



# Opioid and Stimulant Use Disorder

## Education Resources

The following is a comprehensive collection of public education materials for youth, parents, friends, and educators related to the prevention, treatment, and recovery of opioid and stimulant use disorders (OUD/StUDs) among youth. This list will be updated on a quarterly basis.

Navigate to Your Topics of Interest:

- [Substance Use Disorder \(SUD\) Prevention and Intervention](#)
- [Opioid Use Disorder \(OUD\) Prevention and Intervention](#)
- [Stimulant Use Disorder \(StUD\) Prevention and Intervention](#)
- [Medication-Assisted Treatment \(MAT\) and Other Treatment](#)
- [SUD Recovery](#)
- [Co-Occurring Disorders](#)
- [Depression/Suicide Prevention](#)

### Substance Use Disorder (SUD) Prevention and Intervention

#### App

[THRIVE](#) - This is a comprehensive teen health-oriented app empowering parents to manage their teen's health.

*Published by: Society for Adolescent Health and Medicine, n.d.*

#### Booklet

[Drugs: Shatter the Myths](#) – This booklet answers teens' most frequently asked questions about drugs and drug abuse. Also available as an animated booklet.

*Published by: National Institute on Drug Abuse (NIDA) for Teens, March 2015*

#### Brochures

[CASASTART \(Striving Together to Achieve Rewarding Tomorrows\)](#) – This brochure provides a brief on the CASASTART program.

*Published by: Center on Addiction, n.d.*

[Prescription Drugs: They Can Help But Also Hurt: Not Worth the Risk](#) – This brochure describes for teens the dangers of misusing prescription drugs and over-the-counter drugs. It lists warning signs of prescription drug misuse and offers advice on receiving help.



*Published by: Substance Abuse and Mental Health Services Administration (SAMHSA), December 2012*

[Seeking Drug Abuse Treatment: Know What to Ask](#) - Family and friends can play important roles in motivating people with drug problems to enter and remain in treatment. However, trying to identify the right treatment programs for a loved one can be a difficult process. To help, NIDA created this brief guide containing five questions to ask when searching for a treatment program.

*Published by: NIDA for Teens, June 2013*

## eBook

[Intervention eBook](#) – This online resource helps parents and caregivers know what to do if their child is drinking or using drugs.

*Published by: Partnership for a Drug-Free Kids and Center on Addiction, n.d.*

[Parent Resource Library](#) – This website provides a library of eBooks and guides for parents.

*Published by: Partnership for Drug-Free Kids, n.d.*

## Fact Sheets

[Preventing Teen Prescription Medicine Abuse](#) – This one-page fact sheet helps parents and caregivers prevent teen prescription medicine abuse.

*Published by: Partnership for a Drug-Free Kids, 2014*

[Talking to Kids When They Need Help](#) – This fact sheet offers tips to parents in starting a conversation and understanding what is going on in their children and teen’s lives.

*Published by: American Psychological Association (APA), April 9, 2020*

[Tips for Teens: The Truth About Sedatives](#) – This fact sheet provides facts about sedatives. It describes short- and long-term effects, lists signs of use, and helps dispel common myths. It also can be used by prevention professionals, educators, health care providers, and others who come in contact with teens on a regular basis.

*Published by SAMHSA, 2020*

## Guides

[Growing up Drug-Free: A Parent's Guide to Prevention](#) – This guide includes an overview of substance use among youth; descriptions of substances young people may use; a look at risk factors that may make kids more vulnerable to trying and using drugs, and protective factors to offset those risks; suggestions for how to talk to children about drugs, regardless of their age; and tips on what to do if you suspect your child is using alcohol, tobacco, or other drugs.

*Published by: United States Drug Enforcement Administration (DEA), April 27, 2017*

[Keeping Youth Drug Free](#) – This resource guide for parents offers advice on keeping children substance free. Review statistics about adolescent substance use and learn tips on good communication. The guide also features substance facts and case studies for additional insight.

*Published by: SAMHSA, September 2017*

[Prescription for Disaster: How Teens Misuse Medicine](#) – Increasing numbers of teens are using prescription and over-the-counter medications to get high. Many parents don’t know enough about this problem, and many teens don’t understand the dangers. This guide helps parents understand this



problem and identify the medications teens are abusing.

