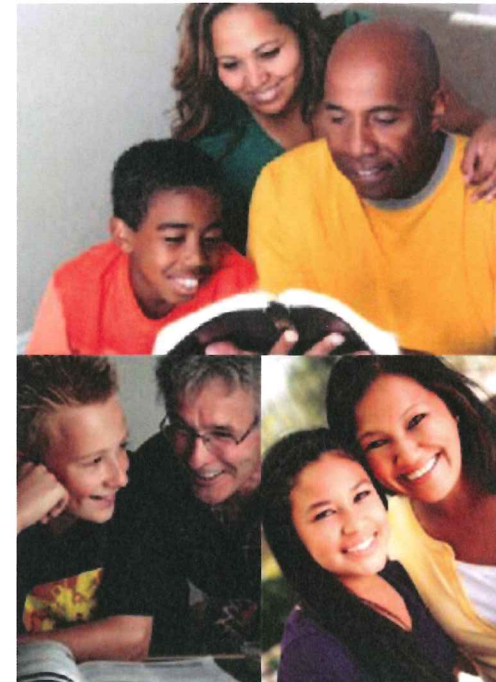


Parent Resource Guide

Tobacco | Alcohol | Drugs



GUIDE PURPOSE

This Parent Resource Guide provides the basic resources needed to assist in preventing tobacco, alcohol and drug use. A more in-depth, detailed guide can be found online at www.lcsac.org/parentguide, along with a listing of local agencies and online sites, for additional information and help.

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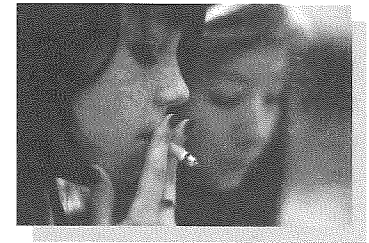
If you or a loved one needs help with counseling, or treatment, please feel free to contact one of the following:

- Northwest Indiana Treatment Center - 219-769-7710
 - Merrillville, IN - Adult outpatient methadone maintenance
- Semoran Treatment Center - 219-938-4651
 - Gary, IN - Outpatient methadone treatment center
- Regional Mental Health Center - 219-769-4005
 - Various Locations - Adult-intensive outpatient and inpatient services and youth-intensive outpatient services
- Awakenings - 1-866-327-2726
 - Merrillville, IN - Outpatient and intensive outpatient services for individuals, couples, and families
- Edgewater Systems for a Balanced Living, Inc - 219-885-4264
 - Gary, IN - mental health and addiction services for youth, adults, and families
- Fresh Start - 219-736-8690
 - Crown Point, IN - Youth and adult counseling services
- Sojourner Truth House - 219-885-2282
 - Gary, IN - Help for homeless and at-risk women and children
- Veterans Life Changing Services - 219-979-0900
 - Gary, IN - Assists men and women in their transition back to civilian life
- Descending Dove Ministries - 219-887-3683
 - Gary, IN - incarcerated veterans and non-veterans re-entry programs
- Reformers Unanimous Home - 219-932-5085
 - Hammond, IN - residential facility for men with addiction problems
- Campagna Academy - 219-322-8614
 - Schererville, IN - youth substance abuse treatment
- 1-800-QUIT-NOW - tobacco quit line with helpful resources

TOBACCO

Understanding the problem

The good news: The number of younger Americans who smoke has been going down since the late 1990s.



The bad news: The rates of cigarette smoking among high school juniors and seniors are still higher than those of adults. By the 12th grade, more than half the smokers had tried to quit at least once in the past year. On top of that, about 1 in 7 high school boys use some form of smokeless tobacco. More than 2% of high school girls use smokeless tobacco. In addition, cigars are also commonly used by high school teens; not just for tobacco but also for smoking marijuana to cover the smell.

Children and teens are easy targets for the tobacco industry. They're often influenced by TV, movies, advertising and by what their friends do and say. They don't realize what a struggle it can be to quit. Children and teens don't think much about future health outcomes, such as cancer, emphysema, impotence and others.

