

## Summary of Resources from the National Institute of Health website

Weblink: [www.drugabuse.gov](http://www.drugabuse.gov):

This website has a wealth of information for various target groups seeking information about mental illness, drug abuse and treatment with many FREE resources. There are icons across the top of the website for–

Medical and Health Professionals, Patients and Families, Parents and Educators  
Students and Young Adults

There is information on the “Drugs of Abuse”

Excellent articles posted include:

Severe Mental Illness Tied to Higher Rates of Substance Abuse– January 3, 2014  
Report Calls for Sweeping Changes in Health Care for Mental and Substance Abuse Problems–2007

Several Fact Sheets are available, the three most valuable include:

- Prescription and Over-the Counter Medications (DrugFacts)– May 2013– also in Spanish
- High School and Youth Trends (DrugFacts)–December 2012– also in Spanish
- Understanding Drug Abuse and Addiction– November 2012– also in Spanish

There is an outstanding publication that all parents should read:

“Drugs, Brains and Behavior– The Science of Addiction”

This publication explains addiction and drug seeking behavior, why some people become addicted while others do not. This also includes principles of effective addiction treatment.

Two excellent handouts for parents and educators:

- “Preventing Drug Abuse Among Children and Adolescents: A Research Based Guide for Parents, Educators and Community Leaders”. This is also available in Spanish.
- “Family Checkup”– Positive Parenting Prevents Drug Abuse

If you are looking for treatment, there is a SAMSHA Treatment Locator or a helpline at 1-800-662-HELP (4357)

Under the students and youth icon, there is an excellent video that all students should see: “Anyone Can Become Addicted”

For parents, families and youth seeking treatment, there is a great handout:

“Seeking Drug Abuse Treatment: Know What to Ask”