

Substance

ABUSE



NOUN

Overindulgence in or dependence on an addictive substance, esp. alcohol or drugs.

sub-stance a-buse

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Info from www.drugfree.org

SAFE GUARD YOUR MEDICATIONS

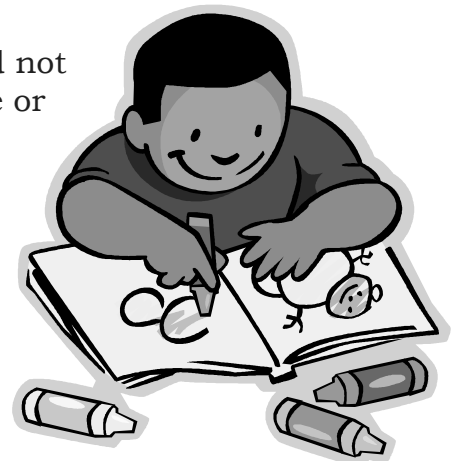
- **MONITOR:** Know what and how many medications you have, the amounts that you have in your containers, take notice if any are missing.
- **SECURE:** Just the way we secure other dangerous things from our children, there is no shame in securing medication from our children.
- **DISPOSE:** Properly disposing of extra or expired medication is a good way of protecting our children, local pharmacies will sometimes take these from you.



Pre-Kinder GUIDE ON TALKING TO CHILDREN

It's never too early to start talking to your children about substance abuse. Start when they are curious and begin to ask questions. By late elementary school, children begin to see classmates smoking, drinking and trying drugs

Pre-Kindergarten: Teach your child that he/she should not drink out of random glasses. What looks like apple juice or orange juice at a party where adults are present could contain alcohol. You can also be very clear about who they should take medication from. Explain that even though some medication may taste like bubble gum or



look like candy, it is only acceptable for mom or dad or grandma/ grandpa (and other approved caregivers) to give it to them.

PREVENT

Parents have a bigger influence on children than friends, music, TV, the Internet and celebrities do.

Children who learn about the risks of drugs and alcohol from their parents are 50% less likely to use substances than those who do not. It is never too early to talk to children about this subject.

Help your child stay safe by:

- Talking and Listening regularly to your child
- Being directly involved in your child's every day life.
- Making it clear that you do not want them using drugs
- Setting limits that are simple and easy to understand.

***How do you tell your children you don't want them using drugs or alcohol?**

- You tell them how you feel and what your expectations are for them. Be firm but loving and let them know you say these things because you love them.
 - Example of what you could say: "I realize there's a lot of temptation out there. I also know you're a really smart, strong person. That's why I expect you to stay clean — no matter what your friends are doing. Agreed?"

INTERVENE

Do you think or know your child is using drugs

Even if you think your child is just “experimenting” it is still important to take immediate action.

Causal drug use can quickly become into drug abuse, dependence or addiction, and can lead accidents, legal issues and serious health issues.

If you are concerned about your child – or even just have a bad feeling - you can and should intervene by

- Setting tighter limits with specific consequences
- Getting outside help and support
- Having productive conversations with your child – remain calm,

share your concerns
and listen.

- Closely monitoring your
child's behavior and
activities

GET TREATMENT

How do I find a treatment program that's right for my child? How do I pay for it? How can I get my child to accept treatment?

Here are the key steps to getting the appropriate help for your child.

- Get a screening and an in-depth assessment on your child.
- Take care of yourself so that you remain strong, healthy and clear minded.
- Educate yourself about substance abuse treatment
- Network with friends, relatives, medical professionals and other parents

RECOVER

Recovery can be a time of great personal fulfillment and growth. But it is a constantly evolving period that requires work to maintain.

*From abstaining from drugs and alcohol, people in recovery can regain their physical and emotional health easier.

* Over time, your loved one will return to being a happier person, a dedicated student or employee, and a more loving family member.

Inviting the recovering person to talk about his or her experiences can be quite supportive – here are some examples:

- I'd be interested in hearing how your meetings are going.
- Are the coordinators helpful?
- Are you finding that recovery is a struggle for you?
- Do you like the other participants?

Everything that you **IMAGINE**,

You can do...

AND WHATEVER YOU

DREAM,

WILL COME TRUE!!!!



Author Unknown