

# RAISING RESILIENT KIDS: A PARENT NIGHT SERIES

## FEBRUARY 17, 2026

**TOPIC:**

Youth substance use and technology addiction, brain science, and evidence-based strategies for parents.

**TITLE:**

Raising Resilient Kids: Data, Science, Solutions

**LOCATION:**

Crimson Cliffs High School

**FREE COOKIES!**

**TIME:**

6-7 pm



**DESCRIPTION:**

Join Southwest Prevention for an engaging and informative presentation on youth addiction and substance abuse. Discover the latest local data from the Utah SHARPS survey, learn how addiction impacts the developing brain and dopamine levels, and examine the role of technology in addictive behaviors. This session will also highlight local resources and share evidence-based strategies parents can use to protect and support their children.

**PRESENTER:**

Logan Reid – Prevention Director