

Books and Videos for Adolescents and Parents
available at the Council on Chemical Abuse Library

Pamphlets

How to Tell if a Kid is on Drugs and What to Do About it!

Alcohol and Drug Addiction Happens in the Best of Families – and It Hurts: It doesn't have to be that way

Your Child Needs You! – A guide to help your child lead a healthy, drug-free life.

Suspect Your Teen is Using Drugs or Drinking? – A Brief Guide to Action for Parents

Navigating the Teen Years - A Parent's Handbook for Raising Healthy Teens

Keeping your Teens Drug-Free – A Family Guide

Helping your Child Refuse to Use

Growing up Drug-Free – A Parent's Guide to Prevention

Videos

ADDICTION : WHY CAN'T THEY STOP? – 4 disc DVD 14 part HBO series

This documentary addresses different aspects of the disease in order to shed light on the most current, promising developments in the field. The Adolescent Addict is part of the supplementary additional material.

The Marijuana Papers: Research Update – 23 min VHS 25 min DVD

This program reveals the latest scientific research about how marijuana changes the adolescent brain, impairs the brain's ability to perform complex tasks, lowers the body's immune system and can become powerfully addictive.

Everything You Need to Know About Substance Abuse in 22 minutes – 22 min VHS 22 min DVD

This video provides parents and youth with simple, straight-forward information about alcohol, tobacco and other drugs. The most current information on effects and consequences of using these drugs is presented in a way that is easy to understand.

Addictive Behaviors – 20 min VHS only

This is a teen and young adult video about drugs, food and relationships. Addiction can come in the forms of caffeine, heroin, food or love. Find out the signs and types of addiction. Learn what to do if you know someone that has an addiction.

Books

ADDICTION : WHY CAN'T THEY STOP? New Knowledge. New Treatments. New Hope.

Based on the HBO documentary series. Addiction has been treated with ignorance, now it's being treated with science. Facts about the disease you may not know.

What to Say or Do...From Diapers to Diploma – Hazelden Foundation - A Parents Quick Reference Guide.

This book offers examples, suggestions, and further steps to take if behavior problems continue when handling challenges of children and teens.

Intervention – Johnson, Vernon – The process that has successfully motivated thousands of chemical dependent people to accept help. This book teaches people how to help and how to do it right.

Unglued & Tattooed - Trollinger, Sara - How to save your teen from raves, Ritalin, Goth, body carving, sex

and other emerging threats. These suggestions open the lines of communication between you and your teen looking at the issues they face.