

- American Addiction Centers
Meriden, Connecticut 06450
[\(860\) 785-2909](tel:8607852909)

Recovery starts with hope. American Addiction Centers can start you on your way. American Addiction Centers facilitates hope and instills the tools within an addict to learn, grow, heal and transform his or her life without the crutch of substances or compulsive behavior. Their evidence-based treatment has helped thousands, and it will help you too. They not only provide the hope to imagine a better life is possible, but the right tools to make that better life a lasting reality.

- Aware Recovery Care Inc
North Haven, Connecticut 06473
[\(203\) 916-0373](tel:2039160373)

Recover where you live. Aware Recovery Care is an individualized face to face program that brings treatment to you. No need to go away to treatment far away just to come home to the same environment. Aware Recovery Care Inc provides an entire team of experienced clinical professionals to you, where you live! The intensity of inpatient with the freedom of outpatient. Find recovery where it matters most in your home and community. Aware Recovery Care is a highly collaborative wrap-around service for clients who suffer from addiction and alcoholism.

- Rushford, a Hartford HealthCare partner
Meriden, Connecticut 06450
[\(877\) 577-3233](tel:8775773233)

Rushford is committed to prevention programs that are rooted in positive youth development principles. Rushford is dedicated to meeting the substance abuse and mental health needs of children, adults and families. Rushford strives to provide affordable, accessible services of proven effectiveness and high quality that embrace the most current research in prevention, treatment and recovery.

Warning Signs
What To Do If You Suspect Your Child Is Using Drugs?
Dos and Don'ts When Talking To Your Children
Resources For Treatment



10 School Street
Madison, CT 06443
203-245-5694

www.madeinmadison.org

 [MADE.in.Madison](https://www.facebook.com/MADE.in.Madison)

 [madeinmadison](https://www.instagram.com/madeinmadison)

Warning Signs

Physical and health signs of drug abuse

- Eyes that are bloodshot or pupils that are smaller or larger than normal.
- Frequent nosebleeds could be related to snorted drugs (meth or cocaine).
- Changes in appetite or sleep patterns.
- Sudden weight loss or weight gain.
- Seizures without a history of epilepsy.
- Deterioration in personal grooming or physical appearance.
- Impaired coordination, injuries/accidents/bruises that they won't or can't tell you about - they don't know how they got hurt.
- Unusual smells on breath, body, or clothing.
- Shakes, tremors, incoherent or slurred speech, impaired or unstable coordination.



Behavioral signs of alcohol or drug abuse

- Skipping class, declining grades, getting in trouble at school.
- Drop in attendance and performance at work.
- Loss of interest in extracurricular activities, hobbies, sports or exercise - decreased motivation.
- Complaints from co-workers, supervisors, teachers or classmates.
- Missing money, valuables, prescription or prescription drugs, borrowing and stealing money.
- Acting isolated, silent, withdrawn, engaging in secretive or suspicious behaviors.
- Clashes with family values and beliefs.
- Preoccupation with alcohol and drug-related lifestyle in music, clothing and posters.
- Demanding more privacy, locking doors and avoiding eye contact.
- Sudden change in relationships, friends, favorite hangouts, and hobbies.



Street Counseling Center uses a wide range of counseling and therapeutic approaches to help people overcome problems. College Street Counseling Center fit the type of treatment best suited for the person.



- Project Courage
Old Saybrook, Connecticut 06475
[\(860\) 481-7055](tel:8604817055)

Project Courage provides specialized addiction treatment for adolescents and young adults that is client centered and addresses obstacles that have plagued the addiction treatment industry. Project Courage believes addiction is an opportunity for change. Project Courage primary focus is on drug and alcohol rehabilitation. They recognize mental health and behavioral issues such as depression, anger, anxiety, learning disabilities and disruptions to psychosocial development and that they can be a consequence of substance use, put individuals at risk for abuse, and/or accompany drug and alcohol use.

- Turnbridge
New Haven, Connecticut 06510
[\(203\) 427-8256](tel:2034278256)

**KEEP KIDS
DRUG FREE**

Turnbridge has spent the last 13 years forging its reputation as the national leader in gender/age-specific residential programming for young adults who've been derailed by addiction and co-occurring disorders. Through a seamless integration of clinical best practices, life skills training, academic/vocational planning, recreational activities, and social development. Turnbridge has redefined the meaning of a successful treatment outcome for a young adult. Additionally, a wide range of recreational activities and events keeps Turnbridge clients engaged in treatment and forging meaningful friendships.

