

Summer: The Optimal Time to Get Teens on Track

Summer is the most perilous time for teenagers to experiment with or use drugs and alcohol. Warm weather, more free time, and less supervision create the perfect storm for substance abuse and its consequences.

Even after school is out, Caron's Student Assistance Department continues to serve as an important resource to keep parents informed and help at-risk youth get back on track to a successful future without the influence of drugs or alcohol. Caron even offers summer school programs for students in treatment who have fallen behind during the school year.

Here are some important resources for parents and families:

- [Family Resources and Tips](#) - Includes a teen slang glossary, tips for managing your teen's online behavior and intervention information.
- [Caron Family Network](#) - A free, confidential and anonymous network for parents who suspect or know their child is abusing drugs or alcohol, or who have a child in treatment, to connect with parents who have had similar experiences.
- [AssessMyFamily.org](#) - Private and confidential resources for parents to learn more about their child's erratic behavior, including a free and confidential online questionnaire.

The summer months may be a prime opportunity for teens and young adults to get the help they need without interfering with their education. To help parents identify if substance abuse is an issue with their child, Caron offers 5- 10 day [assessment programs](#) to rule in or rule out a diagnosis of chemical dependency. We also have customized gender-separate, gender-specific primary and extended care treatment programs for adolescents and young adults.



Did you know...

There are more instances of emergency room visits by teens and young adults due to drugs and alcohol during the summer than at any other time of the year.

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