

YOUTH and DRUGS of ABUSE

Prevention to Recovery



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3. Say: **If you keep using alcohol or other drugs or use them heavily, you could become “addicted.” Addicted means you have difficulty stopping, even though you may want to. In fact, you are four times as likely to become addicted to alcohol if you start using it before the age of 15.**
4. Ask: **If there are all these negative consequences, why do you think young people still use alcohol and other drugs?**
5. Ask: **Are there other more healthy ways to find solutions for these reasons?**
6. Ask: **Who could you go to for help if you or someone you care about is struggling with issues related to alcohol or other drugs?**

(Possible answers: parent[s]/caregiver[s]; grandparents; teacher; school counselor; school social worker; faith leader; youth organization leader; other adults you know and trust.)

7. *Optional:* If time permits, allow teens to briefly share other ideas, concerns, or questions that were raised by the video. Be prepared for teens to downplay the consequences or try to dispute them. Continue to remind them that you aren't telling them what to do. It is their choice whether they use. But remind them that it's important to know the facts whenever you make a choice.
8. *Note:* The video may cause teens to become concerned about their parents' or caregivers' use of substances. If they think their parent or caregiver has a significant problem, suggest that they talk with you after the session. Refer them to resources for help.

Extending the Learning (Optional 20 minutes)

Choose to do one of the following activities:

1. Have teens search for newspaper articles or online news stories that have to do with an accident or incident that happened due to someone's misuse of alcohol or other drugs. Share these stories with the group.
2. Have someone in recovery talk with your group in-person about his or her experiences, not focusing on his or her drug history, but on why he or she chose to stop and the benefits of being in recovery.
3. Have participants research different topics related to substance use, using the Internet and other resources. Topics could include the problem of drunk driving, binge drinking and alcohol poisoning, the dangers of secondhand smoke, and what it means to be “addicted” to tobacco, alcohol, or other drugs.

4. Ask: **Have you ever been in a situation where your friends would just not take “no” for an answer? What can you do in those situations?**
5. Ask: **What are some fun things you can do without using alcohol or other drugs?**
6. Ask: **What if all your friends use alcohol or other drugs? What should you do? If you think you need new friends, where can you find them?**
7. *Optional:* If time permits, allow teens to briefly share other ideas, concerns, or questions that were raised by the video.

Extending the Learning (Optional 20 minutes)

Choose to do one of the following activities:

1. Role-play different situations, so teens can practice their refusal skills. Discourage teens from acting out scenes where they are using drugs or acting drunk. Start the action *before* the use begins.
2. In groups, have teens plan out a full day of fun activities that would not include the use of alcohol or other drugs. If time allows, have teens participate in one of these fun activities.

Chapter 4

GETTING HELP

Materials Needed:

- Chalkboard, dry eraseboard, or flip chart (*optional*)
- DVD and DVD player/monitor

Getting Started: (10 minutes)

1. Ask participants: **Can anyone tell me of a time when you really needed help for something, you took the risk to reach out for help, and it resulted in a positive outcome?** Allow several people to respond.
2. Explain: **Today we're going to talk about the importance of getting help if you think you or someone you care about has a problem with alcohol or other drugs. We're going to start by watching a video. As you watch the video, look for:**
 - **The reasons why teens asked for help for their alcohol or other drug use**
 - **Some of the positive things about being in treatment and recovery**

Playing the Video: (approx. 14 minutes)

Play the video. Make sure all participants can easily see and hear the video.

Discussing the Video: (15 minutes)

Ask participants the following questions and allow several responses per question:

1. Ask: **What is something new you learned about alcohol and other drug use from this video?**
2. Ask: **What does it mean to go to treatment? What is treatment like?**
3. Ask: **Why do you think someone would want to go through treatment or be in recovery? What are the benefits of being in recovery?**
4. Ask: **Why is it important to continue to focus on recovery for the long term?**
5. *Optional:* If time permits, allow teens to briefly share other ideas, concerns, or questions that were raised by the video.

