



Is My Child Using Drugs?

A recent survey of parents found that 8 out of 10 parents would like more information on the warning signs when it comes to drug use. Unfortunately, there's no easy way to figure out if your teen is using drugs or alcohol. Many of the signs and symptoms are also, at times, typical adolescent behavior. Some may also be mental health issues, including depression or anxiety disorders.

Listed below are just a few signs that could be related to substance abuse. If you have noticed changes in your child, don't be afraid to ask your teen direct questions like, "Have you been drinking?" or "I've noticed changes in your behavior lately, are you abusing prescription medication or using illegal drugs"?

While no parent wants to hear a "yes" response to these questions, be prepared for it. Decide, in advance, how you will respond to a "yes". Reassure your child that you are looking out for him or her and that you only want the best for his or her future.

Below are just a few of the signs to watch for with your child:

- Withdraws from family
- Becomes more secretive about activities
- Has a sudden change in friends - hanging around kids you don't know
- Lower grades, getting into trouble at school
- Slurred speech, avoiding eye contact



If you suspect your teen may be using, the Fountain Hills Coalition offers an Early Action Kit, a 5-panel drug testing kit available at Fountain Hills Fire Station #1, 16426 E. Palisades Blvd. It is free of charge and absolutely no questions asked. If you would like more information regarding intervention and teens, please download this [Intervention Guide](#).

COME VISIT US!

The Fountain Hills Coalition will have a booth at the Women's Expo this Saturday from 2-4PM at the FH District Learning Center.

Fountain Hills Family Practice is sponsoring the event to shine light on important

topics related to women's health and wellness. There will be light refreshments, light shopping and great speakers! For more information contact Suzanne at smhummel123@gmail.com.

"Live your Dreams" with Seth Loveless

On March 26th, LA recording artist, Seth Loveless spoke to nearly 200 FHHS students on campus during a lunchtime presentation. Seth spoke candidly on how alcohol and illegal drug use by his dad and stepdad negatively affected his family while growing up. Rather than allow those difficult experiences define or take control of his life, he found something that he became passionate about-music. Seth shared a few of his original songs and delivered a heartfelt message about staying true to oneself.

His message was simple: "If you follow what you're passionate about, you never know where it will lead you. Live *your* dreams".



Students stay after Seth's presentation to speak with him personally.