

## DRUG & ALCOHOL USE AND MISUSE RESOURCES WEBSITES

### National:

- National Institute of Health on Drug Abuse - federal agency providing research based information on drug use and its consequences. <https://www.drugabuse.gov/drug-topics>
- Substance Abuse and Mental Health Association (SAMSHA) evidence-based parent resources <https://www.samhsa.gov/underage-drinking/parent-resources>
- Partnership to End Addiction: English and Spanish resources for prevention, early action, and treatment. <https://drugfree.org/>

### Colorado/Boulder-Based:

- Colorado Consortium for Prescription Drug Abuse Prevention: patient education, videos, and information; <http://www.prescribetoprevent.org/>
- Boulder County provides drug specific information, drug storage & disposal and statistics on substance abuse:
  - Opioids:  
<https://www.bouldercounty.org/families/addiction/opioid-prescribing-practices-boulder-county/>
  - Vaping and E-cigarettes:  
<https://e-cigarettes.surgeongeneral.gov>  
<http://www.cnn.com/2016/12/08/health/surgeon-general-report-on-e-cigarettes/index.html>
  - Marijuana:  
<https://www.bouldercounty.org/families/addiction/marijuana-health-impacts/>
  - Out of Reach - <https://www.bouldercounty.org/families/addiction/out-of-reach/> How to keep drugs out of the hands of children - Boulder County
  - Healthy Futures Coalition, Boulder County Public Health, website contains lots of information about resources, statistics, etc. related to substance abuse.  
<https://www.bouldercounty.org/families/addiction/healthy-futures-coalition/>

### PROGRAMS (local):

- Natural Highs - Program developed by Avani Dilger and approved by Boulder County, provides opportunities and alternatives to unhealthy risk taking behavior; <https://www.naturalhighs.org>
- I thrive - help for teens struggling with substance abuse, general information. <https://www.alternativeforyouth.net>
- University of Colorado website for substance abuse and prevention containing lots of information and resources; <https://www.colorado.edu/aod/get-help>

## VIDEOS and PODCASTS:

- PEN's Parenting Well Podcast episodes related to substance use & misuse include:
  - Dr. Travis Rieder: Pain, Opioid Addiction, & Recovery
  - Avani Dilger: Substance Use, Addiction & Healthy Alternatives to Drugs & Alcohol
  - Trina Faatz- The CRAFT Program- An Intervention Model Approach to Reducing Substance Use
  - Dr. Robert Valuck- Opioids, Benzodiazepines, and Harm Reduction Strategies
  - Christopher Lord- College Substance Use & Treatment
  - Vaping & Associated Lung Disorders with Dr, Ilona Jaspers
  - A Positive Youth Development Approach to Vaping Prevention

Click one of the podcast platform links below to access Parenting Well Podcast  
[Spotify](#) [iTunes](#) [Podbean](#) [Castbox](#)

- Two Minute Clips from Boulder Psychological Services:
  - [How to Communicate so Your Child will Listen](#)
  - [Helping Your Child Avoid Drugs and Alcohol at Parties](#)
  - [When to Talk to Your Child/Teen About Substance Abuse](#)
- Partnership to End Addiction (Drug Free Kids)
  - [Should I Use Tough Love with a Child Who is Using Substances?](#)
  - [Not Getting Anywhere When You Talk to Your Child About Substances?](#)
- An Oldie but a Goodie:
  - [Talking to Your Kids About Drugs - What Parents Need to Know](#)
- Ray Lozano
  - [One Minute Fact Videos on Drugs & Alcohol](#)

## DOCUMENTARIES:

"Chasing Heroin" Frontline: Season 34, Episode 4 - examine US drug policy and what happens when heroin is approached as a health issue instead of a crime. (2016)

"Heroin: Cape Cod, USA". HBO Movies. Massachusetts ranked higher than average in Overdose deaths in 2014. Today 85% of crimes on Cape Cod are opiate related. (2015)

"Heroin(e)". Netflix. The epicenter of America's opioid epidemic is a small town that receives 100 times the population in prescription opioids and has 10 times the national average of overdoses. (2017)

Avani Dilger of Natural Highs provides screenings of "The Other Side of Cannabis" and "Alcohol: The Magic Potion".

## BOOKS:

- Chasing the Scream: The First and Last Days of the War on Drugs, by Johann Hari, (2015)
- Dreamland: The True Tale of America's Opiate Epidemic by Sam Quinones (2015) Take the Long Way Home: Memoir of a Survivor, by Susan Gordon Lydon, (1994) Realm of the Hungry Ghosts: Close Encounters with Addictions by Gabe Mate, MD (2010)
- Pain: New Ways to Find Relief Without Opioids (Special Report) "Scientific American Mind" (May/June 2017)

## TREATMENT

- Mental Health Partners - provides free or low cost mental health services, walk in psychiatric services, and more; <http://www.mhpcolorado.org/Home.aspx>
- Centennial Peaks, In Patient and out-patient Mental Health Services including addiction <https://www.centennialpeaks.com>
- Sandstone Care - Colorado based treatment program for adolescents and young adults struggling with substance use and co-occurring mental health disorders. <https://www.sandstonecare.com>
- Options Treatment: Medical Withdrawal Management Program in Boulder County <http://boulderintegratedhealth.com>
- Denver Recovery Group: Methadone treatment and Maintenance <http://denverrecoverygroup.com>
- Medication Assisted Treatment for opioid addiction recovery; [www.optionstreatment.org](http://www.optionstreatment.org)
- OpiRescue: 5 Step Free APP to responding safely to an overdose - download at [OpiRescue.com](http://OpiRescue.com)
- Al-Anon meetings in Boulder - Sundays 10:30-11:30 at 155 Alpine Ave Boulder ● Nar-Anon - 12 step support program for family and friends; <https://www.nar-anon.org/>

*Note: This list of publicly available resources was compiled for parents by the Parent Engagement Network. PEN does not endorse or verify the information contained in any of the resources and the reader is encouraged to educate themselves and to draw their own conclusions.*