

Tips For Parents/FM Suspecting Substance Misuse or Addiction:

- **Get Educated – reliable sources**
- **Find Support for YOU**
- **You will Not See when the Line is Crossed from Substance Misuse to Addiction; neither will your child**
- **Always Be on Their Side**
- **Keep Narcan in your home!**
- **Establish Healthy Boundaries & Consequences**
- **Stay Inside Your Hula-Hoop (know what you can control)**
- **Get on the Same Page (spouses)**
- **Just Say No \$**
- **Your Mantras:**
 - ✓ **“I will support your Recovery and Not your Drug Use / Addiction”**
 - ✓ **“I will not invest in your self destruction, drug use and (potential) addiction any longer.”**
 - ✓ **“I will continue to love you even when you cannot love yourself.”**
 - ✓ **“I will try my best to stay out of judgement so that you can trust that I will not criticize you no matter what.”**
- **Get Involved – Greater Monroe Recovery Community Organization**

