

Teens: Medication, Alcohol and Drug Use

Teenagers

Medication doesn't cure ADHD, but it helps regulate the brain and improves attention while reducing agitation.

The objective of medication is **to reduce the symptoms of ADHD during its active time.**



Side effects are not to be ignored or taken lightly. They can present serious risks and can have important impacts on the teenager's health.



Risks are greater if :

- a high dosage is taken;
- the medication is not taken as prescribed;
- the medication is combined with alcohol.

Alcohol can amplify undesirable effects of ADHD medication.



Drugs can create serious and risky interactions with prescribed medication. Their combination can be dangerous and unpredictable.

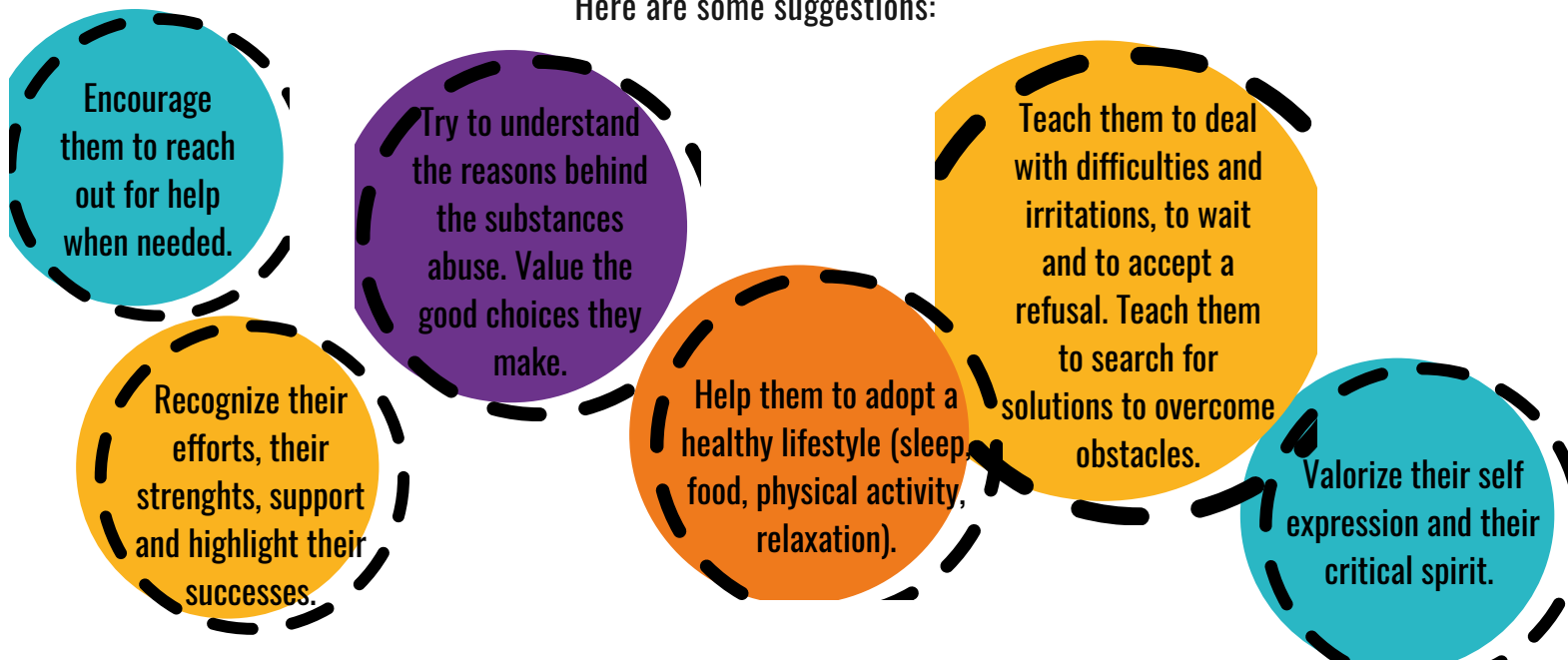
Why are teenagers vulnerable to substances abuse?

Teenagers use substances for many reasons: curiosity, desire to fit in, the calming or euphoric effect. It can be a rebellious act against parental authority and rules, a search for sensations or a way to avoid emotions and difficulties. It's hard for them to resist the social pressure and the need to be accepted.

Usage in itself is not necessary the problem, it's more about the experience and the impact of this usage.

Recommended interventions

Your attitude is important. Even when teenagers don't seem to listen to you, you still have a great impact on them. Here are some suggestions:



Some behaviors can contribute to greater risks of substances abuse in teenagers:

- Neglecting, avoiding or ignoring problems only contribute to maintain them in place. Teenagers must learn to face their problems and learn to find solutions while taking their responsibilities.
- Trying to reduce substances use is not useful. Understanding the root of the problem is the first step to address it.
- Giving them money when they have financial problems related to usage is not a good solution. Teenagers need to learn to deal with the problems arising from their usage.

Some good practices for teenagers

Here are some solutions to help them regulate their usage

- Alternate between alcoholic and non-alcoholic beverages.
- Monitor usage with the help of a friend.
- Set a maximum quantity of drinks.
- Don't mix up substances.
- Don't combine alcohol and energy drinks.
- Plan your way back: taxi, bus, assigned driver.
- Avoid high risks activities during usage (swimming, using tools, etc.).

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For more tips and tricks to help you support people with ADHD, don't hesitate to contact us!