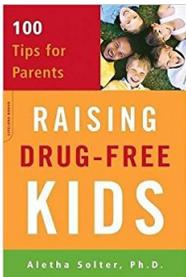


# PARENT RESOURCES TO PREVENT YOUTH DRUG & ALCOHOL USE

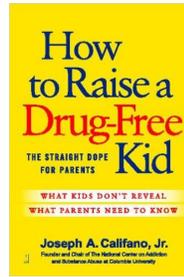


Books donated by the Substance Use Prevention Partnership Coalition and available for check-out at these local libraries:

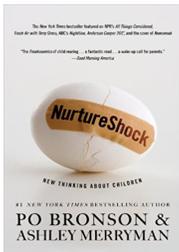
- Boothbay Harbor Memorial Central Library in Boothbay Harbor
- Skidompha Public Library in Damariscotta
- Waldoboro Public Library in Waldoboro
- Wiscasset Public Library in Wiscasset



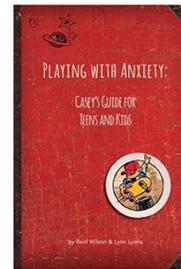
**Aletha Solter, Ph.D.** Provides parents with simple, easy-to use tools to build a solid foundation for children to say "no" to drugs. Organized by age group, the handy 100 tips will show parents how to help their children to feel good about themselves without an artificial high.



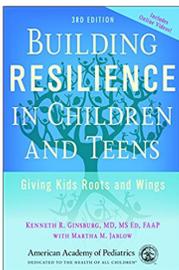
**Joseph A. Califano, Jr.** Based on nearly two decades of research at The National Center on Addiction and Substance Abuse at Columbia University, this book offers advice and information on how to prepare your child for the crucial decision-making moments and on many of the most daunting parenting topics.



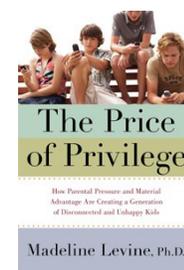
**Po Bronson, Ashley Merryman,** One of the most influential books about children ever published, Nurture Shock offers a revolutionary new perspective on children that upends a library's worth of conventional wisdom.



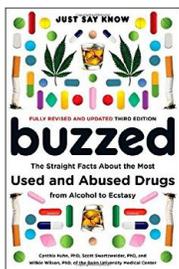
**Reid Wilson, Lynn Lyons, LCSW,** Casey includes stories of everyday encounters—to show the reader how to face the trials of the middle years. This book is more for tweens and teens with anxiety to read.



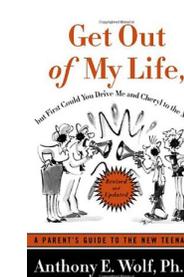
**Kenneth Ginsburg, MD FAAP,** This award-winning guide from bestselling author and pediatrician Dr. Ken Ginsburg guides parents and other caring adults how to help kids from the age of 18 months to 18 years build the seven crucial "C's"—competence, confidence, connection, character, contribution, coping, and control.



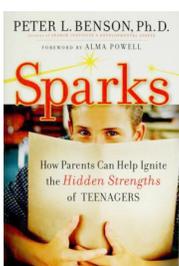
**Madeline Levine, Ph.D.** Identifies toxic cultural influences and well-intentioned, but misguided, parenting practices that are detrimental to a child's healthy self-development. Her practical advice provides solutions that enable parents to help their emotionally troubled "star" child cultivate an authentic sense of self.



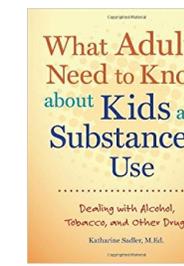
**C. Kuhn, S. Swartzwelder and W. Wolf** Fully revised and updated, this handbook includes the most recent discoveries about drugs and the unique effects of some drugs on the adolescent brain. Buzzed provides a clear understanding of how drugs work and the consequences of their use.



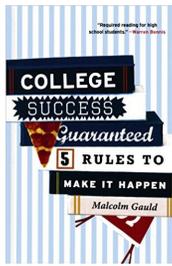
**Anthony E. Wolf, Ph.D.** Dr. Wolf points out that while the basic issues of adolescence and the relationships between parents and their children remain much the same, today's teenagers navigate a faster, less clearly anchored world.



