

# **Pointers** **For Parents**

## **New Substance Abuse Treatment For Girls**

(NAPSA)—There's good news for parents of teenage daughters suffering from substance abuse. Experts say new gender-specific and holistic recovery programs are offering a hopeful path toward happier, more fulfilling lives.

Said Dr. David Smith, past medical director, California Department of Alcohol and Drug



Programs, “In my experience, teenage girls fare better in specialized programs and remain longer in treatment than when in conventional mixed-gender programs.”

According to Smith—the chair of Addiction Medicine at Newport Academy—new approaches such as art and dance movement therapy, yoga and meditation can have profound benefits.

He says signs of possible addiction include a decrease in school performance, isolation from family, finding drug paraphernalia, changes in friends or peer groups and depression, anxiety and sudden mood swings.

More information is available at [www.newport-academy.com](http://www.newport-academy.com).