

Lakewood Counseling and Career Center

6607 18th Avenue South • Suite 101 • Richfield, MN 55423 • 612-798-7373 • Fax 612-243-3615

INTERVENTION RESOURCES

By Elaine Johnson

Experience and research are indicating that experimentation with tobacco, alcohol, and other drugs is beginning for a number of our young people while they are in elementary school. As a result, more of them move into regular and problematic use by the time they are in middle or junior high school. At the same time, assessment and treatment of such use is often designed for a young person who is in high school. It is not uncommon that the assessment process can also be complicated by undiagnosed and/or untreated mental health or academic issues (e.g. depression, attention deficit disorder, learning disability, etc.).

Lakewood Counseling and Career Center has developed a process called Intervention Resources to provide a thorough chemical use, mental health, and academic screening for young people in middle and high school and their families. Intervention Resources provides parents the tools to gather needed information, to discern what the issues are, to prioritize needs, and develop options to accomplish their goals. The family will leave the five hour process with a summary of the findings and a detailed list of recommendations and resources.

The reasons for abusing chemicals are as many as the number of excuses parents hear from their child for “not taking out the garbage”. Young people use to relax, because they like the taste, to escape the pressures of their day, to get high or smashed, to gain their parents’ attention, to self-medicate, and many more reasons. For example, young people with attention deficit disorder who are experimenting with chemicals often use marijuana because of its self-medicative qualities. Whenever a chemical is used to self-medicate, the chances for abuse and dependency increase.

Young people constantly report that one of the greatest deterrents to chemical use is parental objection. So, as a parent, let your young person know your values, beliefs, feelings, and expectations for their chemical use. Young people often interpret silence as permission. Parents need to become “loud” on this issue. It could mean all the difference for your child, your family, and for you.

If you would like more information on Intervention Resources or to schedule an assessment, please feel free to contact Lakewood Counseling at 612-798-7373. We will be glad to return your call.