

Pointers **for Parents**

Coping With Teen Substance Abuse

(NAPSA)—Living with a teen who has a substance abuse problem can take an emotional, mental and physical toll on an entire family.

With special care, patience and coping strategies, parents can help meet the challenge of overcoming drug or alcohol abuse. Some tips include:

- **Find support for the whole family.** This includes family counseling as well as seeking out guidance counselors, religious leaders and friends.



When a teen has a substance abuse problem, it's important to find support for the entire family.

- **Educate the family about the condition and the treatment.** Understanding the condition can help parents make wiser choices, including how to recognize early signs of substance abuse.

- **Recognize that relapses may occur.** According to the experts at Eckerd Academy, this does not necessarily mean that treatment has been ineffective. For example, a recovering teen will need similar structure or rules when he or she returns home.

With campuses in Georgia and Tennessee, Eckerd Academy specializes in helping troubled teens. For more information, contact (800) 914-3937 or visit www.eckerdacademy.org.