Almost all smokers start while they're young

Nearly all first use of tobacco takes place before high school graduation. A 2009 survey from the US Centers for Disease Control and Prevention (CDC) found that nearly half of high school students had tried cigarette smoking at some point. In 2009, more than 1 out of 4 high school students were current tobacco users.

The American Lung Association analyzed a CDC survey from 2008. Looking at adults who were regular smokers, they found 85% started smoking regularly at age 21 or younger. And 68% started at age 18 or younger.

The younger you are when you begin to smoke, the more likely you are to be an adult smoker; and you are more likely to have trouble quitting than people who start later in life.

Kids who smoke have smoking-related health problems

Cigarette smoking causes serious health problems among children and teens. Regular teen smokers report problems such as:

- Coughing spells
- Shortness of breath, even when not exercising
- Wheezing or gasping
- Frequent headaches
- Increased phlegm (mucus)
- Respiratory illnesses
- Worse overall health including cold and flu symptoms
- Reduced physical fitness
- Poor lung growth and function
- Addiction to nicotine

As they get older, teens who continue to smoke can expect problems like:

- Gum disease and tooth loss
- Chronic lung diseases, like emphysema and bronchitis, which limit exercise and activity
- Hearing loss
- Vision problems, such as macular degeneration, which can lead to blindness
- Blood vessel disease, which can lead to heart attacks, strokes or other conditions even at a young age

Each day, nearly 4,000 kids under the age of 18 try their first cigarette and another 1,000 become regular daily smokers. About one third of these kids will die prematurely from a smoking-related disease. (CDC based data).

Most young smokers are addicted and find it hard to quit

Most young people who smoke regularly are already addicted to

nicotine. In fact, they have the same kind of addiction as adult smokers. One research group studied regular smokers during high school and after graduation. While they were in high school, only 5% thought they would still be smoking in 5 years. But 7 to 9 years later, 63% were still smoking.

Most teen smokers say they want to quit and many have tried to do so without success. Those who try to quit smoking report withdrawal symptoms much like those reported by adults.

Tobacco use is linked to other harmful behaviors

Research has shown that teen tobacco users are more likely to use alcohol and illegal drugs than are non-users. Other negative behaviors increase with those who use tobacco products versus those that don't.

What parents and other concerned adults can do

Keep kids from starting:

Concerned parents may have more power over whether their children start using tobacco than they think they do. In a 2009 study, teens whose parents often talked to them about the dangers of smoking were about half as likely to smoke as those who didn't have these discussions with their parents. This was true no matter whether parents were smokers or not.



Here are some tips for parents to help them keep their kids tobacco-free:

- Despite the impact of movies, peers, etc. parents are **the greatest influence** in the lives of their children.
- Talk to your children about the risks of tobacco use; studies have shown that this works! If loved ones suffer with or have died from tobacco-related illnesses, let your kids know. For instance, inform them that tobacco use strains the heart, damages the lungs, and can cause a lot of other problems,

including cancer. Also mention what it can do to the way a person looks and smells: smoking makes hair and clothes stink, causes bad breath, and stains teeth and fingernails. Smokeless tobacco causes bad breath, stained teeth, tooth decay, tooth loss, and bone loss in the jaw.

- The children of parents who smoke are much more likely to smoke themselves. But if you use tobacco, you can still make a difference. Your best move is to try to quit. Meanwhile, don't use tobacco around your children, don't offer it to them or leave it where they can easily get to it.
- Start talking about tobacco use when your children are 5 or 6 years old and continue through their high school years. Many kids start using tobacco by age 11. And many are addicted by age 14.
- Know if your kids' friends use tobacco. Talk about ways to say "no".
- Talk to your kids about the false glamorization of tobacco in the media such as ads, movies and magazines.

If you use tobacco yourself and don't want your children to start, know that you can still influence their decisions. You may even have more power, because you've been there. You can speak to your child firsthand about:

- How you got started and what you thought about it at the time
- How hard it is to quit
- How it has affected your health
- What it costs you, financially and socially

If you can, keep your house smoke-free. Don't smoke or allow others to smoke indoors.

