

# INSPIRATIONS - NEWSLETTER

A monthly newsletter for friends, clients, donors and staff of Inspirations

# INSPIRATIONS

TEEN ADDICTION TREATMENT CENTER AND ACADEMY



888-757-6237 • WWW.INSPIRATIONSTEENREHAB.COM & WWW.INSPIRATIONSYOUTH.COM

## INSPIRATIONS NEWS

### CEO CORNER



**James Hughes PhD.,  
LMHC, CAP, CCJS.**

Dr. Hughes along with the owners, Chris and Karen Walsh were fea-

tured on the Dr. Phil show in the segment "Dangerous Fads", which aired April, 1st 2010. Dr. Hughes represented our Teen client who also appeared on the show. The topic discussed was "Huffing". Dr. Hughes did a great job educating our country on the dangers of "Huffing". Special thanks to Hannah W. and family for sharing their story and reaching out to help others. Video of the show can be viewed at:

[InspirationsTeenRehab.com](http://InspirationsTeenRehab.com)



### SPECIAL EVENTS

- NA Picnic.
- Inspirations Activities includes: Softball Games, Bowling, Beach Walks, and Movies.
- Keeping Fit at Inspirations. We have added an obstacle Course to the fitness and work out program.

**Gumbo Limbo in Boca Raton**, learning about marine life and ocean preservation.

**Court Proceedings** – A Field Trip Observing a trial to learn the process of the legal system, in an effort to deter adolescent poor choices and impending legal consequences.

### WHAT IS HAPPENING



**Cooking Up a Storm**

Every Friday, our teens are learning to cook healthy meals. All teens participate in culinary classes. Creativity is encouraged.

*Bon Appetite!*

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## APPLAUSE AND STANDING OVATION

Special thanks to the Fort Lauderdale Police Department. Investigator Pati Dube, of the Missing Persons and Special Victims Unit and Detective Katherine Collins, of the Criminal Investigation Division. Ms. Dube and Ms. Collins presented information to Inspirations Teens and Staff, educating us on the dangers of teens running away and subsequent consequences.

Special thanks to the Palm Beach County Juvenile Division for demonstrating arrest procedures and their presentation on legal consequences of teen drug use, drug abuse, and addiction.

Special thanks to Fort Lauderdale Cinema Paradiso and their staff, for providing an opportunity for Inspirations Teen Girls to perform in Stage Theatre, which included vocals, dancing, and acting.

# Opiates and Teens



**Gerardo Alvarez**  
Clinical Director

In the past it wasn't uncommon to hear an adolescent drug abuser say that they stayed away from "hard drugs." Many teenagers still report having similar guidelines when it comes to drug use. However, the recent rise in the use of the drug hydrocodone is an alarming trend that may indicate that teens are being lured in to experimenting with "hard drugs" without even being aware that they are doing so. According to the 2008-2009 National Survey on Drug Abuse, one in ten high school seniors have admitted to having abused the drug for non-prescription purposes, making hydrocodone abuse more common than Oxycontin (also an opiate). The study also indicated that there has been an increase in use among teens over the last five years who use the drug for its euphoric and sedative effects. Abuse of hydrocodone can be fatal. Other side effects include: anxiety, constipation, decreased mental and physical performance, difficulty breathing and urinating, dry throat, physical and emotional dependence, depression, fear, itching, vomiting and nausea.

The withdrawal from the drug can be very painful. Heavy users may experience intense cravings, irritability, nausea, vomiting, muscle aches, runny nose and eyes, dilated pupils, sweating, diarrhea, yawning, fever, chills, inability to sleep and depression. It is very common that withdrawal from the drug requires hospitalization.

Considering that the drug is deadly and the withdrawal so painful, why aren't teenagers avoiding hydrocodone the same way that they do other deadly drugs? The answer lies in its accessibility and familiarity. Many people have taken the medication for prescription purposes including pain management. This leads teenagers, and even some parents, to the conclusion that the drug is somehow safer than other hard drugs, when it can be every bit as deadly as Heroin and Cocaine abuse. In fact, more and more teenagers are now reporting that their IV heroin use began with their use of prescription medications.

Don't be afraid to talk to your children about hydrocodone or the abuse of any drugs or alcohol. It is a conversation that could save their lives. Keeping all prescription drugs out of your teens reach and monitoring their prescription may help prevent abuse. If you notice sudden changes in behavior, grades and friends in your teen this may indicate that they have a drug problem. Missing prescription drugs are also a sign of trouble. If you know or suspect that your teen is abusing hydrocodone or any other drug please contact a treatment facility immediately and be open to the fact that they may need medical care to withdraw from the drug.

| CHEMICAL NAME | BRAND NAMES              | STREET NAMES                 |
|---------------|--------------------------|------------------------------|
| Hydrocodone   | Vicodin, Lorcet, Lortabs | Vikes, Hillbilly Heroin, OC, |
| Oxycontin     | Percodan, Percocet       | Oxy, Roxies, Blues           |



## Serving Teens and Families Troubled by Alcohol and other Drug Use

*A PLACE FOR HEALING, A TIME FOR LEARNING, AN OPPORTUNITY TO CHANGE*