*Published by: DEA, n.d.*

[Step by Step Guides to Finding Treatment for Drug Use Disorders: If Your Teen or Young Adult Has a Problem With Drugs](#) – This provides a guide in finding treatment for youth drug use disorders for parents.

*Published by: National Institute on Drug Abuse (NIDA), October 2019*

[Student Assistance: A Guide for School Administrators](#) – The purpose of the guide is to provide school leaders and administrators with key information regarding student assistance services for substance use and mental health initiatives.

*Published by: SAMHSA, October 2019*

[Substance Misuse Prevention for Young Adults](#) – This guide supports health care providers, systems, and communities seeking to prevent substance misuse among young adults.

*Published by: SAMHSA, December 2019*

[Substance Use Prevention: A Resource Guide for School Staff](#) – Evidence-based prevention programs, delivered in school settings, can be a valuable way to reduce drug use among youth and help them succeed academically. The resources included in this guide are available free from the federal government and can help educators protect students and schools from the impact of illicit substance use and abuse.

*Published by: Office of National Drug Control Policy (ONDCP), n.d.*

[The Parent's 20-Minute Guide](#) – This resource provides guidance to parents on how to help their child who is using substances.

*Published by: The Center for Motivation and Change, 2017*

## Posters

[Drugs + Your Body: It Isn't Pretty](#) – This poster provides a graphic tour of how the body is affected by various drugs of abuse. Includes an annotated "body" poster along with six skills sheets.

*Published by: NIDA for Teens, March 2015*

[Keep the Ball in Your Court. Know the Risks](#) – Unfortunately, high school student-athletes can be especially vulnerable to prescription painkiller misuse. This poster encourages teens, parents and other caregivers, and educators to know the risks around misusing pain pills.

*Published by: DEA, n.d.*

## Tools

[Building on Strengths: Tools for Improve Positive Outcomes](#) – This tool is intended to help state- and local-level prevention practitioners identify effective and innovative programs that provide opportunities to, and improve outcomes for, boys and young men of color.

*Published by: SAMHSA's Center for the Application of Prevention Technologies, January 2016*

[Well-being Indicator Tool for Youth \(WIT – Y\)](#) – A tool designed for youth aged 15-21 years who currently are in or in the past have had contact with the child welfare system.

*Published by: Center for Advanced Studies in Child Welfare, n.d.*



## Toolkit

[Rural Youth Engagement Toolkit](#) – The content contained in this tool kit was created to address substance misuse in rural communities through the meaningful engagement and involvement of rural youth in the process to enact lasting change that will contribute to healthy and safe communities throughout America.

*Published by: Community Anti-Drug Coalitions of America, February 27, 2020*

## Tips

[AMP’s Top Ten Tips for Engaging with Young People](#) – This tip sheet provides guidance and examples of what and not to say when engaging with young people.

*Published by: Pathways to Positive Futures, August 2019*

[“During Meetings I Can’t Stand It When ...”](#) – This tip sheet helps meeting facilitators and team members address common issues that occur during team meetings in order to promote meaningful youth participation.

*Published by: Pathways to Positive Futures, August 2019*

## Videos

[Anyone Can Become Addicted to Drugs](#) – This video is about how addiction changes the signals in a person’s brain and makes it hard to feel okay without the drug.

*Published by: NIDA for Teens, n.d.*

- Choose Your Path videos and teacher’s guide  
[Choose Your Path videos](#) – These are interactive videos that help teens practice making the right decision by stepping into the shoes of two fictional characters.
- [Prescription Drug Misuse: Choose Your Path](#) – This is a teacher’s guide that accompanies the Choose Your Path videos.

[CRAFT video series](#) – This video series that helps bring the principles of CRAFT (Community Reinforcement and Family Training) to life via real families who have been there and for whom the skills and practices of CRAFT were a game changer.

*Published by: Partnership for Drug-Free Kids, n.d.*

[The Impact of Substance Abuse and Addiction within the Hispanic-Latino Community](#) – This is a video that discusses the impact of substance abuse and addiction within the Hispanic-Latino community in honor of National Hispanic-Latino Heritage Month.

*Published by: American Psychological Association (APA), 2014*

[Why Are Drugs So Hard to Quit?](#) – Viewers can learn what happens with addiction and why it’s so hard to quit by watching this video.

