

When Is A Child On Drugs?

How many times have you wondered at the strange and unpredictable actions of your child, especially if a teenager? Do you notice a tendency to stare off into space? Do you notice silly, excessive laughing for no apparent reason? Does your child come in later than told with all kinds of excuses or do they come in and go straight to their room, shut the door and blast on the radio? Do you have hassels over the slightest things and argue, argue, argue? Have you been called by the Dean at school relative to your child's change in attitude, skipping school and failing grades? Have you noticed a change in appetite, personal hygiene? If your answer is yes to the majority of these questions then the reason may be your child is on some kind of drug or drugs.

Don't try to confront your child that he or she is on drugs . . . the answer will simply be "Of course I'm not," "That's stupid," "Prove it." Think back to the kind of kids your child has been around. Do they come around when you are home or do they avoid you? If they do come over, do they just watch TV or do they talk with you? Is the normal routine for your child to be gone most of the time with "just a bunch of kids?"

If you do find out your child is on drugs, don't be conned by them and this we can't emphasize enough! Don't let them tell you they can control the drugs . . . they can't. Don't let them tell you they can stop any time they want to . . . they can't. Don't let them tell you they would never do any "hard" drugs . . . they probably will. Don't let them tell you there is nothing you can do about it . . . you can. Straight can help your child. Straight can help you. Straight can help your family.



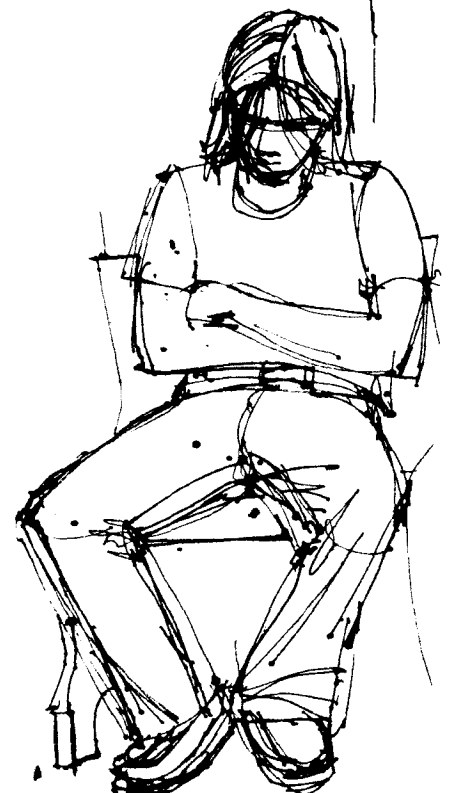
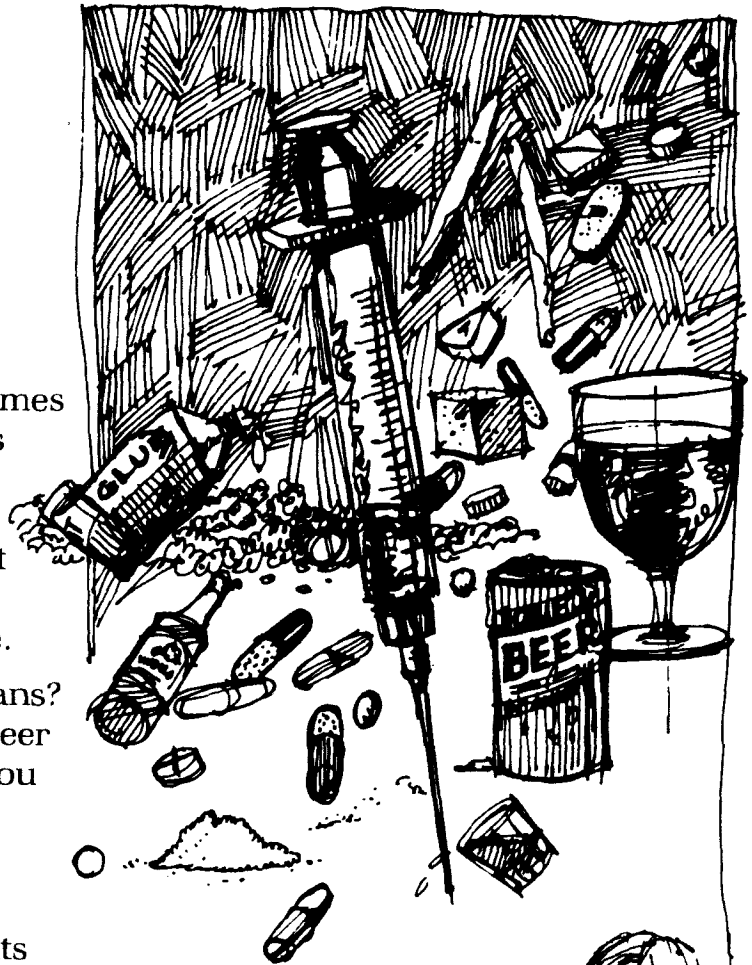
STRAIGHT
A Direction for Youth

