

Why do people take drugs?

To feel good
To have novel:
Feelings
Sensations
Experiences
AND
To share them

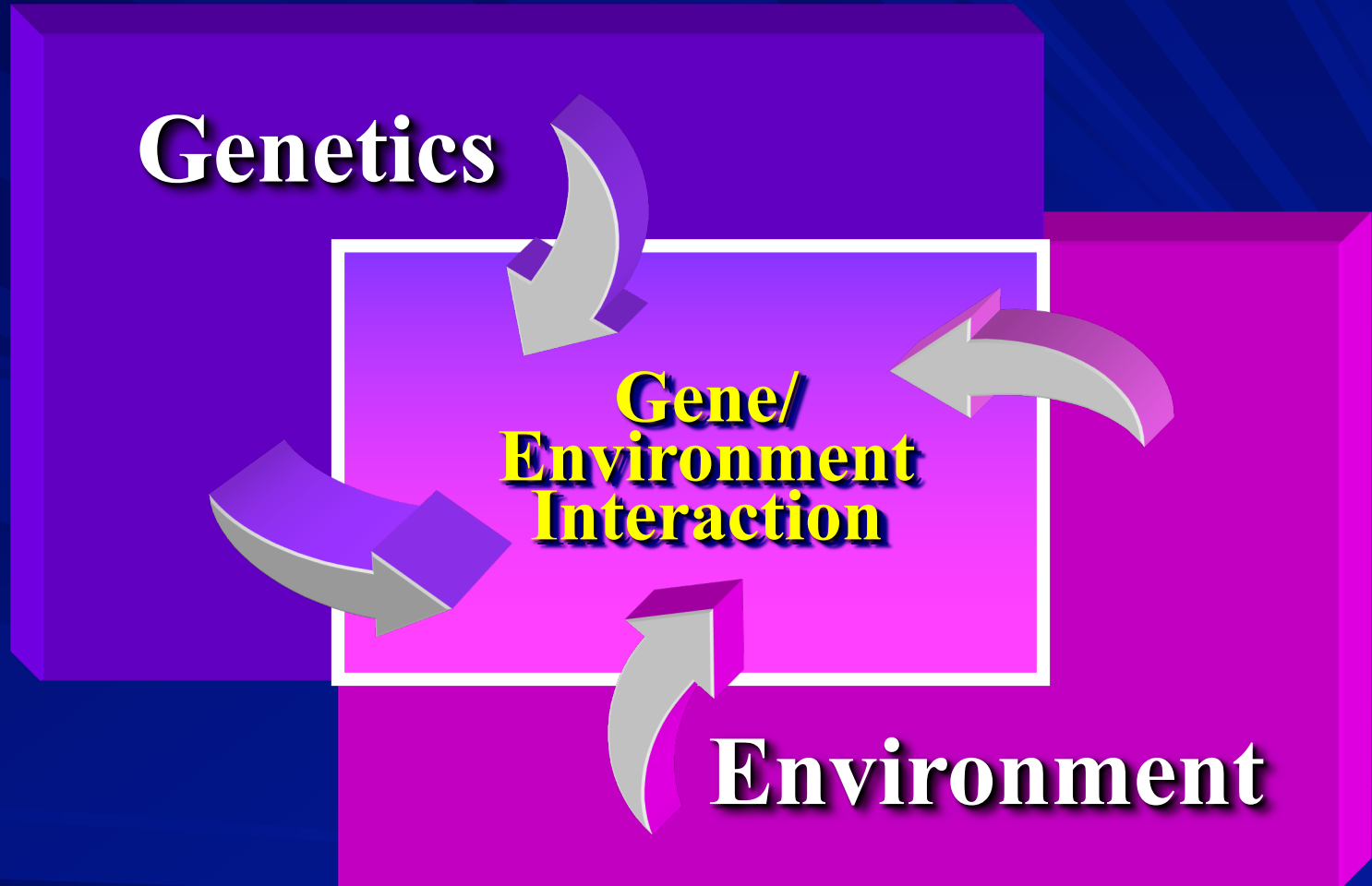


To feel
better
To lessen:
Anxiety
Worries
Fears
Depression
Hopelessness
Withdrawal

