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Lay the Foundation Early

Talking with your child about substance abuse is an ongoing process. As kids age, their attitudes about alcohol and drugs become more and more sophisticated. While young children tend to view drugs in simple terms (“good vs. bad”), preteens and teenagers come to understand that all drugs are not the same. Parents need to adjust their anti-drug message to each growth stage of their child’s life.

Middle School Years: Although tweens and teens often seem unreceptive to their parents as they struggle to become independent, they desire and need parental support, involvement and guidance more than ever. Adolescence is often a confusing and stressful time, characterized by mood changes and deep insecurity. It’s not surprising that this is the time when many young people try alcohol, tobacco, and other drugs for the first time. The average age at which kids try drugs for the first time is 13 (Partnership for a Drug Free America).

- Make sure your child knows the family rules and consequences. Enforce consequences strictly!
- Point out socially distasteful effects of smoking and drinking: stained teeth, hair and clothes that smell like cigarette smoke, weight gain, disappointing others and being punished.
- Continue to point out the impact of poor decision making: addiction, unplanned pregnancy, injury, or death.
- Emphasize that using these substances at this age could cause lifelong disabilities and challenges.
- Meet their new friends and parents and set mutually acceptable rules and curfew times. Parents should communicate often with each other. Contact host parents.
- Encourage healthy activities and point out your child’s strengths.

High School Years: Older teens have likely had to make decisions about whether or not to try drugs, tobacco or alcohol. They have witnessed their peers using – some without obvious or immediate consequences, other whose drug use gets out of control. Teenagers now need more than a general message not to use recreational drugs.

- Emphasize the dangers with use: brain damage, unplanned pregnancy, birth defects, addiction, lung cancer, panic attacks, anxiety, and impaired memory and coordination.
- If a teen is caught using drugs or alcohol it may become a part of their permanent record. It can ruin a chance of getting into their “dream” college, receiving financial aid, getting a job or serving in the military.
- Remind your teen that education and career should be his/her focus. Encourage healthy stress relievers, such as exercise, hobbies, and getting enough sleep.
- Compliment their positive choices and responsible behavior. Use news stories for discussion.
- Be available to listen to your teen. Maintain a positive relationship with your teen so that he or she will feel free to come to see you if they need help.

Top Ten Teen Tricks

1. A teen insists on going to a friend's house for the night when his/her parents are going out for the evening. Then, when the parents are gone, the teen returns to the unsupervised house with a group of friends. (This happens most often on holidays, anniversaries, and other special occasions.)
2. When attending a school dance the teen leaves early and goes to an unsupervised party. Many couples take their pictures at the dance to prove that they attended it, and then go to a friend's house or secluded area to party.
3. Community festivals may not be highly patrolled activities and teens find it easy to leave the premises to use substances in nearby woods, parking lots, or behind nearby buildings. Teens may also be taken to parties by older students who can drive. (It might sound unusual for older students to take an interest in younger teens, and it may be a sign of drug use.)
4. After school, when many parents are still at work, teens may congregate at an unsupervised house and use alcohol or drugs. The hours after school have the highest incidence of delinquent behavior.
5. When walking to a friend's house, teens may meet in deserted, secluded areas (such as the woods) and use substances or engage in sexual activity.
6. At school functions or just when staying after school, teens can easily sneak away to go use substances in the unsupervised or hidden areas (i.e. between buildings or parked cars).
7. Although the parents may be home at a sleepover, teens may sneak out of the house late at night and either walk somewhere or be picked up in a car down the street. High school sleepovers need to be monitored at all hours. It is not unusual for teens to drink alcohol or use drugs at sleepovers because the effects of the drugs will have worn off by the next morning. Confirm sleepover plans with the host's parents. Overall, there is no reason for someone that age to have a sleepover; rarely does anything positive come from that experience.
8. An adolescent may steal alcohol from his/her parent's liquor supply and make up the difference in the bottle's volume by adding water. Soda and sports water bottles are often used as containers for alcohol. Garage refrigerators are targeted by teens seeking alcohol. Teens may also steal medication from the medicine cabinet of family or friends.
9. Although many parents are pleased when their teen goes to a friend's house to do homework, this might not actually be what the teen plans to do.
10. Teens may say that they are going to a friends house to spend the night, and then "change plans" at the last minute, allowing the parents no time to check up on them.

