

## **Parenting and Communicating with Your Child**

Time to Act: Don't Panic. You Can Do This

<http://timetoact.drugfree.org>

Positive Parenting Prevents Drug Abuse: A Guide for Parents

<http://www.drugabuse.gov/family-checkup>

Setting expectations and rules to monitor your teen

<http://store.samhsa.gov/product/Navigating-the-Teen-Years-A-Parent-s-Handbook-for-Raising-Healthy-Teens/PHD1127>

Talk Early, Talk Often, Get Others Involved

<http://underagedrinking.samhsa.gov/default.aspx>

## **Information for Teens**

Marijuana: Facts for Teens <http://www.drugabuse.gov/publications/marijuana-facts-teens>

The Science Behind Drug Abuse <http://www.teens.drugabuse.gov>

Above the Influence campaign <http://www.youtube.com/abovetheinfluence>

The Cool Spot – Young teens place to get info on alcohol and resisting peer pressure

<http://www.thecoolspot.gov>

Marijuana: Facts Parents Need To Know

<http://www.drugabuse.gov/publications/marijuana-facts-parents-need-to-know>

National Institute on Drug Abuse: Marijuana

<http://www.drugabuse.gov/drugs-abuse/marijuana>

## **Information about Addiction and Substance Use:**

National Institute on Drug Abuse (NIDA) <http://www.drugabuse.gov>

Prevent, Intervene, Get Treatment, Recover <http://www.drugfree.org/>

Understanding addiction and recognizing signs and symptoms of abuse

[http://www.helpguide.org/mental/drug\\_substance\\_abuse\\_addiction\\_signs\\_effects\\_treatment.htm](http://www.helpguide.org/mental/drug_substance_abuse_addiction_signs_effects_treatment.htm)

VIDEO: Dr. Nora Volkow, Director of NIDA discussed with teenagers how drugs affect brain and behavior

[http://www.youtube.com/watch?v=2jp\\_wROPEY4](http://www.youtube.com/watch?v=2jp_wROPEY4)

## **Alcohol Facts**

National Institute on Alcohol Abuse and Alcoholism [niaaa.nih.gov](http://niaaa.nih.gov)

National Council on Alcoholism and Drug Dependence [www.ncadd.org](http://www.ncadd.org)

Preventing Adolescent Risky Drinking <http://www.youthbingedinking.org/you/parents.php>

## **Facts about Prescription Drugs and Other Drugs**

Teen Medicine Abuse: What's The Problem?  
<http://medicineabuseproject.org/the-problem>

Medicine Abuse: Signs and Symptoms  
[http://pact360.org/images/uploads/programs/Action\\_2\\_Signs\\_and\\_Symptoms\\_08-13.pdf](http://pact360.org/images/uploads/programs/Action_2_Signs_and_Symptoms_08-13.pdf)

Teen Medicine Abuse: What You Can Do:  
<http://medicineabuseproject.org/what-you-can-do>

Real families who have been affected by medicine abuse  
VIDEO: <http://pact360.org/programs/parents360rx>

Marijuana: Facts Parents Need To Know  
<http://www.drugabuse.gov/publications/marijuana-facts-parents-need-to-know>

Drug Guide: Information for Over 40 Commonly Abused Drugs <http://www.drugfree.org/drug-guide>

## **Treatment & Recovery Services**

Phoenix House Academy in Dublin, NH 603-358-4041  
<http://www.phoenixhouse.org/locations/new-hampshire/phoenix-house-academy-at-dublin/>

Self Assessment Saturdays for Youth (SASY) 603-358-4041  
<http://www.phoenixhouse.org/faq/keene-whom-do-you-treat-at-your-facility/>

Monadnock Substance Abuse Services 603-357-4400 [www.mfs.org](http://www.mfs.org)

Substance Abuse Treatment Facility Locator - <http://findtreatment.samhsa.gov/>

Alcoholics Anonymous: Twelve-step recovery program for men and women recovering from alcoholism. Find an AA meeting [www.nhaa.net](http://www.nhaa.net)

Narcotics Anonymous: Twelve-step recovery program for men and women recovering from alcoholism. Find an NA meeting [www.gmana.org](http://www.gmana.org)

Al-anon/Alateen: Meetings for friends and families of problem drinkers [www.nhal-anon.org](http://www.nhal-anon.org)

Adult Children of Alcoholics: Twelve-step recovery program for men and women who grew up in alcoholic/dysfunctional homes. <http://www.adultchildren.org/Meetings.php>

Al-Anon: Help and support for friends and families of alcoholics. Find a Meeting: <http://www.al-anon.alateen.org/local-meetings>

Al-a-Teen: A Twelve Step program for people under 21 years of age whose lives have been affected by someone else's drinking. Find a meeting: <http://www.nhal-anon.org/NHMeetingList.html>

CODA (Co-dependents Anonymous) - Twelve-step program of recovery from codependence. <http://www.necoda.org/meetings.htm>

NH Resource Guide <http://www.dhhs.nh.gov/dcbcs/bdas/documents/guide.pdf>

## **Ways To Get Involved**

Monadnock Alcohol and Drug Abuse Coalition (MADAC) 719-4150 [www.madacnh.org](http://www.madacnh.org)

We've Got Your Back: WGYB is a network of parents creating an environment of support to reduce underage drinking and its effects on the community. <https://sites.google.com/site/wgybwinnh/>