The Drugs Children Use.

Parents can be very naive when it comes to realizing the vast amount of drugs that are available and being used by children. Many parents are totally shocked when they attend a Straight open meeting and hear all of the different kinds of drugs children use.

Do you know what "huffing gas" means? Ever hear of Acapulco Gold, Blue Cheer or Chicken Powder? Furthermore, you don't buy Brown Sugar in your local supermarket, that's one of the many street names for heroin.

The drug culture has a language all its own. Considerable material has been written about drugs. Space does not allow for an in-depth analysis of drugs. The chart on the opposite page gives you a quick briefing on a few of the drugs children use.



DRUG NAME	OFTEN PRESCRIBED BRAND NAME	POSSIBLE EFFECTS	OVERDOSE EFFECTS	HOW TO SPOT AN ABUSER
Alcohol	All advertised brand names	Acts as a depressant. Dehydration, overactive, nausea, headache, heartburn, thirst, giddiness.	Insomnia, delirium, hallucinations, convulsions, loss of memory.	Puffiness of the face, redness of eyes, depressed, disoriented.
CANNABIS Pot Hash Hash Oil THC Marijuana	(None) Slang names: Pot, grass, joint, reefer.	Euphoria, relaxed inhibitions, disoriented behavior.	Fatigue, paranoia, possible psychosis.	Abusers may feel exhilarated or relaxed, stare off into space; be hilarious without apparent cause; have exaggerated sense of ability.
HALLUCINOGENS LSD Mescaline PCP Peyote	(None) (None) Semylan (None)	Illusions and hallucinations, poor perception of time and distance.	Longer, more intense "trip" episodes, psychosis, possible death.	Abusers may undergo complete personality changes, "see" smells, "hear" colors. They may try to fly or brush imaginary insects from their bodies, etc. Behavior is irrational. Marked depersonalization.
STIMULANTS Cocaine Amphetamines Others	(None) Benzedrine Dexedrine Sanorex Voranyl Pre-Sate	Increased alertness, excitation, dilated pupils, increased pulse rate and blood pressure, insomnia, loss of appetite.	Agitation, hallucinations, convulsions, possible death.	An almost abnormal cheerfulness and unusual increase in activity, jumpiness and irritability; hallucinations and paranoid tendencies after intravenous use.
DEPRESSANTS Chloral Hydrate Barbiturates Tranquilizers Methaqualone	Noctec, Somnos Nembutal, Seconal Valium, Miltown Quaalude	Slurred speech, disorientation, drunken behavior.	Shallow respiration, cold & clammy skin, dilated pupils, weak and rapid pulse, coma, possible death.	The appearance of drunkenness with no odor of alcohol characterizes heavy dose. Sedation with variable ataxia.
NARCOTICS Opium Morphine Heroin Others	Paregoric Morphine (None) Percodan, Dilaudid	Euphoria, Drowsiness, respiratory depression, constricted pupils, nausea.	Slow and shallow breathing, clammy skin, convulsions, coma, possible death.	Constricted pupils. Calm, inattentive "on the nod", with slow pulse and respiration.
ADDITIONAL EXOTIC DRUGS	HOW ADMINISTERED	POSSIBLE EFFECTS	OVERDOSE EFFECTS	HOW TO SPOT AN ABUSER
Mushrooms	Mushrooms, with a purple ring on stem close to collar, are picked out of cow dung. They may be eaten raw or boiled into a tea.	Cold sweats accompanied by hallucinations.	Stomach cramps, nausea and blackouts.	Beady eyes, nervous, up tight, erratic behavior, sweaty, laughing and crying.
Huffing Gas and Sniffing Glue	Gasoline, lighter-fluid, aerosol cans. One of these is inhaled for about five minutes through a saturated cloth or in a bag covering the nose and mouth. This procedure is repeated as long as the child wants to remain high.	Very alert, keen senses; possible hallucinations and dizziness, tightness in chest area.	Brain damage occurs when used over a long period of time. Hands become dry, chapped and may peel. Possible death.	Smells like whatever the child was huffing. Slow mental and physical response to conversation. Scrambled words and disconnected sentences.
Window Pane	A tiny square thin piece of gelatin like substance which contains a form of LSD. Can be taken orally or may be put in corner of eye.	If taken orally eyes will be clear, bright and white. Produces dazed effect, stomach cramps, phlegm in throat and prevents sleep.	Severe paranoia, tremors and convulsions. May have nightmares and hallucinations. Possible death.	Sunken eyes, very nervous. May appear as if in a daze, hyperactive and completely unpredictable.



