

# Navajo County Drug Project

## Navajo County Coalition Against Drug Abuse

A Coalition of Concerned Navajo County Residents Joined Together to:

- EDUCATE the Community on the substance abuse crisis
- REHABILITATE those who have fallen into the addiction
- ENFORCE laws pertaining to the spread of substance abuse in our communities



## Press Release

DATE: Dec. 15, 2010

Contact: Debe Campbell  
navajocountydrugproject@gmail.com

### Essential tips for getting through the holidays with an addicted or recovering teen

There is a different feeling in the air when the holidays roll around. We all have our holiday traditions and then there are the dynamics that go on with family and friends. It can be an especially challenging time if you are the parent of a young person with a substance abuse problem. Whether you have a child in recovery or one that is still using, here are some tips to help make a better holiday experience for everyone.

#### 1. Check Your Actions:

Alcohol is part of the festivities for many families but what kind of example does it set for a young person who has major issues with substances? It is important to remember that our children are watching us. It can sometimes be a very big deal when we remove alcohol from the festivities. When my daughter Lauren was newly sober, we removed all alcohol from our home. When we had parties during the holiday, we let family members know that we would be “alcohol free.” At first there was a bit of outrage but eventually there was an acceptance and our decision was respected.

#### 2. Manage Your Expectations:

There are a lot of expectations flying around during the holidays. We all want the good old days when everyone was together and happy. If your child is still using, he/she may even be absent for much of the celebrations and there is not much you can do about that. Another issue is that although they may be present, they are difficult to deal with. The truth is that we allow people to treat us certain ways and we do not have to accept verbal abuse or unacceptable behavior. I remember firmly telling(not yelling at) my daughter that I was her mother and it was not okay for her to talk to me that way... then walking away from the conversation.

If you have a newly sober young person, they probably have their own holiday agenda. My daughter wanted to hang with her program friends during her first sober holidays. I

**The Navajo County Drug Project –Navajo County Coalition Against Drug Abuse**

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*Mission Statement:*

To develop a diverse community representation, coordinate a sustained effort in educating and preventing the substance abuse through a plan for change in local social norms through prevention, treatment and vigorous enforcement of existing laws.

was a little sad but I was grateful for the time I did spend with her and knew that she was taking care of herself by putting her sobriety first.

### **3. Remember to be good to yourself:**

The holidays are times of added stress with all of the busyness and dynamics that go on. It is so important for us to take time out to be good to ourselves. A warm bath with some lit candles is always high on the list. Pick out a couple of novels and make some time to enjoy them. Make sure you spend some time with supportive people who can be there for you to remind you that you will get through this. I personally will be attending my 12 Step meetings for families of addicts to help me to keep my balance and perspective and to learn from other families how they are coping with their holiday situations.



The holidays may not be exactly what we want them to be right now but they can be enjoyable if we are willing to do things a little differently, accept the way things are and take some time to pamper ourselves.

*By Karen Franklin, Phoenix mom and author of "Addicted Like Me"*

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## Community Calendar Item:

***For immediate release thru 1/15/11***

**DATE Dec. 6, 2009**

Contact: Debe Campbell

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Navajo County Drug Project partners with Show Low Police Department and Navajo County to provide Drug Impairment Training for Education Professionals (DITEP) as a community service to educational and health care professionals, parents and interested community members.

This eight-hour training provides an over view of drugs and alcohol, effects, impairment recognition and assessment.

The one-day course, Jan. 15, 2011, is 8:30 am to 5 pm at the South Navajo County Health Department Conference Center, 600 N. 9<sup>th</sup> St., Show Low. It is open to the public with advance registration and \$15 direct on-line payment in advance by PayPal at [www.navajocountydrugproject.com](http://www.navajocountydrugproject.com).

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