

Getting Focused On Alcohol Use In Young People

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Objectives for this evening's program:

- ▶ 1. Be responsive to your needs.
- ▶ 2. Answer any questions you may have. Don't leave with an unanswered question! The power of this gathering will come from your questions!
- ▶ 3. Increase your understanding of this issue.
- ▶ 4. Provide pointers for connecting with your children regarding this issue.
- ▶ 5. Share any ideas/thoughts you may have with others in attendance tonight.
- ▶ 6. increase your parenting presence not your anxiety.

A quote from author; Peter DeVries

- ▶ “Who among us is mature enough for offspring before the offspring themselves arrive? The value of marriage is not that adults produce children, but that children produce adults.”

A quote from Carl Jung...

“There is no coming to consciousness without pain.”

Beginning at the end...

- ▶ COMMON SENSE: “Good sense and sound judgment in practical matters.”



“Quick” look at some statistics/studies:

- ▶ 2015 Youth Risk Behavior Survey (High School) (15,000 sample size)
 - 33% drank some amount of alcohol in the previous year
 - 18% reported binge drinking.
 - 8% reported driving after drinking
 - 20% reported riding with a driver who had been drinking.

“Quick” look at statistics/studies:

- ▶ Underage “Binge” Drinking (15,000-student sample):
 - 1 in 6 teens binge drink.
 - Only 1% of parents believe their teen binge drinks.
 - 21% of HS students binge drank in the past 30-days.
 - 90% of alcohol consumed by teens involves binge drinking.
 - 4300 underage deaths are caused by excessive drinking each year.
 - 189,000 ER visits in 2015 were related to drinking.

Who are we teaching?

- ▶ Erikson's Psychosocial Stages:

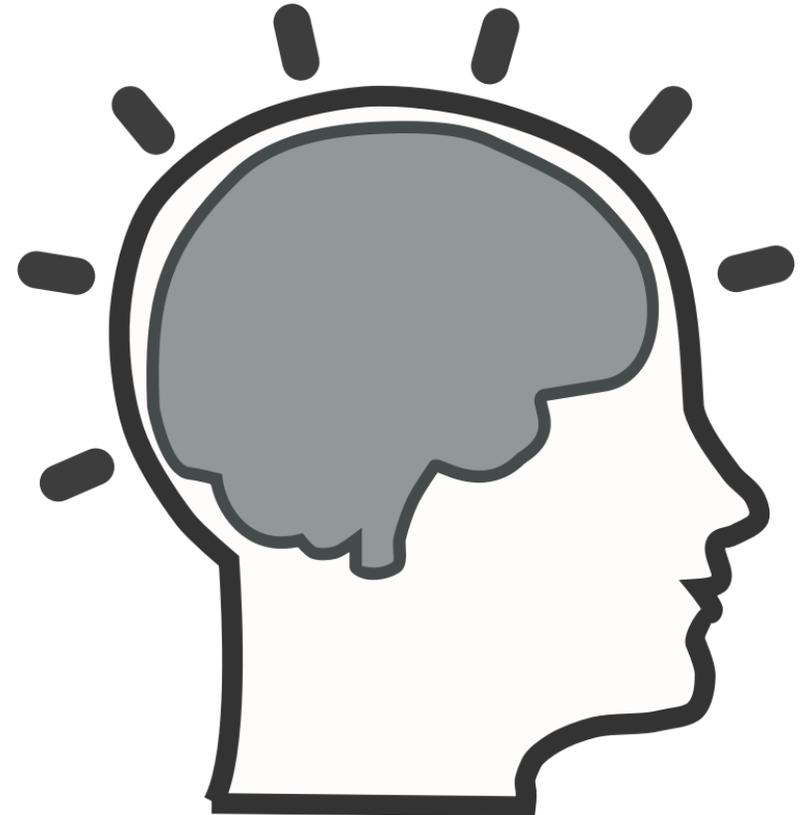
IDENTITY VERSUS ROLE CONFUSION

Occurs during adolescence between the ages of approximately 12 and 18. During this stage, adolescents explore their independence and develop a sense of self.

