

It's Never Too Early... Talk to Your Kids About Drugs & Alcohol Parent Resource Toolkit

Dear Parent / Guardian:

As parents and guardians, we all have hopes and dreams that our children will have happy, healthy productive lives. We hold the greatest influence and impact on their future and we want to protect them from any harm that comes their way. We hope this toolkit will support you in helping your children have the best chance to reach their own hopes and dreams.

The challenges facing our children constantly change as they grow older. This can leave us feeling overwhelmed and powerless. When do we let them try out their wings? When do we step in to try to protect them?

There are no easy answers, but if we have resources to turn to for guidance, knowledge of what our children are facing and confidence in ourselves, we can face the issues and walk hand-in-hand with our children through any crisis.

You are not alone on this mission. This Parent Resource Toolkit contains phone numbers to organizations that can help you along the way, information on alcohol and drugs, tips on how to talk to children about alcohol and drugs, a story of hope, and most of all, encouragement that you can make a difference in your child's life.

The Parent Resource Toolkit includes:

1. Letter to Parents
2. Personal Story of Hope
3. Reference Guide For Edmonton's Most Common Psychoactive Substances
4. Drug Paraphernalia
5. Proper Handling of Psychoactive Substances
6. Is Marijuana Growing in a House Near You?
7. How do I talk to my teenager about drugs? (Alberta Health Services - AADAC) **(English only)**
8. Helping Children to Be Resilient (Family Centre) **(English only)**
9. 40 Developmental Assets for Adolescents (Search Institute) **(English only)**
10. The Community Solution to Gang Violence **(English only)**

You and your family are valued members of the City of Edmonton. People supporting each other is what makes this city a great place to live. Reach out... help is only a phone call away.

- To talk to someone about your child or to ask about resources call: The Support Network 2-1-1
- To talk to someone about drugs or alcohol call: Alberta Health Services toll free 1-866-332-2322 (previously called the AADAC Help Line)
- To talk to someone about health concerns call: HEALTHLink Alberta; in Edmonton 780-408-5465 (LINK) or 1-866-408-5465 (LINK) *Telephone advice available 24 hours a day, 7 days a week.*

Sincerely,

Social Development Working Group
City of Edmonton, Community Services

Personal Story of Hope

I am a young mother wanting to share my story about how I became involved with alcohol and drugs at a young age and then overcame the addiction.

As a child, my family was loving. Things changed when I was sexually abused. The first incident occurred when I was 4 by a female babysitter and the second when I was 8 years old by my brother's friend. Looking for attention, I turned to the "bad group". When my parents found out about the abuse, they were angry and I don't think they knew how to deal with it. There was constant tension and fighting in my family. When I was 12, my brother introduced me to cigarettes and alcohol. By 13, I tried "pot" (marijuana). I got a lot more attention from the so-called "cool people" and it made me feel good. The same year, I was placed in a group home because of my family situation. I continued to smoke "weed" (marijuana) as I went in and out of people's houses, foster homes, group homes and schools.



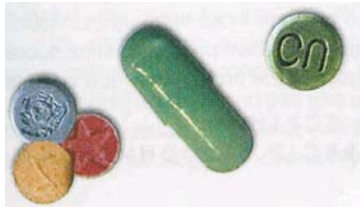


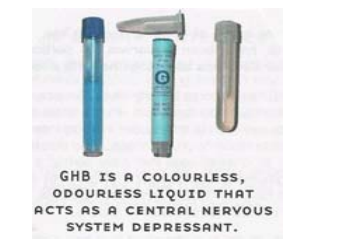
During my teen years, I ended up in the EYOC (Edmonton Youth Offenders Centre) for a couple of weeks. When I was 18, I met a guy, moved in with him and his mother, became pregnant and had a baby boy. One year later, the relationship ended when I used cocaine. Soon after, I learned how to make crack from cocaine, and became severely hooked. My crack addiction lasted for about two years. To try and stay clean, I moved to another town and met someone who did crystal meth. It took me about 3 times and that was it, I was hooked. I gave my son up to his dad's mom and lost everything. I started dealing meth and using it everyday, all day. Near the end of my meth addiction, I was shooting up with needles, which can be deadly. I nearly lost my mind.

