

## Resources

### Students Against Destructive Decisions (SADD):

1. [Contract for Life](#)

### Information on Alcohol, Drug Abuse and Addiction:

1. [NIDA: National Institute on Drug Abuse: The Science of Drug Abuse and Addiction \(www.drugabuse.gov\)](http://www.drugabuse.gov)  
Research database regarding the issues of substance abuse and related topics
2. [National Clearinghouse for Drug and Alcohol Information \(www.samhsa.gov\)](http://www.samhsa.gov)  
Access to research studies, multiple relevant databases, and national data on substance abuse and mental health provided by the Center for Mental Health Services, Substance Abuse Prevention, and Substance Abuse Treatment
3. [You Are Not Alone: Understanding Addiction \(www.theparenttoolkit.org\)](http://www.theparenttoolkit.org)  
An overview of what addiction is, who it affects, and common addition myths debunked
4. [National Institutes of Health, National Institute on Alcohol Abuse and Alcoholism \(www.niaaa.nih.gov\)](http://www.niaaa.nih.gov)  
The latest news in alcohol and health on behalf of the Department of Health and Human Services
5. [Rethinking Drinking: Alcohol and Your Health \(www.rethinkingdrinking.niaaa.nih.gov/\)](http://www.rethinkingdrinking.niaaa.nih.gov/)  
National leadership for reducing alcohol related problems. The National Institutes of Health provides drinking facts, a cocktail calculator, and resources for changing habits
6. [American Society on Addiction Medicine \(www.asam.org/\)](http://www.asam.org/)  
News, resources and education on addiction medicine, provided by a nationally recognized society of over 3,000 physicians and associated professionals.
7. [Understanding Drugs of Abuse: Learn the Facts About the Most Commonly Abused Drugs \(www.drugabuse.gov\)](http://www.drugabuse.gov)  
An brief overview of the most commonly abused drugs, including street and clinical names and the effects of drugs on the brain and body
8. [Office of National Drug Control Policy \(www.whitehousedrugpolicy.gov\)](http://www.whitehousedrugpolicy.gov)  
Research and evidence to improve public health and safety on behalf of the Office of National Drug Control Policy
9. [Guide to Addiction \(www.sobercollege.com\)](http://www.sobercollege.com)  
Helpful guide to drug abuse and addiction; focuses on college aged children

## Especially for Teens:

10. [Above The Influence \(www.abovetheinfluence.com\)](http://www.abovetheinfluence.com)  
An interactive website offering videos and valuable insights on staying drug free, handling peer pressure, doctor Q&A. Advice from teens, for teens on behalf of the National Youth Anti-Drug Media Campaign
11. [The Cool Spot: A young teen's place for info on alcohol and resisting peer pressure \(www.thecoolspot.gov/\)](http://www.thecoolspot.gov/)  
An interactive mock classroom offering facts about alcohol and peer pressure, as well as educational games on the physical and cognitive effects of alcohol on adolescents. Provided by the National Institute on Alcohol Abuse and Alcoholism, U.S. Department of Health and Human Services
12. [National Association for Children of Alcoholics \(www.nacoa.org/\)](http://www.nacoa.org/)  
Provides information and programs aimed at eliminating the adverse impact of alcohol and drug use on children and families of alcoholics
13. [Mental Health Assessment \(www.psychologytoday.com\)](http://www.psychologytoday.com)  
Keeping tabs on your mental health.
14. [Anxiety and Depression Association of America \(www.adaa.org\)](http://www.adaa.org)  
Facts, personal stories and resources about college anxiety

