

What Parents Should Know About Drugs

Transcript of What Parents Should Know About Drugs

Codependency

& Self Care

Drugs & Dependence

Signs & Symptoms of Substance Use / Abuse

Classes of Substances and Their Effects

Prevention, Coping & Treatment Options

Introduction to Substances

Drug Dependence:

Drug Dependence: Signs & Symptoms

Implies that someone is either psychologically and/or physically dependent on a substance

People feel that they cannot get through their day without the use of a substance or their “drug of choice = DOC”.

They feel that they “need” the substance more than they “want” it.

You’ve built up a drug tolerance. You need to use more of the drug to experience the same effects you used to attain with smaller amounts.

You take drugs to avoid or relieve withdrawal symptoms. If you go too long without drugs, you experience symptoms such as nausea, restlessness, insomnia, depression, sweating, shaking, and anxiety. You’ve lost control over your drug use. You often do drugs or use more than you planned, even though you told yourself you wouldn’t. You may want to stop using, but you feel powerless.

Your life revolves around drug use. You spend a lot of time using and thinking about drugs, figuring out how to get them, and recovering from the drug’s effects.

You continue to use drugs, despite knowing it’s hurting you. It’s causing major problems in your life—blackouts, infections, mood swings, depression, paranoia—but you use anyway.

Neglecting their responsibilities at school, work, or home (e.g. flunking classes, skipping work, neglecting your children) because of your drug use.

Using drugs under dangerous conditions or taking risks while high, such as driving while on drugs, using dirty needles, or having unprotected sex.

Drug use is leading to legal trouble, such as arrests for disorderly conduct, driving under the influence, or stealing to support a drug habit.

Drug use is causing problems in relationships, such as fights with your partner or family members, an unhappy boss, or the loss of old friends.

What are Drugs?

Flip to the OSDHUS 2013:

Drug Abuse:

4 Main Categories of Substances

COPING

Social

Prevention

Treatment Options

ACTION

What Parents Should Know Drugs

Drug Abuse: Common Signs & Symptoms

Commonly known as “downers” on the street.

Includes substances such as alcohol, barbiturates, benzodiazepines, opiates, heroin and inhalants.

Produces sedative effects, pain relief, cognitive/memory impairment, euphoria, dissociation, and lowered blood pressure or heart rate.

Mixing any depressant with another depressant is the leading cause of drug related deaths (ex. Alcohol + Opiates).

Include substances such as caffeine, nicotine, amphetamines, ecstasy and cocaine.

Commonly called “uppers” on the streets.

Increases locomotion, blood pressure and pulse.

Diminishes requirement for food and sleep.

Can cause euphoria and hallucinations in some cases.

Can cause heart arrhythmia, nervousness, irritability and has worsened symptoms in most cases when mixed.

Include such substances such as mushrooms, LSD, ecstasy, and MARIJUANA.

They cause subjective changes in perception that have no basis in reality but that appear entirely realistic in thought, emotion, consciousness.

These substances are much more likely to cause someone psychological dependence as opposed to physical dependence.

In Windsor-Essex:

NA, AA (support groups)

Outpatient counselling (New Beginnings, WECHC)

Inpatient counselling (Brentwood, House of Sophrosyne)

Inpatient treatment (Withdrawal Management)

Private practitioners

In Leamington:

Renew Medical Clinic, 4 Talbot Street East, Leamington ON addiction services + methadone maintenance

Alcoholics Anonymous – 175 Talbot Street East, Leamington ON – 9:00am (CLOSED MEETINGS)

Alcoholics Anonymous – 21 Elliott Street, Leamington ON – 8:00pm (CLOSED MEETINGS)

There is no universal definition

One definition that could be used: drugs are chemicals which alter your mind, body and/or spirit.

The terms drugs/substances are used interchangeably (and in addition to drug categories they also include alcohol).

Examples: tobacco, caffeine, marijuana, alcohol, cocaine, heroin, crystal methamphetamine and medications.

The intentional and inappropriate use of a drug resulting in physical, emotional, financial, social or intellectual consequences. (Goldberg, 2014)

This is when people usually see negative things begin to happen as a result of substance use.

http://www.helpguide.org/mental/drug_substance_abuse_addiction_signs_effects_treatment.htm

THANK YOU

OSDUHS 2013 Link:

http://www.camh.ca/en/research/news_and_publications/ontario-student-drug-use-and-health-survey/Documents/2013%20OSDUHS%20Docs/2013OSDUHS_Highlights_DrugUseReport.pdf

Depressants

Symptoms of Depressant Use

Calm or very relaxed

Lack of facial expression

Skin may be cold and clammy

Altered senses, reduced anxiety

Staggering, stumbling, slurred speech, lack of coordination

Falling asleep, difficulty concentrating, flat affect

Dilated pupils at times (alcohol).

Pupil constrict at times with (Oxycontin)

Stimulants

Symptoms of Stimulant Use

Dry mouth and nose, frequent lip licking.

Excessive activity, difficulty sitting still, lack of interest in food or sleep, and moves around more frequently (cannot sit still)

Irritable, argumentative, nervous.

