

A Parent's Journey: Navigating Teen Substance Use



Acknowledgements:

A Parent's Journey: Navigating Teen Substance Abuse is a product of the collaboration of Illinois Federation of Families and the Illinois Department of Human Services - Division of Alcoholism and Substance Abuse. Parents, recovering persons, clinical staff, administrators and an attorney from all areas of treatment and prevention services participated in the writing of this booklet. Special thanks to the Substance Abuse and Mental Health Services Administration for their commitment to improving the infrastructure for adolescent treatment services.

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Is My Teen Using?

My grandmother's gold watch is missing. I've kept that in my jewelry box for the last 10 years.

My neighbor just told me she saw my son smoking pot with a group of teenagers in the alley.

My daughter's friends are rude and smell like alcohol. My daughter acts like this is no big deal.

I just found an empty liquor bottle under my son's bed.

I was sure I bought more cough medicine last week. What did I do with it?

My mother said that after our family visited last weekend some of her prescriptions were missing.

The police just called. My daughter's been arrested for possession. What does that mean?

My daughter's room reeks of incense and air freshener.

My son used to be an A student. His last report card was full of D's and F's.

When I asked my son where he was last night, he swore at me and slammed the door.

My son just punched a hole in the wall and stormed out of the house.

I think my son is using, but I don't know what to do.

My daughter used to care about what she looked like. Now her hair is stringy and her eyes are always red.

Chapter 1 - Confirming Fears

Parents find out in many different ways that their child is using alcohol and other drugs. You may notice changes in behavior or changes in friends. A neighbor or a teacher may tell you. You may find drug paraphernalia in your teen's room. An emergency room staff person may call you. Regardless of how you discover your teen is using alcohol and other drugs, the experience can be overwhelming and scary. Knowing some of the signs of substance abuse can be your first line of defense.

If you suspect that your teen is using, here are some warning signs to consider:

- Change in friends
- Declining grades
- Mood swings
- Legal problems
- Change in activities and interests
- Valuables missing from your home.
- Poor hygiene or drastic change in lifestyle
- Missing prescriptions or over the counter medications
- Missing alcohol
- Fascination with the drug culture (doodling marijuana leaves or mushrooms, posters or t-shirts depicting marijuana or other drugs)
- Decline in physical health
- Someone tells you your child is using
- Lack of motivation or change in work ethic
- Increase in conflicts in the family
- Child/teen experienced an emotional or physical trauma

Don't second guess yourself if you see more than one of these warning signs. If you feel in your gut something is wrong, seek help. Parent and family involvement is a strong indicator of success when it comes to intervening with adolescents and to attaining recovery.

Parent's Wonderings

If only I hadn't let her go to all those parties.

If only she didn't hang out with those kids.

If only we didn't live in this neighborhood.

If only his dad didn't drink.

If only I had been home more after school.

If only I had set an earlier curfew.

If only I had asked where they were going.

If only her older brother didn't use.

If only I had been paying more attention to what she was doing.

If only I had searched his room.

If only I had locked the alcohol cabinet.

If only she wasn't in foster care.

If only I had always waited up for him when he came home.

If only I hadn't called the cops about that party.

Chapter 2 - Where to start

Realizing that your teen may be using drugs or alcohol is a scary realization for parents. Parents may feel bewildered by their child's behavior. Many parents blame themselves or try to find reasons for their teen's behavior. If only I had been home more after school. If only his father didn't drink. If only she didn't hang out with those kids. If only I didn't live in this neighborhood.

Parents may also remember their own experimentation with alcohol and other drugs when they were teens. These experiences can lead parents to question whether they need to do anything at all. After all, they turned out all right! Some of today's drugs are far more potent than the drugs of the past. For example, the marijuana available to teens today is much stronger than the marijuana available in the 1970's and 1980's. Additionally with the Internet, cell phones and other electronic media, teens have far more access to information and each other. Social pressures to use alcohol and other drugs are strong. Peer pressure often encourages teens to participate in heavy drinking that leads inevitably to "getting wasted." Music, TV, and video games give the illusion that doing drugs and drinking alcohol is normal for teenagers. The average age for first marijuana use is 14. The average age for first alcohol use is 12. These frightening statistics give parents reasons to pay attention to the influences on their teens.

