

# Why Parents As Partners-The Stakeholders

- Parents are more organized. There are more parent/family advocacy groups related to SU. Parents want and expect to be involved with college experience.

Parents and Families



- "71% of Parent and Family Programming offices were established between 2000 and 2019."

Higher Ed



- "86% of Generation Z students say they are extremely close to their parents, whom they see in the role of friends and advisors."

Students



Stakeholders are moving toward more partnerships -and the research supports it.

\*Engaging Families in Higher Education Lessons Learned and Best Practices 2024. Edited by Christine Self, Elizabeth Massengale, and Amy Murphy

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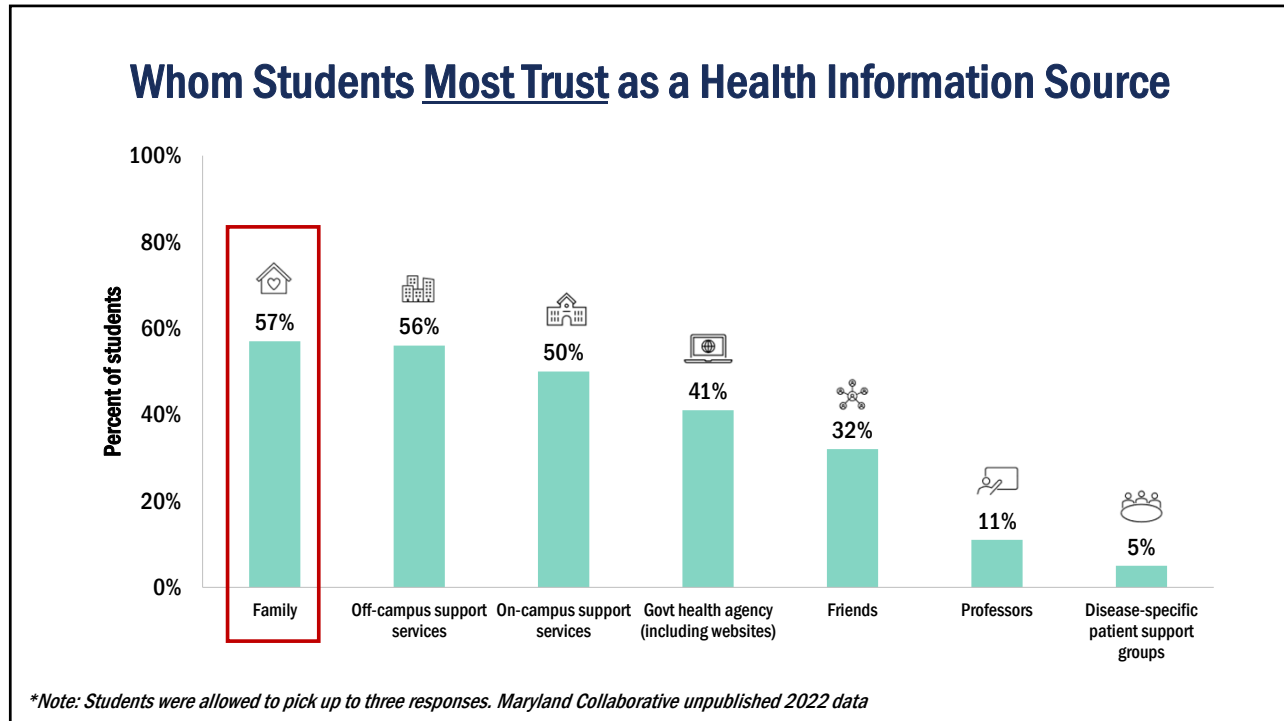
## This Generation is Highly Connected to their Parents and Families



Another staff member,..., noted the deeper connection between students and families: "And it's not involvement like, you know, they used to call them helicopter parents, but it's more like...Millennials are really finding value in ...home life and those connections...We've seen more students asking their families for advice rather than their families imparting advice on the student, which is kind of a generational thing."

