When Your Teen Is Addicted to Marijuana

When you find out that your teen is living with an active marijuana addiction, it can be difficult to know what to do first. Emotions are often overwhelming and figuring out the right response and how to go forward can be mind-numbing if you don’t have a plan in place in advance. The best way to fight back against a teen marijuana addiction is to address it head on, according to the National Health Information Centre. If setting limits and boundaries doesn’t curb your teen’s marijuana abuse, then they are clearly struggling with a marijuana addiction. The only way to deal with teen marijuana addiction effectively is to find a teen rehab that can help immediately.

- **Get emotions in check.** It’s not easy to discover that your teen is abusing or addicted to any drug, including marijuana. Smelling the drug on them, seeing the way their behaviour and facial expressions change while under the influence, watching their grades plummet, and finding drugs and paraphernalia among their possessions as the signs add up, it can mean a wide array of emotions. Anger, depression, frustration, denial and disbelief are all common responses. However, it’s important to recognize that while these emotions are common and even expected, it is necessary that you get them under control before addressing your teen. Remain calm, speak clearly and stand firm on your convictions. If marijuana addiction is an issue, then it’s time for your teen to go to marijuana rehab.

- **Talk to your teen.** You can’t address the issue effectively if you don’t start by confronting your teen about marijuana abuse and abuse of other drugs. If you haven’t done so already, set boundaries. Outline the repercussions for continued marijuana abuse. Be very clear and take no excuses or argument.

- **Talk to your spouse or co-parenting partner.** If marijuana abuse is an issue for your teen, their other parent needs to know about it. Have a discussion and determine what the best course going forward will be. Come to an agreement that you can both live with and support.
• **Follow through.** Once you choose a course of action and response to continued marijuana abuse, follow through. Your teen will not be helped by getting second, third and fourth chances. If marijuana abuse and addiction continues, treatment is necessary.

The best way to help someone, especially a young person, break the cycle of marijuana addiction is through a teen drug rehab program. Marijuana rehab helps teens overcome their physical and psychological addiction to THC. Through detox, counselling and aftercare the teen is given an opportunity to not only get sober, but learn the life skills necessary to stay that way. These programs offer a life-changing experience that can help a teen change his or her habits so that marijuana is no longer a response to the “triggers” that occur during the course of day-to-day life.