



Looking for Experienced Parents to Help Support other Families Facing Drug or Alcohol Problems with their Kids

Have you or someone you know had **personal experience with a drug or alcohol abusing child** and want to use that experience to **help other families** facing similar problems? The Center on Addiction / Partnership for Drug-Free Kids (the Partnership) is looking for 12-15 experienced parents who are interested in getting **free, specialized** training to learn how to be a volunteer **Peer Parent Coach**. Your first-hand experience understanding the impact of drugs and alcohol on a family is an incredibly valuable resource for other families. Wouldn't you have benefited from someone listening and helping you who had walked in your shoes?

Coaches are trained in the model, developed by our clinical partner, which incorporates **CRAFT (Community Reinforcement and Family Training)**, **Motivational Interviewing (MI)**, and **Acceptance and Commitment Therapy (ACT)**.

Materials and training are provided at **no cost to you**. You are not required or expected to have a professional background in substance abuse, just your own personal experience. After the training, you will become part of a **national group of parent coaches** who help and support the many parents who feel hopeless, alone, and needlessly ashamed of their child's substance use.

The training will be provided by expert, PhD-level clinical staff from the Center for Motivation and Change, a specially trained parent coach 'mentor', and professional staff members from the Partnership. CRAFT, MI and ACT have been **proven to be effective** in helping families encourage their adolescent or young adult child toward **healthy change**. This training will also enable you to be a more effective communicator with your own children and family. Together we can learn to support each other, because **no one should have to face the disease of addiction alone**.

Space is limited, so please call now if you want to learn more or to register

Contact: Jinx Mastney: Opioid Response Outreach Coordinator-MHARS Board of Lorain County 440-282-9920 - or email – jmastney@lorainadas.org

Training Dates

March 20th, 21st, 22nd **

Spitzer Conference Center

1005 North Abbe Rd. Elyria, OH 44035

March 20th – March 22nd (Friday evening 5-9pm, Saturday and Sunday from 9am-5pm).

**** Attendance is required for all 3 days. This is a 20-hour program.
Deadline to get Registered is March 13, 2020**

(Friday dinner - Saturday, Sunday light breakfast and lunch will be provided)



FREQUENTLY ASKED QUESTIONS

What would be expected of me as a coach? Coaches commit to volunteer for a period of six months (though we welcome participation beyond that date), and most coaches spend about 3-5 hours a week on the program. Coaches should also have some comfort with technology and own a desktop computer, laptop or tablet, which can be used for Coaching.

How does it work? Coaching is delivered by phone. Typically, a Coach and a parent seeking support have five phone conversations over a period of six to eight weeks.

What is the purpose of Parent Coaching? The purpose of the Parent Coaching is three-fold: to provide parents struggling with their child's substance abuse with compassionate support and understanding from a person who has been in their shoes; to provide the parent seeking support with practical information about CRAFT, as expressed in the [Parent's 20 Minute Guide](#); and to help parents seeking support learn to practice self-care.

Will I coach people in my community? Not necessarily. The Partnership receives requests for coaching from across the United States through our Helpline, and then pairs parents seeking coaching with trained coaches. We usually match Coaches and parents from within the same time zone.

What if I am interested, but can't come to this location, or am unavailable on those dates? Please contact us. We may have additional training opportunities in the future.

I am interested in the training, but am unable to commit to be a Coach. Can I still participate? Right now, training opportunities are only available to those individuals who can make a commitment to become a volunteer Coach. However, please contact us so that we can notify you if additional opportunities to learn about CRAFT and the PSN become available.

I already volunteer in my own community. How will being a Coach benefit me? Our current Coaches have repeatedly expressed that learning CRAFT, MI and ACT and then applying those skills as a Coach, have helped them in their personal lives and in their work in their community. Coaches learn from some of the top clinicians in the nation and then have the opportunity to use what they've learned by helping families from all walks of life. Coaches from across the country also learn from one another.

My child is actively using. Can I be a Coach? Yes. Our Coaches have a wide range of experiences. Some have children in long-term recovery; some have children who are actively using; and some parents have lost children to addiction. Our only condition is that we do not want to do anything that could jeopardize progress towards healthy recovery. Parents of children who are newly in recovery should consider whether they can participate as a coach and support their child simultaneously.