Harper 2023

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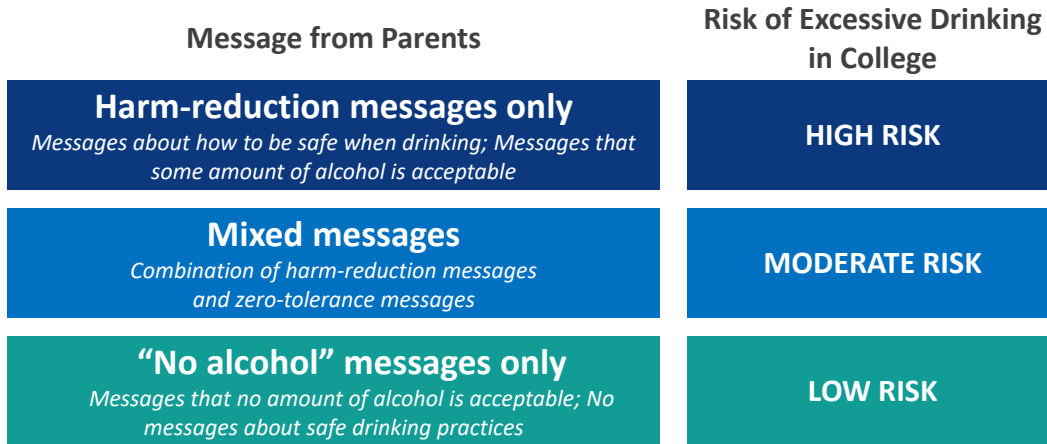
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## Parental Influence on College Substance Use

### Research Findings

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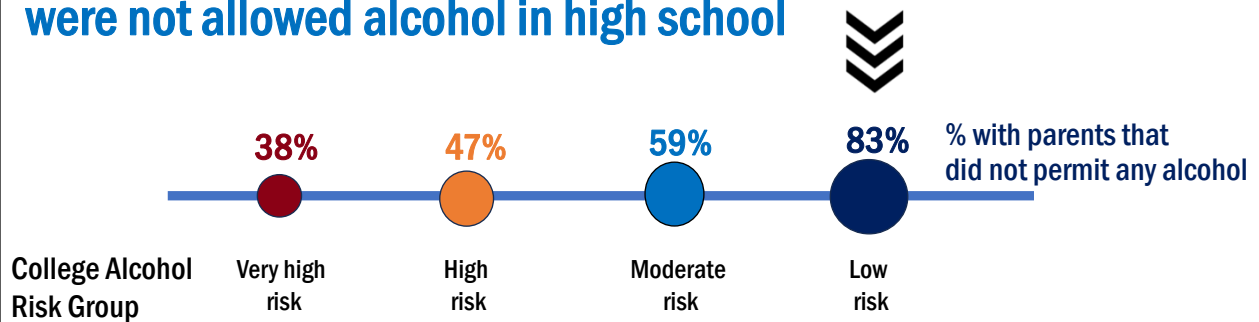
## How Parents Talk To Their Child About Alcohol Matters



