

LET'S TALK

Listen like a friend, respond like a parent

Powered by the Mental Health, Alcohol & Drug Addiction Recovery Board of Putnam County

As an initiative of the Mental Health, Alcohol & Drug Addiction Recovery Board of Putnam County, the "Let's Talk" program will give parents the tools they need to start discussions with their children about drugs and suicide, as well as about their strengths and assets. The primer is intended for key influencers of parents with kids ages 0-24 who will be giving the "Let's Talk" brief at an upcoming event, function, or meeting.

Why is there a need for this program?

- Opiate and prescription painkiller use/overdose is at an epidemic level with kids in Putnam County.
- Suicide is an all-too-common occurrence.
- Kids today are surrounded and inundated by screens and social media outlets, yet missing the face-to-face human connection that results from talking to someone who loves and cares about them. The most significant connection young people have is a parent.
- Research tells us kids gain more when they build on their strengths and talents versus focusing on their weaknesses. This focus gives them the resilience they need when tough times happen.
- It is important for parents to establish positive, open lines of communication with their children in order to build up strength and assets, and talk to them about drugs and suicide.

Key Messages

- Talk to your kids TODAY about strengths, drugs, suicide
- Listen like a friend, respond like a parent
- Build them up now, they'll be strong when it counts

Program Goals

- To make parents aware of the importance of starting a positive dialogue with their children by at least age three about their strengths and assets, suicide, and drugs.
- To cause parents to start the positive dialogue with their children at least by age three about their strengths and assets, suicide, and drugs.

Outreach Goals

- To reach every school, every church, and every business in Putnam County with this message.
- Reaching this goal is too big of an undertaking for just one agency or commission. But with YOUR help, we can do it. The end result we desire? No more overdoses and no more suicides in our youth. This 15-minute presentation can help make this change.



As a key influencer of our primary audience, we need your help to spread the word about this incredibly important, yet easy-to-execute program. Can you commit just 15 minutes of your time at your next event or meeting?

It's as easy as 1-2-3!

1

Prepare

- Set aside 15 minutes in your next event, function, or meeting for this presentation
- Have an audio/visual setup to play the "Let's Talk" video. Internet connection is not necessary; you can download the video ahead of time from our website or utilize the "Let's Talk" USB drive
- We can provide posters to hang, and program brochures for you to distribute upon request
- This primer can assist you along the way

2

Present

- Start your presentation with some of the information listed on the reverse side about the issues of drug use/suicide, as well as the importance of talking to your children about their strengths early and often.
Time: 2 Minutes
- Play the "Let's Talk" video. **Time: 8 minutes**
- At the video's conclusion, ask parents for a show of hands how many are now willing to start the conversation with their kids about drugs and suicide. How many are willing to keep a Strengths Journal? Remind them they can visit letstalkpc.com for conversation starters. **Time: 2 minutes**
- Finish by reminding parents that their kids WANT to hear from them, and to start the conversation today. Build them up now so they are strong when it counts. **Time: 1 minute**
- Pass out brochures (if applicable). **Time: 2 minutes**

TOTAL TIME: 15 minutes

1

Program Evaluation

- If you have emails for your attendees, send them a link to our three-question survey to gather their takeaways from the presentation. This helps us to quantitatively measure our goals of the program.
- Identify at least three attendees from your event who are willing to give the "Let's Talk" pitch at their next meeting or event. Share a primer and "Let's Talk" USB with them.

