

Wondering if there is a problem?

This pamphlet will help you recognize when warning signs become something to worry about and how to reach out to get help.

Very often an alcohol or problem with drugs develops gradually. What starts off as weekend drinking or using can become more frequent especially if there are other problems going on that are making life difficult. There are many signs that indicate an alcohol or drug problem. Usually, a combination of these things are happening at the same time. It is important to look at a pattern in these things as a problem starts to develop.

Have you found yourself...

- Worrying about your loved one's alcohol or drug use?
- Lying or making excuses for your loved one's behavior?
- Withdrawing from your loved one?
- Thinking about or acting on the urge to call the police when your loved one uses alcohol or drugs or you become aware they are using illegal means to obtain alcohol or drugs?

Sources:

Substance Abuse and Mental Health Services Administration. (n.d.) How to Tell If Your Child is Drinking Alcohol. Updated 4/14/2022. Retrieved from How To Tell If Your Child Is Drinking Alcohol | SAMHSA on 10/13/2022.

Signs of Drug Use & Addiction: How To tell if Someone Is On Drugs. Updated 9/14/2022. Retrieved from Signs of Drug Use & Addiction: How To Tell if Someone Is On Drugs (americanaddictioncenters.org) on 10/13/2022.

Mayo Clinic. (5/9/2018). How to Tell if a Loved One is Abusing Opioids. Retrieved from How to tell if a loved one is abusing opioids—Mayo Clinic on 10/13/2022.

Trillium Health Resources Corporate Headquarters

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Member & Recipient Services
1-877-685-2415

Behavioral Health Crisis Line
1-888-302-0738

Nurse Line
1-877-685-2415

TrilliumHealthResources.org

Trillium Health Resources oversees serious behavioral health, traumatic brain injury, and intellectual/developmental disability services in North Carolina. Trillium helps individuals with Medicaid or state funding for their care through the Trillium Tailored Plan and NC Medicaid Direct. For those on the Trillium Tailored Plan, we cover physical health care and pharmacy services as well. Trillium complies with applicable federal civil rights laws and does not discriminate, exclude or treat people different based on race, color, national origin, age, disability, creed, religious affiliation, ancestry, sex, gender identity or expression, or sexual orientation.

You can get free materials in large print and other auxiliary aids and services. Call **1-877-685-2415** (TTY/TDD 711). If English is not your first language, free interpreter services are available. Call **1-877-685-2415** (TTY/ TDD 711).

Español (Spanish): Puede obtener materiales gratuitos en letra grande y otras ayudas y servicios auxiliares. Llame al **1-877-685-2415** (TTY/TDD 711). Si el inglés no es su primer idioma, servicios de interpretación gratuita están disponibles. Llame al **1-877-685-2415** (TTY/TDD 711).

中国人 (Chinese): 您可以申请免费的辅助工具和服务, 包括本资料和其他计划信息的大字版。请致电 **1-877-685-2415** (TTY/TDD 711)。如果英语不是您的首选语言, 我们能提供帮助。请致电 **1-877-685-2415** (TTY/TDD 711)。我们可以通过口头或书面形式, 用您使用的语言免费为您提供本资料中的信息, 为您提供翻译服务, 并且用您使用的语言帮助回答您的问题。



Do you or a loved one have a problem with alcohol or drugs?

Recognizing Warning Signs of Alcohol or Other Drug Use (Teen)



Transforming Lives. Building Community Well-Being.

Are you worried about someone's use of opioid drugs?

Opioids can be a prescription drug like oxycodone or it can be an illicit opioid like heroin or Fentanyl.

Are you aware if the individual...

- Regularly takes an opioid in a way not intended by the doctor; takes more than the prescribed dose?
- Takes opioids "just in case," even when not in pain?
- Has mood changes, including mood swings from happiness to anger and hostility?
- Has changes in their sleep patterns?
- "Borrows" medication from other people or "loses" medications so more prescriptions must be written?
- Seems consistently high or has signs of drowsiness, extreme happiness, depression, constipation, pinpoint pupils, confusion, changes in appetite, or decreased breathing?
- Experiences withdrawal symptoms, which may appear as severe flu symptoms like nausea, diarrhea, vomiting, or sweating when unable to take the drug?
- Has increased the drug use or the way they use it over time, i.e., crushing and snorting it?
- Has more than one doctor prescribing pain medications?
- Acts as if the pain medications or opioid drugs are more important than their work, school, friends, or family?
- Has ever suffered an overdose or been treated with Narcan for an overdose?

Are you worried about a teen's use of alcohol or drugs?

It is very easy to think a teenager's behavior as just part of being that age. However, if they are using alcohol or drugs regularly, it is important to understand how their behavior may be a result of their use of alcohol or drugs. problem stage.

Have you noticed the following in your teenager or adolescent?

- Hanging out with different friends than usual
- Not caring about their appearance
- Getting lower grades in school
- Missing classes or skipping school
- General low energy
- Losing interest in their favorite activities
- Getting in trouble in school or with the law
- Having different eating or sleeping habits
- Having more problems with family members and friends
- Rebellion against family rules
- They feel they can't stop using
- Continued use even though it is harmful to them
- Using slang terms for certain drugs or alcohol
- Mood changes such as flare-ups of temper, irritability, and defensiveness
- Physical or mental problems like memory lapses, poor concentration, bloodshot eyes, lack of coordination, or slurred speech

If you are a teenage and are worried about your parent's alcohol or drug use

Does your mom or dad drink too much or use drugs?

Millions of youth like you worry about their parents drinking too much or using drugs. It's a big problem that happens in every kind of family.

When your parents have been drinking or using drugs, do they:

- Embarrass you?
- Blame you for things you didn't do?
- Break promises?
- Drive under the influence?
- Behave in confusing and unpredictable ways?

Your parent could be misusing or addicted to alcohol or drugs. Addiction to alcohol or drugs is a disease. People with this disease often do things that are confusing and hurtful.

They need help to stop the alcohol or drug use.

Here is how Trillium can help

Trillium's Mobile Integrated Care Units

Trillium has partnered with certain providers to bring Mobile Integrated Care Units to people living in some of the more rural areas we serve.

While specific services at each mobile unit may be different based on the provider or local needs, you can find the following:

- Mental health screenings
- Substance use disorder treatment
- Traditional therapy
- Assertive outreach
- Medication management via telemedicine
- Care management
- Peer support
- Crisis and disaster response

As the needs of communities develop, clinics may also offer physical health services, like general health checkups and vaccinations for flu or pneumonia.

To see schedules and locations for the Mobile Integrated Care Units, go to: trilliumhealthresources.org/regional-operations/mobile-integrated-care-units

Trillium Access Point

Taking care of your health means paying attention to your body and mind.

Trillium offers an online program for you to find answers to some of your questions. Go to bit.ly/3WvHGmg to take a brief, confidential screening that covers several conditions.

You do not have to give your name or provide any other personal details. By answering a few simple questions, you can learn more about what you or someone you know may be going through—and get recommendations for possible treatments or other action.