

Substance Abuse Prevention Skills for Parents of Teens or ‘Tweens

Chenango County Behavioral Health Services
Substance Abuse Prevention Program Announces FREE WORKSHOPS!

Dear Parent/Guardian/Concerned Citizen of a Teen or ‘Tween,

In response to the growing problem of substance abuse among youth and young adults, most notably *heroin* with frequent reports of overdose and death, *Chenango County Behavioral Health Service’s Substance Abuse Prevention Program* is excited to announce a series of **FREE** Workshops developed by the author of the LifeSkills Training curriculum (LST) currently being taught in area schools by our Prevention Program Staff. *Gilbert J. Botvin’s LifeSkills Training (LST)* is an evidence-based prevention program that teaches youth the skills they need to avoid the very real dangers of substance abuse and addiction.

I am reaching out to your organization to offer any or all of these workshops to your members and guests, at your convenience of place and time, free of charge.

Substance Abuse Prevention Skills for Parents of Teens or ‘Tweens consists of seven (7) 90-minute Workshops. The Parent Program Guide is an interactive workbook used in the workshops and can be taken home to practice with your child. This will help reinforce the skills some of your children are learning in their LST program. Attached you will find a copy of the *Parent Program Scope and Sequence* for an overview of the program. More information can be found at http://lifeskillstraining.com/lst_parent.php.

If you would like to host *any* or *all* of these important workshops, please call, write, or email so we can make arrangements. Parent Guides and refreshments will be provided at no cost to you.

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TOPICS INCLUDE:

- ❖ Orientation/Introduction to Program
- ❖ Family Communication
- ❖ Parental Monitoring
- ❖ Being a Good Role Model
- ❖ Appropriate and Consistent Discipline
- ❖ Effects/Warning Signs of Substance Abuse
- ❖ Taking a Clear Stand on Drugs