

U-Turn A Facilitated Group for Youth

Adolescence is a difficult period of life without the added struggles of battling a drug or alcohol addiction. Teens facing the challenge of a journey to be drug and/or alcohol free often face the dilemma of re-creating a positive social network of friends. This is a theme that continually is addressed in U-Turn. The youth acknowledge this is a most difficult but crucial step towards recovery.

Some barriers these youth address is the difficulty of making new friends at their age, having the strength to ignore the phone calls from negative peers at home, or even how to respond when running into these "using" friends in their community. The youth in U-Turn acknowledge their use of drugs to be a social event at parties, raves, or even after school hanging out with the crowd. So imagine the

difficulty to isolate yourself from every aspect of life, feeling depressed as you have no friends and have let down yourself and your family, physically drained from the withdrawal and emotionally exhausted as you wonder if this is your rock bottom.

At U-Turn, we look at these struggles, and address many other issues that addicts and their families face on their journey to recovery.

Everyone benefits as they receive support and feedback from teens going through their own journeys as well.

U-Turn meets every other Tuesday from 7 p.m. to 9 p.m. along with Parents Empowering Parents (P.E.P) at Strathcona County Hall, in Sherwood Park. For information on P.E.P please visit www.pepsociety.ca.

This article is one of a series by the Strathcona County Community Drug

and Alcohol Strategy Committee addressing information about drug and alcohol issues.

For a complete listing of resources available, pick up the *Drug/Alcohol Resource Directory* at the Strathcona County Health Centre located at 2 Brower Drive or at Strathcona County Family and Community Services 276, 2755 Broadmoor Boulevard (above Smitty's restaurant) in Sherwood Park.

Residents with questions about the strategy can call Strathcona County Family and Community Services at 780-464-4044.