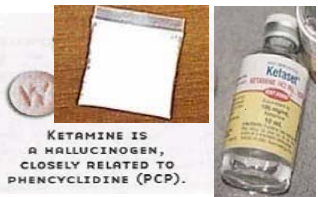




My last time in jail, I really missed my son and was heartbroken that I could not see him. I knew I had enough of the drug deals, lying, cheating, stealing to buy drugs, drug debts, using drugs and everything the lifestyle had done to me. The drugs can kill you but I knew I wanted to live. I started praying to God to help me. My parents never posted bail for me before but I decided to call them and ask for their help. I pleaded with my mother and told her I seriously wanted to change my lifestyle. My parents decided to post my bail and then took me home. My mother told me she had been praying for me every night when I was addicted to drugs. All I had left to start fresh was one change of clothing and a desire to do something that would help me stay clean. The first thing I did was cut off all contact with people I knew involved with drugs. Then I seriously listened to people that were trying to assist me, like my counselor, parents, a police officer and anyone that cared.

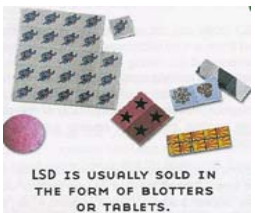




I started volunteering for the COLE'S Kids Association, which works with youth in trouble with the law. This was a healing process for me and I could relate to what most of the kids were going through. I then worked to get legal custody of my son. Today I am employed, have come to terms with my life and accept the things that have happened throughout the years. I have met my soul mate and we have a baby boy.



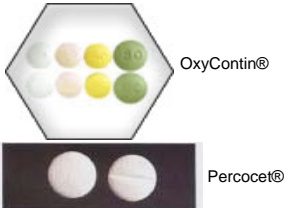


Now that I am a mother, I have thought of what I would do if my children were going down the same road. I think the biggest thing is to help your children build their self-esteem. If a child has good self-esteem, it will be easier to say "no" to the "bad crowd" or drugs or booze. As a parent, it is important to keep communication open with your children, set healthy boundaries and realize that parents may also need to work on their own issues because no one is perfect. Each day I try to talk to my children and find out what is going on in their lives. Their thoughts and feelings are very important to me, just as they are to my boyfriend. My boyfriend is a wonderful, kind and patient father. We both love our children and we live in a house, own a car and enjoy our family life. My life is very different today. Drugs are no longer a part of my life.

There is always hope. My determination to live, my faith in God, my parents and other supportive people helped me in my efforts to turn my life around. My hope for my children is that they stay active in healthy activities, have good self-esteem, lead healthy lives free from drugs and alcohol and always know that they can come to me if they are experiencing hard situations. My parents helped me and I believe parents can have a positive influence on their children and their future.

