

Pickaway Addiction Action Coalition
Parents Resource Guide



Moving Forward Together

PREVENTION STARTS WITH PARENTS

As a parent you are your child's first and best protection against alcohol and other drug use. (Note: We use the term "alcohol and other drugs" to emphasize that alcohol is a mind-altering drug just like cocaine, marijuana or heroin).

You can provide the positive example, guidance, clear rules and love so necessary to help your children grow up free from the problem of drug use. There are no guarantees that your child will choose not to use drugs, but parents play a key role in influencing that decision.

The first step is to become informed yourself. We hope this guide will be the beginning.

A PARENT SPEAKS.....

"Once I finally figured out why my son had been avoiding my calls, texts, not visiting and constantly cancelling plans with me, I knew he needed help...the type of help that I was not capable of providing. I took my 23 year old 6 foot tall son to the doctor and he weighed 123 pounds. My once handsome and strong boy looked like he was dying. His clothes hung on him, his glassy eyes were sunk in and his temples were somewhat caved in as well. I thought he was going to die. I didn't know where to turn to for help. Thankfully I found a faith-based addiction ministry that agreed to take him in. I have learned a lot about addiction and I want to share my story in hopes of saving another mother's child." Pickaway Addiction Action Coalition has a mission of ending drug addiction in our county. Hopefully with the awareness and help they are providing this will happen.

REASONS WHY YOUNG PEOPLE SHOULD NOT DRINK ALCOHOL

Although drinking alcohol is illegal for adolescents, there are adults who view underage drinking as “innocent, every kid tries it” behavior. Some adults even provide the alcohol. Since growing bodies are sensitive to the effects of alcohol, youth are at a much greater risk than adults for emotional and physical harm.

- 1. Alcohol is linked to a high death rate among adolescents.** Of all age groups, 15 to 24 years olds have an increasing death rate. The causes: car accidents, suicides, and homicides, most of which are drug or alcohol related, all of which are unnatural causes and preventable.
- 2. Alcoholism in teens can develop very rapidly.** It can develop within a matter of months after taking that first drink. In contrast, alcoholism usually takes 5-15 years to develop in adults.
- 3. Teenagers are still developing physically.** Adolescence is a period of rapid growth. The brain, nervous system, reproductive system and liver are still maturing. Their brain and muscle mass are incomplete and much more sensitive to chemicals and drugs. The younger a child starts using alcohol, the greater the chance of becoming an alcoholic.
- 4. Teenagers are still developing emotionally.** A young person is forming a sense of personal identity and is learning basic social skills. Alcohol disrupts this process by producing a chemical “high” that affects the process of learning how to deal with others, carry out responsibilities and handle problems. Problem drinkers cease maturing mentally, emotionally, or socially. They remain like children, even in adult bodies.
- 5. Adolescents usually drink to get drunk.** Kids do not drink socially, they drink to get “buzzed” or “wasted”. The teenage party focus is on drinking per se rather than on other activities. Most parties have little or no parental supervision. The emphasis is on “chug-a-lugs” and other drinking games.
- 6. There is no known “safe” dose of alcohol for young people.** Any alcohol in the body of a young person puts her/him at a higher risk for alcohol-related problems.

KIDS NEED AND WANT CLEAR GUIDELINES! IT IS IMPORTANT FOR PARENTS, SCHOOL, AND COMMUNITY TO SUPPORT A CLEAR, CONSISTENT “NO-USE” MESSAGE FOR YOUNG PEOPLE!

QUESTIONS FOR PARENTS

As a parent, you need to be aware of your attitudes and behaviors regarding the use of alcohol and other drugs because these are what your children are likely to copy. The following questions will help you take an honest look at these attitudes and behaviors.

- When you are feeling sad or nervous, do you usually take something to get rid of the feeling?
- Are you proud of how much you can drink?
- Have your children ever seen you drunk?
- Do you joke about getting drunk?
- Do you always rely on medication to handle minor aches and pains?
- Do you often take a prescription or non-prescription sleeping aid to fall asleep?
- Have your children seen you smoke marijuana or use prescription drugs for recreation?
- Do you smoke cigarettes?

