

Substance Use and Addiction Resources and Support for Parents and Families

There is a wealth of research and information on substance use available online. The following is a list of tools and resources selected for parents and families who are facing a substance use issue with their child or a family member or who are seeking education and skills to prevent a substance use problem. Beyond knowledge, there is also a tremendous need for support and treatment when substance use becomes a problem. The second section of this guide provides information about supports and treatments for children, adolescents, parents and families.

SECTION 1: TOOLS AND 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.
- **[HealthyChildren.Org](#)**: Sponsored by the American Academy of Pediatrics, this website provides resources for parents of adolescents on substance abuse and treatment, including a library of articles on commonly used substances, tips for parents about how to talk to teens about substance use and information about how to find the right drug treatment program.
 - Highlight: [The Opioid Epidemic: How to Protect Your Family](#)
 - Highlight: [Drug Abuse Prevention Starts with Parents](#)
- **[DrugRehab.com](#)**: This Substance Use Guide for Parents provides helpful information about teen drug use including why they use, what they use, where they are exposed to and can get drugs, the warning signs of drug use and what parents can do to help prevent drug use.
- **American Academy of Children and Adolescent Psychiatry**: The AACAP provides resources specifically for families for mental health and substance use. The following pages on their site contain information regarding substance use which may be helpful to parents and families.
 - [Frequently Asked Questions](#)
 - [Teens: Alcohol and Other Drugs](#)
 - [Marijuana and Teens](#)
 - [Substance Use Treatment for Children and Adolescents: Questions to Ask](#)
 - [Additional Fast Facts including Mental Health Information](#)
- **[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.
- **[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.
 - Highlight: [Family Checkup: Positive Parenting Prevents Drug Abuse](#) – 5 questions that highlight parenting skills important to the start and progression of drug use including video shorts on *Communication, Encouragement, Negotiation, Setting Limits and Supervision*
 - Highlight: Article on [How to Talk with Your Teen](#)

- **[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.
 - Highlight: [Parent Blog](#) - Advice from experts and perspective from families who have been impacted by substance use.
 - Highlight: [Skills to Help Your Child and Family Heal](#) - Community Reinforcement and Family Training, or CRAFT
 - [About CRAFT](#)
 - [CRAFT Video Series](#)

VIDEOS AND PODCASTS

[Anyone Can Become Addicted to Drugs](#)

[Podcast: Addiction Prevention: What's a Parent to Do?](#)

[Why Are Drugs So Hard to Quit?](#)

[How Can Families Prevent Opioid Related Deaths?](#)

[Supporting Families to Promote Children's Mental Health](#)

Families in Recovery Video Series:

[Part 1: Explaining Addiction](#)

[Part 2: Phase 1 – Introduction, Phase 2 - Maintenance](#)

[Part 3: Phase 3 – Disenchantment, Phase 4 - Disaster](#)

[Part 4: First Stage of Recovery - Withdrawal](#)

[Part 5: Second Stage of Recovery - Honeymoon](#)

[Part 6: Third Stage of Recovery – “The Wall”, or, Protracted Abstinence](#)

[Part 7: Providing Additional Support](#)

[Part 8: Final Stage of Recovery – Adjustment and Resolution](#)

HELP WITH TALKING TO YOUR CHILD ABOUT ALCOHOL AND OTHER DRUGS

[5 Conversation Goals](#)

[Action Plan](#)

[Answering Your Child's Tough Questions](#)

[Keeping Your Kids Safe Brochures](#)

[Impaired Driving: Talk With Your Kids](#)

[Why Small Conversations Make a Big Impression](#)

[Why You Should Talk With Your Child About Alcohol and Other Drugs](#)

IS YOUR CHILD USING?: Learn how to spot the warning signs and what steps to take if you are concerned that your child may have a substance use problem.

