

# Navigating Teen Depression and Substance Use as a Family

## Discussion Questions

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*Part of the Teen Depression Webinar series*

## Navigating Teen Depression and Substance Use as a Family Webinar Group Discussion Materials Introduction

The Families for Depression Awareness' Teen Depression Webinar series equips caring adults to provide constructive support to teens and young adults, so they get the help they need and deserve. The **Navigating Teen Depression and Substance Use as a Family** webinar offers a wealth of information about adolescent substance use, involving the teen in prevention and intervention, and treatment options. Because the focus of this webinar is teen substance use, we touch only briefly on depression in teens. Before watching "Navigating Teen Depression and Substance Use as a Family," as a group, we recommend that you provide participants with a link to watch the Understanding Teen Depression webinar or consider hosting a group viewing.

Please use the discussion questions provided here to supplement the Understanding Teen Group Viewing Guide (<http://bit.ly/TDGuide2020>). In the Group Viewing Guide, we provide suggestions for equipment, creating a safe space, facilitating, and role-play scenarios for communicating with teens and young adults. When physical distancing is prudent, you should try to utilize a videoconferencing service that allows for each person on the call to participate.

### Discussion Questions

1. What new or interesting information did you learn about depression and substance use in the webinar?
2. Do you know a teen or young adult who has been diagnosed with depression and uses substances? Can you describe how depression and substances have impacted that young person's life and what they have done, if anything, to manage it?
3. How can parents and caring adults help prevent teens from using substances?
4. What can parents and caring adults do if a teen who struggles with depression is already using substances?
5. Which of the protective factors described during the webinar do you, your teen, and your family have in your life? What effect do they have?
6. If you were talking to a young person who had signs of depression-related substance use, how would you start the conversation? What points would you want to make? (Ask the group: Has anyone has had similar conversations and how did you navigate the situation?)
7. Do you anticipate any barriers to the teen's involvement in prevention methods or treatment? \*Remind participants about the Family Action Plan available at [familyaware.org/actionplan](http://familyaware.org/actionplan).
8. How will you follow up on this webinar? What steps are you committing to take? (They might write this down for themselves rather than saying out loud.)

### Thank you

We extend our grateful thanks to our generous funders for their support of the Teen Depression Program. Our current funders are listed on the Teen Depression Webinar page on our website at [www.familyaware.org/trainings](http://www.familyaware.org/trainings). And thank you for engaging in this discussion and learning how you can help a teen!