We cannot always understand why our children make the choices they make nor understand what influences their decisions. **What we do know for sure is that the one key element that influences successful intervention, treatment and recovery for teenagers is parent and family involvement.** It is very important for parents to move from shock to action. Parents have to intervene when they suspect alcohol and other drug abuse. Adolescents can progress quickly from experimentation to dependency. There are concrete actions that you can take to begin the process of getting help for your teenager.

What we do know for sure is that the one key element that influences successful intervention, treatment and recovery for teenagers is parent and family involvement.

Here are some steps you can take:

- Educate yourself. Understand this as a serious health issue versus a rite of passage or a moral issue. Get all the facts you can about alcohol and the substances your teen is using. There are many helpful websites as well as information at libraries and schools.
- Talk to the other adults who are responsible for your teen's primary care. Make sure that you and other caregivers are on the same page so you can show your teen a united front.
- Utilize *random* drug screens - Administer random urine screens on your child without forewarning him/her. Drug test kits are available at many drug stores.
- Talk to your teen. When you talk, make sure you and your teen are both calm. It is very important that parents/caregivers emphasize that they are coming from a perspective of concern, **not** blame.
- Talk to your teen when he is sober.
- Set clear limits with your teen. Let your teen know that you will not tolerate future substance use. Remove privileges that provide access to bad behavior, while increasing access to positive social activities. Restrict movement on weekends and afterschool. Take away car privileges and access to money. Pay attention to what is in your teen's room. Restrict cell phone use and phone access. Monitor computer time and keep computer access in an open area of your home, not in the bedroom. Follow-up with school personnel to ensure school attendance.
- Let your child know what choices you are willing and not willing to support.
- Be consistent with your expectations, guidelines and follow-through.
- Share information with and get support from others who work with your child. Does your teen have a counselor/therapist? A probation officer? School counselor?
- Enlist the help of a friend or family member who may be in recovery.
- Contact Social Service agencies that can help.
- Contact your insurance company regarding coverage of treatment options.
- Identify someone whom you trust, like a counselor, close friend or pastor, who can be your support person as you and your family journey on the road to recovery.

Teen Excuses

You are overreacting.
It's not that big of
deal!

It's only cough
medicine.

What were you
doing in my room
anyway!

I can stop if I
want to.

Justin's parents
bought the beer
for us.

It must be safe,
you have a
prescription for it.

Keep your nose out
of my business.

Vanessa's parents
don't care that she
drinks.

The store sold
it to me.

We weren't doing
anything. The police
were just harassing us.

Everybody
smokes weed.

It's your fault. You put
so much pressure on me
to get good grades.

Chapter 3 - What do I do next?

Regardless of how your teen responds to you, it is important that you enlist the support of a professional. There are many agencies across the state of Illinois that can support you in your family's journey. Agencies offer different types of support depending on the needs of your family and your teen's willingness to participate. Your teen may fall anywhere along a continuum of use from experimenting to chemically dependent. Agencies that treat teens are able to help determine where your teen falls in the continuum by administering an assessment. Besides assessing for substance abuse, an agency may also assess for mental health. Often teens that are using alcohol and other drugs are masking symptoms of mental health issues. A combination of a substance abuse problem and a mental illness is also known as a co-occurring disorder. Co-occurring disorders are not uncommon in teens who abuse substances. If there is a history of mental illness in your family or you have noticed a change in emotional behavior, advocate for your teen by making sure the agency includes a mental health assessment.

Screening - A preliminary evaluation to determine suitability for the program.

When you call the agency to schedule an appointment, they may conduct a screening over the phone. A screen is not an assessment for placement or diagnosis, but rather allows the agency to ensure that they are prepared to handle your case. Be prepared to spend 5 to 15 minutes on the phone answering questions. This will help the agency best meet your teen's needs.

Assessment - An Assessment is an evaluation that examines the extent of drug use, mental health issues and appropriateness for treatment.

