



A Guide to Creating a Safe and Substance Free Environment

Tools for Parents & Caregivers



**SUPPORTING ADDICTION
FREE ENVIRONMENTS**
For Lake County. For life.



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As parents you can work with your children to minimize experimentation and provide healthy, alternative options for your child.

YOUR SECRET WEAPON

No matter what they call you—Mom, Dad, Grandma, Grandpa, Aunt, Uncle, foster parent, or family friend—the responsibility of parenting and raising kids today isn't easy. Add in alcohol, tobacco, and other drugs and it gets more confusing and downright scary. We're here to help you create a safe, drug-free environment by understanding how to influence your child's behavior with a valuable secret weapon.

ITS YOU. YOUR INFLUENCE AND YOUR VOICE.

Whether you're caring for a teenager, pre-teen, or even a toddler, it's important to know why kids turn to alcohol, tobacco, and other drugs in the first place. Maybe it's peer pressure or acceptance. Maybe it's an escape. For some, it's the thrill of doing something exciting and forbidden. Whatever their reason, we have good news. Every reason has a way out, a secret weapon. It's you. Your influence and your voice. Studies show kids who learn about the risks of drugs and alcohol from their parents are up to 50% less likely to use than those who don't. That's right! According to drugfree.org, "parents have more influence over their kids than friends, music, TV, the internet, and even celebrities."

As a caregiver, you can work with your child to minimize experimentation and you can provide healthy alternatives for your child. But how? What do you say? How do you know if there's a problem? Is it too late? Who do you call?

Glad you asked!

The SAFE team created this guide to help you spot—and stop—any drug or substance use in your home. To get started, check out the table of contents on the preceding page. When you need more info, please visit safeforlakecounty.org or message us on Facebook.



**SUPPORTING ADDICTION
FREE ENVIRONMENTS**
For Lake County. For life.

The coalition against
substance use, abuse & misuse

SAFE for Lake County
219.757.1851
safeforlakecounty.org

Geminus Prevention Services
Regional Health Systems
219-757-1849
www.geminus.org

Lake County, do we have a problem?

We do. Lake County students use alcohol, tobacco and other drugs at higher rates than average for Indiana, especially in middle school.

There's good news for parents: Children are 50% less likely to use alcohol, tobacco and other drugs if they learn about the risks from a guardian.¹ We're here to help.

LAKE COUNTY, DRUGS, & YOUNG PEOPLE

Lake County 6th through 10th-graders use alcohol at higher rates than the state average. Lake County 6th through 12th-graders use marijuana at much higher rates than the state average.

Prescription drug availability and abuse continue to rise in Lake County as well. Local law enforcement agencies in Lake and Porter Counties see more prescription drugs combined with alcohol in DUI stops.

Police agencies also indicate prescription drug availability extends to middle and high school-aged children, who obtain medication from the family medicine cabinets or their peers. However, marijuana remains the most abused illegal drug in Lake County. In 2018, Lake County Highway Interdiction Unit detectives seized over 300 pounds of marijuana.²

Data collected on alcohol, binge drinking, marijuana, prescription and over-the-counter (OTC) drug use by Lake County youth is high in comparison to young people across the state.

The following chart reveals the percentages of Lake County youth and Indiana's average substance use in the past 30 days. The first set of numbers is for Lake County results followed by the state's average.

You can work with your children to minimize experimentation and provide healthy, alternative options for your child.

PERCENTAGE OF PAST 30-DAY ALCOHOL, TOBACCO AND OTHER DRUG USE FOR LAKE COUNTY SCHOOLS / STATE OF INDIANA³

GRADE	ALCOHOL	BINGE DRINKING	MARIJUANA	PRESCRIPTION DRUGS	OTC DRUGS
7TH	8.7 / 7.6	3.0 / 2.5	3.7 / 2.9	0.9 / 1.4	2.5 / 2.7
8TH	17.8 / 13.0	6.0 / 4.7	10.1 / 5.9	2.8 / 2.1	3.6 / 3.1
9TH	20.5 / 16.3	7.4 / 6.2	13.4 / 8.9	4.2 / 3.1	4.0 / 3.2
10TH	24.3 / 21.0	8.8 / 8.5	17.9 / 12.6	3.8 / 3.8	4.3 / 3.2
11TH	22.7 / 24.1	8.4 / 10.8	21.3 / 15.1	3.2 / 3.9	2.6 / 2.6
12TH	29.3 / 29.5	14.0 / 13.8	26.1 / 17.3	3.0 / 3.7	2.2 / 2.1