SUBSTANCE PHOTO	DRUG NAME	COMMON OR STREET NAME	PACKAGING	EFFECT SOUGHT	PHYSICAL SIGNS & SYMPTOMS OF USE	RISKS & LONG TERM EFFECTS
CONTROLLED SUBSTANCES (COMMONLY KNOWN AS STREET DRUGS) ARE ILLEGAL IN CANADA UNDER THE "CONTROLLED DRUGS AND SUBSTANCES ACT".						
	CANNABIS - MARIJUANA - WEED OIL - HASHISH - HASH OIL	Pot Grass Weed Herb Reefer Hash Kush	 Jewellery Baggies Sandwich Baggies Canned	Calmness Escape Euphoria Hallucinations Relaxation Sensory distortion	Crave munchies Skunky smell Increased heart rate Forgetfulness Sensitivity to light Immobility Red eyes	Anxiety Paranoia Liver / Lung damage Increased cancer risk Irritability Memory loss Weak immune system
	ECSTASY (MDMA)	Adam E X XTC Love drug Essence Go	Jewellery Baggies Pill form has a non-professional look/finish, carry odd designs, look homemade.	Enhanced emotions Euphoria Heightened attention Increased sensitivity to touch, smell, light Increased stamina	Accelerated heart rate Blurred vision Clenching of jaw Nausea Increased blood pressure Hallucinations Insomnia Shakes and tremors Chills or sweating Vomiting	Anxiety Brain Damage Convulsions Depression Inability to control body movements Kidney failure Cardiovascular failure Panic Paranoia Death
	METHAMPHETAMINES CRYSTAL METH ** AVOID DIRECT CONTACT WITH METH, IT CAN BE ABSORBED DIRECTLY THROUGH UNPROTECTED SKIN **	Crank Crystal Fire Glass Ice Meth Speed Tweek Jib	Jewellery Baggies (Can be sold in points .1 of a gram)	Decreased need for sleep Euphoria Heightened attention Increased confidence levels Physical energy Weight loss	Agitation / Irritability Dilated Pupils Elevated blood pressure Involuntary jaw clenching Impulsiveness Unable to sleep Loss of appetite Picking at face Tremors and convulsions	Irrational paranoia Delusions / Delirium Inflammation of heart lining Outburst of unprovoked violence High risk of addiction Suicidal thoughts and feelings Elevated body temperature Involuntary facial movements Toxic psychosis
	COCAINE CRACK COCAINE (CHEMICALLY ALTERED COCAINE)	Blow Coke Rocks Freebase Snow Crack Food	Spit Balls (Corners of sandwich bags) 8 Ball (3.5 g = 7 spit balls)	Extreme pleasure, power, and strength Feeling of mental alertness Freedom from pain Immediate 'Rush' Sexual arousal	Dilated pupils Accelerated breathing Dry mouth Elevated body temperature Increased blood pressure Increased heart rate Loss of appetite Obsessive, repetitive activities Talkativeness Stuffy nose	Brain seizures Confusion Depression (Sadness) Eroded nasal septum Feeling of bugs crawling on skin Sleeplessness Irrational violent outburst Headaches Heart attacks / Strokes Death
	GHB (GAMMA HYDROXY BUTERATE)	Cherry Meth Easy Lay Everclear Fantasy Goop Georgia Home Boy Grievous Bodily Harm Jib Liquid Ecstasy Soap	Jewellery Bags - powder Glass Vials - liquid	Bodybuilding Intoxication Relaxation Sociability	Drowsiness Impaired coordination Electrolyte imbalance Impaired hearing Impaired judgment Lack of motor control Lowered heart rate Reduced inhibitions Slowed breathing	Coma Date rape Dependence / Addiction Difficulty breathing (when combined with alcohol) Loss of reflexes Nausea (when combined with alcohol) Overdose Seizure Death

SUBSTANCE PHOTO	DRUG NAME	COMMON OR STREET NAME	PACKAGING	EFFECT SOUGHT	PHYSICAL SIGNS & SYMPTOMS OF USE	RISKS & LONG TERM EFFECTS
 <p>KETAMINE IS A HALLUCINOGEN, CLOSELY RELATED TO PHENCYCLIDINE (PCP).</p>	KETAMINE	Black Hole Cat Valium K Kit Kat Special K Super C Vitamin K	Jewellery Bags - powder Foil Folds Glass Vials - liquid	Altered state of consciousness Dreaminess Hallucinations Intoxication Numbness of extremities	Delusions Disassociation (mind to body) Incoherent speech Increased blood pressure Foul taste in mouth and throat	Amnesia Delirium (extreme confusion) Depression High blood pressure Impaired motor function Respiratory problems Loss of ability to breath Death
	PSILOCYBIN	Magic Mushrooms Shrooms Caps	Jewellery Baggies	Altered state of consciousness Insight Hallucinations Sensory distortion	Distorted sense of reality Feeling out of control / Delusions Hallucinations / Panic Insomnia Intoxication	There is no evidence that Psilocybin causes a physical or psychological dependence. May hallucinate for up to 4 days
 <p>Khat Leaves ↑ Khat Shrub ↑</p>	KHAT (CATHA EDULIS)	Abyssinian Tea African Salad Chat Kat Khat Oat Miraa (In Kenya) Qat (In Yemen) Tschat (In Ethiopia)	Bundle form wrapped in banana leaves	Feeling of exaltation Liberated from space / time Increase in confidence, friendliness, contentment Positive sexual effects and arousal Dispel feeling of hunger	Dilated pupils Physical exhaustion Violent outbursts Hallucinations	Anorexia Gastric disorders Hyperactivity Insomnia Khat induced psychosis Maniac behaviours Suicidal depression
	ANABOLIC STEROIDS	Anavar Deca-Durabolin Cyclomen Halotestin Oxandrin Winstrol Synthetic Testosterone Methyl-1-Testosterone	Pharmaceutical packaging M-1-T is found in Supplements	Enhance performance Increase muscle mass Increase muscle strength Fast recovery after intensive training / exercise	Disfiguring acne on shoulders, upper back, arms and face Cramps Depression Enlargement of breasts Decreased sperm count Male pattern balding	Liver / Kidney problems Risk of heart problems Premature delay of bone growth Tendonitis Muscle tears Nosebleeds Various types of cancer
 <p>HEROIN IS AN OPIATE DERIVED FROM MORPHINE, WHICH IN TURN IS DERIVED FROM RAW OPIUM HARVESTED FROM AN ASIAN SPECIES OF POPPY FLOWER.</p>	HEROIN	China White Chiva Dope Horse Junk Smack Tar Brown H	Grains (14 grains to a gram)	Suppression of pain Surge of euphoria Warm, flushed sensation	Constricted pupils Decreased heart rate Drowsiness Dry mouth / Loss of appetite Itchy skin Needle marks (intravenously) Slowed respiration Stupor Vomiting	Collapsed veins (intravenously) Coma Hepatitis Arthritis / Rheumatologic problems Liver / Kidney disease Risk of dependence / Severe withdrawal Impotence Muscle weakness Death

