

Building Parent-Teen Connection while Navigating Substance Use



September 10th, 2025
6:00pm - 7:00pm



Registration to the live online lecture is free. Optional CE credit needs to be purchased separately. Click [HERE](#) to register for the event.



Click [HERE](#) to pay for CE Credits

1 CE credit is available for a \$20 fee to Psychologists, Social Workers, and LMHCs who register for the lecture, sign in with their full name, attend the entire lecture, and complete a survey that will be emailed following the completion of the event. Note that the survey must be completed within 30 days of the lecture.

Live attendance is required for CE credit hours. No partial credit will be given. Refunds will not be provided to those not meeting the CE attendance requirements. CME credits are not available for this event

CE credits must be purchased ahead of the event by September 10th, 2025 at 6:00pm.

Please contact wcmpsychiatryce@med.cornell.edu for additional CE information.



Instructional Level: This event is appropriate for all audiences (introductory, intermediate and advanced).



Drs. Weiss and Temkin-Yu have no relevant financial relationship(s) with ineligible companies to disclose and DO NOT INTEND to discuss off-label or investigational use of products or services.



About the Event:

This talk will focus on helping parents and caregivers build connection with their teens who may be struggling with substance use. The presenters will provide an overview and demonstration of validation, a positive parenting strategy known to increase openness and decrease escalation. Parents will also hear concrete language and tips they can put into use in their own home. In the second half of the talk, presenters will talk through two case examples. In the discussion, audience members will hear clinician input on how to respond to substance use while maintaining a strong parent/child bond. Time will be given for questions.

Learning Objectives:

1. Describe the benefits of validation in parent-teen interactions.
2. Demonstrate effective strategies for applying validation in conversations between parents and teens.
3. Explain how validation and boundaries can co-exist in the parent-teen relationship.
4. Apply validation techniques in scenarios where parents are supporting teens with substance use concerns.

References:

1. Allen, M. L., Garcia-Huidobro, D., Porta, C., Curran, D., Patel, R., Miller, J., & Borowsky, I. (2016b). Effective Parenting Interventions to Reduce Youth Substance Use: A Systematic review. *PEDIATRICS*, 138(12). <https://doi.org/10.1542/peds.2015-4425>
2. Lodge, B. S. (2022b). A call for kindness, connection, and science. *Journal of Substance Abuse Treatment*, 141, 108839. <https://doi.org/10.1016/j.jsat.2022.108839>
3. Siljeholm, O., Eckerström, J., Molander, O., Sundbye, J., & Hammarberg, A. (2024b). 'Before, we ended up in conflicts, now we can provide support'—Experiences of Community Reinforcement and Family Training (CRAFT) for parents of young adults with hazardous substance use. *BMC Psychiatry*, 24(1). <https://doi.org/10.1186/s12888-024-05913-x>

Speakers:

Carol J. Weiss MD is Clinical Associate Professor of Psychiatry and Clinical Associate Professor of Psychiatry in Medicine at Weill Cornell Medical College, New York-Presbyterian Hospital. She is the Medical Director of the Weill Cornell Center for Trauma and Addiction. She has worked both in private practice and with underserved populations such as people with HIV/AIDS, adolescents with addiction, and veterans. She is board certified in both Addiction Medicine and Addiction Psychiatry; she supervises and teaches the fellows in both the Addiction Psychiatry and Addiction Medicine Fellowships at Weill Cornell Medical College.

Dr. Andrea Temkin-Yu is an Assistant Attending Psychologist and Assistant Professor of Psychology in Clinical Psychiatry at Weill Cornell Medicine. She earned her Psy.D. from The Graduate School of Applied and Professional Psychology at Rutgers University and completed training through Bellevue Hospital Center/New York University Child Study Center. She has expertise in evidence-based care for youth and young adults with anxiety, depression, ADHD, and related concerns. Dr. Temkin-Yu specializes in parent-focused interventions, and is the author of the book "Supporting Your Teen's Mental Health: Science Based Parenting Strategies for Repairing Relationships and Helping Young People Thrive." In addition to clinical work, Dr. Temkin-Yu is engaged in research that examines ways to improve evidence-based treatment and increase access to care through technology.