



Hingham CARES is pleased to share the following words of wisdom with parents/caregivers and students heading to college. They come from Lori McCarthy who is a licensed alcohol and drug counselor (LADC), a certified Arise Family Interventionist (CAI) and executive director and co-founder of the Herren Wellness Centers.

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FOR PARENTS AND CAREGIVERS

If we want to do our best to prevent addiction, we have to provide information. We have to educate.

It's out of love that we're telling our kids, *'This is what's happening out there, and I would be irresponsible if I didn't have these conversations with you.'*

It's sort of like building all of these strategies so that alcohol and/or marijuana and/or other drugs don't become the source of relief for our kids.

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FOR STUDENTS

Always have a plan. Always have a friend with you.

Don't be the one that's left behind, and don't be the one that leaves somebody else behind.

Educate yourself about substances. Educate yourself about what's out there. Be as curious about things that you're doing – something that you're going to put in your body – (as) you are about what you're learning in your classes, and you will be far better (for it) and a resource for other people.

You don't have to participate in all of this "stuff." Remember, your life is precious, and it is YOUR life. Be cognizant that it matters and that you matter.

Understand that under the influence of drugs and alcohol, you lower your defenses. You aren't able to make the best decisions. At times you can be put in situations that it's not possible for you to get out of because you're under the influence.

Keeping a clear head and trying to think not twice but think three times think four times about some of the decisions you are going to be making.

Gravitate toward like-minded people. Build your team so that if you're struggling or you're afraid or you're not feeling great, you reach out to these people and have them in your life.