



ALCOHOL AND DRUG ABUSE INFORMATION

Indicators of Possible Substance Use or Abuse

- Changes in performance in school or at work. For example, a drop in grades, work not completed
- Absenteeism/Truancy. Excuses may be forged.
- Attitude changes and/or mood swings
- Change in personal appearance
- Change in eating or sleeping habits
- Withdrawal from family contacts
- Change in health (frequent illness, coughing)
- Apathy, lack of motivation
- Paraphernalia – pipes, bottles, chewing tobacco containers, rolling papers, small hand-held mirrors, etc.
- Defensive about drugs or drug use
- Association with others who have substance use or abuse problems
- Money, alcohol, prescription or possessions missing from the home or work place

What Can Parents Do?

- Communicate clear opposition to teen use of cigarettes, alcohol and illegal drugs, as well as clear rules regarding other expected behaviors.
- Talk with your child about alcohol and other drugs - learn to really listen to what your child has to say. Work to keep the lines of communication open.
- Be a good role model or example. Your habits and attitudes may strongly influence your child's ideas about alcohol, tobacco and other drugs.
- Encourage healthy activities. Hobbies, school events and other activities may prevent your child from using drugs out of boredom or because of peer relationships with substance using peers.

- If you do suspect drug use, share your concerns with your child when he or she is not under the influence. Approach your child with facts. Don't accuse. Discuss the things you have observed.
- Take action! Contact the Counselor, At-Risk Advisor or School
- Psychologist at your child's school, and/or seek professional help and advice.
- Also, try to get your child interested in clubs like Friday Night Live and Club Live. These clubs try to emphasize the uselessness of drugs, alcohol and violence by setting up various activities and parties. At these activities students are shown how much more fun you can have without the use of alcohol and drugs. Leadership in the community is also emphasized in these clubs. For more information, call the Glenn County Health Service Substance Abuse Department at (530) 865-1146.

How Can I Get More Information?

Orland Unified School District

(530) 865-1200

Glenn County Health Service Substance Abuse Department

P.O. Box 1174

Orland, CA 95963

(530) 865-1146

(800) 700-3577

Smoking Cessation Programs

American Cancer Society

342-4567

American Lung Association

345-5864

American Heart Association

342-4247

Other Help Sources

Alcoholics Anonymous

www.alcoholics-anonymous.org

Al-Anon/Alateen

www.al-anon.alateen.org/