What To Do When Mom And Dad Can't Stand It Any Longer.

When your child says, "I'll come home when I want to and there's nothing you can do about it," chances are your child is right. Today as parents we seem at times to be at the mercy of our children. They tell us what they will or won't do and we feel helpless. With the changing attitudes towards violence, that is taken as part of life, the sex that is flaunted and the use of drugs as being "the normal thing to do," we have less effect over the lives of our children. Parents want a respectful relationship within the family. Straight can give you another chance.

The staff at Straight realizes the problems of raising a child today. Many of the people that will help your child are people that have been on drugs and have changed and are "straight". They have "been there" and know how to relate, help, love and communicate with your child.

As a parent you must realize that you are not alone. There are many parents out there hurting just like you. There are many parents that have sought help from professional psychiatrists, psychologists, counselors and the church. A child on drugs has the uncanny ability to "con" adults, even the professionals. But it's very hard for a kid to "con" another kid, this is the simple truth of why the Straight program has been so successful.

At Straight, parents are told **not** to feel guilty, something that all parents feel at one time. Parents are told that their child knows right from wrong and has chosen the way they want to go. The parents didn't force that first "joint" of marijuana into the child's mouth or bend the elbow for that first beer. So parents, get rid of the burden of guilt.

When your child tells you there is nothing you can do about what they are doing . . . think about Straight and think about regaining your authority as parents. Someday your child will thank you.



Why Straight Works.

Kids Help Kids: Peer pressure is one of the main reasons why young people get started on drugs. At Straight, peer pressure gets them off drugs. Here young people spend their time with peers who are making positive changes in their lives. The child feels accepted and loved by this new community and soon learns to value real friendship.

Family Involvement: The entire family unit has been effected by the presence of a child on drugs and they must all work together toward recovery. Children are not just "dropped off" at Straight.

For the first time in years, most of the children are learning about respect and love, both for themselves and their family. This love and respect very definitely includes brothers and sisters of children on the program. Straight has recognized the needs of these siblings and once a week these children meet for "sibling raps." Learning the dangers of drug abuse is just one of the many topics covered during this time. These children also learn how to get out their feelings about themselves and to relate to one another.

Parents must attend six "new parent" raps during the first three weeks their child is in Straight. These sessions are designed to orient and educate the parents toward the program. Parents are introduced to the concept of drug use as a "feeling disease" and its effects on the entire family structure.

Raps for parents continue once or twice a week for as long as the child is in the program. These raps are an interaction between parents and child and are led by staff. During this time parents get a chance to share their problems, and get their feelings out about themselves and their child.

From time to time, intense parent weekends are offered to help parents with their own personal growth. These weekends make parents more aware of the therapeutic techniques used within the group.

Many tools are used to help your child fight his drug and attitude problems. Group raps



the main technique used, are held daily. There are boys' raps, girls' raps and large group raps that deal with the many experiences, thoughts and feelings that need to be openly discussed before the child can move on to a healthy, straight lifestyle. The principles of Rational Behavior Therapy are used by the staff to help our clients get in touch with their feelings.

