

About Dr. Glynn

Dr. Glynn specializes in sport and exercise psychology, substance abuse treatment, and weight loss surgery. He also has experience working with all psychological issues.

Dr. Glynn completed his postdoctoral supervised residency at Sakowitz Counseling and his APA accredited predoctoral internship at Trinitas Regional Medical Center.

Dr. Glynn also received training from the highly successful Adolescent Intensive Outpatient Substance Abuse program in Arizona during his graduate training.

Dr. Glynn has also been an adjunct professor at Ramapo College of New Jersey, teaching undergraduate courses in abnormal psychology and drugs and behavior.



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Adolescent Substance Abuse



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If you notice the following in your adolescent

- A drop in grades
- Moods are up and down
- Dishonesty and manipulation
- Early cigarette smoking
- Parental defiance
- Red, watery or glassy eyes
- Uses eye drops to hide red eyes
- Poor achievement
- Has delinquent friends
- Withdrawal from family activities
- Late or unexplained hours
- Rejection of parental values
- Possession of drug paraphernalia
- Disappearance of money
- Possessions have vanished
- Defensive about drug use
- Antisocial behavior
- Has drug-using friends
- Draws pot leaves or drug symbols

Symptoms of substance abuse

Marijuana - red eyes, reduced concentration, drowsiness, talkativeness, laughter, hunger, euphoria, relaxed, disoriented behavior and dramatic change in lifestyle.

Alcohol - Intoxication, watery glazed eyes, mood swings, slurred speech, unsteady walk, and loss of appetite.

Cocaine - Bright, staring, shiny eyes, excitation, euphoria, high pulse, higher blood pressure, restlessness, insomnia, appetite loss, dramatic mood change and runny nose.

Methamphetamine - Dilated pupils, bright shiny eyes, excitation, alertness, talkativeness, increased pulse rate and blood pressure, anxiety, insomnia, appetite loss, confusion, paranoia, and sweating.

Depressants - Constricted pupils, slow breathing and heart rate, slurred speech, disorientation, and drunken-like behavior.

PCP - (Phencyclidine) - Wide staring eyes, hallucination, poor perception of time and distance, paranoia, irritability, panic, confusion, anxiety, slurred speech and loss of memory. May be drowsy or hyper; impaired coordination.

LSD - (Lysergic Acid Diethylamide) - Dilated pupils, hallucinations, poor perception of time and distance; mood will be altered, may experience panic, confusion, and anxiety.

Narcotics/Opiates - Pinpoint pupils, euphoria, drowsiness, head nodding, slowed breathing, and apathy.

Inhalants - 'Wild' eyes, dilated pupils, psychosis, paranoia, violent actions, paint on face, loss of memory function, and odor of glue or paint.

Steroids - Edginess, excitability, anxiety, anger, panic, depression, poor concentration, shorter attention span, insomnia, swelling or bloating of the face and/or body, pimples on face and back, and increased muscle bulk.

Types of treatment

If you notice substance abuse there are various treatment options. Each treatment listed below increases in intensity.

- Individual Therapy
- Group Therapy
- Intensive Outpatient Program
- Inpatient Program

The severity of the adolescent use will dictate which type of treatment is most appropriate. It is advisable to consult a health care professional to assess which type of treatment is the most appropriate.