

PREVENT SUBSTANCE ABUSE



PROTECTIVE FACTORS TO DEVELOP IN EARLY CHILDHOOD

Prenatal period:

- Good maternal nutrition

Infancy and Toddlerhood:

- highly responsive parents
- yield strong parent-child attachment

Preschool:

- increase behavioral control
- improves social competence

Transition to School:

- mastery of basic concepts and learning process
- sets stage for academic success

CREATING A PREVENTATIVE ENVIRONMENT

Parenting that includes:

- warmth
- consistency
- age-appropriate expectations
- praise for accomplishments
- consistent routines and rules
- providing opportunities for social interactions with peers
- providing opportunities for physical exercise/activity

DANGERS OF DRUG USE/ABUSE

For users:

- nausea
- Irregular or rapid heart rate (cocaine, marijuana, meth, PCP)
- Heart failure (cocaine, meth)
- Blood-borne diseases like hepatitis or HIV (injectable drugs)
- High blood pressure (cocaine, meth, PCP)
- Impotence or infertility (marijuana, meth, narcotic drugs)
- Learning and memory problems (marijuana)
- Lung damage (marijuana, PCP)
- Psychosis (LSD, cocaine, meth)
- Respiratory depression and coma (tranquilizers, narcotics)
- Seizures (tranquilizers, cocaine, narcotics)

For those around them:

- potential accidents
- second-hand smoke damage
- drain on finances
- damages relationships
- if pregnant
 - Miscarriage
 - Problems with the placenta
 - Premature delivery
 - Low birth weight
 - Withdrawal symptoms in newborn

PARENT/MALE INVOLVEMENT ACTIVITY: FAMILY CHECK-UP

The Child and Family Center at the University of Oregon developed a few questions that can help you assess your capacities to prevent drug abuse. Each question has an accompanying video to help you as a parent develop the skill. Reflect on your own answers to these questions .

Are you able to communicate calmly and clearly with your child(ren) regarding relationship problems?

Do you encourage positive behaviors in you child(ren) on a daily basis?

Are you able to negotiate emotional conflicts with your child(ren) and work towards a solution?

Are you able to calmly set limits when your child(ren) is/are defiant or disrespectful? Are you able to set limits on more serious problem behavior if or when it occurs?

Do you monitor your child(ren) to assure that they do not spend too much unsupervised time with peers?

These questions stem from 5 categories of positive parenting:

- Communication
- Encouragement
- Negotiation
- Setting Limits
- Supervision

Try an experiment in doing something different in one of these categories with your child(ren).

For access to the videos and a pdf:

- drugabuse.gov
- search "family check-up"

RESOURCES

Idaho:

- Friendship Club
 - Social setting for those recovering from drug & alcohol dependency, also for family /friends.
 - 745 S. 1st Ave. Pocatello, ID 83201
 - (208-232-9565)

Utah:

- Bear River Health Department Division of Substance Abuse
 - Affordable prevention services & counseling for all types of substance abuse to individuals, families, or groups.
 - 655 E. 1300 N. Logan, UT
 - 817 W. 950 S. Brigham City, UT 84302
 - Logan: 435-792-6420
 - Brigham: 435-730-2793
 - Tremonton: 435-257-3318
 - www.brhd.org

Online:

- My Recovery
 - Social networking and resource site for people in addiction recovery including online AA meetings.
 - myrecovery.com
- Substance Abuse and Mental Health Service Hotline
 - samhsa.gov