

Resources for parents about teen substance use:

<https://www.npr.org/sections/health-shots/2019/08/29/755423290/surgeon-general-sounds-alarm-on-risk-of-marijuana-addiction-and-harm> - This is an NPR article sharing the Surgeon General's warning about marijuana

<https://www.hhs.gov/surgeongeneral/reports-and-publications/addiction-and-substance-misuse/advisory-on-marijuana-use-and-developing-brain/index.html> - Here is the link to the Surgeon Generals Advisory on Marijuana - short video thats good for parents.

<https://www.npr.org/2014/05/24/315445124/pot-vape-pens-the-crack-cocaine-of-marijuana>
This is a short article with folks talking about how much more potent vape pens are when vaping marijuana. The message is that folks should go slow when experimenting.

<https://www.npr.org/2019/09/05/757882048/scientists-unveil-weed-breathalyzer-launching-debate-over-next-steps> - This is an interesting article on the development of a breathalyzer for marijuana. It briefly shares about the lack of research to determine what "impairment" actually is.... but they are close to having an actual device that can measure THC.

Tallcopsaysstop.org - This is a web page/resource for the Tall Cop. He is a police officer that travels the country presenting on youth drug culture. He has a great facebook page that parents might be intersted in. He will be coming to our area and presenting on January 27th, 2020.

<https://www.youtube.com/watch?reload=9&v=FvszaF4vcNY> - Effects of cannabis on the teenage brain in a five minute video with information about developmental impacts.

[https://www.theverge.com/2019/2/13/18223289/cannabis-marijuana-legalization-depression-on-mood-mental-health-science](https://www.theverge.com/2019/2/13/18223289/cannabis-marijuana-legalization-depression-mood-mental-health-science) This article discusses how the use of marijuana is linked with a higher likelihood of depression later on.

<https://adai.uw.edu/pubs/pdf/2017mjdepression.pdf> This article talks about the effects of marijuana on mental health.

<https://drugfree.org/article/set-limits-monitor/> This is a strengths-based teen and parent website about setting limits with a sample contract that outlines some suggestions for setting household expectations around substance use.

<https://www.pps.net/Page/14167> This is the PPS online toolkit for parents to navigate resources in the Portland area, learn about addiction and take action.

General resources for parenting teens:

Brainstorm: The Power and Purpose of the Teenage Brain by Dr. Daniel Siegel, M.D.

Daniel Siegel's talk on Brainstorm: <https://www.youtube.com/watch?v=kH-BO1rJXbQ>

Positive Discipline For Teenagers by Jane Nelson and Lynn Lott

Raising Our Daughters and Raising Our Sons by Kathy Masarie.

Untangled: Guiding Teenage Girls Through the Seven Transitions Into Adulthood by Lisa Damour, Ph.D.

Lisa Damour "Under Pressure" Podcast on girls and anxiety

: <http://socialworkpodcast.blogspot.com/2019/02/underpressure1.html>

Lisa Damour "Parenting Teenage girls: podcast on navigating parent/teen relationships: <http://socialworkpodcast.blogspot.com/2016/02/untangled.html>

Nurtureshock by Po Bronson and Ashely Merryman

Brene Brown's talk on the importance of being able to be vulnerable and how shame is toxic for children:

https://www.youtube.com/results?search_query=brene+brown+daring+classrooms

Books on the impact of trauma (teens & parents) which can lead to addiction:

Mindsight: The New Science of Personal Transformation by Daniel J. Siegel, M.D.

The Deepest Well: Healing the Long-Term Effects of Childhood Adversity by Nadine Burke Harris, M.D.

The Body Keeps The Score: Brain, Mind, and Body In The Healing of Trauma by Bessel Van Der Kolk, M.D.

In An Unspoken Voice: How the Body Releases Trauma and Restores Goodness by Peter. A. Levine, PhD