

Adapting the Parent Café Model to Support Youth Substance Use: An Assessment of Caregiver Needs

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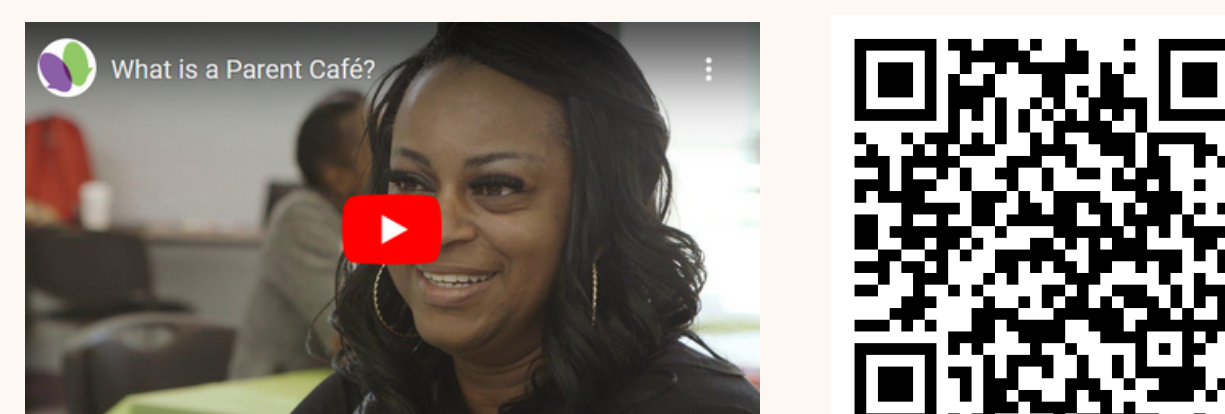
Introduction

- Strengths-based prevention approaches are recommended to enhance protective factors to mitigate the negative consequences of risk exposure.
- Parents/caregivers are often not included in youth substance use prevention initiatives, yet a healthy, safe relationship between caregivers and youth serves as a protective factor against youth substance use.
- This presents a fundamental need to address caregivers as part of a substance use prevention initiative.

Parent Cafés

- Parent Cafés is a well-established model which has been shown through experiential evidence to foster protective factors as they relate to other forms of risk (e.g., child abuse and neglect).

To learn more about Parent Cafés, scan this QR code:



- We propose adapting the Parent Café model to support primary youth substance use prevention, through the DECYDE (Drug Education Centred on Youth Decision Empowerment) strategy.
- Our program, called **Caregiver Cafés**, is being developed in consultation with both stakeholders and caregivers.

Objective

- To conduct a needs assessment to understand caregiver needs as they relate to youth substance use awareness, education, and support.

Methods

What?

- Needs assessment conducted via semi-structured interview.

Who?

- Caregivers of youth 12-18 years of age.
- Recruited via word of mouth.

When?

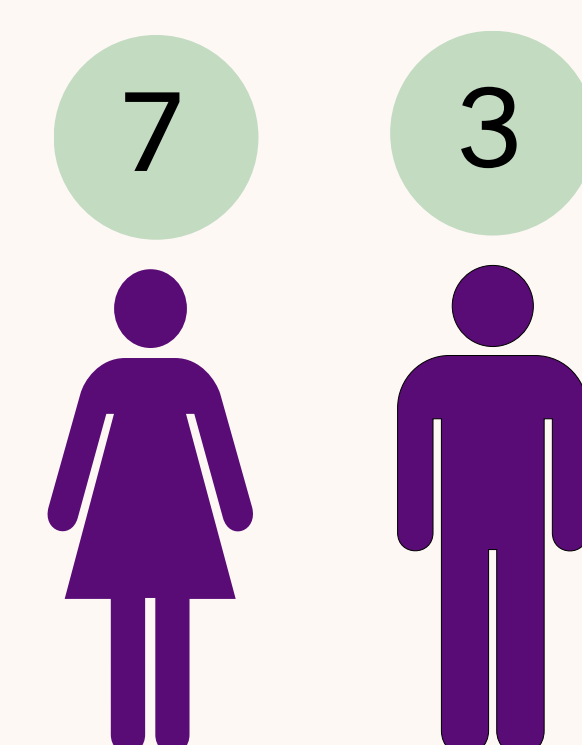
- Interviews were carried out between June-September 2024.

Where?

