

Resources for Teen Substance Use Parent's Coalition of Bay Area High Schools December 10, 2018

Danielle Ramo, PhD
Director, Research Operations
Hopelab.org

Adjunct Associate Professor of Psychiatry
University of California, San Francisco
Danielleramophd.com
@DanielleRamo

Online resources

SF Chronicle

- Opinion Piece on Teen Cannabis Use by Dr. Ramo:
<https://www.sfchronicle.com/opinion/openforum/article/California-must-set-policies-now-to-curb-teen-12198782.php>

Orange County Register

- *What are the Marijuana Laws in Your California City?:*
<https://www.ocregister.com/2018/01/03/what-are-the-marijuana-laws-in-your-california-city-explore-our-database-of-local-cannabis-policies-2/>

CA Department of Public Health

- *Let's Talk Cannabis:*
<https://www.cdph.ca.gov/Programs/DO/letstalkcannabis/Pages/LetsTalkCannabis.aspx>
- *Cannabis and Youth:*
<https://www.cdph.ca.gov/Programs/DO/letstalkcannabis/Pages/youth.aspx>

American Academy of Pediatrics

- *Information on Marijuana:* <https://www.aap.org/en-us/about-the-aap/Committees-Councils-Sections/substance-use/Pages/marijuana.aspx>

US Surgeon General

- *Report on E-cigarette Use Among Youth and Young Adults:* <https://e-cigarettes.surgeongeneral.gov>
- *Parent Tip Sheet:* https://e-cigarettes.surgeongeneral.gov/documents/SGR_ECig_ParentTipSheet_508.pdf
- *Facing Addiction in America:* <https://addiction.surgeongeneral.gov>

National Institute on Drug Abuse

- *NIDA for Teens, Drug Use and the Brain:* <https://teens.drugabuse.gov>
- *Cannabis Research Reports:* <http://www.drugabuse.gov/drugs-abuse/marijuana>

National Institute on Alcohol Abuse and Alcoholism

- *Rethinking Drinking Evaluation Tool:* <https://www.rethinkingdrinking.niaaa.nih.gov/>

Online resources continued

Department of Health and Human Services

- *National Opioid Crisis Resources*: <https://www.hhs.gov/opioids/>

Substance Abuse and Mental Health Services Administration

- National Helpline for Treatment Referral: <https://www.samhsa.gov/find-help/national-helpline>

Books

Johann Hart. *Chasing the Scream: The First and Last Days of the War on Drugs*. 2016.

Barry Meier. *Pain Killer: An Empire of Deceit and the Origin on America's Opioid Epidemic*. 2018.

Sam Quinones. *Dreamland: The True Tale of America's Opioid Epidemic*. 2016.

David and Nic Sheff. *High: Everything You Want to Know About Drugs, Alcohol, and Addiction*. Release Jan 2019. For tween/teen readers.

David Sheff. *Clean: Overcoming Addiction and Ending America's Greatest Tragedy*. 2014.

Maia Szalavitz. *Unbroken Brain: A Revolutionary New Way of Understanding Addiction*. 2017.