



Substance Abuse and Mental Health Resources

Fairbanks Alcohol & Drug Addiction Treatment Center

www.fairbanksad.org/-and-Behavioral-Health

317-849-8222

Substance Abuse and Mental Health Services

Administration (SAMHSA)

www.samhsa.gov

317-849-8222

SAMHSA National Helpline

800-662-4357 (HELP)

National Suicide Prevention Lifeline

www.suicidepreventionlifeline.org

800-273-8255 (TALK)

National Alliance on Mental Illness

www.ok2talk.org

800-273-8255 (TALK)



10 Steps to Help Your Child Say No To Alcohol & Other Drugs

1. Talk With Your Child About Alcohol and Other Drugs

You can help change ideas your child may have that "everybody" drinks, smokes, or uses other drugs. Share with your child research on the effects alcohol and drugs can have on them. Education facilitates prevention.

2. Learn to Really Listen to Your Child

Your child is more likely to talk with you when you give verbal and nonverbal cues that show you are listening. Own what you say and what you hear with "I Talk". Say "This is what I heard you say" and "What I need to say is".

3. Help Your Child Feel Good About Himself or Herself

Your child will feel good when you praise efforts, as well as accomplishments, and when you correct by criticizing the action rather than the child. Children who esteem themselves do not need to down scale into negative peer groups that use alcohol and drugs in order to feel accepted.

4. Help Your Child Develop Strong Values

A strong value system can give your child the courage to say no rather than listen to and go along with drug using friends. Help your child realize that drugs are not only bad because they are illegal, but also because they alter brain functioning.

5. Be a Good Role Model or Example

Your habits and attitudes may strongly influence your child's ideas about alcohol, tobacco and other drugs. If you socially model smoking, your child may smoke also. If you use drugs and alcohol, you are showing these behaviors to be acceptable to your child.

6. Help Your Child Deal With Peer Pressure

A child who has been taught to be gentle and loving may need your permission to say no to negative peer pressure. Make sure your child has been specifically taught the ways to assertively say no to drugs. All children need to have resistance skills training.

7. Make Family Rules

It's helpful when you make specific family rules about your child not using alcohol or other drugs or smoking cigarettes. And it's helpful to tell your child the punishment for using them. Also, give your children positive reinforcement for adhering to family rules. Always praise the behaviors you want to encourage.

8. Encourage Healthy, Creative Activities

Hobbies, participation in school events, and other activities may prevent your child from using alcohol, tobacco, or other drugs out of boredom. Encourage your school, church and children to form drug-free social clubs. There is strength in numbers.

9. Team Up With Other Parents

You can join other parents in support groups that will reinforce the guidance you provide at home. Work with other parents to hold drug free activities for youth in your community.

10. Know What to Do If You Suspect a Problem

You can learn to recognize the tell tale signs of alcohol, tobacco and other drug use and how and where to get help immediately for your child. There are several places in Hamilton county that offer this type of help.

SOURCE: Hamilton County Board of Health

[The Parent Project - Hamilton County](#)

Parents meet one night per week for 11 weeks (total of 33 hours). Parents learn to manage teen behavior problems at home utilizing an activity-based curriculum "A Parent's Guide to Changing Destructive Adolescent Behavior." Contact Rob Evans at (317) 776-5856 or by email at parent.project@hamiltoncounty.in.gov to sign-up.

[Hope Academy High School](#)

Hope Academy is a tuition-free, public charter high school that provides a safe, sober and challenging academic experience for Indy-area teens. As a **Simon Youth Academy** and IPS Innovation school, Hope Academy offers its students a truly unique and individualized high school experience.



Vaping: Know the truth

FREE DIGITAL LESSONS



Vaping Prevention & Resources to Quit

Youth e-cigarette use remains at epidemic levels in the U.S. New data from the 2020 National Youth Tobacco Survey show that one in five high school students (19.6%) and one in 20 middle school students (4.7%) – that’s nearly 3.6 million young people- reported using e-cigarettes. Furthermore, many young people also reported that they are vaping every day or nearly daily, underscoring the highly addictive nature of nicotine. The scale of the problem is clear, and the science of addiction points to it getting worse, not better.