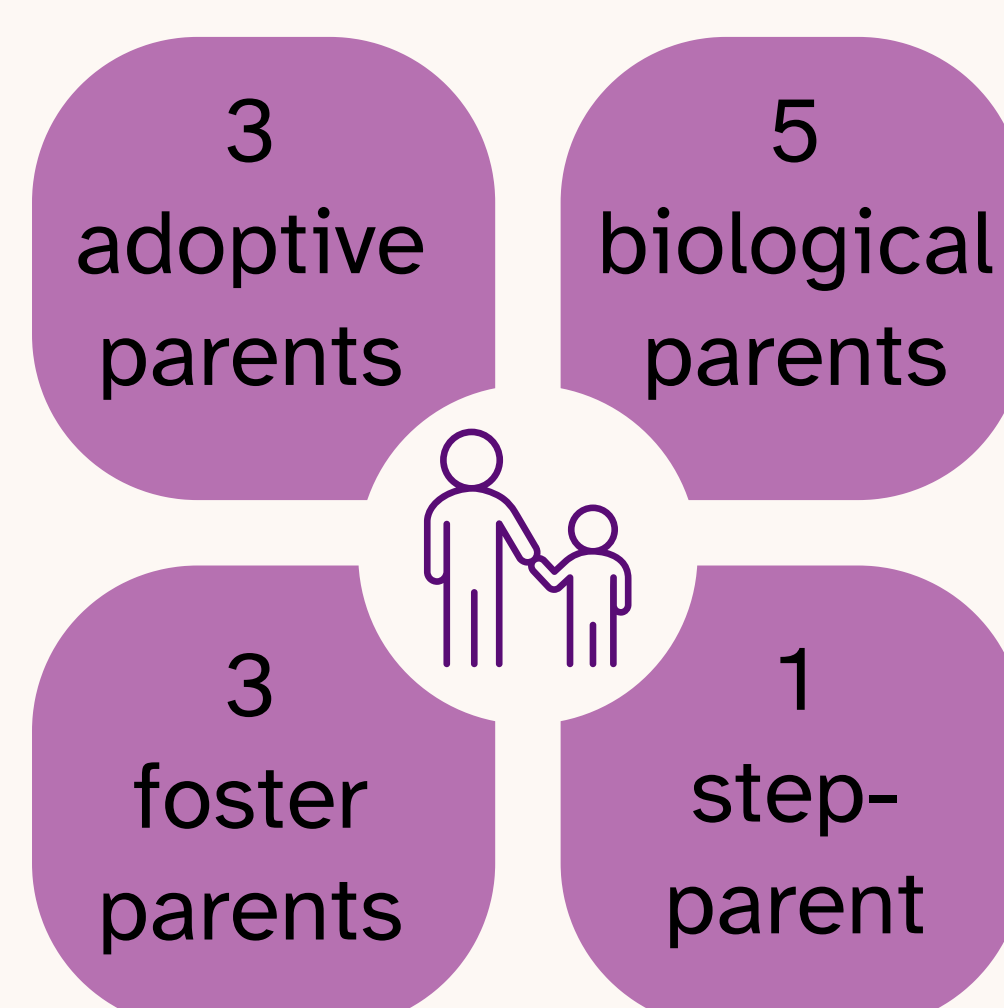
- Interviews were conducted via video or phone call.

Methods

Participant Snapshot



Age range:
35-53



- Mental health challenges
- Neurodiversity
- Gender identity
- Trauma
- Youth current substance use
- Caregiver substance use

Note:

1 caregiver did not specify their parenting experience. Some caregivers reported multiple parenting experiences.

Results

Caregivers want to learn about:

Substances and their effects.



How to facilitate healthy communication with their youth.



Factors related to substance use, like mental health and stress.



Caregiver cafés should be advertised:

By word of mouth.



In private social media groups.



In letters/emails circulated by schools.



Most caregivers prefer that the educational component of Caregiver Cafés be facilitated by an expert in the topic.



Caregivers are optimistic that caregivers in the community will be interested in becoming peer facilitators.



Caregivers prefer an **evening** caregiver café session that's **90 minutes** long, held **biweekly** or **monthly**.



9/10 caregivers reported that they would attend a Caregiver Café in the future.

Discussion

- Caregivers believe that Caregiver Cafés would address their growing concerns surrounding youth substance use.
- The adapted Parent Café model shows promise as:
 - An educational tool.
 - A facilitator of peer support.
 - A sound method of research dissemination and knowledge translation.
- Caregiver Cafés will enrich and extend DECYDE's educational resources to support families as well as youth.

Potential Impacts

- We predict that implementing Caregiver Cafés in our community will impact caregivers and their youth in the following ways:
 - Improve caregivers' knowledge base of substances, substance use, and related factors.
 - Build protective factors in families, which lends itself to substance use prevention.
 - Improve lines of communication between caregivers and their youth.
 - Provide a venue of support to caregivers to voice their concerns and substance-related parenting challenges.

References

To view references, scan this QR code:



Acknowledgements

Thank you to our interviewees for sharing their perspectives with us.

Research funded by:

