

Welcome to the Parent Support Network

On behalf of the volunteers and staff at the [Center for Motivation & Change](#) (CMC) and The Partnership at [Drugfree.org](#) (The Partnership), we welcome you and your family to the Parent Support Network (PSN). We are a national network of trained volunteer parents and other professionals providing parents with the information and tools to tackle alcohol and drug issues with their teens and young adults. We appreciate the opportunity to be of service to you and your family.

By the time you've found us...

It's likely that you've already had many late-night dinner-table conversations about drugs with your child. You've negotiated abstinence contracts that were certain to work – but didn't. You've been cursed at, been called crazy, a snoop, and unreasonable. You've been told that you “worry too much” and that her drug use was “under control.”

Yet, you watched in desperation as she suffered, witnessing the deterioration of the once innocent child you knew. You scoured the Internet for answers, read countless books and went to self-help meetings – but despite your best efforts, her personal and other problems worsened, leaving your family perplexed about what to do next.

Some of you even tried “tough love” with varying results— often confiding later of regrets and secretly wishing for a kinder, more positive way to support a child struggling with substance abuse.

Is there any wonder that so many parents feel isolated, helpless, hopeless and ashamed?

What's a parent to do?

With so many conflicting theories of parenting and an ever-changing landscape surrounding drug policy, addiction and recovery, what a parent should (or shouldn't) do isn't always so easy to know. Opinions abound – especially online. There's no shortage of advice instructing you to let your kid “hit bottom,” how not to be an “enabler”– with conventional wisdom proscribing that if you don't get tough on drugs you are simply contributing to the problem

A Little about the Parent Support Network

The Parent Support Network (PSN) is a free and confidential service providing peer-to-peer support by Parent Coaches to parents who are struggling with their teen or young adult's substance abuse issues. The Coaches are parent volunteers who have been trained to use their own experiences in the evidence-based intervention called the Community Reinforcement Approach and Family Training ([CRAFT](#)), and have themselves dealt with raising a drug-involved kid.

CMC's 20-minute guide to CRAFT

Why not take this moment to download and review the attached [20-minute guide to CRAFT](#), developed specifically as the focal point for this project by The [Center for Motivation & Change](#)?

To learn more about CRAFT, you may also want to read [Get Your Loved One Sober](#), the highly recommended book by Robert Meyers and Brenda Wolfe.

Each family is different – no guarantees

It is important to note, that dealing with a child who is abusing drugs or alcohol is complex and challenging in a myriad of ways. Each family is different, every child is different, and we cannot guarantee that any advice or specific form of treatment is going to be effective in every case with every family.

And, we must further stipulate that whether or not there is a desired outcome for you and your child, you will not make any sort of legal claim against the Parent Coach, CMC or the Partnership. That said, the PSN will endeavor to use the best and most effective knowledge in the service of helping your family.

A word about parent coaches

PSN parent coaches are all CRAFT- trained volunteers with the experience of raising a drug-abusing child. During the 3-5 times that you will speak with them, you can expect them to:

- Take an interest in the events leading to the present – and give you a chance to discuss what steps you have already taken and how your efforts have worked thus far.
- Provide emotional support, with an emphasis on self-care and positive communications with guidance to help you sidestep your own old patterns.
- Suggest positive methods to engage and motivate your child to make meaningful changes.

Parent Coaching is not psychotherapy

Despite the central role the Parent Coaches play in the PSN, they are not psychotherapists nor is Parent Coaching considered a substitute for psychotherapy. Parent Coaching should never be used as a substitute for professional counseling, legal, financial or medical services.

Although it is a point of professional satisfaction that our Parent Coaching services are guided by the latest research-backed strategies and informed by our extensive professional and practical experience, neither the Parent Coach, CMC, nor the Partnership can guarantee any specific outcome for either you or your child. It is our sincerest hope however, that our PSN support will be as useful to you in your unique situation as it has been to countless others.

All you have to do to “opt in” and get started with a trained Parent Coach is to check the box below and then return this e-mail with the words “Parent Coach” in the body of the text of the message. This states that that you have an understanding of the program outlined herein, and that you would like to get started with a Parent Coach. It’s that easy. We’ll take it from there.

Please check the box on the left as your way of “opting in” to the PSN program, and as our way of knowing that you have read the above welcome letter and indemnification agreement.

Remember to return the email back to us so that we can get you started right away.

If you haven't heard from your assigned parent coach in a couple of business days or want to talk for any other reason, please feel free to call me back at the number below.

Until then, I wish you and your family all the very best.