

**Navigating classes and support in the virtual world  
is new for most people!****Warning Signs**

Please note that the warning signs may vary depending on the substance used. Sometimes those struggling with substance use may also be struggling with mental health. Indicators for substance use can overlap.

**Behavior changes:**

- Avoiding eye contact
- Resisting discipline or feedback
- Frequently asking for money or stealing
- Acting in very secretive manner
- Isolating and withdrawing from relationships
- Making excuses (or outright lying)
- Missing school
- Losing interest in activities they once enjoyed
- Dropping old friends for a new group
- Changes in sleep habits, mood or attitude
- Paranoia, irritability, anxiety, fidgeting
- Difficulty staying on task/staying focused

**Physical Changes:**

- Poor hygiene/change in appearance
- Glazed or bloodshot eyes
- Frequent runny nose or nosebleeds
- Cold, sweaty palms or shaking hands
- Rapid change in weight

**Next Steps**

If you suspect substance use, you can never intervene too soon. Substance use disorders are progressive often beginning with experimentation or casual drug use. Early intervention can reduce the chances of a future problem. There are treatment options for different stages of substance use. Professionals can provide treatment recommendations after completing screening and assessment.

**Helpful Resources****Jefferson Center**6 -Week Substance Use Group

This group is for teens (13-17 years old) enrolled in the Jefferson County School District wanting to learn skills to aide in recovery of substance use and mental health related issues.

Phone: (720) 462-9224

**Jefferson County Public Health**Parenting Workshop (NSET) Navigating Substance

This free, interactive, online workshop provides strategies, information and resources for parents or guardians whose teen has begun experimenting with, or using vape, tobacco, alcohol, marijuana and/or other drugs. The workshop is led by Jeffco School nurses who specialize in teen substance use prevention.

[Twelvetalks.com/workshops](https://www.twelvetalks.com/workshops)

**Denver Family Therapy Center**Youth Drug and Alcohol Prevention (YDAP)

Youth and their family will learn about the effects of marijuana and alcohol to provoke critical thinking around substance use, and increase family communication.

Adolescent Substance Abuse Program (ASAP)

This is an intensive outpatient program created to provide support to adolescents and their families struggling with substance abuse and dependency.

Family Care Coordination

Free service providing intensive case management, to connect and support families and adolescents to resources in the community, to provide stability and support to maintain therapeutic  
Phone: (303) 465-0600  
Office: 4891 Independence St. #165  
Wheat Ridge, CO 80033