



Parent Time

Supporting Yourself & Your Child

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“It’s not only children who grow. Parents do too. As much as we watch to see what our children do with their lives, they are watching us to see what we do with ours. I can't tell my children to reach for the sun. All I can do is reach for it, myself.”

~Joyce Maynard



History of Curriculum



Purpose

- To enhance parents' ability to help their children, whether the children are in treatment, have completed treatment, or are still actively using alcohol or other drugs.
- Provide parents with information about substance use, abuse and treatment.



Facilitation

Facilitators should be knowledgeable about substance use, abuse, substance use disorders, and treatment. They should also be skilled in group process, adolescent development, and family dynamics. It is worth considering enlisting the help of a parent whose teen has completed treatment, as a co-facilitator.



5 Week Curriculum

1. What Is Substance Abuse
2. What Is Substance Use Disorder
Treatment
3. Adolescent Development and Substance
Use and Abuse
4. What to Expect After Treatment
5. Supporting Parents



8 Week Curriculum

1. What is Substance Abuse
2. What is Substance Use Disorder Treatment
3. Adolescent Development and Substance Use and Abuse
4. What to Expect After Treatment
5. Communication: Active Listening
6. Listening During Conflict
7. Monitoring
8. Supporting Parents

****16 Week Curriculum****



Frameworks for Group

Standard Open

- Report on Self-Care
- Check in (16 Week Curriculum)

Standard Closing

- Review Questions
- Homework
- Handouts



Module 1: What Is Substance Abuse and Addiction

“If there is anything that we wish to change in the child, we should first examine it and see whether it is not something that could better be changed in ourselves.”

~C.G. Jung, *Integration of the Personality*,
1939



Introduction for Parents

- Give your name, and if you wish, the town/city you are from.
- Give the name, age, gender of the child they are concerned about, i.e. the child for whom they are participating in this group.
- Tell us what opportunities you have had to talk with other parents who are worried about their child's substance use or abuse.



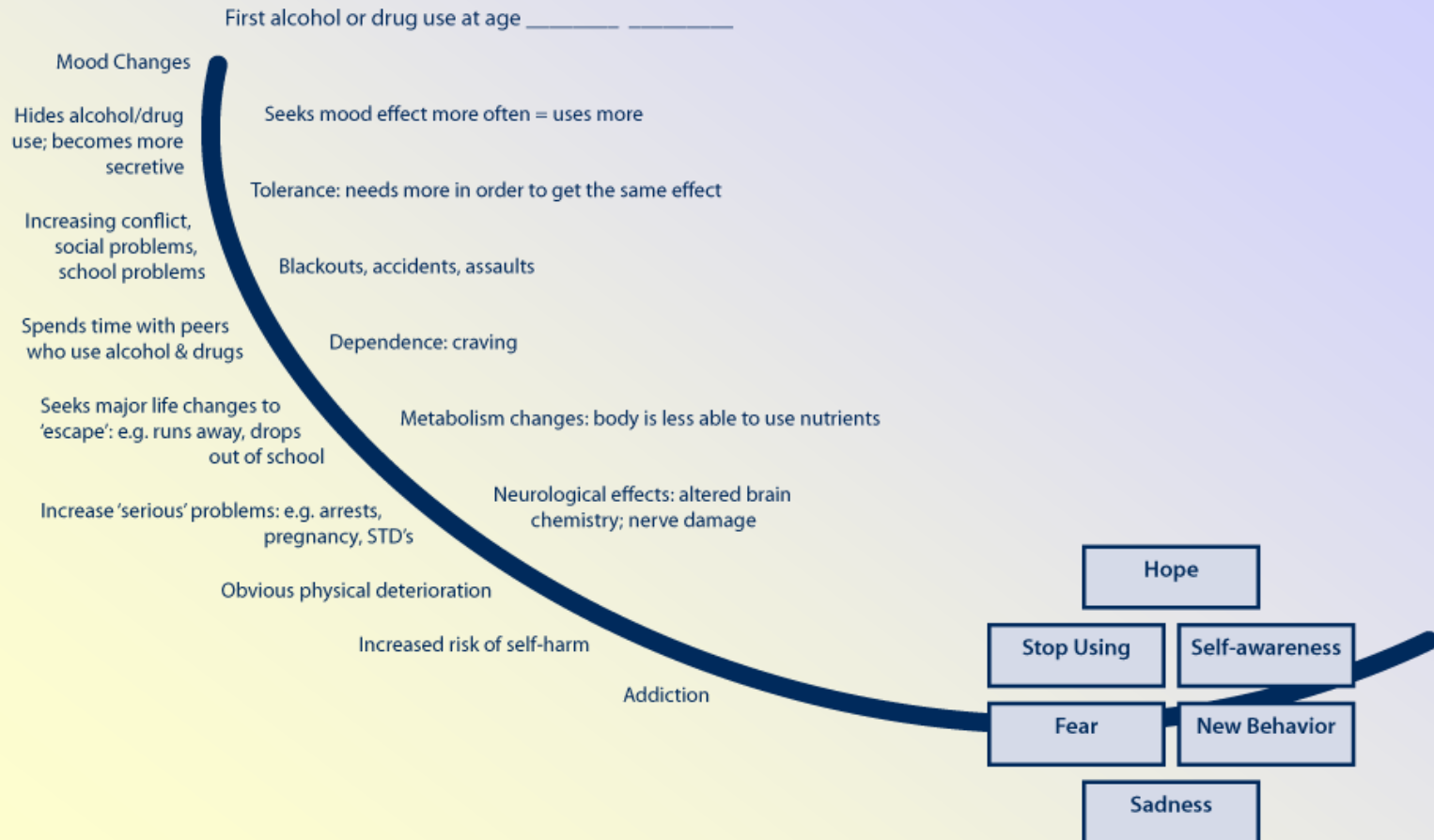
Highlights: Module 1

- Discuss parent's common experiences with their child's substance use.
- Progression of the disease



Jellinck Curve

Teen Alcohol & Drug Use: The Slide





Highlights: Module 1

- Risk and Protective Factors



Module 2:

Substance Use Disorder Treatment

Making the decision to have a child is momentous. It is to decide forever to have your heart go walking around outside your body.