Vaping: Know the truth is a new national youth vaping prevention curriculum created with Truth Initiative, in collaboration with Kaiser Permanente and the American Heart Association, to educate students about the health dangers of e-cigarette use. This free digital learning experience is being developed as part of Truth Initiative’s nationally recognized *truth* campaign. In addition to encouraging students to live vape-free lives, this self-led interactive-curriculum offers resources to help young people who are currently using e-cigarettes to quit through *truth*’s first-of-its-kind text message youth quit vaping program called This is Quitting already helping over 200,000 youth and young adults on their journeys to quit.

Grade Level: 8th - 12th

Total Lessons: 4 digital lessons; 5-10 minutes each

Curriculum Fit: Health, Advisory, Life Skills, FACs

Standards Alignment: National Health Education Standards



Lesson 1: Know

THE LEARNING EXPERIENCE

- EVERFI’s self-graded, interactive lessons help students develop simple, actionable strategies for positively contributing to a healthy environment.
- Real-world scenarios prime students for long-term behavioral change using problem-solving and self-reflection activities.
- Detailed score reports and offline extension activities help teachers maximize their impact across all students.



EACH LESSON HAS A PRE- AND POST-ASSESSMENT WITH REAL-TIME SCORE REPORTING

"The great unknown of the world of vaping is one of the main reasons we need education on it. Along with the unknown health consequences, there are still many ways vaping is and can be abused. The more the students know, the better off they will be."

— Mike Whalen, Health Teacher, Penn Hills High School

LESSON OUTLINE

1. **Know.** This lesson introduces learners to the activity of vaping, invites them to reflect on their awareness and knowledge of the topic, covers a brief history of tobacco and nicotine use, and covers the ingredients present in common e-cigarettes.
2. **Uncover.** This lesson confronts learners with the hard facts about e-cigarette companies' marketing and advertising schemes, and debunks the myth that vaping is a safe activity or a safer option than smoking.
3. **Overcome.** This lesson challenges learners to consider the dangers of nicotine addiction, reinforces addiction as a primary danger of vaping, and lays the framework for quitting.
4. **Change.** This lesson examines positive social norms that sit opposite of vaping, self-care and quitting. It looks to refocus learners' energy on alternative behaviors while reinforcing the dangerous truths about vaping.

LEARNING OBJECTIVES

After completing this online experience, students will be able to...

- Understand that e-cigarettes can deliver as much or more nicotine than cigarettes and that regardless of delivery mechanism, nicotine is addictive.
- State the health risks associated with using e-cigarettes due to their chemical ingredients and delivery mechanism.
- Describe the strategies used by e-cigarette manufacturers to appeal to their current and prospective users.
- Understand that you are empowered to make healthy and informed choices, to help others make those choices.
- Demonstrate how to seek out, recommend, and utilize the support services and resources that are available in school, local community, or nationally, to help you or someone else quit using.
- Access a free first-of-its-kind text message quit vaping program called *This is Quitting* if they are a current e-cigarette user looking to quit.

Ready to Start? Register now at
EVERFI.COM/K-12

LESSON ACTIVITIES:

Guess the Ingredients



Tobacco History



Student POV



EVERFI

EVERFI, Inc. empowers educators to bring real-world learning into the classroom and equip students with the skills they need for success - now and in the future. 3 of 5 U.S. school districts use EVERFI's digital resources to teach topics like financial literacy, social-emotional learning, career readiness, and prevention education.

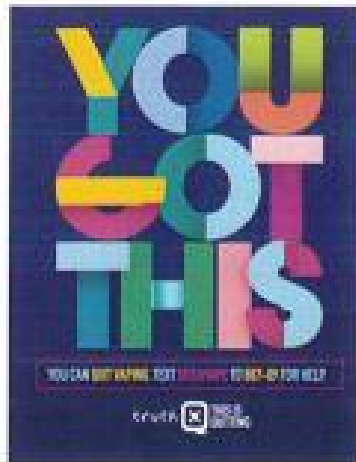
EVERFI
2300 N Street NW
Washington, DC 20037
(202) 625-0011
<http://www.everfi.com/k-12>

Cessation Support for Students



Tobacco Prevention
and Cessation

Download as separate resource



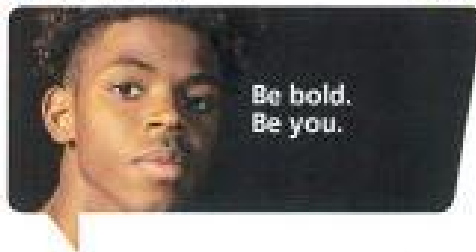
This is Quitting

This is Quitting is a mobile application and companion text messaging program designed specifically for young adult smokers and e-cigarette users. The app brings together quit stories from real-life young people, along with entertaining gif posts about quitting, strategies and tips to stay tobacco free, training challenges, and access to free expert counseling 24/7.

