

**For Immediate Release:**

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**Teenage Drug Use, A Growing Epidemic: Where To Go For Help**

**More than half (55 percent) of our nation's 12th graders have tried an illicit drug, and more than one-quarter (29 percent) have tried a drug other than marijuana, such as cocaine, inhalants, and heroin. (Monitoring the Future Survey)**

Many teens struggle with drug and alcohol problems, but many families do not know where to turn for help. Sometimes it is hard to know if a teen has a drug or alcohol problem. Here are some warning signs to determine if your child needs help:

- Distancing from family members
- Drop in grades or tardiness/absence from school
- Giving up activities that he/she used to enjoy
- Sudden shifts in peer groups

If you believe that a teen is using drugs or alcohol, you may turn to Turtle Creek Valley MH/MR, Inc for help. TCV's Family F.I.R.S.T. (Family Interventions Reaching Substance-abusing Teens) is a unique treatment program for teens troubled by substance abuse. The program involves parents/guardians and other family members as active participants in the adolescent's treatment. Our interventions will focus on repairing and strengthening family relationships. These family relationships will be the foundation for additional efforts to reconnect teens with their natural motivation toward academic success and meaningful peer relationships. Substance abuse loses its power and attraction as the adolescent is supported and guided back to healthy pathways.

The Family F.I.R.S.T. program provides:

- a comprehensive drug & alcohol and mental health assessment
- individualized treatment planning
- treatment that includes family therapy, individual therapy, group therapy with peers and parent, family support groups
- psychiatric evaluation/medication (if necessary)
- resource coordination
- referrals and linkages to other services as necessary.

Services are provided at the Steel Valley Council of Governments Building in Homestead and the Westinghouse Human Service Center in Turtle Creek. Most insurances are accepted. Please call 412-351-0222 for further information about the program or to verify insurance.