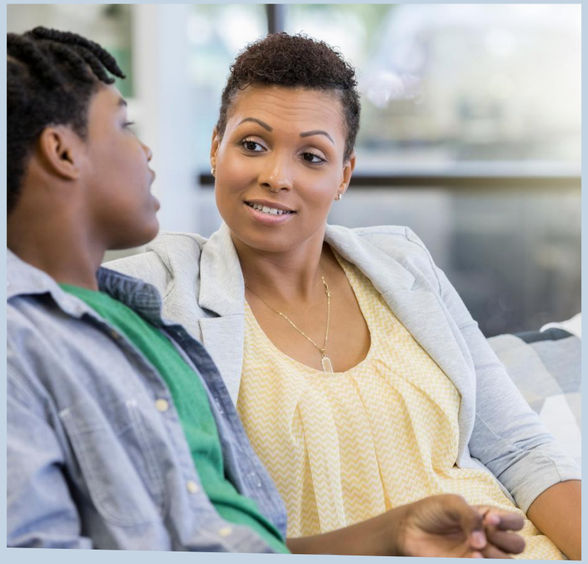
PREP

Helping Parents Build Resilience & Prevent Risky Behaviors









Caron Treatment Centers



Healing



Hope



Recovery

For nearly 70 years,

Caron Treatment Centers

has been trusted to treat individuals and families suffering with addiction and mental health conditions; helping them achieve what they never thought possible; transforming their lives.



Caron Treatment Centers' Education Alliance

Substance Use Prevention and Intervention Services and Resources for Parents, Caring Adults, and Youth-Serving Professionals

caron EDUCATION ALLIANCE

Caron.org/Prevention



Education Alliance

Caron's Education Alliance

Learn more about our services in this 1:36 video

Today’s Objectives



Identify the concerns, as parents of teens, we should be looking for when it comes to substance use.



Discover ways we can prevent our teens from using substances.



Learn when we should consider outside help.



Provide Resources

Thinking back...



What did life look like when you were the age of your teen?



How did you spend your time?



How did you communicate with friends and family?

How were drugs and alcohol talked about?





One of our many jobs as parents is to keep our kids safe and help them develop into the best versions of themselves.

“Grow up Big and Strong”



- The most developed part of the teenage brain is the reward/pleasure center of the brain
- The least developed part of the teenage brain is the frontal lobe responsible for logic and reasoning.
- Because of this, the teenage brain is more susceptible to addiction.

Caffeine



According to the MTF 2025

Daily use of energy drinks or energy shots is at or near record highs among all three grades, with 18% of 8th graders, 20% of 10th graders and 23% of 12th graders reporting use at least once per day in the last 30 days.

- **According to the American Academy of Pediatrics, teens ages 12-18 should consume less than 100 milligrams of caffeine/day. That is equivalent to less than one cup of regular coffee per day.**
- **Caffeine blocks the intake of adenosine, which helps regulate our body chemistry and keep us calm.**
- **When it leaves our system, it increases heart rate and blood pressure, affects our ability to fall asleep, increases urination, disrupts digestion, and impacts our anxiety levels.**

Alcohol



According to the MTF 2025

11.0% of 8th graders, 24.0% of 10th graders, and 41.0% of 12th grade reported use in the past year.

- Alcohol affects the brain from front to back.
- Starts with reducing our inhibitions and convincing that we're okay when we're not.
- Next up, impaired memory that could lead to blackouts.
- Followed by poor coordination.
- Followed by slurred speech.
- Lastly, our breathing begins to slow, our body temperature lowers, and our heart rate decreases.

Nicotine



According to the MTF 2025

- Nicotine vaping remained stable with 9% of 8th graders, 14% of 10th graders and 20% of 12th graders reporting use in the past 12 months.
- Nicotine pouch use remained stable among all grades, with 1% of 8th graders, 3% of 10th graders and 7% of 12th graders reporting use in the past 12 months.

Nicotine impacts their ability to learn and retain information.

It affects the area of the brain that is responsible for impulse control and regulation.