SUBSTANCE PHOTO	DRUG NAME	COMMON OR STREET NAME	PACKAGING	EFFECT SOUGHT	PHYSICAL SIGNS & SYMPTOMS OF USE	RISKS & LONG TERM EFFECTS
 <p>LSD IS USUALLY SOLD IN THE FORM OF BLOTTERS OR TABLETS.</p>	LSD	Acid	Blotter papers	Altered state of consciousness	Accelerated heart rate	Anxiety
	(LYSERGIC ACID DIETHYLAMIDE)	Blotter	Powders	Altered state of consciousness	Elevated body temperature	Coma
		Cid	Tablets	Hallucinations	Feeling out of control / Delusions	Convulsions
		Doses		Hallucinations	Hallucinations	Depression (sadness)
		L		Sensory distortion	Hypertension	Heart failure
		Microdots			Lack of coordination	Flashbacks
		Trips			Sleep disorder	Incoherent speech
Window Pane			Violent outbursts	Lung failure		
				Vomiting	Permanent distortion of reality	
PSYCHOACTIVE SUBSTANCES THAT ARE CURRENTLY 'LEGAL' TO PURCHASE; USAGE MONITORED BY "CONTROLLED DRUGS AND SUBSTANCE ACT"						
	SALVIA DIVINORUM	María Pastora	Extracts	Improved Mood	Confusion	Loss of consciousness
		Salvia	Fresh / dried leaves	Calmness	Less in control	No perception or recollection
		Sally-D	Plant cuttings		Heightened sense of color	Loss of all control
			Seeds		Spontaneous laughter	Vertigo
			Whole plants		Strobing visual affects	Out of body experience
HOUSEHOLD AND INDUSTRIAL PRODUCTS WHOSE COMMON TRAIT IS THAT SNIFFING THEIR FUMES PRODUCES PSYCHOACTIVE EFFECTS. (COMMON USERS: 8 - 18 YEARS OLD)						
	INHALANTS	Adhesive Spray	Manufacturers	Mental excitement	Delusions	Asphyxiation
		Airplane glue	packaging		Dilated pupils	Brain damage
	VOLATILE SOLVENTS	Cleaning fluid / sprays		Effect compared to an instantaneous alcohol intoxication	Distorted view of reality	Coma
		Cooking sprays			Dramatic mood swings	Delirium (extreme confusion)
		Correction fluid			Drunken behaviour	Headaches
		Deodorant			Impaired judgment	Heart attack
		Dust Off			Light-headedness	Liver / Kidney / Lung damage
		Freon			Loss of motor coordination	Nosebleeds
		Hair spray			Nausea	Reduced sense of smell
		Gasoline			Vomiting	Suffocation
	Nail polish / remover				Violent / Erratic behaviour	
	Paint thinner / remover				Death	
	INHALANTS	Laughing Gas	Manufacturers	Euphoria	Confusion	Brain damage
		Aerosol Whipped Cream	packaging	Intoxication	Drunken behaviour	Heart failure
	NITROUS OXIDE	Club / Party balloons		Pain relief	Giggling	Limb spasms
				Mental excitement	Hallucinations	Liver damage
					Impaired judgment	Loss of muscle control
					Loss of motor coordination	Stupor
				Nausea	Suffocation	
				Vomiting	Death	
ANY PRESCRIPTION DRUGS OR OVER THE COUNTER MEDICATIONS USED FOR NON-MEDICAL PURPOSES CAN CAUSE SERIOUS HEALTH PROBLEMS.						
	CODEINE	Pain Pills	Pharmaceutical	Euphoria	Apathy	Constipation
		T3	packaging	Pain relief	Constricted Pupils	Dependence / Addiction
		T4	Syrup		Decreased heart rate	Dizziness
			Capsules		Drowsiness	Light-headedness
			Pill form		Inability to think clearly	Nausea
				Slowed respiration	Overdose	