text **DITCHVAPE** to 88709

thisisquitting.com

CAPTUM | Indianapolis



Live Vape Free

Live Vape Free is an a text-based stop vaping program for teens. Once enrolled, teens can access interactive content that is quick and easy to use. There are videos, quizzes, assessments and podcasts to help teens find their "why" and help quit vaping. Teens can also get 1-1 support with a professional quit coach.

text **INDIANA** to 873373



Quit Now Indiana

The program is designed to help teens stop using tobacco permanently. These participants will also receive age-appropriate educational materials and additional help via unlimited access to a toll-free support line that is available 24/7.

QuitNowIndiana.com/Teens



**NATIONAL
CANCER
INSTITUTE**

Smoke-Free Teen

This site is designed and run by the National Cancer Institute and provides tobacco cessation information grounded in scientific evidence specifically for teens, aged 13-19 years old.

It offers free tools, including a text messaging program and quitSTART mobile application.

teen.smokefree.gov



Healthcare Provider

It is always recommended to involve a teen's primary health care provider to help educate and guide them on a cessation journey.

Asking adolescents about tobacco use and advising them to quit are the first steps toward the use of effective treatments to quit. Health care providers are uniquely positioned to screen for tobacco use in their patients, initiate treatment and connect them to smoking cessation services that are best suited for the patient.

Special considerations for adolescents: It is important for clinicians to intervene with adolescents in a manner that respects confidentiality and privacy (e.g., interviewing adolescents without parents present).

Summary of Cessation Resources

| | Age | Live Support | Phone Counseling | Text Messaging Program | Free |
|----------------------------|--------------|--------------|------------------|------------------------|------|
| This is Quitting | 13-24 | | | ✓ | ✓ |
| Live Vape Free | 13-17 | ✓ | | ✓ | ✓ |
| Quit Now Indiana | 13 and older | ✓ | ✓ | | ✓ |
| Smoke-Free Teen | 13-19 | | | ✓ | ✓ |
| Healthcare Provider | All ages | ✓ | | | |

Vaping and Tobacco Education Resources for Adults



Tobacco Prevention
and Cessation

[Download as separate resource](#)

FDA Toolkit for Working with Youth



The Food and Drug Administration (FDA) has a free toolkit about vaping and e-cigarettes for professionals working with youth. The toolkit contains fast facts about youth vaping as well as tips for how adults can help teens quit vaping. It is available to order, download, or print through the FDA.

digitalmedia.hhs.gov/tobacco/hosted/Vaping-ECigarettes-Youth-Toolkit.pdf



2016 U.S. Surgeon General's Report

This online resource for parents and health care providers is based on the 2016 U.S. Surgeon General's Report on e-cigarette use among youth and young adults. Background information on e-cigarette products, risks of these products, and tips for how to talk to teens about the health risks of e-cigarettes.

e-cigarettes.SurgeonGeneral.gov



Live Vape Free

This program offers self-paced online learning experiences with chat support and is designed to provide concerned adults with action steps. Program features:

- Tools to help empower constructive conversations about the risks associated with vaping.
- Instructive videos as well as how-to articles and background information
- A guide to help teens build a quit plan, including how to get started, strategies for managing urges and staying quit
- Insights from individuals who are facing similar challenges
- The latest news and information about the health risks of vaping



Truth Initiative - Parent Resources

Parents can sign up to receive text messages designed specifically for parents of vapers.

Text QUIT to (202) 899-7550



CATCH My Breath Parent Toolkit

This toolkit is a way for parents to learn more about the vaping epidemic, gauge their child's risk of trying e-cigarettes, and find the best strategy for them to talk to their child about e-cigarettes.

letsgo.catch.org/pages/CMB-Parent-Resources



Health Care Providers

The American Academy of Pediatrics (AAP) resource, Youth Tobacco Cessation: Considerations for Clinicians, is designed to support pediatric health clinicians in screening patients for tobacco use and providing behavioral and pharmacological support to help youth quit.

The resource uses an easy, 3-step model, "Ask-Counsel-Treat (ACT)," to guide clinical interactions around cessation.

aap.org/cessation

Need Help Quitting?

