



## Signs Your Child Is Using Alcohol or Other Drugs

Extreme mood changes  
Change in friends  
Consequences don't matter  
Drop in grades  
Expelled or other discipline issues at school  
School attendance is irregular  
Change in appetite  
Missing alcohol or medicine  
Change in appearance  
Arrested  
No longer interested in past favorite activities  
Sleeping patterns have changed  
Their eyes are red-rimmed  
Household money/valuables missing  
Hostile and uncooperative  
Withdrawn, tired and/or depressed  
Family and/or friends mention concerns

### VIDEO

<https://www.youtube.com/channel/UCgprKcNXmnehwxRUJjr8zVg>



### RESOURCE APP

Child (of any age) abusing and/or addicted to alcohol or other drugs.

**DOWNLOAD EVERY RESOURCE YOU NEED.**

Search for  
"Parents Helping Parents Edmond"

## MY "CHOICES" CONTRACT

The essence of detachment with love is responding with "choice" instead of reacting with anxiety.

The key is to stop being responsible FOR others and be responsible TO them and ourselves.

1. I choose not to participate at every fight my addict/alcoholic invites me to.
2. I choose to reclaim my power to be present in my child's life on my healthy terms – rather than as a defensive reaction to the addict's shrill mandates.
3. I choose to set healthy limits with kindness rather than fury.
4. I choose to allow my boundaries to match my values. (I will test every boundary against this.)
  - a. Example of what one set of parents did – Their value – Stealing is wrong. It carries a consequence and should, but bailing him out for stealing removed the consequences. So, they made a choice to change that behavior and to stop bailing him out when he did things that were against their values. Since they were changing their behavior, they sat their son down and told him what he could now expect from them. If he was caught stealing and ended up in jail, they were NOT going to bail him out. That was unacceptable behavior. It didn't match their values and they were no longer going to take actions that enabled him to avoid the consequences of what he had done. This family also felt that jail was still safer than him being on the streets shooting heroin. We began to see jail as "protective custody."
5. I choose to detach from the actions, the crimes, the drug use, the lying and every other terrible thing my loved one does to himself and others in his efforts to continue his drug use.
6. I choose to love and support the person that I know is inside my child – not the addiction controlling their life. Consequently, I will help them in ways that support their recovery – not their addiction.

## RESOURCES FROM PARENTS HELPING PARENTS

### Parents Helping Parents Chapters

**Edmond Chapter:** Contact us at (405) 501-3636 [edmondparents@aol.com](mailto:edmondparents@aol.com) The Edmond Chapter meets on the first and third Tuesday each month at McLaren's Pantry located at 3414 S. Boulevard in the Boulevard Shopping Center, SE corner of 33rd & Blvd. The restaurant is closed to the general public at 6 PM. The meeting is from 6:30 to 7:45. Parents Helping Parents provides support and resources for parents of substance abusing children (any age child). This is an anonymous meeting and no cost or reservations required. For more information please call (405) 501-3636.

### Families Anonymous

A support group for parents dealing with a child (any age) abusing alcohol or other drugs and/or dealing with severe behavioral problems. They meet each Monday night at the Memorial Road Church of Christ (1/4 mile East of Eastern on the north side of the road) in room A122. The entrance faces Memorial and shows "Guests" over the entry way. [www.familiesanonymous.org](http://www.familiesanonymous.org)  
Meeting time 7:00 pm – 8:00 pm.  
For information call Carolann at (405) 249-7110

### Alcohol Anonymous Consultant (Teens & Adults)

Contact Brian T. at 641-5457. He will give you suggestions on which meeting would be best for you or your loved one and an overview of the AA program. You may remain anonymous.

