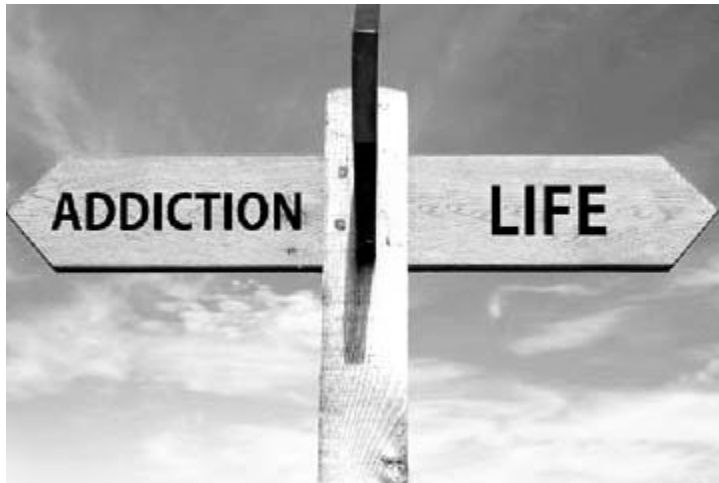




Substance Abuse

DRUG AND ALCOHOL ADDICTIONS EFFECTS ON THE FAMILY



People take drugs for many reasons:

- Reduce stress and anxiety
- Regulate emotions
- Escape emotional pain
- Peer Pressure
- To relax
- To escape reality
- To feel more confident
- For fun

People who have friends or family members that take drugs or drink are more likely to do so.

Q. How do I know if I have a drug or alcohol addiction?

A. The major symptom of drug or alcohol addiction is the onset of withdrawal symptoms after not consuming the substance for a period of time. Other signs include a persistent compulsion to consume the substance despite the negative consequences associated with doing so, an obsession with consuming the substance, and attempting to quit but being unable to do so.

Q. Is it possible to abuse over-the-counter drugs?

A. Absolutely. There are many products on the market that contain ingredients that can get a person high when consumed in large quantities. However, this often produces disastrous results. Over-the-counter (OTC) medications can contain other ingredients than become poisonous when ingested in excessive amounts. For example, high doses of acetaminophen (found in Tylenol) can cause liver damage. OTC medications can also be dangerous when mixed with other drugs and alcohol. Always read the drug information on the package. If you have any questions, consult a qualified medical expert.

Q. Is sharing prescription drugs illegal?

A. Yes, and violation of the law can result in arrest and prosecution. Although it may seem harmless, allowing a person to take a medication he or she does not have a prescription for is dangerous. The medical professional wrote the prescription for his or her patient based upon that patient's medical history. The person taking the drug without a prescription may have health issues including use of other medications, or unknown allergies that can lead to an adverse reaction to the drug. Always err on the side of safety and never share your prescription medication with anyone.

Q. What is a co-occurring disorder?

A. A co-occurring disorder is a medical or mental condition that causes or arises from the person's addiction to drugs or alcohol. Drugs and alcohol have a major effect on the body. Most, but not all, people develop co-occurring disorders. The most common ones are anxiety disorders, depression, and malnutrition. Drug information from the National Alliance on Mental Illness indicates approximately 37 percent of alcoholics and 53 percent of drug users have at least one serious mental illness. It is important to diagnose and treat co-occurring disorders at the same time the addiction is being treated because untreated medical or mental health problems can cause a person to relapse into addictive behaviors.

EFFECTS OF DRUG ABUSE:

- Brain Damage
- Memory Loss
- Decreased Learning Disability
- Problems with Coordination
- Damaged Ability to Focus
- Increased Heart Rate and Blood Pressure
- Serious Damage to Cardiovascular, Respiratory, Nervous, and Digestive Systems
- Increased likelihood of succumbing to infectious diseases
- Increased Body Temperature
- Seizures

Myth: You can't get addicted the first time you try drugs

Fact: Every person's physiology is different. Therefore, you cannot predict how any drug, including alcohol, will affect you, especially the first time you try it. There are substances that are highly addictive and can cause the onset of withdrawal symptoms after the first time you use them.

Myth: People are only hurting themselves when they take drugs or drink alcohol.

Fact: When a person abuses drugs and alcohol, everyone pays the price. A person who misuses or has an addiction to drugs and alcohol is more likely to be involved in an accident or commit a crime. Additionally, people under the influence often say and do things they normally would not do while sober. This can lead them to hurt their friends, family members, and coworkers.

Myth: Marijuana is not addictive

Fact: Many people believe marijuana is not addictive because it is a "natural" substance that comes from a plant. Cocaine is made from the coca plant and is highly addictive. Where a drug comes from often has little bearing on how addictive it can be. According to the drug information available, approximately one out of ten people who use marijuana will develop an addiction to it.

RISK FACTORS:

- Chaotic Home Environment
- Ineffective Parenting
- Little Mutual Attachment and Nurturing
- Inappropriate, shy, or aggressive classroom behavior
- Academic Failure
- Low Academic Aspirations
- Poor Social Coping Skills
- Affiliations with Deviant Peers
- Perceived External Approval of Drug Use (Peer, Family, Community)
- Parental Substance Abuse or Mental Illness

PROTECTIVE FACTORS:

- Strong Family Bonds
- Parental Engagement in Child's Life
- Clear Parental Expectations and Consequences
- Academic Success
- Strong Bonds with Pro-Social Institutions (School, Community, Church)
- Conventional Norms about Drugs and Alcohol

SUBSTANCE ABUSE RESOURCES

Who	Service	Location	Phone Number	Website
Addiction Recovery Program	Counseling, substance Abuse Treatment, Alcohol & drug rehab center, Detox program.	15 E. Oneida, Preston, ID 83263	(208-852-2407)	
Alcoholics Anonymous (AA) of Cache Valley	Help overcoming alcohol addiction	Check website.	435-755-7772	www.utaahaa.org
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	www.brhd.org
Drug/Alcohol Treatment Toll-Free National Hotline	24 hours hotline and referrals		1-(800)-662-4357	
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)	
Heart t' Heart	Support group for any addiction or co-dependency. Wednesdays- just for men.	255 N. Main Rm. #158, Logan, UT 600 S. 200 E., Hyrum, UT	(435-512-2107) (435-512-2108)	
My Recovery	Social networking and resource site for people in addiction recovery including online AA meetings.			http://www.myrecovery.com
Narcotics Anonymous	Wednesday at 7:30 PM. Search website for other dates, times, and locations	290 N. 400 E. Logan, UT	1-888-773-9999	www.na.org
Road To Recovery	Alcohol/drug counseling	343 E. Bonneville, Pocatello 83201	(208-478-6150)	

The Family Institute of Northern Utah	Substance abuse treatment program	190 E. Center St. Logan, UT	435-752-1976	www.finu.org
Tobacco Quit Line	Help recovering from tobacco addiction		1-888-567-TRUTH (8788)	www.tobaccofreeutah.org
Treatment Approaches for Drug Addiction	Factsheet on Addiction	National Institute on Drug Abuse		http://www.nida.nih.gov/infofacts/treatment.html

WHAT ***YOU*** CAN DO:

- **SPEAK UP:** Offer your support and remember that recovery is a long, hard process, but IT IS POSSIBLE!!
- **TAKE CARE OF YOURSELF:** Don't neglect your own needs or safety.
- **AVOID SELF-BLAME:** Remember, you can't force anyone to change, you can only encourage them to.



BE A HERO! NOT A ZERO!
SAY NO TO DRUGS!