PARENTS MAKE A DIFFERENCE

Is drinking often the focus of conversation in your home?

Do you attend parties or events that involve a lot of drinking?

Do you drink and drive?

Do you ride with drivers who have been drinking?

Do you use alcohol or any other drug in a way that you don't want your children to?

Based on a family study by the Pacific Institute for Research and Evaluation, children are more prone to drug abuse if their parents:

- Smoke cigarettes
- Abuse alcohol or are alcoholics
- Take illicit drugs
- Use any substance to help master stress
- Impact an ambivalent or positive attitude about drugs

WHEN YOUR TEEN IS GOING TO A PARTY

- Call the host parent. Call to verify the party and offer assistance.
- Make sure the parent will be present and that alcohol and other drugs will not be permitted.
- Know where your child is going and with whom. Have the telephone number and address of the party, and ask your teen to call you if the location of the party changes. Also, let them know where you will be at the time.
- Discuss how to handle possible situations. Let your teen know what you expect her/him to do if alcohol or drugs are offered. Help develop comfortable ways to refuse such drugs.
- Know how your teen will get home from the party. Make it easy for your child to leave a party by making it clear that he or she can call you, a neighbor, or a friend for a ride home. Discuss the possible situations in which she or he might need to make such a call. Urge your teenager NEVER to ride home with a driver who has been drinking.
- Greet your teenager when she or he comes home. Be awake or have your teen wake you when she or he arrives home. This can be a good way to check the time, as well as a way to talk about the evening.

WHEN YOUR TEEN IS GIVING A PARTY

Set the ground rules ahead of time. Let your teen know what you expect of her/him as a host. Rules for the party should include the following:

Adult supervision

No drugs, including alcohol

No smoking

No leaving the party and then returning

No gate crashers allowed

Lights should be left on

Certain rooms of the house are off limits

- Plan in advance. Go over the party plans with your teenager and set the guest list. A party “by invitation only” can curb the “open party” situation. Keep parties small (10-15 teens per adult). Have plenty of snacks and non-alcoholic drinks. Encourage your teen to plan some organized group activities or games.
- Set a time limit. Set a definite start and ending, not too long. Check local curfew laws in setting an appropriate ending time.
- Know your responsibilities. Explain to your teen that you are legally responsible for anything that happens to a minor who has been served drugs or alcohol in your home. Include your teen in this feeling of responsibility. Guests who bring alcohol should be asked to leave. Be ready to notify the parents of any teens arriving intoxicated to ensure their safe transport home.
- Be visible and available, but keep a low profile. Pick out a spot where you can maintain adequate supervision. You can also bring in snacks and serve beverages.
- Invite another parent or couple. Other adults are company and can help you if you need it.

FACTS THAT EVERY PARENT SHOULD KNOW

- The drug teens are most likely to use and abuse is alcohol.
- Today's marijuana is 10-20 times stronger than the marijuana used in the 1960s.
- Adolescents become addicted to alcohol in only 6-18 months: for adults this usually takes 5-15 years.
- Of the 76 percent of high school students who have used tobacco, alcohol, marijuana, or cocaine, one in five meet the medical criteria for addiction. Elementary age children who have learning or behavioral problems that go unresolved are at a statistically greater risk of alcohol/drug problems later on. Children of alcoholics have a four-to-ten times greater risk of becoming alcoholics than children of non-alcoholics.
- Typical American college students spend more on beer than they do on textbooks, although the majority of them cannot drink legally.
- Thirty-four percent of high school students binge drink (have five or more drinks of alcohol in a row).
- Teen tobacco, alcohol, and marijuana users are at least twice as likely as nonusers to have poor grades. Even more alarming, teen marijuana users are about twice as likely as nonusers to drop out of high school.
- Forty-five percent of teens said they got their alcohol from family or at home.
- Among youth who are 12 to 17 years old, 7.4 percent reported a non-medical use of prescription medications in the past year.
- According to the 2011 Monitoring the Future survey, prescriptions and over-the-counter drugs are among the most commonly abused drugs by 12th graders, after alcohol, marijuana, and tobacco. Youth who abuse prescription medications are also more likely to report use of other drugs.
- Eighty percent of high school students surveyed said that their parents' concerns, opinions, or expectations influence if and how much they smoke cigarettes, drink alcohol, or use drugs.

