




topics  
*in*  
parenting



# Signs And Symptoms Of Substance Abuse



# Austin Davis LPC-S

- Grew Up in Saginaw Texas
  - Undergrad in Pastoral Ministry
  - Masters in Counseling
  - Founder and CEO of Clearfork Academy
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# Learning Objectives

- Signs and symptoms
- Prevention techniques
- Where to go when it's out of control

An ounce of prevention is worth a  
pound of cure...Ben Franklin

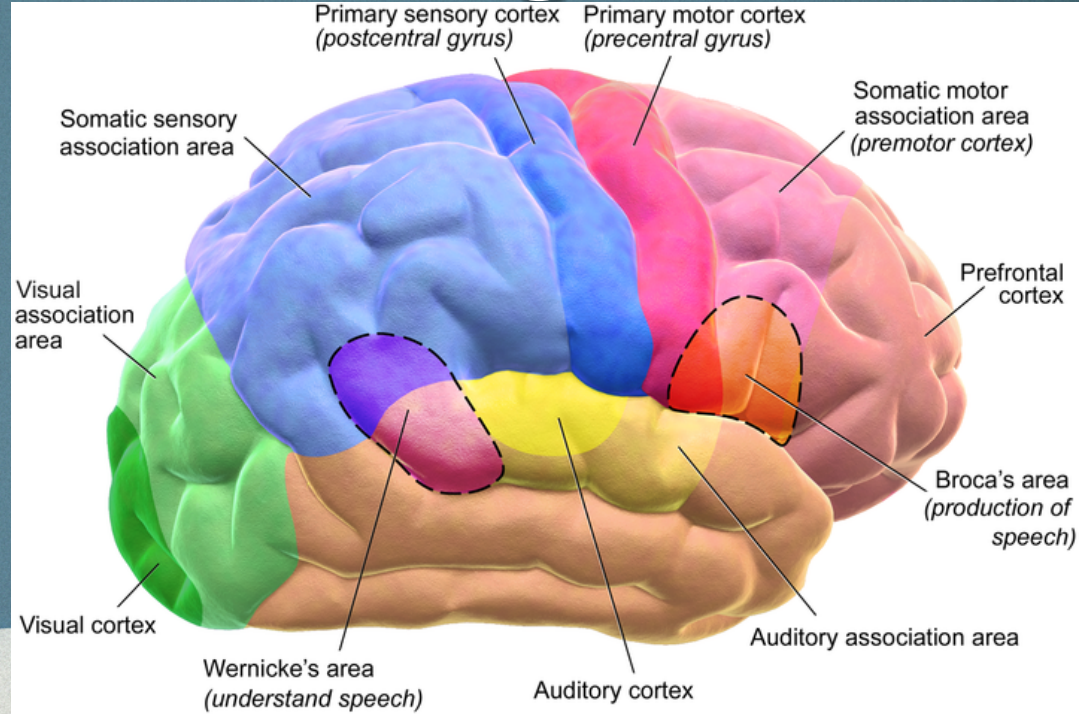


# Myths and Misconceptions

- My kid is out of control and can't be helped
  - Punishment and shame will fix 'em
  - They will figure it out...just kids being kids
  - We will get help when he/she hits rock bottom.
  - I CAN FIX THIS.
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# Our Creative Design

- Reward Pathways
- Emotional Centers
- Memory Centers
- Perceptions and Judgements.



# Our Creative Design

- Dopamine- a feel good chemical
- Serotonin – the happy, anti-worry, flexibility chemical
- GABA- an inhibitory neurotransmitter that helps calm or relax the brain.

# Our Creative Design

- Endorphins – the brains own natural pleasure and pain killing chemical.
- Glutamate- locks the pleasurable experience into memory.


# Is Addiction a Disease?

- Only been around for about 100 years
- Defined as “a departure from health”
- Dis-ease
  - Defect or malady
  - Allergy

# Signs & Symptoms



# 4 C's

- Cravings (dopamine)
  - Compulsion (low serotonin levels)
  - Loss of Control (damage or slowing down of the prefrontal cortex)
  - Continued use despite consequences (lack of judgement)
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**DARLING... GUESS WHAT?**



HOMER, WHAT ARE YOU DOING?