A substance abuse/mental health assessment will usually be conducted during your teen's first appointment. The assessment can last from 1 - 3 hours. A counselor will ask your teen detailed questions about his/her use of alcohol and other drugs. They may also ask for your input and observations.

After an assessment, a counselor can suggest a level of services or treatment your teen needs. A teen that has just started using may benefit from early intervention

services. Early intervention services may include counseling, classes or education groups that explore the affects of alcohol and other drugs with the teen. Early intervention groups also concentrate on life skills, youth development and social skills. If your teen has progressed beyond experimentation, a counselor may suggest treatment. Below is listed

Drug Screen - A drug screen is usually done as a urinalysis to determine the presence of illegal drugs in a person's system.

the two types of treatment that will be considered when assessing your teen.

Outpatient vs. Inpatient Treatment

Outpatient treatment requires that your teen attend individual and/or group therapy sessions a couple hours per day, several days/week. Other times it can be the whole day, 5 days/week, which is usually referred to as day treatment or partial hospitalization. Outpatient programs may be flexible and can occur in late afternoons and evenings. Families may be asked to participate in family therapy, support groups or educational meetings.

If a teen is unable to stay clean during or after completing an outpatient program they may be referred to inpatient treatment. Some teens may be assessed as needing an inpatient program at the time of their assessment. During inpatient or residential treatment your teen will live at a facility for a certain number of days. During that time he will receive individual therapy, group therapy and other activities that support a drug free life style once he is discharged. An inpatient treatment program will also incorporate educational and therapeutic services for the family of the teen. Families may be asked to attend multiple family therapy sessions, educational groups and/or family support groups. The treatment facility will be in contact with your teen's school so educational progress can be maintained. After teens complete an inpatient program, they may "step down" to an outpatient program to provide monitoring and support for changes made while inpatient.

More things to know about treatment:

When you are talking with your teen's counselor, she may refer to treatment in terms of Levels. This is what the counselor is talking about:

- Level I - Outpatient treatment includes individual therapy once or twice a week, family therapy, group counseling or a combination of these things, not totaling more than 9 hours per week.
- Level II - Intensive outpatient treatment (also known as IOP, partial hospitalization or day treatment) includes all the above services, but a client attends multiple days a week for several hours at a time.

- Level III - Intensive inpatient treatment is a residential program. A client stays overnight for a number of days depending on how the program is structured and the individual needs of the client. A client is often discharged to a Level I or II outpatient program.

Professionals who are specifically trained in alcohol and other drug (AOD) treatment provide all services. Seeking the help of a professional is vital to your teen's recovery. The road to recovery is long, but getting your teen into the right treatment program is one-step along the way.

How do I find a treatment program in my community?

There are several ways for parents to find adolescent treatment facilities in their community.

1. Go to www.findtreatment.samhsa.gov and click on the treatment locator. The treatment locator allows you to click on your state, then enter your zip code and how many miles you are willing to drive. The next page allows you to check criteria. Check as many or as few that apply. The locator then will give you a list of treatment facilities in your area.
2. In Illinois, parents can go to www.illinoistreatmentworks.org. On the homepage is a link to the adolescent provider directory. There you can see a list of facilities in Illinois.
3. Talk to a community representative. A school counselor, clergy from your congregation, neighbors and friends are all good people to begin the process of finding help.
4. Open up your phone book to social service agencies or substance abuse facilities. Call agencies and ask whether they have substance abuse treatment and mental health services for adolescents.
5. Call your insurance company to find available programs covered by your insurance. You can also call your Employee Assistance Program or the Human Resources Department at your place of employment for treatment options.

Questions to ask a treatment program:

Regarding an Assessment:

- Do you provide adolescent services?
- Is there a cost for an assessment?
- What do I need to bring to the assessment?
- If services or treatment is recommended, is there a wait time?
- Do you provide drug screens?

Regarding Outpatient Treatment:

- How often will you be meeting with my child?
- How long will my child have to see you?
- What is your background in treating adolescents?
- Do you have special training in adolescent treatment? If not, how will the agency support you in treating my teen?
- What will you share with me about how my teen is doing?
- How often will you meet with me?
- What happens if my teen continues to use?
- What happens if my teen starts using again?
- What kinds of services do you offer parents?