Itchy/scratchy

Talkative, but conversation often lacks continuity; changes subjects rapidly.

Runny nose, cold or chronic sinus/nasal problems, nose bleeds.

Hallucinogens

Symptoms of Hallucinogen Use

Dilated pupils.

Warm skin, excessive perspiration and body odor.

Distorted sense of sight, hearing, touch; distorted image of self and time perception.

Mood and behavior changes, the extent depending on emotional state of the user and environmental conditions

Unpredictable flashback episodes even long after withdrawal.

These drugs in particular, serve a purpose which is to help people who are ill recover or to block pain.

Despite their purpose, they are often used illegally or inappropriately.

The most often abused medications are the narcotics or "opiates" which are known as "painkillers."

Medications

What's the Impact of Substance Use and Abuse?

Binge drinking has been linked to student deaths, but it has also been associated with weak academic performance, injuries, vandalism and property damage.

Illegal substance use has a substantial connection to crime.

Being intoxicated increases the odds of being a victim of violence six fold.

It is unclear how much of a substance a person has to take before problems arise and how often one has to use substances before becoming dependant or developing a psychological or medical problem.

Basically, everyone takes a gamble when they decide to use drugs or alcohol as there is no predicting how we will be effected (good or bad).

Substances From A Social Perspective

Risk factors for young people

Having parents who abuse drugs

Lacking mutual attachment & nurturing

Poor family relations

School failure

Extreme shyness & aggressiveness in the classroom

Poor coping skills

Perceptions that substance use is acceptable

Association with peers who engage in substance use or other deviant behaviour

Protective factors for young people

Strong bonds with family

Parents who take an active role in the child's life

Academic success

Parents who provide clear expectations and consequences (consistent)

Positive social orientation

Involvement in social activities

Example: Brandon is a drug addict whose life was in danger, until his family brought him to Dr. Phil for an intervention. Now that Brandon is clean, he reveals how he kept his addiction a secret and offers tips on what to look for if parents suspect their child is using drugs.

How can you determine if your child is using drugs?

<http://www.drphil.com/articles/print/?ArticleID=294>

Lock your liquor cabinet.

Brandon started on his course with alcohol and drugs at about the age of 13 when his parents went out of town and he decided to raid their liquor cabinet. He chose the clear liquor because it was the easiest to replace with water.

Check your child's attendance record at school.

Brandon used to skip school to go get high. He'd leave early, arrive late, and sometimes not show up at all. He'd forge notes from his parents, or steal passes from the school office.

The most trusting parents are the ones who are potentially the easiest to take advantage of.

Brandon lied to his parents a lot. He'd tell them he was going out to eat, bowling, or to a movie, when

instead he was headed to a party to get drunk. When he came home late, he made excuses: he ran out of gas, there was a huge accident so the road was blocked, etc.

Are you paying for your child's drugs?

Brandon's parents would give him money to buy clothes or eat out, and he'd save that money to spend on drugs.

Check their bedrooms.

Good places to look for drugs:

Under mattresses

Under dressers

Under cabinets

Attached to the back of the drawers, pockets and backpacks

Brandon's favorite place was in his closet, inside pockets of clothes and jeans he never wore.

You have noticed that Jonathan's behaviour has been different at home for the last few months. His marks have been going down in school, he is lazier and he gives a lot of attitude when you ask him to do things.

What would you do as a parent to find out what is going on with Jonathan?

Look closely at your child.

To cover up the physical signs that he was using drugs, Brandon would pull his hat down over his eyes, put gum in his mouth, and put Visine in his eyes to take away any redness. When he came home, he would avoid conversation by giving his parents short yes or no answers.

Don't think your child is too young to be exposed to drugs.

The first time Brandon smoked marijuana, he was 13, and knew a lot of people who were already smoking it. By the time he was 16, he was smoking and drinking on a daily basis.

Know who your child's friends are.

Brandon says if a kid won't bring their friends over to the house to hang out with their parents and get to know them a little better, they most likely have something to hide.

Look for drastic changes in appearance

. If your child suddenly wears all black, has a face full of piercings, wears a lot of makeup or is just looking completely different lately this is one of the first signs something is up with your child.

Check your child's vehicle after a Friday or Saturday night

. If they were smoking in their vehicle, you can usually smell a strange odor coming out of it. Check for small pieces of joints " green leaf-like particles or seeds on the floorboards or seats. Look for white pasty substances on CDs, CD cases, dashboards, pictures, or mirrors, that they might be doing drugs off of.

Look for signs

. When drug use takes a toll, you may notice a rapid loss of weight, paleness of the skin, discoloration, dark circles under the eyes, shaky hands, dropping grades, more absences from school than you know about, sudden mood changes, rise in anger at family members.

Give your kids a random drug test.

Make sure it's after a weekend.

Develop an open, strong and trusting relationship with your child, one without judgment.

Brandon says it's the best fence a parent can put around their child. Don't get angry with what your child comes to you and tells you, or the next time they won't share with you what's going on in their life. Give them advice and maybe they'll make a better choice in the future.