Help your child quit:
If your child has already



started using tobacco, the CDC offers these suggestions to help them kick the habit:

- Avoid threats and ultimatums. Find out why your child is smoking or using other forms of tobacco. Are they trying to get your attention? Are they trying to fit in with a peer group? You may discover that just going through the teen years is stressful for your child.
- Show interest, ask questions, find out what changes can be made to help your child quit smoking.
- If you smoke, try to quit. If you did smoke and have already quit, talk to your child about what it was like for you. Personalize the little problems around smoking and the big challenge of quitting. Teens and pre-teens often believe they can quit smoking whenever they want, but research shows most teens never do. Try to share these facts with them in a non-threatening way.
- Support your child. Both you and your child need to prepare for the mood swings and crankiness that can come with nicotine withdrawal. Offer your teen the 5 Ds to get through the tough times:

1. **Delay:** The craving will go away with time.
2. **Deep breath:** Take a few calming deep breaths.
3. **Drink water:** It will help flush out the chemicals.
4. **Do something else:** Find a new, healthy habit.
5. **Discuss:** Talk about your thoughts and feelings.

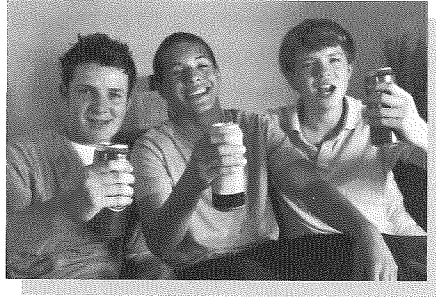
- Make a list with your teen or pre-teen of the reasons why they want to quit. Refer back to this list when your child is tempted.
- Finally, reward your child when he or she quits. Plan something special for you to do together.

Helping your child quit using tobacco is one of the best parenting activities you could ever do. If you're a smoker, the second best thing may be quitting yourself.

ALCOHOL

Getting the Facts

Just about everyone knows that the legal drinking age throughout the United States is 21. But according to the National Center on Addiction and Substance Abuse, almost 80% of high school students have tried alcohol.



What Is Alcohol?

Alcohol is created when grains, fruits, or vegetables are **fermented**. Fermentation is a process that uses yeast or bacteria to change the sugars in the food into alcohol. Fermentation is used to produce many necessary items — everything from cheese to medications. Alcohol has different forms and can be used as a cleaner, an antiseptic, or a sedative.

So if alcohol is a natural product, why do teens need to be concerned about drinking it? When people drink alcohol, it's absorbed into their bloodstream. From there, it affects the central nervous system (the brain and spinal cord), which controls virtually all bodily functions. Because experts now know that the human brain is still developing during our teens, scientists are researching the effects drinking alcohol can have on the teen brain.

How does it affect the body?

Alcohol is a **depressant**, which means it slows down the functioning of the central nervous system. Alcohol actually blocks some of the messages trying to get to the brain. This alters a

person's perceptions, emotions, movement, vision, and hearing, even their decision making abilities.

In very small amounts, alcohol can help a person feel more relaxed or less anxious. More alcohol causes greater changes in the brain, resulting in **intoxication**. People who have overused alcohol may stagger, lose their coordination, and slur their speech. They will probably be confused and disoriented. Depending on the person, intoxication can make someone very friendly and talkative or very aggressive and angry. Reaction times are slowed dramatically — which is why people are told not to drink and drive. People who are intoxicated may think they're moving properly when they're not. They may act totally out of character.

When large amounts of alcohol are consumed in a short period of time, **alcohol poisoning** can result. Alcohol poisoning is exactly what it sounds like — the body has become poisoned by large amounts of alcohol. Violent vomiting is usually the first symptom of alcohol poisoning. Extreme sleepiness, unconsciousness, difficulty breathing, dangerously low blood sugar, seizures, and even death may result.

Why Do Teens Drink?

