

PREVENTION STARTS WITH PARENTS

A Parent's Guide to the Prevention of Substance Use & Misuse



About half of 9th through 12th
grade students reported
having used marijuana.

CDC (Centers for Disease Control and
Prevention 2018)



Drug use is associated with
sexual risk behavior,
experience of violence,
mental health and suicide
risks

CDC (Centers for Disease Control and
Prevention 2018)



COMMUNICATION IS KEY!

Talking to your children about substance use/misuse is one of the most important things that you can do as a parent or guardian. You are a role model for your children; with the right guidance, they also come to learn the same values and beliefs as their parents or guardians. Parents who are a caring and consistent presence in their children's lives are able to work in tandem with outside influences children will be exposed to as they grow up.

TALK TO YOUR CHILDREN – IT'S IMPORTANT!

Talking to your children about the dangers of substance use/misuse will prepare them to say "no" before they are given the chance to say "yes." Just through a conversation, you can teach them crucial life skills like decision-making or the ability to cope with stressful situations. This way, when your child is faced with a dangerous situation, he or she will know how to make the right choices.

It is important to make sure the conversations held between you and your child are shared conversations. Both opinions are important in order to be a learning experience or find a compromise. Make sure that your child is contributing as much as you are. This way, you will not only be able to impart your knowledge, but you will gain insight into the way your child thinks and feels about the issues.

LISTEN: IT'S A PARENT'S SUPERPOWER

By creating a dialogue with your children in which you listen to their thoughts and opinions, you will gain insight into the potential risk factors in your child's life.

Here are some of the potential risk factors for children:



TALK TO YOUR KIDS EARLY AND OFTEN

ACCORDING TO SAMHSA (Substance Abuse and Mental Health Services Administration):

- Children as young as 9 years old already start viewing alcohol in a positive way
- Approximately 3,300 children (as young as 12) try marijuana each day
- About 5 in 10 children (as young as 12) obtain prescription pain relievers for non-medical purposes

TALK TO YOUR KIDS EARLY AND OFTEN

You may find that you disagree about certain issues, but by controlling your emotions, discussing your viewpoint, and listening to their viewpoint, instead of getting angry or upset, you are positively engaging with your child and building trust. This will show your children that you value their opinions, which will make it more likely for them to value yours in return.

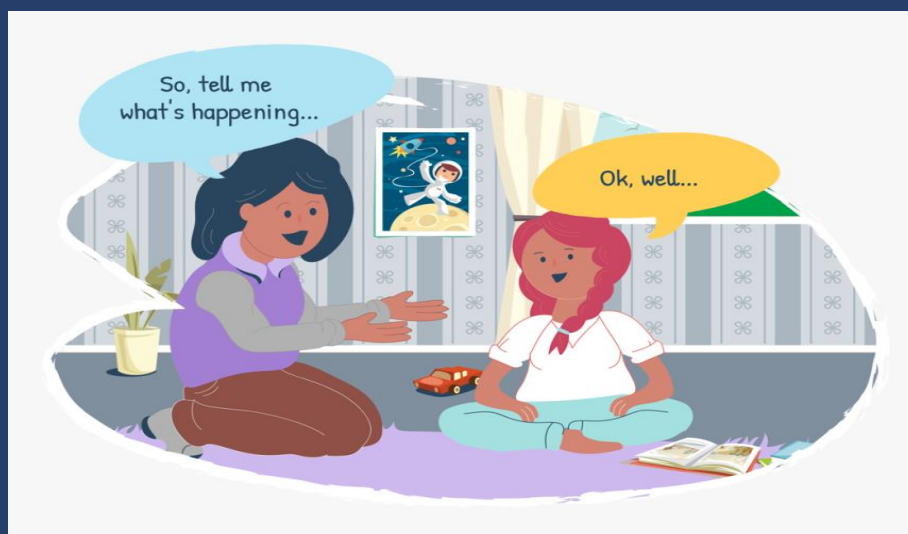
Talking to Your Children at Every Stage of Development

TALKING TO YOUNG CHILDREN

- Young children think literally
- Be clear and consistent
- Young children pick up on non-verbal cues; how you look and act
- Smiles and hugs show you care
- Talk about staying healthy and safe: taking care of our body on the outside and our feelings on the inside
- Use open-ended questions so children can express their feelings and opinions
- Be positive!

