

**Ask Dr. Steve...
How Can I Raise
My Children Not to
Use Alcohol and Other
Drugs?**


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Although the author and publisher have made every effort to ensure the accuracy and completeness of information contained in this book, we assume no responsibility for errors, inaccuracies, omissions, or any inconsistency herein. Any slights of people, places, or organizations are unintentional.

For years I have been the collector of a wide variety of quotations. Too often, however, I carelessly neglected to note sources. In preparing this book I have spent countless hours attempting, unsuccessfully, to locate the origins of some of the quotations cited. If you know the sources please contact me at the numbers listed in this book. My apologies to the authors and to the readers for the absence of credit.

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Sophia

Approach each task in your life with the spirit suggested in the following words from Stanley Phillips. I love you!

*You never can tell when you do an act
just what the result will be;
for with every deed you are sowing a seed
though its harvest you may never see.*

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About the Author

Dr. Frisch is a clinical psychologist in private practice in Chicago, Illinois and Northfield, Illinois. He is a graduate of the Adler School of Professional Psychology where he received his doctorate in clinical psychology. He received his masters degree from National-Louis University where he specialized in addictions counseling. His undergraduate degree was awarded to him by the University of Cincinnati, where he graduated with honors.

Dr. Frisch received post-doctoral training in two specialties at the Adler School of Professional Psychology. He completed a certificate training program in clinical hypnosis at the Center For The Advanced Study Of Clinical Hypnosis. He also completed a certificate training program in Marriage and Family Counseling. He is licensed by the state of Illinois as a clinical psychologist. He was certified in Illinois by IAODAPCA as a certified drug and alcohol counselor in 1988.

Dr. Frisch's first book, *The Comparative Effectiveness of Group Therapy Versus Individual Therapy As Measured By Self-Concept, Interpersonal Orientation, and Degree of Emotional Adjustment* was an empirical investigation of the treatment modalities he utilizes in his private practice. This book was based on a study he conducted to demonstrate the effectiveness of his treatment protocols.

His treatment philosophy has grown out of his diverse clinical background in which he has worked with a variety of different clinical populations. From these diverse experiences, Dr. Frisch has assimilated a variety of assessment and treatment interventions into his integrated treatment philosophy.

Dr. Frisch has worked on the staff of both inpatient and outpatient chemical dependency programs. This experience provided the foundation for his work with the issues that arise from the impact of chemical dependency on the individual, the family, and the workplace.

As a result of his work in the field of chemical dependency, Dr. Frisch founded the Adult Children Institute. This treatment clinic specialized in working with adults who were raised in families emotionally organized around the influences of drugs and alcohol, sexual and physical abuse, and emotional neglect.

The Adult Children Institute developed treatment interventions that enabled the program's participants to develop effective ways to heal from the aftereffects of trauma experienced in their earlier development. These aftereffects included substance abuse, depression, anxiety, low self esteem, shame, and relationship issues such as fear of emotional intimacy and commitment.

Dr. Frisch co-developed and was the coordinator of a mental health program for homeless adults who required treatment for substance abuse and emotional disorders. He developed an individualized assessment and treatment protocol that provided the impetus and support for each individual to rebuild their lives within their local communities.

The Pathfinders programs represent the integration of Dr. Frisch's ongoing research and work in the area of human growth and potential development. Program participants

develop the necessary awareness and skills to create an empowered life that maximizes their full potential for both their interpersonal and professional lives.

Whether by individual consultation, group experiences, workshops, or seminars, Dr. Frisch engages his audiences with a mixture of common sense and sound psychological principles of change that awakens and inspires his audiences to the possibility of what their lives can potentially become. He consults with individuals, couples, groups, and organizations that are seeking to implement the principles of development, change, and growth in their lives.

A Message From Dr. Steve . . .

Hi. My name is Dr. Steve. I am a clinical psychologist in private practice in Chicago, Illinois and Northfield, Illinois. *Ask Dr. Steve . . . How Can I Raise My Children Not To Use Alcohol and Other Drugs?* is the eleventh of fourteen books in my series about alcohol and other drugs prevention and chemical dependency. In this series you'll learn how to:

- Identify whether or not you have a problem with alcohol and other drugs.
- Identify whether or not your teen has a problem with alcohol and other drugs.
- Stop abusing alcohol and other drugs.
- Stay abstinent from alcohol and other drugs.
- [Re]construct a Recovery-based lifestyle.
- Cope with a loved one who abuses or is dependent on alcohol and other drugs.
- Recover from the effects of living with the problem drinking and drugging of a friend or loved-one.
- Repair those relationships damaged by chemical dependency.
- Raise your children to be alcohol and other drugs free.

The books in this series are continually updated with new exercises, new information, and specific answers to your questions at my website, www.AliveAndWellNews.com. This service is available to you free of charge. Simply go to my website and click on the link, *Dr. Steve's Workbooks*. There you'll find additional, continually updated exercises designed to help you stay clean and sober, enrich your Recovery, and deepen your emotional and spiritual development. Be sure to explore the other links at www.AliveAndWellNews.com for more information about chemical dependency, Recovery, personal improvement, relationship enrichment, communication skills, relationship skills, parenting skills, and emotional and spiritual development.

