

# Summer Fun/Summer Risks

**Summer is a time we think about hanging out, having fun, chilling — but behind the sun and surf lurk risks.**

According to a report from the federal Substance Abuse and Mental Health Services Administration, there is a 40 percent increase in first-time use of marijuana during June and July. The number of new drinkers and cigarette smokers also jumps during the summer.

While most of us equate summer with freedom, it is a time when parents need to be more involved in their teens' lives. Keeping teens busy, knowing where they are, knowing who their friends are, and keeping them supervised will help keep them safe.

For teens who may need professional assistance, summer can be a good time to seek help. They won't have to miss school, are usually involved in fewer activities, parents/family may be more available to participate in treatment, and treatment may be more accessible.

Parents who see changes in their teen's behavior (*see list below*), are concerned they may be using drugs or alcohol, or think they may need intensive mental health care, should call Outpatient Behavioral Health Services Clint Eastwood Youth Program at 625-4600 to make an appointment for a free assessment.



## **Changes in behavior can include:**

- Being withdrawn
- Feeling depressed, sad, isolated, lonely
- Different eating or sleeping habits
- Being anxious, having difficulty making decisions
- Hanging out with different friends
- Changes in grades
- Changes in appearance
- Increased irritability or hostility, especially directed at family

## **Other signs to watch for include:**

- Missing money, drugs, or alcohol
- The teen "finds" or "receives" gifts that they can't afford
- They smell of alcohol or smoke, have red eyes, act "off balance," or not like themselves
- Drug paraphernalia, including marijuana- or alcohol-themed jewelry, notebooks, posters, and clothing

**Asking for help is the hardest step. We're here to help.**

This information is brought to you by Community Hospital of the Monterey Peninsula's Clint Eastwood Youth Program, providing a structured program to treat drug and alcohol abuse as well as mental health problems.

For more information or to schedule a free screening, please call **373-0924** or **800-528-8080**



Community Hospital of the Monterey Peninsula®

**BEHAVIORAL HEALTH SERVICES**

Clint Eastwood Youth Program

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