

DRUGS

FROM PAGE B6

to fall asleep or calm their anxious mind may find they can't sleep—or feel at peace—without it.

Over time, drugs become the only way they know how to feel “normal.” And when they try to stop, withdrawal symptoms and emotional discomfort make it feel like they’ve lost control of themselves. Even if your teen wants to quit, the fear of feeling worse—or not feeling like themselves at all—can keep them stuck.

5. Numbing Emotional Pain

At the root of most teen drug use is a desire to feel better—plain and simple. Just like I craved medication in the hospital to relieve my pain, teens often reach for drugs to quiet the emotional pain they don’t know how to handle. For a teen struggling with anxiety, depression, trauma, or overwhelming stress, drugs can feel like a lifeline—like a weight lifted off their chest.

They may not have the tools to process their emotions, but the drugs make those heavy feelings disappear... at least for a little while. That sense of relief can be incredibly addicting. And

over time, it becomes their default way of coping with pain they don’t yet have the words—or support—to unpack.

FIVE WAYS PARENTS CAN HELP

When a teen is using drugs, it can leave parents feeling heartbroken, overwhelmed, and unsure of what to do next. Many parents ask, “Why is this happening?” or “Where did I go wrong?” But the truth is, even the best parents can find themselves in this situation—and you are not alone.

The good news is, there is hope. Most teens can’t break free from drug use on their own. They need support, structure, and someone to help them find their way back. As a parent, you play a crucial role in that process. Here are five practical ways you can support your teen and begin moving them toward healing:

1. Identify the Source of Your Teen’s Pain

Behind every behavior is a story—and behind your teen’s drug use is often a wound that needs healing. As a parent, one of the most important things you can do is dig beneath the surface to understand why your teen is turning to drugs. What pain are they trying to numb? What fear, pressure, or hurt are

they carrying?

This kind of heart work isn’t easy—it takes time, patience, and a willingness to sit with your teen in uncomfortable places. But without uncovering the real source of their pain, lasting healing will always be out of reach.

2. Create a Safe and Understanding Environment

It’s challenging to have open conversations with a teen who’s making choices that go against family values. To begin these important talks, your teen needs to feel safe and understood—not judged or criticized.

Make your home a place where your teen knows they are seen, loved, and accepted, no matter what. Foster regular, honest conversations where you listen deeply without interrupting or reacting harshly. Avoid judgmental comments that might cause your teen to shut down. Instead, show curiosity by asking gentle follow-up questions like, “Tell me more about that,” or “What was going on for you when that happened?” Building this kind of trust opens the door to real dialogue and healing.

3. Show Unconditional Love—No Matter What

Nothing is more powerful than your teen know-

ing they are loved unconditionally. Make it clear: there’s nothing they can do to make you love them more—and nothing they can do to make you love them less. Your love isn’t tied to their behavior; it’s steadfast and constant.

That doesn’t mean you approve of their choices or actions. You can hold firm boundaries and express your concerns while still loving them fully. Your unwavering love is often the key that opens the door to healing, trust, and change.

4. Be Honest and Let Your Teen Know You’re Trying to Help

Honesty is crucial—even when the conversation is tough. Don’t shy away from addressing your teen’s drug use head-on. Let them know you see what’s happening and that your goal is to help—not to punish, but to protect and guide.

Have a straightforward, loving conversation about the potential consequences if they continue down this path. Then, work together to set clear boundaries and consistent consequences that encourage healthier choices. Your honest care combined with clear expectations can help your teen find their way back.

5. Seek Professional Help When Needed

Sometimes, even with

the best intentions and efforts, a teen’s drug use requires support beyond what parents alone can provide. Getting professional help is not a sign of failure—for you or your teen—but a courageous and important step toward healing and recovery.

If your teen is struggling with drug use, don’t wait to reach out to counselors, therapists, or treatment programs experienced in working with teens. Early intervention can make a powerful difference in your teen’s future.

CONCLUSION

All behavior is goal-oriented, and your teen is using drugs for a reason. Often, they believe they’ve found a “way out” — a solution to their pain or struggles. They might tell themselves that their situation is unique, justifying their drug use. But as 1 Corinthians 10:13 reminds us, “No test or temptation that comes your way is beyond what others have faced.”

If you or someone you know is caught in the destruction of addiction, I encourage you to reach out to a professional who can assist in walking with you and your child toward healing and recovery.

Tajuana Davis, with

Living Hope Christian Coaching & Counsel, is a Licensed Social Worker, KY State Certified Batterer’s Intervention Provider, Certified Addiction & Recovery Coach, Diploma of Professional Christian Life Coach, Diploma in Christian Mental Health Coach, Independent Case Manager, and a Christian Author and Keynote Speaker.

