



Chemical Health: Prevention, Education, and Early Intervention Resources

Please contact **your school counselor, assistant principal, or [Youth Service Bureau's Chemical Health Specialists](#)** with any questions about resources and/or chemical health related issues.

Educational Resources for Parents/Caring Adults to Prevent/Reduce Youth Substance Use

[Parent Toolkit for Substance Use Issues](#) (suspected or apparent) in teens from the **Partnership for Drug-Free Kids**

[Positive Parenting Strategies to Prevent Drug Abuse](#) – Family Checkup

[Growing Up Drug Free: A Parent's Guide to Prevention](#) from the **US Drug Enforcement Administration (DEA)**

[Parent Resources](#) : to help you start - and keep up - the conversation about the dangers of drinking alcohol at a young age

[Parent tools for talking to your kids,](#) intervention tips, and support for parents from the **Hazelden Betty Ford Foundation**

[Warning signs and symptoms](#) of teen substance use from the **Partnership for Drug-Free Kids**

[Drug Prevention Tips for Every Age](#) from Partnership for Drug-Free Kids

[Factual Information about Drugs](#) from NIDA (National Institute on Drug Abuse)

[Drug Information \(Just Think Twice\)](#) from the **US Drug Enforcement Administration (DEA)**

[Youth Substance Abuse Prevention resources](#)

[Help Guide](#) for emotional health, substance abuse, and other issues from **Harvard Health Publications**

[Stanford Medicine Tobacco Prevention Toolkit](#) – educational resources and toolkit aimed at preventing middle and high school students' use of tobacco and nicotine products

[Stanford Medicine Cannabis Awareness and Prevention Toolkit](#) – educational resources and toolkit aimed at preventing middle and high school students' use of cannabis/marijuana

[Minnesota Prevention Resource Center](#) - supports people and organizations to engage in preventing substance abuse by addressing its root causes

[SUMN \(Substance Use in Minnesota\)](#) – an accessible data resource that illustrates MN Student Survey data regarding alcohol, tobacco, and other drug use such as consumption patterns, consequences, and contributing factors in Minnesota

[Chemical Health Resources for Parents/Caring Adults](#) from the **Youth Service Bureau**

[Partners in Parenting Podcasts](#) from the **Youth Service Bureau** – podcasts featuring a wide variety of topics to support parents in navigating teen substance use, mental health, and other life stressors

Prevention/Early Intervention

[Youth Service Bureau, Inc.](#) – prevention and early intervention services for youth and families (Stillwater, Woodbury, Cottage Grove) – Chemical Awareness Program and Teen Intervene
651-439-8800

Chemical Awareness Program (CAP) - A class for parent/guardian and child that helps youth make better decisions regarding substance use and provides parents/guardians with reliable information and suggestions for setting boundaries and improving parent-child relationships.

Teen Intervene - A three session model that engages both the teen and parent. It helps young people identify the reasons for—and effects of—their alcohol and/or other drug use; provides teens with a personalized course of action for making healthier choices; and offers education, support and guidance for parents.

[Gobi Program](#) – a free online program to help teens improve their decision-making skills, more effectively manage stress, increase awareness of their choices, and strengthen their relationship with their parent/guardian. E-mail Info@gobi.support for more information or call **612-709-9887**

[Natalis Counseling & Psychology Solutions](#) – short-term programs to help youth and their families to live a healthy and drug-free life (St. Paul) – E-mail solutions@natalispsychology.com or call 651-379-5157

Teen Intervene – Through six sessions, youth work with individually with a clinician to identify and change their choices and behavior

Everyday Parenting – A six session program that for parents/caregivers that focuses on mindful parenting (setting healthy limits, supporting teens positive behavior, building family relationships)

[This is Quitting](#) – text QUIT to (202)-899-7550 to sign up and receive text messages designed specifically for parents/guardians of vapers

[University of Minnesota SUDz Discovery Program](#) – Outpatient program for adolescents age 12-18, along with their families, who are experiencing negative consequences due to alcohol and other drug use, **612-273-8710**

[Vape Educate](#) - Online course for purchase by parents that educates young people on vaping nicotine and marijuana and the health risks, addiction, and strategies to quit. E-mail info@vapeeducate.com for more information

Community Advocacy Group

CONNECT Washington County (formerly CHAC) – community group committed to addressing chemical health, mental health, and related issues for schools and communities in Washington County.

For more information, contact Cathy Mackiewicz (Washington County Department of Public Health and Environment) at Cathy.Mackiewicz@co.washington.mn.us or 651-430-6655

Books for Parents/Guardians

Why Do They Act That Way?: A Survival Guide to the Adolescent Brain For You and Your Teen by David Walsh

No: Why Kids – of All Ages – Need to Hear It and Ways Parents Can Say It - by David Walsh

Wise Minded Parenting: 7 Essentials for Raising Successful Tweens + Teens - by Laura S. Kastner

Parenting with Love and Logic by Foster Cline and Jim Fay

How to Raise a Drug-Free Kid: The straight dope for parents by Joseph A. Califano, Jr.

Recovering My Kid: Parenting young adults in treatment and beyond by Joseph Lee, M.D.

Dangerous Drugs: An easy-to-use reference for parents and professionals by Carol L. Falkowski