

You can't PREVENT what you don't know!

A WESTCHESTER VIRTUAL SPEAKER SERIES

## BRAIN BASED STRATEGIES FOR PARENTS & CAREGIVERS

### "TIP" JAR

TAKE-AWAYS - INFORMATION - PROMPTS

#### Early Use & Early Symptoms Predict a Lifetime of Issues

- 90% of adults who grow up with a substance use disorder began using in their teens
- 90% of adults who grow up with a mental health disorder began experiencing symptoms when they were kids
- 87% of teens try drugs and alcohol at least once before graduating from high school
- Only 20-30% of teens continue to use after they have tried it

#### Prevention is the Cure

- Kids who delay using substances don't 'go crazy' when they get to college
- Kids who delay using substances have more developed executive functioning skills
- Kids who delay using substances have more impulse control
- Kids who delay because their family said so are more connected to their family

#### Prevention Science Says

- Teach children how their brains process substances differently due to their genetics
- Require children to be in prosocial activities all year long.
- Use a family code to set expectations and repeat it often
- Increase family meals even if they are 'on the go' to increase connectedness
- Give meaningful consequences and treat problems immediately



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