

# Talking to Your Children

## About Drugs and Alcohol



# [Trends

---

- Gateway Drugs: tobacco, alcohol, marijuana
- Prescription Opioid drugs
- High energy caffeine drinks
- Smokeless tobacco, gravol
- Computer cleaner
- Driving ATV/snowmobile while intoxicated
- Emerging bath salts, BZP, Doda (rare)

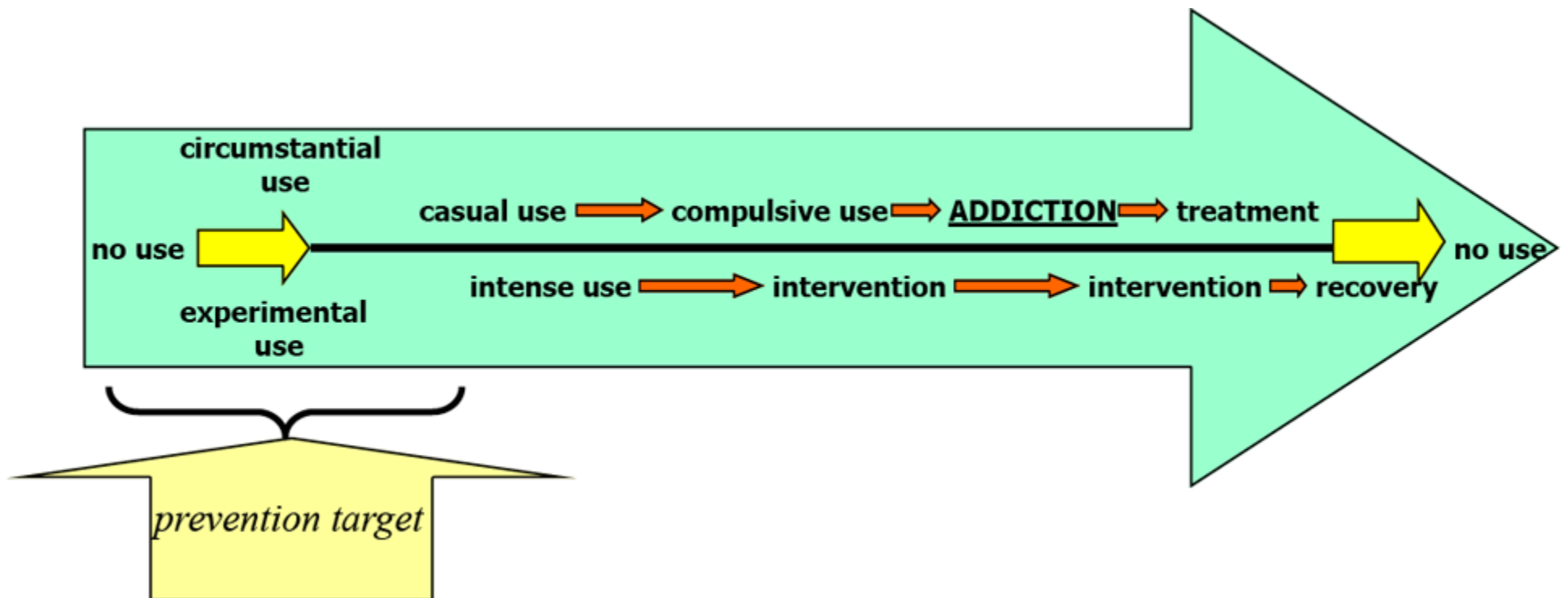


# [ Grade 7 to 12 use in last year ]

- 55% Alcohol – 22% Binge Drinking (5+)
- 50% High Caffeine Energy Drinks
- 22% Cannabis - 1/5 of students - 2% use daily
- 15% Opioid Pain Relievers (perocet, tylenol 3, oxycontin, codeine)
- 9% Cigarettes – 28% in 1999
- 6% Inhalants (solvents, aerosols, gases)
- 5% Smokeless tobacco
- 4% Mushrooms
- 4% Stimulants
- 3% Ecstasy
- 2% Cocaine
- 1% ADHD meds (NM)
- 1% Methamphetamine
- 1% Ketamine
- 1% LSD

*Ontario Student Drug Use Survey 2011*

# [ Stages of Substance Use ]



# Stages of Substance Use

## **Non-Use**

- Never had chance or by choice or due to negative experience.

## **Experimental Use**

- New, no tolerance, teens can be pressured to “fit in” without realizing it

## **Recreational / Social Use**

- Uses occasionally and can readily control it. Few consequences. May start to develop a pattern of use and tolerance with self-imposed rules. Risk of binge drinking/use.

## **Regular Use**

- Uses regularly and frequently. Attempts to control use. Major life areas are affected. Withdrawal symptoms, significant tolerance. Emotional pain and negative consequences. May minimize or deny. Tries to control use. Needs more to achieve high. Creates rituals. Maintains stash. Hides from those who disapprove. Clearly abuse.

## **Dependent Use**

- Takes over your life. Uses regularly and frequently. Sense of helplessness and strong emotional pain. Serious unsuccessful attempts to cut down. Negatively affects every major life domains. Significant withdrawal. Broken off contact from family & friends. Preoccupied with drug. Needs to have supply always available.

# [ Defining Addiction DSM ]

## **Abuse:**

- Unable to fulfill major role obligations
- Recurrent use in physically hazardous situations
- Recurrent legal problems
- Social & interpersonal problems

## **Dependence:**

- Tolerance
- Withdrawal Symptoms
- Taken in greater amounts over longer period of time than intended
- Persistent desire to cut down but unsuccessful attempts
- Preoccupation – a great deal of time spent using, obtaining, recovering
- Important social, occupational, recreational activities given up or reduced

# [ Risk & Protective Factors ]

---

Goal is to reduce risk factors & increase protective factors..



