K.N.O.W.2 PREVENT

KNOWLEDGE NETWORK OF WESTCHESTER

You can't PREVENT what you don't know!

A WESTCHESTER VIRTUAL SPEAKER SERIES

TUESDAY, APRIL 16 7–8:30 PM



Caroline DuPont, MD
Vice President, Institute for Behavior and Health, Inc.
Board Certified in Psychiatry and Addiction Medicine



Nancy Pasquale
Coalition Coordinator & Youth Advisor, RyeACT
IBH Prevention Consultant,
One Choice Prevention



Debbie Berndt
Director, Substance Free Athletics
Host, SAMHSA's Talk.
They Hear You! Campaign podcast

The One Choice 5:
What Parents and Caring Adults Need to Know About Youth Substance Use Prevention

Spring is here, and for many it marks the start of the hectic, and often stressful, countdown to the end of the school year and all that comes with it for youth and families. Homework, tests, and final exams. Proms, Graduations, and end-of year "moving up" ceremonies. And gearing up for periods of transition: from Elementary to Middle School, Middle to High School, and the transition to work, college, and beyond for HS grads. While these times can be exciting and joyous, they are also frequently times of increased stress and anxiety, and are often associated with increased substance use for young people. This is an ideal time for parents and caring adults to make a renewed commitment to having those important prevention conversations with the youth in their lives, but many don't know where to start.

The "One Choice 5" is a resource for parents and caregivers, created and shared by the Institute for Behavior and Health's One Choice prevention and treatment partners from across the country, and grounded in the brain science of addiction and best practices in youth prevention. Join us for this timely presentation that will provide parents/guardians, and caring adults with the information, tools, and strategies to support their children to make decisions that protect their health, their safety, and their future!



PRESENTED BY

CCC Cortlandt Community Coalition · Communities Ossining That Care · RyeACT · iASK Irvington About Safe Kids Community Advisory Board, Village of Irvington · Youth Services Coalition · United for Youth · Scarsdale Action Youth · SAYA · Somers Partners in Prevention · The Way · Pleasantville Strong

REGISTER AT
KNOW2Prevent.org

SUPPORTED BY

Power to the Parent · Westchester County · Student Assistance Services

QUESTIONS?
INFO@KNOW2PREVENT.ORG