TALKING WITH OLDER CHILDREN

- Older children are more logical
- Encourage the Problem-Solving process (Stop, Think: How do you feel? What are some ideas to solve the problem?)
- Older children ask more challenging questions and desire detailed answers
- They will begin to reflect on outside influences (school, friends, media)
- They become more private
- Maintain that their thoughts and feelings are important



TALKING TO TEENS AND YOUNG ADULTS

The teenage years are a time of increased risk for making unhealthy or unsafe choices. It is important to maintain good communication between you and your teen. Encourage your teen to make safe, healthy decisions. It can be difficult to begin a conversation with your teen, but you can find opportunities to begin the conversation during your everyday activities, like when you are driving or during dinner.

It is inevitable that family members will disagree about certain things. Disagreements can even be helpful if handled in the right way. By listening to the viewpoint of another person, you will gain insight into why they feel the way they do. You do not have to agree, but it is constructive to listen to the whole argument before presenting your side.

Some Do's and Don'ts for talking with your teen:

DO

- **Practice Healthy Conversation-** Use active listening techniques, such as eye contact, not interrupting, and reflecting thoughts back to the speaker
- **Ask Open-Ended Questions-** You will learn more about how your teen thinks and feels
- **Control Your Emotions-** Try not to respond with anger; Take a breath
- **Make Conversation a Win-Win Experience-** Respect your teen's point of view and he/she will be more likely to respect yours

DON'T

- **Blame-** It puts everyone on the defensive.
- **Communication Cut-Offs-** Avoid "Because I said so..."
- **Extra-Long Statements-** They come off as lecturing or nagging
- **Assuming-** Let your teen express how he/she feels instead of implying you know
- **Sarcasm or Put-Downs-** It lowers a person's self-worth, and he/she will begin to believe these things about themselves
- **Speaking in Absolutes-** Statements like, "You always..." or "You never..." leave no room for discussion

ADVERSE CHILDHOOD EXPERIENCES (ACE's)

According to the CDC (Centers for Disease Control and Prevention) Adverse Childhood Experiences (ACE's) are potentially traumatic events that occur in childhood. ACE's can include violence, abuse, and growing up in a family with mental health and substance use problems. Stress from ACE's can change brain development and affect how the body responds to stress. ACE's are linked to chronic health problems, mental illness, and substance misuse in adulthood.

ADVERSE CHILDHOOD EXPERIENCES - ACES

What are Adverse Childhood Experiences (ACEs)?
ACEs are potentially traumatic events that occur in a child's life:

- Physical Abuse
- Emotional Abuse
- Sexual Abuse
- Domestic Violence
- Parental Substance Abuse
- Mental Illness
- Suicide or Death
- Crime or Imprisoned Family

Causing lifelong medical, mental & social suffering

American SPCC
American Society for the Positive Care of Children

americanspcc.org
The Nation's Voice for Children
*Center for Disease Control

According to a study on childhood abuse, neglect, and household dysfunction and the risk of illicit drug use, each ACE increased the likelihood of early initiation into illicit drug use by 2- to 4-fold.

SAMHSA 2018

ACEs are linked to chronic health problems, mental illness, and substance use in adulthood.

CDC 2019

If you find that communication is not working, there are more serious issues to address, and you feel you need additional help for you and your child, there are outside resources available to you. The following pages will provide you with a list of resources you may need closest to Monmouth County.

