

Adolescent Substance Use: A Parent's 20 Minute Guide

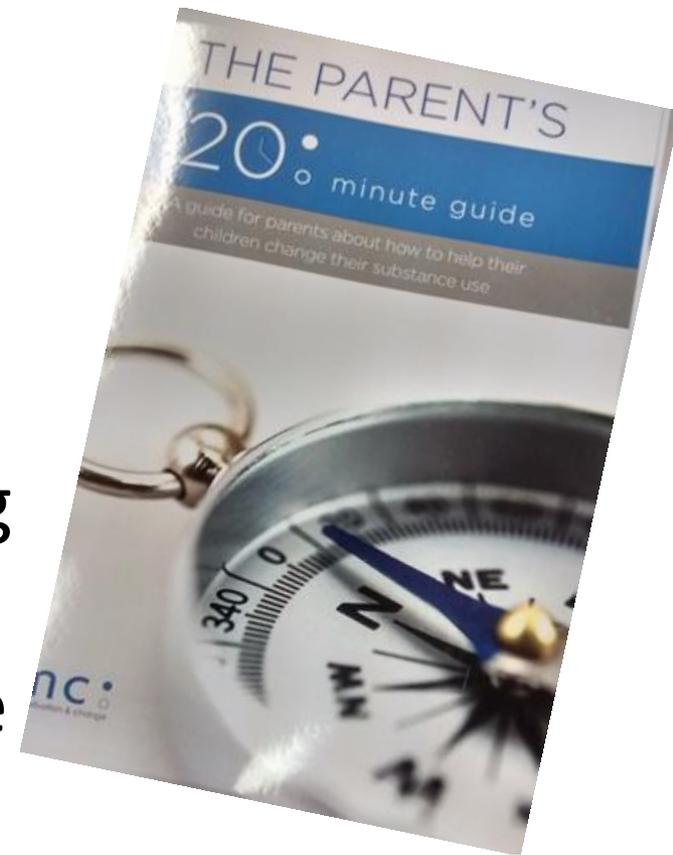


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Families and Children, Inc. (KPFC)

Objectives:

Participants will:

- Have a better of understanding of the parent's experience in raising a child with a substance use disability
- Increase their knowledge of the Community Reinforcement and Family Training model
- Receive and practice utilizing "The Parent's 20 Minute Guide."



Common truths for families.....



- I am the expert on my child.
- My child's addiction is beyond my control.
- My child will say anything to feed their addiction. His/her manipulation to get money isn't about me.
- My child needs help. He/she has not yet received the right services.
- It might be difficult for you to see, but my sweet child is still in there



Common truths for families.....

- Choices are made based on our own values, culture and experiences. There is no wrong choice
- I must recognize not only my child's maturity level, but also his/her chronological age.
- My child can make other choices, and there are people and organizations to help him/her.
- Accepting these truths is what allows me to help my child help himself/herself.

Adolescent Addiction

Drug abuse starts early and peaks during the teen years. This increased risk is partly due to adolescents' heightened sensitivity to social influences (friends) and their still developing brain, particularly areas critical to judgment and impulse control.



Teens and addiction...

- Their brains are not fully developed.
- Many teens struggle with impulsivity.
- Fluctuating and/or raging hormones
- Substances alter their moods and decision making abilities.
- Many have co-occurring: MH and SA
- Peer dynamics/pressure plays an important role

The Center for Motivation and Change (CMC) is:

- Driven by an optimism about people's capacity to change and a commitment to the science of change.
- A motivational treatment approach that helps each client find a path toward change they can truly embrace.
- Providing the structure and tools for clients to pursue that path through the use of respectful, flexible, evidence-based approaches
- Committed to providing non-ideological, evidence-based, effective treatment.
- Endeavoring to create a group practice that provides accessible and inviting treatment to those considering difficult change in their lives, as well as to the loved ones supporting them.
- Committed to both the humanity and science of change that allows us to create a unique, compelling, and inspiring environment in which to begin the process of change.

www.motivationandchange.com

Community Reinforcement and Family Training (CRAFT)

CRAFT is a skills-based program that impacts families in multiple areas of their lives, including self-care, pleasurable activities, problem solving, and goal setting. At the same time, CRAFT addresses their loved one's resistance to change. CRAFT teaches families behavioral and motivational strategies for interacting with their loved one. Participants learn, for example, the power of positive reinforcement for positive behavior (and of withdrawing it for unwanted behavior), and how to use positive communication skills to improve interactions and maximize their influence.

