



# MAINE DEA360

## Virtual Parent Coach Training

Partnership to End Addiction (formerly Partnership for Drug-Free Kids) is looking for parents/caregivers who are interested in getting **free, specialized training** in order to become a **volunteer Parent Coach**. Once trained, Partnership Parent Coaches will provide peer support, over the phone, to other parents/caregivers who are struggling with their loved one's substance use.

Training will begin with an introduction session on **Monday, January 11<sup>th</sup>, 2021 at 6pm ET**. The session will be on **Tuesday, January 12<sup>th</sup>, 2021 at 6pm ET**, and **weekly sessions** will continue every Tuesday evening at 6 pm ET for five consecutive weeks.

Parent Coaches have personal experience with a loved one who has struggled or is struggling with substance use. This experience may include: wondering who to turn to get help; navigating the treatment system and paying for care; and coping with the stigma often associated with substance use. These experiences offer incredibly meaningful insights and support for other families who often feel so alone. By speaking with someone who has "been there" and walked in their shoes, families can learn how to stay connected to their loved one and get the support and encouragement they need and deserve.

Parent Coaching is an **eight-month commitment** (and coaches are welcome to continue their service thereafter!)

- In order to become a Parent Coach, interested volunteers must complete the **initial training** which consists of:
  - **One** 90-minute Zoom meeting for an introduction of ourselves and to provide instruction for upcoming lessons and **six** weekly online classes, facilitated on Zoom. Four of the weekly classes are 90 minutes and two are two hours.
  - Completion of homework assignments in between sessions. Homework assignments will include reading, watching videos, and writing short essays related to topics presented in class.
  - Completion of two mock coaching calls.
  - Completion of a one-on-one training session to learn to use the Partnership's proprietary case management platform.
- After completion of the initial training, participants will volunteer as a Parent Coach with the Partnership for a **minimum of six months**. Most trained Parent Coaches dedicate about three hours a week to coaching.
- Newly trained coaches **attend weekly training and support calls** following the initial training. On these calls, trained Parent Coaches will discuss and process their coaching calls in order to receive continued training and support, further develop their skills, and learn from others.

**To sign up** for this training, please email Karsyn Bartruff at [kbartruff@toendaddiction.org](mailto:kbartruff@toendaddiction.org) to request **Registration Instructions**.

## FREQUENTLY ASKED QUESTIONS

**What is the model for Parent Coaching?** The Partnership's Parent Coaching program utilizes a peer-to-peer, shared experience model using evidence-based approaches that are proven to be effective in helping families encourage their adolescent, young adult, or adult child toward healthy change. [Listen to some of our current coaches discuss this model and why they wanted to become a coach.](#)

**Who delivers the training?** Training and support for Parent Coaches is delivered by a team consisting of Partnership staff members; two clinicians who work with or have been trained by [CMC: Foundation for Change](#); and one or more Coach Mentors (an experienced Parent Coach).

**Do I have to pay for the training?** No. Materials and training are provided at no cost to participants.

**What is the purpose of Parent Coaching?** The purpose of Parent Coaching is multi-faceted: to provide parents/caregivers struggling with their child's substance use with compassionate support and understanding from a person who has been in their shoes; to provide the parent seeking support with better tools to communicate with their child and to motivate healthier behaviors as expressed in the [Parent's 20 Minute Guide](#); and to help parents seeking support learn to practice self-care.

**How does coaching work?** Parent Coaching is delivered by phone. Typically, a Parent Coach and a parent seeking support have five, hour-long phone conversations over a period of six weeks. Phone calls and communication between calls will happen via the Partnership's case management platform.

**Will I coach people in my community?** Not necessarily. Partnership to End Addiction receives requests for coaching from across the United States through our [Helpline](#), and then pairs parents seeking support with trained coaches. We usually match Parent Coaches and parents from within the same time zone.

**What if I am interested, but am unavailable on those dates?** Please [contact us](#).

**I am interested in the training, but am unable to commit to be a volunteer Parent Coach. Can I still participate?** Right now, training opportunities are only available to those individuals who can make a commitment to become a volunteer Parent Coach for a minimum of six months. However, please [contact us](#) so that we can share additional volunteer opportunities.

**I already volunteer in my own community. How will being a Parent Coach benefit me?** Our current Parent Coaches have said that learning and applying the skills taught in this program have helped them in their personal lives and in their work in their community. Parent Coaches are trained and supported through the initial seven-week training, six months of ongoing training and support video meetings, and continuous learning and support for the whole Parent Coach community. Not only are volunteer Parent Coaches learning from experts in the field, but also from experienced coaches and one another. In turn, volunteer Parent Coaches can bring all of this information, training, and experience to their work in their local community.

**My child is struggling with substance use. Can I be a Parent Coach?** Yes. Our Parent Coaches have a wide range of experiences. Some have children in short or long-term recovery; some have children who are struggling with substance use; and some parents have lost children to addiction. Our only condition is that we do not want to do anything that could jeopardize progress toward healthy recovery. All we ask is you please consider whether you can participate as a Parent Coach and support your loved one and yourself at the same time.