Regarding Cost:

- What is the cost of treatment?
- Will my insurance pay? How many sessions does my insurance cover?
- How do I find out what my insurance will pay for?
- Does Medicaid pay for this?
- What happens if I can't pay?

Regarding Inpatient Treatment:

- How long will my teen stay?
- Will my teen receive any medication? How will that be determined?
- What if my teen refuses treatment?
- How often can I visit my teen?
- Do I have to attend family therapy?
- How often do I get to visit?
- Will my visits be supervised?
- How many staff are on the unit during the day? At nighttime?
- What is the staff to teen ratio?
- What kind of activities will my teen participate in?
- Will my teen attend school during treatment?
- Will the work come from my teen's high school?
- Is the teacher on the unit certified?
- Do you have a continuing care program?
- Do you do any follow up with our family after treatment?
- Has the program's treatment methods been measured or studied?
- What services are available after discharge from treatment?
- What services are offered to support and educate the family?

Questions to ask the teen's school:

Regarding the teen's School:

- What happens if my teen is in treatment for 30 or more days?
- Will you let my teen come back to the same grade?
- What will the teachers be told about why my teen is absent?
- Do you have any programs that will support my teen when she returns?

Chapter 4 - Consent and Confidentiality

Confidentiality is the right of a person to have things kept private with another person. In the case of treatment it might be between a teen and his counselor, or a family and a counselor, or a parent and a counselor. The counselor is bound by certain state and federal laws as well as ethical rules that prevent her from sharing your family's personal information with others. There are limited circumstances when confidentiality can be breached including but not limited to if the client gives written permission/consent to break confidentiality and or if agency staff need to make a report of child abuse or neglect. Other exceptions may exist and can be discussed with your counselor.

HIPAA

There is a federal act in place that governs how agencies should handle confidential information. This is called the Health Insurance Portability and Accountability Act of 1996, more commonly known as **HIPAA**. Agencies will have you sign papers that outline your rights under HIPAA. Basically, HIPAA outlines how a person's personal health, including mental health, information should be handled and shared. The State of Illinois also has laws regarding confidentiality, which are in compliance with HIPAA. These laws also affect how much information a parent can have about their teen's own treatment. Both state and federal laws (42 C.F.R. Part 2) protect the confidentiality of substance abuse information. In Illinois, a minor 12 years old or older can request that his mental health and substance abuse records be held from his parents or legal guardian.

There are also state and federal laws that govern consent to treatment. In general, a child 18 or younger must have the permission of a parent or guardian to seek medical treatment. Below are listed conditions that allow a minor to consent to his own treatment. Even in a situation that allows a minor to consent to his own treatment, for purposes of liability an agency will often request consent to treatment from the parents.

Substance Abuse Treatment – A child 12 or older can seek or consent to his own outpatient substance abuse treatment without parent or guardian notification. The treatment can address his addiction or the addiction of a family member. The counselor shall work with the teen to include the family in treatment, but is not required to notify the parent, **unless** in the judgment of the counselor the safety of the teen is in question. (410 ILCS 210/4)

Mental Health – A child 12 or older can receive up to five 45 minute counseling sessions for mental health issues without the consent of a parent or guardian. Parents are not liable for the cost of services. (405 ILCS 5/3-501)

Inpatient Mental Health/Voluntary - A minor 16 years or older may voluntarily be admitted into a mental health facility. The parent or guardian will be immediately notified. (405 ILCS 5/3-502)

Inpatient Mental Health/Involuntary - A minor can be admitted to a mental health facility if the director of the facility feels the minor's mental illness or emotional instability warrants hospitalization. (405 ILCS 5/3-503) A minor 12 years or older must be informed of her right to object to the hospitalization in a way the minor can understand. (405 ILCS 5/3-503) If the minor objects to the hospitalization, she must be discharged within 15 days, excluding weekends and holidays, unless she withdraws the objection. (405 ILCS 405 5/3-507)

Additional information:

www.hhs.gov/ocr/hipaa/ - The official HIPAA website.