CRAFT works to affect the loved one's behavior by changing the way the family interacts with him or her. It is designed to accomplish three goals:

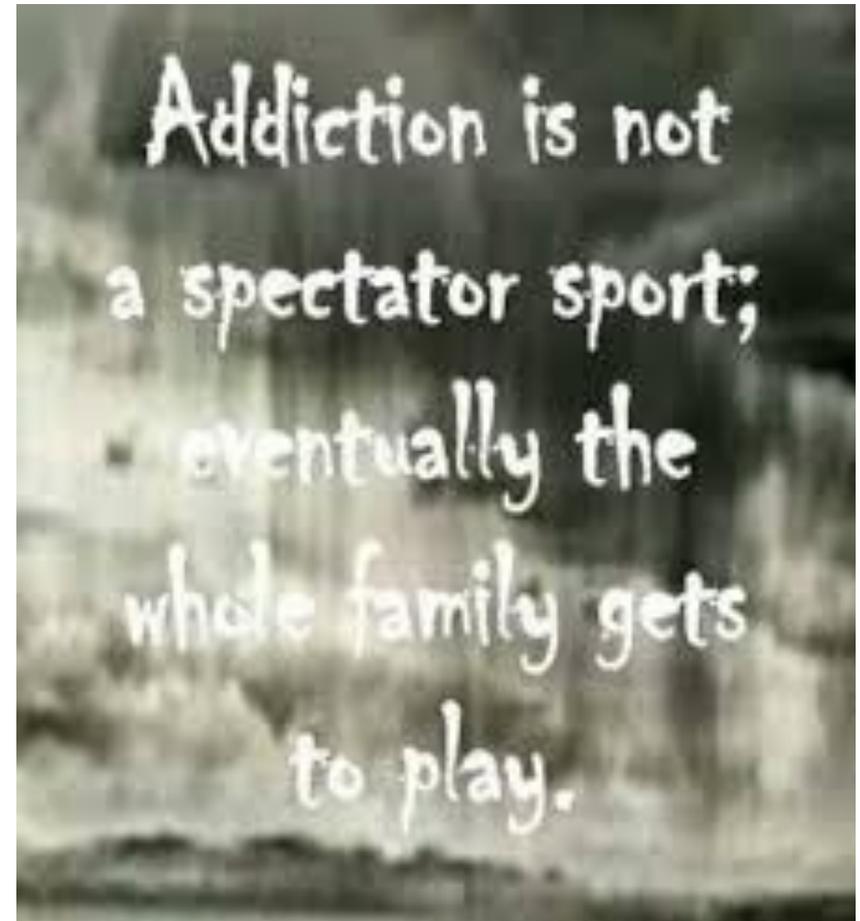
SUCCESS RATE OF GETTING SOMEONE INTO TREATMENT



1. When a loved one is abusing substances and refusing to get help, CRAFT helps families move their loved one toward treatment.
2. On its own, CRAFT helps reduce the loved one's alcohol and drug use, whether or not the loved one has engaged in treatment yet.
3. CRAFT improves the lives of the concerned family and friends.

Specifically, CRAFT teaches several skills, including:

