

Substance Abuse Checklist

Is a teen or young adult you know struggling with substance abuse?

Some warning signs that a teenager or young adult may be at risk for a substance abuse problem are:

- Is there a history of substance abuse in the family?
- Has there been a recent change in school performance?
- Is there increased conflict at home?
- Is the person having persistent and rapid mood swings that are outside the norm for young people?
- Does your teen or young adult ever appear uncharacteristically confused, hyperactive, or listless? Does he or she sleep too much or have problems falling asleep?
- Has there been a change in physical appearance, such as weight loss?
- Does your teen or young adult have periods where he or she eats in large volumes (has the munchies)? Are there periods where he or she does not eat at all? Has excessive thirst or complains of being too warm?
- Does he or she have constant sniffles, red eyes or cough?
- Does he or she go straight to their room when they get home? Do they often make plans to be out of the home?
- Has he or she ever attempted to hurt them self or others?
- Has he or she had episodes of memory lapse?
- Does he or she exhibit a loss of motivation?
- Has there been a loss or death in the family recently?
- Has there been money or valuables missing from your home?
- Does he or she demonstrate a lack of consistency, goals or unable to create a vision for themselves?
- Has their connection to you changed?

Should you recognize some of these symptoms in your teen or young adult they may be experiencing a problem with substance abuse or alcohol. There are different stages in the progression of an addiction. Your child needs to be evaluated as to what stage they may be in to determine appropriate treatment options.