

TEEN TRIUMPH



October 2011

Helping teens triumph over mental illness, alcoholism, drug and other addictions

Volume 1, Issue 3

Did you know?

90% of adults who meet the medical criteria for addiction started smoking, drinking, or using drugs before age 18.

2011 Columbia University CASA Study

For the first time in recorded history, vehicle accidents are NOT the #1 cause of accidental death. Death by drug overdose is.

Centers for Disease Control

Inside This Issue

Celebrate Recovery!	2
Teenage Depression and Suicide Risk; How Mental Health First Aid Can Help	2
Red Ribbon Week	3
October 22-30	
Too Much of a Good Thing	3
Resources	4

Welcome to Teen Triumph, Recovery Resources' quarterly newsletter for adolescents, their parents and guardians, and the community. Our third edition is dedicated to issues related to the beginning of the school year for teens:

- Importance of parental support during the school year
- Recovery Month and Red Ribbon Week celebrations
- Hazards of over-scheduling teens
- Teenage depression and suicide risk

Our Program:

Treatment Program began in May 2010 at our Lakewood office in response to community requests for teen treatment on the west side. The adolescent program is rapidly expanding and continues to offer intensive outpatient treatment for teens ages 12-18.

Treatment groups meet on Monday, Wednesday and Thursday from 4:00-7:00 p.m. and provide education about drugs and alcohol, teach and promote healthy decision making, help build positive self esteem and instill positive coping skills. In addition to teen group therapy, we also provide individual family sessions to build family strengths and start healing from the damage of addiction.

At Recovery Resources, we understand addiction and its impact on teens and families. To find out more, please call us at 216.923.4001.



Parental Support During School Year Is Important, Requires Balance

Jeanne Campanella, Community Challenge Coordinator, Recovery Resources

A student's engagement in school is a barometer to their emotional health and happiness. Involved parents positively influence their children's school success, but being overly involved can undermine independence and learning of important skills.

As a parent, your attitude and values toward school and learning have a great impact on your son's or daughter's ability to succeed. Review schoolbooks and assignments together. Share your enthusiasm and confidence in your child's ability to master the material. Encourage your

child to be patient, attentive, and positive in tackling the demands of school. Set goals together and check in periodically to see how their goals are progressing.

Helping your child establish and maintain a daily routine is important to school success and in learning life-long time management skills. Establish predictable wake up times, meal times, and bed times. Let school-age children set their own alarm clocks to get up in the morning and praise them for being ready on time. Talk to teens about how they will manage classes, activities,

and jobs, and work together to create a schedule that is not too loose, and not too demanding.

Establish parameters around where and when homework will be done. By the time your children are in high school, they should know what they need to do for homework and test preparation, but they might put it off until the last minute, jeopardizing their grades or their sleep. Reinforce the importance of homework with teens and remind them that they should set time aside each day to stay on track. Allow teens to

socialize on the weekend with friends on the condition that they do homework during week nights.

Pay attention to how your children react to the transition back to school and ask open ended questions to learn more about how they are feeling. Communicate empathy and patience, but try not to overreact. Reinforce your confidence in their ability to cope and remind them of similar new situations they have managed successfully in the past.

(Continued on page 3)



Celebrate Recovery!

Jennifer Tulli, LISW-S, LCDC III Program Manager, Recovery Resources

75 %
of people believe that recovery from addiction is possible.

Substance Abuse and Mental Health Services Administration

September was National Recovery Month, a national observance to educate Americans that addiction treatment and mental health services can enable those with a substance use or mental disorder to live a healthy and rewarding life. Recovery Month’s main focus is to celebrate the gains made by those in recovery from these conditions, just as we would those who are managing other health conditions such as hypertension, diabetes, asthma and heart disease. Recovery Month spreads the positive message that behavioral health is essential to overall health, that prevention works, treatment is effective and people can and do recover.

National Recovery Month, now in its 22nd year, highlights individuals who have reclaimed their lives and are living happy and healthy lives in long-term recovery. It also honors the treatment and recovery service providers who make recovery possible. Recovery Month believes that recovery, in all its forms, is possible, and encourages people to take action and help expand and improve the availability of effective recovery services for those in need.

Recovery Resources congratulates those living life to its fullest in recovery. Please join us in celebrating by doing the same for someone you know.

Teenage Depression and Suicide Risk; How Mental Health First Aid Can Help

Jennifer Tulli, LISW-S, LCDC III Program Manager, Recovery Resources

Being a teenager is difficult. There is pressure to wear the “right” clothes, say the “right” thing and hang out with the “right” crowd. Together with mood swings, genetics and family dynamics, the risk of depression can be high for our teens. Left untreated, depression can worsen and may lead to suicide. The Ohio Department of Mental Health reports that over 20 % of high school students have seriously considered suicide, 14 % have made a plan, and 8 % have made a suicide attempt. According to the *National Strategy for Suicide Prevention: Goals and Objectives for Action, 2001*, more teenagers die by suicide than from cancer, heart disease, AIDS, birth defects, stroke, pneumonia, influenza, and chronic lung disease **combined**.

Suicide is preventable but you need to know what to look for. Ask yourself:

- ⇒ Is there a change in the teen’s behavior or mood?
- ⇒ Does she/he isolate themselves, seem more sad than usual or appear to be depressed?

- ⇒ Is the teen experimenting or abusing drugs and/or alcohol?
- ⇒ Has his/her grades declined?
- ⇒ Do you notice a change in weight, appetite and/or sleep patterns?

Paying attention to the warning signs of depression may save a teen’s life. This is by no means an exhaustive list. For additional symptoms of depression, please check the online resources listed on page 4.