Cannabis

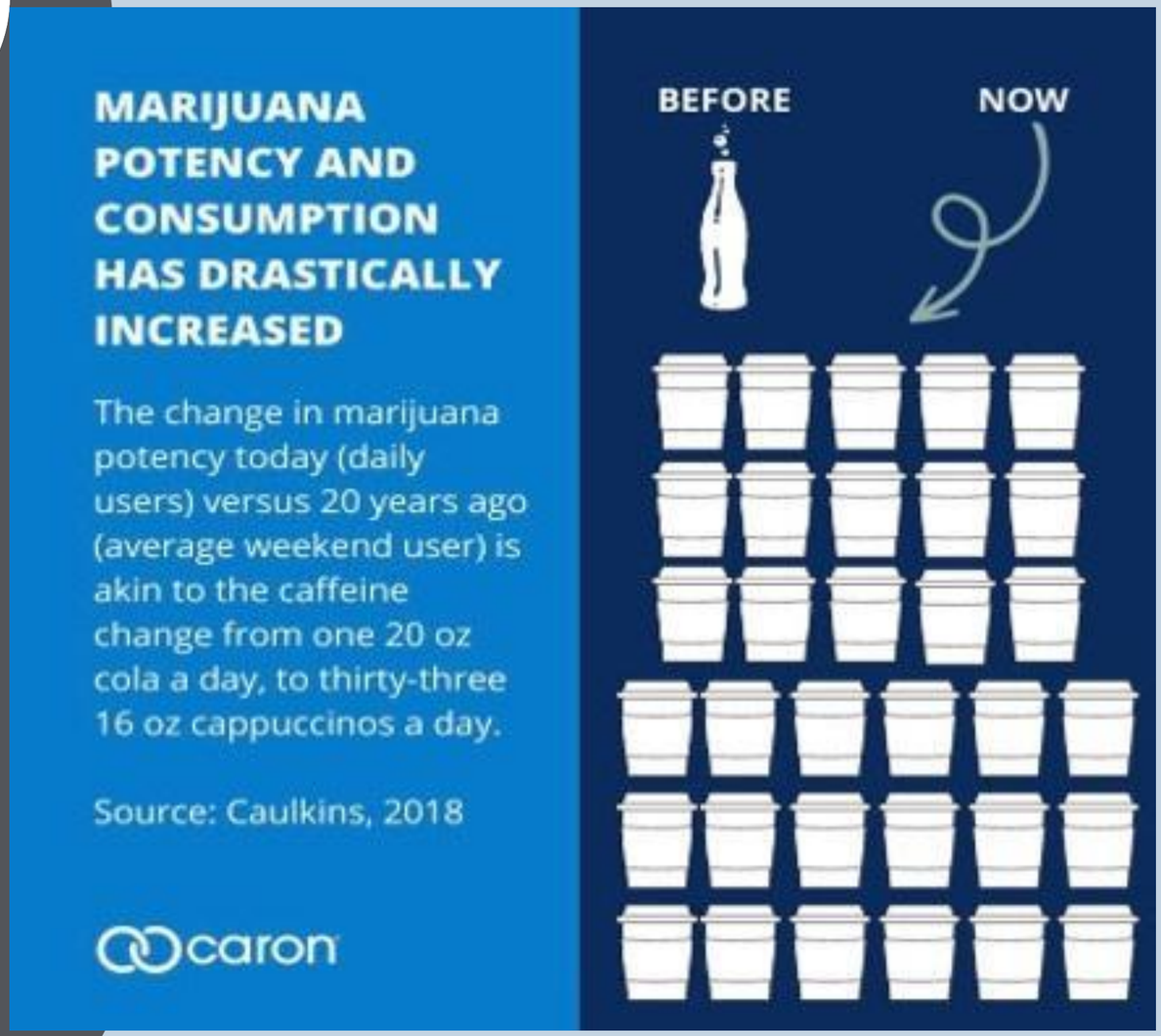


According to the MTF 2025

8% of 8th graders, 16% of 10th graders, and 26% of 12th grade reported use in the past year.

- Cannabis disrupts the development of areas of the brain responsible for learning and memory.
- It reduces coordination and reaction time (sports, driving).
- Increases the risk of anxiety, depression, and psychosis.
- Teens who use have a high chance of developing a Cannabis Use Disorder.
- Teens who use cannabis are more likely to drop out of school.
- May experience long term changes in brain structure and function.

