

INFORMATION FOR PARENTS

ON SUBSTANCE USE



As a parent, it can be scary to know or suspect your child may be using substances. If you suspect your child might be using substances, talk with your child's pediatrician. Essex Pediatrics has licensed drug and alcohol counselors and parent support groups to help support you and your child.

TREATMENTS

Individual Outpatient Counseling:

Spectrum Youth and Family Services -
802-864-7423 x230
Howard Center - 802-488-6000

Higher Level of Care:

Young Adults:

Brattleboro Retreat - 802-258-3700
River Rock - 888-308-2624
Valley Vista - 802-222-5201

Teens:

True North - 802-583-1144
The Ridge - 866-619-0078

PHONE NUMBERS

Crisis National Text Line:
Text HOME TO 741741

Northern New England Poison Control
Center:
802-222-1222

Vermont State Police Drug Diversion
Unit:
802-241-5360

SIGNS AND SYMPTOMS

Some signs of drug or alcohol abuse may include: shifts in mood or personality- such as being withdrawn or hostile, behavioral changes- such as disengagement from relationships or absenteeism from school, hygiene and appearance- such as smelling of smoke or alcohol, and/or a decrease in physical health- such as frequent illness or fatigue. If you are concerned that your child may be using substances, find a time in a private setting to talk with your child calmly about your concerns. If appropriate, review resources with your child and speak to their pediatrician together regarding next steps.

RESOURCES

[Please visit \[essexpediatrics.com/resources/\]\(https://essexpediatrics.com/resources/\) for links and additional resources.](https://essexpediatrics.com/resources/)

VTHELPLINK.ORG

Information on warning signs, symptoms, treatment options and recovery.

PARTNERSHIP FOR DRUG FREE KIDS

Reducing substance use by supporting families and engaging with teens.
1-855-DRUGFREE

HEALTHVERMONT.GOV/ALCOHOL-DRUGS

By providing science-based information, the Health Department is working to increase awareness about substances for youth.

PARENTUPVT.ORG

Resources for parents on programs, strategies, and more information.

MY LIFE, MY QUIT

Parents can utilize online support groups, texting support, and educational resources.

VERMONT DEPARTMENT OF HEALTH SUBSTANCE USE PROGRAMS

Focuses on the emotional aspect of eating disorders as well as providing many other resources.

YOUTH SUBSTANCE AWARENESS SAFETY PROGRAM

Program run by Court Diversion as an alternative to court process for underage drug or alcohol violations.

"TALK. THEY HEAR YOU" APP

Substance abuse and mental health services Administration
interactive conversation guide on underage drinking