

# PARENTS 4 A CHANGE

## WHO ARE WE?

We are regular parents and citizens, like you, who have decided to speak up and try to make a difference in our community.

## GOALS

- ❑ Raise awareness about the serious, lifethreatening drug problem that exists in Southington

*Did you know that HEROIN has become the drug of choice for many Southington teens?*

- ❑ Provide a network of communication for parents and families who are going through the nightmare of drug abuse

*Are you or someone you know suffering in silence? Feel alone, isolated? We want to be a support for you!*

- ❑ Create real & effective deterrents to drug use and drug activity in our town

*We would welcome anyone who would like to work with us in making changes!*

EMAIL ADDRESS: [parentsforachange@hotmail.com](mailto:parentsforachange@hotmail.com)

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## "RED FLAGS" TO WATCH FOR WITH OPIATE USE:

- change (coins) missing from home - purse, change jar, etc.
- money missing and seems unaccounted for: mom thinks "I thought I had \$10 left in my wallet; didn't I have \$10? Well, maybe I spent it." YOU, THE PARENT, BEGIN TO QUESTION YOURSELF, YOUR MEMORY OF MONEY AND CIRCUMSTANCES
- small items- jewelry, valuables, household items of resale quality- missing and unaccounted for
- opiates are sedatives, "downers," therefore they make you very tired; user will begin to seem very doopey, fatigued, sleep much more than usual, sometimes to the point of being unable to wake
- eyes will reflect the usage - pupils are pinpoint and peculiar looking
- user will have "cotton mouth" - speech is impaired and/or slurred, user constantly licks his lips and lips appear dysfunctional
- user will seem to have very itchy skin, having the feeling & appearance of "skin crawling"
- opiate users will often wear sunglasses inappropriately - inside, nighttime, days which clearly do not warrant the wearing of glasses
- appetite decreases drastically; opiate use becomes all consuming, the user progressively loses all interest in eating and drinking; AND, user always has water on hand, bottles and glasses
- weight will decrease immediately and drastically
- user loses all interest in any recreational activity, including the opposite sex
- personal hygiene suffers; user loses interest in showering, clean clothes, etc.
- volatile, violent, angry behavior begins and escalates, especially if cornered, questioned, or disciplined; breaks most/all house rules
- spoons will be missing, unexplained, or blackened on the underside
- for i.v. users, they will have "track marks," injection sites, on arms or on other body parts
- iv users will usually wear long-sleeved clothing, to cover arms/track marks, even in the hottest weather or conditions
- lying!! about everything; secretive behavior
- most likely begins encounters with police
- DO: search the room, bags, cars, clothes for paraphernalia: needles; needle caps; tiny, black elastic bands; hollowed-out or disassembled pens; small, empty baggies (clear or colored); alcohol prep pads or wrappers; cotton balls; small pieces of cotton fiber, like from a cigarette filter

*Compiled by Parents 4 A Change*

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## DID YOU KNOW

- ❑ Heroin has equaled crack cocaine as the greatest drug threat to CT, and is rising (per U.S.D.E.A.)
- ❑ CT is in the "New England Pipeline," name for the distribution route of drugs which includes 195 & 191; these highways intersect in New Haven, which has become the drop off point for our area (per U.S.D.E.A.)
- ❑ Demand for heroin is increasing dramatically in CT because: low price (\$5 bag); high purity (70-80%); increased availability. This increased demand is being seen primarily among teens and young adults (per U.S.D.E.A.)

## QUESTIONS TO ASK TEENS & YOUNG ADULTS:

- ❑ How easy is it to obtain drugs, ANY KIND, in school or through friends? To obtain vics, percs, oxys, heroin?
- ❑ Do you personally know of someone using opiates (vics, percs, oxys,heroin)? If no, do you know someone who knows someone using?
- ❑ How bad do you believe the opiate use problem is in school, town? Do you think the "authorities/parents" know how serious the problem is?
- ❑ How prevalent is ANY DRUG USE in the high school bathrooms? Do you or someone you know have a concern about using the bathrooms for this reason?

**YOU CAN CONTACT US VIA EMAIL:** [parentsforachange@hotmail.com](mailto:parentsforachange@hotmail.com)

**TEENS:** Please take our FREE, ANONYMOUS on-line poll:  
[www.freewebs.com/parents4achange](http://www.freewebs.com/parents4achange)

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