



SUBSTANCE USE PREVENTION RESOURCES

SANTA CLARA COUNTY BEHAVIORAL HEALTH SERVICES- SUBSTANCE USE SERVICES

1. [Substance Use Prevention Services](#) (408) 794-0660
 - a. [Alcohol & Drug Information](#)
 - b. Prevention Campaigns
 - i. [Marijuana is Not for Pregnancy](#)
 - ii. [Wasted on Weed](#)
 - iii. [The Truth About Opioids](#)
 - iv. [Influencer](#) (talking to children about drugs)
2. [Youth Substance Use Treatment Services](#) (408) 272-6518
 - a. Monday – Friday 9:00 AM– 6:00 PM; After hours: 1-800-488-9919.
3. [Adult Substance Use Treatment Services](#) Gateway Call Center. 1(800) 488-9919

GOVERNMENT AND PRIVATE ORGANIZATIONS - MULTIPLE SUBSTANCES

1. [American Academy of Pediatrics](#)
Resources for adults, parents and health care providers
2. [Center for Disease Control and Prevention \(CDC\)](#)
Resources for adults, parents, youth and health care providers (English and Spanish)
 - a. [Substance Use Among Youth](#)
 - b. [Alcohol](#)
 - c. [Marijuana](#)
 - d. [e-cigarettes/ vaping](#)
 - e. [Opioids](#) and [Rx Awareness campaign](#)
3. [United States Government- Drug Enforcement Administration \(DEA\)](#)
 - a. [Get Smart About Drugs](#)
Resources for Adults, Parents, Educators, and Young adults
[Publications and resources](#) (English and Spanish)
 - b. [Just Think Twice](#)



Resource for teens and young adults

- c. [Operation Prevention Opioids](#)- (DEA and Discovery Education)
NO-COST digital curriculum and parent, teacher and teen resources.

4. [National Institute on Drug Abuse \(NIDA\)](#)

Resources for Parents, Educators, youth and health care providers (English and Spanish)

- a. [Parent-educator resources](#)
- b. [material orders](#)

5. [NIDA for Teens](#)

Resources for youth, parents and Educators

6. [Office of the Surgeon General](#) (English and Spanish)

Resources for adults, parents, youth and health care providers

- a. [Alcohol](#)
- b. [Marijuana](#)
- c. [E-cigarettes/ vaping](#)
- d. [Opioids](#)

7. [Partnership for Drug- Free Kids \(Drugfree.org\)](#)

Resource for Parents, educators and health care providers (English and Spanish)

[Resources](#)

- a. [Alcohol](#)
- b. [E-cigarettes/ vaping](#)
- c. [Marijuana](#)
- d. [Opioids](#)

8. [Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#)

Resources for adults, parents, youth and health care providers

- a. [Tips for Teens Series handouts for teens regarding: alcohol, tobacco, marijuana, e-cigarettes/ vaping, opioids, prescription depressants \(Xanax\), Stimulant Rx drugs \(Ritalin, Adderall\), heroin, methamphetamine, cocaine etc.](#)
- b. [Marijuana](#) Resources for adults, youth and health care providers
- c. [Talk they hear you prevention campaign](#)
helps parents, caregivers and school staff talk to youth about alcohol, marijuana and opioid abuse.



- i. [Parent resources](#)
 - ii. [School staff resources](#)
 - iii. [Spanish language resources](#)
 - d. **SAMHSA's National Helpline – 1-800-662-HELP (4357)** treatment referral and information service (in English and Spanish) for individuals and families
9. [Teens Health \(The Nemours Foundation\)](#) resources for teens, parents and educators
10. [U.S. Department of Health and Human Services](#)
Resources for adults, parents, youth and health care providers
- a. [Alcohol](#)
 - b. [Vaping](#)
 - c. [Marijuana](#)
 - d. [Opioids](#)
11. [U.S. National Library of Medicine](#) (English and Spanish)
Resources for adults, parents, youth and health care providers

TOPIC SPECIFIC RESOURCES

ALCOHOL

Agencies listed on page 1 and 2 also provide information on this topic

1. [Foundation for Advancing Alcohol Responsibility \(Responsibility.org\)](#)
Resources for adults, parents, and youth
2. [National Highway Traffic Safety Administration \(NHTSA\)](#)
 - a. [Drive Sober or Get Pulled Over](#)
Videos, and infographics-English and Spanish
 - b. [Last Call 360](#) immersive and interactive web experience
3. [NHTSA- traffic safety marketing traffic safety campaign materials](#) including drunk driving, vehicle safety, distracted driving, and motorcycles.
 - a. [Drunk driving](#)



- b. Distracted driving
 - 4. [The National Institute on Alcohol Abuse and Alcoholism \(NIAAA\)](#)
Resources for adults, parents, youth and health care providers
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PRESCRIPTION (RX) DRUGS INCLUDING OPIOIDS, AND OVER THE COUNTER DRUGS

Agencies listed on page 1 and 2 also provide information on this topic

Opioids

1. [The Risks Are Real Public Education Campaign](#) (CA Department of Public Health) (English and Spanish) Resources for adults, parents, youth and health care providers

Prescription medications

1. [Medicine Abuse Project](#) (Partnership for Drug- Free Kids) resources for parents, educators and health care providers
[Resources](#)
2. [Smart Moves, Smart Choices](#) (National Association of School Nurses)
Resources for parents, youth and educators (includes curriculum)

Over-the-counter (OTC) medicines

1. [Know Your OTCs](#) (CHPA Educational Foundation)
Resources for parents and the general community regarding safe use, storage, and disposal of over-the-counter (OTC) medicines.
2. [Stop OTC Cough Medicine Abuse](#) (Consumer Healthcare Products Association)
Resources for parents, teens and health care providers.