1) National Council on Alcoholism and Drug Dependence, Inc., 2) LakeCountySheriff.com, 3) from Indiana Prevention Resource Center, Indiana Youth Survey 2018

Over 5,000 Lake County youth between the 7th and 12th grades participated in the 2017-2018 Indiana Youth Survey (INYS) administered by the Indiana Prevention Resource Center



5 THINGS YOU NEED TO KNOW—NOW

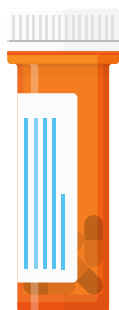


ALMOST 1 IN 6 TEENS HAS ABUSED PRESCRIPTION DRUGS

Reports show that 15.5% of 12th graders have abused or misused a prescription drug at least once. After marijuana and alcohol, prescription drugs are the most abused. (drugabuse.gov)

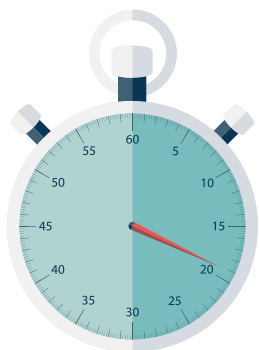
AGE 18

By age 15, about 33% of teens have had at least 1 drink. By age 18, about 60% of teens have had at least 1 drink. (NIAAA)



43% OF KIDS

who abuse prescription medications get them for free from someone other than their parents. (samhsa.gov)



EVERY 19 MINUTES, ONE AMERICAN DIES OF AN UNINTENTIONAL OVERDOSE

Illegal drug use among teens is at an all-time low, but teen overdosing is at an all-time high. In 2016, there were 873 teen deaths from overdose in the U.S. (drugabuse.gov)

YOU ARE THE KEY

Kids who learn about the risks of drugs and alcohol from their parents are up to 50% less likely to use than those who do not. Parents have more influence over their kids than friends, music, TV, the internet and even celebrities (drugfree.org)



Teenagers often share common traits when using, misusing, or abusing substances. Here are some indicators:

- » Changes in friends, especially older friends, or a whole new group
- » Lack of emotion and/or a consistent increase in negative attitudes
- » Negative changes in schoolwork, missing school, or declining grades
- » Increased secrecy about possessions or activities
- » Missing spoons, torn up soda cans, little Ziploc bags, small pieces of foil
- » Oversleeping, fatigue
- » Use of incense, room sprays/deodorants, or perfume to mask odors
- » Subtle changes in conversation with friends, secretiveness, using “coded” language
- » UTI's, increase in irregular female menstruation
- » Drastic change in clothing choices: new fascination with clothes that highlight drug use
- » Increase in borrowing money or misplacing money
- » Evidence of drug paraphernalia such as pipes, rolling papers, etc.
- » Evidence of use of inhalant products (rags and paper bags are sometimes used as accessories)
- » Bottles of eye drops, which may be used to mask bloodshot eyes or dilated pupils
- » New use of mouthwash or breath mints to cover up the smell of alcohol
- » Missing prescription drugs—especially narcotics and mood stabilizers



LEARN MORE

Visit SAFEforLakeCounty.org for more information about the common traits of substance use.



ALCOHOL

WHY IT'S DANGEROUS

Impairs reasoning, clouds judgment, long-term heavy drinking can lead to alcoholism, liver, and heart diseases

SIGN OF ABUSE

Slurred speech, lack of coordination, nausea, vomiting, and hangovers

DID YOU KNOW?

Children, grandchildren, nieces, and nephews of alcoholics are at greater risk for developing alcohol problems

COCAINE/CRACK

WHY IT'S DANGEROUS

Can cause heart attacks, strokes, and seizures. In rare cases, sudden death on first use

ALSO KNOWN AS

Coke, rock, snow, blow, nose candy, Big C, bump

SIGN OF ABUSE

Nervous behavior, restlessness, bloody nose, high energy

DID YOU KNOW?