Tajuana is available to assist with abuse and trauma for both men women, teens, and children, and works with family relationships and other life-controlling issues. Services include Batterer’s Intervention, Domestic Violence, Parenting Strengthening Skills, Struggling Teens, Children Suffering during Separation from Parents, Anger Alternatives, Addiction & Recovery, Anxiety-Depression, and Mental Health Wellness, and work with court mandate clients, as well as self-referrals.

Flexible hours — phone sessions, skype, and in-person sessions are available.

Call: 270-625-5926, email: tajuanajodavis18@aol.com, or for an overview of our services and upcoming speaking events, visit: www.living-hopeministriesky.com

Credits to Mark Gregston-Heartlight Ministries

THE CLASSIFIED SECTION

CALL (270) 527-3162 TO PLACE AN AD!

Email Us At: ads@mayfield-messenger.com

PUBLISH DAYS:

Wednesday
Saturday

ALL YARD SALES MUST BE PREPAID.



0100 ANNOUNCEMENTS

BATHROOM REMODEL
BATH & SHOWER UPDATES in as little as ONE DAY! Affordable prices - No payments for 18 months! Lifetime warranty & professional installs. Senior & Military Discounts available. Call: 1-833-770-0957
Jacuzzi Bath Remodel can install a new, custom bath or shower in as little as one day. For a limited time, waiving ALL installation costs! (Additional terms apply. Subject to change and vary by dealer. (Offer ends 9/30/25.) Call 1-866-837-5986
Safe Step. North America's #1 Walk-In Tub. Comprehensive lifetime warranty. Top-of-the-line installation and service. Now featuring our FREE shower package and \$1600 Off for a limited time! Call today! Financing available. Call Safe Step 1-888-302-4539
BUSINESS SPACE FOR RENT
Frankfort Office Space for rent: Second floor with four large office areas, restroom. Office desks furnished. Located ½ mile from I-64 Lawrenceburg exit 53A. Electric, water, gas, utilities and internet included. \$2,200 per month. Call Bonnie Howard, Kentucky Press Association, 502-223-8821.
BUYING CARS
We buy 8,000 cars a week. Sell your old, busted or junk car with no hoops, haggles or headaches. Sell your car to Peddle. Easy three step process. Instant offer. Free pickup. Fast payment. Call 1-844-440-0399
BUYING HOUSES
We Buy Houses for Cash AS IS! No repairs. No fuss. Any condition. Easy three step process: Call, get cash offer and get paid. Get your fair cash offer today by calling Liz Buys Houses: 1-888-287-5615
CABLE/UTILITIES
DIRECTV OVER INTERNET - Get your favorite live TV, sports and local channels. 99% signal reliability! CHOICE Package, \$84.99/mo for 12 months. HBO Max and Premium Channels included for 3 mos (w/CHOICE Package or higher.) No annual contract, no hidden fees! Some restrictions apply. Call IVS 1-888-340-6138
AFFORDABLE TV & INTERNET. If you are overpaying for your service, call now for a free quote and see how much you can save! 1-877-548-7494
Get DISH Satellite TV + Internet! Free Install, Free HD-DVR Upgrade, 80,000 On-Demand Movies, Plus Limited Time Up To \$600 In Gift Cards. Call Today! 1-855-633-4574
DIRECTV- All your entertainment. Nothing on your roof! Sign up for Directv and get your first three months of Max, Paramount+, Showtime, Starz, MGM+ and Cinemax included. Choice package \$84.99/mo

0100 ANNOUNCEMENTS

Some restrictions apply. Call DIRECTV 1-866-292-5435
CELLULAR
Get Boost Infinite! Unlimited Talk, Text and Data For Just \$25/mo! The Power Of 3 5G Networks, One Low Price! Call Today and Get The Latest iPhone Every Year On Us! 855-841-2894
Consumer Cellular - the same reliable, nationwide coverage as the largest carriers. No long-term contract, no hidden fees and activation is free. All plans feature unlimited talk and text, starting at just \$20/month. For more information, call 1-833-353-2982
DEBT HELP
Inflation is at 40 year highs. Interest rates are way up. Credit Cards. Medical Bills. Car Loans. Do you have \$10k or more in debt? Call NATIONAL DEBT RELIEF and find out how to pay off your debt for significantly less than what you owe! FREE quote: Call 1-844-262-5602
DONATIONS (VEHICLES)
Donate your car, truck, boat, RV and more to support our veterans! Schedule a FAST, FREE vehicle pickup and receive a top tax deduction! Call Veteran Car Donations at 1-833-984-2146 today!
GOT AN UNWANTED CAR???
DONATE IT TO PATRIOTIC HEARTS. Fast free pick up. Patriotic Hearts' programs help veterans find work or start their own business. Call 24/7: 1-833-485-3141.
Get a break on your taxes! Donate your car, truck, or SUV to assist the blind and visually impaired. Arrange a swift, no-cost vehicle pickup and secure a generous tax credit for 2025. Call Heritage for the Blind Today at 1-877-581-3053
FOOD SERVICES
Omaha Steaks Wines. 12 world class wines (and bonus gifts) for ONLY \$79.99 (plus s/h.) Save \$160! 12 new wine selections plus a FREE \$25 Omaha Steaks E-reward card every three months. Cancel anytime. 100% guarantee! Call 1-844-740-5945 and mention code AGJF002 or visit www.GetOSWine.com/sip169
HEALTH
Portable Oxygen Concentrator May Be Covered by Medicare! Reclaim independence and mobility with the compact design and long-lasting battery of Inogen One. Free information kit! Call 888-982-0374
HOME IMPROVEMENT
No more cleaning out gutters. Guaranteed! LeafFilter is the most advanced gutter protection for your home, backed by a no-clog guarantee and lifetime transferrable warranty. Call today 1-866-329-2415 to

