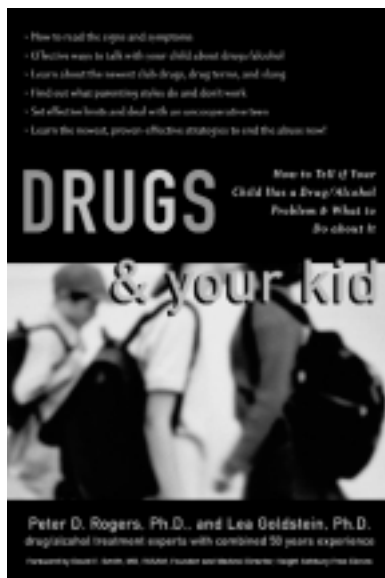


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*We are pleased to announce the publication of . . .*

WHEN YOUR KID HAS A PROBLEM WITH DRUGS OR ALCOHOL,  
YOU ARE THE BEST TREATMENT MONEY CAN BUY



# Drugs and Your Kid

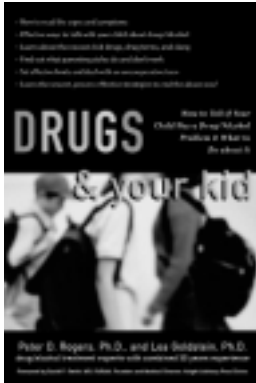
How to Tell if Your Child Has a  
Drug/Alcohol Problem  
and What to Do about It

*Please consider this helpful new book for review,  
for excerption, and for your booklist.*

DRUGS AND YOUR KID  
ITEM DYK ISBN 1-57224-301-5, (PAPER), \$15.95, 180 PAGES  
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## Is your child at risk?

Get the insiders perspective on how you can best help your kids deal with drug and alcohol issues. In the new guide, the former director of the Haight Ashbury Clinic teams up with a psychologist specializing in adolescent issues to teach you to identify substance abuse problems and intervene effectively.

Over half of all teens have tried an illicit drug by the time they finish high school.

Learn the language of the drug culture to help you understand what your kids are really talking about: the names of the newest drugs of choice and the slang of drug use. Find out what strategies for intervention work the best. Discover that, rather than using the “one size fits all” approach advocated by other programs, the best interventions match your own parenting style with your child’s personality. Get valuable tips to help you avoid the kinds of parent decisions that don’t work, and suggestions for setting limits, dealing with uncooperative teens, and making informed decisions about outpatient and residential treatment programs.

### David E. Smith, MD

Founder and President, Haight Ashbury Free Clinics, Inc.  
Adjunct Professor, UCSF  
Medical Director, California Drug and Alcohol Programs  
writing about *Drugs and Your Kid*.

*“Drugs and Your Kid provides a valuable guide for families battling with the issue of substance abuse. / As both a parent and a physician, I understand that parenting in this complicated, high-risk world is a very difficult task, and *Drugs and Your Kid* provides a valuable guide in dealing with this challenging and emotional issue.”*

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## *Suggested Interview Questions for* **Drugs and Your Kid**

1. What are some of the factors that lead kids to drug and alcohol abuse?
2. Your book lists certain behaviors that indicate substance abuse in teens. What are some of these behaviors that we should be prepared to recognize?
3. According to your book, there are four distinct stages of teen use of drugs and alcohol. Is it likely that parents will be able to successfully intervene, on their own, in cases where their child has only experimented with illicit drugs a few times?
4. How has drug use changed in the U.S. in the last thirty years? Are the profiles of teens with problems consistent within gender, geographic, or socio-economic groups?
5. What are some things to do for your child, as a parent, that can help steer him or her away from drug use in the first place?
6. Adolescence is a very dynamic and trying time in a young adult's life. How dramatically can uncontrolled substance abuse affect the process of transition into adulthood? Isn't drug use mostly a "phase" that kids will "just grow out of?"
7. Are there some issues within particular families that make kids in them more susceptible to developing an abusive relationship with alcohol or drugs? What role does genetics play?
8. What are some of the parent strategies that do not work well when trying to help a teen deal with drug issues?
9. How do you deal with a teen that doesn't want to be helped? What techniques work best with uncooperative kids?
10. Getting a child back from substance abuse can be a long and difficult process. What should we think about when it seems like our situation is hopeless?

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# *About the Authors of* **Drugs and Your Kid**

Peter Rogers, Ph.D. is the Administrative Director of Haight Ashbury Psychological Services. A retired psychotherapist, and former chief of the Chemical Dependency at Kaiser Permanente, he is also the coauthor of three popular self-help books including *The Divorce Book*, *When Anger Hurts*, and *The Anger Control Workbook*. Peter Lives in Northern California.

Lea Goldstein, Ph.D. is a licensed psychologist with 17 years of experience working with teens and families struggling with drug and alcohol abuse and addiction. She has worked with Dual Diagnosed adolescents in an inpatient hospital, and before designed and implemented an outpatient program for teens and families at Kaiser in Oakland, CA. She maintains a private practice specializing in adolescent and parental developmental issues.

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## *What people are saying about . . .*

# Drugs and Your Kid

“Considering our times and the availability of mind-altering intoxicants, here at last is what every parent of an adolescent both wants and needs--a vital source of information regarding drug and alcohol use and how to both detect as well as prevent problem use. The authors provide us with easy to understand information, guidance, and solid advice for day-to-day communication with our kids. Every parent should get this book and use its strategies--they work.”

--David A. Deitch, Ph.D., Professor of Clinical Psychiatry, and Center Director, University of California, San Diego Addiction Training Center

“Written in an accessible, frank, honest, and non-judgmental way *Drugs and Your Kid* is a valuable resource for parents of teenagers. At turns it will shock and frighten readers, but in the end it inspires hope because, as the book makes clear, there is a great deal parents can do to help their kids when it comes to the spectre of drug use.”

--Michael Riera, Ph.D., author, *Uncommon Sense For Parents with Teenagers* and *Right From Wrong: Instilling a Sense of Integrity in Your Child*

“For a teen in the early stages of substance abuse, ‘you are the best treatment program money can buy,’ say the authors of this book. To be even better, take advantage of the clear wisdom of this book.”

--Adair Lara, Columnist, *San Francisco Chronicle*, and author, *Hold Me Close: Let Me Go: A Mother, a Daughter, and an Adolescence Survived*

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