

Resources from Parent Time: Supporting Yourself and Your Child

Youth Central Intake and Care Coordination (YCICC)

This special state-funded service organization helps Massachusetts parents and families access treatment programs specifically for teens. YCICC is a project of the Institute for Health and Recovery.

Hours of Operation: Monday-Friday 9am–5pm

617-661-3991 or

Toll free: 866-705-2807

TTY: 617-661-9051

www.healthrecovery.org

Massachusetts Substance Abuse Information and Education Helpline

Free and confidential information and referral for alcohol and other drug abuse-problems

Staffed 24 hours a day, 7 days a week

Toll free: 1-800-327-5050

TTY: 617-536-5872

www.helpline-online.com

Massachusetts Department of Public Health Bureau of Substance Abuse Services, Office of Youth and Young Adults

The Bureau of Substance Abuse Services, Massachusetts Department of Public Health has extensive substance abuse information and links to other Massachusetts Department of Public Health programs. For prevention and treatment referrals, individuals can contact the BSAS-funded Massachusetts Substance Abuse Information and Education Hotline.

Hours of Operation: Monday-Friday 9am-5pm

617-624-5111

TTY: 617-624-6001

<http://mass.gov/dph/bsas>

The Administrative Office of the Juvenile Court

Information about Juvenile and Drug Courts in your community.

Hours of Operation: Monday-Friday 8:30am-4:30pm

617-788-6550

TTY: 617-788-6202

<http://www.mass.gov/courts/courtsandjudges/courts/juvenilecourt/>

Center for Adolescent Substance Abuse Research

This Children's Hospital program provides medical diagnosis and intervention for teens.

Hours of Operation: Monday-Friday 8:30am-5:00pm

617-355-2727

www.ceasar-boston.org

Mass 2-1-1 Call Center

A resource for finding government benefits and services, non-profit organizations, support groups, and other local resources, Mass 2-1-1 responds immediately during times of crisis. Staff will direct callers to services most appropriate for their needs.

Hours of Operation: Monday-Friday 8am–8pm

Toll free: 1-877-211-6277, or in some areas, call 211

TTY: 617-536-5872

www.mass211help.org

Massachusetts Clearinghouse

Download free materials for a variety of health issues, including substance abuse.

1-617-536-0501

Toll Free: 1-800-952-6637

TTY: 1-617-536-5872

www.maclearinghouse.com

Useful Publications

Robertson, E. B., David, S. L., and Rao, S. A. (2003). *Preventing Drug Use among Children and Adolescents: A Research-Based Guide for Parents, Educators and Community Leaders*, second edition. Bethesda, MD : National Institute on Drug Abuse.

This guide, organized around the 16 prevention principles, provides useful information on topics such as risk and protective factors, planning for drug abuse prevention in the community, and applying prevention principles to drug abuse prevention programs. It also includes examples of evidence-based drug abuse prevention programs and selected resources and references.

Alcohol and Other Drugs: Is Your Teen Using? (A Guide to Substance Abuse Treatment Services for Massachusetts Teens)

For Parents of at risk high school-age teens. This booklet helps parents to take action if they think their teen may be using inhalants, alcohol, or other drugs. Written in a supportive and informative tone, it helps empower parents and guide them through the steps and local resources necessary to get assistance for their child and/or family.

<http://www.maclearinghouse.com/PDFs/SubstanceAbuse/SA1066.pdf>

Suspect Your Teen is Using Drugs or Drinking? : A Brief Guide to Action for Parents (early intervention parent brochure)

This booklet offers parents information about talking to their teens about drug use and the steps to take to do so. Topics include: “What’s the Big Deal?” “The Science Is Clear,” “Signs and Symptoms,” “Your Teen Is at a Crossroads,” “What Do You Do and When?” “Do You Think You’ve Uncovered a Problem?” and “Parents Are the Most Important Influence in a Child’s Life.”

