

COCAINE CRACK DEPRESSANTS FENTANYL GHB HEROIN INHALANTS KETAMINE LSD MARIJUANA MDMA

Warning signs of potential drug/alcohol abuse in teens

MESCALINE METHAMPHETAMINE METHCATHINONE OPIUM PCP PSILOCYBIN RITALIN ROHYPNOL STEROIDS

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Behavioral changes:

- ☐ Change in relationships with family and/or friends.
- ☐ Loss of inhibitions.
- ☐ Mood changes or emotional instability.
- ☐ Loud obnoxious behaviors.
- ☐ Outbursts of laughter.
- ☐ Unusually clumsy or lack of coordination and balance.
- ☐ Lethargic, sullen, withdrawn, depressed.
- ☐ Unusually tired.
- ☐ Silent, uncommunicative.
- ☐ Hostile, angry, uncooperative.
- ☐ Deceitful or secretive.
- ☐ Endless excuses, loss of motivation (an overwhelmed teen may drop a class but overall lack of motivation may indicate drug use).
- ☐ Slurred speech, stuttering or rapid fire speech.
- ☐ Inability to focus.
- ☐ Unusually active or elated.
- ☐ Periods of sleeplessness or high energy followed by long periods of "catch up" sleep.
- ☐ Frequent curfew breaks.
- ☐ Cash problems.
- ☐ Avoiding eye contact.
- ☐ Locked bedroom doors, secretive calls or texts.
- ☐ "Munchies" or loss of appetite.
- ☐ Increased use of air fresheners or incense.

Mental Health:

- ☐ Paranoia.
- ☐ Memory lapses or excessive forgetfulness.
- ☐ Temporary psychosis and hallucinations, becoming delusional.
- ☐ Cycles of manic behavior (unusually happy and talkative followed by depressive episodes).

Physical and Health Issues:

- ☐ Messy careless appearance, poor hygiene.
- ☐ Needle marks. Wearing long sleeves in hot weather.
- ☐ Burns or soot on fingers or lips, flushed cheeks or face, red eyes,
- ☐ Smell of smoke on breath or clothes. Use of gum, mints, fruity drinks to cover breath.
- ☐ Runny nose, itchy red eyes.

- ☐ Heavy use of over-the-counter meds to reduce red eyes or nasal irritation.
- ☐ Clenching teeth.
- ☐ Sores or spots around mouth.
- ☐ Frequent sickness. Queasy or nauseous episodes, seizures, vomiting. Sweatiness.
- ☐ Frequent headaches.
- ☐ Excessive thirst, dry mouth.
- ☐ Unintended weight loss or gain.
- ☐ Bruises.
- ☐ Accidents.
- ☐ Depression.
- ☐ Dental problems. Tooth decay and loss can be especially dramatic with methamphetamines.
- ☐ Nosebleeds (from snorting).

School or work related:

- ☐ Truancy, absenteeism, skipping class.
- ☐ Drop in grades, sporadic work, loss of interest in schoolwork or extracurricular activities, failure to fulfill responsibilities.
- ☐ Complaints from teachers or coworkers.

Other red flags:

- ☐ Missing prescription meds or OTC pills.
- ☐ Missing alcohol or cigarettes.
- ☐ Disappearing money or valuables.
- ☐ Unusual smell in car. Bottles, pipes or bongs on floor or in glove box. Unusual wrappers or seeds.
- ☐ Reckless driving, unexplained dents in the car.

Online Resources

www.HelpThatWorks.us, www.LakeOpiateTaskForce.org

Looking for help but not sure where to start?

Call The ADAMHS Compass Line at 918-2000 or 350-2000 (both 440).

You'll speak with a trained triage specialist who will get you pointed in the right direction.



The Lake County Alcohol, Drug Addiction And Mental Health Services Board

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What you

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know as a

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parent or

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grandparent

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LAKE COUNTY
OPIATE
TASK FORCE

Keep your eyes open.

Know who your son is with. Know where your daughter is tonight. Lots of factors can impact a young person's risk of becoming a drug abuser. Negative factors – those which can increase the likelihood of drug issues – include things like association with drug-using peers, low self-esteem, and lack of parental supervision. Positive factors include things like a broad network of adult mentors, self-confidence, and parental support.

Make sure your kids know exactly where you stand on the issue.

Have a family discussion on substance abuse. Encourage honest dialog. Ask questions. Listen carefully.

Early intervention matters.

If you notice behaviors that concern you, don't wait – act. Check with your insurance to see what clinics or agencies you can access. If you're without insurance and/or you're having financial difficulties, the Lake County Alcohol, Drug Addiction and Mental Health Services (ADAMHS) Board funds a network of service providers that offer help regardless of your ability to pay. *Call the ADAMHS Board's Compass Line at 981-2000 or 350-2000 (both 440), or go to www.HelpThatWorks.us and click "I'm looking for help".*

It's also important to "trust your gut" when it comes to your son's or daughter's behaviors. If you sense something's amiss – even if you lack hard evidence – chances are good that you're right.

Be especially alert during key risk periods.

Research shows that key risk periods for drug abuse are during major transitions in children's lives. For instance, when kids advance from elementary school to middle school they typically find themselves facing a whole new array of social and academic pressures – plus a raft of hormonal and physical changes that accompany early adolescence. It can be a risky time, and parents need to be especially vigilant. Another big transition takes place a few years later when adolescents enter high school. The peer pressures ramp up. So does the potential for exposure to drugs, drug users, and social activities that involve

drugs. Other transitions that can spawn increased risk include things like a significant loss (a parent or close friend dies), a move to a new area where old friends are left behind, or leaving home for college or a job after high school.

Collaborate.

If you're worried, talk with your daughter's teachers, your son's soccer coach, or the parent of one of your kid's pals. Ask them if they've noticed changes. Enlist their help and support.

A word about parties.

Teen parties with no adult supervision are dangerous – don't allow your son or daughter to attend them, and don't allow your home to be used to host one. Be aware that allowing underage drinking in your home is not only unwise, it's illegal.

Don't allow your home to be an easy target.

Home medicine cabinets can be tempting targets for drug abusers and addicts. Keep all prescription medications under lock and key, and purge your medicine cabinet of any older, unused meds by taking them to one of the seven secure collection bins located in law enforcement offices throughout Lake County (*for a list of locations visit www.lakeopiatetaskforce.org*). Ask yourself how accessible your home's alcohol supplies are to underage visitors who may be looking to experiment or abuse, and take steps to secure those as well.

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