
Signs of Substance Use

It may be difficult to spot if your grandchild is using substances. However, there are some warning signs that you can be on the lookout for. Not all individuals who are using will have the same exact signs, but in general, the following signs are similar across many individuals. These signs span across multiple facets. According to drugabuse.com, the following signs are most common.

Changes in Behavior

- A decline in academic performance
- Loss of interest in hobbies or activities
- Social isolation or changing of friend groups
- Avoiding of eye contact

Psychological Changes

- Paranoia
- Frequency in mood changes/emotional instability
- Slurred speech

Health Problems

- Nausea or vomiting
- Nosebleeds
- Changes in sleep habits or appetites
- Problems with coordination

Personal Appearance

- Burns on fingers or lips
- Constant scratching oneself
- Lack of hygiene
- Marks on arms or legs from drug use

These are just a view signs of substance use and it is important to keep in mind that showing of one of these signs does not determine that your grandchild is using. But rather if multiple signs are present.

Resources

For more information on the signs associated with substance use:

<https://drugabuse.com/teen-drug-abuse-signs/>

For more information about defining addiction:

<https://www.asam.org/resources/definition-of-addiction>

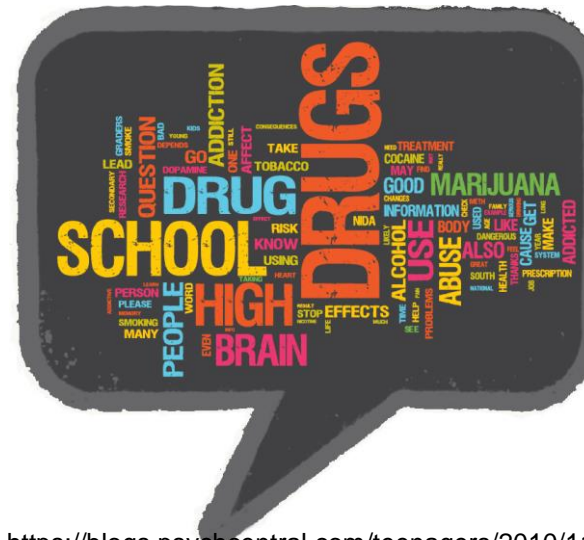
List of Substance Abuse Rehabs & Treatment Centers in Fort Collins

<http://www.addicted.org/fort-collins-addiction-treatments-and-services.html>

Substance Abuse and Mental Health Services Administration - National Hotline

Phone: 1-800-662-4357

Website: <https://www.samhsa.gov/find-help/national-helpline>



<https://blogs.psychcentral.com/teenagers/2010/11/19/talking-with-teens-about-drugs-alcohol/>

Drug and Alcohol Education and Prevention

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<http://pathwaysplettrehab.co.za/what-is-addiction/>

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Introduction

My name is Breelynn Frank - I am a second year Human Development and Family Studies major. I am also in my second term as the Risk Management Director for my sorority, Sigma Alpha. My position requires me to educate members on potential risks, including risks associated with drug and alcohol abuse. This project is important to me because I have witnessed the impact of drug and alcohol addicted in young people. Below is additional information regarding drug and alcohol use and resources to help those struggling with addiction.

Defining Addiction

Addiction is a complex disease that affects as many as 1-in-6 young people aged 18-25. It also is genetic that can be tear families apart. According to the American Society of Addiction Medicine, addiction can be defined as “a primary, chronic disease of brain reward, motivation, memory and related circuitry. . . . This is reflected in an individual pathologically pursuing reward and/or relief by substance use and other behaviors.”.

In the 1980s, a significant rise in the amount of crack that was used, rose the amount of grandparents that took custody of their grandchildren. Currently, approximately 40% of the grandchildren living with their grandparents have at least one parent that is struggling with addiction.

What May Cause a Teen to Want to Use Substances?

We cannot discuss prevention techniques without first knowing why teens are using substances. The National Institute on Drug Abuse found that teens use when there has been major changes, when they are challenged socially or academically, when they would like to share an experience with friends or when they wish to improve their physical appearance. Steroids or Adderall are commonly used to help aid muscle gain or weight loss.

Prevention Techniques

In a perfect world, drugs and alcohol would not exist and would not pose a threat to the safety of children and grandchildren. This is obviously not the case and we need to the best we can to prevent the abuse of drugs and alcohol.

Family involvement is an important aspect of preventing drug and alcohol use. The National Institute on Drug Abuse found that having family policies on substance abuse, monitoring the grandchildren and educating the grandchildren about the harmful side effects of drug abuse can decrease the likelihood of substance use.

There are other suggested programs that occur within the community and school to help aid families in educating the children about the dangers and realities of substance use.

It may take some practice but education is the key

Drug and Alcohol Use in Teens

Awareness is key in preventing or stopping drug abuse. The graph below describes a variety of drug abuse in a months time from the ages of 12-17. The study ranged from 2002-2009. There was an obvious decline in drug use but the drug abuse rose again in 2009. While the data is slightly outdated, I believe that this gives perspective as to the amount of drug abuse.

I hope the signs that were described above help to aid you in declining the amount of teens using drugs and alcohol.

Past Month Drug Use, 12-17 year olds, 2002-2009

