

BROUGHT TO YOU BY
The Connecticut Department of Mental
Health and Addiction Services and the
Prevention Training & Technical
Assistance Center

February 2022
Contact: Jennifer Jacobsen
jacobsen@xsector.com

News FOR IMMEDIATE RELEASE

NEW E-BOOK 'A PARENT'S GUIDE TO OPIOID AND SUBSTANCE USE PREVENTION' HIGHLIGHTS RESOURCES FOR CONNECTICUT FAMILIES TO PREVENT, TREAT, AND HEAL A YOUTH MISUSING SUBSTANCES.

Parents play a key role in preventing substance misuse for their children. This new e-book provides the information parents need to talk with their kids about substance use at any age.

Opioids include several natural and synthetic drugs that bind to opioid receptors in the brain, causing a sense of calm. Despite being commonly prescribed, opioids are highly addictive. Opioid misuse is an American epidemic with devastating consequences, especially in Connecticut. From March 2020-21, in Connecticut alone, 1,413 people died from overdose, more than 63% above the national average ([US Centers for Disease Control and Prevention's National Center for Health Statistics](#)). Many of these deaths involved opioids like heroin or prescription painkillers such as oxycodone (OxyContin®), hydrocodone (Vicodin®), or fentanyl (Duragesic®, Sublimaze®).

The Prevention Training & Technical Assistance Center (TTASC), with support from Connecticut Department of Mental Health and Addiction Services (DMHAS), is proud to present **A Parent's Guide to Opioid Use Prevention**. The Guide provides information about strategies that Connecticut families can use with children of all ages to prevent opioid misuse, abuse, and addiction and emphasizes opportunities to support youth who face additional challenges and heightened risk. This e-book will help you understand what factors put kids at risk and what factors protect them from using opioids before they reach adulthood; tips for communicating about substance use with children of different ages; recommendations for keeping kids safe at home; options for prevention and treatment; important questions to ask medical providers who might prescribe opioids; detailed information about the youth populations that experience heightened risk; resources available through our website including videos on how parents can have conversations with their teens about alcohol use and other topics related to substance abuse prevention.



Carol Meredith, DMHAS Director of Prevention and Health Promotion states, “parents and caregivers who actively build protective factors in their child’s life decrease the likelihood of their child misusing, becoming dependent on, or addicted to, and overdosing on opioids.” According to Ms. Meredith, preventing drug use and its related harms is a shared responsibility for individuals, families, and communities. “The parent e-book provides easy to access information about opioid overdose prevention, tips for communicating with children of different ages, recommendation for keeping kids safe at home, and resources for prevention and treatment.”

Drug use is a difficult topic to talk about with your child, but it's never too early to start talking. Help us protect Connecticut kids by knowing what opioid use looks like, and how to prevent, treat, and heal from opioid use.

Together, we can help our kids become thriving adults and we can put an end to the opioid crisis. You can access the e-book and accompanying tools and resources [here](#).