All Teens are At-Risk for Alcohol and Drug Use

Why the Primary Care Provider is Having the Discussion with Your Teen Now

Why Should Teens be Screened for Alcohol and Drug Use?

Even a few positive words from a provider can delay initiation of alcohol use by teens.

Brains continue to develop until age 25, which means alcohol and drug use has higher health risks for young people. The earlier youth start using alcohol and/or drugs the greater the likelihood they will become addicted.

- About 50% of youth who begin drinking before age 15 will become dependent.
- 1 out of 6 people who start using marijuana as a teen become addicted.
- 1 in 7 Cumberland County high school students report having abused a prescription drug. When misused, prescription drugs can be addictive and put users at serious risk.

How are Teens Screened and What Will My Provider Tell Me? Providers use a screening tool called the CRAFFT. Most often practitioners cannot disclose what is discussed with their patients. Make sure you learn the office's confidentiality and consent policy. More information on CRAFFT, how it is scored, and what the results mean are on the back of this sheet.

What Can I Do as a Parent?

Youth who learn about the risks of alcohol and drugs from their parents are 50% less likely to use substances.

1. Talk often with your teens about expectations they do not use alcohol and drugs and why. **2.** Set clear rules and consequences regarding alcohol and drug use. **3.** Make sure teens do not have access to alcohol and drugs in your home. **4.** Create a community of support. Talk with other parents to make sure alcohol and drugs aren't available to teens in their homes.

What Education and Treatment Services are Available?

If your teen is using, support them in seeking care and provide social supports, both inside and outside the home.

Student Intervention and Referral Program (SIRP) – Contact: Heather Drake, Public Health Program, Substance Abuse Prevention Program Coordinator, heather.drake@opportunityalliance.org | Maine Substance Abuse and Mental Health Services Program and Services Directory: http://www.maine.gov/dhhs/samhs/osa/help/directory.htm



Together we will prevent







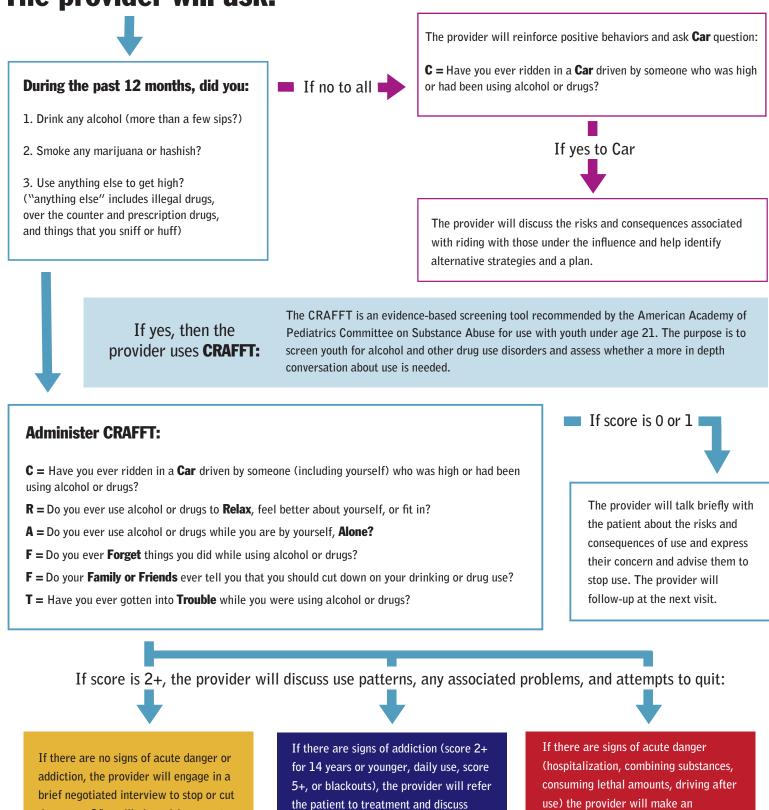


How are Teens Screened for Alcohol and Drug Use?

The provider will ask:

down use. S/he will give advice, create a

plan, and follow-up.



inviting parents to participate in a

discussion of recommendations.

immediate intervention and consider

breaking confidentiality.