Experimentation with alcohol during the teen years is common. Some reasons that teens use alcohol and other drugs are:

- curiosity
- to feel good, reduce stress, and relax
- to fit in
- to feel older
- to "get rid of emotional pain"

From a very young age, kids see advertising messages showing beautiful people enjoying life — and alcohol. And because many parents and other adults use alcohol socially — having beer or wine with dinner, for example — alcohol seems harmless to many teens and those younger.

Why Shouldn't Teens Drink?

Although it's illegal to buy alcohol in the United States until the age of 21, most teens can get access to it. It's therefore up to you, the parent, to make the decision to help your teens not drink. In addition to the possibility of becoming addicted, other downsides to drinking include:



The punishment is severe. Teens who drink put themselves at risk for obvious problems with the law (it's illegal; you can get arrested). Teens who drink are also more likely to get into fights and commit crimes than those who don't. Alcohol also makes clear thinking harder, enabling the teens to make decisions that they normally would not make which could have potential long-term impacts on their health and lives.

People who drink regularly also often have problems with school. Drinking can damage a student's ability to study well and get decent grades, as well as affect sports performance (the coordination thing).

They can look or act really stupid. The impression is that drinking is cool, but the nervous system changes that come from drinking alcohol can make people do stupid or embarrassing things, from acting totally off the wall to doing things in public they would never think of doing otherwise, like throwing up, peeing on themselves and other embarrassing acts. And no one enjoys a hangover.

Alcohol puts health at risk. Teens who drink are more likely to be sexually active and to have unsafe, unprotected sex. Resulting pregnancies and sexually transmitted diseases can change or even end lives. Consistent overdrinking can cause liver diseases, liver failure, and can lead to other health issues that can potentially be fatal. The risk of injuring themselves, maybe even fatally, is higher when under the influence of alcohol. One half of all drowning deaths among teens are related to alcohol use. Use

of alcohol greatly increases the chance that a teen will be involved in a car crash, homicide, or suicide.

Teen drinkers are more likely to get fat or have health problems, too. One study by the University of Washington found that people who regularly had five or more drinks in a row starting at age 13 were much more likely to be overweight or have high blood pressure by age 24 than their non-drinking peers. People who continue drinking heavily well into adulthood risk damaging their organs, such as the liver, heart, and brain.

How Can One Avoid Drinking?

If all their friends drink and they don't want to, it can be hard to say "no, thanks." No one wants to risk feeling rejected or left out. Different strategies for turning down alcohol work for different people. Some people find it helps to say no without giving an explanation; others think offering their reasons works better ("I'm not into drinking," "I have a game tomorrow," or "My uncle died from drinking," for example).



If saying no to alcohol makes them feel uncomfortable in front of people they know, tell them to blame their parents or another adult for their refusal, saying, "My parents are coming to pick me up soon," "I already got in major trouble for drinking once; I can't do it again," or "My coach would kill me," can make saying no a bit easier for some.

If they're going to a party and they know there will be alcohol, help them plan their strategy in advance. They, along with a friend of theirs, can develop a signal for when it's time to leave, for example. You as their parent can make arrangements with them to pick them up with a simple coded text from them. They can also make sure to have plans to do something besides just hanging out in someone's basement drinking alcohol all night. Plan a trip to the movies, the mall, a concert, or a sports event.

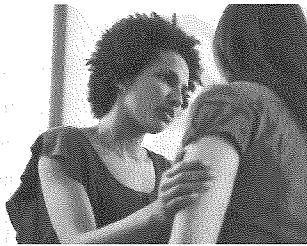
Help them organize their friends into a volleyball, bowling, or softball team; any activity that gets them moving and active.

Girls or guys who have strong self-esteem are less likely to become problem drinkers than people with low self-esteem.

Where Can You as Parents Get Help?

First of all, talk to your kids; let them know you are there for them if they need you. Also give them several sources where they can turn if they would prefer having others to talk to. If you think they have a drinking problem, get help as soon as possible: local counseling centers, social workers, treatment centers, etc. It can be hard to talk to adults about these issues, but a supportive person in a position to help can refer students to a drug and alcohol counselor for evaluation and treatment.