Source: Abar et al., 2012

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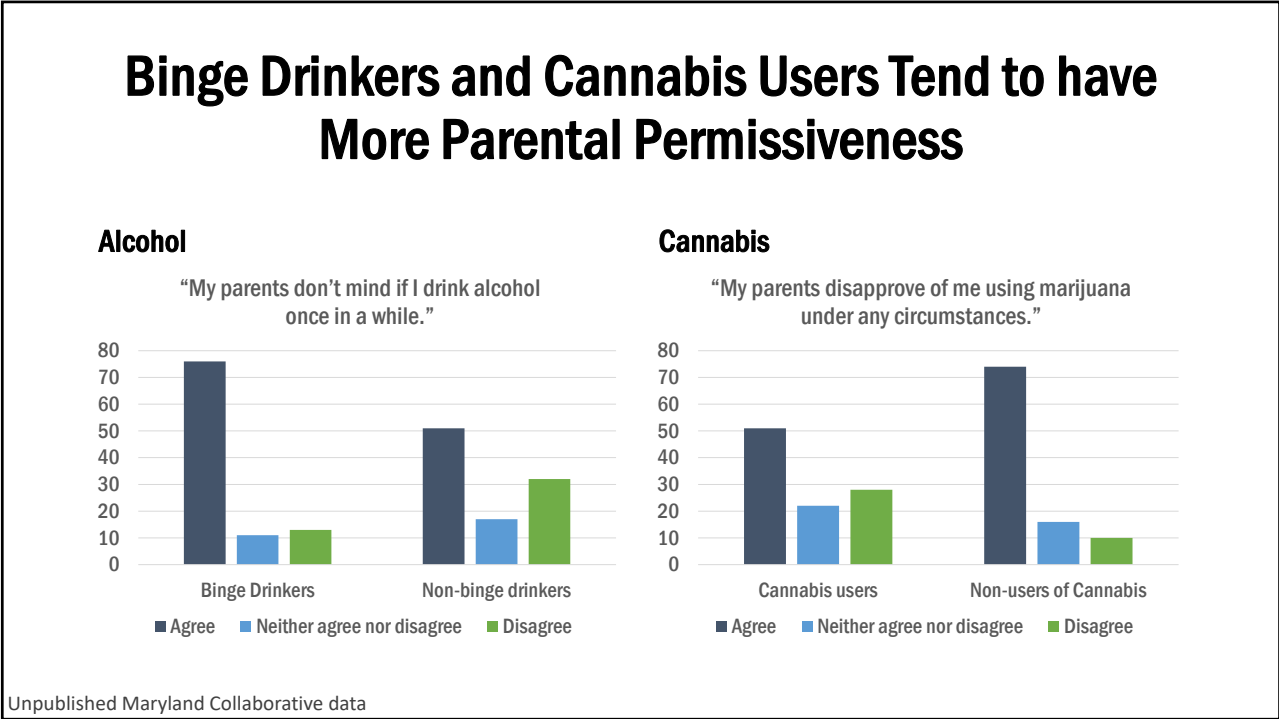
## Most students in the lowest college risk group were not allowed alcohol in high school



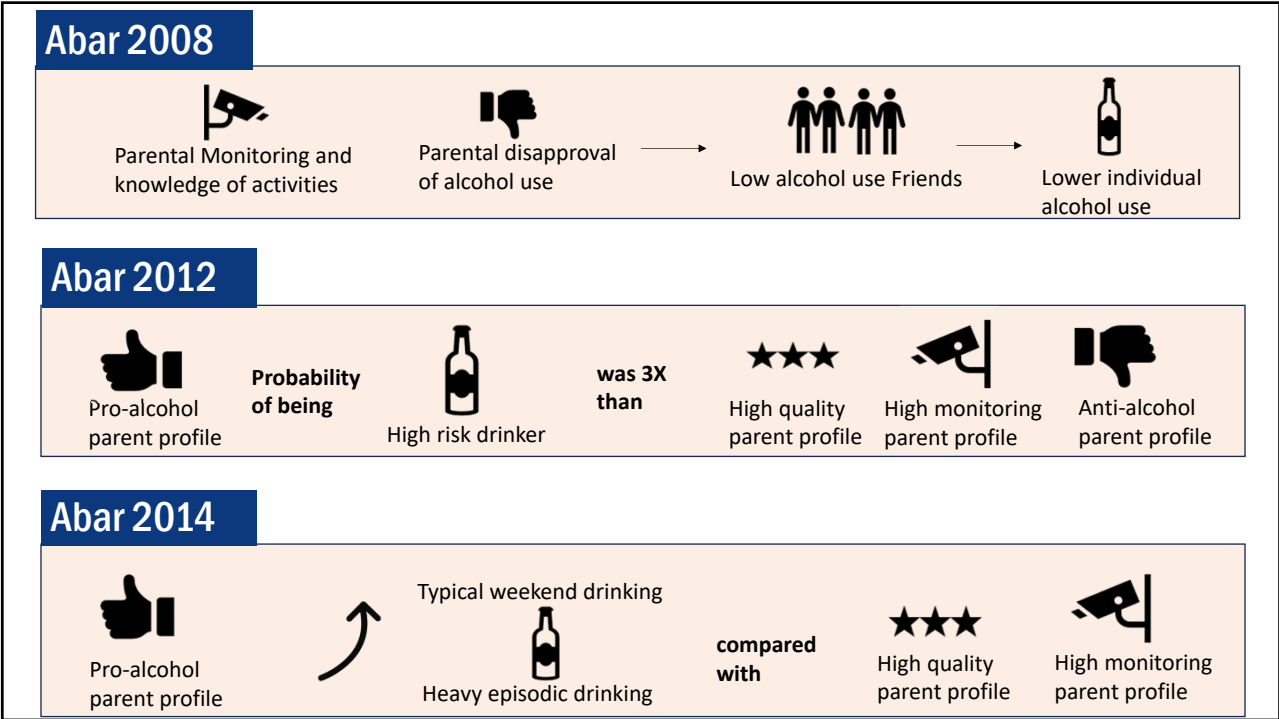
**Parent limit setting in high school is a protective factor in college.**

