



Substance abuse involves the continued use of a drug that results in negative consequences.



Adolescent Substance Abuse

Substance abuse is a result of dependence on a drug that is harmful to your physical and/or mental health, relationships, and your school and/or work functioning.

Common Signs & Symptoms of Substance Abuse

- Loss of appetite, increase in appetite, changes in eating habits, unexplained weight loss, or gain
- Drug paraphernalia
- Withdrawal from family members/activities
- Inability to sleep, awake at unusual times, unusual laziness
- Extreme hyperactivity; excessive talkativeness
- Paranoia/secretiveness
- Change in overall attitude/personality with no other identifiable cause
- Change in friends
- Poor school performance/attendance
- Loss of interest in once enjoyed leisure activities
- Difficulty in paying attention; forgetfulness

Things Parents / Guardians Can Do

If you suspect your teen is abusing drugs or alcohol:

- Be calm but forceful
- Let your teen know that you don't find their behaviour acceptable and you will do what you can to influence their decision about drug use
- Keep an eye on your teen's school attendance. Declining school performance is often a sign of increasing drug use. Don't be afraid to call the school principal or guidance department and talk about your concerns
- Maintain your house rules regarding curfews, checking in and doing chores, with clear consequences for breaking these. If you see actual evidence of drug use, give consequences that are meaningful
- Dispose of drugs
- Call Police if necessary
- Encourage youth to seek drug and alcohol counseling
- Do not provide youth with money
- Restrict contact with certain friends
- Parents seek own support



The Parents Drug Awareness Guide is available for free at Northwest Community Health Centres. Visit us online at www.norwestchc.org



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www.norwestchc.org • 1-866-357-5454 (toll free)

Where to Find Help

Thunder Bay Integrated Youth Services is made up of three agencies that work together to provide treatment programs. A referral to the Sister Margaret Smith Centre can be made through the following agencies, or by a referral centre in your area:

Children's Centre Thunder Bay <i>283 Lisgar St. New Experiences Program</i>	343-6373
Thunder Bay Counselling Centre <i>(Addictions Assessment and Referral Program, Groups)</i>	684-1880
Sister Margaret Smith Centre intake worker <i>www.mha.sjcg.net</i>	684-5100
Catholic Family Development Centre <i>Hope Group</i>	345-7323

The Goal of Treatment:

To assist youth, together with family members, who are directly experiencing the harmful effects of alcohol and other drug use.

A holistic, harm reduction approach to recovery which focuses on changing behaviour through examining beliefs and values.

Other Drug & Alcohol Resources:

Al-Anon	1-888-425-2666
Centre for Addiction and Mental Health <i>www.camh.net</i>	1-800-463-2338
Choices <i>Drug & Alcohol Counselling for Youth</i>	1-800-265-3133
Drug and Alcohol Registry of Treatment <i>www.dart.on.ca</i>	1-800-565-8603
NorWest Community Health Centres <i>Thunder Bay site www.norwestchc.org</i>	622-8235