



# TEEN DRUG REHAB

CALL CRESTVIEW RECOVERY TODAY  
**866.580.4160**

---

# CONTENTS

- Should I Send My Child to Residential Treatment?
- What to Look for in a Teen Drug Rehab Center
- What to Tell Your Kids About Drug Addiction
- Marijuana Withdrawal is Real
- Get Help for Your Teen at a Portland Drug Treatment Center
- Get Help for Your Teen at a Portland Drug Treatment Center
- A Teen Drug Rehab Can Support Recovery
- Is Marijuana Addictive?
- Talking about Teen Marijuana Abuse
- Marijuana Withdrawal & Mood
- Cravings are Associated with Marijuana Withdrawal
- Getting Help for Teenage Drug Addiction
- Take Back Your Life from Drug Addiction



The prefrontal cortex — a part of the brain that allows people to learn from their experiences — does not fully develop in humans until people are in their early 20s. While some teens are able to experiment with drugs and alcohol without experiencing life-altering consequences, many are not. If you are concerned that your child has lost control, getting them into teen drug [addiction treatment programs](#) could save their life. Sending your child to rehab is not a punishment; it is a way to help them get their life on course. Crestview welcomes people of all races, gender identities, and backgrounds to join together in healing. Contact us today by calling [866.262.0531](tel:866.262.0531).

## SHOULD I SEND MY CHILD TO RESIDENTIAL TREATMENT?

Teen rehab centers are places where [teens can get help for drug dependence](#). Some rehab centers offer treatment for both teens and adults, while others focus on just one age group. At Crestview, we offer alcohol and drug treatment for teens 18 and up.

Just like in typical rehab centers, teens usually have to undergo detox before they enroll in a rehab program. While detox alone can't help them overcome addiction, it can help pave the way for an easier rehab experience. At Crestview Recovery,



Click image for link to video.

we offer post-detox treatment, and we can refer you to one of Portland's best detox centers if necessary.

---

## WHAT TO LOOK FOR IN A TEEN DRUG REHAB CENTER

---

During the search for a teen drug rehab center, parents shouldn't focus so much on centers that only accept teens. Instead, they need to look for rehab centers that fit several general criteria of care.

First is the quality of care that the center offers. Finding centers that offer quality care can make the difference between failure and success. Parents can look for a few things that may provide clues. Some questions that parents should ask include:

- Is the staff-to-client ratio fairly low?
- What are the medication management options available?
- Can parents be involved in the recovery process?
- Are both long- and short-term care available?
- Does the staff prepare personalized treatment plans?

Beyond quality care, parents also need to look at which kinds of treatments that centers offer. The best results usually come from rehab centers that provide evidence-based treatments in conjunction with holistic treatments to ensure that the whole person

receives treatment.

Before parents can get help for their teens, [they have to know that their teens need help](#). It's important to be able to spot the signs of drug use. Some common ones include loss of interest in family events, breaking curfew, and a sudden disrespect for rules. However, parents also have to pay attention to physical signs. Do their teens show a sudden decrease or increase in appetite? Are they suddenly lying about their activities? Are they spending more time in their room than usual?

"I was one of the first people to pass through Crestview when it opened in 2016. Best treatment I ever had. An appropriate amount of responsibility lands on the patient for actually wanting to be there to better themselves. You're always going to have people in treatment that aren't serious and are waiting to seize the moment to drink or use. If you can apply yourself to AA and their program it's a great facility. I've been sober since. That was my 10th time in treatment."

**XEUUAN**

---

## WHAT TO TELL YOUR KIDS ABOUT DRUG ADDICTION

---

Parents have illusions about teen drug use, which leads to the idea that they can deter teens from trying drugs. The reality is that teens are naturally curious, impulsive, and don't think through potential consequences. This is why it's important to know how to talk about teen marijuana abuse so they can make the right choices. Numerous studies show that simply being honest with your teen about the potential dangers is the best route.

---

## MARIJUANA WITHDRAWAL IS REAL

---

Even though some claim that marijuana is not addictive and therefore does not cause withdrawal symptoms, the truth is that symptoms can be quite strong and cause many people to use the drug much longer than they want to. [Marijuana withdrawal is a real thing](#) and has been recognized as such by the medical profession for a long time. Some withdrawal symptoms can include cravings, anxiety, insomnia, moodiness, loss of appetite, sweating, headache, chills, and more. Symptoms usually start the day after quitting and peak between two and three days before disappearing in a week or two. A Portland sober living program can help your loved

one maintain their sobriety in a welcoming and inclusive environment.

Answering yes to any of these questions is cause for concern. However, the last and biggest sign is drug paraphernalia. If parents come across pipes, small glass vials, remnants of drugs, or small plastic baggies, these are indications of drug use.

---

## GET HELP FOR YOUR TEEN AT A PORTLAND DRUG TREATMENT CENTER

---

[Once teens enter the dark world](#) of drugs, it's hard for them to climb back out on their own. Unfortunately, most teens are too afraid to ask their parents for help. As parents, it's important to notice the signs of drug abuse and get them the help that they need.

