

The CFAR Team:

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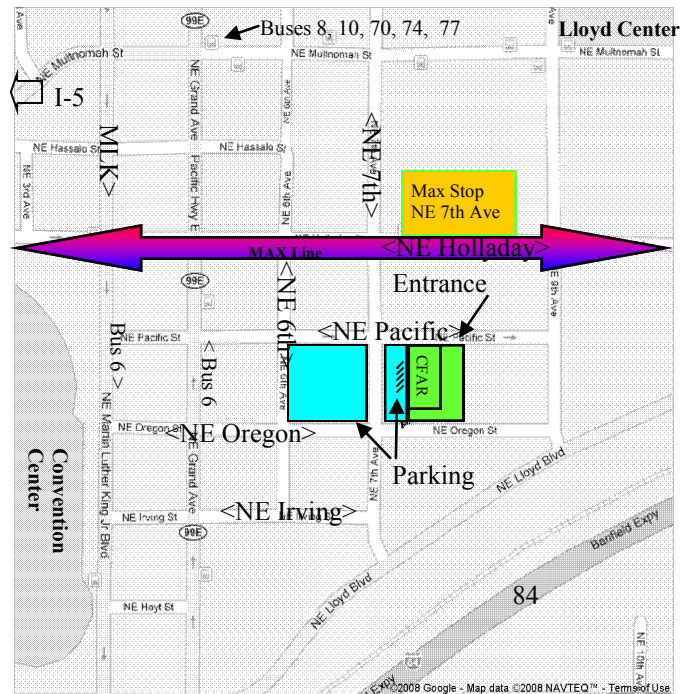
Contact CFAR for more information or to set up an intake appointment.

Center for Family & Adolescent Research
729 NE Oregon St., Suite 150
Portland, OR 97232

Phone: **503-243-1065**
Toll Free: 1-877-251-8183
Fax: 503-243-7813

Email: cfarportland@ori.org
www.ori.org/CFAR/Portland

Directions to CFAR (↑ N)



Parking Information

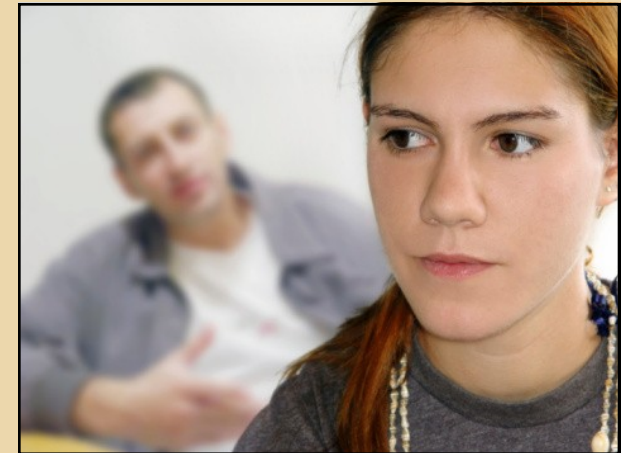
Four designated Parking spots (Labeled "ORI") are available for CFAR clients in the parking lot West of the 729 building. Additional Parking is available in the Liberty Center parking structure across NE 7th Ave.

TriMet to CFAR

The CFAR Office is one block south of the **7th Ave. Max station**. CFAR is also accessible by **bus lines 6, 8, 10, 70, 74 and 77**. Please visit www.trimet.org's Trip Planner for the easiest route from your home.

CFAR provides free TriMet tickets to all enrolled clients.

Power of Parents Program



Free Counseling for Parents of Drug-Using Teens



The Center for Family and Adolescent Research (CFAR)

The Power of Parents (POP) Group

POP is a counseling and support group for parents or guardians of youth (ages 14 to 20) who are using drugs but *refusing* to go to counseling.



About the group

The “Power of Parents” group is built on the philosophy that, even during the teenage years, parents are a powerful influence on their children’s behaviors.

For years, CFAR has provided services to help parents engage substance-using teens in treatment.

Group topics include:

- ❖ Communication skills
- ❖ Behavioral changes to reduce use
- ❖ Reinforcing positive behaviors
- ❖ Stress reduction
- ❖ Inviting the teen to treatment

Dr. Erica Finstad, a licensed psychologist, has been working with parents of treatment-refusing teens for over 15 years.

Who is the group for?

Parents, grandparents, guardians...anyone concerned about an alcohol-using or drug-using youth, ages 14 to 20.

Parents who are seeking help for influencing their child’s substance-using behaviors and for convincing their child to enter treatment.



What are the group members like?

They have tried *many* things to get their kids to stop using.

They have received a lot of conflicting advice from others.

They have experienced a roller-coaster of emotions—guilt, anger, loneliness, frustration, embarrassment, fear.

They have had to learn more about drugs, the legal system, and the health care system than they had ever expected to learn.

They love their sons and daughters and don't want to give up on them.



About CFAR

All group sessions are free.

Parents will attend an intake appointment with a therapist prior to starting the group. Call (503) 243-1065 to schedule.

We are part of the non-profit Oregon Research Institute (ORI) headquartered in Eugene, OR. An international leader in behavioral research for nearly 50 years, ORI employs close to 300 scientists and staff who develop programs to treat social, physical, and emotional problems.

We are certified and monitored by the State of Oregon’s Addictions and Mental Health (AMH) Division.