Cocaine is one of the most powerfully addictive drugs

COUGH MEDICINE/DXM

WHY IT'S DANGEROUS

Can cause abdominal pain, extreme nausea, and liver damage

ALSO KNOWN AS

Syrup, Tussin, Triple C, Dex, Skittles, Robo, Red Devils

SIGN OF ABUSE

Slurred speech, loss of coordination, disorientation, and vomiting

DID YOU KNOW?

The "high" from cough medicine is caused by ingesting a large amount of dextromethorphan (DXM), a common active ingredient

ECSTASY/MDMA

WHY IT'S DANGEROUS

Can cause severe dehydration, liver and heart failure, and even death

ALSO KNOWN AS

Molly, X, XTC, E, Roll, Adam, and looks like a branded tablet (Playboy bunnies, Nike swoosh)

SIGN OF ABUSE

Teeth clenching, chills, sweating, dehydration, anxiety, unusual displays of affection

DID YOU KNOW?

Can be addictive, a popular club drug because of its stimulant properties which allow users to dance for long periods of time

HEROIN

WHY IT'S DANGEROUS

Chronic heroin users risk death by overdose

ALSO KNOWN AS

Dope, junk, smack, Black Tar, Big H, skunk

SIGN OF ABUSE

Slowed and slurred speech, vomiting, track marks may or may not be present

DID YOU KNOW?

Heroin overdose is a particular risk on the street, where the purity of the drug cannot be accurately known

INHALANTS

WHY IT'S DANGEROUS

Chronic exposure can produce significant damage to heart, lungs, liver, and kidneys. Can also induce death.

ALSO KNOWN AS

Bagging, huffing, dusters, whippets, snappers, poppers, dusting

SIGN OF ABUSE

Missing household products; a drunk, dazed, or dizzy appearance

DID YOU KNOW?

Everyday products including paint thinner, glue, and nail polish are potential inhalants that can kill on even the first use



MARIJUANA & THC

WHY IT'S DANGEROUS

Can cause memory and learning problems, hallucinations, delusions, and depersonalization

ALSO KNOWN AS

Blunt, pot, weed, grass, herb, hash, Mary Jane, reefer, skunk

SIGN OF ABUSE

Slowed thinking and reaction time, impaired coordination, paranoia

DID YOU KNOW?

Contrary to popular belief, marijuana can be addictive

METHAMPHETAMINE

WHY IT'S DANGEROUS

Chronic long-term use can cause psychotic behavior (including paranoia, hallucinations, violent behavior, insomnia, and strokes)

ALSO KNOWN AS

Meth, crystal, glass, ice, chalk, speed, fire

SIGN OF ABUSE

Nervous physical activity, scabs, open sores, decreased appetite, inability to sleep

DID YOU KNOW?

Methamphetamines have a high potential for abuse and addiction, putting children at risk, increasing crime, and causing environmental harm

PRESCRIPTION SEDATIVES AND TRANQUILIZERS

WHY IT'S DANGEROUS

Slows down brain activity with withdrawal effects, possibly leading to seizures, and other harmful consequences

ALSO KNOWN AS

Xanax, Valium, Quaaludes, Mebaral

SIGN OF ABUSE

Slurred speech, shallow breathing, disorientation, lack of coordination

DID YOU KNOW?

Using prescription sedatives and tranquilizers with alcohol can slow both the heart and respiration, and possibly lead to death

PRESCRIPTION STIMULANTS

WHY IT'S DANGEROUS

Doses may result in dangerously high body temperatures and irregular heartbeat. Potential for heart attacks and lethal seizures.

ALSO KNOWN AS

Adderall, Dexedrine, Ritalin, uppers, speed

SIGN OF ABUSE

Lack of appetite, increased alertness, attention span, and energy

DID YOU KNOW?

Teens often use this prescribed medication to help them cram for exams or to suppress their appetite

PRESCRIPTION PAIN RELIEVERS

WHY IT'S DANGEROUS

A large dose can cause severe respiratory depression leading to death

ALSO KNOWN AS

Codeine, OxyContin, Oxy, O.C., Percocet, Percs, Vicodin, Vike, Vitamin V

SIGN OF ABUSE

Medicine bottles present without illness, prescription bottles missing, disrupted eating and sleeping patterns

DID YOU KNOW?