FIRST A CHILD NEEDS ROOTS TO GROW....THEN TO FLY

Your child's attitudes and behaviors about drugs are being developed and shaped right now. As a parent you can do a lot to prevent your child's possible future use. The time to begin is now.

1. TALK WITH YOUR CHILD ABOUT ALCOHOL AND OTHER DRUGS

Become knowledgeable and then talk with your child about how alcohol and other drugs can harm people- especially young people. Talk together frequently and clarify any mistaken ideas, such as "everybody drinks" or "marijuana won't hurt you." With your spouse, communicate a clear message about family rules and consequences for use of alcohol and other drugs (including prescription drugs).

2. LEARN TO REALLY LISTEN TO YOUR CHILD

Encourage your child to share his or her questions and concerns about alcohol and other drugs. Listen for what is happening in her/his world. Don't do all the talking or give long lectures.

3. HELP YOUR CHILD DEVELOP SELF-CONFIDENCE

Look for the positives in your child and then share them. When correcting, criticize the action, not the child. Praise effort as well as accomplishments.

4. STRONG VALUES HELP YOUR CHILD DEVELOP

Communicate your family values and then model them yourself. Teach your child how to make decisions based on these standards of right and wrong. Explain that these are the standards for your family, despite what other families might decide.

5. BE A GOOD EXAMPLE

Examine your own habits and attitudes about alcohol and other drugs. Your actions speak louder than words.

6. HELP YOUR CHILD DEAL WITH PEER PRESSURE

Discuss the importance of individuality and the meaning of real friendships. Children who have been taught to be gentle and loving may need parental "permission" to assertively say "no" to negative peer pressure. Provide your child with some possible strategies for saying "no". The two of you can even practice these, so when the time comes, your child is prepared.

7. MAKE FAMILY RULES THAT HELP YOUR CHILD SAY "NO"

Discuss with your child your expectations that they will say "no" to alcohol and other drugs. Spell out the consequences of breaking these rules. For example, "My parents said I'd lose my driving privileges if I drink." Be prepared to follow through.

8. ENCOURAGE HEALTHY, CREATIVE ACTIVITIES

Look for ways to get your child involved in satisfying hobbies, school clubs, and other activities that reduce boredom and too much free time. Encourage positive friendships and interests.

9. TEAM UP WITH OTHER PARENTS

Work with other parents to build a drug-free environment for your children. When parents join together and take a united stand against drug use, they become more effective than when they act separately. Form a parent peer group with the parents of your children's friends. The most effective way to stop a child from using drugs is to stop her/his friends from using them too.

10. KNOW WHAT TO DO IF YOU SUSPECT A PROBLEM

Realize that no child is immune to the lure of drugs. Learn the telltale signs of alcohol and drug use. Take seriously any concerns you hear from friends, teachers or other kids about your child's possible drug use. Trust your instinct. If you feel in your gut that something is wrong with your child, it probably is. If there's a problem, seek professional help.

WHAT SHOULD I DO IF I SUSPECT MY CHILD IS ON DRUGS?

After going through the preceding checklist, if you are concerned that your child may be using alcohol or other drugs, you must share your concerns with your child. Don't discuss use with her/him while she/he is high. Select a time when interruptions will be minimal. Be very specific about the behavior you have observed. Share the checklist with her/him. In a straightforward manner, tell your child about your concern and the reasons for it. Explain why you are opposed to any drug use and how you intend to enforce that position.

BE: Understanding

("I realize a lot of kids use drugs.")

Firm: ("As your parent, I can't allow you to engage in harmful activities.")

Supportive:

("We love you and sense something is troubling you, in which case we want to help.")

DON'T BE: Sarcastic

("Don't think you're fooling me!")

Accusatory:

("You're a liar!")

Self-pitying:

("How could you do this to me?")

Remember, if your child is using drugs, she or he needs your help. Don't be afraid to be a strong parent! Nevertheless, the problem could become too much for you to handle alone. Don't hesitate to seek professional help, such as counseling, a support group, or a treatment program.

PARENTS, BE S.M.A.R.T.

