

# Alcohol/Drug Resources for Parents

## 1) Partnership for Drug-Free Kids ([drugfree.org](http://drugfree.org))

This agency used to be called “Partnership for Drug Free America.” Additionally, the agency “Parents: The Anti-Drug” is also now redirected to this site. The Partnership has a wealth of information and is very user-friendly.

- Get basic information:
  - Information on specific drugs
  - Parent ToolKit + Guides & Resources
    - Many great tip sheets for how to talk with kids depending on the age; where to go for help.
    - Great prevention resource:
      - “6 Parenting Practices: Help Reduce the Chances Your Child will Develop a Drug or Alcohol Problem.”
- Step-by-Step Guide of What to do if:
  - You THINK your child is using
  - You KNOW your child is usingThis is a great place to start!
- Get Help:
  - Call the free & confidential **hotline** (1-855-378-4373/ 1-855 DRUGFREE)
    - Speak to a bilingual (English/Spanish) masters-level support specialist who can listen to your problem and help you make a plan to deal with your child’s drug or alcohol use.
  - Tips for understanding and finding treatment options
  - Link to “**Treatment Locator**” (resource managed by the Substance Abuse and Mental Health Services Administration (SAMHSA))
  - Get support (online, and links to support groups in your area)

## 2) National Institute on Drug Abuse (NIDA): For Parents

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

- Prevention resources including:
  - “Family Check-up: Positive Parenting Prevents Drug Abuse”
    - Comprehensive guide that gives tips on developing 5 parenting skills that are important in preventing the initiation and progression of drug use.
- Treatment resources including:
  - “What to Do if Your Teen or Young Adult Has a Problem With Drugs.”
    - Comprehensive guide with tips and video clips to deepen understanding.

### 3) NIDA Easy-to-Read Drug Facts (<https://easyread.drugabuse.gov>)

- The website uses simple language, navigation, design, and features to address many of the common barriers to accessing information.
- All materials are “speech-enabled” (click button and computer will read aloud for you).
- Get information about: drug facts, effects of drugs, recovery & treatment, prevention.

### 4) Substance Abuse and Mental Health Services Administration (SAMHSA)

- [www.family.samhsa.gov](http://www.family.samhsa.gov)
- **Treatment locator** (drug, alcohol or mental health facilities)
- SAMHSA’s **National Helpline** (also known as the treatment routing service). This helpline provides 24-hour free and confidential treatment referral and information about mental and/or substance use disorders, prevention, and recovery in English and Spanish. 1-800-662-HELP (4357)

### 5) Dawn Farms Lecture Series (Teens Using Drugs)

- FREE, ongoing two-part series on how to understand and identify teen substance use, and how to help. *Call 734-485-8725 for more information.*
  - 1st and 2nd Tuesdays, October-June 2017: 7:30-9:00pm
  - Saint Joseph Mercy Hospital Education Center
  - 5305 Elliott Drive, Ypsilanti, MI
- Both lectures also be viewed for free online:  
<http://www.dawnfarm.org/programs/teens-using-drugs/>

### 6) Youth.gov

- A section devoted to Substance Abuse (in addition to 20+ topics that impact teens)

### 7) Al-Anon/ Alateen <http://www.al-anon.org/>

- Support for friends/family members who are affected by someone else’s drinking
- Find support groups in your area