

MY CHILD USES ALCOHOL / DRUGS, NOW WHAT?

For further information & support:
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- 1) Timeouts aren't just for children; adults need them too. Take a walk, clean something around the house, or just sit and be still with your thoughts. Your gut reaction will be to overreact, but if you're enraged, you'll be met with resistance via shutting down, denial, anger, or sadness due to shame.
- 2) Educate yourself. One of the worst things you can do is cause shame by sharing misinformation or overreacting. The fact is many people who use substances will not become addicted, but risk factors are important to consider. Is there a family history of drug addiction or mental health issues? Has the child been a victim/survivor of abuse? Seek education to prepare yourself for a productive conversation with your child. They will have plenty of misinformation to share with you.
- 3) Set clear limits and expectations. Do not leave room for grey area. The more wiggle room you allow, the more confusing the messaging about the household expectations. Considering about 90% of addiction begins in adolescence, refrain from brushing it off as "experimentation"
- 4) Seek understanding. There's an adage that says, "we have two ears and one mouth because we should listen more than we speak". To listen means to seek understanding and you do this by asking open ended questions such as:
"Talk to me about why you drink" "How often do you smoke" "How often are you smoking because you're trying to escape"
- 5) Talk to someone. If you need help, find someone in your support system you can talk to about your personal feelings and/or someone who can support your child. You can look online at credible sources, contact your school's Substance Abuse Prevention Specialist, or reach out to your local network.

Resources

Helpful Info to Quit Vaping:

[This is Quitting](#)

FCPS video on Alcohol, Tobacco, and Other Drugs:

[Parent Video](#)

For general questions about the SAP Program

please contact the Office of Student Safety & Wellness at: (571) 423-4270.

Parental Perception and Alcohol Use Behavior

