

# PARENT COACHING OFFERING PEER-TO-PEER SUPPORT

Many families struggling with substance use and addiction often feel helpless, hopeless, embarrassed, ashamed and powerless. **By speaking with someone who has “been there” and walked in their shoes, parents can learn how to stay connected to their loved one and get the support and encouragement they so desperately need.**

Our Parent Coaching program utilizes a peer-to-peer, shared experience model using the Invitation to Change Approach created by the CMC: Foundation for Change. The approach combines evidence-based principles including Community Reinforcement and Family Training (CRAFT), Motivational Interviewing (MI), and Acceptance and Commitment Therapy (ACT). Parent Coaches can help others:

- ▶ Understand substance use issues in non-judgmental, behavioral and contextual terms
- ▶ Focus on self-care by parents as a crucial aspect of the family change process
- ▶ Teach communication strategies to engage with their child and lower defensiveness
- ▶ Learn simple reinforcement strategies to help affect behavior change

**“The experience was so great. I don’t know if I could have made it without my Parent Coach. It’s so different to hear from someone who’s gone through it. Just an amazing relationship and an incredible experience.”**

Parent Coaching Participant



**“No one understands us parents and family members like we understand each other. We need to stand together, not judge anyone, and be supportive.”**

AnnMarie on drugfree.org



**“There are a lot of families out there that are torn apart – but FAMILIES CAN HEAL. Young people can get better.”**

Paul Kusiak Parent Coach



To learn more about our Parent Coaching program, visit [drugfree.org/coaching](http://drugfree.org/coaching). If you’re interested in receiving peer-to-peer support, connect with our helpline to get started.

## 3 Ways to Connect with our Helpline:

 **MESSAGE**  
Facebook Messenger  
M-F: 9am-12am ET  
& Weekends: 12pm-5pm ET

**CALL**  
1-855-DRUGFREE  
M-F: 9am-12am ET  
& Weekends: 12pm-5pm ET

 **TEXT**  
55753  
Send a message  
anytime

 **Center on  
Addiction**  
 **Partnership  
for Drug-Free Kids**