

# Parent Coaching:

## Offering peer-to-peer support

For families struggling with a child's substance use or addiction, it can be life-changing to talk with someone who has gone through this before. By speaking with someone who has "been there," parents can learn how to stay connected with their loved one and get the support and encouragement they need.

Parent coaches help other caregivers to:

- Understand the reasons why their child may be using substances
- Learn ways to talk with their loved one about their substance use
- Practice simple strategies that can help promote positive changes in their child's behavior
- Focus on self-care as an important part of creating change in their family

Our parent coach program uses a peer-to-peer, shared experience model using the Invitation to Change Approach created by CMC: Foundation for Change. This is a unique mix of evidence-based principles including Community Reinforcement and Family Training (CRAFT), Motivational Interviewing, and Acceptance and Commitment Therapy.

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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

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Peer-to-peer sessions felt like connecting with a friend who gets it.



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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

Parents interested in receiving peer-to-peer support can visit [drugfree.org/helpline](https://drugfree.org/helpline) to connect with our helpline and get started.

To download this flyer, visit [drugfree.org/promote](https://drugfree.org/promote).

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