Your child may be out of school for some portion of the program. However, school boards are most cooperative about withdrawing the child from school. Those children who have returned to school, while still on the program, have achieved amazing results in their academic studies. A typical straight child who had dropped out of school or was failing grades, achieves high academic marks and is cooperating with school officials he once rebelled against.



We have added an **alternative school program** assuring our students who qualify can get their academic skills up to the appropriate level before re-entering the school system. The alternative school program also serves as a tool for diagnosing learning disabilities so remedial help may be sought.

Staff: Straight's Staff includes a clinical psychologist and professionals in the field of alcohol and drug rehabilitation counseling.

A pediatrician serves as Medical Director of each of the programs. The Director of Medical Research is located in St. Petersburg.

Straight's "Kids helping Kids" concept is carried out by a well-trained staff of para-professionals. These highly motivated young people work with intensity and devotion with the young people on the program.

Trained parent volunteers, working under staff supervision, complete the therapeutic community. The advisory committee includes doctors, educators, psychologists, area businessmen and other concerned professionals and citizens.



Meet Johnny...

Johnny is 16 years old and has been on pot, alcohol, uppers, downers and has huffed gas for two and a half years. He has been at Straight for 20 days. During those days, he has only talked to his parents at open meetings through a microphone. Once again it is an open meeting night. The staff member that is leading the meeting asks all the boys that have earned the privilege to "talk" to stand (meaning talking with their parents after the open meeting face to face) . . . Johnny stands up along with about 10 other boys and his parents are elated.

After the parents of all the children have talked, Johnny and the other boys rush to the side of the room where their parents wait with open arms. Johnny's first words are "Mom, Dad, I love you. I've been so selfish! I'm so sorry." You can imagine how wonderful these words are to parents who have been through the agony of seeing their children on drugs and with a bad attitude.

Johnny has earned "talk and responsibility" for the last three open meetings. Each meeting between Johnny and his parents has been meaningful. When the boys are asked to stand for talk, Johnny does not stand and his parents are confused and hurt. When the time comes for them to talk to Johnny on the microphone, a smiling, bouncing, clapping his hands Johnny shouts . . . "I'm comin' home!" The first phase has been completed. Straight is working!

Johnny is ready to go home and work on his family relationship, while he comes back to Straight each day to work more on himself.





and Mary.

Mary is 17 years old. The drugs she used were pot, alcohol, uppers, downers, hash, hash oil, THC, cocaine and had shot heroin three times. Mary had used these drugs for four years and has been on the Straight program for 232 days.

When Mary was a druggie, the feeling that was with her constantly was loneliness. Even when Mary was with her druggie friends, she felt this terrible loneliness and emptiness. Mary first became involved with drugs, when peer groups pressured her into "being one of the crowd" by smoking pot and drinking beer.

The guilt of having done that and knowing that it was wrong and letting her parents down, was too much guilt for Mary to bear . . . so Mary turned to drugs that would ease that guilt, but only temporarily.

During the period that Mary was on drugs, she stole money from her parents and grandparents. She skipped school to the point where she was expelled and finally dropped out when she was 15 years old. On the streets most of the time, Mary turned again to harder and harder drugs and supported herself by means of prostitution.

