



## PARENT NIGHT OUT: TEENS & DRUGS

### Program Description

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Approved By: Population Health Promotion Management Steering Committee

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**Parent Night Out: Teens & Drugs**  
*Parents/caregivers of youth aged 12-18*

**Introduction**

*Parent Night Out* is a 1-3 session program that teaches parents/caregivers how to support youth in preventing substance use, delaying the onset of use or reducing harms associated with substance use.

**Key Topics**

- Parenting Skills, Substance Use Prevention, Harm Reduction

**Key Messages**

- Parents/caregivers play a key role in substance use prevention.
- Children and youth are faced with many opportunities to use substances and require knowledge and skills to make informed healthy decisions.

**Purpose and Objectives:**

- To teach parents/caregivers how to address the topic of substance use in their family.
- To prevent, delay, and/or reduce the harm associated with substance use among youth.

**Training**

- A 1-hour orientation is required for facilitators.
- Orientation will be provided by the [Regional Addictions Prevention Consultant/Regional Mental Health Promotion Consultant](#) and/or trained community partners.
- Facilitators are health staff, educators and/or community partners.

**Resources**

- *Parent Night Out* includes a detailed [Facilitator Planning Guide](#), power point slides, and videos.
- See [Facilitator Planning Guide](#) for a complete list of materials and activities to determine required resources.
- The program requires access to a computer and projector.
- The [Regional Addictions Prevention Consultant and Regional Mental Health Promotion Consultant](#) are available for consultation and support for planning, orientation, and evaluation.

**Budget**

Item	Cost
Venue/Location <ul style="list-style-type: none"><li>• 1-3 half-day rental</li></ul>	\$100 per session
Food & Beverage (OPTIONAL) *based on 36 participants	\$300 per session

Miscellaneous Supplies (OPTIONAL) • Napkins, glasses, plates, and cutlery, etc.	\$20.00
Mocktails (OPTIONAL)	\$30.00

External funding such as the [Western Regional Wellness Coalition’s Community Grants Program](#) are available.

### Implementation

1. Identify Need (Target Group?)
2. Identify Date/Time/Venue/Co-facilitator
3. Arrange orientation with [Regional Addictions Prevention/Regional Mental Health Promotion Consultant](#).
4. Access [Facilitator Planning Guide](#) and review details on implamintation of this program.
5. Contact the the [Regional Addictions Prevention/Regional Mental Health Promotion Consultant](#) to access electronic, printed, and promotional resources.
6. Purchase/prepare program materials and supplies. Checklist available in [Facilitator Planning Guide](#).
7. Promote program to recruit participants and identify a contact for registration. Sample invitation and registration form available in [Facilitator Planning Guide](#).
8. Identify and prepare event panelists.
9. Deliver program. Timing depends on the number of activities selected and the number of participants and teams.
10. Complete Facilitator Feedback Form and submit to [Regional Addictions Prevention/Regional Mental Health Promotion Consultant](#).

### Evaluation Plan

Evaluation for this program consists participant feedback collected in the Whole Body Experience Activity and a [Facilitator Feedback Form](#) to be completed at the end of the program.

### Evidence

Evidence supporting the implementation of this program can be accessed by contacting the [Regional Addictions Prevention/Regional Mental Health Promotion Consultants](#).