

The Power of Parenting!

INTRODUCTION

If you know your child is using drugs, you have good reason to be concerned. You may feel helpless, fearful and even ashamed, but you CAN do something. You can try a variety of ways that will make your child's drug use less appealing for them. It is important to note that getting help for your child is a process, never an event. This means that you will have to try a variety of techniques over time, while never giving up. This brochure will offer ideas and tips for you to begin to help your child, but it is most important that you educate yourself and get help for yourself as well.

KNOWLEDGE IS POWER

If you know your child is using alcohol, drugs or tobacco, remember knowledge is power. The more information you have about discussing substance use with your child, the more comfortable and prepared you will be. Finding the right time, when you both are available, to discuss your concerns is the first step toward a positive discussion. Be ready for avoidance and denial. Prepare for some possible questions about your own use.



The following organizations offer information and resources that can help you and your family.



Available 24 hours / 7 days

New York State Office of Alcoholism and Substance Abuse Services

www.oasas.ny.gov | 518-473-3460

The Partnership at Drugfree.org:

www.drugfree.org | 855-378-4373

Parents. The Antidrug

www.theantidrug.com | 800-662-HELP

American Council for Drug Education

www.acde.org | 800-378-4435

Families Against Drugs

www.familiesagainstdrugs.org/

Al-Anon and Alateen

www.al-anon.alateen.org | 757-563-1600

Faces and Voices of Recovery

www.facesandvoicesofrecovery.org | 202-737-0690

SAMHSA's Center for Substance Abuse Treatment

www.samhsa.gov/about/csat.aspx | 240-276-1660

Substance Abuse and Mental Health Services

www.samhsa.gov | 877-SAMHSA-7

National Institute on Drug Abuse

www.nida.nih.gov/nidahome.html | 800-662-HELP

National Council on Alcohol & Drug Dependence

www.ncadd.org | 800-NCACALL

**What to Do?
I know my Child is
using alcohol
and/or drugs**

**THE POWER OF PARENTING
Empowering Parents to Act**



New York State Office of Alcoholism
and Substance Abuse Services



OUTLINE FOR AN INTERVENTION

Seek professional help. School counselors/health care professionals are trained to assist with referrals to trained counselors who are equipped to properly assess your child's alcohol and/or drug use.

Don't shy away from addressing this. Be prepared to discuss and take appropriate action.

Express concern over a particular incident and relate this to the chemical use.

Be factual and specific.

Describe how you felt.

Set limits and arrange an outcome.

Example:

I know you would not have (insert behavior).

I am so concerned about you and I am afraid for what is happening to our family.

I have arranged an appointment for you so you can get help.

STEPS YOU CAN TAKE

Keep yourself and your child surrounded by loving support.

- Talk to your child when he/she is not under the influence of alcohol and/or drugs.
- Express concern not blame.
- It is important to use your knowledge of your child and trust your own instincts about how to approach the subject.
- Don't cover up your child's alcohol and/or drug seeking behaviors from family members.
- Establish guidelines for behaviors, as well as curfews and type of friends. Put these into a contract that has both consequences and privileges.
- Always have your child assume responsibility for his/her actions.
- It is important to not let shame or anger prevent you from getting help from someone who knows addiction.
- Make sure that you and other caregivers are on the same page so you can show your child a united front.
- If your child needs treatment, you can prepare a formal intervention that would involve significant others and have treatment as the outcome.
- Keep in mind, treatment is voluntary, and your child may refuse to go. It is important to have some type of leverage such as: legal consequences, removal from extra-curricular activities or placement outside the home.

SAMPLE CONTRACT

Terms: No use of alcohol, drugs or tobacco. No hanging with users.

Privileges: Anything that is a perk for your child.

Consequences: Loss of privileges and seek out professional help.

Signatures: Yours and your child's.

WIDELY USED DRUGS

Tobacco

Alcohol

Prescription Painkillers

Marijuana

Inhalants