In some states, this treatment is completely confidential. After assessing a teen's problem, a counselor may recommend a brief stay in rehab or outpatient treatment. These treatment centers help a person gradually overcome the physical and psychological dependence on alcohol.



What If Your Kids are Concerned About Someone Else's Drinking?

Sometimes people live in homes where a parent or other family member drinks too much. This may make them angry, scared, and depressed. Many people

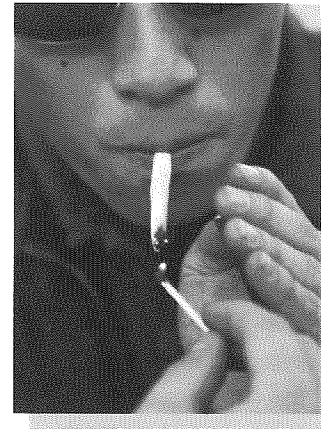
can't control their drinking without help. This doesn't mean that they love or care about you any less. Alcoholism is an illness that needs to be treated just like any other illness.

People with drinking problems can't stop drinking until they are ready to admit they have a problem and get help. This can leave family members and loved ones feeling helpless. The good news is there are many places for them to turn for help.

If they have a friend whose drinking concerns them and you, make sure he or she stays safe. Help them to not let their friend drink and drive, for example. Try to keep your teens and their friends who have been drinking from doing anything dangerous, such as trying to walk home at night alone or starting a fight. Develop a relationship with them that all they have to do is call or text, and you will come get them AND their friends so that no one drives drunk, or make sure that they have enough cash for a cab. This is a time to be safe and make sure your child is safe and secure.... Talking can and should come later.

Everyone makes decisions about whether to drink and how much — even adults. It's possible to enjoy a party or other event just as much, if not more so, when you don't drink. And with the central nervous system working as it's supposed to, they'll remember more about the great time they had!

DRUGS



Clues to Teenage Drug Use

All addicts are different in some ways. However, teenagers typically share common traits. Below, we present an overview of the things seen as being hidden indicators:

- Changes in friends, especially older friends or a whole new group of friends
- Lack of emotion and/or a consistent increase in negative attitudes
- Negative changes in schoolwork, missing school, or declining grades
- Increased secrecy about possessions or activities
- Missing spoons, torn-up soda cans, little Ziploc bags, small pieces of foil

- Avoiding conversation, increased claims of being misunderstood
- Oversleeping, fatigue
- Use of incense, room sprays/deodorants, or perfume to hide smoke or chemical odors
- Subtle changes in conversation with friends, secretiveness, using “coded” language
- UTI’s, increase in irregular female menstruating
- Increased purchase of gummy bears (discussed later under New Trends)
- Drastic change in clothing choices: new fascination with clothes that highlight drug use
- Increase in borrowing money, missing money
- Evidence of drug paraphernalia, such as pipes, rolling papers, etc.
- Evidence of use of inhalant products (such as hairspray, nail polish, correction fluid, common household products); rags and paper bags are sometimes used as accessories
- Bottles of eye drops, which may be used to mask bloodshot eyes or dilated pupils
- New use of mouthwash or breath mints to cover up the smell of drugs or alcohol
- Missing prescription drugs—especially narcotics and mood stabilizers

TEACHABLE MOMENTS

Talking with your child about drugs isn't a formal, one-time-only conversation. You can steer conversational topics to why drugs are harmful or use everyday events to start a conversation about them. Take advantage of blocks of time, such as before school, on the way to practice or after dinner to discuss drugs and to voice your "no-use" expectations. Here are some tips to get started:

- *Talk about a recent drug- or alcohol-related incident in your community or family*
- *If you and your child see a group of kids drinking or smoking, use the moment to talk about the negative effects of alcohol and tobacco*