RESOURCES IN MONMOUTH/OCEAN COUNTIES:

HOTLINES/HELPLINES:

NATIONAL SUICIDE PREVENTION LIFELINE 1-800-273-TALK (8255) Support to people in suicidal crisis All Ages	CONTACT of MONMOUTH and OCEAN COUNTIES 732-240-6100 Trained listeners to respond to human needs All Ages
NJ HOPELINE (24/7) 855-654-6735 Peer support and suicide prevention hotline All Ages	DISASTER MENTAL HEALTH 877-294-HELP (4357) Referral Agency for People seeking mental health services
CARING CONTACT (24/7) 908-232-2880 or TEXT "heart" to 741-741. Support for people in crisis	PARTNERSHIP FOR DRUG-FREE KIDS 855-378-4373 Family support for all aspects of substance use Youth under 18 yrs.
REACHOUT (Boys Town National Hotline) 800-448-3000 or Text "VOICE" to 20121 Adolescents ages 25 and below, and families	MENTAL HEALTH AND ADDICTION TREATMENT FOR TEENAGERS AND ADULTS 800-821-4357 Information for addiction treatment services Adolescents ages 12-17, Adults ages 18 and over
2nd FLOOR YOUTH HELPLINE 1-888-222-2228 (call or text) Problem solving support for youth ages 10-24	MINDRIGHT CHAT LINE: TEXT 886-886 Help at-risk youth recover from trauma Youth ages 18 and younger
NJ MENTALHEALTHCARES (NJMHC) 866-202-HELP (4357) Information/Resources for mental health issues All Ages	NJ CONNECT FOR RECOVERY 855-652-3737 Provide help for Opiate addiction for All Ages Hrs. M-F 8a-10p and S-S 5p-10p

SELF-HELP GROUPS:

ALCOHOLICS ANONYMOUS 908-687-8566 www.NNJAA.org	AL-ANON/ALATEEN 888-944-5678 National line 973-744-8686 NJ line Ages 18 and under
COCAINE ANONYMOUS 800-347-8998	NAR-ANON 877-424-4491 All Ages
PARENTS ANONYMOUS OF NJ 24 HOUR Parent Stressline: 800-the-Kids (800-843-5437) www.PAONJ.org	

IMMEDIATE MENTAL HEALTH/SUBSTANCE USE CRISIS INTERVENTION- MONMOUTH/OCEAN COUNTIES:

NAME	LOCATION	PHONE NUMBER
CHILDREN'S MOBILE RESPONSE & STABILIZATION SERVICES Preferred Behavioral Health Group	591 Lakehurst Rd. Toms River, NJ 08755	877-652-7624
CENTRA STATE HEALTHCARE Crisis Screening Center	901 W. Main St. Freehold, NJ 07728	732-431-2000
JERSEY SHORE UNIVERSITY MEDICAL CENTER Crisis Screening Center	1945 Route 33 Neptune, NJ 07753	732-776-2325 24 Hr. Crisis Hotline 732-776-4555
MONMOUTH MEDICAL CENTER: SOUTHERN CAMPUS Psychiatric Emergency Screening Service (PESS)	600 River Ave. Lakewood, NJ 08701	732-886-4474
MONMOUTH MEDICAL CENTER Crisis Screening Center	300 Second Ave. Long Branch, NJ 07740	732-923-6999
HACKENSACK MERIDIAN HEALTH OCEAN MEDICAL CENTER Crisis Screening Center	425 Jack Martin Blvd. Brick, NJ 08724	732-836-4664
RIVERVIEW MEDICAL CENTER Crisis Screening Center	1 Riverview Plaza Red Bank, NJ 07701	732-219-5325
SOUTHERN OCEAN MEDICAL CENTER Crisis Screening Center	1140 Route 72 Manahawkin, NJ 08050	609-978-8972

SUBSTANCE USE/MISUSE & MENTAL HEALTH COUNSELING SERVICES- MONMOUTH/OCEAN COUNTIES:

(Includes: In-Patient rehabilitation, Out-Patient rehabilitation, Detoxification, Mental Health counseling)