0100 ANNOUNCEMENTS

schedule a FREE inspection and no obligation estimate. Plus get 20% off! Seniors and military save an additional 10%. Restrictions apply, see representative for warranty and offer details
SunSetter. America's Number One Awning! Instant shade at the touch of a button. Transform your deck or patio into an outdoor oasis. Up to 10-year limited warranty. Call now and SAVE \$350 today! 1-866-348-8793
NEED NEW WINDOWS?
Drafty rooms? Chipped or damaged frames? Need outside noise reduction? New, energy efficient windows may be the answer! Call for a consultation & FREE quote today. 1-833-890-2083. You will be asked for the zip code of the property when connecting.
Replace your roof with the best looking and longest lasting material – steel from Erie Metal Roofs! Three styles and multiple colors available. Guaranteed to last a lifetime! Limited Time Offer – up to 50% off installation + Additional 10% off install (for military, health workers & 1st responders.) Call Erie Metal Roofs: 1-888-306-0302
HOME SERVICES
Prepare for power outages today with a Generac Home Standby Generator. Act now to receive a FREE 5-Year warranty with qualifying purchase. Call 1-844-688-8576 today to schedule a free quote. It's not just a generator. It's a power move.
INSURANCE SERVICES
DENTAL INSURANCE from Physicians Mutual Insurance Company. Coverage for 400 plus procedures. Real dental insurance - NOT just a discount plan. Do not wait! Call now! Get your FREE Dental Information Kit with all the details! 1-855-900-7392
www.dental50plus.com/26 #6258
INTERNET OFFERS
Choose EarthLink Fiber Internet for speeds up to 5 Gigs, no data caps, no throttling. Prices starting at \$54.95. Plus, a \$100 gift card when you make the switch. Call 1-833-974-4780
MUSICAL INSTRUMENTS
We Buy Vintage Guitar's! Looking for 1920-1980 Gibson, Martin, Fender, Gretsch, Epiphone, Guild, Mosrite, Rickenbacker, Prairie State, D'Angelico, Stromberg. And Gibson Mandolins / Banjos. These brands only! Call for a quote: 1-833-641-7011
SECURITY
HOME BREAK-INS take less than 60 SECONDS. Don't wait! Protect your family, your home, your assets NOW for as little as 70c a day! Call 1-833-360-5407
SOCIAL SECURITY

0100 ANNOUNCEMENTS

YOU MAY QUALIFY for disability benefits if you have are between 52-63 years old and under a doctor's care for a health condition that prevents you from working for a year or more. Call now! 1-833-641-6772
TIME SHARE/FINANCIAL
Wesley Financial Group, LLC Timeshare Cancellation Experts Over \$50,000,000 in timeshare debt and fees cancelled in 2019. Get free informational package and learn how to get rid of your timeshare! Free consultations. Over 450 positive reviews. Call 855-977-4979
WATCHES
CASH PAID FOR HIGH-END MEN'S SPORT WATCHES. Rolex, Breitling, Omega, Patek Philippe, Heuer, Daytona, GMT, Submariner and Speedmaster. These brands only! Call for a quote: 1-833-641-6058
WRITERS WANTED
Become a Published Author. We want to Read Your Book! Dorrance Publishing-Trusted by Authors Since 1920 Book manuscript submissions currently being reviewed. Comprehensive Services: Consultation, Production, Promotion and Distribution Call for Your Free Author's Guide 1-855-209-2951 or visit dorranceinfo.com/Kentucky

0900 LEGALS

Industrial Authority will have a special called board meeting in executive session at 8:30 A.M. Friday, August 8 by Zoom.



Open all year. Drop in anytime.

Although we're most visible during the holiday season, we help those in need through every season. Last year alone, with your support, we helped more than 26 million individuals. So please give to The Salvation Army now and throughout the year.



NEED KNOWS NO SEASON

House getting a little...
STUFFED?

Plan a garage sale and advertise in the
CLASSIFIEDS!



REAL

News Facts

Local Life



TRUST

LOCAL NEWSPAPERS

In Print • Online

Where You Need It. When You Need It.