

Substance use needs to be second - OPLM (Other Parents Like Me) is an online membership-based platform that serves parents with children struggling with mental health and/or substance issues.

Our memberships, peer-led Zoom support groups, and resources support parents like us as we share our stories and create connections as the antidote to the trauma we experience when a child struggles.

MEMBERSHIP INCLUDES



Daily Support Groups

Parent-led — early morning, niche topics, late night, and more



Live Speakers & Panels

Featuring renowned authors and leading experts in live and recorded sessions



A Resource-Rich Hub

Over 1,000 podcasts, articles, apps, books, organizations



Glossary

An A to Z of mental health terms and disorders



Parent Stories & Blogs

Insights into the journey of parents like you



Support Directory

Professionals in the recovery and wellness space

SIGN UP TODAY!

If you are in need of FINANCIAL AID, contact support@oplm.com. Money should never be an obstacle to get the help your family needs.

WHAT WE BELIEVE

We can find healing —
together.

Other Parents Like Me focuses
these four pillars on:

- 1 Self-Care:**
Equip parents with tools and resources to take care of themselves.
- 2 Self-Regulation:**
Nurture emotional resilience and stability.
- 3 Boundaries:**
Teach the importance of setting and maintaining limits.
- 4 Communication:**
Enhance open dialogues within families for better understanding.



Join a virtual
community of
parents who
get it.

Other Parents Like Me was founded to address the worldwide crisis of mental health and/or substance issues among adolescents, teens, and young adults, by creating an empowered online community of parents supporting parents with help, hope, and healing.



oplm.com |   


Questions? Email support@oplm.com

HOW OUR SUPPORT GROUPS WORK

1

DAILY SUPPORT GROUPS


Members gain access to unlimited support groups from 7:00 am to 10:30 pm.



2

A SAFE SPACE


Choose your privacy settings. Be as anonymous as you want with your name, sharing and camera options.



3

PARENTS HELPING PARENTS

Two Peer Parents facilitate each support group to guide, monitor and ensure a safe space. Opening with their own personal shares, so members to feel comfortable and connected.



4

A SHARING COMMUNITY

Each support group centers on a topic to guide the conversation. Common topics include communication, boundaries, self-care, vulnerability, and gratitude.

This is a place to talk about how you're feeling, how the topic resonated with you or to share something that is on your mind.

Use the chat to feel connected, post questions, inspirations, thoughts or encouragement.

CHAT

Amy: The support from other parents is essential in healing along with your child. Life changing.

Celeste: What a great place for parents to go to get support and no judgement

Chrisoula: The membership donation is such a great idea

Jessica: So you could join and benefit from this even if your child doesn't have substance abuse problems? My child has ADHD, anxiety, depression.

5

PARENT MENTORSHIP



Meet your mentor who will connect you to our amazing community and steer you to the resources and benefits you need. We all know that overwhelming feeling while going through a crisis but you are NOT alone!




6

FLEXIBILITY ON TIME


We close 5 minutes before the hour, enabling members to leave as needed. A sense of community is created as all members read an inspirational message together, out loud.


"As a result of these meetings, my relationship with my son has changed."
– Marcie



"These meetings are life changing, in terms of how I view myself, my relationships and the world."
– Michael



"I am not sure I would be where I am in this journey without these meetings."
– Amy



"I feel the parents in these meetings can relate better than any other interpersonal interaction I have."
– Jennifer

SAMPLE SUPPORT GROUP SCHEDULE

OCTOBER 12 @ 12:00 PM - 1:00 PM EDT
Women's Support Group
Hosted by Marcie S., Liz W.
 This support group is open to all who identify as women. Gather in this safe space to share your story and find help and hope in the company of other women on their own unique journeys of healing.

OCTOBER 12 @ 8:00 PM - 9:30 PM EDT
Speaker Talk: Inside the Mind of Your Teenager
 From her own journey and extensive work with adolescents, Ciara has a unique insight into the mind of a struggling teen — why they resist help, what they're really focused on, and the core of their pain. In this talk, Ciara will speak to common features and patterns of adolescent behavior and thinking. She will [...]

OCTOBER 13 @ 9:00 AM - 10:00 AM EDT
Men's Support Group
Hosted by York A., Michael F.
 Find support and strength with other men in this safe space — share your story, hear from others and find help and hope in community. This support group is open to all who identify as a man.

OCTOBER 13 @ 10:00 AM - 11:00 AM EDT
General Support Group – Hope, Help and Healing
Hosted by Tippy H., Jackie J.
 General Support Group welcomes all members to gather to share experiences and to find help and hope in community.

OCTOBER 14 @ 10:00 AM - 11:00 AM EDT
Coffee & Gratitude
Hosted by Teri T., Lisa S.
 Grab a coffee and join this gratitude space on Saturdays. Share what you're grateful for, hear from other parents and enjoy an uplifting, hopeful time with your community.

OCTOBER 14 @ 11:00 AM - 12:00 PM EDT
Adoptive Families
Hosted by Beth S., Annie E.
 Whether you have an adopted child or you were adopted - this is your place to share stories and experiences with caregivers like you.

OCTOBER 15 @ 11:00 AM - 12:00 PM EDT
Solo Moms Support Group
Hosted by Annie E., Sheila L.
 Gather with other solo moms who have children struggling with mental health and/or substance use issues; come share stories and experiences with moms who get it. A solo mom is divorced, widowed, or single parent of a child. We welcome those moms who may still be with a partner who is not engaged in co-parenting [...]