

Student Name: _____

Exploration Part 1: Lived Experience Spotlight

Darcy's Story: A Parent's Perspective on Raine's Substance Use Journey

Student Instructions: Throughout these lessons, you'll hear real stories from people who have personal experience with substance use. These spotlights are told in their own words, giving you a genuine look into what substance use can be like and how it affects people's lives.

Read the story of Darcy, whose teenager, Raine, developed a Substance Use Disorder and answer the questions that follow as a class discussion.

Your teacher will lead the class discussion. As you take part, you're encouraged to do your own research, look at the [Protective and Risk Factors](#) infographic, and check out the [Substance Snapshots](#) on the substances involved in this story.

Working through this first story together will help you get ready for the other Lived Experience Spotlights in the lesson.

"I took every opportunity to talk to Raine about drugs and the devastating effects on their lives if they did it. Their father has Substance Use Disorder, and seeing what we were going through with him, I prayed it would deter them. Unfortunately, that wasn't the case.

I don't remember when it started, but I know they were around 17 years old, and I believe their peers may have given Raine alcohol and drugs. I didn't see any signs until much later.

I thought it was just marijuana and alcohol, but I learned later that it was cocaine and alcohol, and later in their addiction, it was pretty much anything they could get their hands on to give them that high.

I love my kids more than life and always wanted to make them happy, but my life was spiralling out of control, and my child's addiction took over my every thought. I couldn't concentrate on work, lost my relationship with my husband, my daughter, and pretty much anyone who would try to talk to me about what I needed to do. I wouldn't listen and didn't realize how much I was enabling Raine by giving them

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money, my truck, my home, washing their clothes, feeding them, and basically anything else they wanted. My husband and I were at odds with each other. It was a horrible time in my life. I wouldn't wish this on anyone. I was loving my child to death and killing myself in the process.

Raine is now twenty-five and has been sober for over three years and is doing great. They have worked very hard to get where they are and are making a great life for themselves. My life has changed dramatically. I no longer worry (well, maybe a little) about where Raine is or what they are doing. Life is getting better.”

Spotlight Questions:

1. Why do you think cocaine can be so dangerous?
2. Which protective factors might have helped Raine avoid or reduce substance use?
3. Which risk factors seemed influential in Raine's decisions about substance use?
4. In what ways did Raine's substance use impact their mom, Darcy?