

Free Workshop Series for Parents and Caregivers

May 5th, 2022

How to talk to your kids about drugs and alcohol: what works and what doesn't.

Dr. Marvin Krank

Via Zoom - 6:30pm - 8:00pm



This talk will focus on what works in the prevention of alcohol and drug problems in adolescents. The talk will review our best knowledge about the kinds of information and the methods of talking to adolescents that have proven to reduce substance use problems in youth. You will hear practical advice on approaching you children about these potentially life changing choices. We will also talk about how these principles inform effective prevention initiatives in your schools.

Register in advance for this workshop:

<https://ca01web.zoom.us/join/register/u5lqceGoqjMrG9Lje7tvfMRG2i3OKvixBC3g>

Dr. Krank received his Honors BA in Psychology and Mathematics at Indiana University and his Ph.D. in Psychology from McMaster University. He has taught at Memorial University of Newfoundland, Mount Allison University, and the University of Toronto. He has been an Adjunct Professor at the Claremont Graduate University, Oregon Health Sciences University, and the University of Washington. Dr. Krank joined the University of British Columbia, Okanagan campus as Dean of Graduate Studies and Professor of Psychology in 2005.

Dr. Krank has an active research program in substance abuse with an emphasis on early use in adolescents. He has published numerous articles and presents for professional conferences, invited symposia, and community groups. The focus of Dr. Krank's research is the psychological determinants of drug use and drug effects including seminal work on the drug tolerance, drug withdrawal and cognitive models of substance use trajectories in adolescents.

Dr. Krank is currently pursuing a number of projects examining ways to support healthy thinking and choices to reduce substance abuse in youth. These projects include assisting in the delivery and evaluation of Preventure, a personality-based intervention, and developing Healthy Automatic, Intentions, and Thoughts (HABIT) as a program for Grade 6 and 7 students. The goals include reducing the initiation and escalation of substance use in early teens (ages 12 – 16) and the reduction of substance abuse in youth 17-24. These projects target changing risky cognitions arising from social influences that are associated with changes in substance use. The approach uses what we know about cognitive processing to modify cognitive biases that lead to higher risk substance use.



Dr. Marvin Krank

Please email Kirsten Hermanosn , Manager of Prevention & School Wellness if you have any questions. khermanson@deltaschools.ca

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