

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](http://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](http://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](http://www.trumed.org)

#### Swope Health Services

3801 Blue Parkway  
Kansas City, MO 64130  
816-923-5800  
[www.swopeparkway.org](http://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>

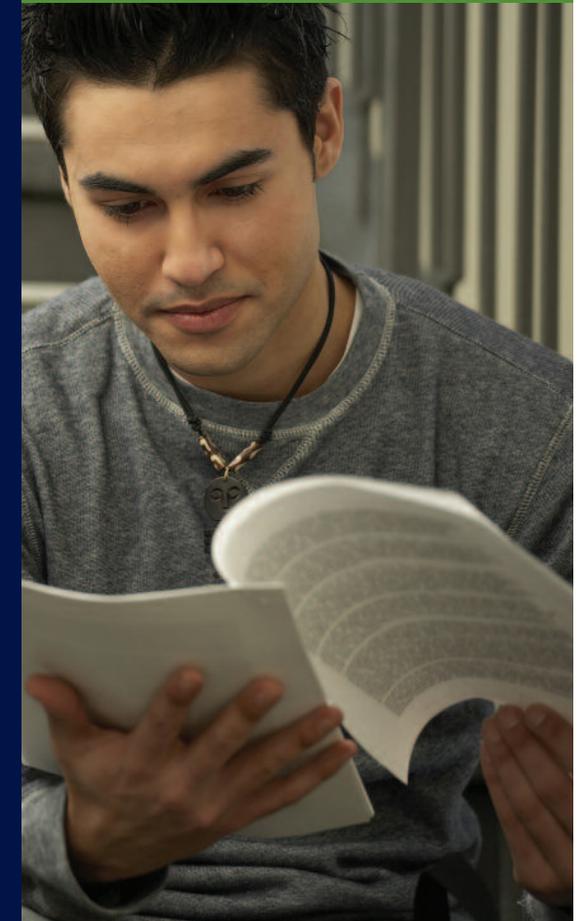
#### Wyandot Centers

3615 Eaton Street  
Kansas City, KS 66103  
913-831-9500  
[www.kumc.edu/wmhc](http://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



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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 your 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