to pay.

More Resources at [HelpThatWorks.us](https://HelpThatWorks.us)

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Your involvement makes a difference.  
Let's work together to keep our kids safe, healthy, and substance-free.

### ⚠ Risk Factors

- Friends who use drugs or alcohol
- Low self-esteem
- Significant life changes (like moving or losing a loved one)

### 🚩 Be Alert During Key Transition Periods

These moments can be emotionally overwhelming and may increase vulnerability.

- Starting middle school or entering high school
- Moving to a new area
- After a loss or major life event

### 💬 Talk About It

Early intervention matters. Have a family discussion about substance use. Encourage honest dialogue, ask questions, and listen without judgment. Need directions on what to say?

📞 Call the Compass Line at 440-350-2000 or visit our website at [HelpThatWorks.us](http://HelpThatWorks.us)

### 💻 Digital Red Flags: What to Watch For Online

Substance use warning signs can show up in your teen's digital life too. Be aware of:

- Slang terms that may reference drug use (e.g., 💊, 💚, 🔥, 💊)
- Sudden new contacts or unknown "friends" online
- Use of coded language like "plug" (dealer), "skittles" (pills), or "420" (marijuana)

### 🚫 A Word About Parties

Teen parties without adult supervision are dangerous. Don't allow your child to attend them—and don't allow your home to host them. Underage drinking is illegal and unsafe.

### 🔒 Secure Your Home

- Lock up prescription medications and secure your alcohol—make sure it's not easily accessible to teens or their friends.
- Purge unused or expired meds—take them to a secure collection bin at any Lake County law enforcement office.

FIND support services nearest to you at [www.HelpThatWorks.us](http://www.HelpThatWorks.us) or CALL for personalized assistance at 440-350-2000.



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