SAPC
Grand Forks Substance Abuse Prevention Coalition



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POSITIVE INFLUENCE

News From The Grand Forks Substance Abuse Coalition



Communicating With Your Child When You Suspect Substance Use

Starting a conversation with your child about possible substance use is not easy - but it is an important step in protecting their health and well-being.

- **Expect strong emotions.**
  Your child may say things that feel hurtful. Try not to take these words personally.
- **Show love and highlight the positive.**
  Offer encouragement and praise when they are honest or make healthy choices.
- **Speak calmly and respectfully.**
  Staying calm can prevent your child from shutting down, storming off or becoming defensive.
- **Involve the whole family**
  Family meetings can help establish rules, curfews and consequences together.
- **Allow time to cool down.**
  If emotions run high, take a break and return to the conversation later.
- **Set clear boundaries and consequences.**
  If substance use continues, be ready to follow through on fair and consistent consequences.

When To Seek Extra Help

If you are worried about your child's health or safety, don't wait to reach out for professional support. Talk with your child's doctor, a mental health professional or a substance use counselor. Getting help early can make a big difference.

Source: www.parentslead.org

Positive Partners



As a licensed mental health and addiction counselor, who serves as the substance use manager at the University of North Dakota Counseling Center, Taylor Sorlien is passionate about supporting students in building healthier lives and fostering a community where wellness, connection and recovery are valued. Through counseling, education, prevention initiatives and collaboration with campus and community partners, she works to ensure that individuals feel supported, understood and empowered to make positive choices.

Sorlien's mission is to promote healthier communities through education, compassion and early intervention. She recognizes that substance use can affect individuals, families, relationships and overall well-being, and she believes that meaningful change happens when communities work together. By building partnerships, reducing stigma and increasing awareness of available resources, she hopes to create a culture where seeking help is encouraged, recovery is celebrated and everyone has the opportunity to thrive.

Important Resources

If you'd like to learn more about how you can speak to your teen about alcohol, tobacco and marijuana use, the road to becoming a positive influence can begin with information from these websites:

- parentslead.org
- CDC.gov
- prevention.nd.gov
- tobaccofreekids.org