

Seeking Substance Use Support For Your Teen This Summer

May 18, 2020

Dear Parents & Guardians,

Health is at the forefront of everyone's minds right now. We are all grappling with an unprecedented pandemic, and some families are facing multiple health crises amidst COVID-19.

Seeking substance use support for your teen or other family member can feel daunting under normal circumstances, and now is anything but normal. OPRFHS wants you to know that resources are still here for you. [Partnership for Drug-Free Kids](#), a national organization, and [Rosecrance](#), a community partner, have resources to support your family struggling with substance use – now and throughout the summer. Read more about their virtual services during COVID-19 below.



Stay healthy and safe, Huskies!

Ginger Colamussi, MSW, CPS (Certified Prevention Specialist)
Prevention and Wellness Coordinator, Oak Park and River Forest High School

Partnership for Drug-Free Kids

New Text Messaging Support Programs

- **For Parents & Caregivers Concerned About a Loved One's Substance Use:** Receive regular messages on how to help yourself and your loved one during these challenging times. Topics include how to communicate effectively, how to deal with a family member risking exposure to COVID-19, how to model healthy coping behaviors and more. Text COVID to 55753 to get started.
- **For Anyone Struggling With Increased Alcohol Use:** If you or a loved one are drinking more as a result of social isolation or other issues related to COVID-19, sign up for our free alcohol text messaging program to help you reduce or abstain. Text REDUCE to 55753 to get started.

Connect with a Specialist

- Our Helpline remains open and available. If you are having difficulty accessing support for your family, or a loved one struggling with addiction faces care or treatment challenges resulting from COVID-19 circumstances, our specialists are here to guide you. Support is available in English and Spanish, from 9:00am-midnight ET weekdays and noon-5:00pm ET on weekends. Connect now using any of the following options:
 - [Text a Message to 55753](#)
 - [Send an Email](#)
 - [Schedule a Call](#)

Online Support Community Now Available

- In response to the uncertainty and circumstances surrounding COVID-19, we are hosting a series of free, supportive online gatherings for parents and caregivers designed to help you connect with others, and gain helpful insight and ideas.
 - [Learn more and register to participate >>](#)
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Rosecrance

Virtual Assessments

- Call our Access team at 888-928-5278 for guidance on how to complete an assessment over the phone so we can build the right treatment plan for you or your loved one. [Click here](#) for more information.

Prevention and Early Intervention Program

- [The Rosecrance Prevention and Early Intervention Program](#) is an evidence-based alcohol and drug education program (Too Good for Drugs and Violence) designed to provide education, support and direction to teens and their families who may be at risk of more serious involvement with alcohol and other drugs.

Intensive Outpatient Programs

- Adults and teens can receive treatment while staying in their home environment while learning new coping skills to achieve and sustain abstinence. For more information about all our programs, [click here](#) for teens and [here](#) for adults.

Parent Café

- The Rosecrance Parent Café is a free, virtual support group for parents who have a teen or young adult struggling with addiction. Offered twice weekly, the group is led by an addictions counselor who facilitates discussion with other parents going through similar experiences. [Click here](#) for more information about the Parent Café.

Support for Families: Intervention

- Rosecrance can help you and your family set boundaries and work toward detaching from the illness with compassion. Treatment and support options through Rosecrance are also offered with the hope that the client is willing to accept help. Sandi Lybert, Interventionist, and member of the Rosecrance Team is available for virtual interventions.