Genetics

**Gene/
Environment
Interaction**

Environment



Addiction Potential of Various Substances

1.	Tobacco	32%
2.	Heroin	23%
3.	Cocaine	17%
4.	Alcohol	15%
5.	Sedatives	9%
6.	Cannabis	9%

If age of start is:

= or < 18 years old +17%

= or < 15 years old +25-50%



Heroin Use Is Part of a Larger Substance Abuse Problem

Nearly all people who used heroin also used at least 1 other drug.

Most used at least **3** other drugs.

Heroin is a highly addictive opioid drug with a high risk of overdose and **death** for users.

People who are addicted to...



ALCOHOL

are

2x



MARIJUANA

are

3x



COCAINE

are

15x



Rx OPIOID PAINKILLERS

are

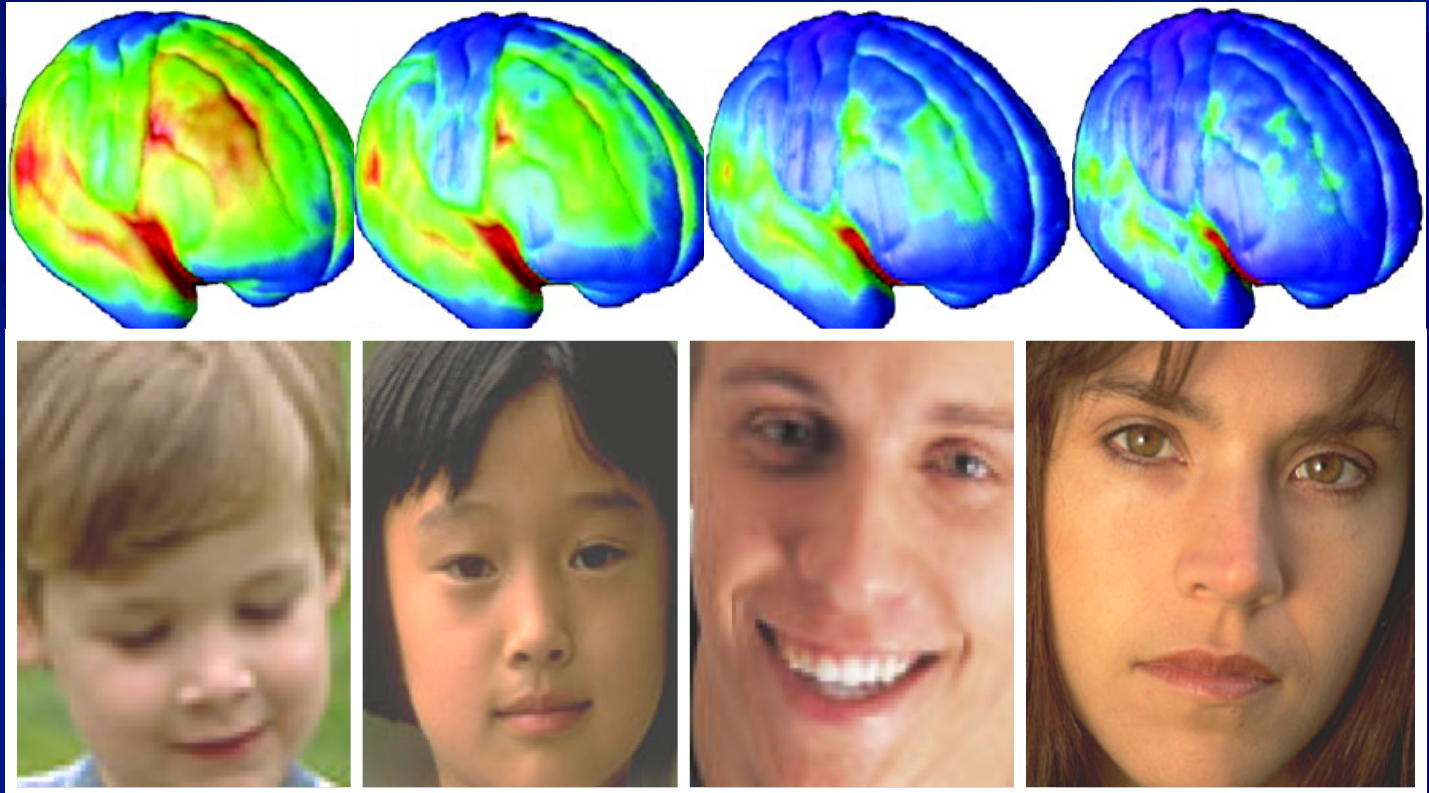
40x

...more likely to be addicted to heroin.

SOURCE: National Survey on Drug Use and Health (NSDUH), 2011-2013.

■ INCREASED
EXPOSURE TO
DRUGS AND TOXIC
STRESS AT AN EARLY
AGE INCREASES RISK

- Exposure to drugs of abuse during adolescence could have profound effects on ***Brain Development & Brain Plasticity***

