

- Careless about personal grooming
- Loss of interest in hobbies, sports, and other favorite activities.
- Changed sleeping patterns; up at night and sleeps during the day.
- Red or glassy eyes
- Sniffly or running nose
- Changes in eating patterns

Do's and Don'ts:

Don't panic or blame yourself.

Do self-examine, consider the example you have set.

Don't be sarcastic, accusatory or sympathy seeking

Do express concern and understanding

Don't be swayed by the denials or I only tried it once.

Do be firm and stick to established discipline

Don't try to sway with emotional appeals.

Do present the evidence calmly and rationally without giving the child a chance to lie.

**PARENT AID:
HOW TO TALK
TO YOUR
CHILD IF YOU
SUSPECT DRUG
USE**



*Marion County Sheriff's Office
4040 Aumsville Hwy SE
Salem, Oregon 97301
Tel:503-588-5094*



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**Information and resources for
parents in Marion County**

How to talk with your kids about drugs and alcohol:

First and foremost it is important to be educated about drugs yourself. Do your own research through the internet, books, or any of the programs listed.

It is important how you talk with your children. What has never worked in any drug education is to tell a person something from an authoritative viewpoint. It is however important to set up expectations.

The best way to deal with a drug problem is to provide an environment of open and honest communication. Be calm: anger can cloud your ability to communicate rationally. Give your undivided attention: Don't interrupt or pass judgment until the child ask for it. Concentrate on understanding: Rather than always offering advice, be a good listener ask for clarification. Be aware of your body language: send positive messages. Speak for yourself and make sure you are modeling positive behaviors as well. Our kids watch and learn from our actions.

There are many signs of drug and alcohol use, both physical and behavior. Each drug has it's own unique manifestations but there are there are some common indicators that a person is using.

- **Sudden mood swings: extreme highs and lows**
- **Change in behaviors**
- **Withdrawal from family members**

MARION COUNTY RESOURCES ASSESSMENT AND TREATMENT

**Marion County Health Dept.
Drug Treatment 503-588-5358**

**Marion County Adolescent outpatient
503-361-2784**

Prevention Services 503-981-5851

Bridgeway 503-363-2021

Creekside Counseling 503-371-4160

Confederated Tribes of Siletz 503-390-9494

**Confederated Tribes of Grande Ronde
1-800-775-0095**

Health Management Inc. 503-362-5626

Kaiser Permanente 503-361-5400

**New Step Behavior Health
503-364-9957**

Pacific Recovery 503-362-4980

Pacific Ridge 503-3617758

**Renaissance Recovery Resources, Inc.
503-304-4358**

Seasons 503-585-8129

Serenity Lane 503-588-2804

**Vista: Oregon Research Institute
503-588-8745**

Drug Emergencies:

Salem Hospital 503-561-5373

NW Human Services 24 hour hotline 503-581-5535
Emergency Help 911

Poison Control Center 1-800-4527165

Psychiatric Crisis Center 503-585-4949

Self Help Groups:

Alcohol Anonymous 24 hour 503-399-0599

Narcotics Anonymous 24 hour 503-990-0861

Al Anon & Alateen 503-370-7363

Alcoholics Victorious (Christian) 503-362-4355

Information Numbers:

Alcohol/Drug help line 1-800-621-1646

Oregon Drug and Alcohol Information Center
1-800-452-7032

Oregon Prevention and Treatment Resource
Clearinghouse 503-378-8000 or 1-800-822-OPRC

National Federation of Parent for Drug-Free
Youth
1-800-823-HELP

Salem/Keizer Together Community Drug Pre-
vention Network 503-585-6232

Books:

Preparing for Drug free years: A family activity
book Hawkins, J. David, et .al Seattle: Develop-
mental Research and Program 1998

Cool Parents, Drug free kids: A family survival
guide
Coombs, Robert H.
Boston: Allyn and Bacon 2002