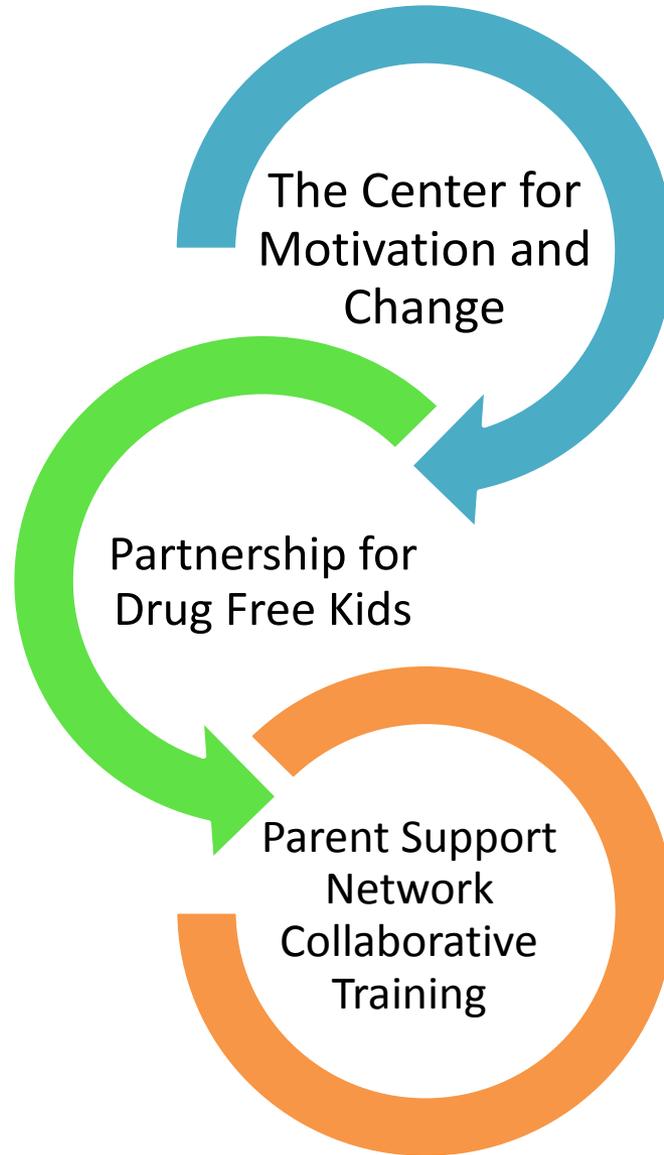
- Understanding a loved one's triggers to use substances
- Positive communication strategies
- Positive reinforcement strategies – rewarding non-using behavior
- Problem-solving
- Self-care
- Domestic violence precautions
- Getting a loved one to accept help





For 30 years, the Partnership has been here to support families. Tomorrow's parents will face a new set of challenges, and we'll be there with solutions.

<http://www.drugfree.org/timeline/>



PARENT SUPPORT NETWORK

Grounded in the evidence-based principles of motivational interviewing and Community Reinforcement and Family Training (CRAFT), the Parent Support Network helps parents and other caregivers keep open lines of communication and caring with their child, and reduce the damage that is being done to the child and to the family by substance abuse and related behaviors.

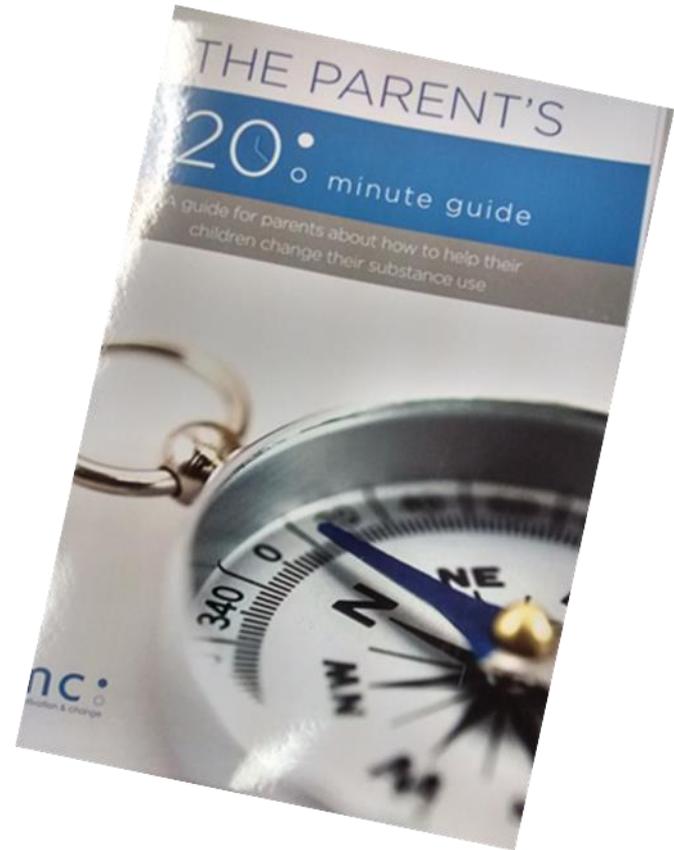
The Parent Support Network is made up of:

- A national toll-free telephone helpline at 1-855-DRUGFREE
- Specific intervention and treatment resources at drugfree.org
- A robust, interactive online parent community
- Parent Coaches are trained to put the CRAFT principles into practice.
- The Partnership's telephone helpline is staffed during business hours by qualified, bilingual parent support specialists.



