PARENTS' TALK · CROWN HILLS COMMUNITY COLLEGE

Drugs, alcohol and our children

What they face, what to look for, and how to talk about it

Mohammed Bobat · Spinney Hill · Friday 6 November 2026

SPINNEY HILL
DRUGS, ALCOHOL & ADDICTION SUPPORT




INSTANT GRATIFICATION
NEGATIVE THOUGHTS
EXTERNAL VALIDATION
CHEAP DOPAMINE
JUNK FOOD
ALCOHOL, DRUGS, VAPING
SOCIAL MEDIA
INDECENT MATERIAL









THE MAINTENANCE PLAN

Wellbeing rests on six things

Nutritious diet	Physical exercise	Emotional regulation
Sleep	Spiritual growth	**Avoid substance misuse**

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ADDICTION is a **complex, chronic disorder** where there is **compulsive dependence** on substances or behaviours , despite **negative** consequences, leading to **cravings** and **loss of control**, significantly impacting health, relationships, and daily functioning.



COMMON ADDICTION TRIGGERS



TRAUMA



PEER PRESSURE



NO SUPPORT SYSTEM



MENTAL HEALTH



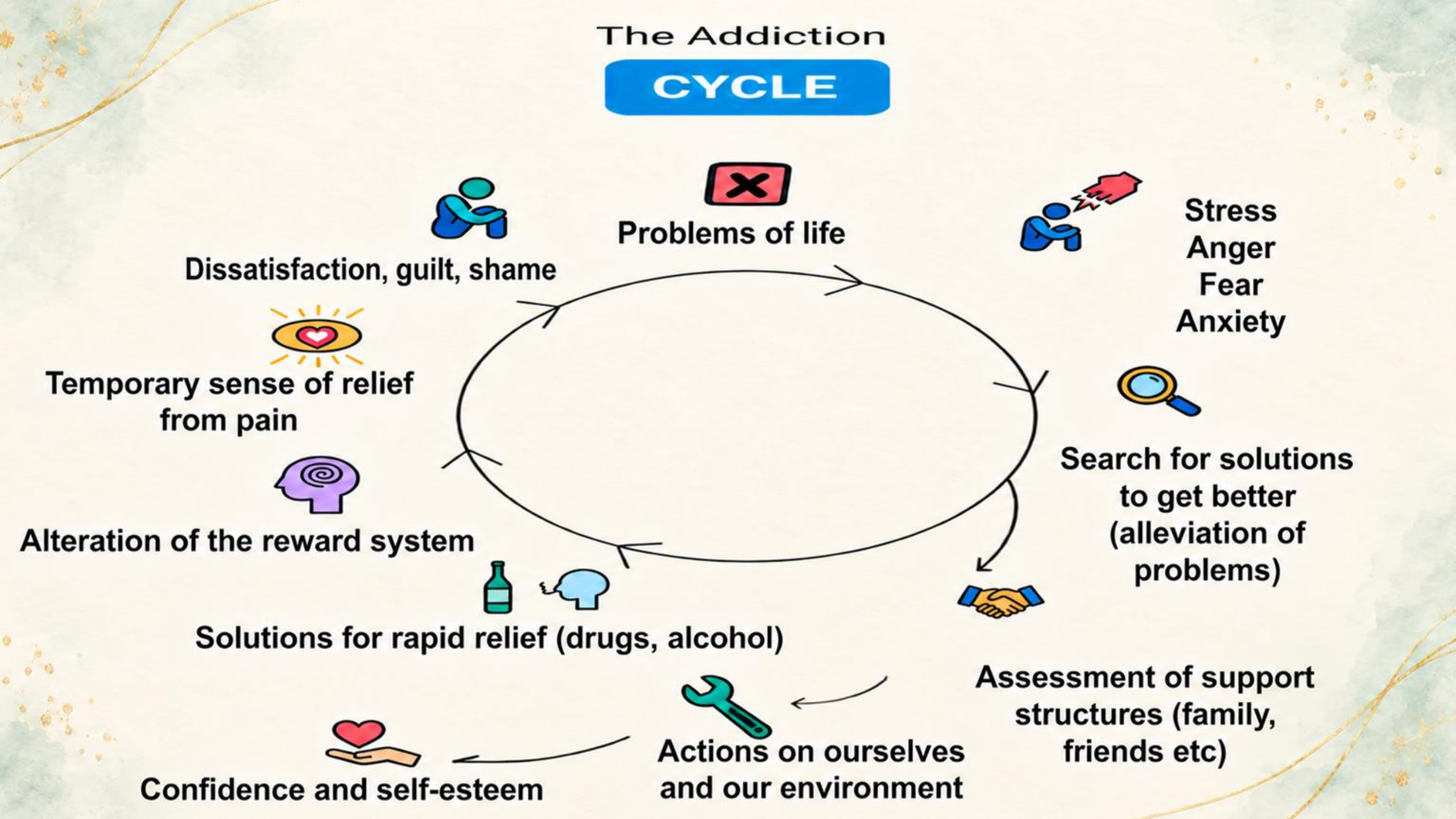
UNHEALTHY COPING MECHANISMS



PROLONGED STRESS



The Addiction CYCLE










WHAT TO NOTICE AT HOME

Sleep & health

- Late nights; exhausted by day
- Changes in appetite or weight
- Neglecting hygiene or appearance

Withdrawing

- Avoiding family or usual friends
- Losing interest in hobbies
- More time alone; changing social circles

Secrecy

- Locked phone, deleted history, lies
- Unexplained absences
- Concealing spending or possessions

School

- Grades slipping; missed lessons
- Poor concentration or lateness
- Unfinished work; loss of motivation

