

# The key to my success when I leave detention

## How to communicate with my family

- ❖ Use “I” statements instead of blaming. (I feel like I’m not heard).
- ❖ Ask permission instead of making demands (Can I go hang out with my friends?).
- ❖ Suggest a compromise (Both of you get what you want).
- ❖ Actively listen before you respond (maintain eye contact).
- ❖ Use empathy (Imagine how you would feel in their shoes).
- ❖ Remember to use positive body language (Smile, face the person who is talking).
- ❖ Plan fun activities together often (Weekly dinners, family game night, sports, etc.).
- ❖ Identify the root of the problem and have an open discussion about solutions (I was upset because...but here’s what we can do next time).
- ❖ Focus on the positive, don’t dwell on negative emotions (I held back from getting violent, I should be proud of myself).
- ❖ Know the right time and place to approach sensitive topics (when all parties are calm, and are not busy with other tasks).

## What should I do if I get angry?

- ❖ Take a time out. Remember: It takes your brain 30 minutes to come back to “rational thinking”.
- ❖ Think about the consequences of your choices.
- ❖ Think about how your actions may affect those around you (parents, siblings, children, PO).
- ❖ Find out all sides of the story (Don’t assume).
- ❖ Use empathy.
- ❖ Know your triggers/warning signs (fast heart-beat, sweating, clenched fists, tense muscles).
- ❖ Find alternate outlets (Exercise, music, art).
- ❖ Try and understand WHY you are angry, then seek solutions.
- ❖ Talk to someone you trust.



## How to say "NO" to negative choices

- ❖ Simply say "NO" (that's not how I roll).
- ❖ Give an excuse (I told my PO that I would stay clean).
- ❖ Be confident and in control of your decisions.
- ❖ Remove yourself from the situation.
- ❖ Think of the consequences.

### Positive activities to do with friends.

- ❖ Suggest alternatives such as...
  - Take a walk
  - Go to a movie/rent a movie
  - Play a sport
  - Mini golf
  - Watch football
  - Exercise (go to the gym)
  - Go shopping
  - Go skateboarding/biking
  - Get a job/volunteer
  - Go to the beach
  - Have a dance party
  - Play video games
  - Play board games
  - Do art
  - Go to a pet store/humane society
  - Join an after school club/activity

## What if I feel like relapsing?

- ❖ Think about how far you have come in your recovery.
- ❖ Surround yourself with positive friends/family.
- ❖ Remove yourself from the situation.
- ❖ Think about the most important person in your life and how they will be affected by your decisions.
- ❖ Call someone who you can trust.
- ❖ Use incentives/rewards to motivate you to stay clean.
- ❖ Stay active/exercise.
- ❖ Go to AA/NA.
- ❖ Find a fun, positive alternative.
- ❖ Go to rehab.



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## Who to call for help

### Linn County

Cornerstone Youth Outreach	541-207-2958
Probation Department	541-967-3853
Detention	541-791-9397
Mental Health Crisis Line	541-967-3866
Health Department	541-967-3890
DHS	541-967-2078

### Benton County

Jackson St. Youth Shelter	800-901-2904
Probation Department	541-766-6810
Mental Health Crisis Line	541-766-6620
Health Department	541-766-6835
Community Outreach	541-758-3000
DHS	541-757-4201

### General

Detention	541-791-9397
Suicide Prevention Hotline	800-273-8255
Child Protective Services	866-303-4643
Al-Anon	888-424-2666
Alcoholics Anonymous	541-976-4252
Narcotics Anonymous	818-773-9999