The Parent's 20 Minute Guide

- Welcome
- Taking care of yourself
- Communicating
- Helping



Taking Care of Yourself

- This is really stressful!
- Manage your emotions
- You are not alone



Peer Support can help you find the pieces to the puzzle.

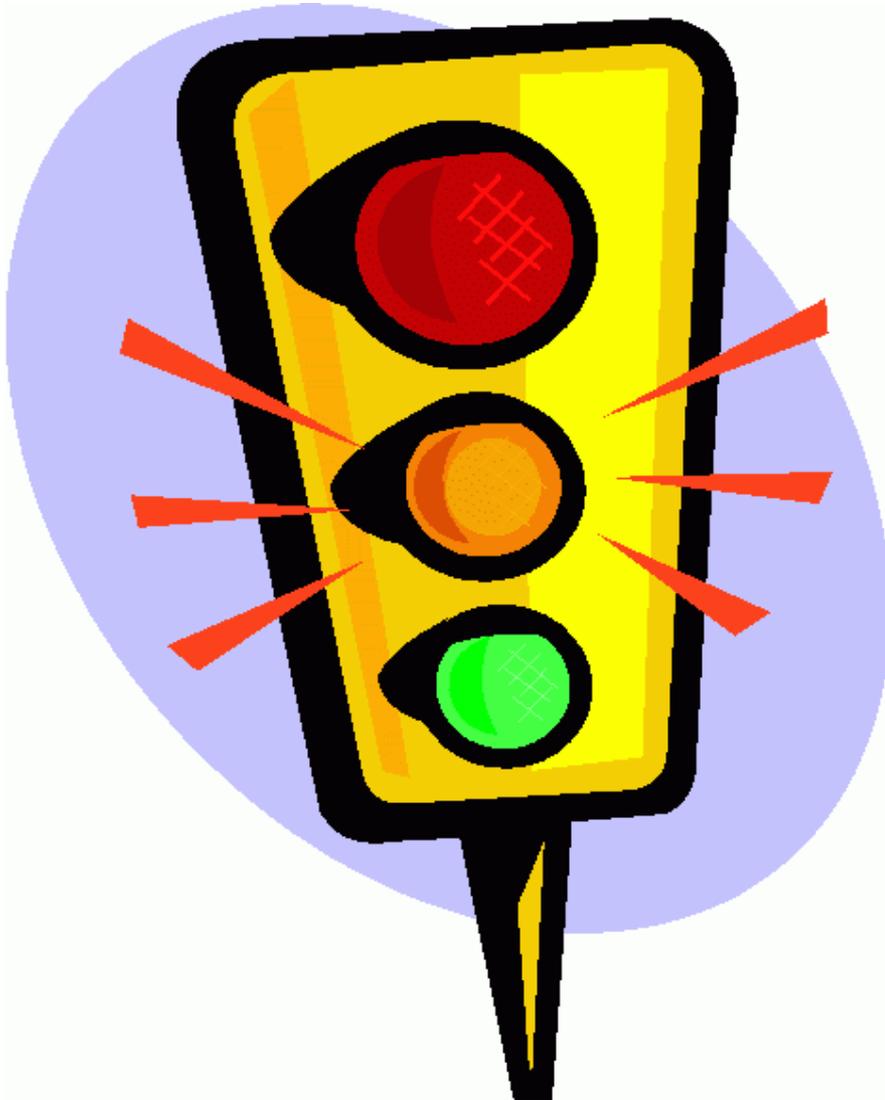
Manage Your Emotions

Practice using non-harmful or positive responses:

- Your child comes home obviously under the influence.
- Your child has a snotty, ugly tone with you when you ask how his/her day went.
- Your child tells you it is unfair that he/she has to do all the chores around the house.