Abusing prescription painkillers is just as dangerous, addictive, and deadly as using heroin

STEROIDS

WHY IT'S DANGEROUS

Can cause heart attacks and strokes

ALSO KNOWN AS

Rhoids, pumpers, juice, gym candy

SIGN OF ABUSE

Rapid growth of muscles, opposite sex characteristics, and extreme irritability

DID YOU KNOW?

Teens who abuse steroids before the typical adolescent growth spurt risk staying short and never reaching their full adult height

What are your kids saying?

Are you up on the slang terms? In order to learn what's going on in your teen's life, you need to learn the code. Here's what we know today.

BASIC SLANG

BASIC Someone or something is ordinary or boring

CURVE To reject someone romantically

FAM Very good friend

FINNA Fixing to do something

HATER A negative person

MAD A lot or very

RATCHET Rude or obnoxious

SAVAGE When a person speaks or acts bluntly or without a filter

TURNT Wasted

TWISTED Drunk and high

WENT IN Did well

YEET A way to express excitement over something

WOKE Awareness of current affairs or social issues

DRUG TERMS

AC/DC Codeine cough syrup

AMPED High on amphetamine

COLOMBIAN Potent strain of Marijuana

CRANK Drug that over stimulates the central nervous system

CRASHING Going from a high to extreme low

DIME Quantity of drugs which sells on the street for \$10

DOPE Slang for marijuana and other drugs

DOWNERS Slang for depressants

DROP Take any drug orally

HEAD SHOPS Stores specializing in drug paraphernalia

HIT Single drag or inhalation of marijuana smoke

JUNK Heroin

KILLER WEED Slang term for PCP-treated marijuana

MAINLINE Injecting a drug into the vein (to shoot up)

ON THE NOD Reaction produced by opiates, right at the edge of sleep

ROACH CLIP Device used to hold a marijuana joint

TRACK Scars on the skin as a result of injection of opiates



LEARN MORE

Visit SAFEforLakeCounty.org for a full list of slang terms and emojis

SYNTHETIC MARIJUANA/CANNABIS

Current street jargon includes a few names/labels for synthetic marijuana. The most commonly cited remain K2 and Spice.

OTHER COMMON STREET NAMES/LABELS INCLUDE:

Incense, Scooby Snacks, Fake Weed, Bliss, Black Mamba, Bombay Blue, Genie, Zohai, Yucatan Fire, Skunk, and Moon Rocks.

Current street prices for synthetic marijuana are about the same as buying the drug. Reportedly, synthetic marijuana tends to look like potpourri. Typical users of synthetic marijuana are people who are trying to avoid testing positive on drug tests.

Spice is a mix of herbs (shredded plant material) and manmade chemicals with mind-altering effects. It is often called “synthetic marijuana” or “fake weed” because some of the chemicals in it are similar to ones in marijuana; but its effects are sometimes very different from marijuana, and frequently much stronger. **SPICE IS THE SECOND-MOST POPULAR ILLEGAL DRUG USED BY HIGH SCHOOL SENIORS** (marijuana is the first). Easy access and the misperception that Spice is “natural” and safe have likely contributed to these high rates of use.

VAPING, JUULING & E-CIGARETTES

Teenagers are now vaporizing, or vaping, with CBD or THC oil and wax to obtain a more potent high. The battery-powered devices let teens smoke cannabis undetected, with a chance of receiving a very powerful dose of the drug. Cannabis may impair their ability to drive safely, operate equipment and may have short-and long-term effects on memory, attention, mood, heart rate, and mental health.

Because these devices don't produce smoke, teens are vaping in schools and other public areas unbeknownst to the adults around them. Vaping devices can look like ordinary pens or USB drives. The **THC CONCENTRATIONS OF VAPORIZED HASH OIL AND WAXES CAN EXCEED THAT OF DRIED CANNABIS BY 4 TO 30 TIMES.** Furthermore, it's easy to use. It's easy to load; it's easy to clean and reuse. Which means it's easy to overconsume CBD oil.

Worse yet? CBD Oils are currently being produced without any regulation, resulting in products that vary in quality.