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Chapter 5 - Recovery

Recovery is about putting together a life without drugs and alcohol. For teens this can be significant during a period of development that looks to friends for confirmation. Successful recovery means learning how to sustain the changes in lifestyle and personal beliefs to which a teen is introduced during treatment. For many teens this means rejecting friends who use. Parents can also play a key role in the teen's recovery by staying involved with the teen, offering opportunities for drug-free recreation and being supportive of the changes the teen is trying to make.

Recovery looks different for every teen depending on what issues the teen confronts in his/her addiction. For some teens there are underlying mental health issues or co-occurring disorders that complicate recovery. Teens may have depression, anxiety disorders, attention deficit hyperactivity disorder, or post-traumatic stress disorder. When seeking services for your teen it is important that the treatment program is able to recognize these issues and treat them in conjunction with the addiction.

One complicating issue is that teens are often unwilling participants in their own recovery. They were brought to treatment by parents or guardians. They were court mandated to treatment. They are trying to avoid school expulsion or a lengthy school suspension. Often several systems are impacting a teen's decision to stay in treatment. The criminal justice system may require a teen to be involved in substance abuse counseling for six weeks; a school may require only a drug assessment; and the treatment program may expect a teen to be involved for 90 days. Deciding which recommendation to follow can be confusing to a teen and a parent.

The best solution to this conflict is to communicate with the treatment program. The treatment program has experience working with teens with substance abuse problems and managing multiple systems. They can help you work with your teen to make sure he gets the most out of treatment and can help you communicate with the various systems involved. Keeping focus on your teen's health and recovery will help you make good decisions. Getting support for yourself will help tremendously in holding your teen accountable while providing the support you and your teen need.

Relapse is common among teens and does not mean failure. Teens may have to seek treatment 2-4 times before they are able to sustain recovery. The critical time is the first 30 to 90 days after treatment. Parents must encourage and enable teens to get to their recovery programs so that they can maintain their recovery goals. Research suggests that staying in a continuing care program for one year after treatment is ideal. Self-help groups are another way teens get the support they need during their recovery. Self-help groups, such as Alcoholics Anonymous (AA) are based on the philosophy that teens can get support from talking with other addicts going through similar issues. Research confirms that a combination of treatment and 12-step involvement result in the best chance for a sustained recovery. Although relapse can occur, there are many teens who are able to sustain recovery without reusing alcohol and other drugs.

A teen's addiction affects the whole family. Family members, including siblings, will benefit from someone who can listen to them. Help and support is available for parents, guardians and other family members through Al-Anon, Ala-teen, Families Anonymous, Nar-Anon and Co-Da. These 12-step groups provide non-judgmental, unconditional support, along with education about addiction, and ways to cope with a loved ones use as well as recovery efforts. They are found in many communities throughout the country. Siblings can get support through counseling or attending sibling support groups.

Helping teens manage their own recovery requires an acknowledgment of teen development. A teen's desire to do things on his own is as important as recognizing his need to be with his family, as well as his need to finish school and maintain healthy social relationships. Supporting teens in coping with all of these demands also encourages a sustained recovery. No matter what the circumstances were for you and your teen to seek treatment, recognizing recovery as a process of healing for both of you and believing teens with alcohol and/or drug dependence do recover will help strengthen you on your journey.

Chapter 6 - Resources

Helpful Websites

Treatment Finders:

www.findtreatment.samhsa.gov - provides a list of treatment facilities that have been licensed, certified or otherwise approved to provide substance abuse services by the state of Illinois.

www.illinoistreatmentworks.org - a website that offers resources and information about adolescent treatment in Illinois.

Informational Websites for Families:

www.family.samhsa.gov Substance Abuse and Mental Health Services Administration

www.TheAntiDrug.com - Offers resources, information and facts for parents

www.laantidroga.com - Spanish website with resources, information and facts for parents

www.drugfree.org - Offers tips and information for parents and caregivers. Also try www.drugfree.org/teenbrain/ which provides great information on the teen brain.

www.mamasite.net - An extensive website on Methamphetamine addiction.

www.marijuana-info.org - A website with reliable information on the effects of marijuana on the brain and links to other websites for further information.

www.momstell.org - A website that strives to promote "awareness and eliminate the stigma of substance abuse through improving treatment, education, legislation, policy and prevention."

www.24group.org - an Indiana based website put together by parents with recovering adolescents.