~Elizabeth Stone



Highlights: Module 2

- Experiences of treatment (Facilitators Choice: determine to talk more about treatment or parent's grief)
- Understanding treatment
- Understanding Grief: Denial, Anger, Bargaining, Depression, Acceptance
- Thinking about long term changes



Elements of Treatment Include:

1. Restoring (or establishing) appropriate physical, social and psychological functioning.
2. Assessment: a complete assessment of child's physical, social, psychological, and educational status.
3. Life style is a primary focus of treatment – treatment includes planned activities aimed at changing patterns of behavior, and building commitment to those changes.



Elements of Treatment Include:

4. Feelings – substances & alcohol may have masked or suppressed many strong, disturbing feelings. Treatment is designed to identify feeling and learn how to regulate them.
5. Overall substance abuse treatment is long term, requiring continued support and vigilance – even when things seem to be going well.



Massachusetts Adolescent Resources

	description	who is appropriate	how to refer
Outpatient	Weekly individual or group counseling. Covered by most insurances.	All youth, regardless of age. Youth who use experimentally, recreationally; youth affected by substance abuse.	Call intake line of agency, Or call (617) 661-3991 for a list of BSAS licensed providers in your area.
Recovery Coaches	Addiction and Recovery Management Services (ARMS): Office- and phone-based recovery coaches for youth and parents. Covered by most insurances.	Youth ages 15-26, and their families, who need support around the addiction and recovery process.	Call Lucille Mograss (617) 643-4699 Pager: (617) 726-2000 pager 13845
Adolescent Residential	Adolescent Residential Substance Use Treatment Program: Voluntary group home model. Average length of stay is 90 days. Sliding scale fee.	Youth ages 13-17 who cannot control their use in the community and are willing to go to treatment. Youth must be psychiatrically stable..	Call Central Intake and Care Coordination for statewide access to 3 boys' and 2 girls' programs. (617) 661-3991 Ask for Youth Access
Detox & Stabilization	Short term, staff-secure, inpatient detox and psychiatric stabilization. Covered by most insurances.	Youth ages 13-17 who cannot control their use in the community. Youth who need to detox or become more psychiatrically stable before entering long term residential treatment.	MYR (Motivating Youth Recovery) (508) 860-1244 CASTLE (Clean and Sober Teens Living Empowered) (508) 638-6000
Recovery Home	Voluntary group home model with some independence (school or part-time work in community).	Youth ages 16-19, recently in recovery, who wish to live in a sober recovery home environment.	Cushing House For females, call Karen O'Brien (617) 269-2965 For males, call Red Collins (617) 269-2945
Recovery High	A fully accredited Boston Public School for youth in recovery.	Youth ages 13-21 in recovery, with at least 30 days sober.	Ostiguy High School (Boston) Call Roger Oser (617) 348-6070 North Shore Recovery High Call Michelle Llpinski (978) 922-0078 Springfield Recovery High School Call Michael Ellis (413) 750-2484



Suffolk County Adolescent Resources

	description	who is appropriate	how to refer
Community Based	Suffolk County Adolescent Project (SCAP): Community based engagement and support for youth and their families. No cost. Supported by DPH/BSAS.	Youth ages 12-22 who have struggled or not engaged in traditional substance abuse treatment. Youth who are returning from detox or residential programs and need support with the transition.	Institute for Health and Recovery Call Jennifer Rifkin (SCAP) (617) 661-3991
Intensive Outpatient	Emerging Adult IOP (Intensive Outpatient Program) Groups, activities, case management, and support 3 times per week. Covered by most insurances.	Emerging adults who are struggling to maintain sobriety in outpatient treatment. Young adults who need significant support around substance use. Ages 18-25	Call Lucille Mograss (617) 643-4699
Day Treatment	Structured Outpatient Addictions Program: Groups, activities, case management, and support 3 to 5 times per week. Covered by most insurances.	Youth ages 13-17 (N. Suffolk) or 16-20 (Gavin) who are struggling to maintain sobriety in outpatient treatment, or who need significant support around substance use.	North Suffolk Mental Health Call Kim Hanton (617) 912-7504 Gavin Foundation Call Center for Recovery Services (617) 268-5000



Module 8: Supporting Parents

“There is only one pretty child in the world,
and every mother has it.”

~Joyce Maynard



Module 8: Highlights

- You are not alone:
 - Support Groups
 - Al-Anon
 - Al-ATeen
 - Family Therapy
 - Maintaining Your Own Sobriety
 - Strengthening the family
- Making a plan



Making A Plan

Discussion:

- For providers who are currently running a parenting support group:
 - What is going well?
 - What are the area's that need improvement?
 - What barriers did you face in starting a group?



Making A Plan

- For providers not currently running a parenting support group and interested in starting one:
 - What barriers are you facing?
 - What questions do you have?
 - What resources do you need to start a group?



“Never doubt that a small group of thoughtful people could change the world. Indeed, it's the only thing that ever has.”

~Margaret Mead