- *When you watch a movie together that shows especially the key characters participating in drugs, tobacco use, or alcohol, use that as a teaching moment. Discuss with them what they saw and whether or not it really added or subtracted to the film, etc.*
- *When a super sports star and/or movie star is arrested for a DUI, or drug related charges, etc., discuss this with your child. Ask them if their actions are acceptable, and related questions*
- *Discuss classmates, or local town leaders, that get into trouble over drug use or alcohol*
- *Discuss TV or Magazine ads that advertise alcohol, tobacco, or even prescription drugs in a positive light, using such phrases as “tastes great”, “live the good life”, etc.*
- *Discuss billboards along the highway advertising the good life of drinking various brands of liquor/wines/beers*

1. An important aspect of teaching about drugs is to listen carefully to your child's views.
2. Drugs are a part of our society and are all around us; it is the parent's right and responsibility to be active in the drug education of their child.
3. Emphasize the immediate negative consequences of substance use. Long-range risks are of no value in deterring experimentation or use. Immediate consequences include throwing up, being out of control and having people laugh at you.
4. Dispel the "myth" that everyone is doing it.
5. Teach them "refusal skills." Teach them how to resist the social influences and still be accepted by their peer group. Rehearse situations they may be confronted with and how they can get out of it or delay a decision.
6. Make them aware of advertising techniques that promote the myths about drug and alcohol use.



7. Stress the fact that drug/alcohol-induced "highs" are short-lived and not long-lasting, concrete experiences. Highs achieved through hard work and effort are fond memories and can be recreated.
8. Share your own personal experiences, both negative and positive, in confronting peer pressure. Be honest. Let your children know that teen years are not always an easy, fun-loving time. Share with them that it is a time of difficult decisions, experiences and explorations.
9. Parents are significant role models for their children in all respects, including drug use. Children imitate behaviors and learn attitudes about drugs from the important adults in their lives, especially their parents.
10. Drinking behaviors are learned through observing and imitating parents, other adults and peers. Some children drink because: a) it appears to produce feelings of pleasure, b) because it is a symbol of adulthood to them, and c) they want to be like those adults they look up to.
11. Using the natural setting, and capitalizing on the teachable moments, can be a useful approach to helping your child learn about alcohol/drugs.
12. An exchange of views and beliefs is more effective than parental "scare tactics."

Show Your Kids You Care

It may seem simple, but one of the best ways to keep your kids drug-free is to show them you care. Simple gestures such as an unexpected hug, saying I love you every day and being supportive of your child (referring to them in terms of their greater potential) can help them to become a confident person. Here are

5 ways to show you care:

1. *Reinforce your love -- say the words I love you.*
2. *Be careful not to criticize; describe a better way.*
3. *Remember that children often reflect what they have or have not been taught.*
4. *Teach the principles of "why," not just "what" to do or not to do.*

5. *Listen to them, a lot. Avoid interrupting. Give them your undivided attention.*

Know What Drugs Kids Face Today

While you may be aware of the types of drugs that were around when you were a teenager, there is a new array of substances that kids today may misuse to get high. These include household products and over-the-counter and prescription medications that can be found in your own home. The more informed you are, the more your kids will listen to you.

Face the Situation

You have noticed a change in your child's pattern of behavior. You suspect your child may be using alcohol, tobacco, or other drugs and/or your child has begun to exhibit aggressive or violent behavior at home, in the community, or at school. Early intervention is critical. You must intervene even if your child feels embarrassed or becomes angry. This is your child's life that is at risk. There are no guarantees that intervention will change your child's behavior, but you must try.



Until a person experiences the consequences of his or her alcohol, tobacco, or drug use or violence, the behavior will continue. Making excuses only ensures that the behavior will most likely continue. Here are some common ways destructive behaviors are excused:

- Calling in sick for a child who is hung over
- Concealing a child's problem from the other parent
- Not following through consistently on consequences for drug, alcohol use or violent behavior
- Not seeking or taking advantage of professional help when a child will not, or cannot, change his or her destructive behavior
- Denying or minimizing a child's use even to a professional you are seeking help from