Many of these situations may seem rather strange and even ridiculous, but when a child is addicted to drugs or wishes to engage in risky behavior, he/she will do anything to continue his abuse, including lying, stealing, and plotting.

How a Family Can Say No To Drugs

1. **Discuss and write** down your family ground rules with your child. Complete the Parent/Teen Agreement provided in this guide. Set up a **special code** and routine ahead of time for a child to use in difficult situations with peers.
2. **Talk with your child** about alcohol and other drugs. Become knowledgeable, and then talk frequently about how alcohol and drugs can cause harm, especially to young people. Communicate a clear message about family rules and the consequences of using alcohol and other drugs.
3. **Learn to really listen** to your child. Don't do all of the talking. Take time to listen. Encourage questions/concerns from your child.
4. Help your child develop **self-confidence**. Look for positives in your child and share them with your child. Correct and criticize the action, not the child. Praise the effort as well as the accomplishment.
5. Help your child develop strong **values**. Communicate your family values, and then model those values. Teach how to make decisions based on what is right and wrong.
6. Be a **good example**. Remember that your actions speak louder than words. If you or another adult in the household has an alcohol or substance abuse problem, be honest with your teen and seek help.
7. Help your child deal with **peer pressure**. Help your child understand the importance of individuality, the meaning of real friendships and give "permission" to say "No" to negative peer pressure. Practice how to get out of inappropriate situations. Suggest they use an excuse like, "If my parents find out, I'll be grounded for a month."
8. Encourage **healthy, creative activities** Encourage positive friendships and interests to reduce boredom and too much free time. Help the child find community outlets, working with his/her personality, likes and dislikes.
9. Team up with **other parents**. Work with other parents to build a strong, drug-free environment. The most effective way to stop a child from using drugs is to stop their friends from using, too.
10. Know what to do if you **suspect a problem**. Understand that no child is immune to the lure of drugs. Learn the signs of usage. Trust your instincts and, if a problem occurs, seek professional help. (See resource list) Don't be afraid to search your child's bedroom and computer.
11. Get to know the **facts**. Become well informed with current and correct information. Search the library or bookstore for books on this topic. Many websites offer help. Contact your school guidance counselor, psychologist, or another place that can help (see resource list).

FOR HOSTING A PARTY
(Planned or Spontaneous)

1. SET THE GROUND RULES WITH YOUR CHILD BEFORE THE PARTY

- Let your child know what you expect
- Stick to agreed-on rules
- Party ground rules should include:
 - * No Alcohol, Tobacco, or Other Drugs (ATODs) served or brought in
 - * NO leaving party and returning
 - * NO gate crashers
 - * Lights on
 - * Set a time limit for party
 - * Limit party attendance

2. A PARENT SHOULD BE AT HOME DURING THE PARTY

- Decide what part of the house will be used for the party (location is key)
- Have one entrance into/out of the party
- Greet guests and be on hand when they leave
- Check guests coats, bags, water bottles, or any other carry-ins
- Serve refreshments (plenty of food and non-alcoholic beverages a great way to be inconspicuous)
- A college age sibling or elderly grandparent is not an appropriate chaperone

3. IT IS ILLEGAL TO OFFER ALCOHOL TO GUESTS UNDER 21 OR TO ALLOW GUESTS TO USE THEM IN YOUR HOME OR ON YOUR PROPERTY

- Be alert to the signs of ATOD use. Guests who try to bring in contraband or are uncooperative should be asked to leave. If need be, call parents and/or police if unwanted guests refuse to leave
- Notify the parents of any person who arrives at the party under the influence of any alcohol or any other drug
- DO NOT LET ANYONE DRIVE UNDER THE INFLUENCE OF ALCOHOL OR DRUGS

4. OTHER IDEAS

- Avoid easy access to ATODs in your home
- Get to know your child's friends/parents
- Alert other parents to any local youth ATOD problem that might affect their children
- Encourage shared chaperoning