Communicating



- Pay attention to the lights.
- LOVE
- Positive Communication
- Avoiding Conversational Traps

Pay attention to the lights!

- **Green:** When your child is positively engaged with you
- **Red:** When your child is destructively engaged with you

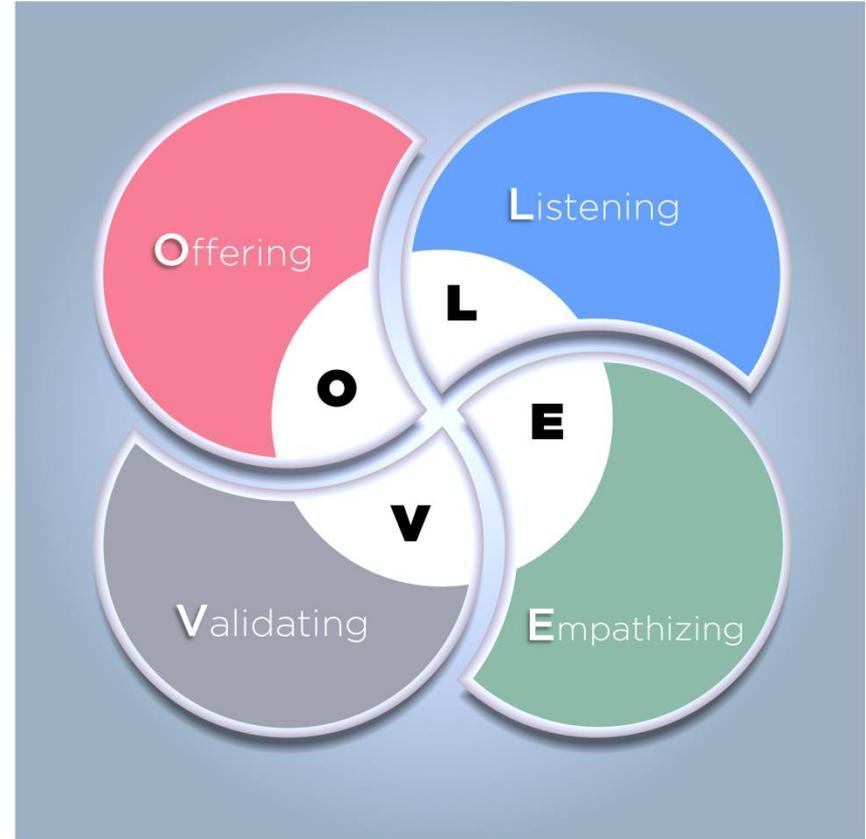
LOVE

• **L** L i s t e n i n g

• **O** O f f e r i n g

• **V** V a l i d a t i n g

• **E** E m p a t h i z i n g



Let's practice.....

I am your eighteen year old daughter. I've been coming home high, drunk and past curfew. I've been sneaking out of the house frequently. When you try to talk to me, I cuss you out.

What is an open-ended question you can ask me that will support a **green light**?

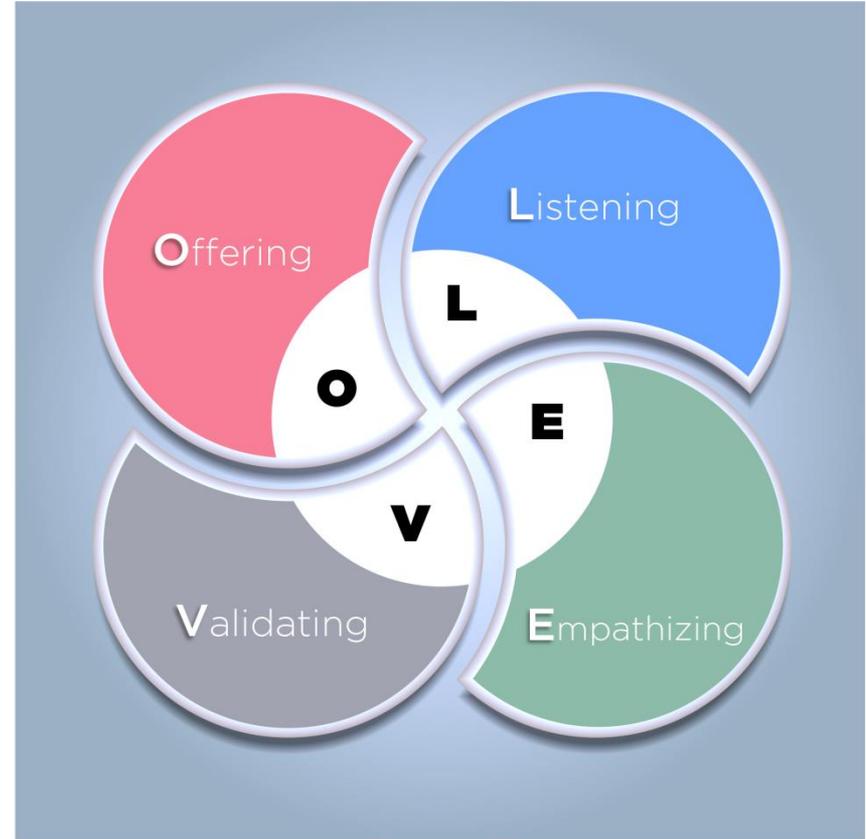
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Empathy Versus Sympathy



