

# Teenage Alcohol and Drug Abuse

In today's world, it is feared by many parents of teenagers: drug and alcohol abuse. With all of the advances in technology, it is very difficult for a parent in today's world to be able to monitor what their child is doing, reading, or who they are communicating with.

Alcohol and drug (AODA) abuse is a risky behavior with negative ramifications and is something that often occurs without parents being aware. It is known to many teenagers that drugs and alcohol are easily accessible and many teens are at risk due to their vulnerable nature.

We wanted to take the opportunity to share with you some of the warnings signs to watch for:

- Change in friends (also may be secretive about his/her friends, parents never having met friends)
- Drop in grades
- Anger, aggression
- Mood changes (depressed, sad, hopeless)
- Change in usual activities (not partaking in hobbies/interests/sports once enjoyed)
- Sexual promiscuity
- Anxious
- Change in sleeping patterns
- Stealing
- Skipping school
- Defiant behavior, lack of respect for others
- Appears careless or indifferent

If you have witnessed any of the above behaviors in your teen, take immediate action.

Remember that you know your teen best. If you suspect alcohol or drug use, talk with your teenager. Ignoring your concerns will not make a problem go away, and further enables the problem.

If you need guidance with how to approach your teen or what questions to ask, consult a professional therapist.

Our office will be happy to have a consultation with you to address your questions or concerns and to make sure your teenager gets the help he/she needs.

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## GARY BREUER, MA, LPC



My private practice is located in North Scottsdale, within the offices of PsychArizona. I work with children (ages 6 and older), pre-teens, adolescents and adults. I work with individuals, couples and families with issues of anxiety, depression, trauma, grief and loss, career, academic and workplace issues, relationship issues, LGBT concerns, personal growth and spirituality.

I use various therapeutic approaches depending on the needs of the client. These approaches include developmental, humanistic, cognitive-behavioral, existential, family-systems, mindfulness-based, transpersonal, and EMDR (Eye Movement Desensitization and Reprocessing). EMDR is a model used for the treatment of trauma, and has also been found to be successful in the treatment of various other disorders as well.

I have experience providing professional counseling in clinical, business, and school settings.

Apart from my private practice, I am also a Reiki Master and have a great appreciation and respect for alternative as well as conventional treatment approaches.

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