If you use tobacco and also have a child who vapes, the best way to help support your child is to quit tobacco use yourself. There are many free resources available to help you start your quit journey whenever you are ready.



If you're ready to quit tobacco, Quit Now Indiana offers a variety of tools to be successful.

1-800-Quit-Now
QuitNowIndiana.com



If you are an adult looking for support to quit vaping or stop using any tobacco product, the free digital quit smoking platform, BecomeAnEX, offers comprehensive web and mobile tools.

BecomeAnEx.org

Treatment

Don't wait. Get help now.

Call 2-1-1 for help 24 hours a day, 7 days a week, or [click here \(https://in211.communityos.org/\)](https://in211.communityos.org/) to connect with help.

Call the Indiana Addiction Hotline: 1-800-662-HELP (4357) or [visit here \(http://www.in.gov/fssa/dmha/2933.htm\)](http://www.in.gov/fssa/dmha/2933.htm) to live chat with a representative.

Through a partnership between Indiana 211 and OpenBeds, people seeking treatment for substance use disorder can be immediately connected with available inpatient or residential treatment services. [Click here \(https://www.in.gov/fssa/files/FINAL-OpenBeds-211-press-release.pdf\)](https://www.in.gov/fssa/files/FINAL-OpenBeds-211-press-release.pdf) to learn more.

Locate Addiction Treatment Resources in Indiana



[Click here to access our online portal. \(http://www.in.gov/fssa/addiction/\)](http://www.in.gov/fssa/addiction/)

Parents, family & friends—is someone you love battling substance use disorder?

When a child or loved one is suffering, you want to do everything in your power to help.

But substance use can be difficult to overcome, even with a strong support network, professional help and repeated attempts.

The important thing is not to give up hope.

Medication-Assisted Treatment for Opioid Use

The most effective method of treatment for an opioid use disorder is called [medication-assisted treatment \(MAT\) \(https://www.samhsa.gov/medication-assisted-treatment/treatment/\)](https://www.samhsa.gov/medication-assisted-treatment/treatment/) [\(https://www.samhsa.gov/medication-assisted-treatment/treatment#medications-used-in-mat\)](https://www.samhsa.gov/medication-assisted-treatment/treatment#medications-used-in-mat). MAT is the combination of three FDA-approved medications and counseling and cognitive behavioral therapy. Counseling and cognitive behavioral therapy include individual or group counseling, family therapy, and referrals to community-based wrap-around services.

The three medications are Methadone, Buprenorphine and Naltrexone. Methadone and Buprenorphine both fulfill the brain's need for opioids, while mitigating withdrawal symptoms and allowing an individual to function normally. Naltrexone blocks the effects opioids can have on the brain and reduces the risk of relapse. An individual must abstain from opioid use for 7 to 10 days before starting Naltrexone.

- Methadone is only provided at [ESSA-approved Opioid Treatment Programs \(https://www.in.gov/fssa/dmha/files/IN_OTP_Programs.pdf\)](https://www.in.gov/fssa/dmha/files/IN_OTP_Programs.pdf).
- Buprenorphine can be prescribed by a federally approved healthcare provider. [Locate providers near you at SAMHSA.gov \(https://findtreatment.samhsa.gov/\)](https://findtreatment.samhsa.gov/).
- Naltrexone can be prescribed by any healthcare provider. [Locate providers \(https://www.vivitrol.com/find-a-treatment-provider/\)](https://www.vivitrol.com/find-a-treatment-provider/) near you.

Visit [Know Your Rights](https://www.samhsa.gov/sites/default/files/partnersforrecovery/docs/Know_Your_Rights_Brochure_0110.pdf)

[\(https://www.samhsa.gov/sites/default/files/partnersforrecovery/docs/Know_Your_Rights_Brochure_0110.pdf\)](https://www.samhsa.gov/sites/default/files/partnersforrecovery/docs/Know_Your_Rights_Brochure_0110.pdf) to learn more about how you are protected by law.

if you are afraid that a friend or family member is at risk of an opioid overdose, you can obtain [Naloxone](https://optin.in.gov/) (https://optin.in.gov/) (Narcan®) which can provide some peace of mind and could save a life.

Naloxone is a drug that reverses the effects of opioids and can be administered when a person shows symptoms of an overdose. When administered, a person typically shows a response to the naloxone within five minutes, but may require additional doses depending on the type and amount of opioids in his or her system. Naloxone is NOT a substitute for medical attention and those who administer it are required to call 911. To learn more, [click here](http://www.in.gov/lsdh/27387.htm) (http://www.in.gov/lsdh/27387.htm).

