

# The Path of Addiction in Adolescence

**NCADA**  
the place to turn

## BEGINNING PHASE

Experimental drug usage  
Other known chemical use in family  
Decrease of attention span  
Low frustration tolerance  
Walking out of class  
Missing class  
Change in grades  
Change in peers  
Change in appearance & personal hygiene  
Discontinuation of extracurricular activities  
Family becomes concerned  
Loss of ordinary will power  
Increased truancy  
Onset of daily lengthy "highs"  
Impaired thinking  
Indefinable fears  
All alibis exhausted

## CRUCIAL THROUGH CHRONIC PHASE

Increased amount & frequency of usage  
Sleeping in class  
Family becomes more concerned  
Inconsistent behavior  
Change in quality of assignments  
Poor interpersonal contact  
Decreased ability to stop drug use  
Increased need for immediate gratification  
Increased absenteeism  
Disciplinary problems increase  
Legal difficulties  
Increased association with drug sub-culture  
Physical, mental, & emotional deterioration  
No interest in school  
Drops out of school  
Obsession with drug use  
Vague desire for help  
Complete defeat admitted

## REHABILITATION PHASE

Honest desire for help  
Learns chemical dependency is a disease  
Informed that problem can be arrested  
Assisted in honest self-appraisal  
Treatment begins  
Physical examination  
Group therapy  
Possibility seen for new way of life  
Realistic thinking begins  
Awareness of others begins  
Desire for education begins  
Renewed self interest  
Situation faced honestly  
Right thinking begins, onset of new hope  
Increased emotional control  
Diminished fears of future  
Continues ongoing support & treatment  
Improved physical condition  
Trust in teachers improves  
Clarification of values begins  
Improved grades & attitude  
Desire to resume hobbies begins  
Life improves  
Returns to home & school  
Resumption of education  
AA/NA continues  
Confidence of family improves  
Contentment & rewards of sobriety occur  
Excuses recognized  
Enlightened & interesting life opens up with sobriety

Source: BayHaven Chemical Dependency Program, Samaritan Health Center, Bay City, MI; 2013

For help or information, call NCADA  
at 314.962.3456 or visit [ncada-stl.org](http://ncada-stl.org)

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