



## P.E.A.S.E. Academy Support & Resources

For students, parents, families and peers living with addiction and recovery, and looking for support and education.

### Tips for Parents

Keeping students safe

#### P.E.A.S.E. Provides:

Classes  
Support  
Peers  
Mentors

For students to stay sober, stay in school, graduate and live a strong future.

### SUBSTANCE USE: WHAT TO LOOK FOR & DO

Drug and alcohol use can sometimes be difficult to spot. Here are some signs to look for and actions to consider if you are concerned about your child and substance abuse.

## Nine Things Parents Can Do

- 1 Keep all medication and alcohol locked and secure.
- 2 Check in with your child when they come home at night or after school.
  - Notice eyes: redness, dilated or constricted pupils, lack of tracking
  - Are they excessively energized, tired, seemingly in an abnormal state?
  - Are they tracking conversations? Are they speaking in a coherent way?
- 3 A change in friends, interests, patterns in sleeping
- 4 A decline in academic performance or a decline in interest in activities they once seemed very engaged in.
- 5 A significant shift in attitudes towards family and/or participation in family events.
- 6 The first time you notice your child coming home high or under the influence, have a significant consequence. If the child continues to use even after a good consequence, it may indicate a bigger issue.
- 7 Don't be afraid to talk to other parents, faith leaders, doctors, or chemical health specialists.
- 8 If you suspect there might be a problem with your child's use, take your child in for a Chemical Health Assessment. These are either covered by insurance, or in Minnesota, the county through Rule 25. Let a trained professional determine the severity of your child's use and what the best course of action may be.
- 9 Remember, if an adolescent is using/abusing/addicted to drugs, including alcohol, it is NOT an indictment of you as a parent. The disease of addiction does not discriminate and impacts people from all walks of life and family structures.

For more information about P.E.A.S.E. Academy and its programs and services, please contact Director, Michael Durchslag at 612-378-1377

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