### Teen Recovery Solutions

This resource provides a recovery high school, alternative peer group, and drug and alcohol assessments for teens. JD Fennell, Executive Director 405-843-2402  
Ana Lankford, M.S., LMFT, Program Director 405-843-9100 | 7101 N Classen Blvd., OKC 73116 [teenrecoveryolutions.org](http://teenrecoveryolutions.org)

Mission Academy High School  
For school, counseling, assessments, and support groups. 7101 N. Classen Blvd., OKC 73116  
(405) 843-9100

### Celebrate Recovery (Transformation Recovery)

<http://www.moj.com/celebrate-recovery>  
If you are looking for a safe and anonymous atmosphere where you can become free from pain and addictive, compulsive, and dysfunctional behaviors by working through Christ-centered biblical principles, Transformation Recovery is the place for you. Take advantage of this opportunity to find peace, serenity, joy and most importantly a stronger personal relationship with God and others. Call (405) 340-7400. 1100 E I-35 Frontage Road, Edmond, OK 73034

### Educational Series

A Chance to Change Foundation conducts a free Community Education Series on substance abuse Each Monday 6-7:00pm, 2113 W. Britton Road 405-840-9000 • [info@chancetochange.org](mailto:info@chancetochange.org) [www.achancetochange.org](http://www.achancetochange.org)

### Licensed Professionals For Adolescents

Karen Mannix, LPC, LADC, Cell: 406-1891

### For Adults

Kyle McGraw, LPC, LADC, Cell: 761-1740  
Patty Gail Patten, MS, LADC, Office: 818-1585

### Christian Counselor

Vicky Robinson, MS, LADC, Office 715-4851

### Drug Testing

Edmond Family Counseling - 341-3554  
1251 N. Broadway, Ste C, Edmond, Ok 73034  
[www.edmondfamilycounseling.org](http://www.edmondfamilycounseling.org)

Specialized Outpatient Services  
W: 405-810-1766 ext. 321; 5208 Classen Circle OKC, 73118  
Online referrals: [www.okcsos.org](http://www.okcsos.org)  
Hours: M-F (9am-8pm); Sat.-Sun. (9am-5pm, by appt.)

### Co-occurring Disorders

Sometimes a mental disorder leads to alcohol/drug abuse, and sometimes it's the alcohol/drug abuse that leads to the mental disorder.  
For more information on brain disorders, treatments and services visit [www.NAMI.org](http://www.NAMI.org) NAMI (National Association of Mental Illness)  
Support group meetings are held every Monday at 6:30-7:45pm at Crossings Community Church, 14600 N. Portland, OKC. For a complete list visit NAMI Edmond-North OKC's website [www.namiedmond.org](http://www.namiedmond.org). For more information about any of the (always free) programs call (405) 408-0886 or email [edmond.NAMI@gmail.com](mailto:edmond.NAMI@gmail.com).

### Oklahoma Outreach Services

Parents support meetings are held every other Wednesday for parents. The meeting is located at the A Chance to Change, 2113 W. Britton Rd. Meetings will be held from 6:30 to 8:00pm every other Wednesday night. For more information about the meeting, contact Linda Morgan at (405) 227-6640 or email [linda.morgan3@cox.net](mailto:linda.morgan3@cox.net). The meeting is free to the public.

### Family Consultation and Interventions:

Specialized Outpatient Services  
James Patterson, ICADC  
Love First Interventionist  
W: 405-810-1766 ext. 0, C: 405-205-8251  
5208 Classen Circle OKC, OK 73118  
[www.okcsos.org](http://www.okcsos.org)

### Outpatient and Intensive Outpatient (Adult and Adolescent) Assessment and Treatment Programs

Specialized Outpatient Services  
W: 405-810-1766 ext. 0  
5208 Classen Circle OKC, 73118  
Online referrals: [www.okcsos.org](http://www.okcsos.org)  
Hours: M-F (9am-6pm)

### Mission

Caring parents offering hope through resources, education and shared experience

### Website

[ParentsHelpingParents.info](http://ParentsHelpingParents.info)

### E-Mail

[edmondparents@aol.com](mailto:edmondparents@aol.com)

### Edmond Parent Alert

A quarterly resource newsletter mailed to all Edmond homes with children ages 11 to 17.

**RECORDED MESSAGE FOR PARENTS 629-6384.**

### Who We Are

Parents Helping Parents is a not-for-profit, 501(c)3 organization.

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**We appreciate all donations!**

Please mail to:  
Parents Helping Parents  
PO Box 31594  
Edmond, OK 73003

This newsletter is provided by a grant from the City of Edmond.

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