



As a parent or caregiver, it's important to understand the connection between your teen's mental health and potential for substance use. Staying connected can reduce their risk for drug use.

Revere Council of PTAs and Revere Community CARE are happy to share that the [Free Mind website](#) has resources and tools for parents and caregivers to get informed like youth drug use stats, facts about substances, and even a digital card game -- Facts & Feels -- to help start the conversation.

You can also hear from panelists at a recent [Athletes for Hope event held at Dillard Drive Magnet Middle School in North Carolina](#). Professional athletes Chasity Melvin and Kamren (Kam) Larsen shared personal stories and relatable insights into mental health, coping strategies, and substance use to help foster early, judgment-free conversations and to equip parents and caregivers with tools and support.