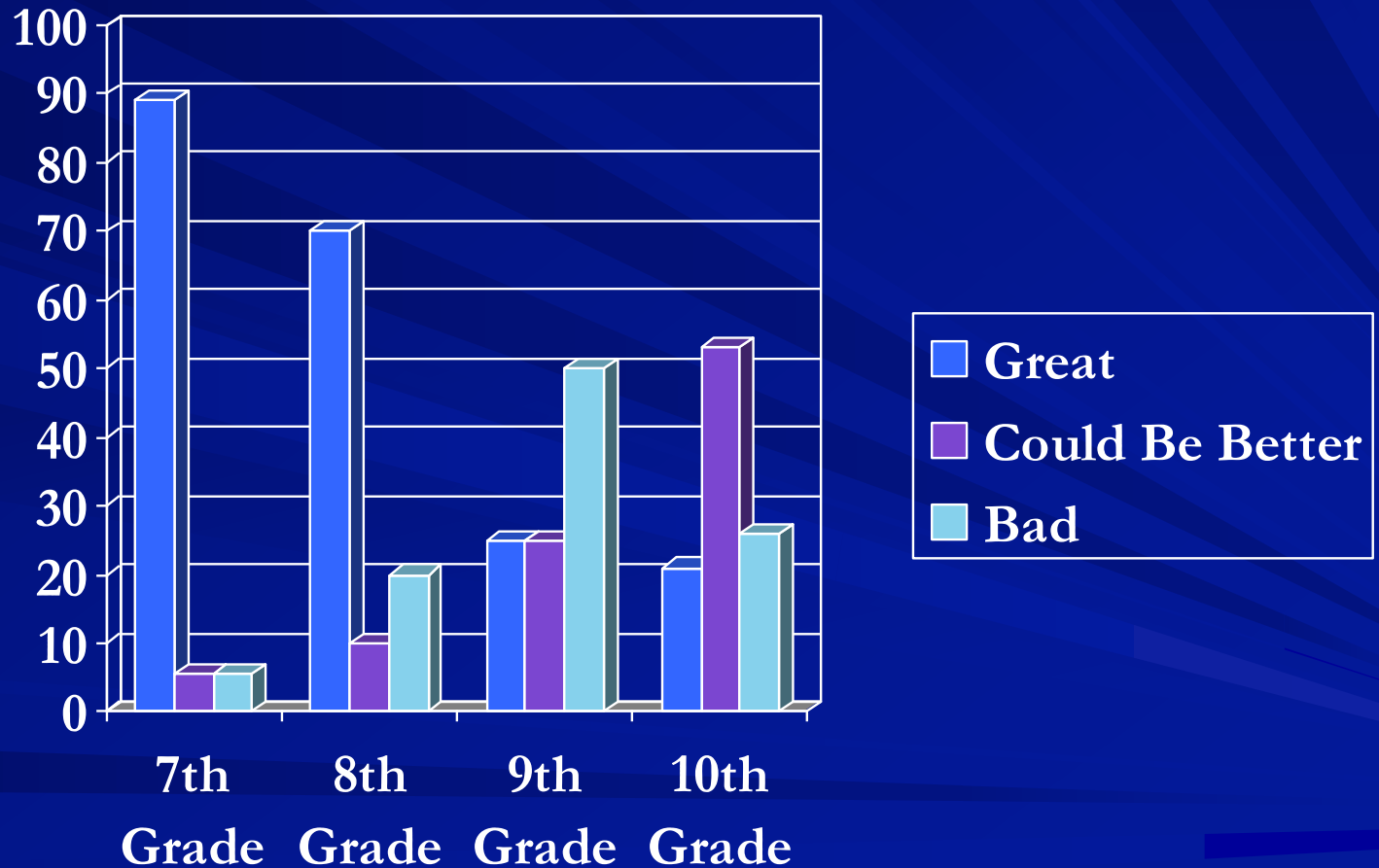


- Understanding drug abuse and addiction from a ***Development Perspective*** has important implications for their **Prevention & Treatment**

Can Addiction be Prevented by Delaying Drug Use Onset?

- **Every year use of a substance is delayed, the risk of developing a substance use disorder is reduced.**

How do your kids view your relationship?



Anxiety of parents will
influence the anxiety
of your teens.

—*John Gottman*

Meet your kids
where they are

IF YOU MEET YOUR KIDS
WHERE THEY ARE YOU
WILL ALWAYS WALK
AWAY WITH EMPATHY
AND UNDERSTANDING

Mental Health

- Lovable
- Capable
- Connected

ALWAYS ASSESS

■ ABILITY

■ WILLINGNESS

THE TWO JOBS OF CHILDREN

- RECEIVE LOVE

- LEARN

 INDIVIDUATION SEPARATION AUTONOMY COOPERATION

TRUST VS FAITH

■ DEPERSONALIZE

■ BE NICE AND
FORGIVE

(STAY THE ADULT)

- EVERYONE MAKES THE BEST DECISIONS AVAILABLE TO THEM AT THE TIME WITH THE CHOICES AVAILABLE TO THEM.

Do what the
relationship allows
for the moment

■ Tailor intervention based on your relationship with your child and your child's relationship with alcohol and drugs

Greatest problem is that
parents were afraid of
stating their beliefs and
feelings.

NIH/Risky Adolescent Behavior Study

ENJOY YOUR
MATE MORE
THAN YOUR
CHILDREN

■ The greatest gift a father can give to his children is to love their mother and the greatest gift a mother can give to her children is to love their father.

