Why do people take drugs?

To feel good
To have novel:
  Feelings
  Sensations
  Experiences
AND
To share them

To feel better
To lessen:
  Anxiety
  Worries
  Fears
  Depression
  Hopelessness
  Withdrawal
Addiction Potential of Various Substances

<table>
<thead>
<tr>
<th></th>
<th>Substance</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Tobacco</td>
<td>32%</td>
</tr>
<tr>
<td>2</td>
<td>Heroin</td>
<td>23%</td>
</tr>
<tr>
<td>3</td>
<td>Cocaine</td>
<td>17%</td>
</tr>
<tr>
<td>4</td>
<td>Alcohol</td>
<td>15%</td>
</tr>
<tr>
<td>5</td>
<td>Sedatives</td>
<td>9%</td>
</tr>
<tr>
<td>6</td>
<td>Cannabis</td>
<td>9%</td>
</tr>
</tbody>
</table>

If age of start is:

- or < 18 years old +17%
- or < 15 years old +25-50%
Heroin Use Is Part of a Larger Substance Abuse Problem

Nearly all people who used heroin also used at least 1 other drug.
Most used at least 3 other drugs.

Heroin is a highly addictive opioid drug with a high risk of overdose and death for users.

People who are addicted to...
- Alcohol: 2x
- Marijuana: 3x
- Cocaine: 15x
- Rx Opioid Painkillers: 40x

...more likely to be addicted to heroin.

INCREASED EXPOSURE TO DRUGS AND TOXIC STRESS AT AN EARLY AGE INCREASES RISK
• Exposure to drugs of abuse during adolescence could have profound effects on **Brain Development & Brain Plasticity**

• Understanding drug abuse and addiction from a **Development Perspective** has important implications for their **Prevention & Treatment**
- **Adolescence is a period of profound brain maturation.**
  - It was believed that brain development was complete during childhood
  - The maturation process is not complete until about age 24!
Can Addiction be Prevented by Delaying Drug Use Onset?

• Every year use of a substance is delayed, the risk of developing a substance use disorder is reduced.
How do your kids view your relationship?

![Bar chart showing the relationship view of children across grades. The chart compares 'Great', 'Could Be Better', and 'Bad' views across 7th, 8th, 9th, and 10th grades.](chart.png)
Anxiety of parents will influence the anxiety of your teens.

—John Gottman
Meet your kids where they are
IF YOU MEET YOUR KIDS WHERE THEY ARE YOU WILL ALWAYS WALK AWAY WITH EMPATHY AND UNDERSTANDING
Mental Health

– Lovable
– Capable
– Connected
ALWAYS ASSESS

ABILITY

WILLINGNESS
THE TWO JOBS OF CHILDREN

RECEIVE LOVE

LEARN
INDIVIDUATION
SEPARATION
AUTONOMY
COOPERATION
TRUST
VS
FAITH
DEPERSONALIZE
BE NICE AND FORGIVE
(STAY THE ADULT)
EVERYONE MAKES THE BEST DECISIONS AVAILABLE TO THEM AT THE TIME WITH THE CHOICES AVAILABLE TO THEM.
Do what the relationship allows for the moment
Tailor intervention based on your relationship with your child and your child’s relationship with alcohol and drugs
Greatest problem is that parents were afraid of stating their beliefs and feelings.
ENJOY YOUR MATE MORE THAN YOUR CHILDREN
The greatest gift a father can give to his children is to love their mother and the greatest gift a mother can give to her children is to love their father.
This is where kids learn intimacy and dignity and respect
What was the last good conversation you had with your child?
What were you doing?
If you could, what would you change about your relationship with your dad?

The top 5 answers:

5. Trust me more
4. Be home more
3. Be more understanding
2. Spend more time together
1. Communicate more.
THE MORE YOU SHOW YOUR HUMANESS, THE MORE YOU ARE LOVABLE
(FAMILY MEALS)
ASK YOUR KIDS

- How am I doing as your parent?
- What am I doing well?
- What could I do better?
- What are the messages I give you that tell you I believe in you?
More Questions

Do you feel you can tell me anything?  
(and if not what am I doing that is getting in the way)

Do you feel I am honest with you?

Do you feel you know me?
Unconditional acceptance is the most difficult to convey exactly when it is needed most: when our children have disappointed us, violated our values, or made themselves odious to us.

Precisely at such times we must indicate in a word or gesture, that the child is more important than what he/she does, that the relationship matters more than conduct or achievement. We make the relationship safe before we address the behavior.

(Gordon Neufeld)
Reasonable parenting –
– based on who your child is not who you think they should be
– show them how much you care before you show them how much you know