

Substance Abuse 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

www.drugfree.org

Parent-Teen Driving Agreement

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

Drugs: What You Should Know

<https://kidshealth.org/en/teens/know-about-drugs.html>

Alaska Department of Health and Social Services Division of Behavioral Health

<http://dhss.alaska.gov/dbh/Pages/default.aspx>

Start Talking Now

www.starttalkingnow.org

National Institute on Drug Abuse for Parents

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

Websites youth may find helpful:

National Institute on Drug Abuse for Teens

<https://teens.drugabuse.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