- Knowingly allowing a minor to use alcohol, tobacco, or other drugs
- Lending money to or paying bills for a child who is involved in drug use or violence
- Denying or minimizing a child's increased violent behavior
- Denying behavior changes that suggest activity with gangs (changed clothing, staying out late, significant changes in friendships, refusal to discuss activities)
- Interfering and or refusing to cooperate with intervention strategies from the school or law enforcement agencies

Do's and Don'ts for Parents



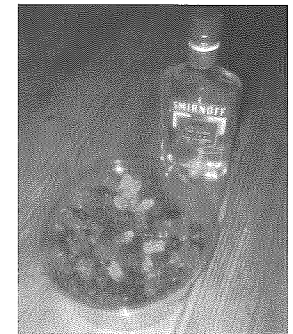
- Know your child, talk and listen and spend quality time together doing fun things
- Set a good example: examine your use of drugs such as tobacco, prescription drugs, alcohol, and others
- Set firm, reasonable rules and follow through with reasonable consequences
- Remember, children want your love, structure, guidelines
- Don't apologize for your concern, it could be a matter of life or death
- Don't be discouraged by rejection of you and your values
- Educate yourself and your child about drugs, their use or abuse and know the signs
- Know your child's friends and their parents
- Know your child's whereabouts; check up on them
- Exchange ideas about curfews and other teenage behaviors with other parents
- If you have liquor in your home, keep track of it and know how much is being used
- Do not create areas in your home that are off limits to you. You are not running a hotel
- Make it clear that you disapprove of drug, tobacco, and alcohol abuse and that you will not tolerate it

- If your child comes home under the influence, do NOT argue with them at that time. You are only speaking to the chemicals. Make sure your child is safe; seek medical attention if needed
- SWALLOW YOUR PRIDE AND SEEK HELP IMMEDIATELY
- Don't be discouraged if your first course of action does not work. Let your child know you will not give up
- LOVE YOUR CHILD!!!
- Hold your child responsible for their actions

NEW TRENDS

Drunken Gummies:

A new way that young adults are becoming intoxicated and keeping it hidden is by mixing Vodka and Gummy Bears (or other gummy candies) together. The Gummy Bears will soak up the Vodka and then teenagers eat the Gummy Bears as they would plain Gummies and become intoxicated.

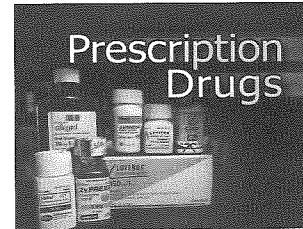


The Gummy Bears that have been mixed with Vodka can be odorless. The person eating them has no idea how much alcohol they are putting into their system since the taste isn't that dramatically different from eating plain Gummies.

Instructions are found on the internet and on YouTube, which makes it easy for most anyone, kids, teens, and young adults, to make them. Eating these can cause quick intoxication, unconsciousness, stopped breathing, alcohol toxicity/poisoning and possibly death.

Drunken Gummies appear to be 3-4 times the size of normal Gummies and appear bloated.

Prescription Drugs/Over-the-Counter Drugs:



Over the counter drugs and prescription drugs have seen a significant increase in use over the past few years that shows no signs of slowing down. The most commonly abused OTC drugs are:

- Cough & Cold – Dextromethorphan (DXM)
- Antihistamines and Decongestants – Coricidin
- Pain Relievers – Aspirin, Tylenol, Motrin, Advil

Keep in mind that taking multiples of such meds as Motrin or Advil is equivalent to taking a prescription strength of the same med. Four Motrin tablets is equal to 1 entry level prescription tablet.

Prescription drugs are being more heavily used since teens believe the myth that these drugs provide a “medically safe” high. The most commonly abused prescription drugs are:

- Pain relievers - Vicodin, Oxycontin.
- Anti-anxiety – Xanax, Klonopin
- Stimulants – Ritalin, Adderall
- Anti-depressants – Wellbutrin, Rohypnol

Parent Resource Guide is a publication of the Prevention & Education Standing Committee of the Lake County Substance Abuse Council (LCSAC).



www.lcsac.org



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