Cannabis: Potent Potential



- Higher potency can accelerate addiction and increase risks to physical and mental health.
- Teens who start using before age 18 are up to 7x more likely to become addicted than those who wait.
- Risks are significantly higher for users under age 25.

Opioids



Symptoms

- Drowsiness
- Confusion
- Nausea
- Depressed respiration
- Tolerance and dependance

Why?

- Perception that it's safe
- Easy to obtain
- Helps play through pain
- Increases

Not everyone does it. In fact, most do not. A concept called social norming convinces us they do.

Why?



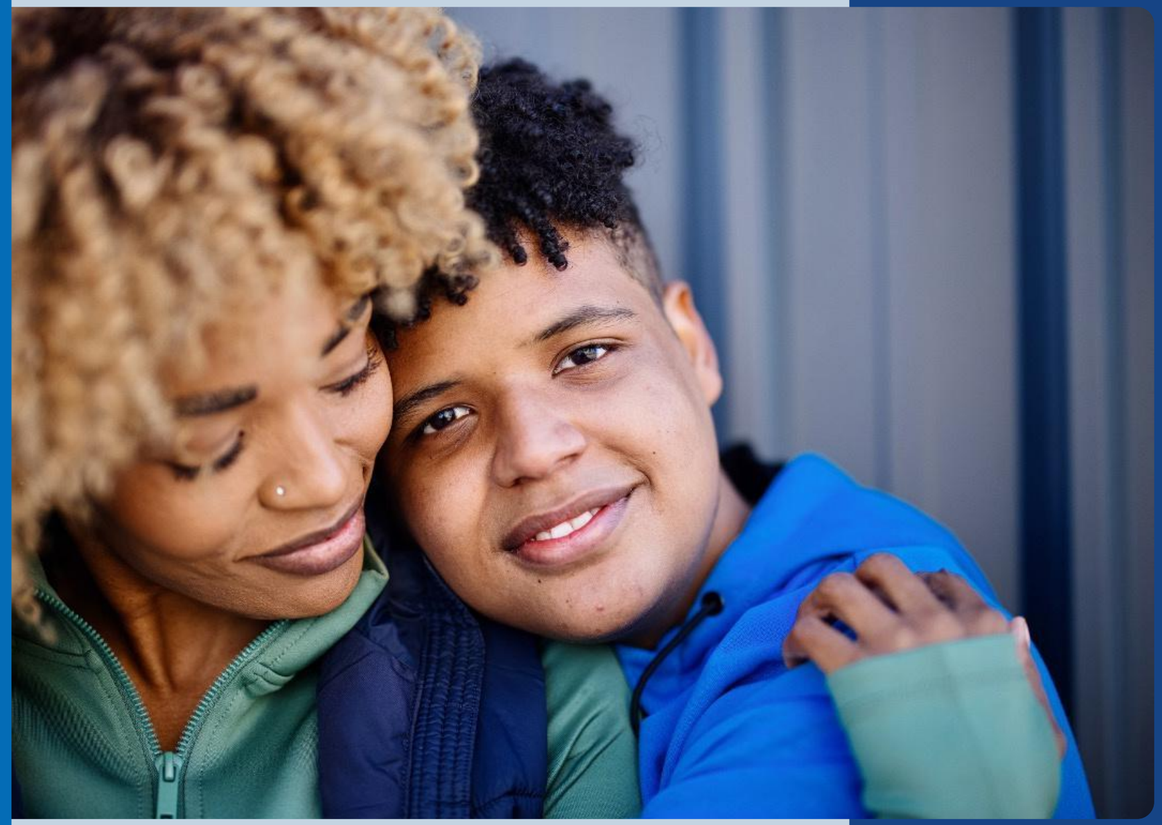
CULTURE

MENTAL

HEALTH







Parents are the #1 influence on their child's relationship with substances!