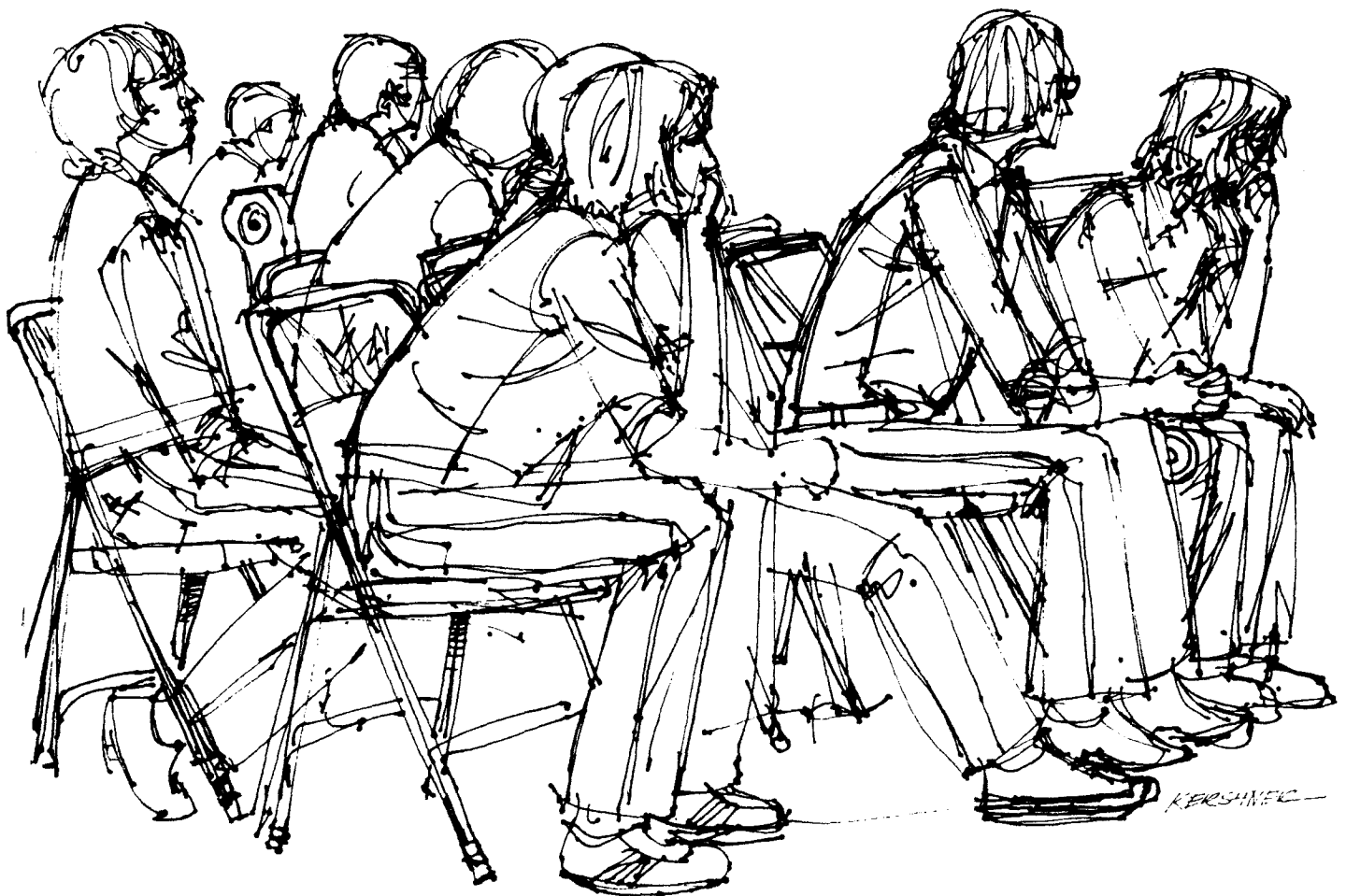


Mary's parents did not know which way to turn. They tried psychologists, family counseling and the church, but there was just no help for them and worse off, no help for Mary. By the time she was 16, Mary had done and seen more in life than most adults around her. She laughingly called the police station and the Juvenile Detention Center her "second home."

About three months before Mary was put on the Straight program, she over-dosed at a friend's house. This person was such a good friend that he sat there, stoned, and laughed the whole time the rescue unit was trying to bring Mary back from death.

In the hospital Mary promised her parents that she would never, never turn to drugs again. This time she had really learned her lesson. This time she would come home and be a real daughter. Mary did this . . . for four days she was home and not on drugs. Then another "good" friend persuaded Mary to come to a party...no heavy drugs, just a little pot and a few drinks.

Two weeks later, Mary woke up miles away from home, not even knowing where she was or who she was with. Finally scared, with no money, no shoes, Mary hitch hiked home. Again she promised her parents that she would behave and not give them any more trouble. Again Mary's word was good . . . for another three days.



During the two weeks that Mary was gone, her parents began to search everywhere, talk to everyone, do anything to find help for Mary. Someone told them about the Straight program. After talking to the staff at Straight, Mary's parents knew what to do and where to turn. One week after Mary returned home, her parents brought her into Straight. As they left her there, they were still concerned about Mary . . . but at least they knew where she was and that she was safe.

