DRUGS & ALCOHOL USE AMONG TEENAGERS IN TEXAS

- 177,000 or 7.07% of 12 to 17 year-olds report using drugs in the last month.
- Among them, 83.62% report using marijuana in the last month.
- 10.82% of all 12 to 17 year-olds report using marijuana in the last year.

TREATMENT RESOURCES

Recovery Resource Council
MHMR of Tarrant County
Children's Health Teen Recovery Program
Fort Behavioral Health
Grace Counseling Addiction Treatment
Living Healthy (Lena Pope)

click on the name of agency to be redirected to website

SIGNS OF ADDICTION

- Staying out late
- Change in social circles
- Changes in sleep schedule
- Secretive or withdrawn behavior
- Changes in hygiene or grooming habits
- Unexplained weight change
- Unusually large or small pupils
- Health changes (feeling sick after staying out late)
- Sudden reduction in ability to meet school responsibilities
- Bloodshot eyes
- Drug paraphernalia
- Severe mood swings
- Anxiety and paranoia
- Decrease in ability to focus
- Frequent unexplained lethargy
- Increased aggression
- Loss of interest in hobbies or extracurricular activities
- Unexplained agitation or increase in energy followed by a crash

The team addresses mental health concerns to create a positive school environment for all students. You can submit a referral to our team by clicking here.
AGE APPROPRIATE CONVERSATIONS
ABOUT ALCOHOL & OTHER DRUGS

TIPS FOR TALKING TO PRESCHOOLERS:
Reinforce proper use of over the counter medications only from trusted adults like parents and caregivers. The early attitudes your children form help them make healthy decisions when they are older. Talk to them often and listen to what they say.

TIPS FOR TALKING TO ELEMENTARY SCHOOL STUDENTS:
Children this age are anxious to learn. You can talk to them about the consequences of using substances, such as how it can lead to misuse and a substance use disorder. You can continue to teach and encourage good choices around healthy living.

TIPS FOR TALKING TO MIDDLE SCHOOL STUDENTS:
If you began talking with your children about drugs and alcohol at a young age, they know how you feel and they have information. If you did not start earlier, this is a great time to begin. Your child may already be experiencing stressors that can lead to substance use.

Learn more at: A Parent's Guide to Substance Use Prevention

EXAMPLES OF REFUSAL SKILLS

Practice key messaging that your kids can use in risky situations. For example, a conversation with your kids about how to respond to offers from peers or others to drink or use drugs with specific responses can help prepare adolescents. Responses such as, “No thanks, I have a game,” or “Nope, but I’ll take a water,” can help them manage difficult social situations. Even let them blame you. “My parents are strict, we’ve got to be really healthy.”

Refusal Skills by Category

<table>
<thead>
<tr>
<th>Category</th>
<th>Example</th>
</tr>
</thead>
<tbody>
<tr>
<td>Simple</td>
<td>No, thanks.</td>
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<tr>
<td>Declarative</td>
<td>No, I don’t drink. No, I don’t do drugs.</td>
</tr>
<tr>
<td>Excuses</td>
<td>No, I’m the designated driver. No, I could get suspended from the team.</td>
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<tr>
<td></td>
<td>Not tonight, I have a big game. No, my parents are strict.</td>
</tr>
<tr>
<td></td>
<td>No, my parents drug test me. No, my coach is strict about that stuff.</td>
</tr>
<tr>
<td>Alternatives</td>
<td>No, but can I grab a water? No, but let’s [insert alternative activity].</td>
</tr>
<tr>
<td>Reversal</td>
<td>No, why are you messing with that crap? No, I thought we were friends?</td>
</tr>
</tbody>
</table>

12 THINGS PARENTS CAN DO TO PREVENT ADDICTION

1. Talk Early and Talk Often
   a. This isn’t a one-time chat, but an ongoing dialogue that will change over time.

2. Support Healthy Activities
   a. Two key factors to reduce the risk of kids developing addictions are “healthy attachment” and “prosocial engagement”.

3. Set Clear Expectations of No Use

4. Practice Refusal Skills
   a. Practice responses with your kids that can help manage difficult social situations.

5. Establish Clear Consequences
   a. Be clear, consistent and specific about what the immediate consequences of substance use are in your family.

6. It’s Not Your Job to Be Cool

7. Do Not Provide Alcohol or Drugs to Your Teen

8. Pay Close Attention

9. Carve out Family Time

10. Prioritize Sleep

11. Help Your Teen with an Escape Plan
   a. Start a conversation with your teen about peer pressure and difficult scenarios. Build together an escape plan, a secret code that they can text a parent or caregiver to be immediately picked up by an adult and exit the situation.

12. Intervene Early

Learn more at: A Parent’s Guide to Substance Use Prevention