Why are young people using Alcohol and what is the context of this part of the journey?

▶ Risk Taking

- Brain Physiology: rapid development
 - Cognitive Distortions as filters
 - Social pressures/belonging
- The perception of alcohol use:
 - Before Age 9: bad
 - By Age 13 and Later: not so bad



Personalities influenced by Physiologies

- ▶ ADHD
- ▶ Conduct Disorders
- ▶ Aggressive Personalities
- ▶ Hyperactive
- ▶ Depressed
- ▶ Withdrawn
- ▶ Anxious

(A word about labels....)

What part of you is (seeing this)(making decisions)

* Thoughts become stories and stories become filters through which we see the world! (The "Ducker")



The bottom line...

- ▶ WE MANIFEST THAT WHICH WE SEE.

from forthcoming book: "Unhappy? Lose Your Mind"

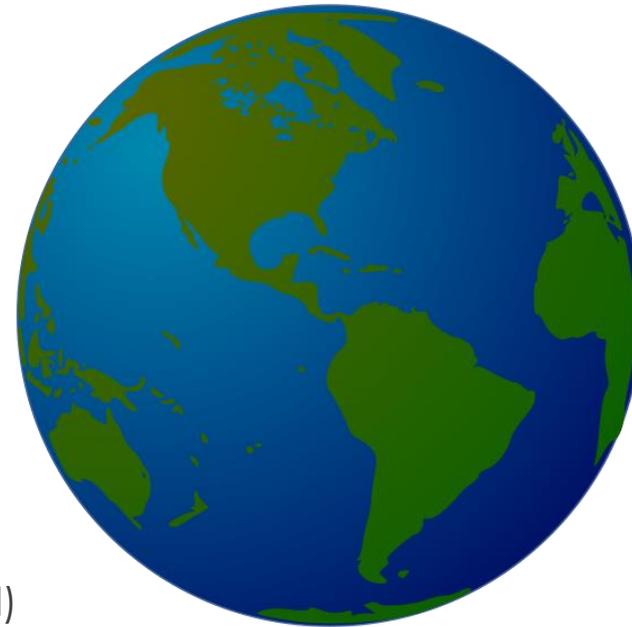
Genetics: What are the chances? What is the story?

- ▶ Alcoholic Parents:
 - genetic variation allele on chromosome 11
 - having several alcoholic family members
 - 4 to 10 times more predisposed to alcohol abuse



Environmental Factors

- ▶ Parents:
 - Present: No-where or Now-here?
 - + vs – sentiment override
 - turned toward rather than away
 - history can be a filter distorting what we see now
(the distortions of projection and transference)
- ▶ Peers
 - Walmart Wisdom: situations as lessons
 - second family
 - opting out is not copping out
- ▶ Media Messaging (the wizard in the bud light commercial)



Environmental Factors

- ▶ Social Media: what kids need to see.
 - life in the shallow end
 - illusions not real life
 - depression and social media
 - a story and a story about the story
 - posting pictures of underage drinking is not common sense!



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Some thoughts on Enabling

- ▶ Ignoring (by choice)
- ▶ Doubt (from conflicted purposes)
- ▶ Shame
- ▶ Blaming others
- ▶ Blaming yourself
- ▶ Minimizing
- ▶ The end of enabling

***“Once the enabling stops,
the recovery is given
opportunity to start!”***

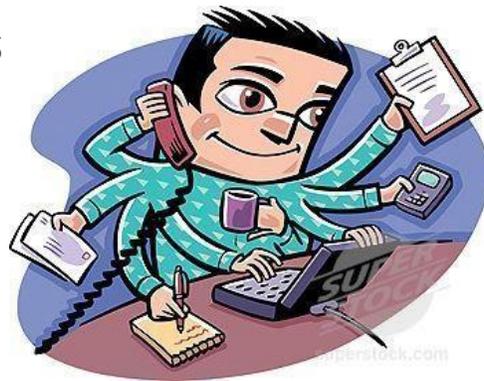
What is parenting with “presence”?

