

SUBSTANCE ABUSE PREVENTION

PROFESSIONAL DEVELOPMENT



TIP SHEET

GUIDING GOOD CHOICES: IMPLEMENTATION

PROGRAM OVERVIEW

Guiding Good Choices is a five-session, drug prevention program for parents of children ages 9 –14, designed to equip parents with specific strategies to help their children avoid drug use and other adolescent problem behaviors, and develop into healthy adults. The primary objectives of Guiding Good Choices are to enhance protective parent-child interactions and to reduce risk for early substance use initiation. The workshop series addresses:

- Preventing substance abuse in the family,
- Setting clear family expectations regarding drugs and alcohol,
- Avoiding trouble,
- Managing family conflict, and
- Strengthening family bonds.

Guiding Good Choices' interactive sessions provide opportunities for parents to build and practice skills to strengthen bonds with their children and set clear guidelines on drugs. Parenting skills are demonstrated through the curriculum's use of video-based vignettes. This program, based on the social development model, provides a unique blend of parent and family sessions to build the competency of the entire family. Children are required to attend one session which aims to build their peer resistance skills. The remaining four sessions are solely for parents and address topics to strengthen families and prevent substance abuse. Guiding Good Choices is designed so that session components build on one another in a sequential fashion, with later sessions reinforcing objectives of prior session, with the average session lasting approximately 2 hours.

SPECIAL CONSIDERATIONS FOR SUBSTANCE ABUSE PREVENTION PROGRAM PROVIDERS:

To meet implementation standards, Illinois substance abuse prevention providers must implement 5 sessions, one time per week, with each session lasting 2 hours.

TEACHING STRATEGIES:

Start and End Sessions on Time

Not only is it critical that workshops be held at times and at locations convenient for parents, but it is essential to start and end sessions on time. Parents are busy – starting and ending on time increases your credibility as a leader and demonstrates that you value your participants' time.



Prevention First
2800 Montvale Drive
Springfield, IL 62704

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Preview Videos Prior to Sessions

Provide participants with a brief introduction and summary of each video segment. Knowing the central themes or skills presented in each segment allows you to set the stage and ensure a meaningful learning experience for parents.

Focus on What Parents are Doing Right

Focus on what parents are doing right rather than what they are doing wrong. All parents do have strengths, use active listening techniques and take time to recognize and encourage parents' strengths.

Set and Enforce Ground Rules

Be clear regarding the expectations of participants. Let participants know that everyone will get the chance to talk without being interrupted. Ensure participants understand workshops provide opportunities to practice and learn and active participation is expected. Group members should always be respectful of others and ensure confidentiality of information shared within the group.

Draw on the Experience of Participants

Parents are motivated when they are listened to and respected. They value encouragement from facilitators and learning from other parents. When participants bring up questions or problems, allow other group members to present ideas and solutions. Interject as needed to keep the group on track and focused on the issues presented. Remember you are a trainer, not a counselor - refer parents to professional counselors or other needed resources when appropriate.

Involve Everyone in Workshop Sessions

Encourage everyone to participate in discussions and practice exercises. Find respectful ways to draw out shy participants and ensure no individual dominates the conversation. Encourage questions and discussions and work to provide a warm, friendly and nonjudgmental atmosphere.

Use Interactive Teaching Methods

Specify objectives before each activity and present skills step-by step. Model the steps first before asking volunteers to demonstrate and allow the group to practice skills before moving on to the next step. Check for understanding after presenting new material before moving on. Make activities fun. Whenever you write something down, let participants see what you are writing. Do not take private notes during the session; many participants will worry about what you are writing.

Make Spanish Materials Available as Needed

Make sure Spanish versions of materials are available to parents and their children whose primary language in the home is Spanish. All Guiding Good Choices program materials are available in Spanish.

ADDITIONAL RESOURCES

For more information about technical assistance or the services we offer, please contact providerservices@prevention.org or call 217-836-5346.

Guiding Good Choices Program Support
Dr. Dorothy Ghylin – Channing Bete Company
360-649-8903 or dr.d.ghylin@comcast.net
<http://www.channing-bete.com/prevention-programs/guiding-good-choices/guiding-good-choices.html>
SAMHSA's National Registry of Evidence-Based Programs and Practices – NREPP
www.nrepp.samhsa.gov