

Adaptive Parenting

**Parenting Skills, Stress Management, and
Substance Use Prevention in a Changing World**

House Keeping Items

- Everyone is muted
- Feel free to ask questions throughout the presentation
 - Unmute yourselves or use the chat feature located at the bottom of your screen
- Confidentiality
- Powerpoint will be available on our website
 - www.harrisonyouthcouncil.org/links
- Survey at the end

Harrison Youth Council

Vision Statement:

Our vision is to champion healthy life choices for all Harrison youth through programs, community support and employment services in order to avoid involvement in risk behaviors and delay initiation of substance use.

Counseling - Free confidential counseling for Harrison residents age 5 to 20 and their family members

Education - School presentations and consultations designed to assist Harrison youth

Youth Employment - Matching Harrison youth with jobs through the YES program

Presenters + Contact Info

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Managing Your Own Stress

1. Cut yourself some slack
2. Stay connected virtually
3. Practice mindfulness and self-care
4. Set achievable goals
5. Accept your feelings
6. Set limits on media

Adapted from Child Mind Institute, (2020)

Helping Children Cope

1. Stick to routines
2. Validate feelings
3. Use positive attention
4. Be a mindful family
5. Alternate work and play
6. Make and post a schedule

Adapted from Child Mind Institute, (2020)

Breathing Techniques

When we feel anxious, upset or distressed, it can be difficult to know what to do to feel better. By using these breathing techniques, we can reduce our anxiety and lower our blood pressure/heart rate. This helps us feel calmer and more focused and helps us to face our fears.

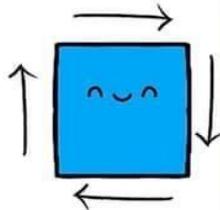
Belly Breathing



- Take a deep breath in and fill your belly like you're inflating a balloon.
- As you do this, count 1, 2, 3, 4 to breath in and fill the balloon in your belly.
- Pause and then let all of the air out of your belly like you're letting a balloon deflate.
- As you do this, count 1, 2, 3, 4 to breath out and let the ballon go down from your belly.

Square Breathing

- Imagine you're drawing a square with your finger in the air.
- Breath in while counting 1, 2, 3, 4 as you draw the top line and then pause.
- Breath out while counting 1, 2, 3, 4 as you draw the line down the side and then pause.
- Breath in while counting 1, 2, 3, 4 as you draw the bottom line and then pause.
- Breath out while counting 1, 2, 3, 4 as you draw the line up the side to make the square.



Finger Breathing



- Use your index finger to trace around the edges of the fingers on your opposite hand.
- Count 1, 2, 3, 4 and breath in as you go up the first finger.
- Count 1, 2, 3, 4 and breath out as you go down the finger.
- Repeat until you have traced up and down all five fingers, breathing 1, 2, 3, 4 in and 1, 2, 3, 4 out each time.

Top Tip! Practise these breathing techniques when you're calm so that you're better prepared to use them when you need to.



Count **slowly** when breathing in and out and **repeat** the technique as many times as you need to until you feel calmer.

Transition To In-Person Learning

- Validate their feelings
- Set the tone
 - “How are you feeling about returning to school?”
- Help them think positive
- Practice separating
- Have a routine
- Emphasize safety measures
- Encourage flexibility

Adapted from Child Mind Institute, (2020)

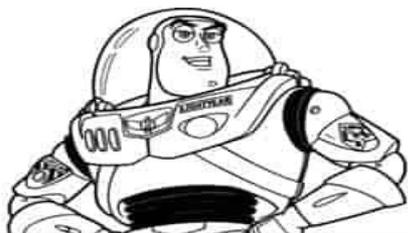
A Changing World - Virtual Learning

1. Be prepared the night before
2. Prepare school clothes and avoid wearing pajamas
3. Set up a clear schedule
4. Positive reinforcement
5. Eat healthy
6. Limit distractions
7. Set a designated school area
8. Follow online etiquette
9. Help children stay organized

Adapted from Healthline, (2020)

Chore Chart

Chore Chart



Chore List	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Chores

- Make chores part of the routine
 - Set or clear table for dinner
- Break it down
 - Give specific instructions
- Focus on skill building + link to real life experiences
- Rewards for chores
 - Does not have to be monetary
- Provide consequences
- Predict success next time

