

locking bedroom door, avoiding eye contact, or asking for money?

Do they have:

- Pupils larger or smaller than usual
- Cold, sweaty palms or shaking hands
- Sores on mouth
- Headaches
- Puffy, swollen face

- Extremely tired or extremely hyperactive
- Rapid weight gain or loss
- Is there a change in sleeping/eating habits?

The explanation for a sudden or unexpected change may have nothing to do with substance use. Every person is unique. Similar behavior amongst teens may have very different causes. Trust your instincts; after all, you know your child best. If something does not seem right, ask questions and investigate. If necessary, seek professional help.

3 Ways to Keep Your Child or Teen Safe

With ALL medications (prescriptions, cough syrup, allergy meds, pain relievers, etc):

- Store** all medications in a lockbox or locked cabinet
- Administer** any medication your child takes with your supervision
- Follow** dosage instructions
- Empty** leftover medications from cabinet and return to a drug collection box



Where can my teen and I find help for substance abuse?

Local resources include schools, medical professionals, mental health specialists and treatment providers. If you are searching for an addiction treatment provider specializing in teen rehabilitation, start with your insurance company. They can provide you with a list of in-network treatment providers and levels of care. Regardless of the program you choose, treatment should always start with a physical and mental health assessment, as well as a chemical use history and alcohol & drug use history. This will help determine the appropriate level of care. Given the right treatment and support, adolescents struggling with a substance use disorder can move into happy, healthy, productive lives. Early detection is key. If you think something is wrong, there usually is! Never ignore your parental instinct!



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LOVE, LOGAN PARENTING TIPS



BELOW ARE PARENTING SKILLS WHICH HAVE BEEN FOUND TO BE IMPORTANT IN PREVENTING A CHILD'S EXPERIMENTATION AND PROGRESSION OF SUBSTANCE USE

1. Good Communication

Having open and direct communication in a family is the foundation for strong parent and child relationships. Good communication can help you detect if there is a problem, provide encouragement and support, and know what is happening in the life of your child.

Key communication skills include:

- Listening - your child will be more likely to talk to you if they feel heard and that they won't be judged or blamed
- Showing an interest in their lives and asking questions
- Being understanding and showing empathy
- Staying calm
- Encouraging problem solving with questions like "how could you have handled that differently" and avoiding accusatory phrases like "you never think" or "you need to make better decisions"



2. Encouragement

Giving your child words of affirmation and encouragement is important in forming a positive and healthy relationship with them.



Encouragement could be:

- Emphasizing their strengths and things they are good at
 - Reminding them of times they have worked hard and been successful in the past
 - Asking for their input when making plans
 - Attending extracurricular and school events, when possible
 - Displaying their work and accomplishments
- Making time for them each day
 - Praising positive, desirable behaviors

3. Negotiating Problems

Negotiating solutions to problems with your child will help them in developing skills in problem solving, healthy relationships, conflict resolution, and communication.

- Pick a neutral time - when both parties are upset, little can get accomplished
- State the problem neutrally
- Own your part of the conflict
- Restate what the other person said and allow them to correct, if needed



Once the problem is identified, it is time to negotiate a potential solution.

One model you can use is BAM:

Brainstorm – take turns proposing potential solutions, come up with at least 3 ideas– don't be afraid to think outside the box

Assess – go through your list of ideas and assess the pros and cons of each one

Make a choice – agree on a chosen solution and implement

After coming to a decision together be sure to follow-up to ensure the solution is working for everyone. If not, go back to the list of ideas and choose another idea OR repeat the BAM model.



4. Setting Limits

Setting limits and boundaries with your child is important, your ability to set clear limits and boundaries teaches your child how to use self-control, responsibility, and shows that you care.

Setting limits is a two-step process:

1. Set rules and consequences that are clear and simple and ensure your child understands them.
2. The most important part of setting limits is consistent follow through. If your child breaks a rule, provide an immediate consequence. If they are following the rules offer encouragement.

Tips for making and setting consequences:

- Small consequences are better
- Do not choose a consequence that punishes you
- Make sure the consequence is under your control

5. Parental Monitoring and Safety

Teens who are supervised by their parents and have strong bonds with their parents are less likely to misuse or abuse drugs.

Teens who are left with long periods of unsupervised time are at greater risk. That can be

challenging since teens begin to spend more time with friends and less with family. It is important to stay aware of what your child is doing.

Teens who have been prescribed opioid medications are at an increased risk of opioid misuse. If your child has a prescription for an opioid medication, keep the medication in a secured/locked location. Check the bottle regularly to ensure that the prescription is being used at the prescribed rate. Pay attention if your child "loses" medication.

Teens can share stolen prescription drugs at "pharm parties" and even toddlers are tempted by pills, they can look like candy. Many parents don't want to believe that their teen would ever misuse or experiment with prescription or OTC medication, but teenage medication abuse is on the rise.

- By 12th grade, nearly 50% of teens admit to misusing or abusing a prescription drug at least once. Teens are heading to the medicine cabinets in their own homes for these medications, thinking (erroneously) that these drugs are safer than illicit street drugs.
- Even if it's not your own child, their friends could be taking pills from an unlocked location in your home.
- The underdeveloped teen brain is primed for addiction, this could start them down a long and dreadful road of addictive behavior.
- **Locking up all medications is the #1 thing that parents can do to deter misuse and abuse of medicines in the home.**

KNOW THE SIGNS

Although each case is different, there are common signs of potential opioid misuse and abuse in children and teenagers.

Early indicators of teen substance use / abuse:



- **Negative changes in grades**
Are your child's grades suddenly dropping after a long record of academic success?
- **Skipping or being consistently late to classes or school**
Do you no longer know what your child is doing during the school day?
- **Dropping longtime friends**
Have your child's friends suddenly changed?
Do you know his/her friends?

- **Loss of interest in usual activities**
Does your child no longer seem interested in his or her "favorite" activities or sports?
- **Changes in health, appearance or behavior**
Has your child developed an uncharacteristic lack of concern for grooming or hygiene? Has a normally energetic child become listless, or a laid-back child become unusually excitable? Do you notice an increase in irritability and/or mood swings? Are they isolating from others or damaging relationships within the home or with friends? Is there a noticeable difference in making excuses, lying, secretive behavior, stealing,