

Alcohol and Other Drug Resources for Parents



This resource brochure has been developed to help parents and others find reliable information about alcohol and other drugs, including:

- signs of drug use
- how to respond to drug problem situations
- facts about drugs and how they are used
- effects of drug use
- where to seek information about the kinds of treatment and help available

While there may be several pieces to the puzzle, the solution is in taking action to learn as much as possible and make use of whatever community resources there are to start putting the pieces together to solve the problem.

Despite our best intentions, as parents we need to realize that many youth today will experiment with drugs. Most will choose not to continue while, for a small number of youth, drug use may satisfy personal and social needs that lead to continued use of drugs and the development of problems.

Do you suspect your child may be using alcohol or other drugs?

Here are some signs to look for:

- Are curfews for your child suddenly a problem?
- Do you detect a “who cares” attitude in your child who once was very involved with school and family life?
- Has your child neglected old friends in favour of people whom she/he doesn't bring home and is reluctant to talk about?
- Is there a secretiveness about your child's life that seems different from what you believe is normal youth behaviour?
- Are there unresolved questions about money with your child, such as always borrowing money or money going missing?
- Is there unexplained disappearance of liquor in your household?
- Does your child receive secretive phone calls that concern you? As a result, do they cause a change in behaviour or attitude in your child?
- Are there significant declines in school performance or attendance? Is there a lack of motivation to succeed in sports or other interests?
- Have you or other people noticed an extreme change in your child's personality, such as unusual outbursts, sudden mood swings, unprovoked hostility, hostile language or aggressive acts?
- Have you noticed deterioration in your child's appearance, poor hygiene, unusual sleeping or eating habits, slurred speech, poor coordination, poor judgment of speed, distance or time?
- Does your child spend long periods of time by him/herself? Does he/she appear to daydream a lot?
- Have you found alcohol or other drugs, or pieces of drug equipment/paraphernalia, such as cans, bottles, carbonized spoons, rolling paper, water pipes, tourniquets, needles, syringes, solvents, etc. among your child's belongings?

How do I respond?

There are several considerations and ways of responding to youth drug use in the family. These suggestions are meant to assist parents in addressing their concerns and taking appropriate action to deal with the situation.

1. Be calm but firm. Let your child know that, while you do not accept their behaviour, you love them and are concerned about them.
2. Remember, you are not alone. Look for support from extended family, a special friend, the internet, parent support groups, addiction and mental health professionals.
3. Don't support your child's drug use in any way. Don't give them money. Don't rescue your child from the effects of their behaviour. Let them know that the bottom line is that you will help them out if their safety is a concern.
4. It is important to keep your child involved in positive family activities.
5. Re-examine your relationship with your child. Make a point of reviewing the positive aspects of your child, your parenting abilities and your relationships.
6. Change is something that takes a long time and involves hard honest work. Prepare yourself for small steps of progress and some backsliding. Set goals to continue to work through this problem for long-term positive change. Be prepared that in some cases, a child may not always respond to efforts to help them. In the end, the motivation to change needs to come from within and hopefully it will with your support. Continuing to work toward this end is an appropriate goal.

Adapted from Parent Action on Drugs (PAD)

Seeking Professional Help

Professional help may be needed when substance use problems have an ongoing negative effect on a person's life. This includes damaging relationships with family and friends, interfering with school, work or home responsibilities, or when a person's mental or physical health and wellbeing is affected.

Making that first call is difficult for most people, but help is just a phone call away. Counsellors are available to help you make the next step. You will be able to explore your options without pressure and get all the information you will need to make the choice(s) that is best for your situation. **So pick up the phone and call!**

Treatment Services and Resources

Four Counties Addiction Services Team (FourCAST) 1-800-461-1909
Campbellford (705) 653-3352
Cobourg (905) 377-9111
Peterborough (705) 876-1292

Offers outpatient addiction and problem gambling treatment services, including assessments, individual and group counselling and referrals to other services as required.

Rebound Youth Services (905) 372-0007
"Reaching Out"
Parents Supporting Parents - meet bi-weekly at 700 D'Arcy St., Cobourg

For parents and caregivers coping with their child's drug and/or alcohol abuse.

"DEAP" Drug Education Awareness Program (905) 372-0007
700 D'Arcy St., Cobourg

Promotes accountability and responsibility for youth involved in drug offences. Referrals are made through local police services, the Crown Attorney, school officials or parents.

Centre for Addiction & Mental Health (CAMH) Drug and Alcohol Information Line 1-800-463-6273
www.camh.net

Provides confidential and anonymous services 24 hours a day on substance abuse as well as information and referrals to appropriate treatment and/or other resources.

Parent Action on Drugs (PAD) 1-877-265-9279
PARENTALK www3.sympatico.ca/pad

Offers support services and education materials for parents who find their child has a drug or alcohol-related problem.

Community Addiction Services of Pinewood Centre, Bowmanville
1-888-881-8878

(905) 697-2746

Program provides confidential outpatient services to individuals and their families experiencing alcohol, drug or gambling problems.

Prevention and Early Intervention for Children 1-888-881-8878
Community Addiction Services of Pinewood Centre, Bowmanville (905) 697-2746

Group programs for children four to 12 who have witnessed addiction in the home.

Alcoholics Anonymous, Alanon and Alateen
Cobourg (905) 372-2333
Trenton (613) 967-8677

Programs offer support for the individual recovering from alcoholism and those who are affected by the excessive drinking of someone else. Call for meeting times.

Narcotics Anonymous**Central Lake Area, Oshawa****(905) 434-2020**

An international, community-based association of recovering drug addicts who meet weekly to help each other stay drug-free.

Drug and Alcohol Registry of Treatment (DART)**1-800-565-8603****www.dart.on.ca**

A 24 hour service providing up to date information on the availability of a wide range of alcohol and drug treatment options and referral procedures.

Kids Help Phone (24 hour service)**1-800-668-6868****www.kidshelp.sympatico.ca**

Provides counselling services directly to children and youth 4 - 19 years and helps adults 20 years and over find counselling services they need.

Alcohol and Drug Concerns**(416) 293-3400****www.concerns.ca**

Offers substance abuse prevention programs that provide education, communication and community development opportunities for youth, their families and their teachers.

Council On Drug Abuse (CODA)**(416) 763-1491****www.drugabuse.ca**

Provides education services and resources to prevent and reduce substance abuse, with a primary focus on youth, parents and those who work with youth.

Ontario Problem Gambling Helpline**1-888-230-3505****www.opgh.on.ca**

Provides a single point of contact for all callers inquiring about gambling treatment resources in Ontario.



The Northumberland Drug Action Committee is a community-based partnership of key stakeholders including concerned citizens, social and health agencies, educators, police and interested community partners dedicated to addressing the negative effects of drug and alcohol use in Northumberland County.

NDAC provides leadership in prevention through identifying, implementing and supporting effective programs. Community action plans focus on raising awareness, preventive programs, supportive and treatment services that will reduce the impact of human, social and economic costs of drug use resulting in a healthy and safe community.

For more information call the Health Unit at 1-866-888-4577.