Informational Websites for Teens:

www.freevibe.com - offers information, fact sheets, games and posters about drug use.

www.checkyourself.org - resources, information quizzes and videos for teens to question them about their drug use.

www.thecoolspot.org - a website that emphasizes "being and thinking for yourself." Also includes facts about underage drinking.

General Information:

www.facesandvoicesofrecovery.com - a national organization committed to organizing and mobilizing the recovery community.

www.health.org - National Clearinghouse for Alcohol and Drug Information

www.samhsa.gov - a Substance Abuse and Mental Health Services Administration's national clearinghouse for alcohol and drug information.

www.iaodapca.org - a non-profit organization in Illinois that promotes standards for professionals in the substance abuse field.

www.nida.nih.gov - National Institute on Drug Abuse

www.niaaa.nih.gov National Institute on Alcohol Abuse and Alcoholism

Mutual Support Groups:

www.aa.org or www.alcoholics-anonymous.org - the website for Alcoholics Anonymous

www.cdaweb.org - Chemically Dependent Anonymous

www.ca.org - the website for Cocaine Anonymous

www.crystalmeth.org - the website for Crystal Meth Anonymous

www.heroin-anonymous.org - the website for Heroin Anonymous

www.womenforsobriety.org - national self-help group only for women

Family Support Groups:

www.ala-non.alateen.org - a support group for individuals who are dealing with a family members addiction.

www.co-anon.org - a support group for families dealing with cocaine addiction.

www.nar-anon.org - a support group for families dealing with someone else's addiction.

www.familiesanonymous.org - a self-help group for families that are dealing with a loved one's addiction

Helpful Phone Numbers

National Toll Free Referral Numbers for Treatment

1-800- 662-HELP (4357) (English and Español)

1- 800-487-4889 (TDD)

Illinois Division of Alcoholism and Substance Abuse 866-213-0548

Alcoholics Anonymous 312-346-1475

Narcotics Anonymous 708-848-4884

Cocaine Anonymous International Referral Line (NOT a hotline)
1-800-347-8998 or 773-202-8898

Ala-non/Ala-teen - to find a meeting call 1-888-425-2666 Monday -
Friday between 8am - 6pm ET. In Chicago call 312-409-7245.

Substance Abuse and Mental Health Services Administration -
800-729-6686

Books

On Substance Abuse:

Addict in the Family: Stories of loss, hope and recovery by Beverly Conyers. Hazeldon 2003. This book validates the feelings and experiences of parents and families dealing with a child's addiction, coupled with education.

Beautiful Boy: A father's journey through his son's addiction by David Scheff. Houghton Mifflin, 2008. This is the story of a teen's addiction through the eyes of a parent.

Tweak: Growing up on Methamphetamines by Nick Schef. Ginee Seo books, 2008. This is described as a powerful memoir of alcohol and drug addiction and a companion to the above book.

Blackout Girl: Growing and Drying Out in America by Jennifer Storm. Hazelden, 2008. The author's personal account of addiction that began at the age of 12.

Broken by William Cope Moyers. Viking Penguin, 2006. The author, son of Bill Moyers, addresses his own spiral into addiction to alcohol and cocaine during the 80's and 90's.

Crystal Meth: They Call it Ice by Mary F. Holly, MD, Tate Publishing. 2008. This is a book about Crystal Meth and the havoc it wreaks on communities and families. It includes information about the biochemistry of Methamphetamine on the body, risk factors and ways to seek help.

In my Skin: A Memoir by Kate Holden. Arcade Publishing, 2008. The Australian author recounts her years as a heroin user.

On Adolescent Challenges:

The Explosive Child; Understanding and Helping Easily Frustrated, "Chronically Inflexible" Children by Ross W. Greene, Ph.D. Harper Collins, 2001.

