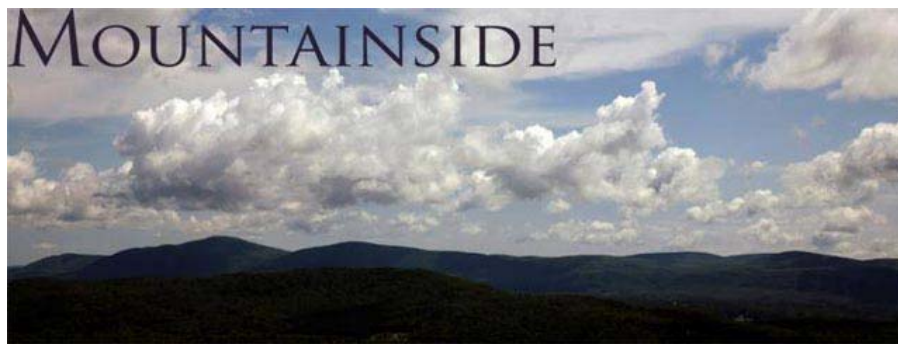


Education Of Dangers Of Gateway Drug Use Leads To Decreased Need For Drug Rehab



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NEW YORK – When it comes to educating parents on the dangers of gateway drug use, it's true that an ounce of prevention is worth a pound of cure. Teenagers often times develop the attitude of "it's only a cigarette. It's only one drink. It's only one puff." Unfortunately, many of those same teenagers fall into a cycle of abuse, with the next hit being greater in quantity and greater in effect than the last one. That's why it's so important to educate parents on the dangers of the use of the four major gateway drugs: tobacco, alcohol, inhalants and marijuana.

"There are very few addicts who began abusing hard drugs initially," begins a spokesperson for Mountainside [Drug Rehab](#) and Alcohol Treatment Center. "And, that goes for alcoholics as well. An individual doesn't suddenly wake up one day and think 'I think I'll go shoot up some heroine today' or 'I think I'll drink a gallon of vodka today'. It starts with experimentation and generally speaking, experimentation with one of four major gateway drugs. Once those substances begin to lose their psychological, physical and emotional effects the desire for more, swells. The individual then looks at what else is out there to satisfy that hunger for more and, what started off as a seemingly innocent one-time puff of marijuana or a couple of occasional drinks, becomes a downward spiral towards full-fledged drug abuse. The important thing for parents to remember is that it's never just one

innocent puff or drink. Teenagers who begin experimenting, evolve into young adults with a potentially serious problem. It's important for parents to learn how to talk with their children about the dangers of gateway drug use so that they can prevent the need for future drug addiction treatment."

One of the most important things a parent can do to prevent their teenager from experimenting with gateway drugs is to model the behavior they are wanting their teenager to exhibit. For example, if a parent who smokes wants their child to abstain from smoking, they'll either need to kick the habit themselves. They could also get their teenager actively involved in the cessation process: explain the dangers of smoking, why it's important to quit and also share their struggles as they are trying to quit themselves. As uncomfortable as it may seem and as much as teenagers protest, they really do prefer honesty and nothing is more honest than transparency during the process.



For nearly two decades, Mountainside [Drug Rehab](#) and Alcohol Treatment Center has led the way in offering individualized alcohol and drug addiction treatment programs. Mountainside's licensed and certified counselors, social workers and treatment team strive to provide quality, compassionate care to each individual in a tranquil, peaceful environment conducive to optimal recovery.

In addition to licensed and certified counselors and social workers, Mountainside provides medical services through an on-staff Nurse Practitioner and Registered nurse with specializations in drug addiction and alcohol treatment. Psychiatric services are also extended to clients in need.

If you or someone you love is addicted to drugs or alcohol or if you have any questions, please contact us for a confidential inquiry at 800-762-5433.

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