

# PREP: PREVENTION RESOURCES & EDUCATION FOR PARENTS/ CAREGIVERS



**Audience: Parents/Caregivers**

**Number of Modules: Five**

**Estimated Completion Time: 55 minutes**

## Course Description

Parents and caregivers are the most powerful influence in deterring their children from alcohol, nicotine, and other drug use. When parents/caregivers have skills, knowledge, and resources regarding substance use and prevention, their influence on their children's actions and decisions increases. This program for parents, grandparents, and other caregivers provides information that research shows can reduce the chances that young people will engage in substance use.

### After completing the course, participants will be able to:

- Understand what addiction is, why the teen brain is particularly vulnerable to the effects of substances, and what key risk and protective factors exist for use and addiction
- Identify the different types of substances, their appearance, appeal, and common trends
- Describe the importance of talking early and often, having clear and consistent rules against substance use and fostering a strong relationship with your children
- List additional resources for the prevention of youth substance use and support if concerns arise that a teen is using alcohol, nicotine, or other drugs.

## Caron's Digital Learning Program

Our Digital Learning Program is a comprehensive library of courses centered on substance use disorder prevention, intervention, treatment, and recovery. Through the Digital Learning Program, participants can:

- Complete programs at their location, eliminating the need to travel
- Finish the programs at a time and pace that works best for them
- Get the resources they need at no cost
- Obtain knowledge and skills that will increase their confidence and competence in addressing a variety of topics surrounding the continuum of substance use from prevention to recovery

**Visit [Caron.org/Digital-Learning](https://www.caron.org/Digital-Learning) or contact Caron's Education Department at 610-743-6117 for more information about course offerings.**

# Caron's Digital Learning

With over 60 years of successfully treating addiction and behavioral health issues, Caron understands that prevention and early intervention are key to addressing problematic substance use among youth. Working with over 900 schools and child-serving organizations each year, we are well known for the quality of our education and prevention programs. We are excited to now offer a digital learning program allowing those unable to access our in-person programs to also benefit from our quality programming.

## Course Structure and Offerings

Courses are designed to be interactive to engage participants and enhance their ability to learn and retain knowledge. Depending on the topic and the goal, courses may include video, animation, audio narration, and text as well as interactive tools like pop-up screens and drag-and-drop questions.

Learners can expect to complete knowledge checks after each topic to ensure understanding of the material and receive a certificate upon completion for each course.

## Caron's Education Department Mission:

To provide comprehensive substance use education and supportive services along the full continuum of care, from prevention to recovery, for students, families, and professionals, using evidence-informed and innovative strategies.

## Course Offerings

### For Teens

CONNECT 5: Find the NicoTEEN-Free You!

### For Parents and Caregivers

PREP: Prevention Resources & Education for Parents/ Caregivers

### For Professionals

Vaping and Marijuana Trends Among Youth

Caron's Screening, Brief Intervention, and Referral to Treatment

Impact of Substance Use Disorders on the Family: Hope for Recovery

