

LOCAL RESOURCES:*** ABOVE THE INFLUENCE**

<https://www.harfordcountymd.gov/482/Above-the-Influence>

An alcohol and drug education program targeted to youth in grades 6-12 with the goal of helping teens stand up to negative peer pressure or influences by learning refusal skills.

*** ADDICTION CONNECTIONS RESOURCE**

<https://acr-helps.org/>

The mission of Addiction Connections Resource is to serve as a resource for all those suffering from the disease of addiction, their families and the communities they affect. ACR works to reduce substance abuse throughout Harford County and to advance prevention, treatment, and recovery throughout Maryland and our nation.

*** ASHLEY TREATMENT**

<https://www.ashleytreatment.org/programs/family-programs/>

Children & Youth Program-The Children and Youth Program focuses on the complex challenges for children (ages 6 to 14) when a parent or loved one begins treatment. The program teaches children how to express their emotions—like confusion, frustration, guilt or embarrassment, in a productive and fun atmosphere. Family Wellness Program-Family members (aged 15 and older) will receive time with Ashley's expert counselors— trained in family therapy—so you can voice any feelings, past or present, and begin the healing process together through open communication.

*** CHILDRENS MENTAL HEALTH MATTERS-MARYLAND**

<https://www.childrensmentalhealthmatters.org/>

A network of information and support for families across Maryland and raise awareness of Children's Mental Health.

*** HARFORD COUNTY CRISIS SERVICES**

CRISIS HOTLINE-410-874-0711 or 1-800-639-8783

<https://www.thesantegroup.org/harford-county-crisis>

Santé Group provides tailored crisis services to the specific needs of the community, including mental health first responders for those individuals or groups who are experiencing a mental health crisis.

*** HARFORD COUNTY OFFICE OF DRUG CONTROL POLICY**

<http://www.harfordcountymd.gov/449/Office-of-Drug-Control-Policy>

Promotes and provides prevention services through strategies utilizing the resources of public/private agencies and citizens.

LOCAL RESOURCES: *(continued)** **HARFORD COUNTY OFFICE ON MENTAL HEALTH**

<http://harfordmentalhealth.org/mental-health-resources> Provides services information and referral to appropriate agencies, adult residential referrals, child and adolescent referrals, emergency assistance for housing, utilities, and medications.

* **INNER COUNTY OUTREACH**

<https://innercountyoutreach.org/>

A faith-based organization that assesses and addresses individual's educational, social and health needs through various services and programs.

* **KLEIN FAMILY CRISIS CENTER/HEALTHY HARFORD**

<https://www.healthyharford.org/mental-health/harford-crisis-center>

A behavioral health crisis center that provides 24 hour, 7 day a week crisis care for mental health and addiction issues for children and adults.

* **MARYLAND COALITION OF FAMILIES**

<http://www.mdcoalition.org/>

Provides one-to-one support to parents and caregivers of young people with mental health issues and to any loved one who cares for someone with a substance use or gambling issue.

NATIONAL RESOURCES:*** DRUGS OVER DINNER**

<http://drugsoverdinner.org/#about>

Drugs Over Dinner is a toolkit to plan, host and moderate a conversation about drugs and addiction.

*** FDA'S YOUTH TOBACCO PREVENTION PLAN**

<https://www.fda.gov/tobacco-products/youth-and-tobacco/fdas-youth-tobacco-prevention-plan>

<https://www.fda.gov/tobacco-products/public-health-education/youth-and-tobacco>

* A key component of the FDA's Comprehensive Plan for Tobacco and Nicotine Regulation. It is a series of actions to stop youth use of tobacco products.

*** FOUNDATION FOR ADVANCING ALCOHOL RESPONSIBILITY**

<https://www.responsibility.org/>

The Foundation for Advancing Alcohol Responsibility (responsibility.org) leads the fight to eliminate drunk driving and underage drinking and promotes responsible decision-making regarding beverage alcohol.

*** NATIONAL ASSOCIATION FOR CHILDREN OF ADDICTION**

<https://nacoa.org/>

Mission is to eliminate the adverse impact of alcohol and drug use on children and families, envisioning a world in which no child who struggles because of family addiction will be left unsupported.

*** NATIONAL SUICIDE PREVENTION LIFELINE**

<https://suicidepreventionlifeline.org/>

Provides 24 hour, 7 day a week, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

*** NIDA (National Institute on Drug Abuse)**

<https://www.drugabuse.gov/>

Offers current information and research surrounding drug abuse and addiction in the U.S.

*** NIDA TEENS**

<https://teens.drugabuse.gov/>

Teens: Drug Use and the Brain-Get the latest on how drugs affect the brain and body. Featuring videos, games, blog posts and more!

*** NOT MY KID - Inspiring Positive Life Choices**

<https://notmykid.org/>

Empower and educate youth, families, and communities with the knowledge and courage to identify and prevent negative youth behavior.

NATIONAL RESOURCES: *(continued)** **PAD (PARENT ACTION ON DRUGS)**

<https://parentactionondrugs.org/>

Develops and disseminates a range of programs and resources for parents, youth, educators, health promoters and communities with the aim to reduce the harms associated with the use of alcohol and other drugs, increase informed decision making and build resiliency among youth.

* **PARTNERSHIP FOR DRUG-FREE KIDS**

Where Families Find Answers

<https://drugfree.org/>

An organization for families addressing every aspect of substance use and addiction, from prevention to recovery. Empowering parents and caregivers with support and guidance using the latest science-based information.

* **POWER TO THE PARENT.ORG**

<http://powertotheparent.org/>

Empowers parents by giving hardcore facts, strategies and information. Toolkits and quizzes available.

* **SAMHSA (Substance Abuse and Mental Health Services Administration)**

<https://www.samhsa.gov/>

Provides current information, research and services surrounding substance use and mental health in the U.S.

* **TRUTH INITIATIVE**

<https://truthinitiative.org/>

Provides information, research and resources to parents and teens with the goal of tobacco-free lives.

* **Video Gaming & Social Media*** **DOES YOUR CHILD HAVE INTERNET GAMING DISORDER?**

<https://www.psych.com/gaming-disorder>

Learn how the World Health Organization, defines a gaming disorder. Plus, how to tell the difference between habitual heavy internet use and an actual gaming addiction.

* **INTERNET MATTERS**

<https://www.internetmatters.org/>

A not-for-profit organization that has a simple purpose – to empower parents and caregivers to keep children safe in the digital world.

* **3 WARNING SIGNS OF VIDEO GAME ADDICTION IN TEENS**

<https://holinergroup.com/blog/warning-signs-of-video-game-addiction/>

“In July 2018, World Health Organization officials listed video game addiction or extreme gaming as a mental health condition. Classified as a “gaming disorder,” it’s now more critical than ever for parents to understand the warning signs of video game addiction in their children and teens.”