- Have somebody on-hand to call if something goes wrong
- Start early
- Make your message clear
- Take advantage of "teachable moments"
- Maintain an arsenal of facts
- Tap into their vested interests

DON'T

- Have the conversation in a public place
- Bring up the conversation when they're under the influence
- Assume you know what they've been doing
- Raise your voice
- Monopolize the conversation
- Make them feel guilty or ashamed
- Threaten them with punishments
- Invite numerous people into your conversation
- Become physical or violent
- End the conversation prematurely
- Belabor the point after it's been made
- Run after them if they decide to leave
- Think that once is enough
- Treat any drug lightly
- Lie



Resources For Treatment

- College Street Counseling Center LLC
Middletown, Connecticut 06457
[\(860\) 347-8894](tel:8603478894)
Madison, Connecticut 06443
[\(860\) 347-8894](tel:8603478894)
College Street Counseling Center provides comprehensive mental health and substance abuse services to the community in a private and comfortable setting. College

- Frequently getting into trouble (arguments, fights, accidents, illegal activities).
- Using incense, perfume, air freshener to hide smell of smoke or drugs.
- Using eyedrops to mask bloodshot eyes and dilated pupils.

Psychological warning signs of alcohol or drug abuse

- Unexplained, confusing change in personality and/or attitude.
- Sudden mood changes, irritability, angry outbursts or laughing at nothing.
- Periods of unusual hyperactivity or agitation.
- Lack of motivation; inability to focus, appears lethargic or "spaced out."
- Appears fearful, withdrawn, anxious, or paranoid, with no apparent reason.



What To Do If You Suspect Your Child Is Using Drugs?

Prepare yourself

- The worst thing you can do is get angry at your child and lose control.
- Try to be as calm as you can be and try to understand why your child is taking drugs and how much of a problem it is.
- Before you talk to your teen, talk to others about a possible course of action. If you know of other parents who have shared a similar experience, learn from them.
- Don't be afraid of seeking professional help. It's also important to know what substance your child is taking and its effects so that you can be prepared in an emergency.

Create the right environment for talking to your child

- Pick a place for the conversation where your child feels safe and comfortable.
- Decide on a time that would be best for you to get your child's attention and cooperation.

- The most important thing you can do first is simply listening to your child.
- As you begin this conversation, emphasize the importance of honesty and give them an opportunity to tell the whole truth, without immediate judgment or repercussions.
- No matter what, this is still your child; how you react can mean all the difference in their recovery.
- Figure out how to give feedback and empathize with your child. Whether your child admits it or not, she/he needs to hear that you will not abandon them and that you love them.
- Your child may not be ready to talk, and if you find that this may be the case, prepare a list of specific questions regarding their recent behaviors.
- Don't assume you know everything that they're going through and struggling with.
- Seek to understand rather than jump down your child's throat.
- Plan to ask open-ended questions like, "If you were me, how do you think you would feel about this?" and "How can I help you?"
- Don't fall for the trap of labeling your child because she/he has made a mistake or fallen short of your expectations. Saying "You're a failure ... good-for-nothing" will hurt rather than help.
- Look for ways to stimulate change. You will want to ask your teen about the changes they would like to make and how they would like you to help.
- The point of this conversation will not be to lecture your child but rather, to get all the facts about their situation. Your goal in "talking" to your child should be to have them do most of the talking.
- Just always keep lines of communication open so that it's constantly reinforced that you're someone they can trust and come to with anything they're going through.



Develop a game plan

- Before you can fully assess the situation, you will need to know all of the facts about your teen's drug and/or alcohol use.
- It is critical to establish whether or not your child has developed a habit of substance abuse. Even if they don't admit to regular use, or show signs of a drug addiction, they may still be at risk of developing one later in life.
- Assess the situation. Understand why your child is using drugs or alcohol.
- Consider what boundaries might need to be put in place to protect and support the family.
- Ask a mentor, coach, teacher, or counselor whom your teen respects to talk to your child.
- One of the most important things to remember is that you should not wait for your child to become addicted before you seek help.
- Know what professional help is available to you and your child in your local area.
- Consider treatment options if your child has been using drugs for a substantial period of time.
- Whatever you do, do not let this go.

Dos and Don'ts When Talking To Your Children

DO:

- Research the problem beforehand
- Speak with loved ones for emotional support
- Choose an appropriate time and place for the meeting
- Ask them straightforward questions
- Listen carefully to them when they speak
- Explain the changes you've seen in them
- Discuss the risks of their substance habit
- Show them how much you care
- Offer your complete support in helping them quit
- Ask what you can do to be a better parent
- Go over possible options for treatment or rehab

