



What to do if you suspect your child is using alcohol or other drugs:

1. **Talk but do not accuse.** Tell your child what you have observed and express your concern. Use "I" statements instead of "you" statements. Keep calm. Express your desire for mutual communication.
2. **Listen.** Give your child an opportunity to respond. Paraphrase back what your child says to you. Do not be surprised by strong statements of denial.
3. **Discuss.** Share with your child your expectations of their behavior. State clearly your feelings about the use of alcohol and/or drugs. Tell them what the consequence will be if they use alcohol and/or drugs.
4. **Professional counseling if symptoms persist.** If signs and symptoms of alcohol and drug abuse continue, seek professional counseling.

What to do if you know your child is using alcohol or other drugs:

1. **Talk.** Tell your child the facts that you know. Express your deep concern. Keep calm. Express your desire to help your child deal with this problem.
2. **Listen.** Give your child an opportunity to respond. Do not be surprised at strong statements of denial.
3. **Discuss.** Regardless of the denial, repeat calmly the facts and discuss with your child the consequence that will follow.
4. **Professional counseling.** Even if the alcohol and/or drug use is in its beginning stages, it is still a good idea to seek counseling.
5. **Professional treatment.** The counselor will help you determine if a treatment program is necessary.

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is available to you by your employer and can help you deal with
alcohol and drug issues in your family.
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