MARIJUANA

Agencies listed on page 1 and 2 also provide information on this topic

1. [Let's Talk Cannabis](#) (CA Department of Public Health) (English and Spanish)
Resources for adults, parents, youth and health care providers
 2. [Cannabis Prevention Toolkit](#) (Stanford University)
The Cannabis/Marijuana Awareness & Prevention Toolkit- for middle and high school students
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VAPING

Agencies listed on pages 1 and 2 also provide information on this topic.

1. [American Lung Association](#) (English and Spanish) Resources for adults, parents, youth and health care providers.
2. [Flavors hook kids \(California Department of Public Health\)](#)
Resources for adults, parents, youth
3. [Tobacco Free Kids-](#) Resources for adults and parents
4. [Vaping Health Impacts Hand Out-](#) **(University of Washington Tobacco Studies Program)**
5. [Truth Initiative-](#) Resources for adults, parents, youth
 - a. [This is Quitting](#) - Free mobile program is designed to help young people quit e-cigarettes.
6. [smokeSCREEN A smoking and vaping prevention videogame](#)
(Yale University Center for Health & Learning Games and CVS Health and CVS Health Foundation)

VAPING CURRICULUMS/ PROGRAMS

1. [ASPIRE](#) –**(MD Anderson Center)**. ASPIRE is a free, bilingual, online tool that helps middle and high school teens learn about being tobacco free, including vaping.
2. [CATCH My Breath-E-Cigarette Prevention](#) – CATCH (Coordinated Approach to Child Health). **(The University of Texas Health Science Center at Houston)** A youth e-cigarette prevention program targeting ages 11-18.
3. [E-cigarettes-dangerous-trend-](#) **(National Institute of Drug Abuse for Teens NIDA)** –Teachers: Classroom Resources on Drug Effects
4. [INDEPTH: Intervention for Nicotine Dependence: Education, Prevention, Tobacco and Health](#) **(American Lung Association)** Free curriculum for schools consisting of Four 50-minutes sessions covering traditional tobacco products and vaping, convenient alternative to suspension or citation.
5. [Know the Risks: A Youth Guide to E-cigarettes](#) – A presentation from the **(CDC’s Office on Smoking and Health)** to educate youth on e-cigarettes.



6. [N-O-T: Not On Tobacco](#) (**American Lung Association**)– Proven Teen Smoking and Vaping Cessation Program ten, 50-minute sessions.
7. [The Real Cost of Vaping](#): (**U.S. Food and Drug Administration and Scholastic**); information and lesson plans for grades 6-8 and 9-12.
8. [The Tobacco Prevention Toolkit](#) – (**Stanford University School of Medicine**). A toolkit for teachers with in-classroom units and lesson plans on e-cigarettes, tobacco, and nicotine.

VAPING DIGITAL CAMPAIGNS:

1. [Behind the haze](#) (**Rescue Agency**)
2. [Escape the Vape digital campaign](#) (**Seattle King County Public Health Department**)
3. [Disobey vape](#) (**Los Angeles City Attorney's Tobacco Enforcement Program**)
4. [Flavors Hook Kids](#) (**Tobacco Free California**)
5. [Still Blowing Smoke](#) (**California Dept. of Public health**)
6. [The Truth](#) (**The Truth**)
7. [The Real Cost Campaign](#) (**FDA**)
8. [You Can](#) (**Washington State Department of Health**)
9. [You are the target](#) (**Maine Cancer Foundation and Maine Center for Disease Control and Prevention**)
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WEBSITES SPECIFICALLY FOR YOUTH

1. [Above the Influence](#) Our goal is to help teens stand up to negative pressures, or influences of drugs and alcohol.
2. [Tips for Teens Series](#) (**SAMHSA**)resources for teens and young adults



3. [Just Think Twice](#) get the facts about drugs- resource for teens and young adults
4. [NIDA for teens](#) resources for teens and young adults
5. [Last Call 360](#) immersive and interactive web experience regarding alcohol
6. [Teens Health](#) resources for teens and young adults regarding substance use and other health topics
7. [The Truth](#) get the facts about drugs- resource for teens and young adults

FREE PRINT RESOURCES FOR ORDERING IN BULK

1. [GET SMART ABOUT DRUGS- A DEA Resource for Parents, Educators and Caregivers](#)
2. [SAMHSA- Substance Abuse and Mental Health Services Administration](#)
3. [National Institute on Drug Abuse \(NIDA\)- Research Dissemination Center](#)
4. [Tobacco Education Clearinghouse of California](#)