NCADD
NATIONAL COUNCIL ON ALCOHOLISM AND DRUG DEPENDENCE, INC.

**SPOTLIGHT: New Orleans Affiliate Reaches Out to the Hispanic Community**

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The Council on Alcohol and Drug Abuse for Greater New Orleans (CADA), an NCADD Affiliate, is bringing an evidence based program for Latino parents.

CADA, founded in 1960, is a non-profit community health agency that provides a wide range of substance abuse prevention, assessment, early intervention, and information and referral services for both youth and adults. CADA's effort to provide programs in Spanish is taking place at L.W Higgins High School with the implementation of Active Parenting for Teens, an evidence based program that helps parents strengthen their communication and problem-solving skills; help promote respect and cooperation with their child; learn how to use positive discipline techniques; and encourage their teens to assume more and more responsibility as parents support their courage and self-esteem. The program offers guidance and support to parents to turn the challenges of raising a teenager into opportunities for growth.

CADA's Hispanic Programs Director, Mariana Mosquera, M.Ed., emphasizes implementing a culturally competent program such as Active Parenting for Teens, where the diversity of Hispanic individuals' background is not ignored. The videos and the parents' guide include Latino actors and pictures that represent contemporary dress or a non-stereotypical view of the variety and richness of the Hispanic culture.

CADA is also bringing support groups to L.W Higgins for Hispanic adolescents ages 14-16.

Studies suggest that the group therapy experience offers a highly effective way to confront life's problems with the support of a peer group. Ms. Mosquera leads the support groups for an hour each week where participants hear how their peers cope with their own challenges, a discussion that offers great insight into solving their own personal problems. Ms. Mosquera says that the groups provide an environment for honest sharing of personal experiences and feelings and a place to share personal issues with others who are going through similar experiences.

Mariana offers participants a safe, non-judgmental environment that enables them to explore and verbalize powerful emotions they might otherwise keep to themselves. Finally, the support groups

are centered on issues specific to adolescents such as anger management, tolerance, self-esteem, avoiding substance use, peer pressure, and healthy relationships.

For more information, contact Mariana Mosquera, Hispanic Programs Director at 504.821.2232, ext 105 or mmosquera@cadagno.org.

The Council on Alcohol and Drug Abuse for Greater New Orleans

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