Unpublished Maryland Collaborative data

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## Trager 2023

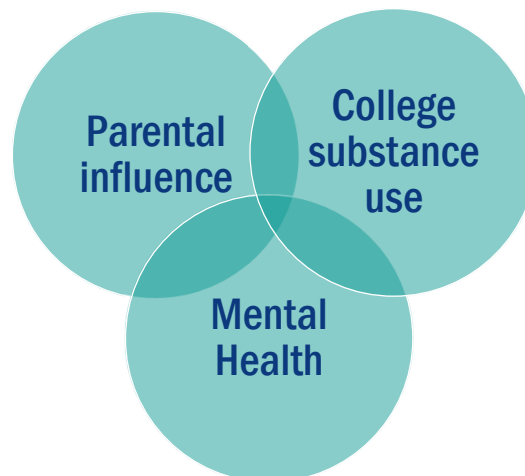
“...consistent call or text communication with students during their transition into college could serve as a protective factor against alcohol risk.”



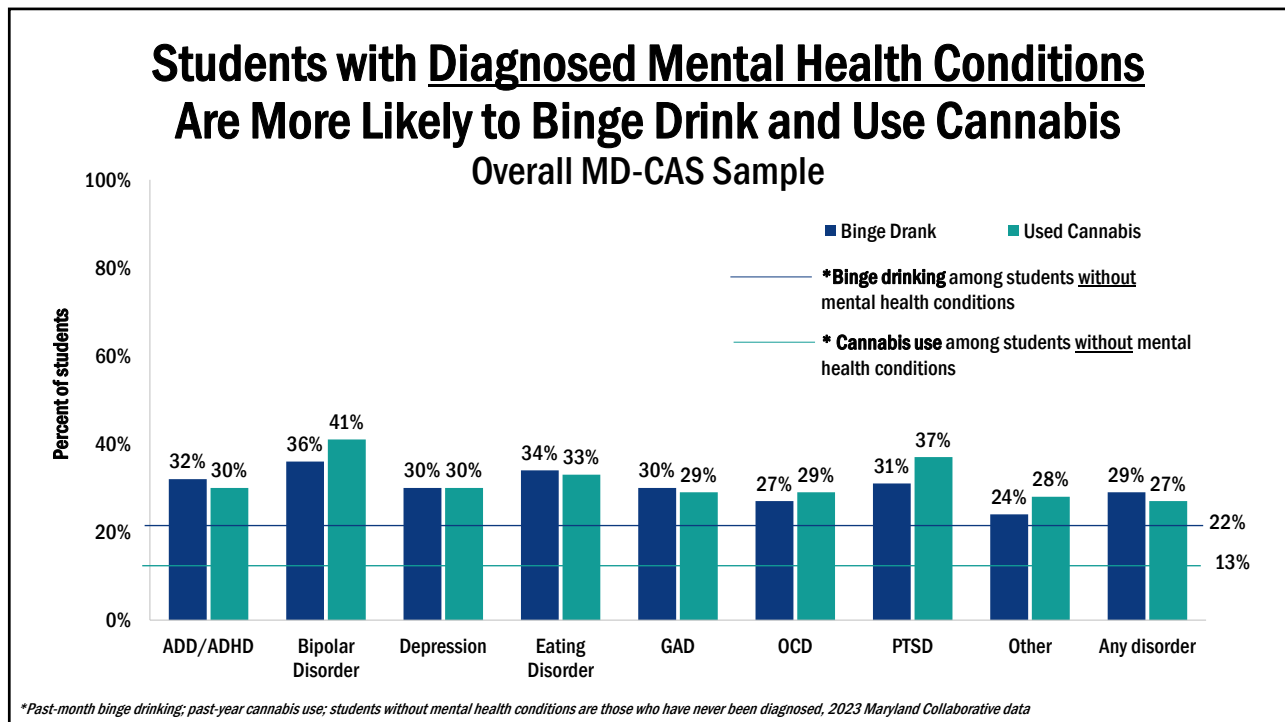
“By closely monitoring such communication, parents may be better equipped to identify potential signs of risky drinking behavior in their first-year students.”  
*(J. Stud. Alcohol Drugs, 84, 823–831, 2023)*