FOR ATTENDING A PARTY

1. KNOW WHERE YOUR CHILD WILL BE

- Obtain the address and phone number of the party-giver
- Let your youth know that you expect a phone call if the location changes

2. CONTACT THE PARENTS OF THE PARTY-GIVER TO:

- Verify location
- Offer assistance
- Make sure a parent is present
- Inquire about the rules that have been established about drinking
- Inquire about the time limit of party
- Find out who is invited to the party
- Find out if guests over 21 are invited
- Find out if any activities are planned
- Be certain that ATODs are not permitted

3. KNOW HOW YOUR YOUTH WILL GET TO AND FROM THE PARTY

- Even if other teens are drinking, your expectations are they still will not
- Assure your child that you or a specific friend can be called for a ride home
- Discuss with your child the possible situations in which they might need to call
- Have a plan set if your child does call this can include a "code word" to use if surrounded by friends when calling
- Stipulate that your child should not drive themselves if they have been drinking or get in the car with any driver who has also been drinking

4. YOUNG PEOPLE SHOULD KNOW WHAT TIME THEY ARE EXPECTED TO BE HOME

- Establish a curfew with your child in advance
- Be awake or have your child wake you when they arrive home
- Spontaneous sleepover arrangements should always be confirmed with host parents, but avoided if possible

IF YOU GO OUT OF TOWN

1. Let your child know that you will notify neighbors/friends' parents that you will be out of town
2. Arrange for someone to take care of your child at all times during your absence.

24/7 PARTY ALERT

**“If you can dial a phone,
you can help put a stop to
underage drinking.”**

Call **Starting Point of Ozaukee**, if you learn that a party is going to happen, or is currently in process where underage use of alcohol or any illegal substances is likely to occur and/or there is not going to be appropriate chaperons.

Your call will be kept in confidence....
you may make it **anonymously** if you choose.

A Starting Point of Ozaukee staff member will contact the homeowner, the party host and/or the appropriate authorities (without identifying the original caller) with the intent of curtailing the plans and **keeping our youth safe**.

Parents, teachers, neighbors, and young people often hear about parties that have been planned or are aware of parties underway, but are afraid or embarrassed to contact authorities openly. This hotline offers concerned individuals the opportunity to share information with authorities, which not only helps them to enforce the law, but may help them to save a life.

If you become aware of a party in progress local law enforcement needs to be alerted. Any non-supervised or inadequately supervised youth party has the potential for disaster in the form of overdose, physical and/or sexual assault, and inexperienced youth drivers on the road that are under the influence of a mind altering substance.

To use the Alert please call:

Starting Point of Ozaukee at (262) 375-1110

40 Developmental Assets

When parents and community provide the following building blocks of development, young people grow up to be healthy, caring, and responsible. Research shows that kids who have many of these assets are more likely to do well in school, volunteer in the community and care about others. Kids who have greater numbers of assets are less likely to use alcohol, tobacco or other drugs or be sexually active.

SUPPORT

1. **Family support** - Family life provides high levels of love and support.
2. **Positive family communication** - Young person and his or hers parent(s) communicate positively, and young person is willing to seek advice and counsel from parent(s).
3. **Other adult relationships** - Young person receives support from three or more nonparent adults.
4. **Caring neighborhood** – Young person experiences caring neighbors.
5. **Caring school climate** - School provides a caring, encouraging environment.
6. **Parent involvement in schooling** - Parent(s) are actively involved in helping young person succeed in school.

EMPOWERMENT

7. **Community values youth** – Young person perceives that adults in the community value youth.
8. **Youth as resources** – Young people are given useful roles in the community.
9. **Service to others** – Young person serves in the community one hour or more per week.
10. **Safety** – Young person feels safe at home, at school, and in the neighborhood.

