



CARY Project

Connecting with At Risk Youth

Meeting and Report Guidance

As a part of the CARY (Connecting with At-Risk Youth) Project, you are asked to write a report or summary of the meeting with the CARY Support (a family member that has been impacted by a loved one's addiction.) The CARY Support's child may still be struggling with the addiction, in recovery, or deceased. Each CARY Support will share with you his or her story and answer your questions about their loved one and the development of the addiction.

One of the initial steps is submitting 10 questions to the CARY Project Coordinator (natalie@adamhtc.org) prior to the meeting with the CARY Support. This can be done through your school, a counselor, parent or you can submit them yourself. These questions will help guide your conversation and help with the writing of your report.

Sample questions include:

- What was your loved one like before he or she started using?
- When did you learn that your loved one was using drugs and/or alcohol? How did this change him or her?
- What influence did his or her friends have on he or she becoming clean or continuing to use?
- When did you realize how bad his or her drug or alcohol problems really were? There is no page limit to the summary or specific requirements regarding content. The goal is to understand the development and consequences of addiction in this case but also to write about how this impacts you.

No one begins using drugs or alcohol expecting that he or she will become addicted

but statistics show that:

- *People who started drinking before age 15 were 50% more likely to become dependent upon alcohol as adults. The same was true to a lesser extent for those who started drinking between ages 15 and 17.*
- *Marijuana use that begins in adolescence increases the risk that the person will become addicted to the drug. The risk of addiction goes from about 1 in 11 overall to about 1 in 6 for those who start using in their teens, and even higher among daily smokers.*
- *Individuals that tried illicit drugs other than marijuana by their senior year were five*