**Conversation Tips for Youth talking with a Trusted Adult**

- You might start by saying “I want to talk to you about something but I’m afraid you’ll get mad.”

- “I think I might have a problem with drugs.” If you aren’t ready to open up, tell them you need to talk to someone professionally, a therapist or a doctor, but you’re just not ready to talk to them about it yet.

- Do some research for information on drug and alcohol abuse. Look into youth treatment programs and be informed when talking with your parents.

- Try to find the right time to talk when your trusted adult can give you their undivided attention, or wait for a news story or commercial that addresses the topic to come on and start a conversation based on that story.

- Stay on topic. Don’t let issues or resentments from a few weeks ago sidetrack you or your parents. Look for opportunities.

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**Conversation Tips for a Trusted Adult talking with Youth**

- “Have you been in situations where there were opportunities for drug or alcohol use? Did you feel pressured? Why or why not?”

- “I have been noticing something (on the news, on the radio, on social media, in the neighborhood, etc.) that I want to talk with you about.”

- “I worry because we aren’t like everyone else, and you have a higher risk for developing a drug or alcohol problem.”

- “When you feel down, stressed, lonely or bored, what do you do to feel better? Sometimes people ‘medicate’ with drugs or alcohol to avoid difficult feelings. What are some healthier options?”

- “Why do you think some teens abuse drugs and alcohol? If you asked them, what reasons would they give for using? What other reasons might they have?”

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**What are the “levels of care?”**

**Detoxification:** “Detox” refers to the treatment of moderate withdrawal symptoms and non-acute physical or psychiatric complications.

**Inpatient:** Inpatient takes place in an OASAS-certified treatment setting with 24-hour medical coverage and oversight provided to individuals with significant acute medical, psychiatric and substance use disorders with significant associated risks.

**Outpatient:** While remaining at home, working and functioning in the community, a consumer may attend individual, group or family focused treatment and work toward personal goals. This may include less intensive involvement or may require multiple visits per week.

**Residential:** Individuals are provided a safe living environment with a high degree of behavioral accountability. Services include medical and clinical oversight of chronic but stable medical and psychiatric symptoms and conditions in a community treatment program including an outpatient Substance Use Disorder treatment program.

Compiled by the Finger Lakes CASAS Adolescent Committee
### YOUTH SUBSTANCE USE RESOURCES

**MONROE COUNTY**

- **Center for Youth**  
  905 Monroe Ave.  
  Rochester, NY 14620  
  585-473-2464

- **CORE Center**  
  803 West Ave. Suite 196  
  Rochester, NY 14611  
  585-328-8230

- **National Council on Alcoholism & Drug Dependence - Rochester Area (NCADD-RA)**  
  Rochester, NY 585-719-3483  
  www.ncadd-ra.org

- **Open Access Clinic**  
  Delphi Rise, 835 West Main St.  
  Rochester, NY 14611  
  585-627-1777

- **Recovery Support Navigators**  
  Rochester, NY 855-778-1300

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**GENESEE, ORLEANS, & WYOMING COUNTIES**

- **Batavia Recovery Center of Horizon Health Services**  
  Batavia: 585-815-0247

- **Genesee/Orleans Council on Alcoholism & Substance Abuse (GCASA)**  
  Batavia: 585-343-1124  
  Albion: 585-589-0055

- **Spectrum Health & Human Services**  
  Warsaw: 585-786-0220

**LIVINGSTON, ONTARIO, & YATES COUNTIES**

- **CASA-Trinity**  
  Dansville & Geneseo:  
  585-333-5052

- **Finger Lakes Area Counseling & Recovery (FLACRA)**  
  Clifton Springs, Farmington, Geneva, & Penn Yan:  
  833-435-2272

- **Rochester Regional Clifton Springs Behavioral Health**  
  Clifton Springs: 585-922-9900

**SENeca & WAyne COUNTIES**

- **Finger Lakes Area Counseling & Recovery (FLACRA)**  
  Newark: 833-435-2272

- **Seneca County Community Services Board**  
  Waterloo: 315-539-1985

- **Wayne Behavioral Health Network**  
  Regional Open Access Center  
  1519 Nye Rd. Lyons, NY 14489  
  833-929-6326

**ONLINE RESOURCES**

- [www.talk2prevent.ny.gov](http://www.talk2prevent.ny.gov)
- [www.oasas.ny.gov](http://www.oasas.ny.gov)
- [www.gcasa.net](http://www.gcasa.net)
- [www.flacra.org](http://www.flacra.org)
- [www.for-ny.org](http://www.for-ny.org)
- [www.suicidepreventioncoalition.org](http://www.suicidepreventioncoalition.org)

**RECOVERY FAMILY SUPPORT**

*Family focused (or other loved one focused)*  
*services designed to guide, educate, and support families through the addiction treatment and recovery process through peer and family support*

- **Monroe County Recovery Support Navigator**  
  www.recoverysupportnavigator.org  
  855-778-1200

*This resource is online at [www.neadd-ra.org/services/finger-lakes-addiction-resource-center/](http://www.neadd-ra.org/services/finger-lakes-addiction-resource-center/).*

*updated January 2021*