

Northwest

Behavioral Healthcare Services

Northwest Behavioral Healthcare Services provides residential services to troubled youth, ages 12 to 17. The staff of Northwest has shown itself to be successful with those more "difficult to treat" --- especially those with a dual diagnosis who require a secure setting for their care.

Having a heart for families, we provide Drug and Alcohol Assessments by appointment as a free service to our community. Urinalysis is provided at our lab's cost.

Services at our organization are commonly covered by most medical insurance plans. Special financial arrangements are also available.

For additional information or confidential consultation without cost or obligation, contact:

503-722-4470

Help@northwestbhs.com



18000 S.E. Webster Road
Gladstone, Oregon 97027

Phone: 503-722-4470
800-527-3303

Fax: 503-722-4410
Website: northwestbhs.com

**THEY DIDN'T COME
WITH AN
OWNERS MANUAL.**

Tips For Parents

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Tips for Parents

- ◆ Talk early and often about drugs, especially about the consequences of using them.
- ◆ Take advantage of everyday "teachable moments" to discuss drugs.
- ◆ Insist on a "no-use" rule for alcohol, tobacco, and other drugs.
- ◆ If you abuse alcohol or other drugs, seek professional help.
- ◆ Emphasize the things your children do right instead of focusing on what's wrong. Shoot for a ratio of at least four positives for every one negative thing you need to say. Be your kids' greatest fan. Catch them doing right. Compliment them on all of their efforts, signs of their strength of character, and their individuality.
- ◆ Set, and enforce, clear rules.
- ◆ You don't need a lot of rules, but consistently enforce a small number of them with swift, moderate (not severe) consequences of short duration.
- ◆ Set curfews and enforce them. Let your kids know the consequences of breaking curfew.
- ◆ Get your kids involved in some kind of adult-supervised, after-school activities. Ask them what kinds of activities they're interested in, and hook'em up. Sometimes it takes a bit of experimenting to find out what activities your kids are best suited for, but it's worth the effort --a feeling of competency decreases a child's chances of trying or using drugs.
- ◆ Arrange to have your children looked after or involved in activities from 3-5 p.m., the time trouble most commonly occurs for school-age children.
- ◆ Make sure that when your children need to be left unattended, they feel your presence by your leaving them notes and talking to them on the phone.
- ◆ Help your kids develop refusal skills they can use to get out of alcohol and other drug-related situations. Let them know that they can always use you as an excuse, "My dad would kill me if I drank a beer!"
- ◆ Make it easy for your child to leave a place where drugs are being used by offering to pick them up anytime.
- ◆ Get to know your children's friends and their parents. Call them and check-in to make sure they share your views on alcohol, tobacco, and other drugs. Steer your kids away from any friends who use drugs.
- ◆ Call kids' parents if their home is to be used for a party. Make sure that it will be alcohol-free and supervised by adults at all times.
- ◆ Encourage open dialogue with your children about their experiences. Make sure your kids know that they can ask you about anything and that you'll give them an honest, straight answer.
- ◆ Sit down for dinner with your children at least once a week (more if possible). Use the time to talk; don't eat in front of the T.V.
- ◆ Talk to your children about the things that are important to them every day.
- ◆ Really listen to your children.
- ◆ Show you care enormously about the choices your children make about drugs.
- ◆ Plan regular, parent-child activities that both of you enjoy.
- ◆ Be involved in your children's lives and make sure to have fun with them.
- ◆ For more tips and information, call (503)722-4470.

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