



The Role of Parenting in Substance Use Prevention

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Resource Supplement

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ADAPT

A Division for Advancing
Prevention & Treatment

CULTIVATING PREVENTION

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ADAPT: A Division for Advancing Prevention & Treatment

Mission

The mission of ADAPT is to support integration of the best available evidence for substance use prevention into communities by advancing mindsets, knowledge, and skills.

Goals

1. Advance substance use prevention strategies through essential training and technical assistance services and resources.
2. Prepare future Public Health/Public Safety workforces through engagement in substance use prevention activities.

HIDTA Prevention

ADAPT supports the National High Intensity Drug Trafficking Area (HIDTA) Program by operationalizing the National HIDTA Prevention Strategy. ADAPT assists HIDTAs with implementing and evaluating substance use prevention strategies within their unique communities. ADAPT also keeps HIDTA communities up to date with advances in prevention science. A variety of trainings, technical webinars, and other resources to cultivate, nurture, and support hospitable systems for implementation are offered throughout the year.

Technical Assistance

Technical assistance is available to all HIDTA communities in the following domains:

1. Identification of the Best Available Evidence in Substance Use Prevention
2. Training
3. Implementation
4. Evaluation
5. Finance/Budgeting
6. Sustainability
7. Early Response
8. Prevention Communication
9. Systems Development
 - Infrastructure
 - Assessment

Learn More

Visit us at <https://www.hidta.org/adapt/> to learn about our technical assistance services, event and training announcements, resources, and more!

Contact Us

For more information, email us at adapt@wb.hidta.org or reach out to Dr. Lora Peppard at lpeppard@wb.hidta.org.

Connect with Us

For frequent updates from ADAPT, be sure to *follow* and *like* us on the platforms below. These platforms provide an opportunity to share resources and connect with each other.



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Follow our LinkedIn Company page for the latest insights and updates @ <https://www.linkedin.com/company/adapt-a-division-for-advancing-prevention-treatment>



Follow us on Twitter @ https://twitter.com/ADAPT_CDPP



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PREVENTION INTERVENTION RESOURCE CENTER

Access e-learning courses, evidence-based program registries, & other resources to support you in advancing evidence-based prevention programming in your community.



<https://www.hidta.org/adapt/prevention-intervention-resource-center/>

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Announcing the

HIDTA PREVENTION LEARNING MANAGEMENT SYSTEM



adaptlms.hidta.org

GET STARTED WITH THE 1ST COURSE TODAY!

Substance Use Prevention Fundamentals

- Designed to help you understand the field of substance use prevention.
- Defines key prevention concepts and connects HIDTA's mission with the goals of substance use prevention.
- Introduces critical targets for prevention, explores the ways prevention exists in multiple contexts, and shares what works (and what doesn't) in substance use prevention.



PRESENTER BIO

Robert LaChausse, PhD



Dr. Robert G. LaChausse is a Professor in the Department of Public Health Sciences at California Baptist University (CBU). He teaches undergraduate and graduate courses in child and adolescent development, health behavior, research methods, statistics, and program evaluation. He is a nationally recognized leader in the areas of substance use prevention, program evaluation, and prevention science. His research interests are in the areas of alcohol, tobacco, and drug prevention, teen pregnancy prevention, obesity prevention, and parent-child relationships. He has published his research in such journals as the American Journal of Public Health, Health Education Research, Health Promotion Practice, and the Journal of Adolescent Health. His research has been funded by the Substance Abuse & Mental Health Services Administration (SAMHSA), the United States Department of Health and Human Services (DHHS), the Centers for Disease Control and Prevention (CDC), and the United States Department of Agriculture (USDA). He currently serves as a Governing Councilor for the American Public Health Association (APHA) and on the Board of the National Prevention Science Coalition (NPSC). He earned his PhD in Developmental Psychology from Claremont Graduate University.

The Role of Parenting in Substance Use Prevention

Dr. Robert G. LaChausse
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California Baptist University



By the end of this presentation,
participants will be able to:

1. Summarize the role of parents and caregivers in preventing substance use.
2. Explain the importance of positive parenting practices in preventing substance use.
3. Describe specific evidence-based preventive interventions parents can support and the expected outcomes of these interventions.

Can you Answer this Question?



