

CT CONNECTION

STRONG CONNECTIONS

STRONG TEENS

Reasons and Resources for **teen** substance use

THE PROBLEM

Teens start using drugs or alcohol for many reasons. Whether it is happening at home, school, or elsewhere in the community, here are some important facts to know:

- Historically, substance mis-use rates in Connecticut are higher than the national average.
- 40% will try alcohol by 8th grade.
- Nearly 30% of 9th graders reported using alcohol in the past month.
- Over 50% of 12th graders reported using alcohol in the past month.
- First use of tobacco and/or marijuana typically occurs by age 14.
- 60-75% of 12-17 year olds do not perceive drinking or smoking to be dangerous.
- Youth are curious about alcohol.
- Nationally, there are about a quarter million drug-related emergency department visits by adolescents (12-17) each year.
- Over half of these visits involved the use of illicit drugs, alcohol, or the intentional mis-use of pharmaceuticals (i.e. prescription drugs, over-the-counter remedies, or dietary supplements).
- Connecticut statistics
- National statistics

RISK FACTORS

Why do children use alcohol or drugs? Because of...

- Easy access.
- Peer pressure, the need to fit in.
- Belief that drugs are cool and harmless.
- Curiosity... the desire to experiment and/or alleviate boredom.
- Feeling overwhelmed by the challenges of growing up.
- Identification with celebrity/sports idols who mis-use alcohol or drugs.
- Untreated mental health issues such as depression or anxiety.
- Inability to cope constructively with anger or unpleasant feelings.
- Other family members' use of or permissive attitude toward drugs or alcohol.
- Exposure to traumatic events, including physical or sexual abuse.

WARNING SIGNS

How can I tell if my child is using drugs or alcohol? Because they might...

- Behave differently for no apparent reason.
- Change their peer group.
- Become careless with grooming.
- Experience a decline in academic performance.
- Miss class and/or skip school.
- Lose interest in favorite activities.
- Change eating and sleeping habits.
- Have deteriorating relationships.

Never assume it is just typical adolescent behavior changes. Check it out!

PREVENTION

How can I prevent my child from using drugs or alcohol?

- ➔ **YOU** are the most important influence on your child's behavior!
- ➔ Educate yourself.
- ➔ Talk openly with your child.
- ➔ Stay involved in their lives.

SOLUTIONS

When teens who are using substances receive family-focused treatment, there are proven reductions in substance use, criminal activity, arrests, and family problems.

1 Consider assessing teens for substance use through the resources below.

2 Teens can benefit from an intervention even if they are not addicted to a drug.

3 On-going counseling / support.

HOW TO START STATEWIDE RESOURCES

MULTI-SYSTEMIC THERAPY (MST) Intensive family therapy in your home to identify and address problems driving the substance mis-use. Meets several times per week.

BRIDGEPORT

Child & Family Guidance Center
(203) 394-6529
www.cfguidance.org

Connecticut Renaissance
(203) 367-7570
www.ctrenaissance.com

DANBURY

Connecticut Junior Republic
(203) 797-8575
www.cjryouth.com

HARTFORD/MANCHESTER

NAFI Connecticut
(800) 459-6298
www.nafict.org

Wheeler Clinic
(888) 793-3500
www.wheelerclinic.org

MIDDLETOWN

NAFI Connecticut
(800) 459-6298
www.nafict.org

NEW HAVEN/MILFORD

NAFI Connecticut
(800) 459-6298
www.nafict.org

NEW BRITAIN

NAFI Connecticut
(800) 459-6298
www.nafict.org

TORRINGTON

Connecticut Junior Republic
(860) 482-7600
www.cjryouth.org

WATERBURY

NAFI Connecticut
(800) 459-6298
www.nafict.org

WATERFORD

NAFI Connecticut
(800) 459-6298
www.nafict.org

WILLIMANTIC/ROCKVILLE

NAFI Connecticut
(800) 459-6298
www.nafict.org

MULTI-DIMENSIONAL FAMILY THERAPY (MDFT)

Intensive family and individual therapy in your home. MDFT examines all components of a teen's life to address substance mis-use and promote positive, long-term change. Meets several times per week.

BRIDGEPORT/NORWALK

Boys & Girls Village
(203) 330-6790
www.bgvillage.org

Connecticut Renaissance
(203) 367-7570
www.ctrenaissance.com

DANBURY/TORRINGTON

Family & Children's Aid
(203) 748-5689
www.fcaweb.org

Connecticut Junior Republic
(203) 558-9665
www.cjryouth.org

HARTFORD

Catholic Charities, Archdiocese of Hartford
(860) 522-8241
www.ccaoh.org

Community Health Resources
(877) 884-3571
www.chrhealth.org

Hartford Behavioral Health
(860) 548-0101 x354
www.hbh1.org

The Village for Families & Children
Hartford (860) 236-4511
www.villageforchildren.org

Wheeler Clinic
(888) 793-3500
www.wheelerclinic.org

MANCHESTER

Community Health Resources
(877) 884-3571
www.chrhealth.org

Hartford Behavioral Health
(860) 548-0101 x354
www.hbh1.org

MERIDEN

Yale Child Study Center
(203) 785-6862
www.yale.edu/childstudy

Wheeler Clinic
(888) 793-3500
www.wheelerclinic.org

MIDDLETOWN

Yale Child Study Center
(203) 785-6862
www.yale.edu/childstudy

NEW BRITAIN/PLAINVILLE

Wheeler Clinic
(888) 793-3500
www.wheelerclinic.org

NEW HAVEN/MILFORD

Wheeler Clinic
(888) 793-3500
www.wheelerclinic.org

Yale Child Study Center
(203) 785-6862
www.yale.edu/childstudy

NORWICH/NEW LONDON

Child & Family Agency of Southeastern CT
(860) 442-2797
www.childandfamilyagency.org

United Community & Family Services
(860) 822-4292
www.ucfs.org

STAMFORD

Boys & Girls Village
(203) 330-6790
www.bgvillage.org

Child Guidance Center of Southern CT
(203) 324-6127
www.childguidancecct.org

Connecticut Renaissance
(203) 367-7570
www.ctrenaissance.com

WATERBURY

Family & Children's Aid
(203) 748-5689
www.fcaweb.org

Connecticut Junior Republic
(203) 558-9665
www.cjryouth.org

Wheeler Clinic
(888) 793-3500
www.wheelerclinic.org

WILLIMANTIC

United Community & Family Services
(860) 822-4292
www.ucfs.org

ADOLESCENT COMMUNITY REINFORCEMENT APPROACH AND ASSERTIVE CONTINUING CARE (A-CRA/ACC) A less intensive weekly program to address substance mis-use that can be delivered in your home or via outpatient services.

BRIDGEPORT/NORWALK/STAMFORD

Child & Family Guidance Center
(203) 394-6529
www.cfguidance.org

HARTFORD/MANCHESTER

Community Health Resources
(877) 884-3571
www.chrhealth.org

MIDDLETOWN/NORWICH/WILLIMANTIC

Community Health Resources
(877) 884-3571
www.chrhealth.org

NEW HAVEN/MILFORD

The Children's Center of Hamden
(203) 248-2116
www.tccoh.org

WATERBURY/DANBURY/TORRINGTON

Connecticut Junior Republic
(203) 757-9939
www.cjryouth.org

If you are unsure which direction to go, CALL 2-1-1