

# CT CONNECTION

STRONG CONNECTIONS

STRONG TEENS

## Reasons and Resources for **teen** substance use

### THE PROBLEM

Teens start using drugs or alcohol for many reasons. Whether it is happening at home, school, or elsewhere in the community, here are some important facts to know:

- Historically, substance mis-use rates in Connecticut are higher than the national average.
- 40% will try alcohol by 8th grade.
- Nearly 30% of 9th graders reported using alcohol in the past month.
- Over 50% of 12th graders reported using alcohol in the past month.
- First use of tobacco and/or marijuana typically occurs by age 14.
- 60-75% of 12-17 year olds do not perceive drinking or smoking to be dangerous.
- Youth are curious about alcohol.
- Nationally, there are about a quarter million drug-related emergency department visits by adolescents (12-17) each year.
- Over half of these visits involved the use of illicit drugs, alcohol, or the intentional mis-use of pharmaceuticals (i.e. prescription drugs, over-the-counter remedies, or dietary supplements).
- Connecticut statistics
- National statistics

### RISK FACTORS

Why do children use alcohol or drugs? Because of...

- Easy access.
- Peer pressure, the need to fit in.
- Belief that drugs are cool and harmless.
- Curiosity... the desire to experiment and/or alleviate boredom.
- Feeling overwhelmed by the challenges of growing up.
- Identification with celebrity/sports idols who mis-use alcohol or drugs.
- Untreated mental health issues such as depression or anxiety.
- Inability to cope constructively with anger or unpleasant feelings.
- Other family members' use of or permissive attitude toward drugs or alcohol.
- Exposure to traumatic events, including physical or sexual abuse.

### WARNING SIGNS

How can I tell if my child is using drugs or alcohol? Because they might...

- Behave differently for no apparent reason.
- Change their peer group.
- Become careless with grooming.
- Experience a decline in academic performance.
- Miss class and/or skip school.
- Lose interest in favorite activities.
- Change eating and sleeping habits.
- Have deteriorating relationships.

Never assume it is just typical adolescent behavior changes. Check it out!

# PREVENTION

How can I prevent my child from using drugs or alcohol?

- ➔ **YOU** are the most important influence on your child's behavior!
- ➔ Educate yourself.
- ➔ Talk openly with your child.
- ➔ Stay involved in their lives.

# SOLUTIONS

When teens who are using substances receive family-focused treatment, there are proven reductions in substance use, criminal activity, arrests, and family problems.

**1** Consider assessing teens for substance use through the resources below.

**2** Teens can benefit from an intervention even if they are not addicted to a drug.

**3** On-going counseling / support.

## HOW TO START STATEWIDE RESOURCES

**MULTI-SYSTEMIC THERAPY (MST)** Intensive family therapy in your home to identify and address problems driving the substance mis-use. Meets several times per week.

### BRIDGEPORT

**Child & Family Guidance Center**  
(203) 394-6529  
www.cfguidance.org

**Connecticut Renaissance**  
(203) 367-7570  
www.ctrenaissance.com

### DANBURY

**Connecticut Junior Republic**  
(203) 797-8575  
www.cjryouth.com

### HARTFORD/MANCHESTER

**NAFI Connecticut**  
(800) 459-6298  
www.nafict.org

**Wheeler Clinic**  
(888) 793-3500  
www.wheelerclinic.org

### MIDDLETOWN

**NAFI Connecticut**  
(800) 459-6298  
www.nafict.org

### NEW HAVEN/MILFORD

**NAFI Connecticut**  
(800) 459-6298  
www.nafict.org

### NEW BRITAIN

**NAFI Connecticut**  
(800) 459-6298  
www.nafict.org

### TORRINGTON

**Connecticut Junior Republic**  
(860) 482-7600  
www.cjryouth.org

### WATERBURY

**NAFI Connecticut**  
(800) 459-6298  
www.nafict.org

### WATERFORD

**NAFI Connecticut**  
(800) 459-6298  
www.nafict.org

### WILLIMANTIC/ROCKVILLE

**NAFI Connecticut**  
(800) 459-6298  
www.nafict.org

**MULTI-DIMENSIONAL FAMILY THERAPY (MDFT)** Intensive family and individual therapy in your home. MDFT examines all components of a teen's life to address substance mis-use and promote positive, long-term change. Meets several times per week.

