Teen Substance Use & Coping

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Signs that a young person might have a substance use disorder

- Getting drunk or high a lot
- Using substances before or during school
- Selling drugs
- Hiding alcohol or drugs in their room
- Skipping school a lot
- Doing worse in school than they used to
Signs that a young person might have a substance use disorder, cont’d

- No longer seeing old friends
- No longer doing activities they used to enjoy
- Dangerous behavior like fighting, or driving intoxicated
- Strong cravings for a particular substance
- Needing to take more and more of a substance to get the same effect
- Withdrawal symptoms when they can’t get the substance
How to talk to your teen about substance use

- Plan to have a talk
- Spell out the rules
- Explain your reasons
- Speak to your kids like you would want to be spoken to
- Let them speak
- Deal with your own hypocrisy
- Conditional amnesty
- Have an ongoing conversation
Community Resources – Emergency Call Lines

- **CAHOOTS** – In Eugene and Springfield only. Dial 911, ask for CAHOOTS response. Provides on site care for mental health or substance abuse emergencies, conflict resolution/mediation, transport to other agencies, deals with housing crises and first aid.

- **Looking Glass Crisis Response Line**. 1-888-989-9990 24 hour crisis prevention helpline for families with children or homeless youth ages 17 and under.

- **National Suicide Prevention Lifeline** 1- 800-273-8255

- **Trans Lifeline**. 1-877-565-8860 Provides peer counseling for transgender individuals in crisis. Hours: 7 days 7am-1am

- **Trevor Lifeline**. 1-866-488-7386 A crisis intervention and suicide prevention phone service for LGBTQIA. Or, text “START” to 678678 (standard text messaging rates apply). Hours: 24/7
Community Resources – Youth Substance Use Services

- ODI Clinic: Adolescent & Family Services. 541-284-7560 Provides no-cost treatment for youth addiction (12-18) that includes cognitive behavioral approaches with active parent involvement. Families wishing to see a counselor at the OSLC location should call and ask for an appointment with Adolescent & Family Services.

- Center for Family Development Outpatient Substance Use Recovery. 541-342-8437 The services provided at CFD include: individual and group therapy, family therapy, peer support, urine analysis, and collaboration with referring agencies. 4 different locations, please call to sign in.

- Nar-Anon Family Eugene-Springfield Group. 1-800-477-6291 Support group meetings for family members and friends affected by a loved one’s drug or alcohol abuse. Call for meeting times and places. No dues or fees
Oregon Resources – Youth Substance Use Treatment - Residential

- ADAPT: 541- 672- 2691
- De Paul Adolescent Residential Treatment Center: 503-535-1151
- NARA Youth Residential Treatment Center: 971-274-3757.
- Rimrock Trails: 888-532-6247
Community Resources – Youth Mental Health Services

- Call your care coordinator or case manager.
- Case lists are often full and there can be waiting lists, but your care manager should know who you can call to get an appointment quickly.