SUBSTANCE PHOTO	DRUG NAME	COMMON OR STREET NAME	PACKAGING	EFFECT SOUGHT	PHYSICAL SIGNS & SYMPTOMS OF USE	RISKS & LONG TERM EFFECTS
	MORPHINE	Dreamer M Morf MS Contin Peelers White Stuff	Vials Syringes Pill form	Euphoria Pain relief Sensation of floating	Constricted Pupils Decreased heart rate Drowsiness Dry mouth Inability to think clearly Inability to stay alert Slowed respiration	Constipation High risk of dependence / addiction Loss of appetite Mental deterioration Muscle weakness Overdose (fatal) Reproductive problems
	DEXTROMETHORPHAN	DXM DM Tussin Roboing Triple C's Dex	Pharmaceutical packaging Syrup Capsules Pill form	Mood lift Euphoria Giggling Dreamlike state	Panic Dread Disassociation (mind to body) Vomiting Dizziness Itching	Permanent bodily damage Depression Isolation from others Dependence / Addiction Overdose Death
	OXYCODONE	Hillbilly Heroin Kicker OC Ox OxyContin Percocet Percs	Pharmaceutical packaging Pill form	Euphoria Pain relief Sensation of floating	Constricted Pupils Decreased heart rate Drowsiness Dry mouth Inability to think clearly Inability to stay alert Slowed respiration	Constipation Convulsions / Seizure Harmful to unborn babies High risk of dependence / addiction Mental deterioration Muscle weakness Overdose
ALCOHOL AND TOBACCO ARE CONSIDERED PSYCHOACTIVE SUBSTANCES, THEIR SALE IS LICENSED & CONTROLLED, THEIR USE IS REGULATED.						
	ALCOHOL	Beer Booze Hard Liquor Juice Sauce Spirits Wine	Manufacturers packaging	Impairs memory Intoxication Loss of inhibitions Relaxation Relief from pain and anxiety Sociability	Aggressiveness Blurred vision Distorted sense of reality Exaggerated / Erratic emotions Impaired coordination Impaired judgment Lack of motor control Reduced inhibitions Slurred or incoherent speech	Blackouts Cancer Central nervous system damage Liver damage (Cirrhosis) Dependence / Addiction Heart damage Memory loss Poor appetite Stomach ulcers Sexual impotence Vitamin deficiencies Death
	NICOTINE	Cigarettes Cigars Pipe Tobacco Smokes Snuff	Manufacturers packaging	Calmness Sociability Stimulation Weight loss	Coughing Increased blood pressure Increased heart rate Reduced appetite	Cancer Chest pain Wheezing Chronic Bronchitis Dependence / Addiction Emphysema Respiratory infections Stroke

REFERENCES: EDMONTON POLICE SERVICE - DRUG SECTION

HEALTH CANADA - CANADA DRUG STRATEGY WEBSITE: http://www.hc-sc.gc.ca/ahc-asc/activit/strateg/drugs-drogues/index_e.html

DRUGS KNOW THE FACTS CUT THE RISK, PUBLISHER: COMITE PERMANENT DE LUTTE A LA TOXICOMANIE (2004)

AADAC (ALBERTA ALCOHOL AND DRUG ABUSE COMMISSION) & WEBSITE: www.aadac.com

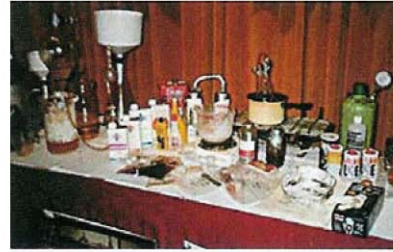
DRUG GLOSSARY COMPILED BY: Cathy A. Backewich - Edmonton Police Service Volunteer Email: cbackewich@coleskids.org

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Drug Paraphernalia

The term drug paraphernalia refers to any equipment that is used to produce, prepare, conceal, and consume illicit drugs. Identifying drug paraphernalia can be challenging for any parent.

