



Substance Use Roadmap

How to know where to go and when to get support for your child.



But I suspect occasional use.

Are there signs of substance abuse or addiction?
(See side back of this sheet for symptoms.)



I'm really concerned.

Provide support through nonjudgmental listening, expressing concern, and looking at what coping tools are available.

Connect with other supports in community.

Contact your pediatrician or primary care provider.

As part of your plan and in addition to therapy and long-term supports, you can contact your school's counseling office to create a collaborative plan for in-school support.

Counseling offices:
Chelsea High School: call 734-433-2243

For Beach Middle School, South Meadows, and North Creek, call school office and request "support services."

Or call

Kristen Chandler, *Project Success Counselor for Beach Middle School and Chelsea High School*
kristen.chandler@trinity-health.org

Call **911** if there's a threat/high risk of overdose/violence/harm to self/others or take your child to the local Emergency Department.

If your child already has a therapist, share your observations.
If you need a therapist, connect with a pediatrician or Behavioral Health Navigator to discuss options and insurance coverage.
For other services and support, contact the CARES Crisis Team.

Call **Washtenaw County CARES Crisis Team** at **734-544-3050**
(24/7 support; can provide over-the-phone consultations for next steps or can come to your home if Washtenaw County resident.)

Behavioral Health Navigators:
Kathy Walz, LMSW, CPC and **Anna Webber, LMSW**
BHNavigator@trinity-health.org • 734-680-5312

See other side of page for more details on symptoms of use, abuse, and addiction.



What are the risks of underage substance use?

Underage substance use can lead to the following physical, mental, and emotional symptoms and health risks.

Symptoms of occasional substance use:

Possible signs of intoxication:

- Drastic changes in energy levels
- Slurred speech
- Inability to walk in a straight line
- Lack of focus

Possible symptoms of use and/or abuse:

- Decline in personal hygiene
- Uninterested in hobbies. Dropping out of activities, sports, or clubs.
- Talk more about feeling worried, stressed, or anxious
- Abrupt change of peer groups
- Change in sleep habits
- Unusually irritable or angry
- Grades slipping
- Taking money from family members
- Drastic changes in energy
- Have you suspected your child was intoxicated or high?
- Have you found items suggestive to substance use or abuse?

Symptoms of substance abuse or addiction:

Symptoms of abuse and addiction are cumulative. If your child is exhibiting a disruptive pattern of 2–5 of the below symptoms over a 12-month period, they may be struggling with **significant substance abuse**. If they are exhibiting 6 or more of these symptoms over a 12-month period, they may be experiencing **addiction**. Addiction should be immediately addressed. See other side of page for appropriate steps you can take.

- They're using the substance more often or in greater amounts than they intended.
- They're unable to control or stop use even though they want to or have attempted to quit.
- They spend a majority of their time obtaining, using, and recovering from the substance.
- They have a strong urge/craving to use the substance.
- Use of substance has caused them to fail in fulfilling obligations at work, school, or home.
- They've continued to use despite it regularly causing social or interpersonal problems.
- They give up or reduce important social or recreational activities because of the use.
- They repeatedly use in situations that are physically dangerous or harmful.
- They continue to use despite experiencing recurring psychological problems they know are likely caused by the substance.
- They use the substance to relieve or avoid withdrawal symptoms.
- They need to continually increase the substance amount to still achieve intoxication/high.
- They use the substance to relieve or avoid withdrawal symptoms.
- They're becoming paranoid.
- They're not making sense.
- They show signs of severe intoxication.

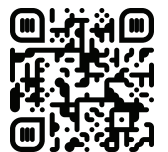
Cited Sources: SAMHSA, DSM-5



Scan the QR code on the left or go to srsly.org/substance-abuse-guide to view our full Substance Abuse Support Guide.



If you're concerned your child may overdose, Chelsea Wellness Center now has a **FREE naloxone (NARCAN® Nasal Spray) dispenser**. There are no harmful effects on those not overdosing so can be administered in case of suspected overdoses. For signs of an overdose and steps to administer, scan the QR code on the right.



See other side of page if your child has been experiencing any of the above signs of intoxication or symptoms of possible substance use/abuse.