

J O I N U S

Washtenaw Families Against Narcotics Family Forum presents

# **Reducing Adolescent Substance Use Through Family Education, Communication and Connection**

**Dr. Chantelle Thomas**

*Executive Clinical Director, The Manor, Slinger Wisconsin*

Positive communication and connection are every parent's goal and substance use is every parent's fear. Knowing how to have age-appropriate conversations, setting strong boundaries and being emotionally supportive empowers parents to keep their child safe from substance use.

Dr. Thomas will present underlying factors that cause children to experiment and how parents can be aware of behaviors that put their children at an increased risk of substance use.

How to talk with your child and keep the conversation going on family rules, boundaries and consequences will be discussed.

**Monday, November 11th, 2019**

7:00 pm to 8:30 pm

242 Church

648 S. Wagner Rd. in Ann Arbor

An estimated 64% of high school students have tried alcohol, nearly half have used an illegal drug, and 18% have inappropriately used a prescription drug according to the National Survey of Drug Use and Health (Center for Behavioral Health Statistics and Quality, 2015).

Clinical psychologist, Dr. Chantelle Thomas is a certified biofeedback practitioner focusing on the psychological impact of stress and chronic trauma and specializes in addiction treatment, trauma, and health psychology. Dr. Thomas developed the SUD consultation clinic with the Access Community Health Centers through the University of Wisconsin – Department of Family Medicine & Community Health.



**Families Against Narcotics**

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Washtenaw FAN Family Forum meetings are held on the 2nd Monday of every month  
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