

Resources for Parents about Alcohol, Marijuana and Other Drug Use by Students

Compiled by ATOD Work Group – BHS Safety Committee
2012-13

Dear Parents,

This Resource List is created by BHS parents for parents, guardians and friends of teens. We make a reasonable effort to confirm and update this list, but it should not be viewed as endorsing the resources listed. It includes:

- Parenting and Communicating with Your Child
- Information and Education about Alcohol, Marijuana and Other Drugs
- Local Networking and Support Groups
- School, City and County Resources
- Treatment and Recovery Services
- Ways To Get Involved

Please share your suggestions and updates for this list by emailing me at khughes@berkeley.edu.

Cheers,

Karen Hughes

Chair of ATOD Work Group - BHS Safety Committee

1. Parenting and Communicating with Your Child

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

<http://timetoact.drugfree.org/>

Tips for Talking with Your Child about Drugs

<http://www.acde.org/parent/Tips.htm>

Safety First: A Reality-Based Approach to Teens and Drugs

<http://www.drugpolicy.org/resource/safety-first-reality-based-approach-teens-and-drugs>

Parenting: Monitoring Skills

<http://www.theantidrug.com/advice/safeguarding-and-monitoring/monitoring-skills/default.aspx>

How to Talk to Teens About Marijuana - So They Actually Listen eHow.com

http://www.ehow.com/how_5021374_talk-teens-marijuana-actually-listen.html

Talking to Your Kids—Communicating the Risks

<http://www.drugabuse.gov/publications/marijuana-facts-parents-need-to-know/talking-to-your-kids--communicating-risks>

Parents of Teens: Handle Tough Questions

<http://www.madd.org/underage-drinking/the-power-of-parents/high-school-parents/highschool-toughquestions.html>

Parenting to Prevent Childhood Alcohol Abuse

<http://pubs.niaaa.nih.gov/publications/adolescent/adolflyer.htm>

Talk Early, Talk Often, Get Others Involved

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

2. Information & Education about Alcohol, Marijuana and Other Drugs**National Institute on Drug Abuse (NIDA)**

The Science Behind Drug Abuse

Resources for students, teachers, and parents <http://www.nida.nih.gov/nidahome.html>

En Español - <http://www.nida.nih.gov/NIDAEspanol.html>

Adolescent Brain Development and Drugs or the Roller Coaster of Adolescent Development

PowerPoint presentation by Dean Blumberg, Kaiser CDRP, San Francisco

<http://www.myprevention.org/?page=braindrugs>

Did You Know?... 6 Drug Facts

<http://www.phoenixhouse.org/our-perspectives/did-you-know-10-drug-facts/>

Prevent, Intervene, Get Treatment, Recover

<http://www.drugfree.org/>

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.abovetheinfluence.com/>

<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

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>

Alcohol Facts**AlcoholEdu for High School Parents**

15- to 20-minute education course about teens and alcohol, and the skills parents need to have productive conversations with their teens about alcohol and underage drinking.

<http://highschoolparents.alcooledu.com/>

Basic Facts about Drugs: Alcohol

<http://www.acde.org/parent/Research.htm>

Facts about Prescription Drugs and Other Drugs**American Council for Drug Education: New Fact Sheets**

<http://www.acde.org/parent/Research.htm>

Over the Counter and Prescription Drug Abuse

<http://www.theantidrug.com/drug-information/otc-prescription-drug-abuse/default.aspx>

- Prescription Drug (Rx) Abuse
- OTC Drug Abuse
- Prescription Drug Dangers
- Signs of Rx Drug Abuse
- Preventing Rx Drug Abuse
- Rx Drug TV Ads and Videos

Search Latest Medical Information**MedlinePlus Health Library**

http://www.childrenshospitaloakland.org/healthcare/health_library.asp

Books

Recommended by BHS Parents

Raising Drug Free Kids in a Drug Filled World – William Mack Perkins, 1986

http://www.amazon.com/William-Mack-Perkins/e/B001KJ2O22/ref=ntt_athr_dp_pel_1

Marijuana What's a Parent to Believe - Timmen Cermak, M.D., Hazelden Press 2003

<http://www.amazon.com/Marijuana-Whats-Parent-Believe-Informed/dp/1592850391>

In the Realm of Hungry Ghosts: Close Encounters with Addiction - Gabor Maté and Daniel Maté, 2011

http://www.amazon.com/Realm-Hungry-Ghosts-Encounters-Addiction/dp/B005FOGAA0/ref=sr_1_cc_1?s=aps&ie=UTF8&qid=1337807891&sr=1-1-catcorr

Supporting Adolescents - Patty Wipfler.

