



# Information for Parents About Substance Use

Homewood Community Addiction Services (CADS) offers support to youth, ages 14 to 24, who are interested in making changes regarding their substance use or gambling, or who require support in coping with the effects of someone else's substance use or gambling.

Colin McVicker is available to speak with youth in local high schools or at the Homewood CADS office, located at 155 Delhi Street, Guelph, ON. Services are confidential and free. To contact Colin, please call 519.820.6406 or 519.836.5733, extension 2396. Services for youth are also available at our Orangeville and North Wellington offices (519.942.2361) or our Fergus office (519.787.7015.)

Below are some common misconceptions surrounding drug use:

- You have to use daily to have a problem
- There is no risk to marijuana use
- Things can only get better when the one with the problem gets help
- Substance abuse doesn't affect anyone other than the one using the drugs/alcohol

When deciding if there is a problem with the substance or gambling pattern, often the question becomes...**"Do I control it, or does it control me?"**

CADS has a Social Worker who provides support and education to parents concerned about their teen's substance abuse, safety and well-being. Substance abuse puts great strain on parents, who benefit from support and education to better understand substance abuse and to develop the knowledge and skills for coping with challenging behaviours. Your role as a parent continues to be very important during the teenage years. It may seem as though your teen is "tuning you out," but studies show that parents have a significant influence on their teens when it comes to alcohol and drug use. Parents want to train their children to take care of themselves in the world. It is important to encourage growth and independence through boundary-setting, communication and being a good role model. To access support call the main office at the number above.

## TIPS FOR HELPING YOUR CHILD STAY DRUG-FREE

- Accept the role of parent as your responsibility - let others be their friend
- Make parenting a priority - be there
- Educate yourself about substance abuse and problems facing youth today
- Be aware that many people in the community put children's buying power above children's well-being - don't expect the community to reinforce family values
- Don't assume that the parents of all your children's friends have the same rules you do - some have different rules, some have no rules at all
- Give clear messages about your expectations - be specific about how you expect them to behave



- Clearly state the consequences when child fails to follow family rules - consequences are not negotiable
- Enforce stated consequences when the family rules are broken - children who don't follow family rules today may break society's laws tomorrow
- Believe that children want rules to guide them – allow them to feel you are the “bad guy”
- Remember that teenagers need parental supervision as much as toddlers do - it's just a different kind of supervision
- If necessary, love your children enough to let them hate you - for a while
- Know that children are never too big for a hug - even when they are grown

*Caron Treatment Center 12/08/2012*

## **INFORMATION ABOUT PRESCRIPTION PAIN KILLERS**

### ***What parents need to know***

More than two-thirds of students (67%) using opioid painkillers non-medically reported getting the medication from home.

### ***How can parents prevent problems?***

Education and controlled access can help reduce the risk of opioid misuse, especially by youth. Model safe and appropriate use of medication and other legal substances you use, such as alcohol.

### ***What are signs of an overdose?***

Opioids slow down the part of the brain that controls breathing. Signs of overdose include slow breathing, bluish skin and coma (the person won't “wake up.”) If you suspect an overdose, call 911 immediately.

*camh*

## **WHERE CAN I GET HELP?**

Homewood Community Addiction Services at 519.836.5733 or HERE 24/7 at 1.844.437.3247

ConnexOntario's Drug and Alcohol Helpline at 1.800.565.8603 or [www.connexontario.ca](http://www.connexontario.ca)

