

These are suggested key points that you may want to make with your child. These points have come up frequently in discussions at the Parent Survival Skills Training (PSST) meetings and are provided as a courtesy to you. Please feel free to use these talking points if you think they may be of benefit in your situation. Using them consistently is most effective.

If you would like more information about PSST please visit the web site at <http://gopsst.org>.

## **DEMONSTRATE BY ACTIONS**

Keep in mind that talking is overrated. Demonstrate by your actions.

Stop discussions when they get out of hand. Walk away.

Set the date, time and location for meaningful discussions. Control the start and the end.

Make weekly or in some cases daily calls to the probation officer.

Control the car seating. Control the car audio system and music selection.

## **MEDICAL**

If the pressures of living a drug free life are making you want to use drugs you should call your sponsor or go to a meeting. Only you are responsible for you.



## **SAFETY**

I will do anything I can to keep you safe.

I will not keep secrets for you. I will tell your probation officer everything. That includes curfew violations or you having a disrespectful attitude.

I will call the police, your probation officer, the school, neighbors, your friends' parents or anyone else I think can help me keep you safe from drugs.

If you are having suicidal thoughts I will call 911 immediately.

## **CLARITY**

You cannot use drugs and live in this house.

Do not use drugs ever. Do not drink ever. Do not hang around with people who use drugs or drink.

Nevertheless, never bring drugs into this house. Never bring drugs to school. Never take drugs!

Regardless, it is illegal. Never smoke weed, never bring it into this house and never bring it to school.

## **POWER**

*Nevertheless.*

This is non-negotiable.

*Regardless.*

I'm NOT comfortable with that.

Yes, I put you in here and I will keep you in here as long as it takes for you to learn the skills needed for recovery from drugs.

Your father/mother and I are on the same page. Do not ask one of us for an answer after the other has given you an answer.

You are right. We don't trust you. You have to do the work to regain that trust and that will take time.

If following the rules associated with the cell phone is a problem I will cancel it.

If you must have an answer now it is NO.

## **LOVE**

I love you / I am proud of you / I forgive you.

How can I help support your program?

Give hugs. Sneak up on them to give hugs, if necessary. Give small gifts to celebrate clean time.

Go to NA meetings to see them get key tags – hug them and leave.

## WHO SHOULD ATTEND PARENT SURVIVAL SKILLS TRAINING?

Parent Survival Skills Training (PSST) is for concerned parents, parents of teenage substance abusers and parents of Juvenile Court youth.

## WHEN ARE THE MEETINGS?

Eastern Community Based  
Probation Office, 907 West Street, 1<sup>st</sup>  
floor, Wilkinsburg, PA 15221

- 1<sup>st</sup> Saturday of each month  
from 9:00 - 11:30 AM.

Trinity Lutheran Church. 2500  
Brandt School Road, Wexford, PA  
15090

- 2<sup>nd</sup> Saturday of each month  
from 9:00 - 11:30 AM

Saints Simon and Jude Church  
1607 Greentree Rd., Scott Twp., PA  
15220

- 3<sup>rd</sup> Saturday of each month  
9:00 – 11:30 am

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For more information call  
(412) 247-6362 or visit  
<http://gopsst.org>

## Allegheny County Juvenile Court Mission Statement

To reduce and prevent juvenile crime;  
To promote and maintain safe communities;  
*and* to improve the welfare of youth and  
families who are served by the court.

The principle beliefs supporting the Mission are:

- That the disposition of juvenile offenders takes into account the best interest of public safety.
- That juvenile offenders be held accountable for the harm they cause to individuals as well as the community at large.
- That the primary objective of treatment is to improve and develop the juvenile offender's competency skills.
- That community residents and organizations be actively engaged by the court in a cooperative effort to seek solutions to juvenile crime.
- That excellence in the quality of court services requires sensitivity to the racial, ethnic, and cultural diversity of the client population.
- That victims are an integral part of the justice system and should have their rights protected during all phases of the court proceedings including the right to be heard, notified, and restored.

Juvenile Section

Allegheny County

Court of Common Pleas Court

Family Division

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## PARENT TALKING POINTS

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