<https://www.youtube.com/watch?v=1Evwgu369Jw>

The 7 Elements of Positive Communication

1. Be brief
2. Be specific
3. Be positive
4. Label your feelings
5. Offer an understanding statement
6. Take partial responsibility
7. Offer to help



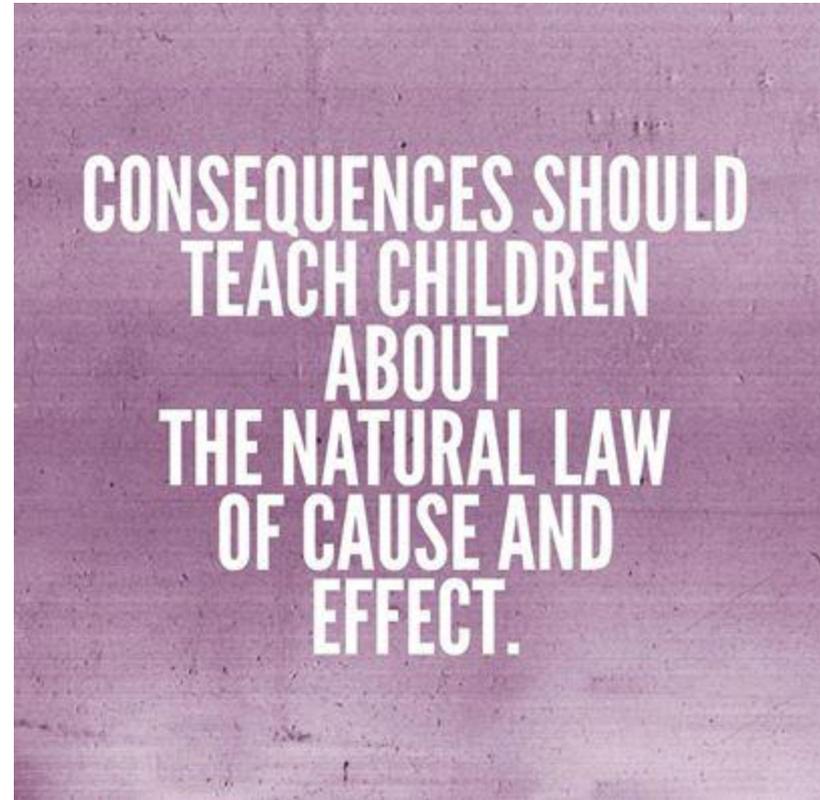
Avoiding Conversational Traps



- The Information Trap
- The Lecture Trap
- The Labeling Trap
- The Blaming Trap
- The Taking-Sides Trap
- The Question-Answer Trap

Helping

- One answer does not fit all
- Parent collaboration
- Behaviors make sense
- Reinforcement: Your love matters
- Natural consequences
- Your consequences
- Ambivalence is normal



Let's practice.....

- If you are supporting a parent or youth who has a loved one struggling with substance use, how can you use this book as a tool?
- We will share a scenario and you decide where you might find help in this book.
- Let's discuss.

**How else can
you use this
new tool?**

