



**START TALKING  
BEFORE THEY  
START USING!**

# GOT KIDS?

## YOU NEED UP TO DATE INFO.

**D**rug Free Marion County provides free information and support to our community. We're here to help you become aware of the level of substance use by youth. It's different today than it was when we were kids. Young people are better informed and have more opportunities at a much earlier age. Unfortunately that includes trying a wide variety of substances—to change how they feel and act.



## WHAT CAN YOU DO TO HELP?

- ☀ Become informed about the patterns of teen alcohol and drug use
- ☀ Open the door to good communication—lots of it.
- ☀ Be proactive in working with your children and community

**This brochure gives you local, up-to-date information so you'll have the facts that you need.**



## START TALKING BEFORE THEY START USING!

90%

of prevention is helping young people form close, healthy relationships with their family, school and community, the other 10% is realizing that they are not as mature as you would like to think. Their brains are still developing, and they are prone to act impulsively, do things to fit in with the crowd, or take unnecessary risks.

### Here's how:

- ☀ Tell your child how you feel about them using alcohol or drugs, let them know that you disapprove and believe it is dangerous and unhealthy.
- ☀ Set a good example; match your words with your actions.
- ☀ Learn to really listen to your child. Let them know they can always talk to you.
- ☀ Help your child develop self-confidence—they will need it to stand up against peer pressure
- ☀ Tell your child that alcohol, tobacco and other drug use is illegal!
- ☀ Talk to your children about what they see on TV, music videos, and on the web.
- ☀ Keep track of home alcohol supplies (most kids get their alcohol from home)
- ☀ Get to know your child's friends and their families. Check in with them.
- ☀ Get your child involved in extracurricular activities.

# GET THE FACTS.

What substances are used most by young people in Marion County?

**Marijuana, alcohol and tobacco.**

Kids say these drugs are easy to get. Many kids report using these drugs long before they are teenagers, often as young as in middle school, *or even before.*

**Parents - Don't wait until it's too late!**



**We are also concerned about the increased use of:**

**Inhalants, which include readily available household products like:**

- ☼ **Solvents** - Paint thinners and removers, gasoline, glues, correction fluid, markers
- ☼ **Gases** - nitrous lighter fluid, propane, cooling system fluids
- ☼ **Aerosols** - spray paint, hair and deodorant sprays, whipped cream, computer keyboard cleaner

**And over-the-counter and prescription medications, which include things like:**

- ☼ **Cough Syrups**
- ☼ **Cold or Allergy Remedies**
- ☼ **Prescription Painkillers**
- ☼ **Muscle Relaxants**
- ☼ **Stimulants**

These are often obtained from the family medicine cabinet.

# KNOW THE LAW:

Indiana law states that no one, not even parents, may serve alcohol to anyone under the age of 21.

## Consequences:

- ✱ **Providing minors with alcohol**—Jail up to 60 days, fines up to \$500
- ✱ **Purchase or possession of alcohol by a minor**—Jail up to 60 days and/or fines up to \$500
- ✱ **Possession of other drugs** (Penalties vary by drug and quantity)—Jail up to 18 months, fines up to \$10,000.
- ✱ **Marijuana**—Jail up to 1 year, fines up to \$5,000



## NEED GROUP INFORMATION OR RESOURCES?

Drug Free Marion County would like to come to your school, church, community group or agency to talk about drug abuse and prevention. We can work with your group to raise awareness about the level of substance use by youth, strategize ways to improve prevention efforts and reduce availability of alcohol and drugs in your community.

