



NIGHT OF CONVERSATION

NIGHT OF CONVERSATION TO PREVENT ALCOHOL & DRUG USE

Why an empty plate? Because on this night, the conversation is more important than the meal.

WHO: Parents and Children (grades 7-12)
WHAT: Join a Night of Conversation
WHERE: Hillsborough Township Municipal Building
Multi-Purpose Room
379 South Branch Rd., Hillsborough

WHEN: Thursday, November 16, 2017
TIME: 7:00 pm
COST: Free and open to the community

Why do I need to talk to my child when there isn't a problem and he/she isn't using drugs or alcohol? How to start the conversation? How often to talk? What's the right language? What's the best message? For some parents, speaking to their children about alcohol and drug use may seem unnecessary. But the fact is the typical progression from substance use to addiction is fast. In addition, trends indicate that the use of pain killers and alcohol can actually lead to addiction, even to heroin.

PANELISTS:

- **Michael H. Robertson**, Somerset County Prosecutor
- **Cara Goldstein**, Family Center for Change
- **Rebecca Balaguer**, SAC, Hillsborough High School
- **Lisa Nadine Pettit**, Parent
- **Eavan Jenkins**, Young Adult

For these reasons, having the conversation with children is more important than ever:

- **Heroin use has more than doubled** among ages 18- to 25- year olds in the past decade, as heroin has become a cheap alternative to prescription painkillers
- **Prescription drug overdoses were responsible for more than half** of all drug overdose deaths in 2013 — accounting for 22,700 fatalities
- **According to the 2015 National Survey on Drug Use and Health**, 20% of 12- to 20- year olds reported drinking alcohol in the past month

To register or more information please contact **Megan James** at **908 766 7898** or email at mjames@somersetcountyyymca.org.

