

Spotting Teen Addiction



There are many signs that could tip you off that your teen is abusing substances. If you suspect substance abuse then an assessment at a drug rehab facility by qualified addiction treatment staff will help you to get certainty and plan an intervention.

Parents like to know everything about their children's lives but will often shy away from discussing difficult topics like sexual behaviour, underage drinking, and gang violence. These subjects are so uncomfortable that parents prefer not to talk about them in depth and rather just touch on them. It is not enough to optimistically hope that these issues will not strike the family - talking to kids about drugs is an essential part of avoiding teen substance abuse.

Here are some warning signs that you can look out for:

1. Skipping school
2. Marks at school dropping
3. Lack of motivation and disinterested in healthy activities
4. Self-centered and manipulative
5. Disrespectful to parents
6. Poor self-image and poor attention to hygiene
7. Verbally abusive and prone to outbursts of anger
8. Reckless behaviour without care for concerns or consequence
9. Frequent use of eye wash or mouth wash
10. Drop in weight
11. Drug paraphernalia in his/her possession
12. Slurred speech or other symptoms of being "drunk"
13. Coming home late or not at all
14. Sores on mouth, abrasions on skin, yellowed hands
15. Stealing or borrowing money with nothing to show for it
16. Changing social circles or withdrawing from social contact
17. Sneaky behaviour, lying, and deceiving
18. Apathy
19. Depression
20. Hostility towards family members
21. Funny chemical smell on clothes or breath
22. Red, puffy, or bloodshot eyes

If you notice any of these warning signs then it is best to act immediately. The sooner a substance abuse problem is addressed the less time it will have to damage the teen. Teens will be deceptive in hiding their drug or alcohol use and so parents will have to be vigilant. A prompt intervention by a qualified addiction specialist in a drug rehab facility will help to nip the problem in the bud. Please feel free to contact us if you would like help in planning an intervention.