



Chemical Health: Parent/Caring Adult Support 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.

General Parenting Support

[Competent Parents, Confident Kids](#) – support for parents/caregivers of teens who struggle with substance use and/or mental health concerns

651-983-9856, competentparents.confidentkids@gmail.com

[YSB Partner in Parenting Podcast](#)– on-demand educational messages for education, encouragement, and hope. Cannot find the topic you are seeking? Please email topic needs to: info@ysb.net and be sure to subscribe.

[Get Parenting Help Now](#) – help for parents to solve their biggest parenting challenges to create cooperative kids, happier families, and peaceful homes, **612-810-8687**

[Parent Coaching](#) – counseling support for parents/caregivers to figure out what their child needs, and help them identify beneficial strategies (Woodbury), **651-739-7539**

[Search Institute](#) – resources for parents/caregivers that help all kinds of families be strong and decrease the likelihood of youth substance use

Professional Support for Parents/Caregivers of Teens with Substance Use Issues

[Drew Horowitz & Associates](#) – providing support, encouragement, and guidance to individuals and families, **800-731-0854**

[Family Recovery Experts \(FRre\)](#) – services focused on working within the family system to create the most effective plan possible – including treatment resources – involving everyone affected by your loved one's addiction, mental health, and other behavioral health issues, **1-888-635-7078**

[Hazelden Betty Ford Foundation](#) - provides resources and support to parents, spouses, siblings— anyone whose emotional, physical or spiritual health has been impacted by a loved one's addiction. Coaching sessions are available to help your family recognize and change fear-based behaviors you may have developed in response to living with the pain and turmoil of addiction, **1-844-290-4847**

[Love First: Get to the Heart of Recovery](#) - an over the phone program which starts with the family of the addicted individual to develop the family as a recovery team, **888-220-4400**

[Northern Bridges](#) – A St. Paul organization that offers interventions and family consulting, among other chemical health related services, **651-207-7843**

[Options: Parenting Skills Program](#) – empowers parents/caregivers who are struggling with adolescents that have challenging behaviors associated with their chemical and/or mental health, **952-564-3000**

[Recovering U](#) – offers hope for those impacted by addiction through coaching, education, and advocacy

Free Support for Parents/Caregivers of Teens with Substance Use Issues

[Partnership to End Addiction](#) – helpline for anyone playing a supportive role in the life of someone struggling with substance use

[Al-Anon](#) and [Nar-Anon](#) – support group for loved ones of individuals with substance abuse issues

[Caring Families Group](#) – support group for parents and family members of loved ones struggling with addiction, **651-213-4754**

[Families Anonymous](#) - for relatives and friends concerned about the use of drugs or related behavioral problems

[Family Program from Elite Recovery](#) – provides a free education group for the family, friends, and loved ones of those struggling with a substance use disorder or someone questioning if they may have an issue with substances themselves

[Hazelden Betty Ford's Free Virtual Program](#) – a one-day session for family members/friends impacted by a loved one's addiction, **1-866-205-8815**

[Eagle Brook Church \(Quest 180\)](#) – Parents Groups: faith-based support and encouragement for parents of loved ones dealing with addiction support group for parents of children struggling with addiction (White Bear Lake), **651-429-9227**

[Thrive! Family Support](#) – support for family members of people struggling with substance abuse or other destructive life choices

[SMART Recovery](#) – online and in-person meetings and tools for concerned significant others of those with addiction issues, workbook available to be ordered online

[Our Young Addicts](#) - community of parents and professionals sharing experiences, resources, and hopes on the spectrum of addiction, recovery, and treatment

[Minnesota Recovery Connection](#) – an array of resources for loved ones of individuals with substance use disorders (as well as the individuals themselves)

Books for Parents/Guardians

Parenting the Addicted Teen: A 5-Step Foundational Program by Barbara Krovitz-Neren

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

Get Your Loved One Sober by R. Meyers and B. Wolfe

Love First: A Family's Guide to Intervention by Jeff Jay and Debra Jay

It Takes a Family: A Cooperative Approach to Lasting Sobriety by Debra Jay

Living in the Wake of Addiction by Gloria England

Don't let your Kids Kill you: A Guide for Parents of Drug and Alcohol Addicted Children by C. Rubin

Codependent No More: How to Stop Controlling Others and Start Caring for Yourself by M. Beattie

Addict in the House: A No-Nonsense Family Guide through Addiction and Recovery by R. Barnett

A Father's Journey through his Son's Addiction by D. Sheff

The Lost Years by C. Curry and K. Wandzilak