

# NAVIGATING ADOLESCENT SUBSTANCE USE: UNDERSTANDING, SUPPORTING, AND EMPOWERING FAMILIES

HOSTED BY:



This presentation will examine the risk factors associated with developing a substance use disorder, including family history, adverse childhood experiences, and co-occurring disorders to highlight substance use disorder as a chronic brain disease with pediatric onset. It will explore how adolescent brain development shapes decision-making processes, often leading to experimentation, and discuss strategies for parents to engage in supportive conversations about substance use through harm reduction techniques. Finally, it will highlight the importance of empowering parents to engage in conversations around health and well-being with their children, consider modeling healthy behaviors and the value of seeking professional help to address both individual and family dynamics throughout the recovery process.



**THURS, NOV 21, 2024**

**12:00-1:00 PM**

PRESENTATION VIA ZOOM

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Medical Director

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and Alcohol Services

County of San Luis Obispo

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