Set limits with expectations & consequences for breaking them.

Messages. Be consistent & use a clear, no-use message. Don't assume your child knows where you stand.

Awareness. Know where your kids are, whom they are with, what they are doing & when they will be home.

Resources. Parenting can be lonely. Network with other parents.

Take time to talk! Talk early. Talk often. And listen.

- Your child's attitudes and behavior about alcohol are being shaped RIGHT NOW.
- Don't be afraid to talk to your children about drugs or alcohol at a young age.
- Communicate and model your family values. Your actions speak louder than words.
- Middle school students report that they are influenced by strong family values against the use of alcohol, tobacco, and other drugs.
- Teach your child how to say NO and practice the strategies to do so.
- Encourage children to become confident decision makers by allowing them to make age appropriate decisions.
- Teach your child the value of being respected over being popular.
- Share the importance of developing a variety of friendships as a way to build a solid support network. Make sure they have the understanding that it is okay to move to a different set of friends if one group is making poor choices.

TOBACCO, ALCOHOL, MARIJUANA

Tobacco, alcohol, and marijuana are the drugs that young people use most often. Each of these is destructive in its own right. Plus, the use of any one of them seems to “open the door” to involvement with other drugs.

Tobacco

- Smoking, chewing, and dipping all involve the use of nicotine.
- The nicotine in tobacco is one of the most addicting of drugs.
- Nearly 400,000 lives are lost each year to cigarette-related diseases.
- Long-term use of tobacco results in high blood pressure, heart attack, chronic bronchitis, pneumonia, emphysema, and cancer of the lungs, throat, and mouth.

Alcohol

- Like cocaine or marijuana, alcohol is a drug. It can alter moods, cause changes in the body and become habit forming.
- The most widely used drug among teenagers, and among Americans in general, is alcohol.
- Drinking is the third leading cause of death in the U.S. after heart disease and cancer.
- Alcohol is responsible for well over half of the fire deaths, drownings, injuries, traffic fatalities, and murders in the U.S.
- Long-term use of alcohol can result in loss of memory, high blood pressure, enlarged heart, liver ailments (severe swelling, hepatitis, cirrhosis), impotency, and ulcers.

Marijuana (“Pot”) Weed

- Today’s marijuana is 10-20 times more potent than that used in the 1960s.
- The active ingredient in marijuana (THC) accumulates in the body.
- It takes 3-6 weeks for the body to get rid of the chemicals in just one marijuana joint. Those who smoke more continue to build up those chemicals.
- Long-term use of marijuana adversely affects the lungs, heart, brain, reproductive system, and the body’s immune response to infections and disease.
- The younger the user, the more damaging the effects.
- It is rare for young people to use any other illegal drugs without having first used marijuana.

PARENTS MUST BE AWARE THAT YOUNG PEOPLE ARE ESPECIALLY SENSITIVE AND SUSCEPTIBLE TO THE CHEMICALS IN DRUGS. PARENTS MUST UNDERSTAND THAT EXPERIMENTATION WITH ALCOHOL AND OTHER DRUGS MAY PROGRESS FROM CASUAL USE TO HEAVIER USE AND FINALLY TO DEPENDENCY.

DON’T BE MISLED BY:

“I’ve only tried it once.” | “It’s not mine. I was just holding it for a friend.”
“Everyone is doing it.” | “It’s only a little beer.” | “I’ve quit.”

HOW CAN I TELL IF MY CHILD IS USING DRUGS?

While it is difficult to distinguish typical adolescent behavior from drug-induced behavior, parents should consider possible drug use if they notice several of these changes in their child:

Changes in Physical Appearance

- Lack of personal cleanliness, messy appearance
- Red eyes and frequent use of eye drops
- Runny nose, congestion, coughing
- Wearing dark glasses when not necessary
- Pale face, circles under eyes

Changes in Eating and Sleeping Habits

- Difficulty falling asleep, insomnia
- Inappropriate napping
- Significant weight loss or gain
- Poor appetite
- Sudden appetite (especially for sweets)
- Spends night in unsupervised homes

Physical Evidence of Drug Use

- Liquor missing or watered down
- Fake ID
- Mouthwash, breath sprays
- Visine or other eye drops
- Roach clips, rolling papers
- Bong, pipes, and small screens
- Baggies containing dried leaves, seeds
- "Stash" cans, often disguised as cola or beer cans
- Burning incense, room deodorizers
- Prescription medicine disappearing

Any drugs or drug paraphernalia you find on your child or in your home are indications of drug use, even if she/he insists they "belong to a friend."

