BE IN THE KNOW

Drug Prevention and Intervention for Parents/Guardians of Teens

SERIES PROVIDED BY CITY OF MIAMI BEACH

All sessions will be hosted at
the Miami Beach Golf Club
2301 Alton Road
(SESSIONS ARE 1 1/2 HOURS LONG)
For more information, visit www.familyrecoveryspecialists.com/treatment-team/

Session 1: Thursday, March 1 at 7PM

Overview of Adolescent Brain Development and the Effects of Substance Use on Teen Thinking and Behavior

- Review of adolescent brain development and specifically the limbic system (reward center) of the brain and the limits of executive function in teens.
- Role of dopamine and serotonin in the development of addictions and other compulsive behaviors.
- ADHD, depression, anxiety, learning disabilities and other challenges teens may experience and how these increase vulnerability to substance use disorders.
- How do substances impact maturation and the thinking process in teens which can lead to behavioral problems and other consequences.

Target Audience: Parents & Teens

Session 2: Thursday, March 8 at 8AM

Most Common Drugs of Abuse in Teens and What Parents Need To Look Out For.

- Learn about alcohol, marijuana, and other drugs of abuse.
- Most common behaviors related to a substance use disorder.
- What tools does your teen to develop in order to cope with stressors?
- How will experimentation in teen years impact development and consequences later in life.
- Experimentation – substance abuse – addiction. How do kids progress through these stages of use.

Target Audience: Parents

Session 3: Thursday, March 15 at 7PM

Marijuana - Weeding Out Fact From Fiction. Why Parents Should be Concerned About Marijuana Legalization.

- Different Ways to ingest and overall potency of today's marijuana.
- Is marijuana addictive? What are the implications for teens? This is not the marijuana you may have used when you were younger.
- How marijuana affects the young, developing teenage or young adult brain.
- How legalization has affected Colorado, Washington and other states and what the future looks like for our kids.
- Traps parents often fall into when it comes to marijuana use and how to avoid these.

Target Audience: Parents & Teens

Session 4: Thursday, March 22 at 8AM

Technology and Social Media: How These Can Set up Addictive Behavior In Teens

- What is healthy socializing? How teens utilize technology to connect. What does an unhealthy relationship with technology look like.
- The importance and role of peer relationships and other protective factors for our kids.
- What are some of the common reasons teens overuse social media and other technology.
- The impact of too much screen use in our children and consequences for the future.
- How to set appropriate limits in order to encourage a healthy relationship with technology.

Target Audience: Parents

Session 5: Thursday, April 12 at 7PM

How Parents Can Discourage Teen Drug Use and Encourage Healthy Decision-Making In Their Children

- How to handle the most common objections related to teen experimentation with alcohol and marijuana. "But Mom, all the kids are doing it!"
- Explore the relationship between choices and consequences.
- How to set clear expectations and limits and encourage healthy decision-making in our children.
- What is normal experimentation and when parents should intervene?

Target Audience: Parents

Session 6: Thursday, April 26 at 8AM

What You Should Do If Your Child is Experimenting with Substances.

- What are the signs and symptoms of a substance use disorder in teens?
- How to confront the problem and what you should do to intervene.
- What is the best response to the problem?
- How should I respond to substance experimentation in my teenager?
- What do I do if my child really has a problem and needs treatment?

Target Audience: Parents

Speakers for this series are Ray Estefania and Ana Moreno of Family Recovery Specialists.

To request this material in alternate format, sign language interpreter (five-day notice required), information on access for persons with disabilities, and/or any accommodation to review any document or participate in any city-sponsored proceedings, call 305.604.2489 and select 1 for English or 2 for Spanish, then option 6; TTY users may call via 711 (Florida Relay Service).

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