NEW HOPE FOUNDATION, INC. Multiple Locations	<ul style="list-style-type: none"> • 80 Conover Rd., Marlboro, NJ 	800-705-4673
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<p>NEW HOPE FOUNDATION, INC. Multiple Locations</p>	<ul style="list-style-type: none"> • 2 Monmouth Ave., Suite 2, Freehold, NJ 07728 • Philip House, 190 Chelsea Ave., Long Branch, NJ 07740 	<p>732-308-0113</p> <p>732-870-8500</p>
<p>COMMUNITY REHABILITATION</p>	<p>3443 US Route 9 North Freehold, NJ 07728</p>	<p>732-462-5553</p>
<p>COMMUNITY YMCA FAMILY SERVICES</p>	<p>166 Main St. Matawan, NJ 07747</p>	<p>732-290-9040</p>
<p>CPC BEHAVIORAL HEALTHCARE Multiple locations</p>	<ul style="list-style-type: none"> • Helen Herrmann Counseling Center 270 Hwy. 35, Red Bank, NJ 07701 • Howell Counseling Center 4539 Hwy. 9, Howell, NJ 07731 • Neptune Counseling Center 72 Morris Ave., Neptune, NJ 07753 • Freehold Counseling Center 22 Court St., Freehold, NJ 07728 • Aberdeen Counseling Center 1088 Hwy. 34, Aberdeen, NJ 07747 	<p>732-842-2000 Ext. 4221</p> <p>732-987-8200</p> <p>732-987-8800</p> <p>732-780-7387</p> <p>732-290-1700</p>
<p>GENPSYCH</p>	<p>940 Cedar Bridge Rd. Brick, NJ 08724</p>	<p>732-475-6152</p>
<p>HEALY COUNSELING ASSOCIATES</p>	<p>1310 Hooper Ave. Suite 1 Toms River, NJ 08753</p>	<p>732-797-0400</p>
<p>HIGH FOCUS CENTER</p>	<p>6 Paragon Way #104 Freehold, NJ 07728</p>	<p>732-303-9900</p>

INTEGRATED CARE CONCEPTS & CONSULTATION, LLC	615 Hope Rd. Ste. 4A, 5A, & 5B Eatontown, NJ 07724	732-858-5432
JEWISH FAMILY & CHILDREN'S SERVICE	705 Summerfield Ave. Asbury Park, NJ 07712	732-774-6886
MIDDLETOWN CROSSROADS AT CROYDON HALL.	730 Newman Springs Rd. Lincroft, NJ 07738	732-615-2269
OCEAN MENTAL HEALTH SERVICES, INC.	160 Route 9 Bayville, NJ 08721	732-349-5550
OCEAN TOWNSHIP COMMUNITY SERVICES	601 Deal Rd. Ocean, NJ 07712	732-531-2600
PREFERRED BEHAVIORAL HEALTH GROUP	700 Airport Rd. Lakewood, NJ 08701	732-367-4700
RIVERVIEW BOOKER BEHAVIORAL HEALTH CENTER	651 Shrewsbury Ave. Shrewsbury, NJ 07702	732-345-3400
SAINT BARNABAS BEHAVIORAL HEALTH CENTER	1691 Route 9 CN 2025 Toms River, NJ 08754	732-914-1688
SEASHORE FAMILY SERVICES OF NJ Multiple Locations	<ul style="list-style-type: none"> • 35 Beaverson Blvd. Bldg. 8, Ste. 8A, Brick, NJ 08723 • 226 Main St., Toms River, NJ 08753 	732-477-3507 732-244-1600
WALL TOWNSHIP YOUTH CENTER & COMMUNITY SERVICES	1824 South M St. Wall, NJ 07719	732-681-1375

Sources:

1. National Institutes of Health (NIH)
2. Centers for Disease Control and Prevention (CDC)
3. Substance Abuse and Mental Health Services Administration (SAMHSA)

Pictures:

<http://www.doorwaysarizona.com/wp-content/uploads/2016/05/bigstock-Happy-African-american-Family-8334730-1024x683.jpg>

<https://www.fsmad.org/index.php/services/in-home-services>

<http://www.allwhitebackground.com/images/3/3403.png>

https://www.pngitem.com/middle/hxRmhxx_a-mother-a-daughter-talking-png-mother-and/#

<https://americanspcc.org/wp-content/uploads/2018/06/Adverse-Childhood-Experiences-What-are-ACEs-The-Impact-of-Child-Abuse-American-SPCC-The-Nations-Voice-for-Children.jpg>



PCofMC.org

Facebook.com/PCofMC/



Preferredbehavioral.org

Facebook.com/PreferredBehavioralHealthGroup



PCofMC.org/youth-time-to-shine

Facebook.com/youthtime2shine