Dealer-specific products are used by drug traffickers for producing or preparing illegal drugs for distribution at a street level. Items used for preparing drugs include, but are not limited to: scales, vials, jewel baggies, plastic wrap and tinfoil.



The items used for consuming drugs are commonly marketed specifically to youth. They are designed with colourful logos and often disguised as pretty trinkets to trick you into believing they are harmless. Other items include syringes, light bulbs, writing pens, pop cans, straws, spoons and lighters, to name a few.



Normal household items are often used to conceal illegal drugs. These items include, but are not limited to cell phones, pagers, CD players, magic markers, cosmetic containers, cans with false bottoms; basically, any item that can be carved or hollowed out can be utilized by a drug user.



Lipstick dispenser hides a drug pipe.



Hollow pager adapted to conceal drugs.



Felt tip marker with internal drug pipe.



Soft drink can with false bottom.

Look for and learn to identify drug paraphernalia.

Proper Handling of Psychoactive Substances

Drugs – Alcohol – Tobacco

All adults play an important role in the lives of children. As a parent, guardian or caregiver, you are the role model that holds the greatest power, impact and influence on your child's attitude towards drug use.

What Can You Do?

Gain knowledge on the substances that are a danger to your children: what these substances look like, what they are known as, what the physical signs are if the child is using, and what to do if you find these substances in your home or property.

Keep prescription drugs, alcohol and tobacco products in a secure location that is not easily accessible to children. Keep track of these substances to ensure that they do not go missing without your knowledge.

If you find Street Drugs: Be careful handling any of these substances or drug paraphernalia. Use rubber gloves if you must move them and avoid holding them near your face or exposed skin. For proper disposal of these drugs, please contact your local police station for further advice and assistance. If you choose to drop off drugs at the police station, please notify them in advance.

- | | | |
|------------------------------|-------------------------|--------------|
| ○ Downtown Division Station | 9620-103A Avenue | 780-421-2200 |
| ○ Southeast Division Station | 104 Youville Drive East | 780-426-8200 |
| ○ Southwest Division Station | 9710-51 Avenue | 780-426-8300 |
| ○ West Division Station | 16505-100 Avenue | 780-426-8000 |
| ○ North Division Station | 14203-50 Street | 780-426-8100 |

Marijuana Grow Ops

If you suspect a Grow Op in your neighbourhood . . . **DO NOT INVESTIGATE OR ACT ALONE**. Contact Edmonton Police or Crime Stoppers at 1-800-222-8477.

Meth Labs

If you should encounter or suspect a Meth Lab . . . **GET OUT!** Leave the Area At Once and contact the Edmonton Police Complaint Line 780-423-4567. Outside of Edmonton contact Crime Stoppers at 1-800-222-8477.

Meth Labs are extremely dangerous. Many of the chemicals found in these labs are very corrosive or flammable. Vapours that evolve from chemical reactions attack mucous membranes, skin, eyes and the respiratory tract. Some chemicals will react with water or other chemicals and cause fire or explosion.

Anyone without proper training and protective gear should stay at least 500 feet away from any suspected Meth Lab.

You CAN Make A Difference!

Is Marijuana Growing in a House Near You?

Marijuana houses are for growing marijuana plants. Crime rings sell the drug for money or other drugs. There are many things you can do to keep your street safe from drug houses.

1. Know your neighbours.
2. Read the brochure: *Marijuana Grow Ops: A Growing Hazard*.
3. Check this website for information on marijuana houses: www.edmonton.ca/safedmonton
4. Notice if a house looks different than others on your street:
 - No snow on rooftop.
 - Water stains.
 - Water build-up.
 - Covered windows.
 - Bright lights on all the time.
 - Steam from vents all the time.
 - Odd, strong smells.
 - No garbage.
 - No groceries.
 - Visits by crop “sitter.”
5. Call Crime Stoppers (1-800-222-8477) so police can check. You do not have to give your name.
6. If you are a landlord, check tenant references.
7. Keep track of who moves into your neighbourhood.

How Marijuana Houses Can Affect You

Marijuana houses affect neighbours because there is a chance of:

- Fire
- Electrocutions
- Violence

Marijuana growing also causes:

- Higher energy costs to everyone.
- Changes to property value.
- Fumes and toxic mould.
- Need for major repairs to houses.