

Understanding Adolescent Substance Abuse

Re-Imagining our Role in the Life of the Teen Who Is Struggling

This free talk and mini-workshop is for parents, mentors, therapists, teachers, and anyone who cares for a teen struggling with substance abuse.

Themes include:

- Listening to the underlying needs indicated by addiction
- Setting boundaries that are helpful and appropriate
- Adolescent brain development and the need for healthy risk-taking
- The initiatory qualities of substance use and addiction
- Helping teens discover purpose and meaning
- Effectively utilizing community resources
- Historical and cultural contexts around substance use and their relevance to today's youth

Friday, January 22nd 5:30-7:30

At Inner Path, 200 Commercial St, Nevada City

Rob Steffke, LMFT, has worked with at-risk teens for over 15 years as a mentor, teacher, adventure guide, and therapist. He co-founded and directed the San Luis Obispo Sober School, a program that continues to serve high school and middle school students in recovery. Rob helped create and implement Whole Hearts, Minds, and Bodies, a nature-based treatment model that combines traditional mentoring with modern therapeutic approaches to meet the needs of youth in struggle. Rob's work focuses on creating cultural support for youth to offer their gifts as members of their community and world.