

SCHOOL/ACADEMIC ACHIEVEMENT

- Sudden drop or gradual lowering in grades and achievement levels (reasons unclear)
- Academic failure (reasons unclear)
- Skip classes or entire days
- Drops out of sports and other extra-curricular activities
- Disrespect/defiance toward teachers, rules and regulations
- Frequent suspensions/expulsions
- Present in classroom but inattentive
- Frequent visits to nurse for various minor complaints
- Burn on hands, clothing
- Increase in disciplinary actions
- Sleeps in class
- Wanders in hallways or school grounds
- Frequent trips to bathroom
- Lack of response to concern expressed by teacher or guidance counselor regarding any of the above
- Use phone excessively
- Writes drug slang and phrases on school notebooks and yearbooks

FAMILY BEHAVIOR

- Change in attitude toward rules, parents, brothers, and sisters
- Withdraws from family functions; camping trips, church, meals, etc.
- Isolates (staying in room, etc.)
- Breaks curfew, sneaking out, becoming more secretive, many excuses for late hours
- Lies, blames others for irresponsible actions
- Erratic sleeping habits; too much or too little
- Vagueness about company kept and where time was spent
- Strange telephone calls; callers hang up or refuse to be identified
- Compliant and agreeable but fails to follow through with promises and agreements
- Secretive, shares little or nothing about personal problems
- Does not inform parents of school activities, open houses, time to meet teachers, suspensions, warnings
- Suspicion of money or alcohol missing from parents or brothers or sisters
- Steals and/or sells possessions for money (clothing, records, gifts, etc.)
- Manipulates parents, plays one against the other
- Seems to have money but no job

PERSONAL/PHYSICAL/SPIRITUAL

- Easily upset, emotional state changes rapidly
- Weight changes; drastic loss or gain
- Odor of alcohol or marijuana
- Changes in speech pattern, slurred speech
- More frequent physical injuries, bruises
- Burns on hand or clothing
- Changes in hygiene, using same clothes frequently
- Withdrawal from peers and staff
- Very defensive
- Stumbles, confused, disoriented
- Changes in sexual behavior, blatant defiance
- Brown stained fingertips
- Alcohol hangover; headache, vomiting, anxious
- Reddened eyes and frequent use of eyedrops, (to cover up drug effects)
- Deep, nagging cough – dry, persistent
- Lethargic attitudes, poor motivation; seems to lose interest in many areas
- Undisciplined; doesn't get things done on time or as agreed
- Blackouts; has periods of memory loss
- Sometimes inappropriately happy; sometimes inexplicably depressed
- Nervous, agitated, trouble sitting still
- Decreasing interest in attending church
- Uncomfortable talking about religion
- Less hopeful and more cynical about life
- Financial management erratic, seems to spend more money; and asks for more money
- Pregnancy; father is uncertain
- Paraphernalia kept; rolling papers, bongs, roach clips, magazines
- Sudden change in slang; "Druggie" behavior observable
- Uses a lot of profanity and drug slang

FRIENDS AND PEER GROUPS

- Changing attitude toward straight friends
- Change in peer group with little interest in old friends
- Parents don't know friends; can't get names or addresses
- Begins to associate with an older crowd
- Fights with peers

COMMUNITY/LEGAL

- DWI and/or drug-related arrests
- Accidents or near misses
- Speeding/carelessness on highway
- Thefts, assaults, or other infringements of law
- Sales of drugs, alcohol
- Possession of drugs without medical reasons

YOU ARE NOT ALONE

If you or someone you love are having problems with drinking or drug abuse and are not sure where to turn, or who to talk to, we can help. Taking the first step towards better understanding the problem is difficult and most people are afraid to reach out and speak to a health care professional about it. So, please take the first step today by calling one of the resources listed in this brochure or for more information visit <http://gobroomecounty.co.broome.nyenet/broome/mh/>

Adapted from: Buchanan, Jean, *Epidemic in Retreat*, Cleveland, Glenbeigh Institute, 1984, pp. 120-122