**E-CIGARETTES CAN LOOK LIKE PENS
OR USB THUMB DRIVES**

MARIJUANA EDIBLES

SMOKING MARIJUANA ISN'T THE ONLY WAY THAT TEENS CAN ABUSE THIS DRUG. As the popularity of cannabis products grows, edible products containing the active chemicals in marijuana are becoming available to young people. Any food or beverage containing THC can produce psychoactive side effects that are similar to the high of smoking pot. In fact, some users claim that they get a more intense, prolonged high from edible marijuana. Edibles appeal to teenagers for a variety of reasons:

- » They are perceived as safer than smokable marijuana or hash
- » They don't leave a telltale odor of smoke on clothes or belongings
- » They come in fun, tasty forms, like cookies, brownies, hard candies, or lollipops
- » They can easily be smuggled in purses, backpacks, or lunch bags

Because medical marijuana is often administered in the form of food products, edibles may be seen as relatively safe and harmless compared to marijuana cigarettes. However, **INGESTING MARIJUANA CAN HAVE THE SAME DANGEROUS SIDE EFFECTS AS SMOKING**, including cognitive problems, memory loss, depression, panic attacks, and addiction.

FORMS OF EDIBLE MARIJUANA INCLUDE: Cookies (also known as Space Cakes or Space Cookies), brownies, muffins, pies, fudge, chocolate truffles, fruit candies, butter, sparkling drinks, and liqueurs.

PHARM PARTIES, BOWLING OR SKITTLES

Kids attending pharm parties have raided the family medicine cabinet for drugs of every type from serious painkillers like Vicodin to more seemingly innocuous medications like cold tablets.

Once at the party, **ALL OF THE DRUGS ARE DUMPED INTO A BOWL AND THE RESULTING CONGLOMERATION IS REFERRED TO AS "TRAIL MIX"**. The "trail mix" is passed around and attendees grab handfuls of drugs, referred to as "grazing". Sometimes the pills are washed down with alcohol.

MARIJUANA EDIBLES CAN COME IN COOKIES, BROWNIES, HARD CANDIES OR LOLLIPOPS.



CANNABIS

Cannabis in this package was distributed in compliance with local state initiatives regarding cannabis laws.

- INDICA
- SATIVA
- HYBRID

WARNING! Do not drive or operate any heavy machinery. Keep out of reach of children. Unlawful to redistribute.

_____ Gram(s)

LACING

The act of adding one or more substances to another. **SOME STREET DRUGS ARE COMMONLY LACED WITH OTHER CHEMICALS FOR VARIOUS REASONS, BUT IT IS MOST COMMONLY DONE SO AS TO BULK UP THE ORIGINAL PRODUCT** or to sell other, cheaper drugs in the place of something more expensive.

Individuals will lace their drugs with another substance to combine or alter the physiological or psychoactive effects. Teens often crush prescription drugs, such as Xanax and Vicodin, and add that to a marijuana joint. A more complex method involves making the alcohol and drug combination and then using a mold. Even moderate drinking could be life-threatening when combined with these drugs.

DRUNKEN GUMMIES

A new way that young adults are becoming intoxicated in plain sight is by soaking gummy bears or other gummy candies in vodka. **THE GUMMY BEARS SOAK UP THE VODKA AND TEENAGERS EAT THE GUMMY BEARS TO BECOME INTOXICATED.** Gummy bears mixed with vodka can be odorless. Worse yet, the person eating them has no idea how much alcohol they are putting into their system since the taste isn't dramatically different from eating plain gummies.

Instructions on vodka gummies found on YouTube makes it easy for most anyone to make them. Eating these can cause quick intoxication, unconsciousness, breathlessness, alcohol toxicity/poisoning, and possibly death. Drunken gummies appear to be 3-4 times the size of regular gummies and look bloated.

BATH SALTS

The drug sold legally as "bath salts" grabbed national headlines when the state of Louisiana outlawed it in January 2011. Other states are trying to make the drug illegal, but since it takes different forms and combines different ingredients, government officials have struggled with how to define (and ban) the illicit substance.

These bath salts have been found to contain mephedrone and MDPV, two drugs that cause severe hallucinations and psychosis in users who smoke, snort, or inject the substances. A single use causes intense cravings that result in three to four-day binges and can end in suicide.

BECAUSE BATH SALTS ARE LEGAL IN MANY STATES, SOME TEENS ASSUME THE EFFECTS ARE LESS DANGEROUS THAN OTHER DRUGS.



