



## **PRESS RELEASE**

**July 1<sup>st</sup> 2011**

### **Parents In Control**

The National Drug Council (NDC) is pleased to have hosted "Parents as Preventers" a substance abuse education and prevention workshop for the group "Neighbourhood Moms." This workshop is geared towards parents of teenagers and is facilitated by Prevention Officer, Mr. Simon Miller.

The NDC was approached by "Neighbourhood Moms" in May 2011 to offer this prevention-based workshop to its members in an effort to help prevent drug and alcohol use among children.

"Parents as Preventers" which was developed by the National Drug Council is a series of free workshops designed for parents and caregivers. The workshops include but isn't limited to topics such as; local drug trends, basic knowledge on detecting substance use, maintain good communication, being a positive role model, and teaching children to choose friends wisely, to name a few. The workshop is a component of the National Anti-Drug Strategy in fulfilling the strategy that seeks to strengthen and assist families and communities affected by drug abuse.

The National Anti-Drug Strategy is the blueprint for the Cayman Islands' response to the misuse and abuse of both illicit and legal drugs, including alcohol, tobacco

and prescription drugs. "With the implementation of the National Anti-Drug Strategy 2009-2013, the Government aims to significantly reduce the prevalence of drug use amongst the Cayman Islands population, thereby minimising social harm and damage to the well-being of our society", stated Joan West-Dacres Executive Director of the NDC.

According to the most recent Cayman Islands Student Drug Use Survey, over 30% of students reported having a family member with a severe alcohol or drug problem. Equally significant, when asked if students felt comfortable sharing their thoughts and feelings with their parents 51% said no to mothers and 31% said no to their fathers.

"Communication is paramount", stated Simon Miller Facilitator of Parents as Preventers. "Research tells us that two out of every three young people who start drinking before the age of 15 will try an illicit drug. Parents must be aware of behaviours that signal warnings and most importantly be equipped to address them. Too often parents fall in the trap of attributing certain behaviours to adolescence thus avoiding communication".

The workshop illustrates possible signs of drug use which includes a drop in grades, secretive behaviour regarding actions or possessions, new friends, and a change in activities. Moreover, it provides strategies for families already facing the problem of alcohol and drug use with their children and encourages them to seek professional help.

The Parent as Preventers workshop is free for parents, through the NDC. Parents who complete 4-week sessions receive a certificate, professional contacts, and a resource package.

Parents interested in more information about the Parents as Preventers workshop can contact the NDC at 949-9000 or by email at [info@ndc.ky](mailto:info@ndc.ky) or visit [www.ndc.ky](http://www.ndc.ky) for additional resources.

**-- END--**