

Our Mission

KFAM's mission is to empower underserved Korean American and Asian Pacific Islander families through culturally responsive programs.



Hotlines:

SAMHSA's National Helpline
(800) 662-4357

Drug-Free Kids Parent Helpline
(855) 378-4373

California Youth Crisis Line
(800) 843-5200

Interested in Our Services?

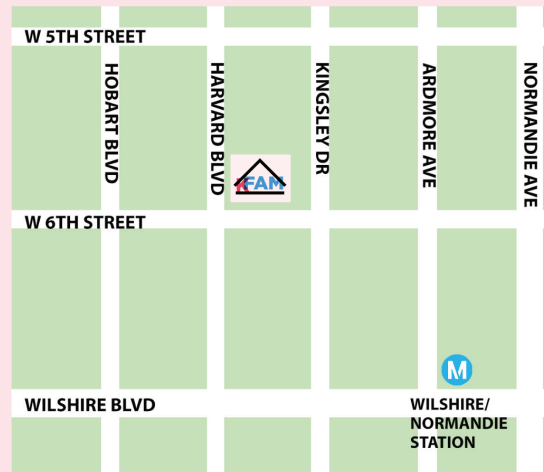
Contact Us:
(213) 389-6755
sapc@kfamla.org

Office Hours:

Monday to Friday
9:00 am to 5:30 am

KFAM

3727 W 6th Street, Suite 320
Los Angeles CA 90020



For more information, visit
www.kfamla.org

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Department of Public Health, Substance Abuse and Control.



Child & Adult Wellness

Substance Abuse
Prevention Control (SAPC)

Changing Lives,
Strengthening Families

WWW.KFAMLA.ORG



About SAPC

With Increasing rates of substance use in Los Angeles County, the SAPC program educates youth about important developmental skills to prevent substance abuse. SAPC aims to raise awareness and reduce youth alcohol and marijuana use in the Koreatown community.



Parent Guide

Communicating and establishing a strong, open relationship can influence your child to make healthier life decisions.

Teen Guide

When a family member or friend pressures you to drink or use drugs, it is important to know how to say “no”

How to Start Conversations



Look for Signs

- Mood swings or disorientation
- Changes at home, avoiding eye contact
- Drop in grades, loss of interest in school
- Changes in appearances



Know the Facts

- Drinking increases risky behavior like drunk driving
- Marijuana causes harm to a child’s ability to function at school
- Underage substance abuse affects a child’s brain development



Support Your Child

- Give them opportunities to talk
- Be open and accessible during a crisis
- Make it OK for your child to talk about sadness and depression
- Build your teen’s self-esteem

5 Ways to Say “No”

1 Saying “No” And Sticking to it

Remember, you don’t have to use drugs or drink just to fit in. No one can force you to do so.

2 Keep it Simple

Say “no” and walk away. Your friends should respect your decisions.

3 Crack a Joke

Humor can often ease the tension.

4 Change the Subject

If you’re not interested, change the conversation.

5 Suggest an Alternative

There are tons of fun things to do that don’t involve drugs or alcohol.



Our Services

Our SAPC team works closely with local K-12 schools to provide culturally competent and responsive workshops about substance abuse and life skills. Workshops cover fundamental life skills such as healthy decision making, stress management, and resolving conflict.

