

sleep. High amounts can cause bizarre and violent behavior, extreme anxiety and restlessness, twitches, tremors, spasms, loss of coordination, hallucinations, delusions, chest pain, nausea, and can cause death.

Getting Help

Treatment usually includes individual and family counseling, along with group support. For serious and advanced substance abuse and dependency, the teen will need more intensive and longer-term inpatient or residential treatment. Best practices for treatment includes family members and supportive individuals in the treatment process. It is very important to remember that people are “not cured” from addictions, however, the individual who stops using substances has the best opportunity to regain a quality of health.

In Kansas City, there is a network of mental health facilities that can help with these problems. The Community Mental Health Centers listed provide treatment, referrals and support. For more information, visit our website at www.mentalhealthkc.org

Resources

Treatment and Information Community Mental Health Centers

MISSOURI

Comprehensive Mental Health Services, Inc.
10901 Winner Road
Independence, MO 64052
816-254-3652
www.thecmhs.com

ReDiscover

901 NE Independence
Lee's Summit, MO 64086
816-246-8000

TMC Behavioral Health

300 W. 19th Terrace
Kansas City, MO 64108
816-467-1400
www.trumed.org

Swope Health Services

3801 Blue Parkway
Kansas City, MO 64130
816-923-5800
www.swopeparkway.org

Tri County Mental Health Services

3100 NE 83rd Street
Kansas City, MO 64119
816-468-0400

KANSAS

Johnson County Mental Health Center
6000 Lamar, Suite 130
Mission, KS 66202
913-831-2550
<http://mentalhealth.jocogov.org>

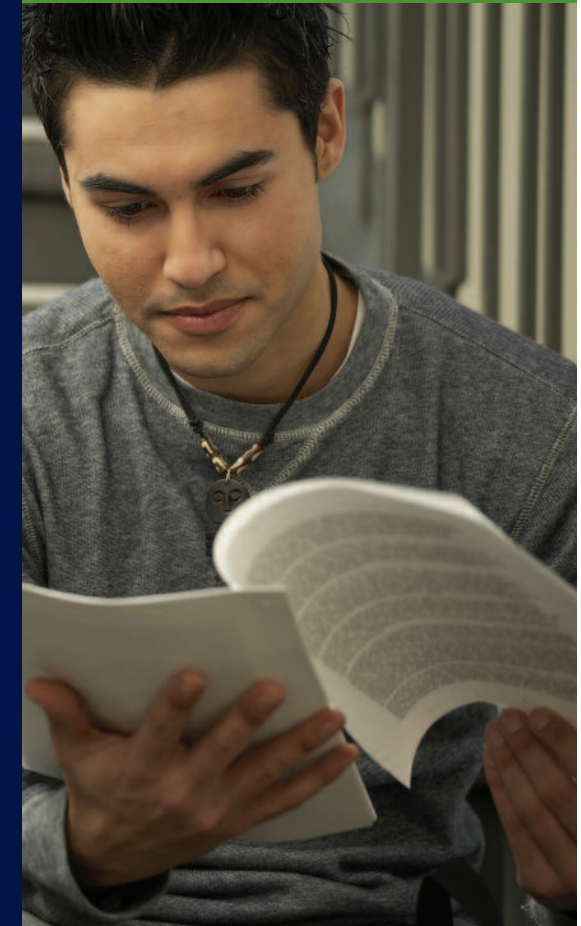
Wyandot Centers

3615 Eaton Street
Kansas City, KS 66103
913-831-9500
www.kumc.edu/wmhc

Mental Health America of the Heartland

739 Minnesota Ave.
Kansas City, KS 66101
913-281-2221
HelpLine 913-281-1234

Teenage Substance Abuse



Teenage Substance Abuse

Substance abuse is a major mental health problem among teens today. Substance abuse is one of the leading causes of death among youth. With widespread access to many hazardous substances, teens need to be informed of the risks before they consider using alcohol, tobacco, or other drugs.

Substances Used & Abused

Alcohol

Alcohol is a central nervous system depressant, but its most common effect is agitation or aggressiveness. Long-term use and abuse can cause severe mental health problems including extreme anxiety, increased depression, and lead to addiction. Increased use can cause slurred speech, staggering, and impaired perceptions. Using very large amounts of alcohol can result in death.

Marijuana and Hallucinogens

Marijuana and hallucinogens distort a person's perceptions, sensations, thinking, self-awareness, and emotions. These can cause hallucinations, erratic behavior, and violence. Use of these substances can lead to psychological dependence and may lead to serious mental health problems.

Inhalants

Inhalants are often used because they are cheap and readily available. Frequently used substances are glues, paints, thinners, cleaning solvents, aerosol or freshener, furniture polish, marking pens, correction fluid, and Freon. Deaths of first time users are common. Inhalants cause lowered inhibitions and impaired judgment. No amount of inhalant abuse is safe; it causes permanent brain, organ, and tissue damage that is irreversible.

Methamphetamine

Methamphetamine causes increased heart rate and blood pressure, respiratory problems, euphoria, irritability, confusion, tremors, anxiety, paranoia, and violent behavior. Use can cause extreme weight loss. Methamphetamine use is known to cause irreversible and permanent damage to blood vessels in the brain, producing strokes, and heart damage.

Cocaine and Crack (Freebased Cocaine)

Cocaine and crack (freebased cocaine) are very powerful central nervous system stimulants. Cocaine is immediately absorbed into the bloodstream and increases motor activity, agitation, and reduces the need for food and

Ways You Can Help Prevent Substance Abuse

- Talk to your child early and often about alcohol, tobacco, and other drugs
- Learn to “really” listen to your child
- Help your child feel good about himself/herself
- Help you child develop strong positive values
- Be a “Good” role model or example
- Help your teen deal with peer pressure
- Set firm and supportive rules about alcohol, tobacco, and other drugs
- Encourage healthy, creative activities
- Talk with other parents
- Seek help if you suspect a problem