After her 232 days, Mary stands up straight and tall, her hair back off her face. She always has a smile and is on the honor roll in school. Her parents are proud to call her their daughter. The minister at church cannot say enough about the change in Mary. Her teachers and friends find her a delight to be with...and Mary, well, Mary is happy with herself and loves herself, her family, and new straight friends. She didn't get that way overnight, Mary worked very hard, had a few "slip ups," kept on going and finally made it.

On an open meeting night, the director of the Straight program, tells the audience made up of parents, children and visitors about a girl that he thought would never get it together. Her first four months on the Straight program were like a roller coaster, up and down, up and down. Her family had worked just as hard as she had and so he was very pleased to graduate a real example of being "straight". Would Mary please come forward and bring her parents. She was graduating from Straight! Straight worked . . . for Mary and her parents.



How You Can Help

These illustrations are only a composite of the stories and the lives of the children who come to Straight for help. None of the drugs are fictional, not even the events that you read. There are some children that have done less than Johnny and Mary and there are some that have done much more.

Think of all the children "out there" who are doing drugs and are on the path of self destruction. Who will help these children? Straight is a hope . . . a chance . . . a beginning. Please give it thought, whether you are a parent with problems or just a person wanting to give a child a helping hand . . . give to Straight! Give so that other Johnnys and Marys can hold up their head high and say with conviction and with pride in their heart . . . "I'm straight!"



STRAIGHT
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What The Professionals Think Of Straight.

I have visited Straight, Inc. and have seen firsthand the impressive results that come from a blend of compassion and professionalism. It is a program that works where it counts; young drug abusers are getting straight again.

*Charles McC. Mathias, Jr.
United States Senator
(R. Md)*

Let me be the first to say that Straight, Inc. is not only the best adolescent drug abuse treatment program in this area...it is the best in the country.

*Robert L. DuPont, M.D.
Founding Director
National Institute on Drug Abuse*

It's my sincere professional opinion that the Straight, Inc. program is one of the best treatment programs there is for kids who are abusing drugs.

*Maxie C. Maulsby, Jr., M.D.
Director
Rational Behavior Therapy Center
University of Kentucky
College of Medicine*

Straight has had remarkable success in helping young people in our community fight drug abuse and return to a meaningful life.

*Rabbi David J. Susskind
Temple Beth El
St. Petersburg, Florida*

Straight has been of enormous help to the families I have referred there. I believe intense peer pressure is needed to counteract the peer influences at school and Straight has the resources for meeting this need.

*Dr. Harold Wahking, Dr. of Ministry
Director
The Network of Christian
Counseling Centers
St. Petersburg, Florida*



STRAIGHT
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Straight, Inc. is the finest program in our community for young adults who have drug problems. I am pleased, proud and relieved that STRAIGHT is part of our community.

*Herbert Goldstein, Ph.D.
Director of Services
Developmental Center
St. Petersburg, Florida*

Straight, Inc. has utilized a group approach to devastating social problem which we have had in Pinellas County, centering primarily on drug abuse and juveniles. It has had adequate psychiatric and psychological supervision by professionals, to insure the safety of the clients and the integrity of the program.

Although this may not be the ultimate answer to this nearly overwhelming problem, it is the best we have at the present time and I heartily endorse the effort made by the staff of Straight, Inc.

At the present time, to my knowledge, this is the most direct, efficient and aggressive program of its sort, which has a wide base of support among the community.

*William F. Mallette M.D.
Past President
Pinellas County Medical Society*

The Straight program for drug abuse has a success rate unequalled in my experience. The kids are carefully screened, and for those who need it, Straight gives a fresh start on the road to adult responsibilities.

*Mark Wayne Morris, M.D.
St. Petersburg, Florida*

From my 30 years of experience in the communication field, I can state emphatically that Straight Inc.'s professional and successful therapy techniques, through communicating love and understanding between individuals, are truly astonishing to observe. Druggies become straight, and their families become united as never before.

I wish everyone could participate and experience what I have seen myself at Straight, Inc. I believe you would support it too!

*Sam G. Rahall
Executive Officer
Rahall Communications Division
WTSP-TV
St. Petersburg, Florida*