

Substance Use Resources

Information for Families

Websites families may find helpful:

A Parent's Guide to Preventing Underage Marijuana Use

www.seattlechildrens.org/pdf/parents-guide-preventing-underage-marijuana-use.pdf

Partnership for Drug-Free Kids

<https://drugfree.org>

Parent-Teen Driving Agreement

www.healthychildren.org/English/ages-stages/teen/safety/pages/Teen-Driving-Agreement.aspx

Drugs: What You Should Know

www.seattlechildrens.org/kids-health/teens/drugs-and-alcohol/drugs/drugs--what-you-should-know

Washington Recovery Helpline (866-789-1511)

www.warecoveryhelpline.org

Start Talking Now

www.starttalkingnow.org

National Institute on Drug Abuse for Parents

<https://teens.drugabuse.gov/parents>

Websites youth may find helpful:

The Cool Spot

www.thecoolspot.gov

Books families may find helpful:

Beyond Addiction: How Science and Kindness Help People Change (2014) by Jeffrey Foote, PhD, Carrie Wilkens, PhD, and Nicole Kosanke, PhD, with Stephanie Higgs

Clean: Overcoming Addiction and Ending America's Greatest Tragedy (2014) and Beautiful Boy: A Father's Journey Through His Son's Addiction (2009), both by David Sheff



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