*Published by: NIDA for Teens, n.d.*

## Webinar

[How to Tell When a Kid is Struggling](#) – Listen as three psychologists speak frankly with parents and educators about how to recognize when a youth is struggling, and what to do about it when you know a child or teen needs help.

*Published by: APA and National Parent Teacher Association (PTA), May 5, 2014*



## Websites

[Campus Drug Prevention](#) – This website provides institutions of higher education and their surrounding communities with these resources to prevent drug abuse among college students. The site promotes the importance of prevention and its role in helping ensure the health and safety of our nation’s colleges and universities.

*Published by: Campus Drug Prevention, n.d.*

[Get Smart About Drugs](#) – This is a resource for parents, educators, and caregivers.

*Published by: DEA, n.d.*

[Help End Medicine Abuse](#) – This is an action campaign to learn how to safeguard your family and community from the devastation of heroin and other opioids and the abuse of prescription and over-the-counter medications.

*Published by: Partnership for a Drug-Free Kids and Center on Addiction, n.d.*

[NIDA for Teens](#) – This site provides science-based information on teen drug use and its effects. This site contains videos, games, lesson plans, fact sheets and numerous other resources for teens, parents, and educators.

*Published by: NIDA for Teens, September 18, 2019*

[OK2TALK.org](#) – OK2TALK is an online community where teens and young adults struggling with mental health conditions can find a safe place to talk about what they are experiencing by sharing their personal stories of recovery, tragedy, struggle, or hope.

*Published by: National Alliance on Mental Illness (NAMI), n.d.*

[Prescription Drugs](#) – This website provides an FAQ on prescription drugs for teens.

*Published by: NIDA for Teens, n.d.*

[Preventing Teen Drug Use: How to Spot the Early Warning Signs](#) – This website offers the common warning signs of teen drug use to parents.

*Published by: Partnership for Drug-Free Kids, n.d.*

[TeensHealth](#) – This website provides a safe place for teens who need honest and accurate information, as well as offers resources on mental health issues.

*Published by: The Nemours Foundation, 2019*

[Teen Talk](#) - Learn about teen drug use and the brain. This NIDA website features videos, games, blog posts and much more!

*Published by: NIDA for Teens, August 5, 2019*

## Webinar

[Unleashing the Collective Power of Communities](#) – This recorded webinar is for parents on evidence-based strategies to prevent substance abuse.

*Published by: ONDCP, October 26, 2015*



## Opioid Use Disorder (OUD) Prevention and Intervention

### Article

[The Effects of Opioid Addiction on the Black Community](#) – This paper provides a detailed discussion of the effects caused by opioid addiction among Black Americans.

*Published by: International Journal of Collaborative Research on Internal Medicine & Public Health, 2018*

### Brief

[The Opioid Crisis and the Black/African American Population: An Urgent Issue](#) – This issue brief aims to convey snapshots of how this population is impacted by the opioid crisis.

*Published by Substance Abuse and Mental Health Services Administration (SAMHSA), 2020*

### Brochures

[California Medication-Assisted Treatment Expansion Project: Addressing the National Opioid Crisis](#) – This is a fact sheet about the California MAT Expansion Project.

*Published by: California Department of Health Care Services (DHCS), n.d.*

[Department of Health Care Services Addresses the Opioid Crisis](#) – This is a brief describing the opioid epidemic in California and the California MAT Expansion Project.

*Published by: DHCS, November 2019*

[Opioid Facts for Teens](#) – This brochure provides facts to teens, so they can make smart choices and be their best self. The National Institute on Drug Abuse (NIDA) hopes teens will use this brochure to share information about opioids with their friends, parents, teachers, and others.

*Published by: NIDA for Teens, September 14, 2017*

[Prescription Drugs: They Can Help But Also Hurt: Not Worth the Risk](#) – This brochure describes for teens the dangers of misusing prescription drugs and over-the-counter drugs. It lists warning signs of prescription drug misuse and offers advice on receiving help.

*Published by: Substance Abuse and Mental Health Services Administration (SAMHSA), December 2012*

[Preventing an Opioid Overdose](#) – This opioid overdose card offers tips to understanding the signs of an overdose to help save a life.

*Published by: Centers for Disease Control and Prevention (CDC), n.d.*

[Stop Youth Opioid Abuse](#) – This brochure addresses campus-age use about opioid abuse prevention.

*Published by: Campus Drug Prevention, n.d.*

### Fact Sheets

[Opioid Facts for Teens](#) – This brochure provides facts to teens, so they can make smart choices and be their best self. The National Institute on Drug Abuse (NIDA) hopes teens will use this brochure to share information about opioids with their friends, parents, teachers, and others.

*Published by: NIDA for Teens, September 14, 2017*

[Preventing Teen Prescription Medicine Abuse](#) – This one-page fact sheet helps parents and caregivers prevent teen prescription medicine abuse.

*Published by: Partnership for a Drug-Free Kids, 2014*



[Tips for Teens: Opioids](#) – This fact sheet for teens provides facts about opioids. It describes short- and long-term effects and lists signs of opioid use. The fact sheet helps to dispel common myths about opioids. Treatment access sources are also cited in the fact sheet.

*Published by: SAMHSA, May 2019*

[Tips for Teens: The Truth About Hallucinogens](#) – This fact sheet provides facts about hallucinogens. It describes short- and long-term effects, lists signs of use, and helps dispel common myths. It also can be used by prevention professionals, educators, health care providers, and others who come in contact with teens on a regular basis.

*Published by: SAMHSA, March 2020*

[Tips for Teens: The Truth About Heroin](#) – This fact sheet provides facts about heroin for teens. It describes short- and long-term effects and lists signs of heroin use. It helps to dispel common myths about heroin. Treatment access sources are also cited in the fact sheet.

*Published by: SAMHSA, 2018*

## Handout

[Prescription Opioids and Heroin](#) – This double-sided handout can be given to and discussed with patients during the brief intervention. Side one contains information on prescription opioids and heroin, including mixing opioids with other substances, risks of opioid use, how to safeguard prescription opioids, steps to take if using opioids, and tips for quitting. Side two describes the effects of opioid misuse on the body.

*Published by: Addiction Technology Transfer Center (ATTC), n.d.*

## Poster

[Keep the Ball in Your Court. Know the Risks](#) – Unfortunately, high school student-athletes can be especially vulnerable to prescription painkiller misuse. This poster encourages teens, parents and other caregivers, and educators to know the risks around misusing pain pills.

*Published by: DEA, n.d.*

## Tip Card

[Preventing an Opioid Overdose](#) – This opioid overdose card offers tips to understanding the signs of an overdose to help save a life.

*Published by the Centers for Disease Control and Prevention (CDC), n.d.*

## Tool

[PAOPP Toolkit](#) – This is guide for schools, parents, youth, and communities and invites them to learn more about opioid misuse and promote prevention, safety, and wellness in their communities.

*Published by: Public Health Management Corporation, March 2, 2020*

## Videos

[“Adolescent Substance Use, Addiction, and Treatment” with Sarah Bagley, M.D.](#) - In this video, Sarah Bagley, MD shares the importance of addressing substance use during adolescence and the most effective approaches to treating addiction, including opioid addiction. Dr. Bagley draws on her experience as the Medical Director of CATALYST, an addiction treatment clinic for teens and young adults at Boston Medical Center, to discuss why young adulthood is a time when many people begin



experimenting with alcohol and/or drugs.

*Published by: U.S. Department of Health & Human Services (HHS)/Office of Population Affairs, n.d.*

[Breaking Points](#) – This is a 30-minute documentary intended for adults that explores the stress and pressures our teens face every day, as well as the unhealthy ways that many of them cope, including abusing prescription stimulants.

*Published by: Partnership for Drug-Free Kids, n.d.*

[Get Smart About Drugs](#) – This is a video library of produced videos from the United State DEA and youth about opioids and prevention of OUDs, opioid overdose, and opioid overdose fatalities.

*Published by: United States Drug Enforcement Administration (DEA), various*

[Out of Reach](#) – This is a documentary created by a teen filmmaker who captures the issue of teen prescription drug abuse as it exists in his world.

*Published by: Partnership for Drug-Free Kids, n.d.*

## Websites

[Help End Medicine Abuse](#) – This is an action campaign to learn how to safeguard your family and community from the devastation of heroin and other opioids and the abuse of prescription and over-the-counter medications.

*Published by: Partnership for a Drug-Free Kids and Center on Addiction*

[Opioid Basics](#) – This website provides important information regarding the opioid epidemic that's designed for non-health professionals and ideal for community and faith-based organizations. Includes helpful commonly used terms.

*Published by: CDC, December 19, 2018*

[Opioids and Adolescents](#) – This webpage provides information about the prevalence of adolescent opioid misuse, risk, and protective factors, how to prevent opioid misuse, and how to get help.

*Published by: U.S. Health and Human Services (HHS)/Office of Population Affairs*

[Opioid Facts for Teens](#) – This webpage, which offers downloadable brochures, includes a letter from Director Nora Volkow, MD, and linkages to current relevant Substance Abuse and Mental Health Services (SAMHSA) publications specific to youth and opioids.

*Published by: NIDA, July 2018*

[Opioids and Adolescents](#) – This webpage provides information about the prevalence of adolescent opioid misuse, risk, and protective factors, how to prevent opioid misuse, and how to get help.

*Published by: HHS/Office of Population Affairs*

[Parents: Facts on Teen Drug Use](#) – This website provides information to help parents talk with their teens about drugs and their effects and learn where to go to get help.

*Published by: NIDA for Teens, August 2, 2019*

[PA Opioid Prevention Project](#) – The PA Opioid Prevention Project is a state-wide multi-media, opioid misuse prevention campaign targeting youth ages 14-18.

*Published by: Public Health Management Corporation, n.d.*



[PAStop.org](#) – Information on this website can be downloaded and distributed about opioids in Pennsylvania.

*Published by: Commonwealth Prevention Alliance, n.d.*

[Prescription Drugs](#) – This website provides an FAQ on prescription drugs for teens.

*Published by: NIDA for Teens, n.d.*



## Stimulant Use Disorder Prevention and Intervention

### Fact Sheets

[Tips for Teens – Methamphetamine](#) - This fact sheet includes information about methamphetamine including the risks and signs of use.

*Published by: Substance Abuse and Mental Health Services Administration (SAMHSA), 2018*

[Tips for Teens: The Truth About Stimulants](#) – This fact sheet provides facts about stimulants. It describes short- and long-term effects, lists signs of use, and helps dispel common myths. It also can be used by prevention professionals, educators, health care providers, and others who come in contact with teens on a regular basis.

*Published by SAMHSA, 2020*

### Guides

[Matrix Intensive Outpatient Treatment for People With Stimulant Use Disorders: Client's Handbook](#) -

This guide contains patient materials for an intensive outpatient treatment course for stimulant misuse. It provides handouts to use in individual and conjoint sessions, and sessions on early recovery skills and relapse prevention.

*Published by: SAMHSA, 2015*

### Poster

[Heads Up Real News about Drugs and your body - Prescription Stimulants](#) - This poster provides an overview of prescription stimulants, including information about risks and myths.

*Published by: National Institute on Drug Abuse (NIDA), 2011*

### Videos

[Meth Match](#) - This 1-minute video depicts a first-time meth user going up against the Meth Monster.

*Published by: SAMHSA, 2019*

[Mind Matters: The Body's Response to Cocaine](#) - This video for middle school students describes how cocaine affects the brain and the body.

*Published by: NIDA, 2020*

[Mind Matters: The Body's Response to Methamphetamine](#) - This video for middle school students describes how methamphetamine is used and how it affects the brain and the body.

*Published by: NIDA, 2020*

[Mind Matters: The Body's Response to Prescription Stimulants](#) - This video for middle school students describes prescription stimulants, why they are prescribed, and how they can affect the brain and the body when misused.

*Published by: NIDA, 2020*

[Mind Matters: The Body's Response to Bath Salts](#) - This video for middle school students explains how synthetic cathinones, commonly known as bath salts, affect the brain and the body.

*Published by: NIDA, 2020*



[The Reward Circuit: How the Brain Responds to Cocaine](#) - This video depicts how the brain reward system and the biochemical processes that occur during cocaine use.

*Published by: NIDA, 2016*

[The Reward Circuit: How the Brain Responds to Methamphetamine](#) - This video depicts the brain reward system and the biochemical processes that occur during methamphetamine use.

*Published by: NIDA, 2016*

## Medication-Assisted Treatment (MAT) and Other Treatment

### Brochure/Handout

[Medication-Assisted Treatment for Opioid Addiction](#) – This brochure offers information and facts for families and friends about MAT for opioid addiction.