[Look for Warning Signs](#)

["Just Experimenting?"](#)

[Prepare to Take Action](#)

[Have a Conversation, Not a Confrontation](#)

[Set Limits & Monitor](#)

[Encourage Behavior Change](#)

WHAT TO DO IF YOU HAVE A PROBLEM WITH DRUGS

[For Teens and Young Adults](#)

[For Adults](#)

WHAT TO DO IF SOMEONE YOU KNOW HAS A PROBLEM WITH DRUGS

[Your Teen or Young Adult](#)

[Your Adult Friend or Loved One](#)

SUBSTANCE USE TREATMENT INFORMATION

- **[Seeking Drug Treatment: Know What to Ask:](#)** Learn 5 questions to ask when seeking a drug treatment program for your child or family member.
- **[How to Find a Drug Treatment Program for Your Teen](#)**
- **[Alcohol and Drug Addiction Happens in the Best of Families:](#)** This brochure 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.
- **[Family Therapy Can Help: For People in Recovery from Mental Illness or Addiction:](#)** This brochure explores the role of family therapy, explains how family therapy sessions are run, describes a typical session, and provides information on its effectiveness in recovery.
- **[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.
- **[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.
- **[National Parent Helpline](#)**
- **[National Parent Blog](#)**

TREATMENT SERVICE LOCATORS

- [Behavioral Health Treatment Services Locator](#): Find treatment facilities for substance abuse/addiction and/or mental health problems.
- [Buprenorphine Treatment Physician Locator](#): Find physicians authorized to treat opioid dependency with buprenorphine by state.
- [National Council on Alcoholism and Drug Dependence](#): Find the nearest affiliate that can provide professional guidance and support.
- [Opioid Treatment Program Directory](#): Search opioid treatment programs by state.
- [Sober Nation Treatment Locator](#): An extensive directory of recovery centers
- [Substance Abuse Treatment Facility Locator](#): Find drug and alcohol abuse treatment programs by state.

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.

- [Mental Health.Gov](#)
- You can also contact your insurance company, your local Medicaid office or a [family run organization](#) in your community or state for assistance getting information about what supports and services may be covered.

SUPPORT GROUPS

- [Al-Anon Family](#): Family and friends of problem drinkers can find understanding and support through group meetings, podcasts, and other resources.
- [Alcohol Anonymous](#): The AA website can help families find AA meetings near them as well as brochures directed at young people.
- [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.
- [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.

PEER SUPPORT

- [What is Peer and Family Support and How Can it Help?](#)
- [Family and Youth Peer Support Lit Review](#)
- [Locate and contact a family run organization](#) in your community or state for more information on available peer support services
- [NFFCMH Resources for Parents and Caregivers](#)

SELF-CARE

- [Self-Care for Family Caregivers](#)
- [Self-Care for Parents](#)
- [Self-Care Checklist with Videos](#)

MENTAL HEALTH RESOURCES AND INFORMATION: For families facing co-occurring mental health and substance use challenges.

[Facts for Families](#)

Concise, up-to-date information on issues affecting children, teenagers, and their families.

[Child and Adolescent Mental Illness and Drug Abuse Statistics](#)

Statistics on the prevalence of mental illnesses like ADHD, autism, bipolar disorder and drug abuse.

[Glossary of Symptoms and Mental Illnesses](#)

Defines 17 major mental disorders in easily understandable language. Also provides a resource list.

[Psychiatric Medication](#)

The latest information on children and Psychiatric Medication

INFORMATION ON SPECIFIC MENTAL HEALTH DIAGNOSES

[Attention Deficit/Hyperactivity Disorder \(ADHD\) Resource Center](#)

[Anxiety Disorders Resource Center](#)

[Autism Resource Center](#)

[Bipolar Disorder Resource Center](#)

[Bullying Resource Center](#)

[Conduct Disorders Resource Center](#)

[Depression Resource Center](#)

[Disaster Resource Center](#)

[Military Families Resource Center](#)

[Obsessive Compulsive Disorder Resource Center](#)

[Oppositional Defiant Disorder Resource Center](#)



National Federation of Families
for Children's Mental Health

Substance Use and Addiction Resources and Support for Parents and Families

[Substance Use Resource Center](#)

[Suicide Resource Center](#)

[Trauma and Child Abuse Resource Center](#)

GETTING MENTAL HELTH HELP

[Child and Adolescent Psychiatrist Finder](#): Use the American Association of Child and Adolescent Psychiatry's to find a Child and Adolescent Psychiatrist near you.

Parents' Medication Guide Series: Medication guides to help patients, families, and physicians make informed decisions about obtaining and administering appropriate care for a child or adolescent with ADHD, autism spectrum disorder, bipolar disorder, or depression.

[Medication Guide for Treating ADHD](#)

[Medication Guide for Treating ADHD Spanish](#)

[Medication Guide for Treating Autism Spectrum Disorder](#)

[Medication Guide for Treating Bipolar Disorder](#)

[Medication Guide for Treating Depression](#)