



# Teen Substance Use & Coping

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# Signs that a young person might have a substance use disorder

- ▶ Getting drunk or high a lot
- ▶ Using substances before or during school
- ▶ Selling drugs
- ▶ Hiding alcohol or drugs in their room
- ▶ Skipping school a lot
- ▶ Doing worse in school than they used to

# Signs that a young person might have a substance use disorder, cont'd

- ▶ No longer seeing old friends
- ▶ No longer doing activities they used to enjoy
- ▶ Dangerous behavior like fighting, or driving intoxicated
- ▶ Strong cravings for a particular substance
- ▶ Needing to take more and more of a substance to get the same effect
- ▶ Withdrawal symptoms when they can't get the substance

# How to talk to your teen about substance use

- ▶ Plan to have a talk
- ▶ Spell out the rules
- ▶ Explain your reasons
- ▶ Speak to your kids like you would want to be spoken to
- ▶ Let them speak
- ▶ Deal with your own hypocrisy
- ▶ Conditional amnesty
- ▶ Have an ongoing conversation

# Community Resources – Emergency Call Lines

- ▶ CAHOOTS – In Eugene and Springfield only. Dial 911, ask for CAHOOTS response. Provides on site care for mental health or substance abuse emergencies, conflict resolution/mediation, transport to other agencies, deals with housing crises and first aid.
- ▶ Looking Glass Crisis Response Line. 1-888-989-9990 24 hour crisis prevention helpline for families with children or homeless youth ages 17 and under.
- ▶ National Suicide Prevention Lifeline 1- 800-273-8255
- ▶ Trans Lifeline. 1-877-565-8860 Provides peer counseling for transgender individuals in crisis. Hours: 7 days 7am-1am
- ▶ Trevor Lifeline. 1-866-488-7386 A crisis intervention and suicide prevention phone service for LGBTQIA. Or, text “START” to 678678 (standard text messaging rates apply). Hours: 24/7

# Community Resources – Youth Substance Use Services

- ▶ ODI Clinic: Adolescent & Family Services. 541-284-7560 Provides no-cost treatment for youth addiction (12-18) that includes cognitive behavioral approaches with active parent involvement. Families wishing to see a counselor at the OSLC location should call and ask for an appointment with Adolescent & Family Services.
- ▶ Center for Family Development Outpatient Substance Use Recovery. 541-342-8437 The services provided at CFD include: individual and group therapy, family therapy, peer support, urine analysis, and collaboration with referring agencies. 4 different locations, please call to sign in.
- ▶ Nar-Anon Family Eugene-Springfield Group. 1-800-477-6291 Support group meetings for family members and friends affected by a loved one's drug or alcohol abuse. Call for meeting times and places. No dues or fees

# Oregon Resources – Youth Substance Use Treatment - Residential

- ▶ ADAPT: 541- 672- 2691
- ▶ De Paul Adolescent Residential Treatment Center: 503-535-1151
- ▶ Madrona Recovery: 503-749-0200.
- ▶ NARA Youth Residential Treatment Center: 971-274-3757.
- ▶ Rimrock Trails: 888-532-6247

# Community Resources – Youth Mental Health Services

- ▶ Call your care coordinator or case manager.
- ▶ Case lists are often full and their can be waiting lists, but your care manager should know who you can call to get an appointment quickly.