



**Ronald Mah, M.A., Ph.D.**

Licensed Marriage & Family Therapist, MFC32136

Psychotherapy, Parent Education, Consulting & Staff Development

433 Estudillo Ave., #305, San Leandro, CA 94577

(510) 581-6169 Office - (510) 889-6553 fax - E-mail: [Ronald@RonaldMah.com](mailto:Ronald@RonaldMah.com) - Web: [www.RonaldMah.com](http://www.RonaldMah.com)

## **Don't make A MESS out of talking to kids about Alcohol and Drugs**

Parents and other adults often make a mess out of talking to kids about alcohol and drugs. This training uses a mnemonic – A MESS to examine problematic approaches that lose adults credibility to a solid approach that resonates with children, pre-teens, and teens. In addition, the training includes the key three goals of parenting (or raising children), the big four concerns that amplify or reduce adult anxiety (and potentially free children from restrictive discipline), and more about alcohol use.

**A-           Addiction**  
**M-           Moral**  
**E-           Education**  
**S-           Social**  
**S-           Self-Medication**

### **The Key Three:**

- 1) Sense of Excellence**
- 2) Good Work Ethic**
- 3) Sense of Responsibility  
to Others/Community**

### **The BIG FOUR:**

- 1) Sex**
- 2) Alcohol & Drugs**
- 3) Academic & Vocational  
Options**
- 4) Hanging Out w/ Negative  
people**

### **Six Ways to Kill Yourself w/ Alcohol:**

- 1) Inhibition Depressed**
- 2) Motor Coordination Depressed**
- 3) Gag Reflex Depressed**
- 4) Autonomic Nervous System Depressed**
- 5) Cirrhosis**
- 6) Association**

## **Continuum of Alcohol/Drug Use**

**0-----X-----S-----P-----A-----D**

### **Three Areas of Harm:**

- 1) Health**
- 2) Academic/Vocational**
- 3) Emotional/Psychological/Relationships**