3. Say: **A teen who keeps using alcohol or other drugs or uses them heavily could become “addicted.” Addicted means the person has difficulty stopping, even though he or she may want to. In fact, a young person is four times as likely to become addicted to alcohol if he or she starts using it before the age of 15.**

4. Ask: **What are some of the things you can do as a parent or caregiver to prevent or stop your teen from using substances?** Hand out the *Preventing Teen Alcohol and Other Drug Use* and *Intervening When a Teen Is Using Alcohol or Other Drugs* fact sheets for their review. Read them together as a group.

(Possible answers: Stay involved in your teen’s life; clearly state your expectations of no-use; set limits and consequences for using—and *follow through*; keep your teen active in extracurricular activities; don’t provide too much spending money [e.g., \$25 or more per week may be too much]; listen and take time to talk with your teen.)

5. Ask: **How can parents/caregivers work together to prevent or stop teen substance use?**

(Possible answers: Talk to the parents/caregivers of your teen’s friends—set rules together about chemical use; establish clear policies about parties, drinking and driving, and school events; keep tabs on each other’s children.)

6. Ask: **Who could you go to for help if your teen is struggling with issues related to alcohol or other drugs?**

(Possible answers: Talk with a school counselor, your family physician, or a therapist who is knowledgeable about teen substance use; find a treatment program in your area that works with teens and ask for an assessment to be done [visit www.samhsa.gov to access a Substance Abuse Treatment Services Locator].)

7. *Optional:* If time permits, allow parents/guardians to briefly share other ideas, concerns, or questions that were raised by the video.

the “bad guy” by being the excuse for why they can’t use—“my parents/caregivers would ground me if they caught me.”)

3. Ask: What should you do if your teen asks you about your own use, past or present?

(Possible answers: If there is a family history of addiction, talk with your teens about their increased risk for addiction; talk about how alcohol is legal for adults, not children; talk about the things you do to be responsible in your use of alcohol; shape your answer based on your knowledge of your own child, e.g., their age and maturity level.)

Important: Stress that even if parents/guardians made poor choices with regard to substance use when they were young, that doesn’t mean they can’t set limits for their children now. They may be the most qualified to talk about why a young person shouldn’t use alcohol or other drugs.

4. Ask: What are some fun alternatives to using for teens? How can you encourage your child to get involved in these activities?

5. Ask: What if all your teen’s friends use alcohol or drugs? What should you do?

6. Optional: If time permits, allow parents/caregivers to briefly share other ideas, concerns, or questions that were raised by the video.

Chapter 4

GETTING HELP

Materials Needed:

- Chalkboard, dry eraseboard, or flip chart (*optional*)
- DVD and DVD player/monitor

Getting Started: (10 minutes)

1. Ask participants: **Can anyone tell me of a time when you really needed help for something, you took the risk to reach out for help, and it resulted in a positive outcome?** Allow several people to respond.
2. Explain: **Today we're going to talk about the importance of seeking help for a substance use disorder and the importance of treatment and recovery. We're going to start by watching a video. As you watch the video, look for:**
 - **The reasons why teens asked for help for their alcohol or other drug use**
 - **Some of the positive things about being in treatment and recovery**

Playing the Video: (approx. 14 minutes)

Play the video. Make sure all participants can easily see and hear the video.

Discussing the Video: (15 minutes)

Ask participants the following questions and allow several responses per question:

1. Ask: **What is something new you learned from this video?**
2. Ask: **What does it mean to go to treatment? What is treatment like?**
3. Ask: **Why do you think someone would want to go through treatment or be in recovery? What are the benefits of being in recovery?**
4. Ask: **Why is it important to continue to focus on recovery for the long term?**
5. Give a copy of the *Understanding What Your Teen Is Experiencing in Treatment* and *Understanding Your Teen's Twelve Step Recovery Program* handouts to each parent/caregiver. Talk through what the treatment experience is like and the importance of lifelong recovery. Also talk about the Twelve Step experience if teens will be involved in a Twelve Step program.