

PROJECT SUCCESS

Resources for Parents

RESOURCES FOR PARENTS

What parents need to know about ALCOHOL and Youth

What are the risks?

Tips on talking to your kids

Parents' Role in Prevention

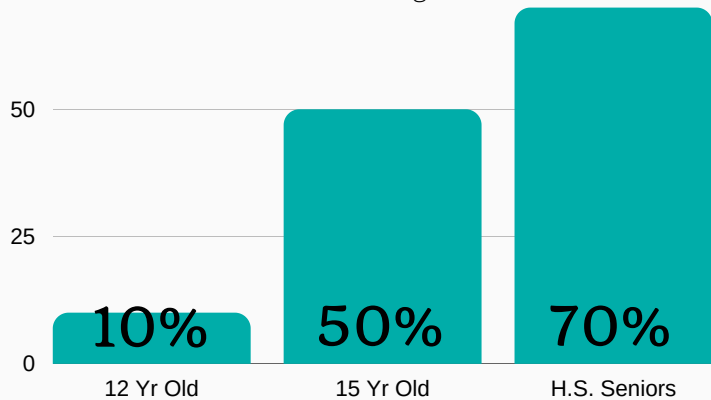
Warning Signs your Teen is Drinking

Resources

Percentage of teens who have tried alcohol nationally.

Substance Abuse & Mental Health Services Administration

75 SAMHSA.gov



Family Time and Talks

BY TRISTA PALMER, LPC

You may think that your teenager knows your values and how you feel about alcohol, but have you clearly communicated your expectations regarding underage drinking? Think you have plenty of time to talk with them? Often, the average age a teen first drinks alcohol is 13 (Monitoring the Future Survey). Now is the time for parents to talk to teens about health, drinking and dealing with peer pressure.

By keeping quiet and not discussing your beliefs about underage drinking, your teen might get the wrong impression and think that it's Ok. Teens need to hear from you- be open, honest and a trusted source of information for them, while modeling healthy choices yourself.



"Alcohol is the most commonly used and abused drug among youth in the United States."

~U.S. Department of Health and Human Services (DHHS), Office of the Surgeon General

The risks for teens who drink:

School problems

More frequent absences and poor grades

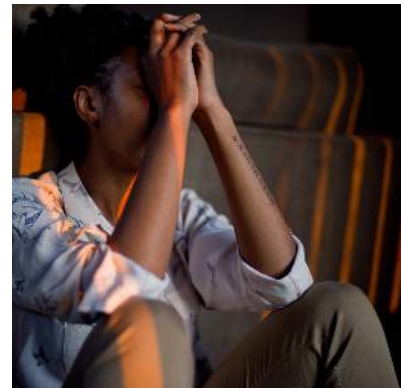
Memory and conduct problems.



Teens who drink are more likely to be victims of violent crime

Risk injury and death

Higher risk for suicide and homicide & physical and sexual assault



Alcohol related traffic accidents are a major cause of death for youth

Engage in risky behaviors

Engage in sexual activity at an earlier age than their non-drinking peers



Mental & physical health concerns

Disruption of normal growth and development, especially the brain

Mental health issues, such as depression and anxiety disorders

~Centers for Disease Control and Prevention

Increased risk of alcohol dependency

47% of people who begin drinking before age 14 become alcohol dependent at some point in their lives, but only 9% of those who wait until 21 develop a dependency.

-National Institute of Health (NIH)

Parents' Role in Prevention



Tips for talking

"When parents create supportive and nurturing environments, children make better decisions."

-Substance Abuse & Mental Health Services Administration (SAMHSA)

Stay involved in your teen's life and know their friends.

Find times when you're both relaxed to talk about healthy choices.

Talk often- you'll be more successful in preventing underage drinking if you have multiple conversations that include listening to your teen's views and feelings about alcohol.

Openly share any family history of alcohol use and your teen's possible vulnerability to problem drinking.

Brainstorm with your teen ways they can manage peer pressure.

Create a code word your teen can use or text you if they need a safe way out of a situation.

Make it clear that you **disapprove** of your teen using of alcohol or other drugs.

Over 80 percent of young people ages 10-18 say their parents are the leading influence on their decision whether to drink.

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Seeing signs your teen is drinking alcohol?

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The following may indicate your teen is experimenting or having a problem with alcohol. However, some signs may also reflect normal developmental changes. A drinking problem is more likely if you notice several signs simultaneously, if they occur suddenly, or if they are extreme in nature.

-Substance Abuse & Mental Health Services Administration (SAMHSA)

Changes in Mood:
Irritable
&
Defensive

Rebellion against
family & rules

Falling grades
or
school
problems

Lack of
involvement
in formerly
enjoyed
activities

Change of
appearance
and/or attitude

Mental Problems:
Poor concentration
Memory lapses

Change
in
friends

Discovery of alcohol
in teen's
possession or
on their breath

Physical
problems:
Slurred speech
blood shot eyes
lack of
coordination

Have a conversation with your teen if you suspect a problem and consult with a professional.



resources

& References

Have concerns or still want more information?

Project SUCCESS- (Schools Using Coordinating Community Efforts to Strengthen Students) is an evidence-based substance prevention program where trained counselors facilitate groups, classroom education, and individual appointments with students.

Currently Project Success is in the following communities on select days: Chelsea, Dexter and Manchester.

<https://www.stjoeshealth.org/find-a-service-or-specialty/behavioral-health/project-success>

More parent resources

<https://www.niaaa.nih.gov/publications/brochures-and-fact-sheets/make-a-difference-child-alcohol>

<https://www.samhsa.gov/underage-drinking/parent-resources/why-you-should-talk-your-child>

<https://www.samhsa.gov/underage-drinking/parent-resources/how-tell-if-your-child-drinking-alcohol>

<https://www.cdc.gov/alcohol/fact-sheets/underage-drinking.htm>

Local programs and education for teens and their families

Teens Using Drugs <https://www.dawnfarm.org/programs/teens-using-drugs/>

Dawn Farm Educational Series <https://www.dawnfarm.org/programs/education-series/>

Alcohol treatment navigator

<https://alcoholtreatment.niaaa.nih.gov/>

Al-anon/ Alateen <https://al-anon.org/>

A support group of peers, where one can share the effects of a problem drinker in their lives.

Meeting resources:

Al-anon Washtenaw County <https://afgdistrict5.org/meeting-list>

Nar-anon Washtenaw County <https://www.nar-anon.org/find-a-meeting>

In the Rooms online meetings <https://www.intherooms.com/>

You can contact us and find more information

on Project SUCCESS at:

<https://www.stjoeshealth.org/>

[find-a-service-or-specialty/behavioral-health/project-success](https://www.stjoeshealth.org/find-a-service-or-specialty/behavioral-health/project-success)