Introduction

- Not all teens use alcohol, tobacco, and other drugs
- Pressure to use substances begins around grade 6.
- Parents matter.
- Parents can influence teen substance use.

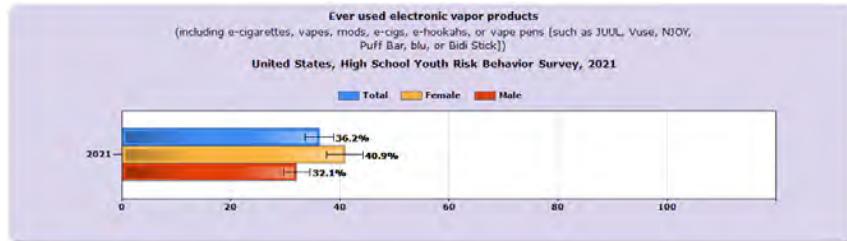


Current Data on Teen Substance Use

Teen Drug Use



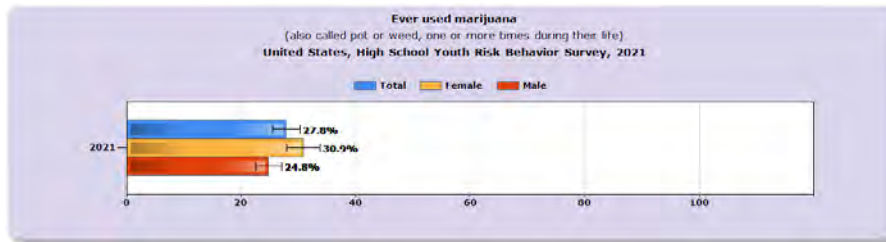
Teen Drug Use



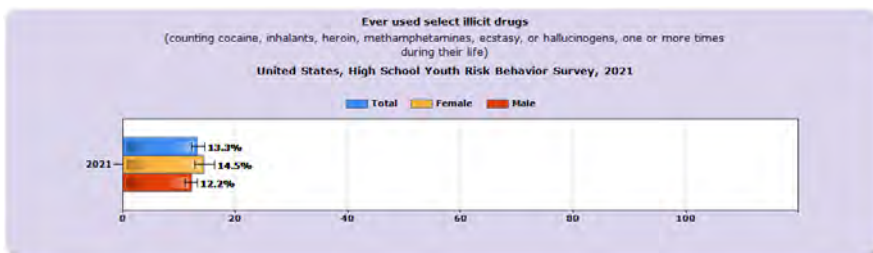
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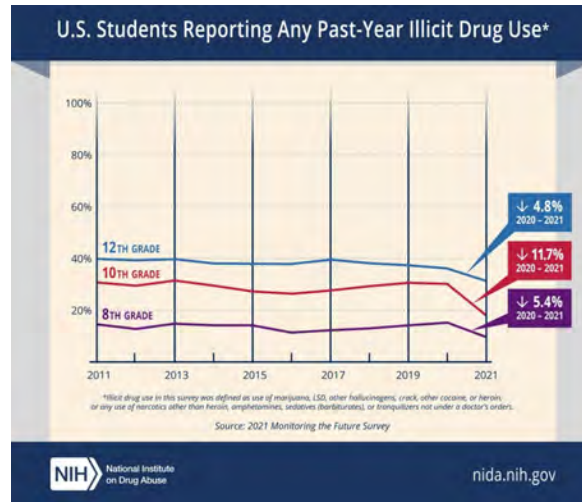
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Teen Drug Use

