

LIBERTAS



Libertas provides an adolescent inpatient unit as well as outpatient programs for both adults and adolescents with chemical dependencies. Treatment will help to relieve the pain and suffering of the dependent individual and that of the family and will give them the skills necessary to cope with the disease and make their lives more manageable.

Resource Development Committee

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Things parents need to know about their kids and prescription drugs

Prescription drugs have become the drug of choice for many children.

Access is easy; they just need look in the medicine cabinet or turn to the Internet. Many kids raid their parents' medicine cabinets and sell the drugs on the street or at school. Many kids also purchase them online.

Then, there are "pharm parties," a disturbing phenomenon in which kids bring drugs from their parents' medicine cabinets and use the drugs to get high.

Prescription drugs are now the No. 1 illicit drug among 12- and 13-year-olds, according to the 2006 National Survey on Drug Use and Health.

The Partnership for a Drug-Free America reports that: 1 in 5 teens have tried Vicodin

1 in 10 has tried OxyCotin
1 in 10 has used Ritalin or Adderall for nonmedical purposes
1 in 11 teen has admitted to getting high on cough medicine

One-third of teens agree that there is nothing wrong with misusing prescription drugs. Three out of 10 teens think these drugs are not addictive. (Opiates like OxyContin are the pharmaceutical equivalent of heroin.)

Accidental-poisoning death among youths ages 15 to 25 increased 113 percent between 1999 and 2004, mostly due to prescription and illegal drug abuse, reports the Centers for Disease Control and Prevention.

Regardless of what measures schools take, the primary responsibility for keeping kids

drug-free remains with the parents. Following are steps parents can take to reduce their child's risk:

Talk to your child. Explain the risks and explain them often.

Remove temptation from your house. If your child takes a daily prescribed pill from his doctor, keep the bottle yourself and give him only a day's worth of pills at a time. Dispose any unused pills.

Watch for behavior changes. If you suspect a problem, address the issue. Don't be afraid to consult outside help, like a therapist.

Many parents worry about confronting their child with accusations of drug abuse. But in the end, it may be these very words that save the child's life.

Do you suspect substance abuse?

If you think that someone in your family may be using drugs or alcohol you can contact Libertas to set up an appointment for an assessment. An assessment takes about two hours and Libertas certified alcohol and drug counselors will be able to determine if your loved one needs treatment and if so, what kind of treatment would be best.

Don't expect that your loved one will be able to quit using drugs or alcohol without some outside help. They will need the right kind of support in addition to new coping skills so that they will be able to resist cravings while out in a society where alcohol and drugs are easily available. With treatment an addicted individual can learn to make

positive choices and get themselves back on the right path to a substance free life.

Libertas offers outpatient counseling for adults and children and inpatient services for adolescents from ages 11 to 18.

Help is available and only a phone call away. 920/498-8600

Making a difference . . .

Substance abuse among adolescents continues to be a major issue facing kids and families today and draws no distinction between social and economic circumstances. Further, it has been shown that adolescents are far more vulnerable to addiction than adults. Studies have demonstrated that these facts apply to the Green Bay area, despite a strong tendency for many to deny the seriousness of the problem.

A survey conducted by the Substance Abuse and Mental Health Services Association via the American Hospital

Association estimates that 8.7 percent of adolescents in Wisconsin are in need of substance abuse treatment. This translates to more than 1,000 teens in Brown County alone.

Such statistics illustrate why the Resource Development Committee at Libertas has launched a campaign entitled *Compassion for Kids...Support for Parents*. Having successfully completed Phase I, the campaign is now in Phase II and is 80 percent of the way to the \$4 million goal. These dollars will guarantee that Libertas will always have the resources to be able to

provide help for kids dealing with drug and alcohol addictions. The committee feels strongly about the need for the Libertas services in Northeastern Wisconsin and is committed to reaching the goal.

We like to keep our friends up to date. However, if at any time you no longer wish to receive our newsletter, please contact Patty Mancuso at pmancus@sjcf.hshs.org or call 920/498-8600.

To remove your name from our newsletter mailing list we will need your name and address as it reads on the mailing label of this publication.



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