Naloxone is available to anyone. Visit [Optin.in.gov](https://optin.in.gov/) (https://optin.in.gov/) to locate registered entities that offer naloxone to people who may be at risk of an overdose or those who are close to them. Also, [see training opportunities here](http://www.in.gov/lsdh/27386.htm) (http://www.in.gov/lsdh/27386.htm).

Methamphetamine (meth)

Methamphetamine (meth) is a dangerous, synthetic, stimulant drug that's easy to become dependent upon. It creates serious short-term and long-term health risks. Recovery resources are available. Learn more about meth and how to get help [here](https://www.samhsa.gov/meth) (https://www.samhsa.gov/meth) or call 2-1-1 to connect with care at any time.

Recovery Works

Recovery Works focuses on pre-incarceration diversion services and post-incarceration re-entry services, which not only hopes to divert low-level offenders from incarceration to community services, but to reduce recidivism by 20%, as well. Promoting recovery through community support and treatment/intervention is critical in reducing the number of persons with mental health and addiction disorders that are entering our criminal justice system. Check out more info [here](http://www.in.gov/fssa/dmha/2929.htm) (http://www.in.gov/fssa/dmha/2929.htm).

Prevention

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Treatment

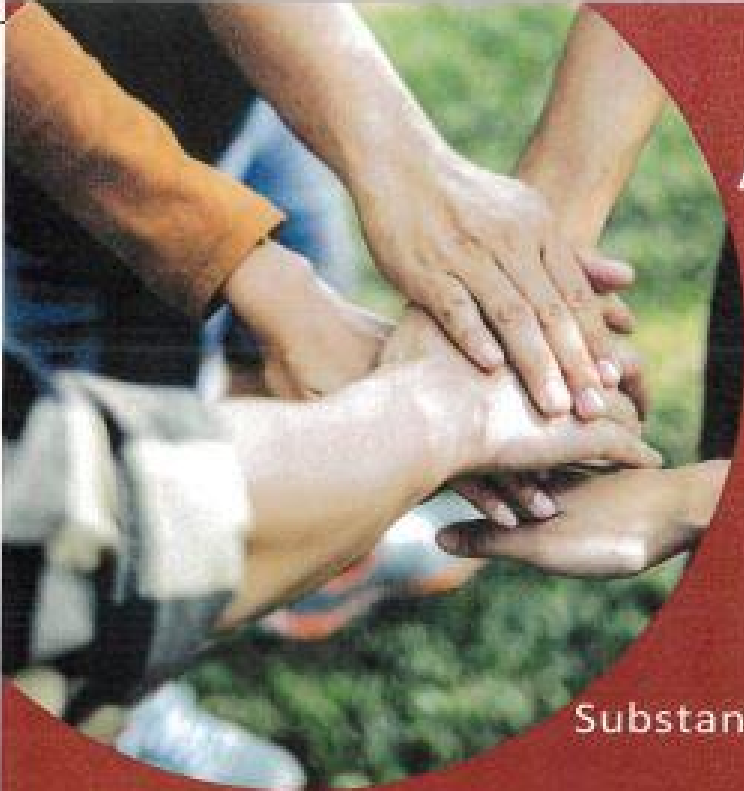
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Enforcement

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**Healthcare
Professionals & First
Responders**

(/recovery/healthcare-
professionals-and-
first-responders)



ADOLESCENT ADDICTION ACCESS PROGRAM (AAA)

Increasing the Accessibility
& Availability of Best
Substance Use Disorder Clinical Services
for Indiana Youth & Families

WHAT DOES AAA PROVIDE?

- Free provider-to-provider helpline for Indiana providers caring for youth (aged 17 or younger) with Substance Use Disorders (SUD)
- Timely, convenient access to evidence-based patient care services and community referral support - including telehealth services delivered by our team

HOW TO ACCESS AAA?



Call [317-278-8434](tel:317-278-8434), Monday-Friday 9am-5pm EST



For more information, aaaprogram@iupui.edu

Supported by Indiana PSSA Division of Mental Health and Addiction and SAMHSA



Riley Hospital for Children
Indiana University Health



SCHOOL OF MEDICINE
DEPARTMENT OF PSYCHIATRY