

SIGNALS OF ALCOHOL TROUBLE

SOCIAL

- irritability
- frequent or increased quarreling with friends or family
- destructive behavior
- withdrawal
- lack of motivation

PHYSICAL

- Malnutrition -tolerance
- withdrawal problems -gastritis, ulcers -exhaustion
- frequent colds -bronchitis, TB
- high blood pressure -repeated accidents -blackouts
- liver disorder
- spider angioma -peripheral neuropathy -brain damage

FINANCIAL

- short on cash
- poor work performance
- job jumping
- missing classes or work because of alcohol

EMOTIONAL

- depression
- anxiety
- irritability

TIPS FOR COMMUNICATING WITH ADOLESCENTS

1. Never give up on an adolescent--she/he needs you!
2. Set aside time each day to talk to your child--a meal, bedtime, early in the morning—especially when there is no problem.
3. Meet your child's friends.
4. Share your own problems-solving experiences openly. Don't be afraid to show that you are human and can make mistakes.
5. Praise your child for accomplishments, no matter how small.
6. Honesty in expression of feelings leads to honesty in return.
7. Focus on the feelings of the whole family, taking the pressure off any one child.
8. Consider making "I need" statements to your child instead of *commanding* or *insisting*.
9. Give your teen REAL choices in day-to-day family life circumstances.
10. Look at your own relationship with substances. Are you a good role model?
11. Be alert to signs and symptoms of any problem, and don't be afraid to confront your teen. Most teens respond very positively to the safety and structure of parental concern.
12. Highlight the specialness of each child in your family, rather than comparing them.
13. Be reasonable in your expectations of your teen.
14. Try real negotiating and even use contracts, if helpful.
15. Don't feel guilty or ashamed--everyone has family problems. It's the family that takes simple steps to work on those problems that can be most proud and can make the most progress.
16. Don't try to control what you cannot control. Recognize and have faith in your teen's ability to fail, learn, and bounce back.