

The Need for Effective Youth Supervision

One of your best parenting investments is the time and effort spent supervising your child's daily activities. Restricting access to unsafe people and places (to connect) is essential. This means your child needs to check-in with you regularly and you need to be able to verify his/her location.

Our love for our children is unconditional. When they are using alcohol or drugs, our trust is not.

It is important to network with parents of your child's friends. Before allowing your child to spend time at a friend's house, meet the parents. Ask if the parent will be home during your child's visit. Ask if your child is allowed to leave their friend's home... request that the parent call you if this happens.

When your child participates in after-school or extra-curricular activities, ask the activity leader to call you if your child leaves the activity early.

Limiting your child's discretionary cash is also a useful way to limit access to alcohol/drugs. If you give your child money for a specific purpose, request a receipt and your change and ask to see the item.

Drug-Free Coalition of North Central Minnesota

The Drug-Free Coalition of North Central Minnesota began in 2002 to combat underage drug and alcohol use and related youth violence. With the support of North Country Health Services, United Way of Bemidji Area, and more than 50 community partners, the Coalition promotes community collaboration and develops strategies to combat underage drug and alcohol use.

If you are interested in resources to help a child, friend, or family member with drug or alcohol problems, please visit the Drug Free Coalition Website at www.drugfreencmn.com. If you are interested in becoming a member of the Coalition or helping to partner in the Coalition's work, please contact the Coalition at 444-5752 or by email at badtf@paulbunyan.net.

Supporters

The following supporters contribute directly to the success of the Drug-Free Coalition of North Central Minnesota:

Beltrami County
Federal Drug-Free Communities Office
North Country Health Services Fdn.
Northwest Minnesota Foundation
United Way of Bemidji Area

This brochure was produced by the staff at Evergreen House, Inc. for the Drug-Free Coalition of North Central Minnesota

What To Do If Your Child Has a Positive Test for Alcohol/Drugs



Community Resources & Help

Brought to you by:
THE DRUG-FREE
COALITION OF
North Central
Minnesota



www.drugfreencmn.com

Parents—The Anti-Drug

Chances are that by the time you find out your child has an alcohol or drug problem, it has been going on for quite some time. Parents rarely catch their child's first use. Yet, in national surveys, youth consistently report that parental disapproval of alcohol/drug use is a strong deterrent. It is important that you talk with your child about your values regarding drug and alcohol use. *For resources and ideas on talking with your child, visit www.TheAntiDrug.com.*

The use of illegal drugs is increasing, especially among young teens. The average age of first marijuana use is 14, and alcohol use can start before age 12. The use of marijuana and alcohol in high school has become common.

Drug use is associated with a variety of negative consequences, including increased risk of serious drug use later in life, school failure, and poor judgment which may put teens at risk for accidents, violence, unplanned and unsafe sex, and suicide.

American Academy for Child and Adolescent Psychiatry Fact Sheet on Teen Drug & Alcohol Use

For Fact Sheets on Teen Alcohol and Drug Use and other issues, visit aacap.com.

Community Resources

School Social Workers can help connect you with intervention resources. Simply call the main phone number for your child's school and ask for the school social worker. Jen Kovach-444-1600, x3388 is the ISD 31 Safe and Drug-Free Schools Coordinator.

Evergreen Youth Shelter Program (218-751-4332), 622 Mississippi Ave., Bemidji. Support is available to community youth and families with no residential stay required. Evergreen staff have years of experience coaching parents and youth on drug and alcohol use issues. Home drug test kits are available for purchase at \$5/kit, and instructions are provided. Evergreen serves youth in a multi-county area, including Beltrami, Becker, Cass, Clearwater, Hubbard, Itasca, Mahnommen, and more.

Bemidji Rock Sober (Youth Group), a project of the Evergreen Youth Recovery House. Contact Tammy or Peter at 218-760-3528 or 218-751-2466. Rock Sober Bemidji is available to youth ages 14 through 18 who are interested in exploring sobriety with sober peers. Meetings are Mondays (sober support) and Fridays ("alternative high" activities).



Resources (Continued)

White Earth Wellbriety—(218) 936-5653, contact Henry Fox. This is a Native American culturally-based program that focuses on multiple aspects of wellness.

Rule 25 Chemical Dependency Assessment—available through either Beltrami County—(218) 333-4223 or the outpatient alcohol/drug counseling providers listed below. Rule 25 Assessments can determine how serious a drug or alcohol problem may be and whether treatment services are needed. For income-eligible individuals, a Rule 25 Assessment may also make available treatment funding through the Consolidated Chemical Dependency Treatment Fund (CCDTF). Each county and tribe in Minnesota has CCDTF monies.

Outpatient Alcohol/Drug Counseling

- * **Lakes Region Chemical Dependency—444-5740, 1510 Bemidji Ave/Chief Plaza, Bemidji.**
- * **Leech Lake Outpatient—335-8308, Cass Lake.**
- * **Red Lake Alcohol Rehab.—(218) 679-3392 or (218) 679-3395, Red Lake.**
- * **Upper Mississippi Mental Health —751-3280, 722 15th Street, Bemidji.**
- * **White Earth CD Program—(218) 983-3285, x1297, 35708 County Hwy. 21, White Earth.**

Other Resources

Alanon—218-444-2525, 1225 Anne St., Bemidji. Alanon can provide important support for parents, siblings, spouses, or others affected by alcohol or drug use. For a parent dealing with a child's alcohol/drug use, it's important to get support to sustain you as you help your child.