Messages from Home

- BE HONEST
- STAY CALM AND OPEN
- SET CLEAR EXPECTATIONS
- FOCUS ON HEALTH AND SAFETY
- LISTEN MORE THAN YOU SPEAK
- REPEAT

Building Resiliency

- Find teachable moments
- Refusal skills
- Healthy, modeled coping skills
- Get involved in activities
- Positive role models and peers
- Set goals
- Educate in short-term and long-term risks



Possible Conversation Starters

- “If there’s drinking or cannabis use at the party, what will you do?”
- “What do you think about cannabis and kids who use it?”
- “If your friends wanted to try a drug, how would you handle that?”
- “What are you and your friends looking forward to this year?How would getting into trouble for alcohol or drugs change those plans?”
- “We didn’t have social media when I was your age. How does that factor into your social life and views on vaping and other drugs?”
- “What do you see at the biggest risks for you when it comes to alcohol and drugs?”
- “For those teens who are using, why do you think they started/or keep using?”



Alternatives to “How Was Your Day?”

What made you smile today?	Can you tell me an example of kindness you saw/showed today?	Did anyone do anything silly to make you laugh?	What was the best/worst thing that happened to you today?
Tell me about your top two things from the day.	If you could change one thing about your day, what would it be?	If you switched places with your teacher tomorrow, what would you teach the class?	What’s the hardest thing you deal with when it comes to just being yourself around your friends?
How have you been feeling about everything going on in the world right now?	What are you looking forward to tomorrow?	When did you feel the strongest or most powerful this week?	If you could trade places with anyone in class, who would it be? And why?

When to be Concerned



- Changes in behavior
- Severe mood swings, anxiety, progressive
- Conduct concerns
- Avoiding family or peers
- Poor hygiene, weight loss
- Changes in sleep and/or appetite
- Neglecting responsibilities
- Smell of substances
- Drug paraphernalia

Help is Near



School Counselor/SAP Team



Pediatrician



Community Resources

Resources - Families

Visit our ePrevention Platform



Comprehensive source for resources and information based on a youth's age.

Topics include:

- **Nicotine**
- **Cannabis**
- **how to talk to your child**
- **whole family support, and so much more.**

Parent ePrevention

Youth Screening Tool

Whether there is a concerning pattern or simply curiosity about their habits, taking this anonymous screener is the first step towards youth getting clarity, support, and valuable insights into their relationship with alcohol or drugs.

