

My teen is addicted, how can I help?

- Seek professional advice or find treatment centers.
- Open the communication. Don't avoid, minimize or explain the problem away.
- Keep calm. Be direct. Don't judge.
- Focus on the person's behavior, not the person.
- Consider the environment and stress that surrounds your teen. Can you help remove it?
- Maintain open relationships with your teen's friends and teachers.
- Don't talk to your teen when the teen is high.

It's difficult watching my teen go through this. How can I find support?

- Attend groups for loved ones of those with addictions, such as Nar-Anon.
- Seek support from other parents.
- Seek support from your church or other community groups.
- Consider individual or family counseling.

Need immediate help?

Call the Substance Abuse and Mental Health Services Administration (SAMHSA) hotline at 800-662-HELP (4357).

Find a local Nar-Anon group meeting near you by visiting nar-anon.org/find-a-meeting.

Geisinger
Health Plan

A parent's guide to opioid abuse



Information retrieved from the U.S. Department of Health & Human Services at hhs.gov/opioids.

Geisinger
Health Plan

TheHealthPlan.com

#HadEnough

If you've **#HadEnough** of teens turning to drugs, you need to **learn**.

What can I do to help or protect my teen from drug addiction?

The best thing you can do to help or protect your teen from addiction is to always keep communication open with your teen and educate yourself about drugs and the world surrounding them.

Truth is, if you've **#HadEnough** of teens turning to drugs, you need to learn. The more you know, the more you'll be able to understand and help your addicted teen or help your teen from becoming addicted.

So, let's talk about opioids

They've become an epidemic. Most people know opioids as prescription pain medication. Common prescription pain medications include oxycodone, hydrocodone, codeine, morphine and fentanyl. Heroin is also considered part of the opioid family, which addicts often turn to when they're looking for something stronger than pain medications.



Are you saying my teen can become addicted?

Yes, opioid addiction can affect anyone. It's blind to gender, age, race, social or economic status. The scary part is how accessible pain medications can be. Who doesn't know someone who has taken prescription pain medications? If the access is there, the possibility of addiction is also there.

How would my teen get pain meds?

Access to opioids is often easy and innocent. Some teens, particularly those involved in sports, may be prescribed opioids following an injury. Other teens gain access through a friend or a relative, while being completely unaware of the dangers and potential addiction of nonmedical opioid use.

But why would my teen turn to drugs?

A common question in regard to drug abuse is often, "Why?" As a nonaddict, it's difficult to understand why an addict keeps turning to their drug of choice.

In addition, the reasons for addiction can vary on a case-by-case basis. Genetically, a family history of drug addiction or substance abuse automatically places teens at a higher risk for addiction.

Otherwise, drugs are commonly used by teenagers to escape feelings of being different or depressed. Many teens also turn to drugs through peer pressure or because they feel too much pressure to constantly succeed.

If my teen is using, how will I know?

- Significant drop in grades
- Major changes in peer relationships
- Withdrawing from family
- Giving up important activities or interests
- Money or pills disappearing from the home
- Lying or giving vague responses to questions
- Extreme defensiveness when asked a question
- Acting excessively tired or disinterested
- Poor hygiene
- Regularly depressed mood
- Inconsistent sleep patterns

My teen said what?!

Catching the street names in conversation.

Hydrocodone — Hydro, Norco, Vikes, Watson-387

Codeine — Cody, Captain Cody, Schoolboy, Doors & Fours, Loads, Syrup

Fentanyl — China White, China Girl, Apache, Goodfella, Friend, Murder 8, Tango and Cash, Dance Fever

Morphine — White stuff, Miss Emma, M, Monkey

Oxycodone — Hillbilly Heroin, Percs, Roxy, Oxy, Ox, OC, Kicker, Oxycotton, Oxycet

Heroin — Smack, Snow, Black Tar, Dragon, Skag, Thunder, Number 4, Number 8