Treating Explosive Kids: The Collaborative Problem-Solving Approach by Ross W. Greene, J. Stuart Ablon. The Guilford Press, 2006.

Setting Limits: How to Raise Responsible, Independent Children by Providing Clear Boundaries by Robert McKenzie. Prima Publishing, 1998. Also recommended by the same author: **Setting Limits with your Strong Willed Child** and **Setting Limits in the Classroom**.

On Adolescent Development:

The Second Family: Dealing with Peer Power, Pop Culture, The Wall of Silence by Ron Taffel with Melinda Blau, St. Martins Press. 2001.

Get Out of My Life, but first could you drive me and Cheryl to the mall?, Anthony E. Wolf, Phd., Farrar Straus and Giroux, 2002

The Primal Teen: What the new discoveries about the teenage brain tell us about our kids by Barbara Strauch. Doubleday, 2003.

Why do they act that way? A survival guide to the adolescent Brain for you and your teen. By David Walsh and Nat Bennett. Free Press, 2004.

Video

Addiction, 4 disc set, HBO Documentary Films. 2007.

Acronyms

ATE - Adolescent Treatment Endorsement

All counselors are either certified (i.e. CADC, CMADC, MISA I & II) or licensed (i.e. LCPC, LCSW). The ATE indicates that a counselor earned a certain additional amount of hours of *adolescent specific* education and work experience, and regularly attends training focused on adolescent substance-abuse training to maintain his/her endorsement. The certification or license is general; the ATE is specifically for adolescent counselors.

CADC - Certified Alcohol and Other Drug Abuse Counselor

A CADC has at least a high school diploma or equivalent, including specific coursework to prepare him/her to work in the field. This counselor has at least two years of experience working with clients with alcohol and substance abuse issues before becoming certified, and receives regular supervision from a person who has additional substance abuse knowledge. This counselor also has taken specific training related to substance abuse issues and has taken an exam to prove his competence. He also regularly attends trainings to maintain his credential.

CMADC- Certified Masters Alcohol and Other Drug Abuse Counselor

This counselor has a Masters or Doctoral degree in counseling or related field and has worked at least five years in substance abuse. This counselor also has experience supervising other clinicians. This counselor also has taken specific training to provide substance abuse counseling and passed exams to prove her competence. She also regularly attends training to maintain her license.

CSAT - Center for Substance Abuse Treatment is part of SAMHSA and works with states and community - based groups to improve and expand existing substance abuse treatment services under the Substance Abuse Prevention and Treatment Block Grant program.

DASA - Division of Alcohol and Substance Abuse, which is a division of the Illinois Department of Human Services.

DMH - Division of Mental Health, which is a division of the Illinois Department of Human Services.

IAODAPCA - Illinois Alcohol and Other Drug Abuse Professional Certification Association, Inc.

LCPC - Licensed Clinical Professional Counselor is a person with a Masters Degree in Counseling and is licensed by the State of Illinois. This person has completed the required number of client hours and has been supervised by another licensed counselor. This practitioner attends continuing education to maintain her license.

LCSW - Licensed Clinical Social Worker is a master's level social worker licensed by the State of Illinois. He has completed the required number of client hours and has been supervised by another licensed social worker. This practitioner attend continuing education to maintain his license.

MISA I & II - Mental Illness and Substance Abuse is a person who has received specific training and supervision around issues of mental illness and substance abuse. Counselors must attend continuing education to maintain their credential.

RDDP - Registered Dual Diagnosis Practitioner is a licensed professional with experience and expertise in both mental illness and substance abuse. Practitioners must attend continuing education to maintain their credential.

SAMHSA - Substance Abuse and Mental Health Services Administration is with in the U.S. Department of Health and Human Services and promotes the quality and availability of community-based substance abuse treatment services for individuals and families who need them.

SAP- Student Assistance Programs offers support groups, individual counseling and intervention services mostly at the secondary school level in many school districts in Illinois.

Notes

Important Phone Numbers

	Phone #'s	Notes
Agency		
Counselor		
School		

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