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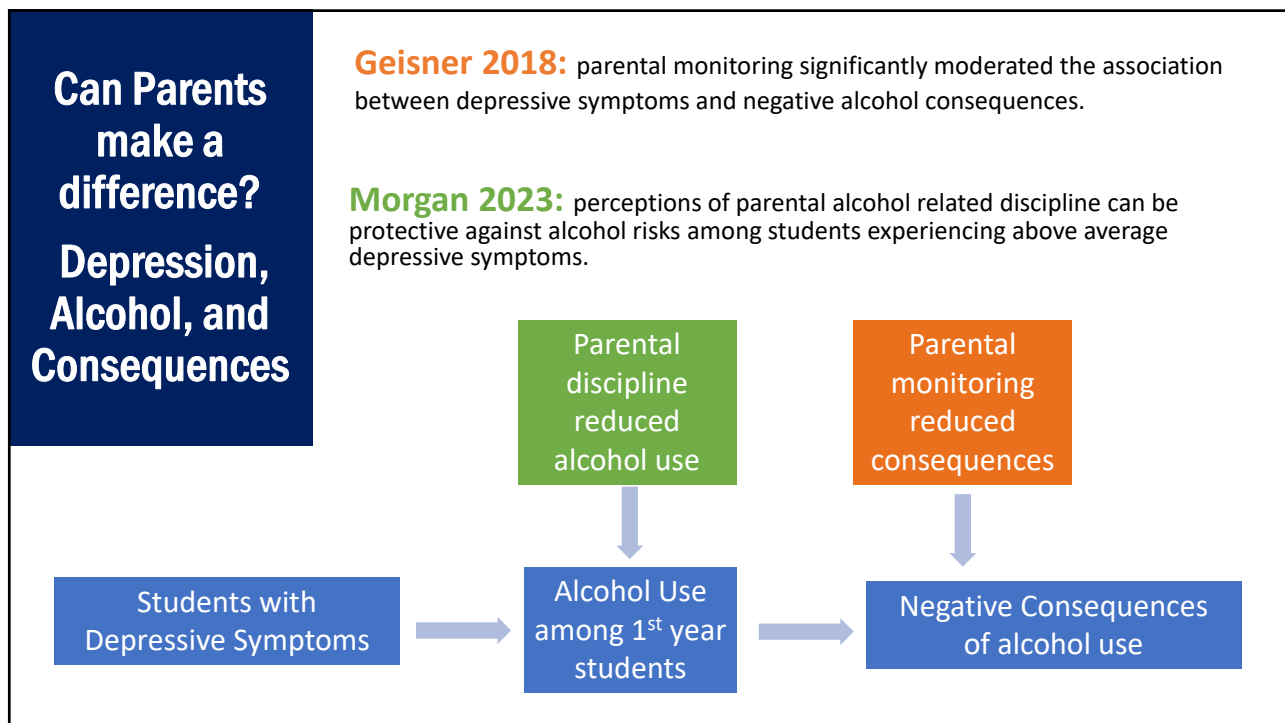
## Parental influence on college substance use and the overlap with mental health



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## What is an example of a parent intervention? Hill 2023: Parent Handbook Intervention






- **What:** Handbook intervention for parents of 1<sup>st</sup> year college students
- **Who:** 919 parent-student pairs/dyads from university in pacific NW
- **Intervention:** Sent handbooks in June to parents of incoming students with f/u to encourage use, control group received nothing
- **How Assessed:** Surveyed at end of HS and end of 1<sup>st</sup> semester of college
- **Results:** Alcohol and cannabis use was lower among intervention group, including 1<sup>st</sup> time use



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**Parents Remain Relevant during College**

- Messaging 
- Disapproval 
- Modeling 
- Monitoring / discipline 
- Calling 

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