

# 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](http://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](http://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>

Washington Recovery Helpline (866-789-1511)

[www.warecoveryhelpline.org](http://www.warecoveryhelpline.org)

Start Talking Now

[www.starttalkingnow.org](http://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 in 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



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Child Psychiatric Consultation  
for Primary Care Providers