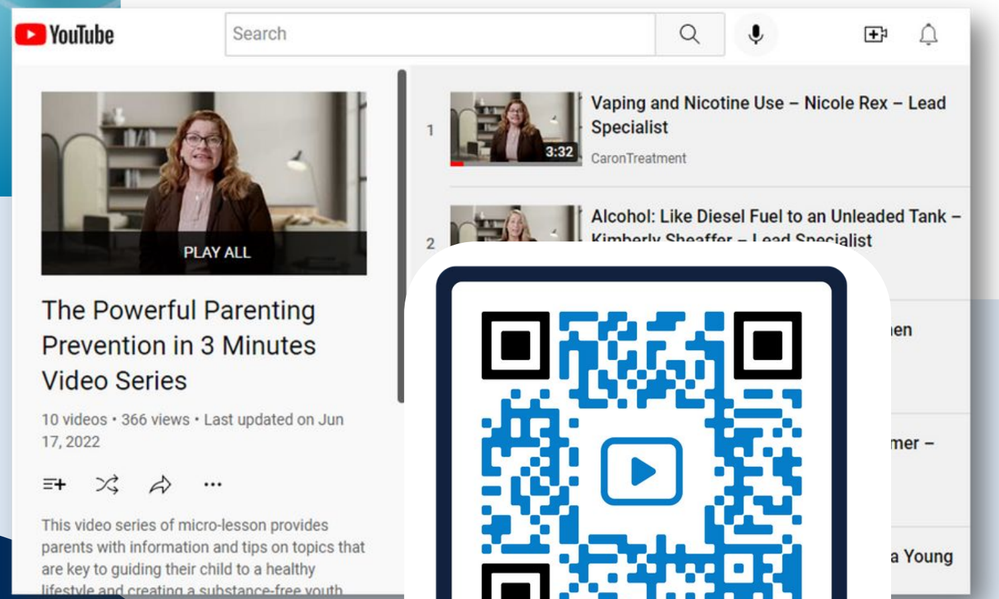


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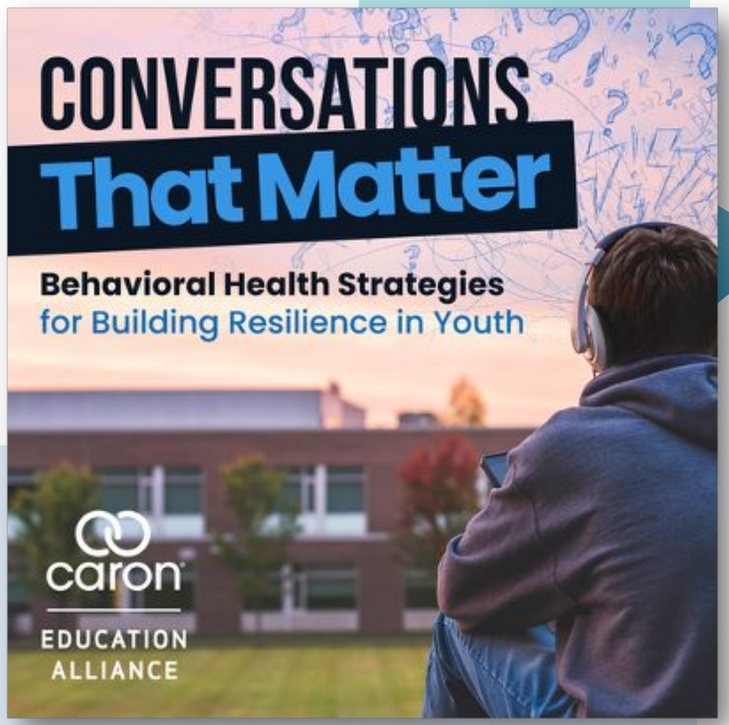
Youth ePrevention

Videos & Podcasts

Video Series for Parents



Powerful Parenting on YouTube



Listen on Apple Podcasts

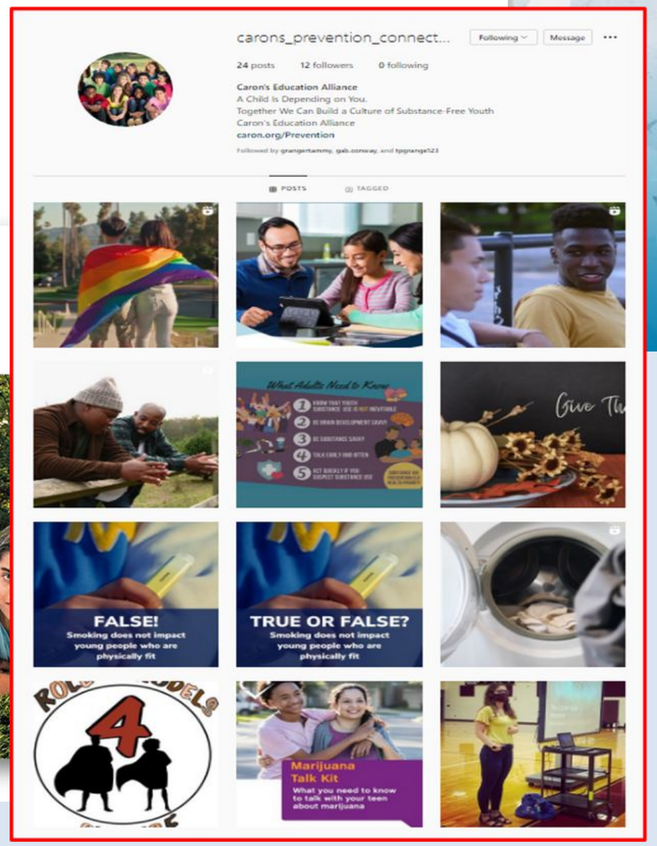
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Podcast for Parents & Youth-Serving Professionals

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EDUCATION
ALLIANCE

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FREE Resources

Access a variety of free substance use prevention resources and information packets.















Thank You

for participating!

Caron Program Feedback Form



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