## Especially for Parents:

15. [The Parent Toolkit \(www.theparenttoolkit.org/\)](http://www.theparenttoolkit.org/)  
A toolkit on preventing drug use, how to better understand your teen and how to spot drug and alcohol use
16. [Partnership for a Drug-Free America's Drug-Free Resource Net \(www.drugfree.org\)](http://www.drugfree.org)  
A drug abuse prevention, intervention, treatment and recovery resource, existing to help parents and caregivers effectively address alcohol and drug abuse with their teens
17. [The Balanced Mind Parent Network \(www.thebalancedmind.org/\)](http://www.thebalancedmind.org/)  
A cyber support system of caring and supportive parents
18. [Choose to Keep Your Freedom \(www.hria.org\)](http://www.hria.org)  
Q&A about potential legal consequences of alcohol or drug use.
19. [Underage Drinking: Talk Early, Talk Often, Get Others Involved \(www.samhsa.gov\)](http://www.samhsa.gov)  
Assistance for parents and caregivers on talking to children early about the dangers of alcohol
20. [Raising Healthy Teens: Parenting Blog \(www.theparenttoolkit.org/blog\)](http://www.theparenttoolkit.org/blog)  
Parents blog about everyday topics for raising healthy teens, from friends, parties, pop culture, and more

21. [Preparing Your Young Children for a Healthy, Drug-free Future \(www.mass.gov\)](http://www.mass.gov)  
The Bureau of Substance Abuse Services offers advice to parents on preparing children for a drug-free future
22. [Prescription and Over the Counter Drug Guide \(www.theparenttoolkit.org/drug-guide\)](http://www.theparenttoolkit.org/drug-guide)  
A parents' guide to the legal drugs kids are using and abusing
23. [Helpful Street Drugs Guide \(www.theparenttoolkit.org/drug-chart\)](http://www.theparenttoolkit.org/drug-chart)  
Drug guide for parents: learn the facts about legal and illegal drugs to keep your teen safe
24. [Marijuana: Facts Parents Need to Know \(www.drugabuse.gov\)](http://www.drugabuse.gov)  
A brochure, in question and answer format, that provides facts about marijuana for parents and offers tips to talking to your children about marijuana and its harmful effects.
25. [Talking to Your Middle School Aged Child about Alcohol, Tobacco, and Other Drugs: A 10 Step Guide for Parents \(www.needhamma.gov\)](http://www.needhamma.gov)  
A 10 step guide for parents on talking to your middle school aged child about alcohol, tobacco, and other drugs
26. [7 Ways to Protect Your Child from Alcohol and Other Drugs \(www.drugfreenh.org\)](http://www.drugfreenh.org)  
Helpful tips on protecting your child from alcohol and other drugs
27. [Intervention eBook \(www.theparenttoolkit.org/intervention-guide\)](http://www.theparenttoolkit.org/intervention-guide)  
Advice on what to do if your child is drinking or using drugs
28. [Time To Get Help: Taking Care of Yourself \(www.theparenttoolkit.org/checklist\)](http://www.theparenttoolkit.org/checklist)  
A parent checklist on taking care of yourself in the midst of an emotional and overwhelming time
29. [6 Parenting Practices: Help Reduce the Chances that Your Child Will Develop a Drug or Alcohol Problem \(www.theparenttoolkit.org/parenting.pdf\)](http://www.theparenttoolkit.org/parenting.pdf)  
Six research-supported parenting practices to set you and your family on the right path

## **Where to Get Help:**

30. [Center for Adolescent Substance Abuse Research, Children's Hospital Boston \(www.ceasar-boston.org\)](http://www.ceasar-boston.org)
31. [National Substance Abuse/Mental Health Treatment Facility Locator \(www.findtreatment.samhsa.gov\)](http://www.findtreatment.samhsa.gov)
32. [Massachusetts Department of Mental Health \(www.mass.gov\)](http://www.mass.gov)
33. [Treatment: How To Find The Right Help For Your Child \(www.theparenttoolkit.org/treatment-guide\)](http://www.theparenttoolkit.org/treatment-guide)
34. [Al-anon Family Groups \(www.al-anon.alateen.org\)](http://www.al-anon.alateen.org)
35. [American Society on Addiction Medicine \(www.asam.org\)](http://www.asam.org)

36. [National Association for Children of Alcoholics \(www.nacoa.org\)](http://www.nacoa.org)
37. [National Federation of Families for Children's Mental Health \(www.ffcmh.org\)](http://www.ffcmh.org)
38. [National Suicide Prevention Lifeline \(www.suicidepreventionlifeline.org\)](http://www.suicidepreventionlifeline.org)