BOUNDARIES AND EXPECTATIONS

11. **Family boundaries** - Family has clear rules and consequences, and monitors the young person's whereabouts.
12. **School boundaries** - School provides clear rules and consequences.
13. **Neighborhood boundaries** - Neighbors share responsibility for monitoring young people's behavior.
14. **Adult role models** - Parent(s) and other adults model positive, responsible behavior.
15. **Positive peer influence** – Young person's best friends model responsible behavior.
16. **High expectations** - Both parent(s) and teachers encourage the young person to do well.

CONSTRUCTIVE USE OF TIME

17. **Creative activities** – Young person spends at least three hours per week in lessons or practice in music, theatre or other arts.
18. **Youth programs** – Young person spends three or more hours per week in sports, clubs, or organizations at school and/or in community organizations.
19. **Religious community** – Young person spends one hour or more per week in activities in a religious institution.
20. **Time at home** – Young person is out with friends "with nothing special to do" two or fewer nights per week.

COMMITMENT TO LEARNING

21. **Achievement motivation** – Young person is motivated to do well at school.
22. **School engagement** – Young person is actively engaged in learning.
23. **Homework** – Young person reports doing at least one hour of homework every school day.
24. **Bonding to school** – Young person cares about her or his school.
25. **Reading for pleasure** – Young person reads for pleasure three or more hours per week.

POSITIVE VALUES

26. **Caring** – Young person places high value on helping other people.
27. **Equality and social justice** – Young person places high value on promoting equality and reducing hunger and poverty.
28. **Integrity** – Young person acts on convictions and stands up for her or his beliefs.
29. **Honesty** – Young person "tells the truth even when it is not easy."
30. **Responsibility** – Young person accepts and takes personal responsibility.
31. **Restraint** – Young person believes it is important not to be sexually active or to use alcohol or other drugs.

SOCIAL COMPETENCIES

32. **Planning and decision making** – Young person knows how to plan ahead and make choices.
33. **Interpersonal competence** – Young person has empathy, sensitivity, and friendship skills.
34. **Cultural competence** – Young person has knowledge of and comfort with people of different cultural/racial/ethnic backgrounds.
35. **Resistance skills** – Young person can resist negative peer pressure and dangerous situations.
36. **Peaceful conflict resolution** – Young person seeks to resolve conflict nonviolently.

POSITIVE IDENTITY

37. **Personal power** – Young person feels he or she has control over "things that happen to me."
38. **Self-esteem** – Young person reports having a high self-esteem.
39. **Sense of purpose** – Young person reports that "my life has a purpose."
40. **Positive view of personal future** – Young person is optimistic about her or his personal future.

Know the Law

Do your teen's friends drink in your home? If so, YOU are breaking the law!

- * You cannot give alcohol to your children's friends under 21 years of age under any circumstances, even with their parent's permission.
- * You cannot knowingly allow a person under 21 to remain in your home or on your property while consuming or possessing alcoholic beverages.
- * Curfew for children under 16 is determined by local ordinance. Contact your local police department for more information.
- * Anyone under 21 can be ticketed or fined for transporting alcohol in a car or car trunk.
- * Any person with a fake ID will be fined and/or arrested.
- * Offenses will go on a permanent record.
- * Any person convicted of drinking and driving will be fined at least \$750, their license will be suspended or revoked, and they may possibly serve jail time.

What this means to you:

- * If you are convicted of giving alcohol to a person under 21 years of age and injury resulted, you may receive a \$500 fine per child and a municipal citation. You can also receive demerit points off your driving record.
- * Your insurance premiums will increase.
- * Adults who furnish alcohol to a minor may be financially liable in a civil suit brought against them by anyone who suffers injury or property loss because of the actions of intoxicated minors.
- * Most insurance companies don't extend coverage for illegal activities, so any injuries or damage that occur on your property as a result of underage drinking would remain your responsibility.
- * A person under 21 may only legally drink alcohol if it is given by a parent and the teen is with the parent or legal guardian during and after consumption. They may not purchase or consume alcohol, may not possess or use any controlled substances (including drugs prescribed by a doctor for another person such as codeine), and may not have a container of alcohol in an automobile (trunk or car).
- * Wisconsin's "Zero Tolerance" Law: Drivers under 21 can be arrested for driving with any amount of alcohol in their body. This enforces ABSOLUTE SOBRIETY. Also, it is a violation of Wisconsin statute for a person to have a detectable amount of a restricted controlled substance in his or her blood without a doctor's prescription for that substance.