DO'S FOR PARENTS AND OTHER CARETAKERS

- ❖ DO wait to confront your child about his or her drinking or drug abuse until he or she is not under the influence. Give protection for the child and others around him or her.
- ❖ DO keep in mind that you are not responsible for your child's behavior, but to him or her. Making excuses isn't necessary.
- ❖ DO allow your child to take responsibility for his or her drinking or drug using behaviors. You are responsible for the environment.
- ❖ DO provide consequences for drunken and loaded behavior which cause havoc in family life or destroy the home. Also require restitution for any loss or destruction.
- ❖ DO talk to you child about his or her drinking or drug use when straight. Keep communication lines. Use "I" messages.
- ❖ DO allow your child to be responsible for his or her own behavior. Let them experience the negative consequences of their use.
- ❖ DO allow your behavior to be of your own choosing and not as a result of being brought down by your child's drinking or drug using behavior.
- ❖ DO view your child as being out of control rather than lacking in backbone or willpower. The addiction process is an illness.
- ❖ DO remember that the way your child acts when drinking or using drugs isn't an indication of the lack of love. The drug takes over the personality with drastic changes.
- ❖ DO be patient with your child. Always let him or her save face with alternatives. You are responsible for setting the alternatives.
- ❖ DO maintain consistent consequences for drinking and drug behavior.
- ❖ DO respect the privacy of your child. Monitor behavior and use facts as indicators instead of snooping. Use judgment if behavior becomes self-destructive.
- ❖ DO give your child a minimal allowance for chores performed in the home.
- ❖ DO present consequences that you are willing and able to back up. Keep them

logical and natural. Have child become involved in establishing the rules in your home.

- ❖ DO attempt to become involved and communicate with your child. Encouragement is important for all ages. Kids are persons, not "monsters" or "bums".
- ❖ DO seek information and support. You're not alone. Be part of a network

DONT'S FOR PARENTS AND OTHER CARETAKERS

- ❖ DON'T confront your youngster about drinking while he or she is under the influence.
- ❖ DON'T make excuses to your spouse, family, friends or school authorities for your youngster's drinking.
- ❖ DON'T take responsibility for your child's drinking problem.
- ❖ DON'T accept as normal behavior a drunken son or daughter who comes home and destroy the house or creates havoc within the family.
- ❖ DON'T nag or scream at an adolescent about drinking.
- ❖ DON'T clean your alcohol-abusing child's messes and predicaments.
- ❖ DON'T let yourself be so ruled by the child's alcohol behavior that you let it pull down your own behavior too.
- ❖ DON'T view your child as lacking backbone or willpower.
- ❖ DON'T assume that your child doesn't love you because of the way he or she acts while drinking.
- ❖ DON'T be angry with your alcoholic child if you can help it.
- ❖ DON'T be patronizing or indulgent.
- ❖ DON'T play amateur detective: following your offspring around the town to see what he or she is doing is a waste of time and strength.
- ❖ DON'T give an alcohol-abusing youngster any money, except for a minimal allowance.
- ❖ DON'T make threats you're not prepared to back up.

Source: Richard Schaefer, Tough Love Center
Box 1362, Fargo, ND 58102

RESOURCES (607 area code unless indicated)

Addiction Center of Broome County
723-7308

Al-Anon
722-5983

Conifer Park
1-800-926-6446

**Family Education Program for
Chemical Dependency at UHS**
762-3232
762-3244

Lourdes Teen Intervene
584-3111

New Horizons
762-3232
762-2901

1-855-DRUGFREE
Hotline staffed by Social Workers

The Trevor Lifeline
Available for LGBTQ Community 24/7
1-866-488-7386

Identity Youth Center
Available for LGBTQ Youth
651-9120

Families Anonymous
341-2747
237-8768

NYS Police Anonymous Tip Line
(to report under aged drinking)
1-866-UNDER21

KIDS DRUGS & BOOZE



BEHAVIOR LISTED INSIDE IS INDICATION THAT A SUBSTANCE ABUSE PROBLEM MAY EXIST IN A YOUNG PERSON'S LIFE

If parents, school personnel or other significant persons in an adolescent's life observe these warning signs, a cooperative effort should be undertaken. An assessment by a competent professional should be made to determine if alcohol/chemical dependency exists, or if another problem requiring professional help is present. Once an appropriate assessment is made, treatment alternatives can be explored with the adolescent and family members.