

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.



Remember: This is an opportunity for you to educate others. 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** (optional) to display photos (on a USB stick for laptop). Feel free to bring notes to help guide you (*Please refrain from using alcoholic beverages prior to all speaking engagements*).

Please add Narcan, the Good Samaritan Law, and One Pill Can Kill to all discussions. Alumni in Recovery will review with new speakers.

Share your experience regarding the following:

- Family structure (traditional; divorce/blended; etc.; environment)
- 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.
- 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 active addiction behaviors exhibited: e.g. pathological lying; car accidents; new “friends”; disappearance; etc. What to look for.
- Share what may have been a risk (ie. poor grades, social issues, learning disabilities, etc)
- 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?
- 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 you speak publicly?
- Our hope is to continue to increase awareness in our community, especially amongst other parents, of the reality of addiction deaths. End the stigma regarding the disease of addiction

AinR™ Social Media & Publicity POLICIES

- **ABSOLUTELY NO STUDENTS ARE TO BE PHOTOGRAPHED OR VIDEOTAPED** (as per confidentiality laws).
- **ALWAYS ASK FIRST.** Before posting school presentation pictures, obtain permission from social media managers, coordinators, and school staff.
- Please follow us on social media and encourage others to share and like our page.
- Personal page posts are permitted, although respect the privacy of other members, and obtain permission of coordinators, social media managers, school staff, 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.
- As a member it is not permitted to have conversations with students that you have presented to

A NOTE ON PERSONAL DISCLOSURE:

Be mindful of what you share in detail. It may need curtailing and made non-specific in all cases regardless of media attention, as a school and community speaker.

- 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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