Signs and Symptoms of Drug Use

Physical Appearance

- *Lack of personal cleanliness
- *Red eyes, frequent use of eye drops
- *Runny nose, congestion, cough
- *Wearing dark glasses when not needed
- *Pale face, circles under eyes

Eating and Sleeping Habits

- *Difficulty falling asleep
- *Inappropriate napping
- *Poor Appetite
- *A sudden appetite change

School Performance

- *Lower grades, neglected homework
- *Tardiness, absenteeism
- *Discipline problems

Physical Evidence of Drug Use

- *Liquor missing or watered down
- *Fake ID
- *Mouthwash, breath sprays
- *Visine or other eye drops
- *Roach clips, rolling papers, "bong", pipes and screens
- *Baggies containing dried leaves and seeds
- *"Stash cans" often disguised as Cola or beer cans

Behavior and Personality

- *Abrupt changes in mood
- *Hostility, defiance of rules
- *Depression or apathy
- *Lack of responsibility
- *Blaming, lying, making excuses
- *Loss of memory, short attention span, disordered thought patterns
- *Withdrawal from family, isolation, secrets
- *Decline in academic performance

Pro-Drug and Alcohol Attitude

- *Pro-drug message on poster and clothes
- *Defends drug use of others
- *Thinks adults "hassle" kids
- *Others express concern for teen's use
- *Easily angers when parents express concern

Change in Friends or Interests

- *New friends who use drugs
- *Friends rarely introduced and seldom come to house
- *More time spent in room or away from home
- *Secrecy about actions or possessions
- *Hobbies, sports, extracurricular activities are given up
- *"Everything is boring"
- *Stays out past curfew

Common Drugs Used By Teens

Alcohol: Alcohol is the number one drug choice with teens and used more often than all other recreational drugs combined. Alcohol-related deaths are the #1 cause of death with teens. Teens that regularly use alcohol are four times more likely to become alcoholics as an adult than non-users. Research shows that 90% of drug users abuse alcohol as well.

Marijuana: (420) Marijuana is the most widely used illicit drug in the US. It is usually smoked, but can be blended into food, cooked and eaten, most often in brownies. Paraphernalia associated with marijuana includes pipes, rolling papers, plastic bags, roach clips, eye drops and breathe fresheners and room fresheners used to cover up signs of the use of the drug. **Today's Marijuana has five times** the amount of the active ingredient, THC, in it as compared to marijuana in the 1970's. The 'high' is much more intense and lasts longer, and unfortunately, the **chance of addiction is now much greater.** Marijuana poses several health risks that include impairments in learning, memory, perception, and judgment, intense anxiety or panic attacks, disturbance of heart functions, decreased lung function, and impairment of personality development. The average teens first use Marijuana is 14.

Tobacco: Tobacco is a powerfully addictive substance. Studies show that people who have not used tobacco by age 21 are likely to remain non-smokers. Tobacco use is the leading preventable cause of premature death in the US. Although smoking is described as relaxing, it releases the hormone epinephrine, which may create stress in the user.

Common Drugs Used By Teens (continued)

OTC (Over-the-Counter) Medication: Increasing abuse of OTC medications is due to the ease of availability through the Internet and purchasing by the general public. The most commonly abused medication by teens is Dexamethorphan, found in many cough syrups. This drug will cause the following symptoms: euphoria, altered time perception, paranoia, dissociation, disorientation, and tactile, visual and auditory hallucinations. This drug can also be purchased through the Internet with specific dosage determined by body weight.

Inhalants: Inhalants refer to chemical products that are inhaled to give the user an immediate head rush or high. They include diverse groups of chemicals that are found in household goods, such as aerosols, nitrous oxide and cleaning solvents. Inhalant use can cause a number of physical and emotional problems, and can even lead to death after only one use. Butane is an example of a common inhalant.