Purchase online at www.handinhandparenting.org or by calling Hand in Hand at 650-322-5323.

3. Local Networking and Support Groups

BHS Parent Support Program

Communicating with our Teens about Alcohol and Marijuana

This ongoing parent support program provides practical information and personal support for parents trying to help teens navigate and make good decisions about drugs. Lead by current and former BHS parents. For more information and current schedule contact: **Karen Hughes at khughes@berkeley.edu**

Berkeley Parents Network – Parents of Teens Newsletter.

A weekly email newsletter for 6,116 parents of teens, pre-teens, and young adults who live in the San Francisco Bay Area in which parents can anonymously share concerns and questions, seek advice and recommendations, and engage in discussions with other parents of this age group.

<http://parents.berkeley.edu/advice/teens/>

4. School, City and County Resources

Berkeley High School

Berkeley High School Health Center – Room H105

Monday 10am – 12:15pm

Tues-Fri 8:30am - 4:00pm. (510) 644-6965. The Berkeley High School Health Center empowers teens to take responsibility for their physical, emotional, and social health by engaging their strengths, experiences, and knowledge. The Health Center provides access to culturally appropriate care through a combination of direct services, partnerships, and referrals to community resources. The Health Center offers medical services, prevention education, and counseling/therapy.

- Students can call or drop-in for an appointment or referral.
- Parents concerned about their student's alcohol, marijuana or other drug use can complete and submit a Health Center Referral Form. The center's clinical/mental health staff reviews the referrals daily. Students thought to be high risk/in danger are contacted by a staff member within 24 hours. Those who are not high risk are contacted within 48 hours. In both cases contacts are most successful when parents tell their child about the referral they've submitted; Health Center staff can help parents with talking to their student if necessary. If staff cannot successfully contact a student (e.g. student not on campus/in class, refuses contact) they stop

after three attempts. Successful contacts lead to an initial session to explore and assess the issue of concern. Subsequent sessions and method/contents of communications back to parent about the sessions are determined by the student and counseling staff. Longer term counseling is available depending on insurance, and referrals are offered for community based counseling and other services/activities. For more information, contact the Health Center.

<http://bhs.berkeleyschools.net/resources/health-center/>

BHS Parent Resource Center

A place where parents can feel welcome and get connected to core services including: information, referrals, parent/student advocacy, life skills workshops, family health and wellness. Located in Room D-224 on 2nd floor of the main administration building. Office hours are 8:30-4pm daily. For more information call 510-644-8524. (drop in and/or appointment)

Berkeley

City of Berkeley Public Health Programs

Tobacco Prevention Program works to decrease public health inequities by increasing the capacity of tobacco control and prevention efforts, decrease the sale of tobacco products to minors by Berkeley tobacco merchants and provide tobacco cessation services to the community. The website provides information about Berkeley Tobacco Control Policies and Initiatives, No Smoking Restrictions, Tobacco Facts, and links to a number of tobacco information and prevention websites. Located at City of Berkeley Public Health Division - 1947 Center Street, Second Floor, Berkeley, CA 94704. 510-981-5330 (Phone) 510-981-5395 (Fax) 510-981-6903 (TDD) QuitNow@cityofberkeley.info Monday - Friday: 8:00am - 5:00pm ****CALL FOR AN APPOINTMENT****

City of Berkeley Mental Health Programs

Family, Youth and Children's Services (FYC) programs include outpatient clinical and case management services, on-site clinical services at other designated Berkeley Unified School District and Albany Unified School District school sites (including consultation, assessment, counseling, group therapy, case management, and staff training), psychological testing and assessment, psychiatric services, crisis intervention, parent education, community-based workshops and training, resource coordination, and consultation or other liaison services. (510) 981-5280.

<http://www.ci.berkeley.ca.us/ContentDisplay.aspx?id=15654>

The Young Adult Project (YAP) provides a comprehensive range of services that include ongoing basic services such as counseling, tutoring, violence prevention and leadership development. YAP is a community-based organization administered by the City of Berkeley Parks Recreation & Waterfront Department. YAP's purpose is to create a healthy and safe social environment for youth and to reduce juvenile delinquency through the provision of educational, cultural, counseling, and recreational activities. Registration priority for this program is given to south and west Berkeley residents. Students must be referred by either a teacher or counselor. YAP also provides staff leadership for the Berkeley Youth Commission. (510) 981-6670 <http://www.ci.berkeley.ca.us/ContentDisplay.aspx?id=5698>

The Mobile Crisis Team responds to crisis situations (suicide, homicide, threats, drug abuse, evaluation for psychiatric hospitalization) at the street-level and coordinates and consults with local public safety organizations, hospitals and other community groups. Hours of operation are 10:30am – 11pm every day. (510) 981-5254.

