

# SUBSTANCE USE PREVENTION

## An Online Presentation for Parents

### KEY TAKEAWAYS

- Learn why children/teenagers are drawn to substances
- Understand what causes and maintains substance use disorder and needs
- Increase your child's ability to make positive choices about substances
- Acquire practical conversation tools for discussing substances in the home

### Presentation Overview:

This presentation will focus on **tools and strategies** that you can use to speak to your children about substances in a way that encourages **positive decision-making** through a psychological lens. You will learn the causes of youth substance use and be introduced to a framework for **creating open communication** on this topic in your home.

There will be a focus on prevention and harm/risk mitigation in order to **empower** you to help your children think critically about their own behaviours, motivations, and choices.

In this session, you will be provided with the **specific language to use** when conversations arise about substances. There will also be opportunities to ask questions about the specific challenges you are facing with your children.

### Online Session Information:

February 20<sup>th</sup>, 22<sup>nd</sup> or 28<sup>th</sup>

6pm-7:30 pm PST

*Note. The same presentation will be delivered on each date*

REGISTER



[openp.co/Feb20](https://openp.co/Feb20)

### Presenter:

#### Dr Hayley Watson

*Clinical Psychologist & Founder of Open Parachute*

*(PhD Clin Psych, MA Clin Psych, MA Transpersonal Psych, PG Dip Psych, BA Criminology)*



Dr Hayley Watson is a Clinical Psychologist from BC, specializing in children and adolescents with a PhD in school bullying interventions, along with four further academic degrees in the field of mental health.

She has been working with young people and their families globally for the past 20 years.