If you notice any of the above, get involved and practice Mental Health First Aid (MHFA). Developed in Australia and adapted to meet the needs of the US, MHFA is designed to increase awareness of mental health symptoms and to learn how to intervene before a crisis develops.

- Assess for risk of suicide or harm – Be direct and ask your teen if they are depressed and having thoughts of killing themselves.

- Listen non-judgmentally – Don’t react negatively; just listen. Show empathy and offer support.
- Give reassurance and information – Reassure them that they are not alone; depression is common and treatment that works is available.
- Encourage appropriate professional help – Encourage your teen to visit their pediatrician or doctor or speak with their guidance counselor or school social worker.
- Encourage self help and other support strategies – Exploring self-help books specific to teenagers and healthy stress-reducing techniques like meditation and guided imagery may help them reduce stress.

Recovery Resources provides training in MHFA. For more information, please call Jennifer Harrison at (216) 431-4131, ext 1117.

(Continued from page 1)

If your children are in middle or high school, it is time to begin talking to them about substance abuse and other risk behaviors. Help them strategize healthy ways to manage stress and avoid giving in

to peer pressure, and remind them that they can turn to you for anything. If your teens believe they can tell you how they're really feeling, they'll be less likely to turn elsewhere for comfort and relief. Unexplained changes in personality, attitude, appetite or sleep patterns may

signal that something is wrong and additional help is needed. School counselors, family doctors, faith leaders, and adolescent prevention or treatment professionals can all be excellent sources for support and guidance.

13th Annual Red Ribbon Week: October 22-30

Leanne Cavanagh, Adolescent Therapist, Recovery Resources

Red Ribbon Week is a national event to raise awareness and prevention of drug, alcohol, and tobacco use. Working with adolescents who abuse substances, I see first-hand the importance of prevention and education. Some effective ways of talking to children about prevention include:

- For students up to 6th grade, include basic facts about drugs and their dangers, as well as information about the role peer pressure can play in experimenting with drugs, and how to avoid falling into it.
- Adolescents can benefit from learning how to use refusal skills in everyday life by engaging in role play exercises with their peers.
- For parents, other professionals and role models, talk openly about drug, alcohol and tobacco use with children so that they are more comfortable with

talking about the topic, and more likely to come to trusted sources with questions.

- For parents, if the child is learning about drugs, alcohol and tobacco in DARE programs or health classes in school, show an interest in what they are learning. Ask questions about they learned in school about drugs, alcohol, and tobacco. Ask what they are hearing from the peers about substances, and help clear up any misconceptions they might have.

It is important for parents, families, educators, and other role models in a child's life to support the importance of Red Ribbon Week and all it represents. Keeping the community involved with Red Ribbon Week can help a child understand how serious of a problem drug use can be, as well as all the positives of living a drug-free lifestyle. See page 4 for online resources.

Too Much of a Good Thing

Jennifer Tulli, LISW-S, LCDC III Program Manager, Recovery Resources

Feel like you're always on the run?

Since the late 1970s, children have 12 hours per week less in free time, according to a national survey from the University of Michigan's Survey Research Center. This loss includes 25% playtime and 50% less unstructured outdoor activity time. Parents and children alike run from soccer to hockey to dance to football to band... and that list doesn't take into account teenage jobs, homework, and travel time.

Extracurricular activities enrich the lives of our children—in moderation.

Looking for balance between activity and time spent as a family? Consider these questions:

- What are your absolute priorities as a family (dinner together, vacations, visits to relatives)?
- How can you keep these times as part of your life?



- What are you willing to give up to have more time together?

Strategies for regaining balance include:

- Dropping one activity or reducing your level of involvement with an activity
- Turning off the TV/smart phone/computer to have a conversation with your family
- Eating meals together. According to a study from Columbia University, teens who have frequent family dinners are less likely to use tobacco, alcohol, or drugs.
- Finding out how much time a new activity will consume and how it will impact your family—before saying yes.

- Not filling that empty space on the calendar!

You may have to say no to good opportunities because you want to give the *best* opportunity to your children—a close family.

Recovery Resources

14805 Detroit Ave.
Suite 200
Lakewood, OH 44107
Phone: 216.923.4001
Fax: 216.226.2847

www.recres.org



Recovery Resources has been helping people triumph over mental illness and addiction for more than 55 years.

Serving Northeast Ohio, we deliver services and programs that touch 13,000 lives annually.

The Adolescent Treatment Program is located in downtown Lakewood, which affords us the privilege of being an active member of the Lakewood Chamber of Commerce. The clinical staff members are licensed in the field of chemical dependency and/or mental health, are dedicated to helping their clients and are committed to maintaining the health of the community.

**Helping people triumph over
mental illness, alcoholism, drug
and other addictions**

Want to find out more? Check out these RESOURCES:

Stress reducing activities for children and adolescents:

<http://www.healthiersf.org/Resources/pubs/stressRed/StressReductionActivities.pdf>

Managing stress:

<http://www.aap.org/stress/buildresstress-teen.htm>

National Recovery Month:

<http://www.recoverymonth.gov/>

Signs of Depression in Teens:

<http://www.nlm.nih.gov/medlineplus/ency/article/001518.htm>

<http://www.nimh.nih.gov/health/publications/depression/what-are-the-signs-and-symptoms-of-depression.shtml>

Red Ribbon Week:

<http://www.nfp.org>, <http://www.redribbonweek.com>, <http://www.redribboncoalition.com>

Accidental Drug Overdose as #1 cause of accidental death:

<http://www.latimes.com/news/local/la-me-drugs-epidemic-20110918,0,2557221,full.story>