### BRIDGEPORT/NORWALK

**Boys & Girls Village**  
(203) 330-6790  
www.bgvillage.org

**Connecticut Renaissance**  
(203) 367-7570  
www.ctrenaissance.com

### DANBURY/TORRINGTON

**Family & Children's Aid**  
(203) 748-5689  
www.fcaweb.org

**Connecticut Junior Republic**  
(203) 558-9665  
www.cjryouth.org

### HARTFORD

**Catholic Charities, Archdiocese of Hartford**  
(860) 522-8241  
www.ccaoh.org

**Community Health Resources**  
(877) 884-3571  
www.chrhealth.org

**Hartford Behavioral Health**  
(860) 548-0101 x354  
www.hbh1.org

**The Village for Families & Children**  
Hartford (860) 236-4511  
www.villageforchildren.org

**Wheeler Clinic**  
(888) 793-3500  
www.wheelerclinic.org

### MANCHESTER

**Community Health Resources**  
(877) 884-3571  
www.chrhealth.org

**Hartford Behavioral Health**  
(860) 548-0101 x354  
www.hbh1.org

### MERIDEN

**Yale Child Study Center**  
(203) 785-6862  
www.yale.edu/childstudy

**Wheeler Clinic**  
(888) 793-3500  
www.wheelerclinic.org

### MIDDLETOWN

**Yale Child Study Center**  
(203) 785-6862  
www.yale.edu/childstudy

### NEW BRITAIN/PLAINVILLE

**Wheeler Clinic**  
(888) 793-3500  
www.wheelerclinic.org

### NEW HAVEN/MILFORD

**Wheeler Clinic**  
(888) 793-3500  
www.wheelerclinic.org

**Yale Child Study Center**  
(203) 785-6862  
www.yale.edu/childstudy

### NORWICH/NEW LONDON

**Child & Family Agency of Southeastern CT**  
(860) 442-2797  
www.childandfamilyagency.org

**United Community & Family Services**  
(860) 822-4292  
www.ucfs.org

### STAMFORD

**Boys & Girls Village**  
(203) 330-6790  
www.bgvillage.org

**Child Guidance Center of Southern CT**  
(203) 324-6127  
www.childguidancect.org

**Connecticut Renaissance**  
(203) 367-7570  
www.ctrenaissance.com

### WATERBURY

**Family & Children's Aid**  
(203) 748-5689  
www.fcaweb.org

**Connecticut Junior Republic**  
(203) 558-9665  
www.cjryouth.org

**Wheeler Clinic**  
(888) 793-3500  
www.wheelerclinic.org

### WILLIMANTIC

**United Community & Family Services**  
(860) 822-4292  
www.ucfs.org

**ADOLESCENT COMMUNITY REINFORCEMENT APPROACH AND ASSERTIVE CONTINUING CARE (A-CRA/ACC)** A less intensive weekly program to address substance mis-use that can be delivered in your home or via outpatient services.

### BRIDGEPORT/NORWALK/STAMFORD

**Child & Family Guidance Center**  
(203) 394-6529  
www.cfguidance.org

**HARTFORD/MANCHESTER Community Health Resources**  
(877) 884-3571  
www.chrhealth.org

### MIDDLETOWN/NORWICH/WILLIMANTIC

**Community Health Resources**  
(877) 884-3571  
www.chrhealth.org

### NEW HAVEN/MILFORD

**The Children's Center of Hamden**  
(203) 248-2116  
www.tccoh.org

### WATERBURY/DANBURY/TORRINGTON

**Connecticut Junior Republic**  
(203) 757-9939  
www.cjryouth.org

If you are unsure which direction to go, CALL 2-1-1