



Parent Speaker Guidelines

Prospective presenters should attend an appropriate number of Parent presentations before first speaking to become familiar with our presentation styles for parents and how these guidelines are incorporated.

Prospective presenters will meet with the **Director of Parent Programs** or a designated other person to review their speaking outline and timing before your first presentation.

Parent Presentations should last for a maximum of 20 minutes.

Flexibility is required and your presentation may be shorter or longer at times.

Leave time for questions.

Please add Narcan, the Good Samaritan Law, and One Pill Can Kill to all discussions.

Alumni in Recovery will review with new speakers.

Remember: This is an opportunity for you to educate others, doing the below will help your story be as impactful to your audience as possible.

- Have some photos of your child to personalize the message.
- Check with the Coordinator if a PowerPoint can be utilized in a particular event if you wish to display photos (on a USB stick for laptop), although this is optional.
- Follow this link and make a copy of the PowerPoint to edit and use during your presentation: <https://tinyurl.com/yvhrk335>
- Bring notes to help guide you if needed.

Please Be Mindful of the Following Information:

REFRAIN from using mind altering substances prior to all speaking engagements.

NO PROFANITY & NO SLANG WORDS – Please be responsible for the words you use — they matter!

DON'T WEAR clothing w/opinionated statements (not including sports teams).

DON'T ASSUME they know the terms/words you are using. Ask the students if they need clarification.

DON'T LABEL any of the students as alcoholics or addicts, or that they will become one — just that substance use is the potential path. Keep it generalized, and do not go off the topic of addiction to make points. Stay in the scope of substance use disorder and your personal experience.

DON'T SINGLE OUT any students to make a point for any reason.

DON'T TAKE PICTURES OF STUDENTS' FACES when taking photos of presentations for AinR™ purposes. Photos are to be taken with staff permission only.

DON'T SPEAK ON OUTSIDE ISSUES (i.e. religious, political, causes), or anything beyond the scope of these guidelines as it pertains to your own experience and the general facts of addiction.

NEVER GIVE YOUR PERSONAL CONTACT INFORMATION TO STUDENTS – You may give the school staff your info if they wish to reach you about connecting with a particular student under their supervision.

NO PROMOTING OTHER ORGANIZATIONS OR BUSINESSES – These include AA, NA, and professional services during your speaking presentation in schools, to the media and to the general public. Exceptions made if it is part of school agenda, although please share resources valuable to you on your journey.



Parent Speaker Guidelines

Share Your Experience Regarding the Following:

Before Your Child's Substance Misuse

- Family structure (traditional; divorce/blended; etc.; environment).
- The child's position in the family (1st child, middle, or last).
- The personality traits of your child.
- Childhood – what kind of student was your child like while growing up?
- School environment; sports/activities.
- Place your child in context of how their school years went.
- Any struggles your child faced which made them at risk (inferiority, didn't feel they measured up, physical challenges, poor grades, social issues, learning disabilities, etc.).

During Your Child's Substance Misuse

- The progression and what happened –The “defining moments”: What signs did you specifically see that your child had changed? How did you find out? Was drug paraphernalia present? What was the interaction and your relationship like?
- The age of when changes occurred in your child.
- The active addiction behaviors exhibited: e.g. pathological lying; car accidents; new “friends”; disappearance; etc. What to look for.
- Explain what you have learned about the disease.
- Share how it affected you and your family.
- What steps did you take to intervene? What resources did you use and what was the result? What were the most successful, if any, and least?

Your Child's Death and the Aftermath

- What happened to your child?
- What it is like now for you and your family?
- Where do you go for help if you suspect or know of a problem?
- Resource list especially if it helped you/your family (i.e. Nar-Anon, Al-Anon, AA, etc.)
- Why do you speak publicly?

Our mission is to raise awareness and inform our community – especially other parents – about the disease of addiction and overdose-related deaths. We are committed to ending the stigma and providing hope and resources.

AinR™ Social Media & Publicity POLICIES

- **ABSOLUTELY NO STUDENTS' FACES ARE TO BE PHOTOGRAPHED OR VIDEOTAPED** (as per confidentiality laws).
- Always ask staff if pictures or videos can be used on our social media and email platforms.
- Personal page posts are permitted, but obtain the permission of coordinators, social media managers, and other members present before posting. When posting, mention and tag **Alumni in Recovery**. You are a member of the organization, so please post as such.
- It is not permitted to have conversations online with any students.
- Follow us on social media and encourage others to share and like our page.

A NOTE ON PERSONAL DISCLOSURE:

Be mindful of what you share in detail. As a public community and school speaker, your story may need to be curtailed and generalized.

- As **Alumni in Recovery** becomes more well-known, we are exposed to more coverage in newspapers, social media, radio, and local television news. This publicity is core to our mission of raising awareness through our experiences for they are powerful testimonies. However, we realize that each Recovery Member and Parent Member has a deeply personal story that is theirs alone to determine how it should or should not be disseminated. As a result, we all need to realize that **Alumni in Recovery** cannot control the coverage of events, especially large community-based events. With this in mind, each **Alumni in Recovery** speaker should carefully prepare their presentation before their speaking event. You should just presume that anything that you share will be covered by news media or other coverage of the event.
- Your stories are immensely powerful and moving, and we have all seen how your bravery in sharing them has made **Alumni in Recovery** grow into the success that it is today, but your ability to continue to share your journey relies on respect for your privacy and it is critical to all of us that you feel comfortable to set whatever boundaries you feel appropriate.



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