

LOCAL RESOURCES

Washington High School Counselor 558-2142

Serving 9th grade:

Dr. Peggy Hardesty, phardesty@cr.k12.ia.us

Serving 10-12th graders:

Mr. Larry Simons, student last names A-F, lsimons@cr.k12.ia.us

Ms. Jennifer Byers, student last names G-K, jbyers@cr.k12.ia.us

Mr. Frank Scherrman, student last names L-R, fscherrman@cr.k12.ia.us

Ms. Sue McDermott, student last names S-Z, smcdermott@cr.k12.ia.us

Social Worker & Special Education Consultant:

Ms. Jill Weigel, jweigel@cr.k12.ia.us

ASAC (Area Substance Abuse Council) 390-4611

For Assessment, Prevention & Treatment, contact the ASAC Counselor at Washington High School through the guidance office

St. Luke's Chemical Dependency Center 368-5671

Sedlacek Treatment Center 398-6226

Web Sites:

www.asac.us

www.drugfreeinfo.org

www.drugfree.org

www.theantidrug.com

www.samsha.gov



asac

Area Substance Abuse Council

How To Tell If Your Teen Is Using Drugs Or Alcohol & What To Do About It

The Warning Signs of Drug and Alcohol Use:

Look for these changes:

- A drop in grades, increase in tardiness, absences, and suspensions or detentions in school
- Changes in friends
- Withdrawal from the family or family activities
- Resistance to discipline
- A pattern of dishonesty, stealing and getting in trouble
- A loss of motivation and interest in activities they used to enjoy
- Unusual hostility, irritability, or secretiveness
- Defensiveness or blaming others
- Fearfulness, compulsiveness and talkativeness
- Evidence of drug paraphernalia, such as pipes and rolling papers
- Frequent use of mouthwash or breath mints to cover the smell of drugs or alcohol
- New bottles of eye drops used to cover bloodshot eyes
- Missing prescription drugs—especially narcotic pain medications, depressants or stimulants

Notice changes in your child's physical well-being, such as:

- Bloodshot eyes
- Dilated or shrunken pupils
- Frequent colds, sore throat, cough or constant runny nose
- A major change in eating or sleeping patterns
- Sudden weight loss or gain
- A lack of energy or fatigue
- Dizzy spells, stumbling, shaky hands

1. Adapted from *Skill Builder Booklets & Pamphlets*. Syndistar, Inc: New Orleans, LA (1997).
How to tell if a kid is on drugs and what to do about it.
2. Adapted from *Suspect your teen is using drugs or drinking? A brief guide to action for parentst.* http://www.theantidrug.com/pdfs/ei/parents_brochure.pdf

Steps You Can Take:

- It is never too early or too late to begin talking about drug and alcohol use.
- Talk with your teen about the health, safety, and legal consequences of using alcohol and illegal drugs. If you're not sure what they are, look for information at the websites listed on the back of this brochure.
- Set clear family rules and expectations, and enforce them with consistent and appropriate consequences.
- Contact your teen's school counselor and ask if school staff see any unusual behavior or changes in performance. Ask to be contacted with concerns.
- Document your observations, because your teen will work hard to convince you that things didn't happen the way you remember.

*Adapted from U.S. Department of Health and Human Services, SAMSHA.
Keeping Youth Drug Free. <http://www.health.org>*

Take a Deep Breath...

You're not a failure as a parent. You're not helpless.

And you're not alone.

*The Partnership for a Drug-Free America. What to do if you think your child is on drugs <http://www.drugfree.org/Intervention/HelpingOthers/AdultTeen>.
[1 March 2006]*

What to Do?

If you suspect your child is using drugs or alcohol, question everything. Make sure you monitor what your teen is doing as much as possible. If you feel you have strong evidence of drug or alcohol use, wait until your teen is sober to talk.

*Skill Builder Booklets & Pamphlets. Syndistar, Inc: New Orleans, LA (1997).
How to tell if a kid is on drugs and what to do about it.*

- Talk with your teen where you will not be interrupted.
- Describe the specific behaviors you and others have observed.
- Don't negotiate, bargain, or debate.
- Be prepared for your teen to deny using drugs or drinking.
- Let your teen know you will continue to enforce your rules and curfews.
- If you have observed warning signs, seek an assessment for your child. Trained professionals have tools that can identify the level of abuse and recommend appropriate action steps.

*Adapted from Suspect your teen is using drugs or drinking?
A brief guide to action for parents. http://www.theantidrug.com/pdfs/ei/parents_brochure.pdf*

Whatever you do, DO NOT GIVE UP!

The child who upsets you so much is the same little boy or girl who, only yesterday, gave you such joy. They're in way over their heads, and they never needed you quite as much as they need you now. No matter what they say.

The Partnership for a Drug-Free America. What to do if you think your child is on drugs. <http://www.drugfree.org/Intervention/HelpingOthers/AdultTeen>. [1 March 2006]