Supporting youth impacted by addiction

elunanetwork.org/resources
Substance Use Disorder
Prevention & Support

Supporting youth impacted by substance use disorder (addiction)

Pointers:
- Reassure youth that they are valued and it is not their fault
- Use person-first language that recognizes addiction as a disease & public health issue "____ is struggling with a substance use disorder"
- Show respect toward the person struggling with a substance use disorder & support the youth's connection to that person
- Model & encourage healthy routines & activities that bring joy
- Provide prevention support by talking about risks, setting clear expectations, staying engaged & intervening early
- Consider prevention & mentorship programs - like Camp Mariposa
- Check in regularly & stay involved, offering support & an open door
- Welcome questions & LISTEN! LISTEN! LISTEN!

Things to avoid:
- Stigmatizing language that produces judgment, such as "addict" or "drug abuser"
- Prying without first building trust - start by spending time together and showing interest
- Expecting youth to take on 'parenting' or 'caregiving' roles instead of receiving care

For more SUBSTANCE USE DISORDER PREVENTION resources scan here: