



UNDERSTANDING SUBSTANCE ABUSE

A PARENT'S GUIDE TO SUPPORTING THEIR CHILDREN

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Overview and Background

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Overview and Background

- Substance use in teens and young adults → a constantly growing concern
- Substance use has consequential impacts developing brains and bodies.
- The impacts of significant substance use during development are evident throughout the lifespan.



Overview and Background

- Comprehensive manual on substance use in teens and young adults.
- Manual offers education, communication tips, and helpful resources to promote effective recovery.
- Acts as a guide for parents to navigate recovery with their children.





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Target Audience &

Audience Analysis

Target Audience and Audience Analysis

Target Audience: Parents of High-Risk Teens and Young Adults

Audience Needs:

- Identification: Recognizing early signs of substance use.
- Education: Understanding the risks, effects, and reasons for substance use.
- Support: Tools to communicate effectively and guide their child toward recovery.

What They Will Gain:

- Confidence in identifying warning signs.
- Clear steps to address substance use.
- Awareness of treatment options tailored for teens and young adults.

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Purpose of Manual



Purpose of Manual

- Serves as a guide for parents who have a child who is, or might be struggling with substance abuse
- Provides parents with an understanding of what substance abuse is, as well as all it encapsulates
- Informs parents on the facts surrounding substance abuse
- Aims to serve as a resource for concerned parents on how to approach their child in their struggle





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How, When, and Why Use the Manual



How to Use this Manual

- Convenient table of contents for easy navigation of main topics and sub-topics
- Main ideas are bolded throughout for easy acknowledgement
- Various colors are used to highlight important terms in each respective section
- Plethora of images throughout each section to complement each topic



When to Use this Manual

- When feeling concerned about a loved one or friend
- To understand more about adolescent substance abuse
- Recognize the risk and impact
- To gather tips on how to approach tough conversations



Why You Should Use this Manual

- Presented to ultimately help those struggling
- Personalized to aid in a prevalent issue across the teen and young adult community
- Contains factual information in a easily digestible way
- Designed to present important information to create an approach





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Rationale for the Content



Chapter 1:

- Signs and symptoms of substance abuse, the link between substance abuse and addiction
- social isolation, not meeting personal responsibilities, sudden weight loss/gain, lack of energy, and neglected appearance

Chapter 2:

- Understanding the risk factors, what demographics are most affected
- family-related issues, abuse, mental health, social isolation, mental health problems, social isolation

Chapter 3:

- How does substance abuse affect the body?
- brain, cardiovascular system, respiratory system



Chapter 4:

- How to talk to your child about addiction
- choose the right time/place, remain calm, communicate using care and concern,

Chapter 5:

- Different treatment options and which one is right for you
- nonprofit organizations, inpatient treatment facilities, outpatient treatment facilities





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Conclusion and Next Steps



Conclusion

- Substance abuse in teens is an issue that many parents face. However, choosing the right approach with your child is within reach and can lead to a successful recovery.
- When speaking to your child, be sure to choose the right time and place, and come from a non-judgmental place of concern.
- Determine which treatment plan would be the best fit for your child.



Next Steps

- Distribute manual in public places such as doctors offices, etc.
- Post manual online and publicize via social media to parents of teens struggling with addiction



Empowering Parents

Understanding substance abuse is not just about **identifying problems**, it's about **creating solutions**.

Knowledge is Power & Your Support Matters

Together, we can build a future free from the shadows of substance abuse, especially in among our youth.



Thank You!