At Crestview Recovery, we can help your teen overcome his or her drug addiction problem. We offer a number of teen drug rehab programs, including:

- Extended care addiction treatment
- Individual therapy
- Trauma therapy
- Dual diagnosis therapy
- Intensive outpatient programs



20% of Oregon residents aged 18-25 experience a destructive dependence on alcohol, tobacco, or other drugs.

Oregonians aged 18 to 25 have the highest substance-use-disorder rates in the state.



Underserved populations in Oregon, including individuals in the LGBTQ+ community are disproportionately impacted by alcohol, tobacco, and other drugs (ATOD).



A young adult treatment program can give individuals and families new hope for the future. Having trouble with drugs and alcohol as a teenager does not need to define the rest of your life. Being open to letting people help you change is the first step toward a better life.

Source:

[https://www.oregon.gov/adpc/SiteAssets/Pages/index/Statewide%20Strategic%20Plan%20Final%20\(1\).pdf](https://www.oregon.gov/adpc/SiteAssets/Pages/index/Statewide%20Strategic%20Plan%20Final%20(1).pdf)

## A TEEN DRUG REHAB CAN SUPPORT RECOVERY

It's important to begin to understand the difference between drug use and drug abuse. Many people experiment with drugs at some point in their life. Abuse happens when the drug's harmful effects outweigh the positive ones, but the person feels dependent on the drug in order to feel normal. Teen drug abuse happens when a teen is turning to drugs or alcohol as a way to cope with their problems instead of developing the coping mechanisms they will need throughout their life. The majority of people who try drugs do not get addicted, but this doesn't make the drug safe for everyone.

“If you want to get clean and STAY clean, come here. I got clean in February of 2020, a week or so before this whole covid thing went worldwide. I was coming out of psychosis when I was at Crestview, and let me tell you, I couldn’t have asked for a better transition into a brighter life. The staff is empathetic; they will listen to you and genuinely care. I truly discovered myself at Crestview and I will never forget my experience here.”

**JARICA**



## TALKING ABOUT TEEN MARIJUANA ABUSE

The best thing you can do with your teenager is to be completely honest about marijuana abuse and the [long-term effects it can have on your life](#). There’s no point in trying to use scare tactics based on false information because we live in the age of Google. By being honest with your teen, they’ll be able to look up the information you give them and see that it’s true. Some of the facts about marijuana use that you should teach your teenager include the following:

- Marijuana can be addictive
- Some people have psychotic episodes after use
- Abuse can affect memory and problem-solving skills

You should also be honest with your teen about your history of marijuana use and the wisdom you now have. Studies also show that when teens feel like they can talk to you about drugs, it’s much easier to ask questions. When your teen knows that he or she can come to you with honest questions or concerns, there’s trust. If you are finding that your teen is beginning to abuse marijuana, he or she may need help.

## IS MARIJUANA ADDICTIVE?

There is a misconception out there that there’s no such thing as marijuana addiction. The reality is that even though marijuana doesn’t have the same chemical hooks as other drugs, it’s addictive when it becomes a habit or a lifestyle. An addiction involves changes in brain chemistry that make it harder to experience meaningful emotions in response to meaningful events. If marijuana causes harm in your life — or in the life of someone you know, seeking assistance can open new doors for opportunity.



---

## MARIJUANA WITHDRAWAL & MOOD

---

Mood issues are one of the [primary symptoms of marijuana withdrawal](#) and can include agitation, depression, anxiety, insomnia, irritability, and more. You can mitigate some of these symptoms by avoiding caffeine, not staring at backlit screens before bed, practicing deep breathing exercises, responding to anger by doing cardio exercises, and drinking lots of water. For headaches caused by marijuana withdrawals, you can make sure to stay hydrated and take OTC pain killers. For loss of appetite and nausea related to withdrawals, try eating only small amounts of food at a time, eating cold food, and avoiding eating and drinking at the same time.

---

## CRAVINGS ARE ASSOCIATED WITH MARIJUANA WITHDRAWAL

---

Marijuana cravings are another part of withdrawal, and it is often recommended to employ the Four Ds, which are distracting, delaying, de-catastrophizing and de-stressing. The main goal of this method is to distract yourself for 30 minutes until the cravings go away.

---

## GETTING HELP FOR TEENAGE DRUG ADDICTION

---

Crestview is a treatment facility that specializes in helping teens 18+ learn how to overcome their abuse of drugs. Teens

are in a great position to overcome their addiction because they're still in the early stages. Addiction is a progressive illness, so your teen will be much more successful by getting help as soon as possible. Some of the programs we offer here for teens include:

- 12-step programs
- Expressive art therapy
- Relapse prevention

Not everyone can manage to withdraw from marijuana on their own, and it's important that you seek help if you have tried and failed to kick your addiction to marijuana. Drug addiction is highly treatable by qualified drug rehab centers such as Crestview Recovery in Portland.

---

### TAKE BACK YOUR LIFE FROM DRUG ADDICTION

---

Learn more about how we can help your teen by calling us today at 866-379-4365.

Get your teen the help that he or she needs today at Crestview Recovery. Find out how our personalized programs and friendly staff can make all the difference. Call us at [866.262.0531](tel:866.262.0531) to help your teen get on the path to recovery.

CONTACT US TODAY AT  
**866.580.4160**

so we can help you begin the road to recovery.