Changes in Behavior and Personality

- Abrupt changes in mood
- Hostility, defiance of rules
- Depression , “I don’t care attitude”
- Lack of responsibility; not doing chores or homework; forgetting family occasions
- Blaming, lying, making excuses
- Loss of memory, shortened attention span, disordered thought patterns
- Withdrawal from family, isolation, secretiveness

Changes in Friends and Interests

- New or different friends, especially those who use drugs
- Friends rarely introduced and seldom come to the house
- More time spent in room or away from home
- Secrecy about actions and possessions
- Hobbies, sports or extracurricular activities are given up; everything is “boring”
- Stays out past curfew or sneaks out at night

Changes in School or Job Performance

- Failing grades, neglected homework
- Frequent tardiness and absenteeism
- Falling asleep in class
- Discipline problems
- Quitting or getting fired from job

Positive Attitudes Towards Drugs & Alcohol

- Pro-drug messages on posters or clothing
- Strong defense of the occasional use of drugs by peers; thinks adults “hassle” kids
- Easily angered when confronted about chemical use
- Others are concerned over her/his use of alcohol or other drugs

PRESCRIPTION DRUGS

- Since 2007, unintended drug overdoses have exceeded car crashes as the leading cause of accidental death in Ohio.
- More than 25% of Ohio high school students reported using a prescription drug without a doctor's prescription at least once.
- 70% of those who reported using prescription drugs non-medically got them from friends or relatives.
- Keep your family and home safe: Inventory all medications in your home. Note the number of pills and refills remaining. Secure your medications. Medications need to be locked up. Discard expired or unused medications properly. Protect your family. It is important that parents and other adults talk with youth about the addictive nature of prescription medication and the dangers of sharing medication, taking another person's medication, or utilizing your own medication in a way other than prescribed.

PRESCRIPTION DRUGS
PRESCRIPTION DROP BOX
Access Monday thru Friday
8:00 am to 4:00 pm
Sherriff's Office Lobby
600 Island Road
Circleville, Ohio 43113

No loose medications accepted

All medications must be in a container safely disposed of:

- Unused or expired prescriptions, pills & patches
- Medication samples
- Pet medications
- Do not bring needles, lancets, syringes, inhalers or liquid

IT'S THE LAW IN THE STATE OF OHIO

A person under the age of 21 may not purchase or consume alcohol. A person under the age of 21 may not order or purchase beer or liquor in any public or private place (unless accompanied by a parent, guardian, or spouse).

1. A person under the age of 21 may not use false identification in the purchase of beer or liquor.
2. A person may not sell or furnish any alcoholic beverages to someone under the age of 21. A person who sells or furnishes an alcoholic beverage to a person under 21 years of age could be subject to a fine of up to \$1,000 and/or imprisonment for up to six months, unless it is prescribed by a physician for medical reasons or administered by the minor's parents or guardian. This means that a parent can legally give alcohol to his or her child in their home, BUT not to any other minors or it would be a first degree misdemeanor.
3. A property owner may not allow minors to possess or consume alcohol on his property. No person who is the owner or occupant of any public or private place shall knowingly allow any underage person to remain in or on the property while possessing or consuming beer or intoxicating liquor, unless given by the minor's parent or guardian.
4. A person may not allow the consumption of illegal drugs (including alcohol) by minors in her/his home. A person who knowingly permits illegal drug use on her/his premises could be sentenced to 6 months in jail and fined \$1,000.
5. A person may not possess or use any controlled substance (i.e., illegal drugs). Possession of marijuana and other illegal drugs is prohibited under local and state statutes. This includes a drug prescribed by a doctor for another person.
6. A person may not have an open container of alcohol in his automobile or in a public place, such as a street or sidewalk.

