

## **PREVENTING DRUG & ALCOHOL PROBLEMS IN TEENAGERS – WHAT PARENTS CAN DO**

*Dr Bobby Smyth MRCPsych PhD*

The talk will address normal adolescent development and the role that alcohol and drug use can sometimes play in that process. The potential risks associated with adolescent drinking and drug use will be described.

While teenagers are influenced by school, peers, community and wider culture, it appears clear that parents are the most important single influence upon them. The positive steps which parents can take to support healthy adolescent development will be described. Clear advice will be provided on the parenting strategies which reduce the risks of teenagers developing alcohol or other substance abuse problems.

### **Dr Bobby Smyth PhD MRCPsych**

Dr Bobby Smyth is a Consultant Child & Adolescent Psychiatrist, who has acted as clinical lead across three adolescent addiction services in Dublin for over 13 years. He is a Clinical Senior Lecturer in Trinity College Dublin. He has published over 70 scientific papers in the field of addiction. His PhD examined strategies to reduce the harms arising from substance use by youth. He is co-author of the book *Adolescents and Substance Use: The handbook for professionals working with young people*.