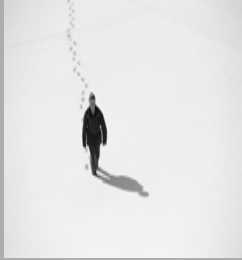


Signs Your Teen May be Using Drugs or Alcohol

Early signs of drug or alcohol use can be subtle and may be confused with normal adolescent behavior.

- Lack of motivation or interest in school
- Change in friends
- Avoiding family
- Secrecy
- Isolation
- Money problems
- Depression or mood swings
- Increased physical aggression
- Lack of interest in activities he/she used to enjoy



What topics are covered in substance abuse treatment?

- Physiological effects of alcohol and drugs
- Managing stress
- Alcohol and drug use triggers
- Confronting beliefs that support drug use
- Effective communication
- Values, beliefs and goal setting
- Improving relationships
- Preventing relapse



Clackamas County Community Health

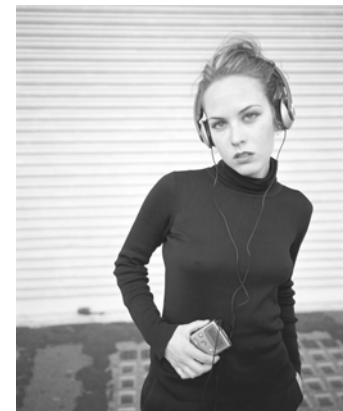
Child and Family Integrated Treatment
Team for Substance Abuse
and Behavioral Health

Phone: 503-655-8401
www/co.clackamas.or.us

Clackamas County Community Health (CCCH)

Youth Alcohol and Drug Treatment Services

Kids and Drugs — We Can Help



Is your child using drugs or alcohol?

You may suspect your child is using alcohol and drugs. Drug and alcohol abuse among young people often looks like something else — hyperactivity, isolation, discipline problems. The signs and symptoms of alcohol and drug use are also part of normal adolescent development — secrecy, new interests, change in friends, independence from the family, not coming home on time.

Unfortunately, drug and alcohol use in young people can lead to family problems, car accidents, unintentional injuries, physical fights, problems at school and on the job and dangerous or illegal behavior.



We Can Help

The pressures today on youth — even children who are quite young — to use drugs and alcohol are tremendous. If you have any reason to suspect your teen is using drugs and/or alcohol, CCCH's highly trained Alcohol and Drug Specialists can help.

How do I get my child into treatment?

The first step to getting help for your child is to call CCCH Intake and make an appointment. Your child will receive a professional assessment, a 1-2 hour session in which a therapist interviews the youth to identify his or her strengths and needs and determine the type of treatment needed. You and your child will be actively



involved in developing the goals if treatment is needed.

Signs of drug and alcohol use often look like "normal" adolescent development.

What types of treatment do you offer?

Treatment is individualized for each child and may include individual and family therapy as

well as group treatment. Psychiatric services and medication consultation are also available. We offer a variety of groups, including:

Skill Building— for all youth entering treatment, this group provides basic education about substance abuse issues and provides recovery skills.

Seeking Safety— for female youth struggling with trauma and substance abuse.

Regaining Freedom— for youth involved with the Juvenile Department.

Action— for youth who have completed the Skill Building group, this group teaches relapse prevention.

Youth receive random, supervised drug screens to support kids getting and staying clean and sober.



How long does treatment last?

That depends on the child's progress, but treatment can last several months. Youth

must be clean and sober for 90 days to "graduate."

Treatment is designed for your child's specific needs.

How much does it cost?

We accept many types of health insurance, including Care Oregon. If you do not have insurance, services are available on a sliding fee scale. Call for more information.

Is there help for parents?

Yes. We offer education groups for parents that can help you understand the addiction/recovery process and enable you to work more effectively with your child.