<ul style="list-style-type: none"> <li>■ <b>Individual</b></li> </ul>	<ul style="list-style-type: none"> <li>■ Prenatal Exposure</li> <li>■ Poor Impulse Control</li> <li>■ Mental Health Issues (ie Anxiety, Depression, ADHD)</li> <li>■ Difficulty regulating emotions</li> <li>■ Low self esteem</li> </ul>	<ul style="list-style-type: none"> <li>■ ability to make friends</li> <li>■ academic skills</li> <li>■ able to follow rules</li> <li>■ emotional self regulation</li> <li>■ optimism</li> <li>■ Good coping/problem-solving skills</li> <li>■ High self-esteem</li> <li>■ Engagement in 2 of: home, school, athletics, religion, employment teen</li> </ul>
<ul style="list-style-type: none"> <li>■ <b>Family</b></li> </ul>	<ul style="list-style-type: none"> <li>■ Permissive or Harsh Parenting</li> <li>■ Child Abuse</li> <li>■ Low aspirations for child</li> <li>■ Lack of warmth</li> <li>■ Conflict in families</li> <li>■ Parent's/sibling substance use</li> <li>■ Lack of supervision</li> <li>■ Attitudes favourable to use</li> </ul>	<ul style="list-style-type: none"> <li>■ Consistent discipline --</li> <li>■ Language not physical based</li> <li>■ Extended family support</li> <li>■ secure attachment - bonded</li> <li>■ responsiveness &amp; protection</li> <li>■ Opportunities to resolve conflict</li> <li>■ Balance of autonomy &amp; relatedness to family (teens)</li> </ul>
<ul style="list-style-type: none"> <li>■ <b>School/Community/Peers</b></li> </ul>	<ul style="list-style-type: none"> <li>■ School Failure/low bonding</li> <li>■ Peer Rejection</li> <li>■ Deviant peer group</li> <li>■ Drug use by friends</li> <li>■ Poverty</li> <li>■ Availability of substances</li> </ul>	<ul style="list-style-type: none"> <li>■ Healthy peer groups</li> <li>■ Positive partnering between school &amp; family</li> <li>■ policies to reduce bullying</li> <li>■ School engagement</li> <li>■ Opportunities to develop interests</li> </ul>


Source:NIDA/SAMHSA



# [The Teenager



- Major transition period advancing from elementary to high school
- Teens face new social, emotional, and academic challenges and changes - most intense since infancy
- They change how they relate to parents and have growing interest in friends
- Teenage brain and body – still developing, need to take risks, experiment, vulnerable to peer pressure
- Single use can impair judgement – accidents, risky behaviour
- The earlier a teen uses the more vulnerable to addiction. The longer delay in age the less likely to develop addiction as an adult
- Perceived danger is a deterrent

A decorative graphic consisting of a horizontal line with a gradient from light green to light yellow. A large black left square bracket is on the left side, and a large yellow right square bracket is on the right side.

**Adolescence is a period of rapid changes. Between the ages of 12 and 17, for example, a parent ages as much as 20 years.**

~Al Bernstein

# [ CRAFT (validated tool) ]

**YES OR NO : Scoring: 2+ indicate the need for further assessment.**

- 1. Have you ever ridden in a Car driven by someone (including yourself) who was high or had been using alcohol or drugs?
- 2. Do you ever use alcohol or drugs to Relax, feel better about yourself, or fit in?
- 3. Do you ever use alcohol or drugs while you are by yourself Alone?
- 4. Do you ever Forget things you did while using alcohol or drugs?
- 5. Do your Family or Friends ever tell you that you should cut down on your drinking or drug use?
- 6. Have you ever gotten into Trouble while you were using alcohol or drugs?

# [ Screening Tools ]

---

- CAGE  
Cut Down  
Annoyed Others  
Guilty About Drinking  
Eye-opener in the Morning
- HAIR: Hazardous Use, Arrests,  
Interpersonal problems, Role obligation  
neglect

# [ Get the conversation started! ]

- Ongoing practice dealing with life's stressors, difficult feelings, resolving conflict, self care, social skills
- Ages 9 to 11
- \*A relationship with 1 healthy adult role model who is involved and interested (parents most influential)
- \*Grow interests, dreams, goals
- You don't have to be an expert. Be honest and loving.
- Be curious and interested rather than accusing and fearful – ask about prevalence
- Have several shorter conversations rather than lecture

# [ Talking to Your Child ]

---

- Ask your child about their concerns. Let them know they can talk to you
- Learn about drugs and alcohol. Explore on internet together, take quizzes i.e. does cannabis affect the teenage brain?
- Make your position clear. Let your children know where you stand.
- When they disagree with you they are still listening
- Practice role playing saying “no” to develop resistance skills
- Talk to a qualified addictions therapist if you have concerns for support and suggestions

# [ Resources ]

---

- Centre for Addiction and Mental Health  
[www.camh.ca](http://www.camh.ca)  
Search: Resources for parents (10 Tips for talking to your kids about substance use)  
Drug Types “Do You Know Series”
- Health Canada
- US: SAMHSA or NIDA [www.drugabuse.gov](http://www.drugabuse.gov)
- Drug and Alcohol Helpline  
[drugandalcoholhelpline.ca](http://drugandalcoholhelpline.ca)
- WRH, Teen Health Centre
- AA/Alanon/Alateen