*Published by: Substance Abuse and Mental Health Services Administration (SAMHSA), 2011*

[The Facts about Buprenorphine for Treatment of Opioid Addiction](#) – This brochure informs patients about buprenorphine and medication-assisted treatment for opioid use disorder. It describes addiction and withdrawal, how buprenorphine works, its proper use, its side effects, and how it fits with counseling in the recovery process.

*Published by: SAMHSA, 2014*

### eBooks

[Continuing Care ebook](#) - This guide covers all parents and caregivers need to know about how to best support their child after he or she finishes addiction treatment.

*Published by: Partnership for a Drug-Free Kids and Center on Addiction, n.d.*

[Medication-Assisted Treatment: An ebook for Parents and Caregivers of Teens and Young Adults](#)

[Addicted to Opioids](#) – This eBook helps parents and caregivers learn more about MAT – what it is, how it's used, where to find it, and how they can best support their child through treatment.

*Published by: Partnership for Drug-Free Kids, n.d.*

### Fact Sheets

Common Questions and Concerns about Medication-Assisted Treatment

- [A Handout for Ambivalent Patients](#) – This is a Medication-Assisted Treatment (MAT) Frequently Asked Questions (FAQ) document for patients resistant to MAT.
- [A Handout for Family Members of a Person with an Opioid Use Disorder](#) – This is a MAT FAQ document for family members of a person with an OUD.

*Published by: Providers Clinical Support System, n.d.*

[Good Care for You and Your Baby While Receiving Opioid Use Disorder Treatment: Steps for Health Growth and Development](#) – This fact sheet outlines some important things to know about OUDs and caring for your baby, as well as the Do's and Don'ts for creating a healthy environment for your family.

*Published by: SAMHSA, August 2018*

[Opioid Use Disorder and Pregnancy](#) – This fact sheet highlights some important things to know about OUD and pregnancy, as well as the Do's and Don'ts for making sure you have a healthy pregnancy and a healthy baby.

*Published by: SAMHSA, August 2018*

[Treating Babies Who Were Exposed to Opioids Before Birth](#) – This fact sheet outlines some important things to know about what to expect if your baby needs special care after birth, as well as the Do's and Don'ts for understanding and responding to your baby's needs.

*Published by: SAMHSA, August 2018*



## Guide

[Opioid Addiction Treatment](#) – This patient guide includes information on assessment, a treatment overview (including treatment plans, patient participation, and counseling), and all the medications available to treatment opioid use and overdose. It also provides links to find a provider and support groups for patients and families.

*Published by: American Society of Addiction Medicine (ASAM), 2016*

## Poster

[Are You Taking Medicine for Opioid Use Disorder and Are Pregnant or Thinking about Having a Baby?](#) –

This poster is for clients and their family members in OUD treatment who are pregnant or who are currently not pregnant but of childbearing age.

*Published by: SAMHSA, August 2018*

## Tool

[Decisions in Recovery: Treatment for Opioid Use Disorder](#) – This online tool is for people who want information about the role of medications in treating OUDs. You can use this tool to help you learn about MAT, compare your treatment options, decide which options are best for you and your recovery, and discuss your preferences with your provider. There is also an accompanying [handbook](#) available for download.

*Published by: SAMHSA, n.d.*

## Videos

[How Naloxone Saves Lives in Opioid Overdose](#) – This video reviews when naloxone is used, how it is administered, and the way it works.

*Published by: NIDA for Teens, n.d.*

[Opioid Overdose Deaths Go Up for New Moms after Childbirth. Here's Why.](#) - This video and article provide insight into OUD and pregnant women as well as women post-natal. While addressing the road to recovery for expectant mothers and mothers post-natal, Medicaid loopholes are discussed. With OUDs increasing among pregnant women, a shift in recovery focus is needed in states across the United States.

*Published by: VICE News, 2019*

[Signs and Symptoms of an Opioid Overdose](#) – This video demonstrates the signs and symptoms of an opioid overdose and what to do.

*Published by: National Safety Council, August 29, 2018*

## Website

[Substance Abuse Treatment for Children and Adolescents: Questions to Ask](#) – This website offers a list of questions to ask when deciding to get treatment for a child or adolescent.

*Published by: American Academy of Child & Adolescent Psychiatry, June 2018*

*Published by: SAMHSA BRSS TACS, May 8, 2014*



## SUD Recovery

### Briefs

[Collegiate Recovery Supports for Underrepresented Student Populations](#) – This brief addresses the supports underrepresented college students need.