**Contact us for a full list  
of topics and speakers.**

**(317) 254-2815**

**Email: [info@drugfreemc.org](mailto:info@drugfreemc.org)**

# YOU CAN ALSO ACCESS THESE WEB SITES FOR HELPFUL INFORMATION ABOUT DRUGS & ALCOHOL:

- ☀ **Drug Free Marion County:** [www.drugfreemarioncounty.org](http://www.drugfreemarioncounty.org)
- ☀ **The Partnership for a Drug Free America:** [www.drugfree.org](http://www.drugfree.org)
- ☀ **Parents the Anti Drug:** [www.theantidrug.com](http://www.theantidrug.com)
- ☀ **National Institute on Drug Abuse:** [www.health.org](http://www.health.org)
- ☀ **Start Talking Before They Start Drinking:** [www.stopalcoholabuse.gov/parents](http://www.stopalcoholabuse.gov/parents)

# WWW.

## Thanks to:

City of Indianapolis After School Programs  
Minority Health Coalition  
Purdue Extension- Marion County  
Marion County Prosecutor's Office  
Indianapolis Public Schools  
Boys & Girls Clubs of Indianapolis  
Saint Florian Center  
Crime Control Research  
Youth As Resources  
United Way of Central Indiana  
YMCA Urban Mission Branch  
Indiana University School of Social Work  
Governor's Commission For a  
Drug Free Indiana  
Southeast Umbrella Organization  
Christamore House  
Westside Weed and Seed  
Juvenile Drug Treatment Court  
Total Community Involvement/  
Building America's Dreams

Fairbanks  
Indianapolis Police Department  
Indy Parks  
Mental Health Association in Marion County  
Marion County Sheriff's Department  
IU School of Medicine/Pediatrics  
Marion County Health Department  
Marion County Public Defender Agency  
Family Services  
Franklin Township Community School Corp.  
Pathway Family Center  
Marion County Commission on Youth  
Forest Manor Multi-Service Center  
Indiana Youth Group  
Indiana Coalition to Reduce  
Underage Drinking  
Ruth Lilly Health Education Center  
Park Tudor School  
Gallahue School Based Programs

**Special thanks to the Substance Abuse Mental Health Services Administration for funding the Youth ATOD Prevention Project.**

## LIST OF MARION COUNTY RESOURCES:

### PREVENTION PROGRAM PROVIDERS:

- ☀ Area Youth Ministry 635-4151
- ☀ Boy Scouts of America 925-1900
- ☀ Boys and Girls Club of Indianapolis 920-1700
- ☀ Brookside UMC, Inc. Youth Program 636-8883
- ☀ Clarian Health Partners 962-6346
- ☀ Community Alliance Far Eastside (CAFÉ) 890-3288
- ☀ Family Services 634-6341
- ☀ Fairbanks - Substance Impacted Youth Program 572-9334
- ☀ Girls Inc. 283-0086
- ☀ Girls Scouts of America 924-3450
- ☀ Indiana Latino Institute, Inc. 472-1055

- ☀ Indiana Youth Group (IYG) 541-8726
- ☀ Indy Parks and Recreation 327-7050
- ☀ Marion County Commission on Youth (MCCOY) 921-1266
- ☀ Police Athletic League 327-3187
- ☀ Ruth Lilly Health Education Center 924-0904
- ☀ Saint Florian Center 545-6580
- ☀ Total Community Involvement/ Bldg. America's Dreams 549-1824
- ☀ YMCA Urban Mission Branch 269-6065
- ☀ Youth As Resources 920-2560

### HELP IN FINDING TREATMENT

- ☀ 24 hour Helpline 211
- ☀ Indianapolis Council on Alcoholism (10a-5p) 542-7128



2506 Willowbrook Parkway, Suite 100  
 Indianapolis, IN 46205  
 Phone: (317) 254-2815  
 Fax: (317) 254-2800  
[www.drugfreemarioncounty.org](http://www.drugfreemarioncounty.org)

\* Crisis Line- 24 hours 251-7575

**TREATMENT DIRECTORY**

\* [www.drugfreemarioncounty.org](http://www.drugfreemarioncounty.org)

**ADOLESCENT TREATMENT FACILITIES**

\* Adult and Child Mental Health Center  
882-5122

\* Behavior Corp 587-0600

\* Children's Bureau 545-5281

\* Community Addiction Services Inc.  
(CASI) 536-7100

\* Fairbanks 849-8222

\* Gallahue Mental Health Center 621-5719

\* Hamilton Center 937-3700

\* Methodist Chemical Dependency  
(24 Hour) 800-745-4838

\* Midtown Mental Health Center 630-7791

\* Pathway Family Center 585-6953

\* Reach for Youth 920-5900