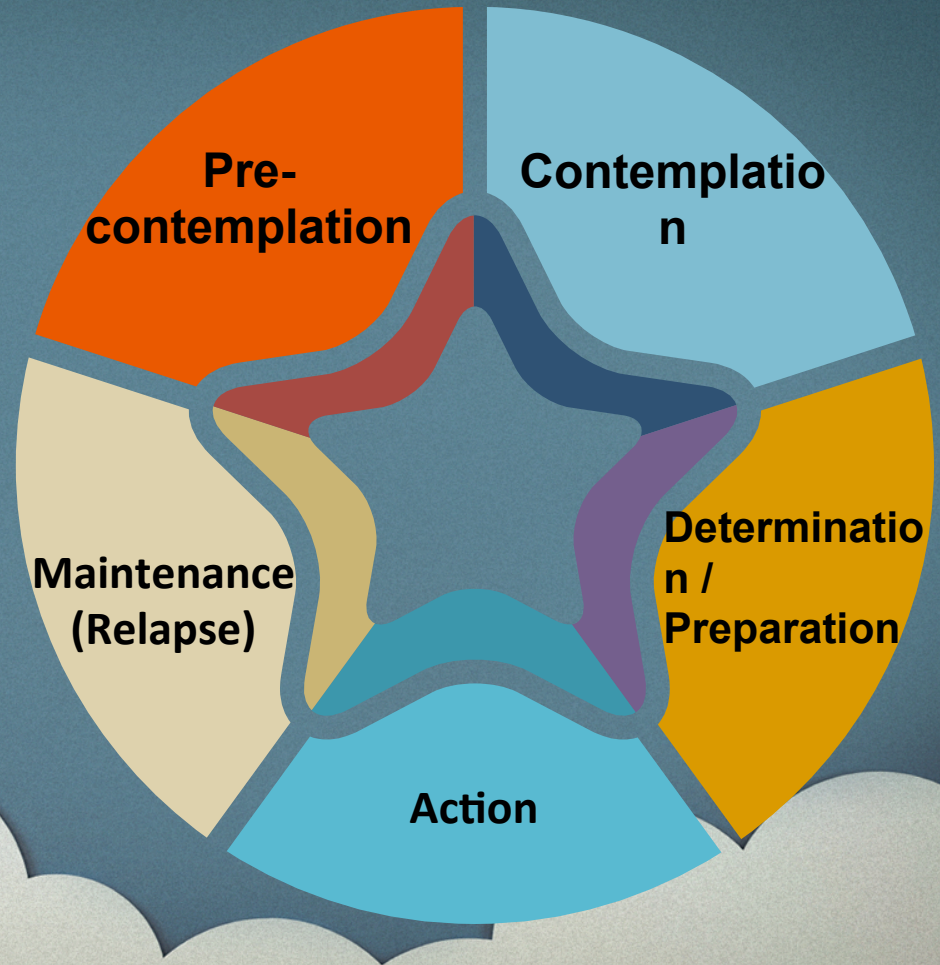
# The Slippery Slope

- First time use
- Substance Abuse...Risky Use
- Substance Dependence / Addiction

Initiation → Tolerance → Dependence



# Stages of Recovery



# Supporting Change In Teens

Collaboration is a long term strategy...  
compliance is short term requirement.



# Supporting Change In Teens

- Sustaining long term change in adolescent requires systems adjustments.
- Explore what environmental changes & substitutes can be developed.
- Develop a team of support which includes individuals from all environments. Ex. parents, teachers, primary care physicians, counselors, coaches, principals, peers, pastors and older/maturing siblings.
- Consistency is vital, many times the therapeutic environment is the most stable & secure environment the patient has experienced.

# Supporting Change in Teens

- Establish a collaborative relationship and create a meaningful connection.
- Establish a goal (To many goals can be overwhelming, fear of disappointment).
- Ask – Tell – Ask vs Tell – Ask - Tell

# Supporting Change in Teens

- Listen for change talk, “ I’m thinking that I need to stay away from my friends”.
- Pause ... .. hold ... .. wait ... .. okay now (approach). Own the silence with the patient.
- Be prepared for resistance.....and role with it.

# Q&A's

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Thank You!!!

