

Police: RESOURCES

The Department of Education does not endorse any private or commercial products or services, or products, or services not affiliated with the Federal Government. The sources of information listed on this and the following pages are intended only as a partial listing of the resources that are available to readers of this booklet. Readers are encouraged to research and inform themselves of the products or services, relating to drug and alcohol abuse, that are available to them.

Where to Get Information and Help

Many hospitals, community colleges, and other organizations offer classes for parents that are designed to improve communications and understanding between parents and children. Consult your local library, school, or community service organization for more information.

Action. Through its Drug Alliance, the Federal Domestic Volunteer Agency promotes community-based, volunteer drug use prevention projects for at-risk youth and the elderly. (See your telephone Blue Pages.)

Alcoholics Anonymous. This organization is a fellowship of men and women who share their experiences to solve a common problem (alcoholism) and to help other alcoholics achieve sobriety. The organization is worldwide. (See your telephone White Pages.)

Al-Anon Family Group Headquarters. Al-Anon was established as a resource for family, members and friends of alcoholics. It is a free, nonprofessional, worldwide organization with more than 30,000 groups. (See your telephone White Pages.)

American Council for Drug Education. This organization provides information on drug use, develops media campaigns, reviews scientific findings, publishes books and a newsletter, and offers films and curriculum materials for pre-teens. 204 Monroe Street, Rockville, MD 20850. Telephone (301) 294-0600.

Chemical People Project. The project supplies information in the form of tapes, literature, and seminars. The Public Television Outreach Alliance, c/o WQED-TV, 4802 Fifth Avenue, Pittsburgh, PA 15213. Telephone (412) 391-0900.

Families Anonymous, Inc. This worldwide organization offers a 12-step, self-help program for families and friends of people with behavioral problems usually associated with drug abuse. The

organization is similar in structure to Alcoholics Anonymous, P.O. Box 528, Van Nuys, CA 91408. Telephone (818) 989-7841.

Families in Action National Drug Information Center. This organization publishes "Drug Abuse Update," a quarterly journal of news and information for persons interested in drug prevention. \$25 for four issues. 2296 Henderson Mill Road, Suite 204, Atlanta, GA 30345. Telephone (404) 934-6364.

Hazelden Foundation. This foundation distributes educational materials and self-help literature for participants in 12-step recovery programs and for the professionals who work in the field. Pleasant Valley Road, Box 176, Center City, MN 55012-0176. Telephone (800) 328-9000.

Institute on Black Chemical Abuse. This institute provides training and technical assistance to programs that want to serve African-American/black clients and others of color more effectively. 2614 Nicollet Avenue, Minneapolis, Mn 55408. Telephone (612) 871-7878.

"Just Say No" Clubs. These clubs provide support and positive peer reinforcement to youngsters through workshops, seminars, newsletters, and a variety of activities. 1777 North California Boulevard, Suite 200, Walnut Creek, CA 94596. Telephone 1-800-258-2766/(415) 939-6666.

Nar-Anon Family Group Headquarters. This organization operates in a manner similar to Al-Anon and supports people who have friends or family members with drug problems. World Service Office, P.O. Box 2562, Palos Verdes Peninsula, CA 90274. Telephone (213) 547-5800

Narcotics Anonymous. Similar to Alcoholics Anonymous, this program is a fellowship of men and women who meet to help one another with their drug dependency problems. World Service Office, P.O. Box 9999, Van Nuys, CA 91409. Telephone (818) 780-3951.

National Clearinghouse for Alcohol and Drug Information (NCADI). NCADI is a resource for alcohol and other drug information. It carries a wide variety of publications dealing with alcohol and other drug abuse. Box 2345, Rockville, MD 20852. Telephone (301) 468-2600.

National Council on Alcoholism, Inc. This national voluntary health agency provides information about alcoholism and alcohol problems through more than 300 local affiliates. 12 West 21st Street, New York, NY 10010. Telephone (212) 206-6770.

National Crime Prevention Council. This organization works to prevent crime and drug use in many ways, including developing materials (audio visual, reproducible brochures, and other publications) for

parents and children. 1700 K Street, N.W., Washington, DC 20006. Telephone (202) 466-NCPC.

