



SUBSTANCE USE RESOURCES FOR PARENTS OF ADOLESCENTS AND YOUNG ADULTS

YOUTH FRIENDLY SUBSTANCE USE ONLINE RESOURCES

- **THRIVE:** Developed by the Society for Adolescent Health and Medicine, this app provides parents with conversation starters for sensitive topics and information on risk-oriented behavior, such as drinking and smoking. www.adolescenthealth.org/About-SAHM/Healthy-Student-App-Info.aspx
- **Be Smart, Be Well:** This website delivers life-story videos, expert interviews, and in-depth articles on a variety of health topics, including Addiction and Drug Safety. <http://besmartbewell.com/addiction/>
- **College Drinking Prevention:** This website provides research-based information for parents on issues related to alcohol abuse and binge drinking among college students. www.collegedrinkingprevention.gov/CollegeParents/
- **FamilyDoctor.Org:** Operated by the American Academy of Family Physicians, this website provides scientifically accurate information from a family medicine perspective on substance abuse. <http://familydoctor.org/>
- **HealthyChildren.Org:** Sponsored by the American Academy of Pediatrics, this website provides resources for parents of adolescents on substance abuse and treatment, including *A Parent's Guide to Teen Parties* and *Drug Abuse Prevention Starts with Parents*. www.healthychildren.org
- **StopAlcoholAbuse.Gov:** Providing information on research and resources on prevention, this website includes videos about talking to college-bound youth. <https://www.stopalcoholabuse.gov/>

SUBSTANCE USE NETWORKS

- **American Academy of Children and Adolescent Psychiatry:** The AACAP provides resources specifically for families for mental health and substance use, including quick facts and information on medications and clinical trials. www.aacap.org/AACAP/Families_and_Youth/Family_Resources/Home.aspx
- **Mothers Against Drunk Driving:** MADD works to end drunk driving, help fight drugged driving, support the victims of these violent crimes, and prevent underage drinking. Their website provides ways to take action, support groups, fact sheets, and a *Power of Parents* handbook. <http://www.madd.org/>
- **National Council on Alcohol and Drug Dependence:** This informational website provides parents with resources on how to be effectively involved in preventing alcohol and drug problems with their kids and families, including FAQs, talking points, and tips. <https://www.ncadd.org/family-friends>
- **National Institute of Alcohol Abuse and Alcoholism:** NIAAA supports and conducts research on the impact of alcohol use on health and wellbeing and provides publications directed at parents including *Make a Difference: Talk to Your Child About Alcohol*. http://pubs.niaaa.nih.gov/publications/MakeADiff_HTML/makediff.htm
- **National Institute on Drug Abuse:** NIDA provides a wealth of knowledge and resources for parents including guides for preventing drug abuse and for seeking drug treatment. www.drugabuse.gov/parents-educators
- **Partnership for Drug-Free Kids:** An organization working to reduce substance abuse among adolescents by supporting families and engaging with teens, their website provides a Parent Toolkit. <http://www.drugfree.org/>
- **Substance Abuse and Mental Health Services Administration:** SAMHSA works to reduce the impact of substance abuse and mental illness on America's communities, including through their campaign on preventing underage drinking. <http://www.samhsa.gov/underage-drinking/about>

SUPPORT GROUPS

- **Al-Anon Family:** Family and friends of problem drinkers can find understanding and support through group meetings, podcasts, and other resources. <http://www.al-anon.org/>
- **Alcohol Anonymous:** The AA website can help families find AA meetings near them as well as brochures directed at young people. http://www.aa.org/pages/en_US
- **Narcotics Anonymous:** The NA website can help young people find NA meetings near them as well as resources including brochures for young addicts and parents. <http://www.na.org/>
- **Smart Recovery:** SMART Recovery is a self-empowering addiction recovery support group. It provides resources for families, teen support programs, meeting locations, and an online community. www.smartrecovery.org/

SUBSTANCE USE TREATMENT GUIDES

- **Alcohol and Drug Addiction Happens in the Best of Families:** This guide describes how alcohol and drug addiction affect the whole family. It explains how treatment works, how family interventions can be a first step to recovery, and how to help children in families affected by substance abuse. <http://1.usa.gov/1O45dPP>
- **Family Therapy Can Help: For People in Recovery From Mental Illness or Addiction:** Exploring the role of family therapy, this guide explains how family therapy sessions are run, describes a typical session, and provides information on its effectiveness in recovery. <http://1.usa.gov/1QvqhPT>
- **Medication-Assisted Treatment for Opioid Addiction: Facts for Families and Friends:** This guide describes prescribed opioid medications, their proper use and side effects, withdrawal symptoms, and how medications fit with counseling in the recovery process. <http://1.usa.gov/1kpu4E9>
- **What Is Substance Abuse Treatment? A Booklet for Families:** Created for families, this guide answers questions about substance abuse, its symptoms, different types of treatment, and recovery. <http://1.usa.gov/1iUDRag>

TREATMENT SERVICE LOCATORS

- **Behavioral Health Treatment Services Locator:** Find treatment facilities for substance abuse/addiction and/or mental health problems. <https://findtreatment.samhsa.gov/>
- **Buprenorphine Treatment Physician Locator:** Find physicians authorized to treat opioid dependency with buprenorphine by state. <http://1.usa.gov/1Mo6VbW>
- **National Council on Alcoholism and Drug Dependence:** Find the nearest affiliate that can provide professional guidance and support. <https://ncadd.org/people-in-recovery/local-resources>
- **Opioid Treatment Program Directory:** Search opioid treatment programs by state. <http://dpt2.samhsa.gov/treatment/directory.aspx>
- **Sober Nation Treatment Locator:** An extensive directory of recovery centers <http://www.sobernation.com/>
- **Substance Abuse Treatment Facility Locator:** Find drug and alcohol abuse treatment programs by state. <https://findtreatment.samhsa.gov/TreatmentLocator/faces/quickSearch.jspx>

INSURANCE INFORMATION

Parents and families can find information on health insurance coverage of substance abuse treatment through the Federal Insurance Marketplace and Affordable Care Act coverage requirements.

- **HealthCare.Gov:** <https://www.healthcare.gov/coverage/mental-health-substance-abuse-coverage/>
- **Mental Health.Gov:** <http://www.mentalhealth.gov/get-help/health-insurance/>
- **The Whitehouse:** <https://www.whitehouse.gov/ondcp/healthcare>