✓ Johnson's Schedule

7-9am	Breakfast 	-EAT BREAKFAST, MAKE BED. BRUSH TEETH, CHANGE CLOTHES PUT THEM IN LAUNDRY BASKET
9-10am	Move 	-FAMILY WALK WITH DOGS (IF WEATHER ALLOWS), YOGA, OUTSIDE SPORT OR DANCE PARTY
10-11am	Academics 	NO ELECTRONICS -SCHOOL WORK, BOOKS, SPELLING, FLASH CARDS, CROSSWORDS, ETC.
11-12pm	Creative 	-ART PROJECT, LEGOS, MUSIC, BAKE/COOK, CRAFT FREE DRAW, MAKE CARDS FOR LOVED ONES
NOON	Lunch 	FINISH PLATE TO EARN \$1.00. USE TABLE MANNERS FOR AN EXTRA \$1.00 OF PLAY MONEY
12:30pm	Chores 	1) WIPE TABLE, COUNTERS, CHAIR 2) WIPE BATHROOM SINKS & TOILETS 3) CLEAN ROOM OR DO LAUNDRY 4) SEE CHORE LIST FOR CHOICES
1:30-2:30pm	Quiet Time 	-READ A BOOK, DO A PUZZLE, HAVE A SNACK OR TAKE A NAP
2:30-3:30pm	Learning 	ELECTRONICS OK -EDUCATIONAL SHOW OR APP -PRACTICE SHOE TYING/SKILL -HIGHLIGHTS MAGAZINE
3:30-5pm	Fresh Air 	-PLAY OUTSIDE IF WEATHER ALLOWS -OPTION TO DO CHORES FOR EXTRA MONEY TO EARN SPECIAL PRIVILEGES
5:00pm	Dinner 	-FINISH DINNER & DO NOT FIGHT TO EARN \$1.00 OF PLAY MONEY
6:00pm	Free Time 	-PLAY WITH TOYS -TV OR IPAD TIME -BATH/SHOWERS
7-8pm	Bed Time 	-BRUSH TEETH, CHANGE INTO PJ'S -IF YOU DID A GOOD JOB FOLLOWING RULES/SCHEDULE YOU MAY STAY UP UNTIL 8 (OR PAST YOUR BEDTIME)

Setting Limits and Boundaries - Technology + Gaming

- Screen time and gaming is a privilege.
- Rewards encourage your child's good behaviors and increase self-esteem.
- Steps to develop a consequence:
 1. Identify misbehavior
 2. Give a warning
 3. Give a consequence
 4. Tell them why
 5. Use positive communication

Screen Time Strategies

Mark Bertin, M.D. 2019.

Schedule Backwards

Model Healthy Use

Privilege v. Right

Set Timers

Questions?

Next slides will cover:

- Substance Use as a Coping Mechanism
- Prevalence of Substance Use Among Adolescents
 - Parenting Styles

Substance Use as a Coping Mechanism

- When adolescents are struggling with emotional problems, they often turn to alcohol and drugs.
- In the short-term, substance use helps adolescents alleviate their negative feelings.
- In the long-term, the substance use can lead to abuse and dependence.
- Adolescent brain pathways are still developing.
- The pandemic may have increased the use of substances among adolescents.

Adapted from Child Mind Institute, (2020) and Journal of Adolescent Health, (2020)

Depression & Anxiety in Teens

Anger/Irritability

Inability to
concentrate

Feeling tired or
low energy

Withdrawal from
friends/family

Significant changes
to sleep or appetite

Feeling hopeless or
worthless

Loss of enjoyment
in things they used
to enjoy

Talking about
suicide or self-harm

Unexplained pains
(stomach aches,
headache)

Lack of motivation

Difficulty
remembering things

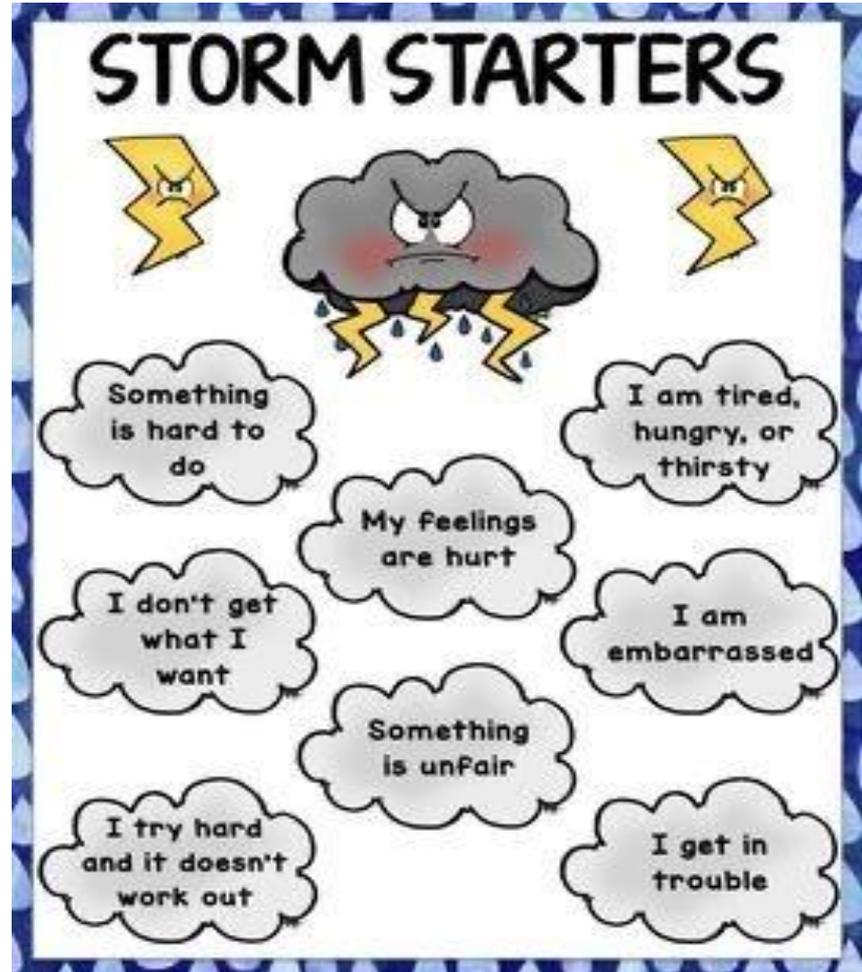
Be Aware of Changes in Your Child's Mental Health

