

This is Not About Drugs: Perspectives Family Edition



Today's families are navigating challenges previous generations never faced. Fentanyl. Counterfeit pills. Youth stress and anxiety. Social pressure. Mental health struggles. As a result, young people may face real-world risks without the preparation, awareness, or support they need. At the same time, families are often left unsure of how to respond, whether they are trying to prevent substance use or support a loved one already struggling.

This Is Not About Drugs: Perspectives Family Edition Facilitator Program helps parents and caregivers understand today's substance use landscape while building confidence in communication, early intervention, and prevention at home.

Topics Include

- Understanding today's youth substance use landscape
- Adolescent brain development and substance use risk
- Stress, coping, and emotional health
- Early warning signs and risk factors
- Reducing shame and stigma
- Confident communication strategies
- Overdose awareness and prevention

Not a Traditional Lecture-style Training

Participants will actively engage through

- Powerful real-world stories and film excerpts
- Guided conversations and reflection
- Practical family communication strategies
- Real-life scenarios and response tools
- Prevention and safety planning guidance

The Parent Perspectives Toolkit

Parents will walk away with practical collection of resources and tools designed to support ongoing family conversations & prevention efforts at home.

- Conversation starters
- Communication strategies
- Safety planning guidance
- Practical prevention resources
- Family support tools

Facilitator Training Beginning Soon

Interested? Contact us to learn more about *Perspectives Family Edition* or the companion *Perspectives Youth Substance Use Prevention* Facilitator Programs



The Training and Education
Division of **Overdose Lifeline**

Have Questions?
Talk to Our Education Specialists
844-554-3354

[Contact Us](#)

learning.overdoselifeline.org

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