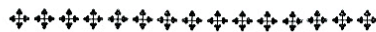




REMEMBER

- ❖ Drug & alcohol experimentation is a significant part of the adolescent subculture.
- ❖ 90% to 95% of teens will have experimented with chemical substances before graduating from high school.
- ❖ 90% of teens begin experimenting with pot or alcohol.
- ❖ The younger the age of first experimentation, the higher the risk of serious addiction.
- ❖ Informed, caring parents who are willing to supervise their teen and take a firm stand can *stop* adolescent experimentation with drugs and alcohol.

*Early Intervention
Is Crucial!*

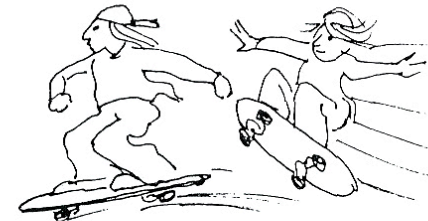


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- ❖ 20 years experience with family therapy
- ❖ 10 years as Crisis Counselor at Walnut Creek Intermediate School
- ❖ 7 years as family therapist at SRV Discovery Center
- ❖ 5 years directing school counseling program for at-risk teens in 8 San Ramon Valley public schools
- ❖ Trained in EMDR and Hypnosis
- ❖ On many insurance panels

*TIPS FOR
PARENTS*

**DRUGS &
ALCOHOL**



A PUBLIC INTEREST BROCHURE

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BIBLIOGRAPHY

- ❖ How to Talk So Kids Will Listen and Listen So Kids Will Talk, Adele Faber & Elaine Mazlish
- ❖ Surviving Your Adolescents, Thomas Phelan, PhD.
- ❖ How to Deal With Your Acting Up Teenager, Robert & Jean Bayard.
- ❖ Choices and Consequences, Dick Schaeffer Although written for parents of teens who are already engaged in serious substance abuse, this book is extremely helpful to parents of all teens.
- ❖ Parenting Teenagers by S.T.E.P., Don Dinkmeyer & Gary McKay.
- ❖ Get Out of My Life; But First Would You Take Me and Cheryl to the Mall?, B. Wolf. Funny and wise on parent-teen communication.
- ❖ Yes, Your Teen is Crazy, Michael Bradley, EDD
- ❖ Helping Your Depressed Child, Martha Underwood Barnard, PhD



SIGNS OF DRUG & ALCOHOL ABUSE: WHAT TO LOOK FOR

- ❖ Dramatic personality change in your teen: hostility, mood swings, secretiveness about friends, withdrawal from family.
- ❖ Poor school performance, absenteeism.
- ❖ Change in eating and sleeping patterns: munchies (pot), sudden weight loss (speed).
- ❖ Change in peer group.
- ❖ Increase in late night phone calls.
- ❖ Valuables and liquor missing.
- ❖ Police problems: shoplifting, possession, car wrecks, driving under the influence.
- ❖ Teen defends drug use as okay.
- ❖ Drug paraphernalia in teen's room.
- ❖ Drug symptoms: red eyes (pot), glassy eyes (coke), listless and tired (pot, barbiturates), hyperactive, sleepless (speed, coke).

PREVENTION: WHAT PARENTS CAN DO

- ❖ Educate yourselves about drugs.
- ❖ Talk to your teen about drugs. Be very clear about "no use" so that when the issue comes up with peers, your child will have no doubts.
- ❖ Supervise your teen. Take an active interest in his/her life and friends.
- ❖ Network with other parents. Start a support group.
- ❖ Do not allow unsupervised parties.
- ❖ Set clear limits and curfews.
- ❖ Structure family time together. Turn off TV, and talk to your teen.

- ❖ Model responsible behavior yourself, especially with alcohol.
- ❖ Get help at the first sign of trouble. Call a counselor who specializes in adolescent issues or your local counseling center.



COMMUNITY RESOURCES

- ❖ **Anger Management for Families:** 10 weeks of groups including parents and teens. Call The Center of Human Development at 687-8844.
- ❖ **New Connections, Adolescent Drug/Alcohol Program:** They offer support groups for teens and support groups for parents of teens. Call 676-1601. Low fee.
- ❖ **Systematic Training in Effective Parenting (STEP):** Series of 10 classes for parents of teens in local locations. They also offer STEP series for parents in blended families. Call Family Stress Center at 827-0212. Low fee.
- ❖ **Crisis Counselors in the Schools:** The high schools and middle schools of Walnut Creek, Lafayette, Orinda, Moraga, San Ramon, Alamo and Danville all have Crisis Counselors who provide intervention and short-term counseling for students. Call your local school.