*Published by: Substance Abuse and Mental Health Services Administration (SAMHSA), 2019*

[Providing Culturally Responsive Recovery Supports: Recommendations for Engaging Black Young Adults](#) – This brief addresses the supports black young adults need and also provides recommendations for engaging Black young adults.

*Published by: SAMHSA, n.d.*

### Videos

Know the Truth Video Series – This is a series of videos about individual’s recovery from opioids.

- [Rebekkah’s Story](#)
- [Michael's Best Day](#)
- [Caroline's Best Day](#)
- [Diana's Best Day](#)
- [Duane’s Best Day](#)

*Published by: The Truth, n.d.*

### Webinars

[Defining Our Own Recovery: Strategic Sharing and Recovery Messaging for Young People](#) – This recorded virtual event explores experiences of young people in recovery who share their stories to create change. Recovery movement leaders share ideas about maximizing impact and minimizing risk when telling personal stories.

*Published by: Substance Abuse and Mental Health Services Administration (SAMHSA) Bringing Recovery Supports to Scale Technical Assistance Center Strategy (BRSS TACS), February 23, 2017*

[Recovery Supports for Young Adults](#) – This recorded webinar discusses what recovery supports need to be in place and offered to young adults.

*Published by: SAMHSA BRSS TACS, July 24, 2013*

[Supports and Services for LGBT Youth in Recovery](#) - This recorded virtual event defines recovery for LGBTQ youth and discuss successful recovery models that enhance and are protective factors, and steps to take to enhance their recovery.

*Published by: SAMHSA BRSS TACS, May 8, 2014*



## Co-Occurring Disorders

### Comic Books

[No Longer Alone](#) – This comic book features three women living with mental illness and substance use disorder conditions who have improved their quality of life after receiving treatment.

*Published by: Substance Abuse and Mental Health Services Administration (SAMHSA), October 2013*

[People Recover](#) – This comic book tells the story of people living with co-occurring mental illness and substance use disorders. It presents a hopeful message recovery and provides resources for more information.

*Published by SAMHSA, May 2013*

## Mental Health/Depression/Suicide Prevention

### Articles

[Depression, Anxiety Rising Among U.S. College Students](#) – This article discusses the rise of depression and anxiety among U.S. college students.

*Published by: Centers for Disease Control and Prevention (CDC), August 29, 2019*

[Health Plans use Digital and AI Strategies to Tackle Mental Health Issues](#) – This is an article about Blue Shield of California's new BlueSky initiative.

*Published by: HealthData Management, December 3, 2019*

### Blog

[Opiate Use Disorders and Suicide: A Hidden Tragedy](#) - This article was written by the President of the American Psychiatric Association, Dr. Maria Oquendo. It establishes that more research may need to be done on the correlation between pain and suicide. However, the article does include some statistics providing insight into rates between men and women and how these rates are impacted by OUD- including the increase in suicide by those with OUD.

*Published by: National Safety Council, August 29, 2018*

### Booklet

[A Journey Toward Health and More](#) – This booklet is a guide to help you take the first steps toward recovery after your suicide attempt. The tools and stories contained come from the experiences of others, some named, some anonymous, who have survived a suicide attempt. It is our hope that their experiences can help you keep yourself safe, develop hope, and, most importantly, remind you that you are not alone.

*Published by: Substance Abuse and Mental Health Services Administration (SAMHSA), August 2018*

### Brochure

[Parent Engagement: Strategies for Involving Parents in School Health](#) – This publication is designed for school administrators, teachers, nurses, support staff, parents, and others interested in promoting parent engagement. Each has different but important roles and responsibilities to play in engaging parents in school health activities.

*Published by: Centers for Disease Control and Prevention (CDC), November 2012*



## Curriculum

[Youth Mental Health First Aid](#) – The course teaches how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. It is primarily designed for adults who regularly interact with young people. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders.

*Published by: Mental Health First Aid and National Council for Behavioral Health, n.d.*

## Fact Sheets

[Helping Your Child Feel Connected to School](#) – This fact sheet provides information for parents and families to help children feel connected to school.

*Published by: CDC; National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention; and the Division of Adolescent and School Health, July 2009*

[Help a Friend in Need](#) – This is a fact sheet about possible warning signs of emotional distress.

*Published by: Jed Foundation, Facebook, Instagram, and The Clinton Foundation, 2014*

[Preventing Suicide](#) – This is a fact sheet about preventing suicide.