12% of 7th graders have tried alcohol.

By 9th grade, 1 in 4 youth have consumed alcohol in their lifetime, and by 12th grade, 44% have tried alcohol.

Parents who talk to their kids about underage drinking have an influence on their alcohol use. Talk. They hear you.



Chores.

A perfect moment to talk about alcohol.

HOW EARLY IS TOO EARLY?

Most 6-year-olds know alcohol is only for adults. Between 9 and 13, children start to view alcohol more positively and begin to think underage drinking is okay. Some even start to experiment.

WHAT YOU CAN DO

- » Be a positive adult role model
- » Practice saying “No.” Help your kids have a plan to comfortably say no—this can include consequences like, “My dad would make me quit basketball.”
- » Support your kids, allowing them space to grow
- » Be prepared. Your child may become curious about alcohol; he or she may turn to you for answers and advice
- » Use “natural” opportunities, such as dinner time or while doing chores to start open conversations about drinking
- » Work with schools, communities, and civic leaders to protect children from underage alcohol use

THE CONSEQUENCES

Over the last few decades, experts have learned more about the dangers of kids drinking alcohol. They are more likely to:

- » Use drugs
- » Make bad decisions
- » Hurt themselves or someone else
- » Have health problems
- » Have unwanted or unprotected sex
- » Get bad grades



LEARN MORE

For tips on how—and when—to start the conversation, visit:
underagedrinking.samhsa.gov

You are their biggest influence

It may seem simple, but one of the best ways to keep your kids drug-free is to show them you care. Simple gestures such as an unexpected hug, saying “I love you” every day, and being supportive of your child can help them to become a confident person.

4 WAYS TO SHOW YOU CARE

1 REINFORCE YOUR LOVE

Say the words “I love you.” Actions don’t always speak louder than words.

2 DON’T CRITICIZE

Work to point out what is right and what still needs to be corrected in their behavior. Focus on the positive while guiding them as they grow.

3 TEACH THE PRINCIPLES OF WHY

Remember that children often reflect what they have or have not been taught. They may often be mimicking an action. Teach them not just what to do or not to do, but why they should or shouldn’t.

4 LISTEN TO THEM. A LOT.

Avoid interrupting. Give them your undivided attention.

STAY INFORMED

As you can see, the types of drugs that were around when you were a teenager are still available, but there is a new array of substances that kids today may misuse to get high.

These include household products, over-the-counter, and prescription medication that might be in your home already. The more informed you are, the more your kids will listen to you.



LEARN MORE

Visit SAFEforLakeCounty.org for other ways to be a good influence.



CHANGES IN BEHAVIOR

Have you noticed a change in your child?

Have you noticed a change in your child's behavior? Do you suspect your child may be using alcohol, tobacco, or other drugs? Has your child exhibited aggressive or violent behavior at home, in the community, or at school? Please intervene. Even if your child feels embarrassed or becomes angry—early intervention is critical. While there are no guarantees that intervention will change your child's behavior you won't regret it. Remember this is your child's life that is at risk.

Until a person experiences the consequences of his or her alcohol, tobacco, or drug use or violence, the behavior will continue. Making excuses for them will encourage their bad behavior to continue. Here are ten of the most common ways parents and caregivers excuse destructive behaviors:

1. Calling in sick for a child who is hung over
2. Concealing a child's problem
3. Not following through consistently on consequences for drug use or violent behavior
4. Not seeking or taking advantage of professional help when a child will not, or cannot change his or her destructive behavior
5. Denying or minimizing a child's use even to a helping professional
6. Knowingly allowing a minor to use alcohol, tobacco, or other drugs
7. Lending money to or paying bills for a child who is involved in drug use or violence
8. Denying or minimizing a child's increased violent behavior
9. Denying behavior changes that suggest activity with gangs (changed clothing, staying out late, significant changes in friendships, refusal to discuss activities)
10. Interfering and or refusing to cooperate with intervention strategies from the school or law enforcement agencies



LEARN MORE

We're working to create addiction free environments in Lake County, Indiana. Visit SAFEforLakeCounty.org for additional resources.



EARLY INTERVENTION IS CRITICAL IF YOU SUSPECT YOUR CHILD IS USING ALCOHOL, TOBACCO OR OTHER DRUGS.