NOTE: A juvenile may be charged as a delinquent for violating any statute or ordinance that would be a criminal offense if committed by an adult.

THE POSSIBILITY OF A CIVIL SUIT

Parents or other adults who furnish alcohol to a minor may be financially liable in a civil suit brought against them by anyone who suffers injury or property loss because of that intoxicated minor.

While parents should check local curfews, generally no one under 18 should be on the streets late at night, except for approved activities, usually school or church, unless accompanied by a parent or guardian.

Curfew for minors under 13 is:	9 p.m. to 4:30 a.m.
Outside the school calendar:	10 p.m. to 4:30 a.m.
Curfew for minors 13-18 is:	Midnight to 4:30 a.m.

FUNDING FOR THIS RESOURCE PROVIDED BY:

Pickaway Addiction Action Coalition (“PAAC” or “Coalition”) was established late in 2015. Several dedicated Pickaway County community advocates and leaders were inspired by the efforts of similar communities in Ohio who were working together to eliminate drug addiction. The founding purpose of the Coalition was to enhance collaboration, complement existing community resources, and enhance the availability of resources for citizens suffering with addiction and their families. PAAC is currently comprised of sixteen board members and a 42 member advisory council representing Pickaway County public services and businesses. The advisory council continues to grow.

The group has been meeting twice a month since early December 2015. The Coalition has shared stories about the local impact of opiate addiction, identified key stakeholders, engaged a facilitator, gathered data about addiction in Pickaway County, compiled a list of currently available addiction resources in Pickaway County, and developed Vision & Mission statements. Several background books were shared between members, including *Dreamland: The True Tale of America’s Opiate Epidemic* by Sam Quinones, *Clean: Overcoming Addiction and Ending America’s Greatest Tragedy* by David Sheff, and *Chasing The Scream* by Johann Hari. The Coalition Vision is: “Ending drug addiction in Pickaway County by 2020”. The Coalition Mission is: “To develop, implement, evaluate, and sustain multi-strategy Pickaway county-wide efforts to prevent drug abuse, addiction, overdose, and death for our citizens”.

The Coalition gained momentum at a facilitated All-Day Planning Event in March 2016. At this retreat, four calls to action were determined, teams of volunteers were identified, and short-term goals for each team were established. These teams are currently working to establish a family support group, enhance access to services for incarcerated individuals, improve community awareness and engagement, and sustain the efforts of the coalition. A nonprofit corporate structure has been developed.

DRUG TESTING

Berger Health System | 600 N. Pickaway St. | (740) 474-2126

Lab Corp | 116 Morris Rd. | (740) 477-3596

SUPPORT GROUPS

PARS (740) 477-1745

PARS FREE PROGRAM | (Family Resources Education & Empathy) | (740) 420-9490

AL-ANON | 1-800-870-3795

SPVMH CRISIS HOTLINE | (740) 477-2579

AA/NA | (740) 474-4900

BE A PARENT NOT A FRIEND!!! Sometimes the coolest thing you can do for your child is Be a Parent

TELEPHONE NUMBERS

HAVEN HOUSE

(740) 477-9113

PICKAWAY COUNTY SHERIFF

(740) 474-2176 Emergency

(740) 477-6000 Non-Emergency

CIRCLEVILLE POLICE

(740) 474-8888

(740) 477-DRUG Anon. Drug Tips

PICKAWAY COUNTY JOBS AND FAMILY SERVICES

(740) 474-7588

PICKAWAY COUNTY GENERAL HEALTH DISTRICT

(740) 477-9667

ASHVILLE POLICE

(740) 474-2176 Emergency

(740) 983-3112 Non-Emergency

COMMERCIAL POINT POLICE

(740) 474-2176 Emergency

(614) 877-9248 Non-Emergency

SOUTH BLOOMFIELD POLICE

(740) 474-2176 Emergency

(740) 983-9482 Non-Emergency

PICKAWAY AREA RECOVERY SERVICES (PARS)

(740) 477-1745

SCIOTO PAINT VALLEY MENTAL HEALTH

(740) 477-2579 Crisis Line

(740) 474-8874 Appointments

BERGER HOSPITAL

(740) 474-2126

Families are the best protection young people have against drugs.







