

Caring For Your Teen:

Mental Health Promotion and Well-Being Information for Parents and Caregivers

Age	Key Message	Taking Action
15-18	Stay in the loop, be acquainted with the company your child is keeping.	<ul style="list-style-type: none"> • Get to know your teen’s friends and maintain connection with their parents. • Have your teen’s friends over for dinner, movies. • Obtain names and phone numbers of friends. • Find out what your teen’s friends parents are teaching their children about alcohol and drug use.
	Know when to step in and step back.	<ul style="list-style-type: none"> • Use language from a loving, non-judgemental place. • Avoid stigma or shame (i.e., “I am going to support you, not punish you”). • Listen. Hear your teen out when they have an opinion to share. • Let your teen know that safety comes first. Invite their opinions and share your own on making safe choices.
	Have “difficult” conversations with your teen about drugs/drug use/ dangers.	<ul style="list-style-type: none"> • Include discussions on Fentanyl and opiates. • Be informed. Learn about alcohol and substance use so you can help your teen make good choices. • Be prepared. Being strategic in how you approach the topic and communicate can go a long way. • You have more influence over your teen’s decisions than you may think. Be mindful about role modelling healthy choices.
	Stay connected to your teen; this serves as a protective factor.	<ul style="list-style-type: none"> • Youth need to be connected to nurturing adults for emotional acceptance rather than solely on their peers. This connection with adults acts as a buffer in the prevention of alcohol/ substance use. • Cultivate this connection by demonstrating that you are available if they need to talk. • Spend quality time with your teen. • Keep the lines of communication open. Letting your teen know that you are available increases the chance that they will talk to you when it comes to important things.

Resources

- Cannabis Use and Youth - A Parent's Guide: <http://www.heretohelp.bc.ca/workbook/cannabis-use-and-youth-a-parents-guide>
- Centre for Addictions and Mental Health: CAMH.ca
- Centre for Addictions Research BC: CARBC.ca
- Here to Help BC: heretohelp.bc.ca
- Kelty Mental Health: keltymentalhealth.ca
- Kids and Drugs - A Parent's Guide to Prevention: drugfreekids.ca/wp-content/uploads/2012/11/kids-enfants-enf-kid-eng.pdf
- Mike and Vicki (interactive website about choices): mikeandvicki.ca
- Parent Action Pack: parentactionondrugs.org/for-parents/parent-action-pack
- The Road Ahead: A Guidebook for Parents of Teens About Alcohol and Other Drugs: <http://www.heretohelp.bc.ca/workbook/the-road-ahead-a-guidebook-for-parents-of-young-teens-about-alcohol-and-other-drugs>
- Youth in BC: youthinbc.com

Cultural Awareness and Aboriginal Health

It is important to recognize and honour Aboriginal cultural differences in order to foster a sense of belonging, pride and well-being amongst Aboriginal children and youth. Aboriginal families can make connections to culture, language, and traditions, by linking with any of the following programs and services:

- **Westbank First Nation Community Services** 1900 Quail Lane, West Kelowna 250-768-0227
- **Ki'Low'Na Friendship Society** 442 Leon Avenue, Kelowna 250-763-4905
- **Metis Community Services Society of BC** 2949 Pandosy Street, Kelowna 250-868-0351
- **BC Aboriginal Child Care Society** <http://www.acc-society.bc.ca>

Foundry Kelowna, an integrated youth clinic (ages 12-24), is coming soon!
For more information, visit: www.cmhkelowna.com/foundrykelowna

Concerned about
your child's mental
& youth mental
health? Contact Child
& Youth Mental
Health Services:

(250) 861-7301

For the full range of
community services,
supports, and events,
see KCR – Community
Resources:

www.kcr.ca