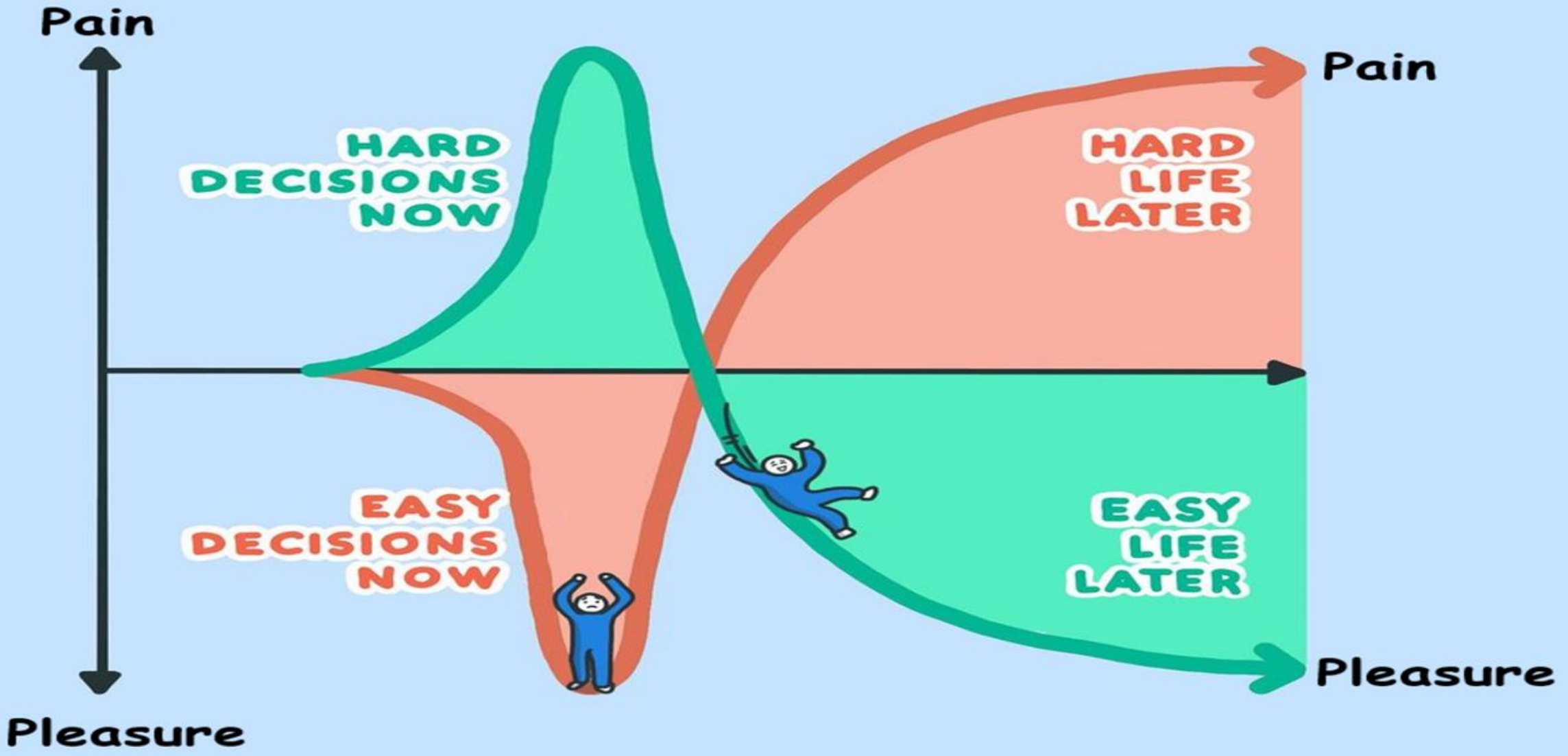
Money

- Frequent requests to borrow money
- Missing money or belongings
- Unexplained payments or debts

Mood & control

- Mood swings, anxiety or low mood
- Irritability when unable to use
- Struggling to stop despite harm

One sign alone does not prove addiction. Look for persistent patterns and talk calmly.


Pain
HARD DECISIONS NOW
EASY DECISIONS NOW
Pleasure
Pain
HARD LIFE LATER
EASY LIFE LATER
Pleasure




QUALITY
TIME




if-then

SPINNEY HILL SUPPORT SERVICES & WELLBEING CENTRE

Support for the whole family, on your doorstep

Gym	Physical therapy
Counselling	Family mediation
Fathers' Support Group	Sisters' events – ladies only
Multi-faith recovery group	Online support group
Employment support	Food bank · recovery retreats

How we work

Holistic – body, mind, emotions and spirit together; gym and physical therapy at the core

Trauma-informed – we look for the root cause, with compassion and safety

Dignity first – every person treated as a trust, not a case

Reach out – you're not alone

SPINNEY HILL
DRUGS, ALCOHOL & ADDICTION SUPPORT

START HERE – SPINNEY HILL

0300 124 0945

info@spinneyhill.org.uk · spinneyhill.org.uk

Fathers' Support Group

Every Thursday, 7–8pm

Stronger fathers, stronger families

Sisters' events

Regular, ladies only

A safe, segregated space to talk and support each other

Confidential. No judgement. Just support. Worried about your son or daughter? Come in or call.

Unit 1, 10 Drinkstone Road, Leicester LE5 5DH

FRANK – drugs advice, 24 hours
0300 123 6600

Turning Point Leicester – young people up to 24
0330 303 6000

National Gambling Helpline – free, 24/7
0808 8020 133

Also: your GP, and any member of staff at Crown Hills your child trusts.