

SUBSTANCE USE

Integrated Health Pathway

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A GUIDE FOR PARENTS

What does the Pathway provide for my child?

Enhanced assessments

To ensure your child is receiving the most effective and appropriate care we will provide ongoing screening and assessments. These will be administered by our care coordinator and will be kept confidential. This will help us track your child's success through the program.

Physical health supports

The Integrated Health Pathway is here to support your child's mental and physical health. We have a registered nurse on staff to consult for any related medical or physical concerns

Peer Support Mentors

Your child can receive ongoing support from a trained young adult who has lived experienced with mental health and substance use issues.

Substance use education

Your child will be able to participate in our unique Power of Choice education program. This group helps teens identify what they really value and understand the risks that substance use and addiction may have on their values. This program teaches facts about vaping, marijuana, alcohol and other drugs along with practical ideas for quitting and coping in healthy ways.

Parent Navigators

You can be partnered with a Parent Navigator who can help you find resources, build communication skills, and be the best parent you can be for your child.

Team-based care

The Integrated Pathway provides your child's therapist support from psychiatrists, nurses, specialized consultants, and supervisors to provide the most comprehensive treatment options to meet your child's needs.

Talk to your child's clinician to be referred to the pathway today!

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Things to know about youth substance use:

It is common

Millions of kids experiment with drugs and alcohol as a normal part of adolescence but many kids find themselves facing addiction when experimentation shifts to prolonged and increasing use.

It is treatable

Working with your Integrated Pathway team at Easterseals MORC will give your child access to a comprehensive array of interventions and supports to help them reduce their use and address the issues surrounding their use to prevent future problems.

You are part of the solution

Parents play a huge role in their child's treatment. Family support, expectations, boundaries, and attitudes can make your child feel safe and supported as they recover.

Things you can do to help your child today:

Strengthen family bonds

Prioritize family meals, incorporate fun activities with your child, spend time with them in ways that they choose, listen carefully and allow them time to share

Secure all substances

Eliminate or lock up any alcohol or drugs in your home, including prescription drugs. Ask family members and friends to secure all substances in their homes and refrain from using around your child.

Model healthy coping skills

Notice your substance use and consider abstinence. Practice and model coping with stress in healthy ways such as exercise, prayer or meditation, enjoying hobbies, eating healthy food, spending time with loved ones.



Check out more parent resources at the QR code



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