

## RESOURCES

**Knox County  
Community Health Center**  
740-399-8008

**The Freedom Center**  
740-397-2660

**Riverside Recovery**  
740-326-9255

### **KSAAT'S RESOURCE TOOLKIT** *A prevention guide for communities*

A free publication from the KSAAT  
Community Committee.  
Pick up your copy from the  
Knox County Health Department

#### **Online Resources:**

al-anon.org  
aa.org  
drugfree.org  
lung.org  
starttalkingohio.gov  
thetruth.com



## CONTACT US

11660 Upper Gilchrist Road  
Mount Vernon, Ohio 43050

740-392-2200  
ksaat2011@gmail.com  
ksaat.org



# Hidden IN PLAIN SIGHT

An awareness program for parents and other adults.



Can you identify **FOUR** items below that could be a sign of the risky behavior related to youth substance abuse?



## SIGNS & SYMPTOMS

- Unexplained euphoria or sudden changes in mood
- Nodding out
- Change in pupil size (constricted for opiates, dilated for meth, marijuana, benzos)
- Flu-like symptoms (indicative of withdrawal)
- Up all night, sleeping all day
- Weight loss
- Missing money or valuables
- Secrecy or dishonesty
- Truancy or difficulty holding a job

## ACTION CHECKLIST

- As a parent, establish a loving, trusting relationship with your child.
- Make it easy for your teen to talk honestly with you.
- Talk with your teen about drug and alcohol facts, reasons not to use drugs and ways to avoid drug use in difficult situations.
- Develop family rules about substance use and establish clear consequences.
- Set an example regarding your own alcohol use and your response to teen drinking.
- Encourage your child to develop healthy friendships and fun alternatives to drinking or other substance use.

# HIDDEN IN PLAIN SIGHT

An interactive exhibit, resembling a teen's bedroom with more than 100 items that could indicate dangerous or risky behavior related to alcohol and drug abuse

Hidden in Plain Sight is a great resource to display during:

- School Events
- Parent-Teacher Conferences
- Company Events
- Community Events
- Conferences
- Health Fairs
- Sporting Events

For more information or to schedule this display/presentation contact the Knox Substance Abuse Action Team (KSAAT) Program Coordinator

Tina Cockrell

[ksaat2011@gmail.com](mailto:ksaat2011@gmail.com)

