



## SUPPORT SERVICES



### INTRODUCTION

If you know your child or someone you care about is misusing drugs, you have good reason to be concerned. You may feel helpless, fearful and even ashamed, but you CAN do something. You can try a variety of ways that will make their drug use less appealing for them. It is important to note that getting help for someone is a process, never an event. This means that you will have to try a variety of techniques over time, while never giving up. This brochure will offer ideas and tips for you to begin to help, but it is most important that you educate yourself and get help for yourself as well.

### KNOWLEDGE IS POWER

If you know your child is misusing alcohol, drugs or tobacco, remember knowledge is power. The more information you have about discussing substance use with your child, the more comfortable and prepared you will be. Finding the right time, when you both are available, to discuss your concerns is the first step toward a positive discussion. Be ready for avoidance and denial. Prepare for some possible questions about your own use.

The following organizations offer information and resources that can help you and your family.

New York State Office of Addiction Services and Supports  
[oasas.ny.gov](http://oasas.ny.gov) | 518-473-3460

CombatAddiction.ny.gov  
[www.Talk2Prevent.ny.gov](http://www.Talk2Prevent.ny.gov)

The Partnership at Drugfree.org  
[drugfree.org](http://drugfree.org) | 855-378-4373

American Council for Drug Education  
[acde.org](http://acde.org) | 800-378-4435

Families Against Drugs  
[familiesagainstdrugs.net](http://familiesagainstdrugs.net)

Al-Anon and Alateen  
[al-anon.org](http://al-anon.org) | 757-563-1600

Faces and Voices of Recovery  
[facesandvoicesofrecovery.org](http://facesandvoicesofrecovery.org)  
202-737-0690

SAMHSA's Center for Substance Abuse Treatment  
[samhsa.gov/about/csat.aspx](http://samhsa.gov/about/csat.aspx)  
240-276-1660

Substance Abuse and Mental Health Services  
[www.samhsa.gov](http://www.samhsa.gov) | 877-SAMHSA-7

National Institute on Drug Abuse  
[www.nida.nih.gov/nidahome.html](http://www.nida.nih.gov/nidahome.html)  
800-662-HELP

National Council on Alcohol & Drug Dependence  
[www.ncadd.org](http://www.ncadd.org) | 800-NCACALL

**FOR HELP & INFORMATION**  
OASAS.NY.GOV

**CALL:** 1-877-8-HOPENY (1-877-846-7369)  
**TEXT:** HOPENY TO 467369



Office of Addiction Services and Supports

## YOU CAN BE THE DIFFERENCE

A Guide to Teen/Young Adult Substance Abuse



## INTERVENTION



Office of Addiction Services and Supports

# YOU CAN BE THE DIFFERENCE



## INTERVENTION

### OUTLINE FOR AN INTERVENTION

Seek professional help. School counselors and health care professionals can assist with referrals to trained counselors who are equipped to properly assess your child's alcohol and/or drug use.

Don't shy away from addressing this. Be prepared to discuss and take appropriate action.

**EXPRESS CONCERN** over a particular incident and relate this to the chemical use.

**BE FACTUAL** and specific.

**DESCRIBE** how you feel.

**SET LIMITS** and arrange an outcome.

**ASK FOR HELP.** There are many confidential resources available for caregivers and mentors - if you ask!

**EXAMPLE:**

*I know you would not have (insert behavior). I am so concerned about you, and I am afraid for what is happening to our family. I have made arrangements for an appointment for you so you can get help.*

**WIDELY USED DRUGS:** Tobacco, alcohol, prescription painkillers, marijuana and inhalants

### STEPS YOU CAN TAKE

Keep yourself and your child surrounded by loving support.

- Talk to your child when he/she is not under the influence of alcohol and/or drugs.
- Express concern, not blame.
- Use your knowledge of your child and trust your own instincts about how to approach the subject.
- Don't cover up your child's alcohol and/or drug seeking behaviors from family members.
- Establish guidelines for behaviors, as well as curfews and type of friends. Put these into a contract that has both consequences and privileges.
- Always have your child assume responsibility for his/her actions.
- Do not let shame or anger prevent you from getting help from someone who knows about substance use disorder.
- Make sure you and other caregivers are on the same page so you can show your child a united front.
- If your child needs treatment, prepare a formal intervention that would involve significant others and have treatment as the outcome.
- Keep in mind, treatment is voluntary, and your child may refuse to go. It is important to have some type of leverage such as: legal consequences, removal from extra-curricular activities or placement outside the home.



### SAMPLE CONTRACT

**TERMS**

- No use of alcohol, drugs or tobacco
- No hanging out with users

**PRIVILEGES**

- Anything that is a perk for the individual

**CONSEQUENCES**

- Loss of privileges
- Seek out professional help

**SIGNATURES**

- Yours and the individual's