National Federation of Parents for Drug-Free Youth, Inc. This organization sponsors the National Red Ribbon Campaign to reduce the demand for drugs and the Responsible Educated Adolescents Can Help (REACH) program designed to educate junior and senior high school students about drug abuse. Communications Center, 1423 North Jefferson, Springfield, MO 65802. Telephone (417) 836-3709.

National PTA Drug and Alcohol Abuse Prevention Project. Offer kits, brochures, posters, and other publications on alcohol and other drugs for parents, teachers, and PTA organizations. 700 North Rush Street, Chicago, IL 60611. Telephone (312) 577-4500.

Safe Homes. This national organization encourages parents to sign a contract stipulating that when parents are held in one another's homes they will adhere to a strict no-alcohol/no-drug-use rule. P.O. Box 702, Livingston, NJ 07039.

Toughlove. This national self-help group for parents, children, and communities emphasize cooperation, personal initiative, and action. It publishes a newsletter, brochures, and books, and it holds workshops. P.O. Box 1069, Doylestown, PA 18901. Telephone 1-800-333-1069/(215) 348-7090.

Toll-Free Information

1-800-COCAINE - A Cocaine Helpline

A round-the-clock information and referral service. Recovering cocaine-addict counselors answer the phones, offer guidance, and refer drug users and parents to local public and private treatment centers and family learning centers.

1-800-NCA-CALL - National Council on Alcoholism Information Line
The National Council on Alcoholism, Inc. is a national nonprofit organization that combats alcoholism, other drug addictions, and related problems. The council also provides referral services to families and individuals seeking help with alcoholism or other drug problems.

1-800-241-7946 - PRIDE Drug Information Hotline

A national resource and information center, Parent's Resource Institute for Drug Education (PRIDE) refers concerned parents to parent groups in their state or local area; gives information on how parents can form a group in their community; provides telephone consultation and referrals to emergency health centers; and maintains a series of drug information tapes that callers can listen to, free of charge, by calling after 5:00 p.m.

1-800-622-HELP - NIDA Hotline

NIDA Hotline is a confidential information and referral line that directs callers to cocaine abuse treatment centers in the local community. Free materials on drug abuse are also distributed in response to inquiries.

General Reading List for Parents

Drug-Free Kids: A Parents' Guide, 1986. Scott Newman Center, 6255 Sunset Blvd., Suite 1906, Los Angeles, CA 90028. Available in English and in Spanish. \$6.50 plus tax for the English-language version.

Kids and Drugs: A Handbook for Professionals, by Joyce Tobias, 1987. PANDAA Press, 4111 Watkins Trail, Annandale, VA 22003. \$6.90.

Peer Pressure Reversal, by Sharon Scott, 1985, reprinted 1988. Human Resource Development Press, 22 Amherst Road, Amherst, MA 01002. \$9.95

Pot Safari, by Peggy Mann, 1982, reprinted 1987. Woodmere Press, Cathedral Finance Station, P.O. Box 20190, New York, NY 10125. \$6.95.

Preparing for the Drug-Free Years: A Family Activity Book, by J. David Hawkins, et al., 1988. Developmental Research and Programs, Box 85746, Seattle, WA 98145. \$10.95.

Team Up for Drug Prevention with America's Young Athletes, Drug Enforcement Administration, Demand Reduction Section, 1405 I Street, N.W., Washington, DC 20537. Free.

Ten Steps to Help Your Child Say "No": A Parent's Guide, 1986. National Clearinghouse for Alcohol and Drug Information, P.O. Box 2345, Rockville, MD 20852. Free.

The Fact is...Hispanic Parents Can Help Their Children Avoid Alcohol and Other Drug Problems, 1989. National Clearinghouse for Alcohol and Drug Information, P.O. Box 2345, Rockville, MD 20852. Free.

The Fact is...You Can Prevent Alcohol and Other Drug Problems Among Elementary School Children, 1988. National Clearinghouse for Alcohol and Drug Information, P.O. Box 2345, Rockville, MD 20852. Free.

The Fact is...You Can Help Prevent Alcohol and Other Drug Use Among Secondary School Students, 1989. National Clearinghouse for Alcohol and Drug Information, P.O. Box 2345, Rockville, MD 20252. Free.

Young Children and Drugs: What Parents Can Do, 1987. The Wisconsin Clearinghouse, 1954 E. Washington Avenue, Madison, WI 53704. \$6.00 per 100 brochures.