Approximately one out of every 14 high school students reports attempting suicide each year.

Suicide is the second leading cause of death among youth and younger adults age 10-34. Although suicidal thoughts and attempts are common among young people, there is a great deal to know about prevention. Let's talk about risk factors.

IDENTIFYING RISK FACTORS

Risk factors are characteristics that make it more likely that someone will consider, attempt, or die by suicide. However, risk factors alone can't cause or predict a suicide attempt. Here are some you should be aware of:

- » Mental disorders, particularly mood disorders, schizophrenia, anxiety disorders, and certain personality disorders
- » Alcohol and other substance use disorders
- » Hopelessness
- » Impulsive and/or aggressive tendencies
- » History of trauma or abuse
- » Major physical illnesses
- » Previous suicide attempt(s)
- » Family history of suicide
- » Job or financial loss
- » Loss of relationship(s)
- » Easy access to lethal means
- » Local clusters of suicide
- » Lack of social support and sense of isolation
- » Stigma associated with asking for help
- » Lack of healthcare, especially mental health and substance abuse treatment
- » Cultural and religious beliefs, such as the belief that suicide is a noble resolution of a personal dilemma
- » Exposure to others who have died by suicide (in real life or via the media and internet)



THE WARNING SIGNS

These signs can help you determine if a loved one is at risk for suicide, especially if the behavior is new, has increased, or seems related to a painful event, loss, or change.

If you or someone you know exhibits any of these, seek help by calling the Lifeline.

- » Talking about wanting to die or to kill themselves
- » Looking for a way to kill themselves, searching online or buying a gun
- » Talking about feeling hopeless or having no reason to live
- » Talking about feeling trapped or in unbearable pain
- » Talking about being a burden to others
- » Increasing the use of alcohol or drugs
- » Acting anxious or agitated; behaving recklessly
- » Sleeping too little or too much
- » Withdrawing or isolating themselves
- » Showing rage or talking about seeking revenge
- » Extreme mood swings

Suicide affects Lake County youth.

According to the Indiana Youth Survey, in the past 12 months, 7th-12th graders:

36%

Felt sad or hopeless for 2 or more weeks in a row

20%

Seriously considered attempting suicide

14%

Made a plan about attempting suicide



CRISIS TEXT LINE

Text HOME to 741741. Every texter is connected with a Crisis Counselor, a real-life human being trained through active listening and problem solving.



TALK TO SOMEONE ABOUT SUICIDE

If you're worried about a friend or loved one and would like emotional support, the Lifeline network is available 24/7 across the United States.

If you or someone you know is contemplating suicide, please reach out to one of the organizations below.

NATIONAL SUICIDE PREVENTION LIFELINE (800) 273-8255

They can all help prevent suicide. The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, as well as best practices for professionals.

VETERANS CRISIS LINE (800) 273-8255 PRESS 1

If your loved one is a veteran, connect with the Veterans Crisis Line to reach caring, qualified responders with the Department of Veterans Affairs. Many of them are veterans themselves.

THE TREVOR PROJECT (866) 488-7386

They provide crisis intervention and suicide prevention for LGBTQ youth. If you are a young person in crisis, feeling suicidal, or in need of a safe and judgment-free place to talk, call the Trevor Lifeline now.

TRANS LIFELINE (877) 565-8860

Trans Lifeline is a national trans-led organization dedicated to improving the quality of trans lives by responding to the critical needs of our community with direct service, material support, advocacy, and education.



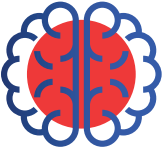
LEARN MORE

Suicide is not inevitable. By starting the conversation, providing support, and directing help to those who need it, suicides can be prevented.

WHAT IS SAFE?

Supporting Addiction Free Environments for Lake County. For life. SAFE is Lake County, Indiana's coalition against substance, use, abuse, and misuse in adults and adolescents.

Our members consist of both individuals and organizations and make up our **THREE PILLARS:**



PREVENTION

Educating Lake County youth and adults on the dangers of substance abuse and misuse



SUPPORT

Spotlighting interventions, referral, and assessment, aftercare and continuum of treatment



ACCOUNTABILITY

Focusing on consequences of substance abuse, law enforcement, and prosecutorial efforts.

219.757.1851

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