GHB & Rohypnol: “Date Rape” Drugs: GHB is a central nervous system depressant. It is found as a white powder or clear liquid. It is odorless and tasteless, so when added to drinks, it is virtually undetectable. These drugs can be used in drug-assisted rapes by putting them in the unsuspecting victim’s drink. The victim becomes drunk for 2-8 hours and experiences a complete loss of memory. In high doses the drug can cause deep sleep, coma and eventual death. Withdrawal effects are tremors, anxiety, insomnia, and sweating.

Methamphetamine: Speed/Crank: Stimulants cause an intense “rush” that is a pleasurable, intense euphoria that lasts only a few minutes. The most potent and addictive is methamphetamine. It can be used in pill, powdered or crystallized form. The crystallized form, (ice, crystal or M), can be smoked and is more powerful. Other stimulants include Ritalin and Ephedrine. Ritalin, legally prescribed to treat Attention Deficit Disorder, can be sold and abused as a street drug. Ephedrine, an over the counter drug often found in diet pills, is known as “street speed” and because of its easy availability, is widely abused by teens.

Hallucinogens: Angel Dust/Acid/Shrooms/ Loveboat/Trips/Hits/Rocket Fuel): Phencyclidine (PCP), Lysergic Acid (LSD), and Peyote (Shrooms) distort the perception of reality, creating visual hallucinations. Ketamine is an animal anesthetic and nervous system depressant. Hallucinogens are often used in combination with other drugs or alcohol. Their effects can last up to 12 hours, and can cause severe brain damage and lung problems.

Narcotics/Heroin: Teens are increasingly using prescription pain relievers such as Vicodin and OxyContin as recreational drugs. These prescription drugs, which are taken by chewing and swallowing, are opiates and highly addictive. “Percocet” and “Percodan” are prescription pain relievers that contain the opioid narcotic ingredient Oxycodone. Heroin (Brown Sugar or Smack) is a white or brown powder that can be injected, smoked or snorted. Derived from morphine and the opium poppy, it depresses the central nervous system and clouds perception, creating a “downer.”

Ecstasy: This synthetic psychoactive drug, used at Rave parties and clubs, heightens emotional responses and produces both stimulant and psychedelic effects. Psychological effects include confusion, depression, sleep problems, anxiety and paranoia. Users often hold pacifiers in their mouths to offset the teeth clenching effect. Users are often thirsty and experience blurred vision and rapid eye movement. Research findings link ecstasy to long-term brain damage, occurring after just one use.