Significant changes for more than two weeks

Preschoolers	Elementary	Adolescents
Thumb Sucking	Irritability	Sleeping/eating disturbances
Bedwetting	Aggressiveness	Agitation
Clinging to parents	Clinginess	Increase in conflicts
Sleep disturbances	Nightmares	Physical complaints
Loss of appetite	School avoidance	Delinquent behavior
Fear of the dark	Poor concentration	Poor concentration
Regression in behavior	Withdrawal from family/friends	

Triggers

- anger
- frustration
- loneliness
- embarrassment
- anxiety
- depression



Adapted from Teachers Pay Teachers, (2019)

Adolescent Substance Use Statistics

- Alcohol, marijuana and tobacco are the substances most commonly used by adolescents.
- About half of 9th–12th graders reported having used marijuana.
- About 4 in 10 9th–12th graders reported having used cigarettes.
- Among 12th graders, close to 2 in 10 reported using prescription medications without a prescription.
- Individuals from ages 12–20 consume about 1/10 of all alcohol in the United States.

Adapted from CDC, (February, 2020)

Adolescent Substance Use Statistics (continued)

- Alcohol is the most commonly used substance among young people in the United States.
- 19% of young people, ages 12–20 reported drinking alcohol and 11% reported binge drinking in the last 30 days.
- 8% of 8th grade students reported drinking alcohol and 29% of 12th grade students reported drinking alcohol during the past 30 days.
- 4% of 8th graders and 14% of 12th graders reported bingeing in the last 2 weeks.

Adapted from SAMHSA, (2019) and National Institute of Drug Abuse at University of Michigan, (2019)

Substance Use and Adolescents

- Any use of substances in adolescence is harmful.
- Substance use can affect many areas of an adolescent's life.
- The adolescent brain can be permanently damaged by substance use.
- Addiction is a neurochemical change in the brain.

Adapted from NYU School of Medicine, (2019)

Three Types of Parenting Styles

Authoritarian Style	Permissive Style	Authoritative Style
<ul style="list-style-type: none">- Parent knows best approach- Emphasizes obedience	<ul style="list-style-type: none">- Few behavioral guidelines- Parents do not want to upset their child	<ul style="list-style-type: none">- Blends a caring tone with structure and consistent limit-setting
Limits without Freedom	Freedom without Limits	Freedom within Limits

Authoritarian Style

“The Dictator”

Limits without Freedom

“Because I’m the parent and I said so!”

“As long as you live under my roof, you’ll obey my rules.”

“When you are the parent, you can decide what to do.”

Permissive Style

“The Doormat”

Freedom without Limits

“I don’t think that’s a good idea...
but, well... okay, if you really want
to.”

“Do you really need this? Oh, all
right. Here’s the money.”

“I sure wish you’d pick up after
yourself.”

Authoritative Style

“The Active Parent”

Freedom *within* Limits

“I know you’re disappointed, but you can’t go. Here’s why...”

“Sure we can talk about it. What’s your idea?”

“I know you can handle it. But if you need some help, just let me know.”

Parenting Perspectives & Adolescent Substance Use

- Excessive parental substance use is likely to have a negative impact on adolescent experimentation and use.
- Supplying and allowing teens to have alcohol contributes to increased adolescent drinking.
- Parental rules concerning substance use and familial history contribute to adolescent substance use.
- Know the law.

Adapted from BMJ Open Access, (2016) and Handbook of Early Childhood Intervention, (2000)

Marijuana + Legalization

- On 3-31-2021, Governor Cuomo legalized adult-use of marijuana.
 - Can grow your own plants & have up to 5 pounds in your home at any given time
 - Research equates that to approximately 250 joints
 - Can smoke or vape marijuana anywhere smoking tobacco is allowed
- Marijuana is an addictive substance.
- The percentage of traffic deaths involving marijuana have doubled in some states where marijuana is legalized.

Substance Use with Medication and Prescriptions

- Everyday 2000 teenagers use a prescription drug to get high for the first time.
- 12 to 17 year olds abuse prescription drugs more than they abuse illegal substances.
- Secure prescriptions and over-the-counter drugs tightly in a locked cabinet and properly dispose of expired medications.
- The Harrison Youth Council is offering deterra bags.

Adapted from Office of Addictions Services and Supports, (2020)

Deterra Bags

- Eco-friendly way to dispose of unused and unwanted pills, liquids, and patches
- Just add the medication into the pouch, some water and let it dissolve
- Multiple sizes



Questions?

Please complete our survey by clicking the link in the chat box

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