

## **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](http://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](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