REFERRAL RESOURCES

| <u>Name</u> | <u>Address or Website</u> | <u>City, State Zip</u> | <u>Phone</u> |
|--|---|--------------------------------|---------------------------|
| <u>Basic Needs</u> | | | |
| Family Sharing of Ozaukee County | 1002 Overland Ct. | Grafton, WI 53024 | 262-377-0634 |
| Food Pantry | 1561 Parkway Dr. | Port Washington, WI 53074 | 262-284-1148 |
| St. Mary's Free Clinic | 13111 N. Port Washington Rd. | Mequon, WI 53097 | 414-270-4926 |
| St. Vincent De Paul | 1446 Falls Rd. | Grafton, WI 53024 | 262-284-4637 |
| American Red Cross | | | 1800-236-8680 |
| Salvation Army- Ozaukee | 805 Ontario Ave. | Oostburg, WI 53080 | 920-564-2999 |
| <u>Counseling</u> | | | |
| The Huiras Center Columbia-St. Marys | 13111 N Port Washington Rd | Mequon WI 53097 | 262-241-6127 |
| Lutheran Social Services | 13460 N. Port Washington Rd. | Mequon, WI 53097 | 262-377-2902 |
| Ozaukee Family Services | 885 Badger Circle | Grafton, WI 53024 | 262-376-7774 |
| <u>Development Disabilities</u> | | | |
| Balance, Inc. | 134 S. Foster | Saukville, WI 53080 | 262-268-6811 |
| Portal Industries | 1015 Cedar Creek Rd. | Grafton, WI 53024 | 262-377-4410 |
| Special Olympics Wisconsin | 10224 N Port Wahsington Rd. | Mequon, WI 53092 | 262-241-7786 |
| <u>Domestic Violence/Shelter</u> | | | |
| Advocates of Ozaukee, Inc. | P.O. Box 80166 | Saukville, WI 53080 | 262-284-3577 |
| <u>Education, Intervention, Referral</u> | | | |
| Starting Point of Ozaukee | 101 Falls Rd, Suite 402 | Grafton, WI 53024 | 262-375-1110 |
| <u>Families/Children</u> | | | |
| Big Brothers Big Sisters | 885 Badger Circle | Grafton, WI 53024 | 262-377-0784 |
| Feith Family Ozaukee YMCA | 465 Northwoods Rd. | Port Washington, WI 53074 | 262-268-9622 |
| Youth & Family Project | 885 Badger Circle | Grafton, WI 53024 | 262-375-4683 |
| <u>Hotline</u> | | | |
| COPE | www.copeservices.org | Grafton, WI 53024 | 262-377-2673 |
| | Teen/Senior Support | Grafton, WI 53024 | 262-377-7786 |
| <u>Law Enforcement</u> | | | |
| Ozaukee Sheriff Department | 1201 S. Spring St. | Port Washington, WI 53074 | 262-377-7172 |
| Cedarburg Police | W75 N444 Wauwatosa Rd. | Cedarburg, WI 53012 | 262-375-7620 |
| Grafton Police | 1981 Washington St. | Grafton, WI 53024 | 262-375-5320 |
| Mequon Police | 11300 Buntrock Ave. | Mequon, WI 53092 | 262-242-3500 |
| Port Washington Police | 365 N. Washington Ave. | Port Washington, WI 53074 | 262-284-2611 |
| Saukville Police | 639 Green Bay Rd. | Saukville, WI 53080 | 262-284-7078 |
| Thiensville Police | 250 Elm S. | Thiensville, WI 53092 | 262-242-2100 |
| <u>Ozaukee County Services</u> | | | |
| ADRC (Aging and Disability Resource Center) | 121 W. Main St. | Port Washington, WI 53074 | 262-284-8121 |
| Ozaukee County Circuit Court | P.O. Box 994 | Port Washington, WI 53074 | 262-284-8378 |
| Ozaukee Counseling Center | 121 W. Main St. | Port Washington, WI 53074 | 262-284-8200 |
| Public Health Department-Oz. County | 121 W. Main St. | Port Washington, WI 53074 | 262-284-8170 |
| <u>Self- Help Support</u> | | | |
| Alcoholics Anonymous | www.aa.org www.area75.org | | 414-771-9119 |
| Alanon/AlaTeen | www.al-anon-alateen.org | | 414-257-2415 |
| Families Anonymous | | Crossroads Presbyterian Church | 262-227-6655 (group info) |
| Gamblers Anonymous | www.gamblersanonymous.org | Wisconsin Hotline | 414-299-0901 |
| Narcotic's Anonymous (meeting locations) | www.na.org | | 262-242-9999 |
| New Day Club | www.newdayclub.org | 11936 N Port Wash Rd Mequon | 262-241-4673 |
| 24 Hour Foundation | www.24hourclub.org | 153 Green Bay Rd Thiensville | 262-242-9999 |
| Tobacco QUIT-Line | www.ctri.wisc.edu | | 800-784-8669 |
| <u>Senior Assistance</u> | | | |
| Interfaith Caregivers | P.O. Box 80226 | Saukville, WI 53080 | 262-284-7130 |
| <u>Treatment Programs</u> | | | |
| Columbia-St. Mary's Ozaukee Hospital | 13111 N. Port Washington Rd. | Mequon WI, 53092 | 262-243-7453 |
| Aurora (Milw) Psychiatric Hospital | 1220 Dewey Ave. | Wauwatosa, WI 53213 | 414-454-6600 |
| Rogers Memorial Hospital | 11101 W Lincoln Ave. | Milwaukee WI , 53227 | 800-767-4411 |
| <u>Volunteer Opportunities/Assistance</u> | | | |
| Volunteer Center of Ozaukee County | 855 Badger Circle | Grafton, WI 53024 | 262-377-1616 |