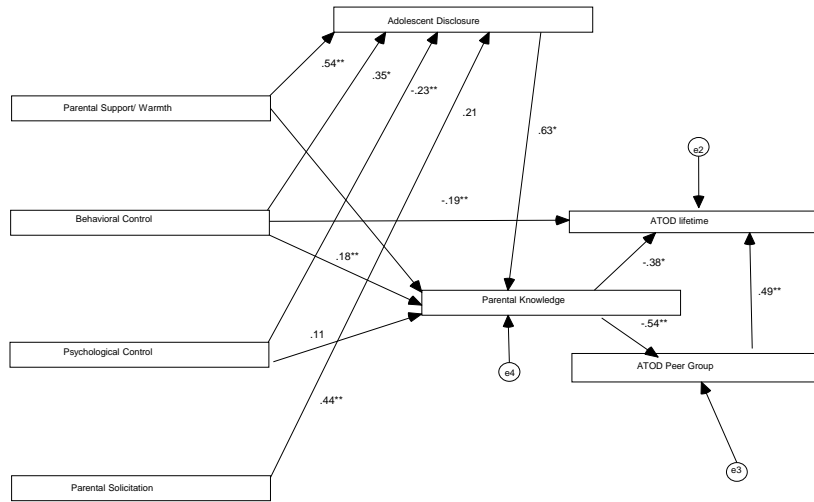


Teen Substance Use

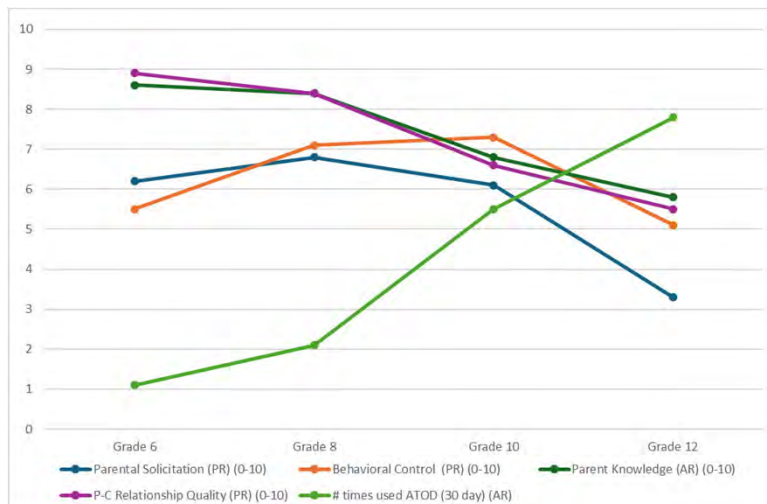


What Does the Research Say

Unpacking PM and Teen Substance Use



Teen Use and PM: Parents Give Up



Teen Substance Use and the Role of Parents

Teen Substance Use and the Role of Parents

- Adolescents experience less health risks when their parents know about what is going on with them and their lives.
- Parental attitudes and expectations matter.
- 86% of youth reported that their parents usually or always knew where they were and who they were with (Guilamo-Ramos et al., 2010).
- Teens who reported higher levels of parental monitoring were 50% less likely to experiment with drugs and alcohol (CDPH, 2022).

What We Know

- Parental monitoring works best when parents have good, open & caring relationships with their teens.
- Teens are more willing to talk to their parents if...
- Teens who are satisfied with their relationships with their parents tend to ...
- Promote a caring relationship with your teen by:
 - listening more than talking
 - asking questions
 - asking for opinions
 - offering support
 - offering more praise than admonitions,



Practical Tips and Strategies

- Talk with your teen about your rules and expectations, and explain the consequences for breaking the rules.
- Talk and listen to your teen often about how he or she feels and what he or she is thinking.
- Know who your teen's friends are.
- Talk with your teen about the plans he or she has with friends, what he or she is doing after school, and where he or she will be going.
- Set expectations for when your teen will come home, and expect a call if he or she is going to be late.
- Set up share location on phones and discuss this with your teen.

Practical Tips and Strategies (cont.)

- Get to know your teen's boyfriend or girlfriend.
- Get to know the parents of your teen's friends.
- Talk with your neighbors and other adults who know your teen.
- Watch how your teen spends money.
- Pay attention to your teen's mood and behavior at home, and discuss any concerns you might have.
- If your teen does break a rule, enforce the consequences fairly and consistently.
- Make sure your teen knows how to contact you at all times
- Seek professional help (e.g., family counseling) when needed

What Not to Do

- Go through teen's phone or other private documents.
- Show up without communication (*this does not mean permission*).
- Lecture your teen.
- Ask closed-ended questions.
- Be angry or inconsistent.
- Use scare tactics.
- Give up.



Programs and Activities

- Communication cards
- LST Parent Program
- Behavioral parent training (BPT) programs



Conclusions

- Parents continue to be strong sources of influence in the teen years.
- Stay involved in your teen's life.
- Nurture their passion- Lemonade Stand.
- EBP are available.
- Seek professional assistance if you suspect substance use disorder.



Questions?

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