What Works: Schools Without Drugs, U.S. Department of Education, 1986, revised in 1989. National Clearinghouse for Alcohol and Drug Information, Box 2345, Rockville, MD 20852. Free.

General Reading List for Elementary School Children

A Little More About Alcohol, 1984. Alcohol Research Information Service, 1120 East Oakland Avenue, Lansing, MI 48906. \$0.75. A cartoon character explains facts about alcohol and its effects on the body.

Alcohol: What It Is, What It Does, by Judith S. Seixas, 1977. Greenwillow Books, 105 Madison Avenue, New York, NY 10016. \$5.95. An easy-to-read illustrated primer on the use and abuse of alcohol.

An Elephant in the Living Room: The Children's Book, by Marion H. Hyppo and Jill M. Hastings, 1984. CompCare Publications, Box 27777, Minneapolis, MN 55427. \$6.00. An illustrated workbook designed to help children from alcoholic homes understand that alcoholism is a disease and that they are not alone in coping with its effects.

Buzzy's Rebound, by William Cosby and Jim Willoughby, 1986. National Clearinghouse for Alcohol and Drug Information, P.O. Box 2345, Rockville, MD 20852. Free. An 18-page "Fat Albert" comic book that describes the pressure on a new kid in town to drink.

Kids and Alcohol: Get High on Life, by Jamie Rattray et al. 1984. Health Communications, Inc. 1721 Blount Road, Suite 1, Pompano Beach, FL 33069. \$5.95. A workbook designed to help children (ages 11-14) make important decisions in their lives and feel good about themselves.

Kootch Talks About Alcoholism, by Mary Kay Schwandt, 1984. Serenity Work, 1455 North University Drive, Fargo, ND 58102. \$3.00. A 40-page coloring book in which Kootch the worm helps young children understand alcoholism and alcoholics.

The Sad Story of Mary Wanna or How Marijuana Harms You, by Peggy Mann, illustrated by Naomi Lind, 1988. Woodmere Press, P.O. Box 20190, Cathedral Finance Station, New York, NY 10025. \$2.95. A 40-page activity book for children in grades 1-4 that contains pictures of the damage that marijuana does to the body.

Whiskers Says No To Drugs, 1987. Weekly Reader Skills Books, Field Publications, 245 Long Hill Road, Middletown, CT 06457. \$1.50. This

book contains stories and follow-up activities for students in grades 2 and 3 to provide information and form attitudes before they face peer pressure to experiment.

General Reading List for Secondary School Children

About Teens and Drugs, 1987. Channing L. Bete Co., South Deerfield, MA 01373. Free. A 15-page booklet providing an overview of the dangers of drug use and healthy alternative activities targeted at senior high school students.

Chew or Snuff is Real Bad Stuff. National Cancer Institute, U.S. Department of Health and Human Services Building 31, Room 10A24, Bethesda, MD 20892. Free. This 8-page pamphlet describes the hazards of using smokeless tobacco.

Christy's Chance, 1987. Network Publications, P.O. Box 1830, Santa Cruz, CA 95061-1830. \$3.95. A story geared to younger teens that allows the reader to make a nonuse decision about marijuana.

Different Like Me: A Book for Teens Who Worry About Their Parents' Use of Alcohol/Drugs, 1987. Johnson Institute, 7151 Metro Boulevard, Minneapolis, MN 55435. \$6.95. This 110-page book provides support and information for teens who are concerned, confused, scared, and angry because their parents abuse alcohol and other drugs.

Don't Lose A Friend to Drugs, 1986. National Crime Prevention Council, 1700 K Street, N.W., 2d Floor, Washington, DC 20006. Free. This brochure offers practical advice to teenagers on how to say "no" to drugs, how to help a friend who uses drugs, and how to initiate community efforts to prevent drug use.

Videos

A Gift for Life: Helping Your Children Stay Alcohol and Drug Free, 1989. American Council on Drug Education, 204 Monroe Street, Suite 110, Rockville, MD 20850. \$29.95.

Drug-Free Kids: A Parent's Guide, 1986. Scott Newman Center, 6255 Sunset Blvd., Suite 1906, Los Angeles, CA 90028. \$32.50.

Say No! To Drugs: A Parent's Guide to Teaching Your Kids How to Grow Up Without Drugs and Alcohol, 1986. PRIDE, The Hurt Building, 50 Hurt Plaza, Suite 210, Atlanta, GA 30303. Order No. F0085, \$25.95.