



# Substance Abuse Signs & Symptoms

## School & Community Behavior

- ❖ Sudden or gradual drop in grades and achievement levels (reason unclear)
- ❖ Skipping classes, entire days or class tardiness
- ❖ Disrespect/defiance towards teachers, rules & regulations
- ❖ Present in classroom, but inattentive
- ❖ Frequent fights, suspensions, expulsions
- ❖ Shoplifting
- ❖ Delinquent behavior
- ❖ Difficulty studying or working a job
- ❖ Denies knowledge of or ownership of paraphernalia
- ❖ Possession of alcohol or drugs at school
- ❖ Suspicion of being under the influence at school

## Changes in Physical or Psychological Condition

- ❖ Easily upset (emotional state changes rapidly)
- ❖ Weight changes (drastic loss or gain)
- ❖ Burns on hands or clothing; Self-mutilation
- ❖ Changes in speech pattern (slurred speech)
- ❖ Withdrawal from peers and others
- ❖ Very defensive attitude
- ❖ Stumbling, confusion, disorientation
- ❖ Mood and/or personality changes
- ❖ Obsession and preoccupation with chemicals
- ❖ Denial, minimizing, blaming, rationalizing
- ❖ Attention span shorter
- ❖ Blackouts
- ❖ Wearing clothes with drug symbols
- ❖ Unreasonable anger and resentment

## Family and Community Behavior

- ❖ Changes in attitude toward rules, parents, brothers, sisters
- ❖ Isolating (staying in room, etc.)
- ❖ Breaking curfew, sneaking out, becoming secretive (excuses for late hours)
- ❖ Lying (blaming others for irresponsible behavior, actions)
- ❖ Violence (physical and verbal)
- ❖ Erratic sleeping/eating habits (too much, too little)
- ❖ Vagueness about company kept and where time was spent
- ❖ Strange telephone calls (parties hang up or refuse to be identified); Strange email
- ❖ DUIs, unusual car accidents, extreme wear and tear on car
- ❖ Unreasonable resentments
- ❖ Suspicion of money or alcohol missing from parents or siblings
- ❖ Stealing and/or selling possessions for money (hocking clothing, CD's, gifts, etc.)
- ❖ Manipulating parents; Playing one against the other
- ❖ Seems to have money, but no job; Has job, but always needs money
- ❖ Value conflict: lying, stealing, etc.; Stops going to church/temple, family functions, meals, etc.

## Friends and Peer Group

- ❖ Changes in peer group with little interest in old friends
- ❖ Peers with drug user reputation
- ❖ Parents don't know friends; Can't get names
- ❖ Begins to associate with an older crowd



For more information contact the

## Shelby County Drug Free Coalition

205-663-6301

[www.shelbycountdrugfreecoalition.org](http://www.shelbycountdrugfreecoalition.org)



**SHELBY COUNTY  
DRUG FREE COALITION**

# If you are concerned about substance abuse, THERE IS HELP

### Alabama Abuse Counseling Center

205-669-3964  
54 Kelly Lane  
Columbiana, AL 35051

### Alcoholics Anonymous Birmingham Intergroup

205-290-0060  
[www.birminghamaa.org](http://www.birminghamaa.org)

### Alethia House

205-933-2430

### Bradford Health Services

205-621-4429  
[www.bradfordhealth.com](http://www.bradfordhealth.com)  
101 Aviators View Dr. Suite B  
Alabaster, AL 35007

### Chilton Shelby Mental Health Center

Substance Abuse Division  
205-668-4308  
<http://chiltonshelby.org>

### Family Connection, Inc. Shelby County Drug Free Coalition

205-663-6301  
[www.familyconnection-inc.org](http://www.familyconnection-inc.org)  
P.O. Box 535  
Saginaw, AL 35137

### Hill Crest Behavioral Health Services

205-833-9000  
6869 Fifth Avenue South  
Birmingham, AL 35212

### Safe Harbor

205-981-0995  
P.O. Box 381386  
Birmingham, AL 35238

### Shelby County Juvenile Court Services

205-669-3831

### Shelby County Schools

Contact your school counselor

### Taylor Counseling Services

205-621-2525

### Teen Challenge, Inc.

205-763-0909  
P.O. Box 3447  
Oxford, AL 36203

### The Foundry

205-424-HOPE  
P.O. Box 824  
Bessemer, AL 35021  
[www.thefoundryonline.org](http://www.thefoundryonline.org)

### University of Alabama Drug Free

205-917-3733

### Wellspring Christian Clinic

205-977-3003  
3104 Blue Lake Drive, Suite 100  
Birmingham, AL 35243  
[www.wellspringchristian.com](http://www.wellspringchristian.com)

This is only a listing of area resources. No representations are made as to the quality of their services.  
More resources available at [www.compact2020.com](http://www.compact2020.com) under Treatment Resources