



ADDICTION CENTRE ADOLESCENT PROGRAM: PARENT SUPPORT GROUP

TARGET POPULATION

- Parents / guardians of patients who attend the Addiction Centre Adolescent program.

GOALS

- To provide psychosocial education to parents / guardians.
- To provide an encouraging, safe and supportive environment for parents / guardians to share their experiences.
- To provide positive, healthy, and relevant psychosocial strategies to parents/ guardians that will enhance their ability to manage the impact of the patient's concurrent disorders on the family.

ACTIVITIES

- This group is parent/ guardian guided through the facilitation of Addiction Centre Clinicians.
- Topics relevant to concurrent disorders in adolescence are discussed. Including, mental /physical health issues, addiction related issues, communication skills training, and parenting styles.
- Parents/guardians are encouraged to share and support one another's experiences and challenges in a supportive educational atmosphere.

OUTCOME

- Increase positive adolescent and parent / guardian communication and interactional patterns.
- Parents / guardians gain knowledge and skills to interact with their adolescent family member in a healthy and supportive manner.
- Reduction in familial stress.