



# Steps to decrease the impact of parental or household substance use on youth

Recommendations from MACS Consultant & Addiction Psychiatrist, Marc Fishman, MD



## Have the conversations!

Open the lines of communication with youth about substances, know what they're doing, and educate youth about the harms and risks of substances



Try to keep substance use and intoxication away from the eyes of children



Take a clear and firm stance: youth should not initiate or use substances before the age of 21



If you suspect that someone else with contact with children might have a problem with substances, try to encourage them to get help and/or an evaluation

Although they may say “**but everybody’s doing it...**” that’s actually not true:

**58%** of high school seniors have not used any substances in the past month<sup>1</sup>

**31%** have never used substances in their lifetimes<sup>1</sup>



**Call 211,  
press 1**

If you suspect a youth, you know might have problems with substances, try to persuade them to get help. Although youth may not be ready to get help yet, ask a professional for coaching about how to help persuade them.

**Are you a prescriber  
with questions?**

855-337-MACS  
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1. Levy et al. Trends in Substance Nonuse by High School Seniors: 1975–2018. Pediatrics. 2020.