For information about the other books in this series go to www.AliveAndWellNews.com. Find the link, *Book Release Info*, and click it on for information about:

- *Ask Dr. Steve . . . How Can I Tell If I Have a Problem with Alcohol and Other Drugs?*
- *Ask Dr. Steve . . . What Do I Need to Know About Chemical Dependency?*
- *Ask Dr. Steve . . . How Can I Stop Abusing Alcohol and Other Drugs?*
- *Ask Dr. Steve . . . How Can I Prevent Relapse from Alcohol and Other Drugs?*
- *Ask Dr. Steve . . . How Can I Stay Clean and Sober?*
- *Ask Dr. Steve . . . How Can I [Re]Construct a Recovery-based Lifestyle?*
- *Ask Dr. Steve . . . How Can I Cope with a Loved-One Who Abuses Alcohol and Other Drugs?*
- *Ask Dr. Steve . . . How Can I Heal Those Relationships Harmed by Chemical Dependency?*

- *Ask Dr. Steve . . . How Can I Create My Spiritual Practice?*
- *Ask Dr. Steve . . . How Can I Build a Great Relationship with My Children?*
- *Ask Dr. Steve . . . How Can I Raise My Children Not to Use Alcohol and Other Drugs?*
- *Ask Dr. Steve . . . How Can I Tell If My Teen Has a Problem with Alcohol and Other Drugs?*
- *Ask Dr. Steve . . . What Should I Do If My Teen Has a Problem with Alcohol and Other Drugs?*
- *Ask Dr. Steve . . . What Do I Need to Know About Alcohol and Other Drugs?*

G.B.U.

Steve

Introduction

Which of the following influence(s) a child's decision whether or not to consume alcohol and other drugs?

- 1) The personal strengths and vulnerabilities of a child.
- 2) The nature of the parenting that a child receives.
- 3) The strengths and vulnerabilities of the family in which a child is raised.
- 4) The community in which a child is raised.
- 5) The schools a child attends.
- 6) The friends who comprise a child's social world.

The truth of the matter is that all of the above do. However, in this book we'll narrow our focus to answering the following question—How can you, as a parent, most effectively influence whether or not your child decides to consume alcohol and other drugs? With that goal in mind, here's a quick rundown of what you'll learn from reading this book.

In chapter 1, we'll examine the nature of the problem that we're hoping to prevent—the *consumption* of alcohol and other drugs by your underage child.

In chapter 2, I'll introduce you to the first approach that I recommend to those parents who want to influence their child's choices about alcohol and other drugs—*taking care of yourself*.

The preventive method discussed in chapter 3 is cited by teens in survey after survey that seeks to understand what influences a teen's decision whether or not to consume alcohol and other drugs. This method is *connecting* with your child by developing a strong, loving, nurturing bond.

Monitoring your child is yet another way in which you can positively influence your child's choices about alcohol and other drugs. Research reveals that the risk of alcohol and other drugs use for teens living with hands-on parents is half that of the average teen. In chapter 4, we'll discuss specific steps that you can take in order to develop a *hands-on* parenting style.

In chapter 5, we'll examine a fourth method of prevention, identifying and expressing your *family's values* about your underage child's involvement with alcohol and other drugs. Clarifying for yourself and your family members your values about alcohol and other drugs will enable you to establish a family position about the consumption of alcohol and other drugs by underage family members.

Establishing a family position about underage children consuming alcohol and other drugs tells your child how you want them to act. In chapter 6, we'll examine the importance of identifying, expressing, and enforcing the *rules* that are an extension of your family's position about your underage child's involvement with alcohol and other drugs. You'll learn specific steps for setting and enforcing the family rules about underage children's consumption of alcohol and other drugs.

Results from surveys of teens reveal that kids who communicate well with their parents have a better chance of avoiding substance abuse. In chapter 7, we'll discuss some effective methods that will improve your *communication* with your child.

Good communication with your child, in general, is a critical element of prevention. It's also critical that you take the

lead in teaching your children about alcohol and other drugs. In chapter 8, we'll examine the importance of *talking* to your child about alcohol and other drugs. And in chapter 9, we'll examine *what you should talk about* when you talk to your child about alcohol and other drugs.

As potent as the methods discussed in this book are, they can be rendered useless if your child is unable to make independent choices about their use of alcohol and other drugs in the face of pressures that they may experience from their friends. In chapter 10, we'll examine ways you can teach your child to make *independent choices* about whether or not they'll choose to consume alcohol and other drugs.

Finally, in chapter 11, I'll discuss with you one last element that research demonstrates influences a child's choice about alcohol and other drugs. This preventative measure is *spirituality*.

Despite your best efforts at raising your child not to use alcohol and other drugs, there are no guarantees. It's helpful to know what to do if your child should choose to consume alcohol and other drugs. In chapter 12, we'll examine specific *steps* to take if you believe or know for sure that your child is consuming alcohol and other drugs.

By reading this book, I hope that you'll become not only more knowledgeable about, but also more comfortable with, how best to influence your child's choices about consuming alcohol and other drugs. The attitudes and habits that you influence today will last your child a lifetime. There's no better gift that you can give your child than the means with which to make healthy decisions about critical lifestyle choices that will affect their emotional, physical, and spiritual well-being for the rest of their life.

Finally, congratulations to you on taking pro-active steps to inform yourself and influence your children's choices about

their involvement with alcohol and other drugs. As you begin this book, I wish you and your family the best of luck!

Please note that the information in this book is provided for the sole purpose of informing you, the reader. The information provided in this book is not intended to be a substitute for a healthcare provider's consultation. Please consult your own physician or appropriate healthcare provider about the applicability of any opinions or recommendations with respect to your own symptoms or medical conditions.

