



Pablo Moreno LPC-S

DRUG ADDICTION

Adolescence is a very difficult time for a teenagers, as a result, teens become vulnerable to destructive patterns of behavior. One of these destructive patterns is the vicious cycle of drug abuse/addiction. While most teenagers see drug abuse as having casual fun with friends, they don't realize that this casual fun can become a dangerous monster called addiction.

While most teens use drugs as a coping mechanism for their issues, these teens don't realize that continuous use can lead to drug addiction. Most adolescents rationalize drug use and defend their drug of choice, not knowing that the drug they are defending can be their worst enemy. This addiction is so powerful that these teens are willing to give up everything for the drug.

Here are some things parents should look for if they are suspicious their child maybe using drugs. Any sudden change in appearance, friends, behavior and interests. Some indications of drug use may include following:

1. Evidence of drug paraphernalia
2. Emotional distance
3. Lying about social outings/ breaking curfew/ leaving with out permission
4. Change in sleeping and eating patterns

It's very important parents/family members understand what addiction is.

Process of Addiction: 1. Experimentation- Occurs at 10-15 years of age. It can be learned or peer pressured. 2. Start Using- May like the effect, use it once in a while. 3. Abusing- Continue to use despite negative effects. Starts lying and manipulating people. 4. Dependency- Develop tolerance and withdrawal symptoms.

Addiction Cycle: 1. Restless, irritable and discontent. 2. Obsession with the drug kicks in. 3. Starts using. 4. Craving gets stronger. 5. Start to binge on the drug. 6. Life becomes unmanageable 7. Starts feeling /suffering some negative consequences. 8. Promise to quit. 9. Promise may last for two weeks or less. 10. Cycle begins all over again from stage one.

There are various treatment options for drug abuse/addiction, however most common one are the following:

Detoxification- addiction cause sever withdrawals that teens may need medical supervision and treatment to get them through the withdrawal process.

Residential Rehabilitation- these teens cannot stop the use of drugs on their own. They need 24 hours supervision.

While in Rehab teens are taught skills that will help them in recovery,. They will get individual and group counseling. In addition, they will also be exposed to the 12 step program.

Out Patient Program- This are for the teens that have successfully completed Rehab. Moreover, also for teens that know they have issues and need to learn skills for their recovery.

Book Recommendation: Pathways to Self-Discovery and Change: A Guide to Responsible Living
Author: Harvey B. Milkman

Office Hours
Monday - Friday
From : 8:00 AM - 5:00PM

Evenings and Saturdays
By Appointment Only

Professional Counseling Services, PLLC

3222 S. Sugar Rd.
Edinburg, TX 78539
Phone (956) 316-4900
Fax (956) 316-4901