



## Children's Home of York Prevention Education

### -Drug & Alcohol Resource Guide-

#### Resources for Parents/Caregivers

##### Online Resources:

- <https://teen-safe.org/>
  - Take a free online course to learn how to protect your teenager's health, life and future through a series of brief videos that demonstrate the effects of adolescent substance use on the developing brain. You also will learn practical tips on how to keep your teen safe.
- [Preparing Your Young Children for a Healthy, Drug-free Future \(www.mass.gov\)](http://www.mass.gov)
  - The Bureau of Substance Abuse Services offers advice to parents on preparing children for a drug-free future
- [Talking to Your Middle School Aged Child about Alcohol, Tobacco, and Other Drugs: A 10 Step Guide for Parents \(www.needhamma.gov\)](http://www.needhamma.gov)
  - A 10 step guide for parents on talking to your middle school aged child about alcohol, tobacco, and other drugs
- [Underage Drinking: Talk Early, Talk Often, Get Others Involved \(www.samhsa.gov\)](http://www.samhsa.gov)
  - Assistance for parents and caregivers on talking to children early about the dangers of alcohol
- [The Parent Toolkit \(www.theparenttoolkit.org/\)](http://www.theparenttoolkit.org/)
  - A toolkit on preventing drug use, how to better understand your teen and how to spot drug and alcohol use
- [Partnership for a Drug-Free America's Drug-Free Resource Net \(www.drugfree.org\)](http://www.drugfree.org)
  - A drug abuse prevention, intervention, treatment and recovery resource, existing to help parents and caregivers effectively address alcohol and drug abuse with their teens
- [Choose to Keep Your Freedom \(www.hria.org\)](http://www.hria.org)
  - Q&A about potential legal consequences of alcohol or drug use
- [6 Parenting Practices: Help Reduce the Chances that Your Child Will Develop a Drug or Alcohol Problem \(www.theparenttoolkit.org/parenting.pdf\)](http://www.theparenttoolkit.org/parenting.pdf)
  - Six research-supported parenting practices to set you and your family on the right path towards a drug free future

## Resources for Parents/Caregivers

### Online Resource (Continued):

- <https://www.talktofrank.com/get-help/worried-about-a-child>
- [http://www.drugs.ie/drugs\\_info/for\\_parents\\_carers/](http://www.drugs.ie/drugs_info/for_parents_carers/)
- <https://teenchallengeusa.org/>
- <https://www.hhs.gov/opioids/prevention/index.html>
- <https://www.gaudenzia.org/>

### Telephone Hotline Resources:

- Delphi Behavioral Health (855-612-0567)
- SAMHSA (1-800-662-4357)
- Teen Addiction Hotline (352-771-2700)
- Teen Drug Abuse for Parents Hotline (1-844-289-0879)
- The Partnership for a Drug-Free America (1-855-378-4373)
- The National Council on Alcoholism & Drug Dependence HOPE line (1-800-622-2255)
- Drug Helpline for callers with hearing impairment (1-800-487-4889)
- Gaudenzia Treatment & Recovery Hotline (833-976-4357)
- White Deer Run Treatment Hotline (855-220-1561)

### In-Person Support Resources:

- Family First Health
  - 116 S George St, York, PA 17401 (717-845-8617)
  - 415 E Boundary Ave # 101, York, PA 17403 (717-843-5174)
  - 369 Locust Street, Columbia, PA 17512 (717-342-2577)
  - 1275 York Road, Suite 17, Gettysburg, PA 17325 (717-337-9400)
  - 1230 High Street, Hanover, PA, 17331 (717-632-9052)
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- Gaudenzia
  - 2930 Derry Street, Harrisburg, PA 17111 (717-238-4200)
  - 211 East Mifflin Street, Lancaster, PA 17602 (717-286-9088)
  - 3643 Woodland Avenue, Baltimore, MD 21215 (443-423-1500)
- True North
  - 33 Frederick Street, Hanover, PA 17331 (717-632-4900)
  - 625 W. Elm Avenue, Hanover, PA 17331 (717-632-4900)
  - 44 S. Franklin Street, Gettysburg, PA 17325 (717-334-9111)
  - 73 E. Forrest Avenue, Suite 340, Shrewsbury, PA 17361 (717-235-0199)
  - 1195 Roosevelt Avenue, York, PA 17404 (717-843-0800)
  - 5351-C Jaycee Avenue, Suite 1, Harrisburg, PA 17112 (717-657-2080)

## Resources for Children/Teens

### Online Resources:

- [Above The Influence \(www.abovetheinfluence.com\)](http://www.abovetheinfluence.com)
  - An interactive website offering videos and valuable insights on staying drug free, handling peer pressure, doctor Q&A. Advice from teens, for teens on behalf of the National Youth Anti-Drug Media Campaign
- [National Association for Children of Alcoholics \(www.nacoa.org/\)](http://www.nacoa.org/)
  - Provides information and programs aimed at eliminating the adverse impact of alcohol and drug use on children and families of alcoholics
- <https://teens.drugabuse.gov/teens>
- <https://al-anon.org/newcomers/teen-corner-alateen/>
- <https://teenlineonline.org/>
- <https://kidshealth.org/en/teens/drug-alcohol/?WT.ac=t-nav-drug-alcohol>

### Telephone Hotline Resources:

- Teen Addiction Hotline (352-771-2700)
- Above the Influence Crisis Textline (Text ABOVE to 741-741)
  - Above the Influence Hotline (1-800-448-3000)
- Al-Anon/Alateen (1-888-425-2666)
- Crisis Center Hotline (1-800-273-8255)
- Teen Line (Call 310-855-4673)
  - Teen Line (Text TEEN to 839863)
- Thursday's Child National Youth Advocacy Line (1-800-872-5437)