Community Resources

Berkeley Youth Alternatives (BYA) helps children, youth, and their families address issues and problems via Prevention by reaching youth before their problems become crises, and via Intervention through the provision of support services to youth entangled in the juvenile justice system. BYA helps to build capacity within individuals to reach their innate potential. Located at 1255 Allston Way in Berkeley, Ca 94702 (on the corner of Allston and Bonar in West Berkeley).

Business hours: Monday through Friday 9am-6pm. Drop-ins are welcome. Office: 510.845.9010 Fax: 510.849.1421. <http://www.byaonline.org/>

Alameda County/State of California

Alameda County Office of Education

In response to the increasing needs of our client schools and districts, the Educational Services Division has become the primary provider of professional development and support services for K-12 educators in our county's 18 school districts as well as the 7-county region that makes up "Region IV. This includes regular training and education programs about alcohol and other drug issues – many are suitable and open to parents to attend. May be a cost. Call (510)-670-7795 or (510) 670-3199 or check the website for upcoming programs.

<http://www.acoe.k12.ca.us/acoe/>

5. Treatment & Recovery Services

Following list produced by Berkeley High School Health Center

- **TOWER Program** – Jennifer Tan, LCSW (510-653-8056, Group, Individual and Family therapy, Berkeley, 94710)
- **Alameda Family Services: Youth OutPatient Drug-Free Treatment Program** (510-629-6209, 10-20 week psychoeducational program, drug testing available, FREE, Alameda, 94704)
- **Thunder Road** (510-653-5040, Inpatient & Outpatient, Oakland, 94609)
- **Kaiser Teen Chemical Dependency Recovery Program (CDRP)** (510-251-0121, Kaiser members only, 6-12 months abstinence-based program with teen & family groups, drug testing & relapse prevention support, Oakland, 94607)
- **Our Common Ground/Daytop Village** (650-367-9030, Residential, day treatment, outpatient, Redwood City, 94061)
- **Project Eden** (510-247-8200, Individual, family and group counseling, Hayward, 94541)
- **The Meadow Lodge at The Camp** (800-924-2879, Residential, Scotts Valley, 95066)
- **Substance Abuse Treatment Facility Locator** - <http://findtreatment.samhsa.gov/>
- **Twelve Step Meetings (Community-led group discussion and support)** (Berkeley, multiple locations, <http://www.simeetings.com/LA/SFB/BerkeleyMtgs.html>)

- **Adult Children of Alcoholics (ACA)** - Twelve-step recovery program for men and women who grew up in alcoholic/dysfunctional homes. (510) 528-4379
- **Al-Anon** - Help and support for friends and families of alcoholics. (510) 528-4379
- **Alcoholics Anonymous** - Twelve-step recovery program for men and women recovering from alcoholism. (510) 839-8900 (central office and 24-hr. hotline) <http://www.eastbay.org/>
- **Al-a-Teen** - A Twelve Step program for people under 21 years of age whose lives have been affected by someone else's drinking. YMCA Teen Center - Monday 3:45-4:45pm.
- **CODA (Co-dependents Anonymous)** - Twelve-step program of recovery from codependence. (510) 848-7188
- **LifeRing** - An alcohol and drug peer support program, from a secular perspective. Non-twelve-step based program. (contact info?)
- **Marijuana Anonymous/MA World Services** - Twelve-step recovery program for men and women recovering from marijuana addiction. (800) 766-6779
- **Narcotics Anonymous** - Twelve-step recovery program for men and women recovering from drug addiction.
- **Nicotine Anonymous** - Twelve-step program to help people live their lives free of nicotine. (415) 995-1938

6. Ways To Get Involved

BHS Safety Committee – Alcohol, Tobacco and Other Drug (ATOD) Sub-committee

Serves to identify and advise the BHS administration and School Site Council on ATOD issues and risks for students. Makes recommendations for educational programs, policies and procedures to minimize student ATOD use and negative consequences. For more information email lina.lamirande@gmail.com.

BUSD and City of Berkeley Joint Alcohol, Tobacco, and Other Drugs Task Force

Mission is to identify, develop and implement alcohol, tobacco, and other drug (ATOD) prevention and intervention programs and services, including evidenced-based curricula, environmental prevention and youth development strategies, which increase awareness and reduce use and abuse of ATOD among youth in our community. Report and recommendations produced in June 2010. Meets monthly. For more information email co-chairs: Dr. Susan Craig, BUSD Director of Student Services at susanraig@berkeley.net or Lisa Sterner, Director of BHS Health Center at lsterner@ci-berkeley.ca.us.