- ▶ Parenting with presence is not: Helicopter parenting or snowplow parenting.
- ▶ Parenting with presence is the Awareness that underlies the “seeing” and “doing” of parenting. It is attending to the parenting step we are in now at any given moment, whether it is:
 - communicating/connecting
 - teaching
 - having fun
 - dealing with challenges



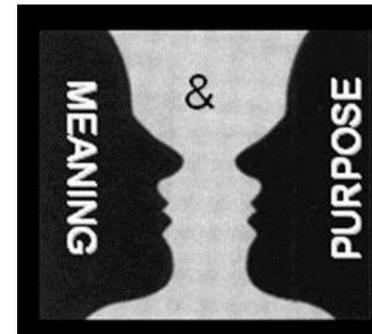
Parenting with Presence

- ▶ 1. Being Present by Eliminating Distractions
 - A. External: A new form of “attachment” disorder
 - Devices
 - Social Media: chasing rainbows
 - B. Internal: life/life situations
 - Stress
 - Anxiety
 - Depression



Parenting with Presence

- ▶ 2. Being present by knowing our purpose before acting
- ▶ Clarification of the goal belongs at the beginning since this will determine the outcome of any interaction.
 - A. In any situation where you are uncertain, consider the question:
“what do I want to come from this?”
 - B. Act don't React
Stop, Breathe, Think, Choose!!
 - C. See the purpose in the challenges we experience



Parenting with Presence

- ▶ “EVERY TIME YOU CREATE A GAP IN THE OTHERWISE INCESSANT STREAM OF THINKING, YOUR LIGHT OF CONSCIOUSNESS GROWS STRONGER.”



Eckhart Tolle

Parenting with Presence

- ▶ 3. Being present by watching our own messaging: leading by example
 - A. Use of alcohol
 - B. Telling “useful” stories
 - what is a useful story?
 - C. Where is the alcohol in your home?
 - friends helping themselves



(the “reverse” miracle)

Parenting with Presence

- ▶ 4. Being Present through strength not fear
 - A. Fear of the consequences for using consequences
 - B. Fear of losing our connection with the child
 - C. Fear from not knowing what to do.



Parenting with Presence

▶ 4. Parenting from strengths not fear (continued)...

D. Parenting Strengths:

- consistency
- presence
- straightforward/clear
- respectful: I-messages
- a word about the 4-horsemen
- connecting with other parents

The struggle you're
in today is developing
the strength you
need for tomorrow.
DON'T GIVE UP!
(Robert Tew) 
WWW.LIVELIFEHAPPY.COM

Parenting with Presence

- ▶ 5. Being present by building a child's "strength narrative".
- ▶ A. The Beggar and the Box
- B. Self esteem is the relationship we have with ourselves in thought.
- C. We manifest that which we see: What comes out is what's inside.
- D. Thoughts become stories and stories become filters for perception.
- E. VIA Strengths Survey for Children: www.authentichappiness.org



Parenting with Presence

- ▶ 6. Being present with positive connections
 - A. Family
 - B. Friends
 - quality not quantity
 - C. Professionals
 - D. Charismatic Adults
 - E. Sports/Activities
 - F. Church/Temple



We are back to where we started...

- ▶ Common Sense: “Good sense and sound judgment in practical matters.”



Free Stuff

- ▶ At www.drrobrobinson.com you'll find:
 - Links to YouTube VLOGS
 - Links to WWLP's Mass Appeal segments
 - Meditation/Relaxation program
 - Selections from the upcoming book:
"Unhappy? Lose Your Mind!"

PLEASE LEAVE YOUR EMAIL ADDRESS!



Final Pointer...

- ▶ EVERY CHILD IS GIFTED....
THEY JUST UNWRAP THEIR PACKAGES AT DIFFERENT TIMES!

