

## FACTS

- There is no greater influence on a young person's decision about alcohol or drugs than his/her own parents or guardians.
- Parents are key in preventing underage drinking and drug use. Be a parent, not a friend. Establish boundaries that take a clear stand against alcohol and other drug use.
- No one who begins to use drugs thinks he or she will become addicted
- Addiction is a disease
- Addiction is treatable
- Drug addiction is now understood to be a chronic, relapsing disease
- It is not surprising, that caregivers may have to make a number of attempts at intervention before their child can remain drug-free.
- Drug abuse occurs in families of all economic and social backgrounds, in happy and unhappy homes alike.
- Even if it is not apparent at the time, each step brings the child closer to being healthy

## HELPFUL RESOURCES

New York State Office of Alcoholism and Substance Abuse Services  
[www.oasas.ny.gov](http://www.oasas.ny.gov) | 518-473-3460

The Partnership at Drugfree.org  
[www.drugfree.org](http://www.drugfree.org) | 855-378-4373

Parents. The Antidrug  
[www.theantidrug.com](http://www.theantidrug.com) | 800-662-HELP

American Council for Drug Education  
[www.acde.org](http://www.acde.org) | 800-378-4435

Families Against Drugs  
[www.familiesagainstdrugs.org/](http://www.familiesagainstdrugs.org/)

Al-Anon and Alateen  
[www.al-anon.alateen.org](http://www.al-anon.alateen.org) | 757-563-1600

Faces and Voices of Recovery  
[www.facesandvoicesofrecovery.org](http://www.facesandvoicesofrecovery.org) | 202-737-0690

SAMHSA's Center for Substance Abuse Treatment  
[www.samhsa.gov/about/csat.aspx](http://www.samhsa.gov/about/csat.aspx) | 240-276-1660

Substance Abuse and Mental Health Services  
[www.samhsa.gov](http://www.samhsa.gov) | 877-SAMHSA-7

National Institute on Drug Abuse  
[www.nida.nih.gov/nidahome.html](http://www.nida.nih.gov/nidahome.html) | 800-662-HELP

National Council on Alcohol & Drug Dependence  
[www.ncadd.org](http://www.ncadd.org) | 800-NCACALL



## What To Do If You Think Your Child Might Be Using Drugs



**1-877-8-HOPENY**  
Find Help for **1-877-846-7369**  
Alcoholism, Drug Abuse, Problem Gambling

**For more information on finding help for your child please feel free to contact:**

**Jennifer Haggerty, LMSW**  
**Substance Abuse Prevention**  
**[jhaggerty@rensko.com](mailto:jhaggerty@rensko.com)**  
**518-270-2841**

Kathleen M. Jimino, County Executive  
Katherine Alonge-Coons LCSW-R  
Commissioner  
1600 7th Avenue  
Troy, New York 12180  
518-270-2800

## **SIGNS AND SYMPTOMS**

- Withdrawn, depressed, tired, and careless about personal grooming.
- Hostile and uncooperative; they frequently breaks curfews.
- Relationships with family members have deteriorated.
- Hanging around with a new group of friends.
- Grades have slipped, and school attendance is irregular.
- Lost interest in hobbies, sports, and other favorite activities.
- Eating or sleeping patterns have changed; up at night and sleeps during the day.
- Has a hard time concentrating.
- Eyes are red-rimmed and/or nose is runny in the absence of a cold.
- Household money has been disappearing
- The presence of drug paraphernalia

**If any of these indicators show up, caregivers should start to take action.**

## **TAKE ACTION**

*When you suspect your child may be using alcohol and/or drugs, it is important to take action.*

### **Prepare Yourself**

Work with what happened rather than why it happened. Don't blame someone else, yourself or your child. Don't be shocked or judgmental because there are many innovative ways to conceal use. Don't be afraid and/or hesitate to investigate your son/daughter's belongings such as cell phones, computers, etc.

### **Confront the Issue**

Don't let anger or fear overwhelm your effectiveness in dealing with your child. Cool down or take a walk before you begin the conversation.

### **Have a Conversation**

Putting your head in the sand is counterproductive. Accept that your son/daughter may be using so that you can begin the conversation.

### **Set Standards**

Take a stand. Say "NO" clearly and firmly. Carry through on consequences.

### **Ask For Help**

There are many confidential resources available for parents—if you ask! Ask your school health professional for help or seek assistance from a mental health or substance abuse counselor.

*This brochure contains resources and organization that can help you and your family.*

## **Local Treatment Centers**

### **Hudson Mohawk Recovery Center**

[www.hmrecovery.net](http://www.hmrecovery.net)

1724 Fifth Avenue - Troy, NY 12180  
518-272-3918

743 Columbia Tpke - East Greenbush, NY

12061

518-477-5133

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### **Conifer Park**

[www.coniferpark.com](http://www.coniferpark.com)

(6 locations)

Outpatient

1801 Sixth Avenue - Troy, NY 12180

518-274-5143

Inpatient

1-800-989-6446

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### **SPARC**

[www.sphcs.org/AddictionRecoverySPARC](http://www.sphcs.org/AddictionRecoverySPARC)

636 New Loudon Road - Latham, NY 12110

518-783-5381

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### **Seton Addiction**

[www.setonhealth.org](http://www.setonhealth.org)

1300 Massachusetts Ave-Troy, NY 12180

518-268-5323

**For other list of local providers  
visit**

[www.oasas.ny.gov/treatment/index.cfm](http://www.oasas.ny.gov/treatment/index.cfm)