<http://ncadistore.samhsa.gov/catalog/>

Keeping Your Kids Drug-Free: A How-to Guide for Parents and Caregivers/Proteja a sus hijos de las drogas: Una guía para los padres (Bilingual version)

This booklet, written in both English and Spanish, provides ideas and examples of the skills busy parents need to keep their children from taking drugs. It details the challenges parents face, how to influence a child's behavior, how to keep children away from drugs, what to say and when to say it, and how to get help. <http://ncadistore.samhsa.gov/catalog/>

Useful Websites

<http://www.samhsa.gov>

The Substance Abuse and Mental Health Services Administration (SAMHSA) provides information on programs, national treatment, and suicide prevention.

www.oas.samhsa.gov

SAMHSA's Office of Applied Studies provides national data including information on: alcohol, tobacco, marijuana and other drug abuse; drug related emergency department episodes and medical examiner cases and; the nation's substance abuse treatment systems.

www.fascenter.samhsa.gov/grabGo/factSheets.cfm

The SAMHSA Fetal Alcohol Spectrum Disorders (FASD) Center for Excellence website provides facts and resources in addition to trainings on FASD.

<http://ncadistore.samhsa.gov>

SAMHSA's National Clearinghouse for Alcohol and Drug Information site lists useful publications and booklets for parents, teachers, youth and community.

<http://family.samhsa.gov>

SAMHSA's Family site provides information, publications and links to resources for parents, youth and community. This is an excellent portal for a wide range of web-based resources.

<http://www.talkaboutaddiction.org>

Information about addiction, prevention, treatment and stigma.

<http://www.cdc.gov/alcohol>

The Center for Disease Control and Prevention provides health information and data on alcohol use.

<http://www.cdc.gov/injury/>

The Center for Disease Control and Prevention provides information about preventing harm caused by injuries due to alcohol or drug use, car crashes, sports injuries, violence, and more.

http://www.alcoholics-anonymous.org/en_find_meeting.cfm

Find meetings focused on alcohol or drugs for young people.

<http://www.niaaa.nih.gov>

The National Institute on Alcohol Abuse and Alcoholism provides publications and statistics on alcohol and its impact on health and public safety.

<http://www.stopalcoholabuse.gov/youth.aspx>

The National Institute on Alcohol Abuse and Alcoholism provides resources to help young people understand what alcohol can do to their bodies and brains, and how to refuse.

<http://www.nacoa.org>

National Association for Children of Alcoholics provides information for children that have been, or are being, raised by alcoholics.

<http://www.moar-recovery.org>

MOAR is a collective voice of recovering individuals with the mission to educate the public about the value of recovery from alcohol and other addictions. Website includes additional links to other helpful resources.

www.addictionrecoveryguide.org

The Addiction Recovery Guide assists individuals struggling with drug addiction and alcoholism in finding help that best suits their needs. Their website offers online help from others in recovery and a message board to share your success stories.

<http://aia.berkeley.edu/about/faq.php>

The National Abandoned Infants Assistance Resource Center provides information and resources related to children who are abandoned or at-risk of abandonment due to the presence of drugs and/or HIV in the family. The website provides training, information, support, and resources to service providers who assist these children and their families. It includes information about HIV, substance use disorders, child welfare, abandoned infants, and more.

<http://www.nida.nih.gov>

<http://drugabuse.gov>

The National Institute on Drug Addiction provides information, materials and links about drugs for researchers, parents, health professionals and students.

<http://teens.drugabuse.gov>

The National Institute on Drug Addiction provides facts on how different drugs affect your brain and body, stories, games, and more.

www.ncsacw.samhsa.gov

The National Center on Substance Abuse and Child Welfare provides information and resources related to the interface of substance abuse, child welfare, tribal, and family judicial systems.

<http://www.parentshelpingparents.org>

Parents Helping Parents provides caregivers and parents free, confidential, and anonymous support and services so that they may better support their children.

Useful Phone Numbers

Overdose/Needle Exchange Information

Information on participating in needle exchange programs.

1-800-383-2437

MA Tobacco Quitline

Talk with someone about quitting smoking.

1-800-Try-To-Stop