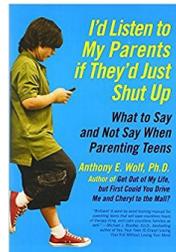
**Peter L. Benson, Ph.D.** Grounded in new research with thousands of teenagers and parents, Sparks offers a step-by-step approach to helping teenagers discover their unique gifts, and works for all families, no matter their economic status, parenting situation, or ethnic background.



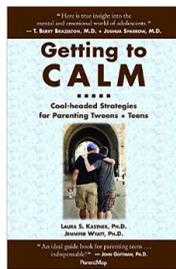
**Katharine Sadler, M.Ed.** Hands-on guide explains why youth abuse drugs, how to identify signs of substance abuse, and how to deal with the difficulties of this destructive behavior. Teachers, counselors, and parents can all benefit from the helpful advice in this realistic look at working with kids and drugs in the 21st century.



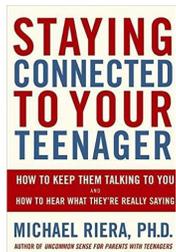
**Malcolm Gauld** Offers a plan to help the new college student complete Year #1 and is a short, non-preachy, fun, and tad ir-reverent primer that can help you get off to a strong start toward the 'best four years of your life.'



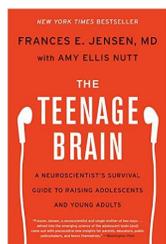
**Anthony E. Wolf, Ph.D.** A practical guide to raising and understanding teenagers. It offers frustrated moms and dads humorous, dialogue-based advice and techniques for what to say and not to say when parenting teens today.



**L. Kastner, Ph.D. , J. Wyatt, Ph.D.** New brain research offers new insight into the best way to connect with teens and shows parents how to stay calm and cool-headed while dealing with hot-button issues -- with clear, easy-to-follow suggestions for setting limits while maintaining a close and loving relationship.



**Michael Riera, Ph.D.** Will help frustrated parents reconnect with their teenager. The first step is realizing that inside every teen resides two very different people-the regressed child and the emergent adult.



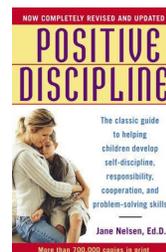
**F. Jensen, MD, A. Ellis Nutt** Offers a revolutionary look at the science of the adolescent brain, providing remarkable insights that translate into practical advice for both parents and teenagers.



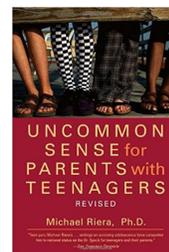
**The Center for Motivation and Change** This guide will help: How to react when your child has been using substances and when he has not been using; How to co-parent and collaborate as effectively and smoothly as possible; Getting more of what you want to see from your child and less of what you don't; How to talk to your child so that you are more likely to be heard; How to take care of yourself all along the way.



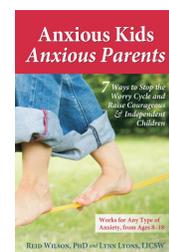
**Peter L. Benson, Ph.D.** Shows all adults that positive adult-child relationships are one of the most important factors affecting a young person's development. This handbook high-lights hopeful actions adults can take to have a positive impact on a young person's life.



**Jane Nelson, Ed.D.** The key to positive discipline is not punishment, but mutual respect. Give your child the tools he or she needs for a well-adjusted life with this proven treasure trove of practical advice.



**Michael Riera, Ph.D.** Riera tackles some of the newest issues facing parents and teens, and gives a second look to the old standbys— alcohol and drugs, academics, sex and dating, sports and extracurricular, eating disorders, making friends, single parenting, divorce, and more.



**Lynn Lyons, LICSW** With anxiety at epidemic levels among our children this book offers a contrarian yet effective approach to help children and teens push through their fears, worries, and phobias to ultimately become more resilient, independent, and happy.



**Trisha M. Samuel** Addresses issues and anxieties that parents and children moving on to secondary school have. The book is good for parents to read through with their child or for parents to read on their own and discuss with their child.

**For more information contact the SUPP:**

**Phone: 207-563-1330**

**Email: [info@healthylincolncounty.org](mailto:info@healthylincolncounty.org)**

**Web: [www.healthylincolncounty.org](http://www.healthylincolncounty.org) or**

**Facebook: [@HealthyLincolnCounty](https://www.facebook.com/HealthyLincolnCounty)**