

Alcohol & Drug Use

Symptoms, Signs & Red Flags

Do you suspect that your child is abusing alcohol or using drugs? What to Look For

- changes in appetite or sleep patterns
- Deterioration in personal grooming or physical appearance
- Eyes that are bloodshot or pupils that are smaller or larger than normal
- Missing money, valuables, prescription drugs, spoons; borrowing and stealing money
- Using incense, perfume, air freshener to hide smell
- Drop in attendance and performance at school/work. Loss of interest in hobbies
- Unexplained, confusing change in personality and/or attitude
- Lack of motivation; inability to focus, appears lethargic or "spaced out"

Signs of Overdose

- Face is extremely pale and/or clammy to the touch
- Body is limp. Fingernails or lips have a blue or purple cast
- The patient is vomiting or making gurgling noises
- He or she cannot be awakened from sleep or is unable to speak
- Breathing is very slow or stopped. Heartbeat is very slow or stopped

If You Suspect An Overdose

- Call 911 immediately

80% of child overdose cases are from children accessing medication on their own

70% of teens who have abused Rx Drugs took them from friends or family

Do's and Don't in Responding to Opioid Overdose

- DO support the person's breathing by performing rescue breathing
- DO put the person in the "recovery position" on their side, if he/she is breathing independently.
- DO stay with the person and keep him/her warm
- DON'T slap or try to forcefully stimulate the person- it will also cause further injury. If you are unable to wake the person by shouting, rubbing your knuckles on the sternum (center of the chest or rib cage), or light pinching, he or she may be unconscious
- DON'T put the person in a cold bath or shower. This increases the risk of falling, drowning or going into shock
- DON'T try to make the person vomit drugs that he or she may have swallowed. Choking or inhaling vomit into the lungs can cause a fatal injury

Start Talking- You Have a Voice in Drug Prevention

- Why? Research has found that the longer an individual postpones the onset (first use) of alcohol, tobacco or other drug use, the less likely the individual is to develop an addiction
- Simply having regular conversations is an effective tool to prevent drug abuse.
- If you suspect drug use, take your family member to a treatment provider
- Don't be Afraid to be the "Bad" Parent: Our fear of negative reaction keeps us from doing what is right
- Don't Deny the Problem and Don't Make Excuses. Making and accepting excuses from your child/family member when they use alcohol/drug, "enables" your child/family member to continue to drink and use drugs.

Need Additional Information?

Sandusky County Prevention Partnership:

www.sanduskycountypcc.org

Mental Health & Recovery Services Board:

www.mhrsbsw.org