Look for falling grades.

Teens who use drugs sometimes are less likely to value academic performance, so this is a telltale sign. Search for drastic drops, not just little dips. This could be due to anything.

Note your child's altered eating and sleeping habits

, like poor appetite and insomnia. Sudden desires for sweets as well as weight loss indicate addictive swings typical of drug use.

Change in interest

. Take seriously any mysterious rejection of interests that were once important to your child, like sports and hobbies.

Monitor their attitude

. They might become much ruder and more rebellious than usual, and they might refuse to do any chores unless paid.

Pay attention to how they smell

. If they were drinking or doing drugs, you might be able to smell it on their clothes or breath. If they smell like they just sprayed of perfume or cologne they might be trying to cover up the scent.

Harm Reduction

Harm reduction is making gains as a more favourable approach.

Focuses on reducing personal and social adverse effects emanating from drugs use.

Some people feel that harm reduction gives people the wrong impression but it is an effective alternative to abstinence.

Do not dumb things down for youth. Education is the best way to prevent. Ignorance is not bliss.

Educate your children/students

The more information people have at their fingertips, the better the choices that they can make.

Sometimes people feel that giving kids/youth information on drugs could backfire on them but if we don't tell them both sides of the story, they will likely get the wrong information from their friends/others.

Tips for

Parents

1)

Don't Be Afraid to be the "Bad" Parent

2)

Connect With Your Child's Friends

3)

Make Connections With Other Parents Too

4)

Promote Healthy Activities

5)

Establish Clear Family Rules about Alcohol and Drugs

Consistent enforcement of the rules, with consequences, if needed is essential. Without consequences the rules have no value and will not work.

6)

Get Educated About Alcohol and Drugs

7)

Be a Role Model and Set a Positive Example

8)

Keep Track of Your Child's Activities

9)

Keep Track of Alcohol and Prescription Drugs

10)

Get Help!

Safe Coping Skills for Youth

Ask for help

Leave a bad scene

List your options

Listen to your needs

Set an action plan or "plan it out"

Think of the consequences

Fight the trigger and identify strengths

Protect your body

Acknowledge what you control

Safe Coping Skills for Caregivers

Set boundaries

Practice self care

Focus on NOW

Reach for community resources

Build a support system

Educate yourself

Maintain "normal" family activities

Maintain open communication

Top 5 Reasons Youth Use Drugs & Alcohol and What To Do

Scenario #1:

<http://blogs.psychcentral.com/addiction-recovery/2012/06/reasons-teens-start-using-drugs/>

1.

To Ease Emotional, Physical or Psychological Pain

- family conflict, trouble at school, or feelings of sadness, nervousness or anger. In some cases, an undiagnosed and untreated mental health disorder are at the root of the issue.

2.

To Fit In

- Without adequate coping skills, teens may not know how to handle peer pressure, bullying or difficult social situations.

3.

To Cope with Stress

- Stressed out teens are at 2x the risk for drug abuse..

4.

For Something to Do

5.

To Satisfy Their Curiosity

Talk to a doctor or therapist if you notice lasting changes in your child's grades, mood or behavior. If your child is using drugs, start a dialogue with them and contact an addiction treatment program. Problems often escalate during adolescence and can develop into addictions that last well into adulthood.

Know your child's friends and if your child is struggling socially. One way to do this is by encouraging your teen's friends to hang out at your house.

Be involved - knowing when your child is feeling stressed or overwhelmed, knowing where they are and what they're doing, and keeping the lines of communication open so they feel comfortable venting to you.

Encourage your teen to sign up for an extracurricular activity, sports team, community class or volunteer organization so they stay busy

Educate your child about the dangers of drug use. Research shows that teens who learn about the risks from their parents are 50 percent less likely to use drugs than teens who do not learn these lessons at home

Scenario #2:

You have noticed that your 13 year old has been hanging out with much older youth (18 year olds). He is not following house rules (as they are not enforced) and his behaviour is slowly progressing negatively. What can you do to elicit more control and have your son alter his peer affiliation?

Co-Dependency

What is it?

A mutual need or dependence of two people, groups, or organisms on each other, especially when this supports mutually harmful behavior patterns.

Self-Care

Accept that there is an issue, even if it is hard to admit.

Set boundaries that are focused on maintaining personal health, not necessarily the health of others.

When setting plans with someone who may be struggling with substance abuse, set clear limits on what you are willing to do (ex. Stating you can drive them to an appointment with a doctor, but not necessarily to a part of town where they can score drugs).

Focus on what you can change in your life to be happy and healthy not necessarily what others can potentially do (this is something that you cannot change unless the other party wants to).
Address some of the concerns surrounding the four major areas.

Final Words of Advice

The better you know your child, the easier it will be to identify when they are not themselves whether that be “high” on drugs, depressed, stressed, etc.

When in doubt, check it out.

Things to Keep Kid's Busy Over the Summer

Make a schedule (activities, events, etc.)

Give them a new responsibility

Chores

Work/volunteer (School hours)

Family outings

Day camps