*Published by: CDC, 2018*

[Understanding Depression – Youth Adults: Get the Facts](#) – This fact sheet offers young adults information on living with depression. It discusses causes of depression and approaches to treatment.

*Published by: SAMHSA, 2017*

## Guides

[A Model School Policy on Suicide Prevention: Model Language, Commentary and Resources](#) – This document was developed by ensuring that local policies are in line with the latest research in the field of suicide prevention and identifying best practices for a national framework.

*Published by: Suicide Prevention Resource Center, 2019*

[Guidance to States and School Systems on Addressing Mental Health and Substance Use Issues in Schools](#) – A Joint Informational Bulletin (Bulletin) to provide the public, including states, schools, and school systems, with information about addressing mental health and substance use issues in schools.

*Published by: Substance Abuse and Mental Health Services Administration (SAMHSA), July 1, 2019*

[What to Do if You're Concerned About Your Teen's Mental Health: A Conversation Guide](#) – This guide is meant to help parents and families who are concerned about their teen's mental health and emotional well-being have important conversations with their child. Although parents often pick up on concerning signs that their teen is struggling, not everyone feels well-equipped to approach their child to have a conversation about how they are feeling. Knowing what to do after the conversation, especially if the child has expressed something concerning, is not always obvious.

*Published by: Jed Foundation, n.d.*

## Poster

[Teen Suicide Prevention: We Can Help Us](#) – As part of a suicide prevention campaign, this poster reminds teens that others have had similar feelings and there are ways to get through it. It urges teens to visit the [reachout.com](http://reachout.com) website to hear stories from others. The poster comes flat and is 23.5 inches x 17 inches.

*Published by: SAMHSA, June 2010*

## Text Messaging

[Mood 24/7](#) – uses text messages and a secure website to help people log and track their moods. It provides an easy way to record how you're feeling and tracks your daily moods to share with friends, family, or a health professional.

*Published by: Remedy Health Media, 2019*

## Tip Sheet

[Helping Teens with Traumatic Grief: Tips for Caregivers](#) - Each teen grieves in unique ways. After a sudden or violent death some teens may develop traumatic grief responses and have difficulty coping. This tip sheet offers ways to recognize and help teens with traumatic grief.

*Published by: The National Child Traumatic Stress Network (NCTSN), n.d.*

## Toolkit

[Preventing Suicide: A Toolkit for High Schools](#) – This toolkit assists high schools and school districts in designing and implementing strategies to prevent suicide and promote behavioral health.

*Published by: Substance Abuse and Mental Health Services Administration (SAMHSA), June 2012*

## Video

[Seize the Awkward](#) – This video series addresses how to recognize signs your friend may be struggling, how to begin a conversation with your friend and learn what to say and offer help after the conversation.

*Published by: Ad Council, American Foundation for Suicide Prevention, Jed Foundation, 2019*

## Websites

[Adolescent Health: Think, Act, Grow® \(TAG\)](#) – TAG calls upon organizations and individuals working with adolescents to prioritize activities that improve adolescent health, including physical, social, emotional, and behavioral health. The goal of TAG is simple: to spark actions that can support the healthy development of all of America's adolescents. TAG offers concrete roles and responsibilities for stakeholders who have direct contact with adolescents and influence among them, including professionals from out-of-school, community-based, faith-based, education, healthcare, public health, and social service settings.

*Published by: [Youth.gov](http://Youth.gov), n.d.*

[Girlshealth.gov](http://Girlshealth.gov) – A website offering guidance to teenage girls, including recognizing a mental health problem, getting help, and talking to parents.

*Published by: Office of Women's Health, n.d.*



[You Can Fight Suicide](#) – This website offers education and resources to those affected by suicide.  
*Published by: American Foundation for Suicide Prevention, 2019*

[Sources of Strength](#) – This website a best practice youth suicide prevention project designed to harness the power of peer social networks to change unhealthy norms and culture, ultimately preventing suicide, bullying, and substance abuse. The mission of Sources of Strength is to prevent suicide by increasing help seeking behaviors and promoting connections between peers and caring adults.  
*Published by: Sources of Strength, n.d.*

[You Can Fight Suicide](#) – This website offers education and resources to those affected by suicide.  
*Published by: American Foundation for Suicide Prevention, 2019*