

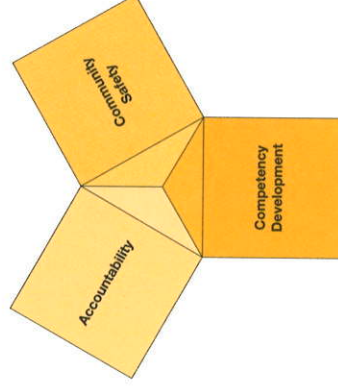
## Signs that your child may be using/abusing Drugs or Alcohol:

- School work has declined; grades suddenly slipping or dropping dramatically.
- Missing school because of skipping or sick.
- Dropping out of usual activities. (Sports, clubs, organizations, etc.)
- Changes in physical appearance. (Poor self care or dramatic style changes.)
- Sudden change in friends and reluctance to introduce them.
- Money or valuables missing from your house or personal areas.
- Secretive behavior. (Bedroom door locked often, lying.)
- Changes in behavior:
  - Aggression
  - Hostility
  - Anxiety
  - Lack of motivation
  - Lack of interest
  - Unusual sleeping habits
  - Unusual eating habits
- Something about your child just doesn't seem *right*.

## What to do if your child tests positive:

- Reference the common substance/false positive packet to see if a medication they take is reactive.
- Calmly address the results in a non accusing manner.
- If you feel it is a true positive or your child admits use, contact your local mental health/drug treatment facilities to schedule a substance abuse evaluation. Please see list of resources on back.

As a parent, it is sometimes difficult to determine just how honest our children are being. Remember, it is very possible their use is more severe than they will let on. Seeking professional help and guidance before the situation escalates is the right thing to do.



\* Parents are limited to 2 drug testing kits per year. This is not a means of treatment.

## What to do if your child tests negative:

Try to remember that there are many daily influences in a child's life. Your child may be experiencing normal adolescent ups and downs. Provided is a list of behaviors that a pre teen/teen may exhibit and a list of behaviors that may require seeking professional help.

- Common behavior:
  - Moodiness- emotional ups and downs
  - Need for privacy
  - Increased independence
  - Occasional sassiness and selfishness
  - Seeking out role models
  - Wanting to fit in
- Behaviors that may require professional attention:
  - Extreme highs and lows
  - Sudden drop in grades
  - Isolation
  - Interest in hurting self or others
  - Sudden change in friends
  - Frequent police contact
  - Increased trouble at school
  - Increase in sick days
  - Ignoring rules
  - Not taking prescribed medication

If you are seeing unusual behavior reference the community resource directory for additional assistance.

## What you can do:

- Be supportive.
- Encourage conversation about your child's day.
- Establish reasonable rules.
- Enforce reasonable consequences.
- Enroll youth in extracurricular activities.
- Know your child's friends.
- Encourage counseling.
- Address serious concerns immediately.
- Get your child assessed for mental health issues.

It is important to remember that your relationship with your children will go through different cycles and stages. Prevention is always the best option. Please reference the list of local service providers for additional help and support.

For additional information or questions please contact the

**Ogle County Juvenile Justice Council**

at:

815-732-1180 ext. 376

Email: [oglejlc@yahoo.com](mailto:oglejlc@yahoo.com)

Or visit our website at:

[www.oglejlc.org](http://www.oglejlc.org)

## Ogle County Community Resource Directory

### Mental Health and Crisis/Emergency Centers

Mississippi Centers – Oregon,

Rochelle, Dixon, Sterling 800-242-7642

Rockford Sexual Assault 815-636-9811

Rochelle Urgent Care 815-562-2181

H.O.P.E. 815-562-8890

(Domestic Violence)

D.C.F.S (Child Welfare) 815-787-5300

Suicide Hotline 800-273-8255

Ogle County Sheriff 815-732-2136

### Substance Abuse Treatment and Resources

Resources

Alcoholics Anonymous 800-452-7990

New Visions (Deter) 800-939-2273

P.H.A.S.E 815-962-0871

Resistance on Harrison 815-391-1000

Mississippi Centers – Oregon,

Rochelle, Dixon, Sterling 800-242-7642

### Youth Participatory Organizations

4H 815-732-2191

Big Brothers/Big Sisters 815-626-2227

Boy Scouts 815-397-0210

Byron Park District 815-234-8435

Girl Scouts 815-962-5591

Oregon Park District 815-732-3101

Rochelle Park District 815-562-7813

Soul Café – Oregon 815-732-2994

## OGLE COUNTY JUVENILE JUSTICE COUNCIL

# Drug Screening Tips, Tools and Resources for Parents

