

Jessica Lahey

Thursday, January 13 - 7PM
Live Online via Zoom

The Addiction Inoculation: *Raising Healthy Kids In A Culture Of Dependence*

Jessica Lahey was born into a family with a long history of alcoholism and drug abuse. Despite her desire to thwart her genetic legacy, she became an alcoholic and didn't find her way out until her early forties. Jessica has worked as a teacher in substance abuse programs for teens, and was determined to inoculate her two adolescent sons against their most dangerous inheritance. All children, regardless of their genetics, are at some risk for substance abuse. According to the National Center on Addiction and Substance Abuse, teen drug addiction is the nation's largest preventable and costly health problem. Despite the existence of proven preventive strategies, nine out of ten adults with substance use disorder report they began drinking and taking drugs before age eighteen.

In this supportive, life-saving resource, Jessica helps parents and educators understand the roots of substance abuse and identify who is most at risk for addiction, and offers practical steps for prevention.

The Addiction Inoculation is an empathetic, accessible resource for anyone who plays a vital role in children's lives—parents, teachers, coaches, or pediatricians—to help them raise kids who will grow up healthy, happy, and addiction-free.

Audience: Parents of elementary, middle and high school students

Admission: Free

Register: <https://mvla2021-22-jessicalahey.eventbrite.com>

Books: <https://www.booksinc.net/search/site/Jessica%2520Lahey>

About Our Speaker



Jessica Lahey is the author of the New York Times bestselling book, *The Gift of Failure: How the Best Parents Learn to Let Go So Their Children Can Succeed* and *The Addiction Inoculation: Raising Healthy Kids in a Culture of Dependence*. Over twenty years, Jess has taught every grade from sixth to twelfth in both public and private schools, and spent five years teaching in a drug and alcohol rehab for adolescents in Vermont, and serves as a prevention and recovery coach at Sana at Stowe, a medical detox and recovery center in Stowe, Vermont. She writes about education, parenting, and child welfare for The Washington Post, The Atlantic, is a book critic for Air Mail, and her biweekly column "The Parent Teacher Conference" ran for three years at the New York Times. She designed and wrote the educational curriculum for Amazon Kids' award-winning animated series *The Stinky and Dirty Show*, and was a 2019 Pushcart Prize nominee for her Creative Nonfiction magazine essay, "I've Taught Monsters." Jess holds the dubious honor of having written an article that was later adapted as a writing prompt for the 2018 SAT. She co-hosts the #AmWriting podcast with bestselling authors KJ Dell'Antonia and Sarina Bowen, and lives in Vermont with her husband, two sons, and a lot of dogs.



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