

K.N.O.W. **2** PREVENT

KNOWLEDGE NETWORK
OF WESTCHESTER

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

A WESTCHESTER VIRTUAL SPEAKER SERIES

THURSDAY, MARCH 16

7-8:30PM



Pat Aussem, L.P.C., M.A.C.

Pat Aussem is the Associate VP of Consumer Clinical Content Development at Partnership to End Addiction. In this role she curates information on current substance trends, risk and protective factors, ways to intervene in youth substance use, parenting skills, and how to find and access quality evidence-based treatment along the continuum of care. She is a frequent spokesperson on topics such as vaping, marijuana, opioids, medications to assist treatment and co-occurring disorders.

Pat holds an MBA in Finance, Master's degree in Counseling Psychology and is a NY Licensed Mental Health Counselor and NJ Licensed Professional Counselor with a Master Addiction Counselor certification. She also has a small private practice in New Jersey serving families struggling with addiction and is on the board of Community in Crisis, a local non-profit focused on ending the opioid epidemic.

When Mental Health and Substance Use Collide

Is it typical teen angst and moodiness or is something more going on? Could my child be at risk of self-medicating with alcohol or other drugs? What role does social media play? Join us to learn more about the relationship between mental health and substance use as well as social media's part in influencing behaviors. Parents and other caregivers will have access to a tool that can be used to assess your teen's level of risk when it comes to substance use in addition to ways to address potential risks and concerns.



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