

“What’s the Harm?” Resource List*

Where can I find more information on drugs that I don’t know about?

[Drugs: What You Should Know](#) is a resource guide from Seattle Children’s Hospital. [Drug Guide for Parents](#) is a one page reference sheet with photos.

Where can I find reliable information about teen substance use?

We highly recommend the [Parent Toolkit](#) on Drugfree.org. It includes tips for parents/guardians of children of all ages. Even though it might not seem like it, you do have influence!

Where can learn more about the teen brain?

Here is a [great overview](#) of the huge burst of brain development that happens during adolescence. That burst can explain a lot of unpredictable - and sometimes risky - teen behavior.

What role does stress have and how can I help my child cope with stress?

This [parent blog](#) has a series of 10 articles on helping your child’s stress coping skills that posted August-November, 2016.

This 20 minute video, [Breaking Points](#), highlights the link between stress and substance abuse.

(Cost is \$5 to download).

What conversations help teens choose not to use drugs and alcohol?

Learn how to [communicate prevention in terms that kids understand](#) and appreciate.

Explore three ways to address teenage motivation to drink that [don’t involve scare tactics.](#)

Help your teen listen to the [only person they will listen to- themselves.](#)

How can I teach my child what sexual consent means?

Learn [five everyday ways](#) to teach your kids about consent.

Consider using this short, humorous cartoon clip analogy as a way to start a conversation: [Consent Tea \(Clean\)](#).

What do I do if I think my child is using drugs or alcohol?

The [Intervention Guide](#) answers the questions:

- What is a drug or alcohol intervention?
- How do I know for sure if my teen is using?
- How should I prepare for talking with my child?
- How do I make sure the talk is productive?
- What if my child needs outside help?

The [20 Minute Guide](#) reviews a variety of skills to help motivate your child to engage in and sustain positive behavior change.

What if I have concerns or questions about my child's potential drug or alcohol use?

Email confidential questions or make a free and confidential appointment at [askBYS.org](#).

Call 1-800-DrugFree or go to [DrugFree.org](#) to speak to a trained substance abuse parenting coach 9am-5pm ET.

Contact Sarah Frost, Student Assistance Professional at Bainbridge High School and Eagle Harbor High School sfrost@bisd303.org

For 24/7 assistance, call 1-800-448-3000 and talk to [Parenting.org](#), a national hotline affiliated with BoysTown.

How do I get the right help if my child is struggling with drugs or alcohol?

The [Treatment E-book](#) answers the following questions:

- What is substance abuse treatment?
- How do I find the right treatment for my child?
- How do I pay for treatment?
- How do I get my child to start treatment?
- How do I cope better?

Here are some additional resources to [get the help](#) you need.

You don't have to do this alone. If you need support, [Bainbridge Youth Services \(BYS\)](#) offers free and confidential counseling for parents. While BYS does not offer

formal substance abuse assessment and treatment, they can help you cope as a parent and create a plan for seeking the help you and your child needs.

Where can I find information on local therapists that work with teen substance use issues?

[Search for local adolescent and substance abuse therapists here:](#)

Some questions to consider asking a prospective therapist:

- What is your background/training/credential?
- What training/credential do you have related to assessment and treatment of teen substance abuse?
- How many adolescents do you currently see in your practice?
- What insurance do you accept, if any?
- What is your general approach or orientation to working with teen substance abuse issues?

Local Certified Chemical Dependency Counselors:

[Michael Dorsey, LMHC, CDP](#)

[Courtney Olivier, MS, LMHC, CDP](#)

Area Substance Abuse Treatment and Support Programs:

[Seattle Children's Adolescent Substance Treatment Program](#)

[West Sound Treatment Center- now in Poulsbo](#)

[Al-Anon and Ala-Teen](#)

Where do I find urgent support for my child who has been sexually assaulted?

[Kitsap Sexual Assault Center](#) has a 24 hour hotline: 1-866-831-2050

Where can I safely get rid of unwanted pill/tablet medications?

Suquamish Police Department

1840 Suquamish Way NE Unit 105

Suquamish, WA 98392

8:00am-4:30pm Weekdays

Poulsbo Police Department

200 NE Moe Street
Poulsbo, WA 98370-7437
8:00-4:30 weekdays

Kitsap County Sheriff's Office:

3951 NW Randall Way
Silverdale 98383
8:30 a.m. - 12 p.m. & 1 p.m. - 4 p.m. weekdays
Please call (360) 337-7101, first, to ensure that the drug drop-off receptacles are not full.

How can I lock up my medications?

[Stopoverdose.org](http://www.lockmed.com) recommends <http://www.lockmed.com>

How do I keep learning and networking with other parents?

Reach out to the parents of your children's friends and discuss some of the above articles, blog articles on bihealthyouth.org or consider starting a parenting book club.

Here are a few books to consider or choose your own:

Title	Author	Recommended by:
Clean: Overcoming Addiction and Ending America's Greatest Tragedy	David Sheff	Karolynn Flynn and Mike Tomberg, M.D.
The Teenage Brain: A Neuroscientist's Survival Guide to Raising Adolescents and Young Adults	Francis Jensen, M.D. with Amy Ellis Nutt	Karolynn Flynn and Mike Tomberg, M.D.
Dreamland: The True Tale of America's Opioid Epidemic	Sam Quinones	Kevin Haggerty, PhD
Brainstorm: The Power and Purpose of the Teenage Brain	Daniel Siegel, M.D.	Linda Stranahan, LMHC

* This resource list was compiled as a free service to our community. Our intention was to provide concerned parents a starting point for information and support. It is not intended to be a comprehensive list and we likely inadvertently left out some very good information and resources. While we have compiled this list with the informal advice of area experts, no vetting of named individuals or organizations is implied. Please vet any resource listed to make sure it is right for your family's needs.