

Courage to Speak® Courageous Parenting 101

“Parenting Through the Opioid Crisis and Beyond”™ Free Online Training Module

Online Drug Prevention Parent Training Module



Under the 2018-2020 State Opioid Response Grant (SOR), the Courage to Speak Foundation has been asked to adapt their live parent drug prevention education program, Courage to Speak® Courageous Parenting 101 “Parenting Through the Opioid Crisis and Beyond”™, into an interactive online training.

With a grant from the CT Department of Mental Health and Addiction Services, the Courage to Speak® Foundation developed this new program to be available free to all parents in the State of Connecticut. To access this Free Online Drug Prevention Parent Training, please visit

<https://couragetospeak.org/courageous-parenting-education-module/>

Program Objectives

Increase Parents:

- **Knowledge** about the dangers of drugs
- **Confidence** in knowing how to talk to their teens about drugs
- **Understanding** the importance of talking to children about drugs
- **Knowledge** in how to recognize if their child was using drugs
- **Confidence** in teaching their children how to refuse drugs



Features

Accessible from anywhere at any time, parents will have the ability to login to our platform and complete a skills-based training on their own schedule. Through video lessons, informative presentations, handouts and interactive activities, parents learn the knowledge and skills they need to keep their children safe from drug use.

Research

Parent pre-and post-surveys results showed:

- **40% Increase in knowledge** about the dangers of opioids and other drugs among adolescents
- **50% Increase in confidence** in knowing how to talk to their teens about drugs
- **25% Increase in understanding** the importance of talking to children about drugs
- **50% Increase knowledge** in how to recognize if their child was using drugs
- **40% Increase confidence** in teaching their children how to refuse drugs

For more information about how to implement this free parent training in your school or community, please contact The Courage to Speak® Foundation at **203-831-9700** or email gtkatz@couragetospeak.org

This program is funded from the United States Department of Health and Human Services’ (HHS) Substance Abuse and Mental Health Services Administration (SAMHSA) through the CT Department of Mental Health and Addiction Services. (DMHAS).

DHMAS Opioid Support Access Line: 1-800-563-4086