The background is a solid dark blue with a pattern of lighter blue diagonal lines radiating from the top right corner towards the bottom left.

■ This is where kids learn intimacy
and dignity and respect

What was the last
good conversation you
had with your child?

What were you doing?

If you could, what would you change about your relationship with your dad?

The top 5 answers:

5. Trust me more
4. Be home more
3. Be more understanding
2. Spend more time together
1. Communicate more.

■ THE MORE YOU SHOW YOUR
HUMANESS, THE MORE YOU
ARE LOVABLE
(FAMILY MEALS)

ASK YOUR KIDS

- How am I doing as your parent?
- What am I doing well?
- What could I do better?
- What are the messages I give you that tell you I believe in you?

More Questions

- Do you feel you can tell me anything?
(and if not what am I doing that is getting in the way)
- Do you feel I am honest with you?
- Do you feel you know me?

Unconditional acceptance is the most difficult to convey exactly when it is needed most: when our children have disappointed us, violated our values, or made themselves odious to us.

Precisely at such times we must indicate in a word or gesture, that the child is more important than what he/she does, that the relationship matters more than conduct or achievement. We make the relationship safe before we address the behavior.

(Gordon Neufeld)

- Reasonable parenting –
 - based on who your child is not who you think they should be
 - show them how much you care before you show them how much you know