

RESOURCES TO PREVENT AND ADDRESS ADOLESCENT SUBSTANCE ABUSE:

- <http://parentsempowered.org/> - Incredible information on how parents can help their children remain alcohol and drug free.
- <https://www.youtube.com/watch?v=HXrecJyXDIY> - This video explains how to talk with your child about drugs and alcohol. Become comfortable with doing this!!!
- <http://www.adolescenthealth.org/About-SAHM/Healthy-Student-App-Info.aspx>
 - **THRIVE:** An app that provides parents with conversation starters for sensitive topics and information on risk-oriented behavior, such as drinking and smoking.
- <https://drugabuse.com/teen-drug-abuse-signs/> - This website will teach you the warning signs of adolescent drug and alcohol use.
- <https://teens.drugabuse.gov/parents> - Step-by-step guide to help a teen who has a drug problem.
- <https://www.samhsa.gov/underage-drinking/parent-resources> - Action plans, answering tough questions, conversation goals, and recent research on adolescent drug abuse.
- <https://www.psychologytoday.com/us/treatment-rehab/teens-adolescent-residential/utah> - A list of teen and adolescent residential treatment centers in Utah.
- <https://www.drugabuse.gov/parents-educators> - New research on adolescent drug and alcohol use, resources for parents, prevention tools.
- <https://parentslovetheirteens.com/> - A website to help parents navigate treatment options for struggling teens.
- <https://renaissanceranch.net/> - Free family group education classes about addiction recovery.
- <http://al-anon.org/al-anon-meetings/find-an-al-anon-meeting/> - 12-step support meetings for family members.
- <http://addictionrecovery.churchofjesuschrist.org> Locate 12-step meetings and family support meetings near you. Media resources such as podcasts, videos, and live phone-in-meetings.