



Family Newsletter

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Sponsored by Weston High School PTO, Weston Middle School PTO and Alcohol and Drug Awareness Program of Weston, Inc.

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Adderall Use or Abuse: The High Cost of Success

By Roni Cohen-Adler

Adderall seems like a miracle drug. Children or teens diagnosed with ADD are more motivated and focused. Grades improve and years of frustration over homework and studying disappear.

Those who are not diagnosed with attention deficits also crave its positive effects. Adderall's striking benefits can seduce parents into not seeing—or ignoring and even condoning—their kids' abuse of their own or others' prescriptions. Of great concern are the harmful, even frightening, effects of misusing this drug.

Recently the father of a college graduate related with great pride that his son was "finally on a roll." Struggling with ADHD all through school, Rob had been an indifferent student. At his first full-time job he was suddenly on fire and writing a book. But he had been staying up late to write and was having trouble getting up for work. His newfound confidence, initially gratifying to his parents, had grown worrisome. Speaking fast, going nonstop, and making all sorts of lofty plans, Rob was less and less able to function at his job. He consulted a psychiatrist at his parents' insistence. Rob was diagnosed with an acute manic and psychotic reaction to Adderall abuse. One month later he was rushed to the emergency room as delusional and combative. The diagnosis: acute Adderall overdose.

Naturally, parents are delighted to see children gain the focus, energy, and productivity vital for success. However, if changes seem too sudden or great, consider the possibility that Adderall or another psycho-stimulant is responsible. When misuse is discovered, many kids are relieved to know that their parents don't condone success at all cost—and they benefit from alternative strategies, such as learning healthier organizational and study skills.



Get the Straight Dope Free Lunch and Learn



Join us for an informal, complementary lunch and talk by John McGeehan, MSW ADC, educational counselor for ADAP's successful Youth Leadership Council.

John will talk about decisions teens make as they are exposed to alcohol and illegal drugs, what they are thinking, and how parents can help. There will be an opportunity to ask questions.

Celeste McGeehan, ADAP President, will host the lunch at her home, at 45 Cavalry Road on Monday, March 19 at noon.

Contact Celeste at mcgeeh4@aol.com or 227-5652 by Fri March 16 if you want to attend.

Mountain Laurel Tickets Will be Mailed

Freshmen and Sophomores... check your mailbox the week of March 12 for the Mountain Laurel Dance invitation. The dance will be held on Saturday, March 31, at Temple Israel, 8-11:00 pm.

Tickets are \$40 per person and must be purchased by mail and accompanied by a contract signed by the student and their parent or guardian.

Students may invite a guest. Just remember to submit a signed contract for the guest.

Chaperones are desperately needed. Please contact Olga Kunevsky at olga.source@sbcglobal.net or 226-7499 if you can help or have any questions.

Parent to Parent Tips

"Adults drink, so what's the big deal?"

Teens are in a stage of rapid physical development so their bodies process alcohol differently than an adult body. After two drinks, a young person is ten times more likely to have a traffic accident than an adult who has had the same amount.



The Alcohol and Drug Awareness Program of Weston
 P.O. Box 1241, Weston, CT 06883
 www.weston-ct.com

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Mar 19 — Get the Straight Dope Lunch
 Mar 31 — Mountain Laurel Dance
 Apr 11 — ADAP meeting
 May 9 — ADAP meeting

Understanding the Stages of Abuse, Use, Dependency

John McGeehan

1. Use

- Experimentation, the use of drugs such as Alcohol and Marijuana (gateway substances)
- Experimentation takes place in social settings, not using alone
- During this stage the experimenter is using someone else's drugs and or alcohol

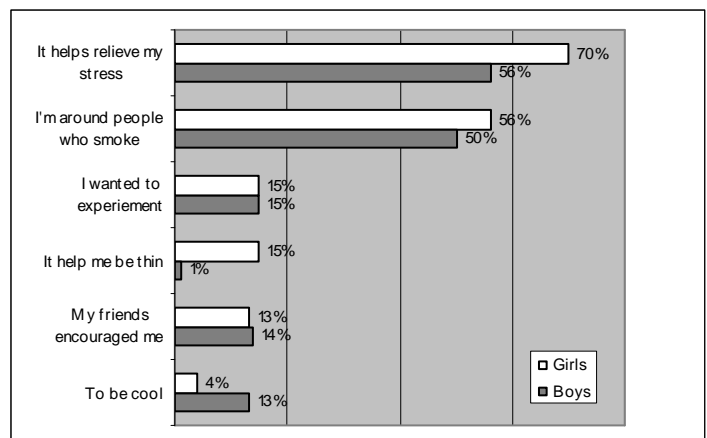
2. Abuse

- Using more addictive substance, i.e. Cocaine, Ecstasy, Oxycontin, Speed, Adderall
- Buying your own substance and having the paraphernalia
- Using alone
- Change in attitude and affect
- Lack of motivation in school and related activities
- Preoccupation with drug related activities

3. Dependency

- Developing a tolerance to a substance, i.e. needing more of a substance to get the desired effect.
- Developing withdrawal symptoms, i.e. irritability, muscle cramping, increase or decrease in sleep, increase or decrease in appetite, vomiting and or diarrhea
- Using in the morning
- Continued use despite negative consequences

Why PreTeens and Teens Smoke



Source: National survey conducted by Centers for Disease Control and Prevention 2003

Even if they roll their eyes, pre-teens are more influenced by parents than by peers.

In addition to health risks, there are issues relevant to pre-teens you can discuss. Describe how smoking may limit how well they do in sports by affecting stamina and breathing. Calculate how much less money they'll have and what else they could buy with that money. Explain that smoking is not a sign of maturity while standing up to social pressure is real maturity. Talk about how a real friend wouldn't give you something to harm your health and practice refusal skills.

If you find your child is smoking, stay calm and ask the right questions. "Why are you smoking?" won't get a good response. Be specific and try, "Let's talk about why you're smoking. Are you worried about fitting in?" If stress is the reason, this is the time to explore what stresses your child if under. Once you find the cause, then talk it out.

Enclosed is my tax deductible donation, payable to ADAP, in the amount of \$ _____

Please mail this form along with your check to: ADAP, PO Box 1241, Weston, CT 06883

Name _____ Email _____

Address _____ Phone _____