

I MAKE A PLAN

READING THE SIGNS OF SUBSTANCE ABUSE

The I MAKE A PLAN program equips parents, caregivers, and educators to spot the early stages and evidence of drug use, and helps them take a proactive role in preventing or addressing addiction issues. Here's how it works:

RECOGNIZE

Understand what generic items and behaviors point to a potential problem.

PREPARE

Know when the evidence adds up to paraphernalia and points to drug use.

REACT

Learn the key steps to begin discussion and take action against substance abuse.

1

EXPECT THE UNEXPECTED

2

PRESCRIPTION ABUSE

3

SYNTHETIC DRUGS

4

ILLEGAL DRUGS

5

DRUG GEAR

6

R.E.A.C.T.

1

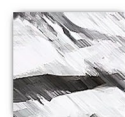
Seemingly harmless household items can signal substance abuse, and being prepared means expecting the unexpected; look out for ...



EYE DROP BOTTLES



SMALL, CLEAR ZIPLOC BAGS



ALUMINUM FOIL



LIGHTERS



THIN, WHITE SQUARES OF PAPER (CIGARETTE ROLLING PAPERS)



EMPTY, LABEL-FREE MEDICINE BOTTLES



SPOONS



HOLLOW INK PEN CASINGS

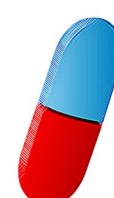


CLEANING SUPPLIES, GAS, PAINT, NAIL POLISH, AND OTHER ITEMS CONTAINING FUMES USED TO GET HIGH



2

Swallowed or crushed and snorted, many prescription meds are easily abused, so look out for ...



OPIOIDS AND PAIN RELIEVERS; ADD AND ADHD MEDS; DEPRESSION MEDS; ANXIETY MEDS SUCH AS XANAX, KNOWN TO BE EXTREMELY ADDICTIVE AND THE MOST ABUSED PRESCRIPTION; PET ANXIETY MEDS; AND COUGH SYRUPS

3

Sold legally in vape stores and 'Head Shops,' synthetic drugs are as risky as their illicit counterparts; look out for ...



SYNTHETIC MARIJUANA



CARTOON LABELED PACKS CONTAINING ADDICTIVE SUBSTANCES



BATH SALTS/ CATHINONE



NBOME/ 'SMILES'

4

Not only can these illegal drugs be found in all towns, they can be bought instantly on the dark web; look out for ...



MARIJUANA



COCAINE



LSD



METHAMPHETAMINE (CRYSTAL METH)



ECSTASY/MOLLY



HEROIN

5

These expected examples of paraphernalia are definitive, dangerous signs of drug use, so look out for ...



SMALL, GLASS BONGS FOR SMOKING VARIOUS DRUGS



ARM BAND OR BELT FOR SHOOTING UP



NEEDLES FOR SHOOTING UP



RAZOR BLADES TO CUT POWDERED DRUGS FOR SNORTING



EMPTY ALCOHOL BOTTLES

6

Take action! Follow these 5 steps to get proactive and create an effective plan to R.E.A.C.T. with impact ...

R.E.A.C.T.

1. RATIONAL CONVERSATION
2. ENFORCE RULES
3. ASK A DOCTOR, FRIEND, OR FAMILY MEMBER FOR ADVICE
4. CONTINUE TO CONFRONT ISSUES
5. TAKE ACTION & SEEK HELP