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ASPEN Answers

by Richard Zabriskie, MSW, LCSW, SAC

YOUR MOTHER SHOULD KNOW

Parents generally assume, often rightly so, that they know their children better than anyone else. However, parents should be open to the possibility that they may not be fully aware of their children's behavior. In fact, a recent study indicates that parents are largely unaware that their children are using alcohol or drugs. When researchers asked teens about alcohol and drug use, the three most common substance cited were alcohol (54 percent) tobacco (44 percent), and marijuana (23 percent). When the teens surveyed were asked about their own use of these and other substances, their parents failed to detect usage in about half the cases. The older the child, the more likely the parent was aware of substance abuse. The most recent Columbia County teen survey shows that age groups (11-13) and (14-15) reveal that 15% and 14% respectively, are engaging in drinking behavior beyond a few sips.

Parenting in today's culture can be a positively overwhelming task. You have the right to ask for help, especially if you are concerned about your child using drugs or alcohol. Our counselors provide the compassionate understanding to help you and your whole family get through these difficult times and come out as a stronger family. Call 608-742-5020 today for an appointment. Our address is 2639 New Pinery Rd., Suite 1. *Offering you and your family compassionate and professional advice.*

P.S.: Research shows that starting to use alcohol and drugs at a young age is a risk factor for developing substance abuse or dependence in the future.

ASPEN
Family Counseling
www.aspenfamilycounseling.com

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