

**For those interested in looking deeper into the subjects covered in this training, there are an extensive range of resources available through avenues such as:**

- The Pennsylvania Department of Education's [Office of School Climate and Wellbeing, – webpage on alcohol and other drugs.](#) This site provides information on community partners, PAYS and training resources for alcohol, opioid use prevention and program listings.
- [DDAP – Substance Use Prevention Resources for Schools – This site shares information on school-based prevention and selecting and implementing prevention resources.](#)
- [DDAP – Substance Use Disorder Treatment –](#) This site helps to quickly identify treatment resources for individuals who are ready to start their recovery journey.
- [DDAP – Substance Use Prevention Resources for Parents/Guardians](#) – This site shares information for parents/guardians to be able to understand risks of substance use, strategies to keep youth healthy and safe and resources for parents/guardians.
- [National Institute on Drug Abuse \(NIH\)](#) - Resources for parents and educators to find the latest science-based information about drug use, health, and the developing brain. Designed for young people and those who influence them—parents, guardians, teachers, and other educators—these resources inspire learning and encourage critical thinking so teens can make informed decisions about drug use and their health.
- [NIH – Mind Matters Series](#) - Mind Matters invites young teens to take a scientific journey to learn about the brain's complex responses to specific drugs, including cocaine, inhalants, K2/Spice and Bath Salts, marijuana, methamphetamine, nicotine, opioids, and prescription stimulants.
- [One Pill Can Kill – United States Drug Enforcement Administration resources for understanding dangers of fentanyl.](#)
- [2023 PAYS State Report Snapshot](#) - A compilation of 11 different infographics on substance use and mental health facts.
- [Commonly Used Drugs](#) – A reference chart from the National Institute on Drug Abuse of commonly used drugs for potential of misuse or addiction.
- [Adolescent and School Health](#) – The CDC's webpage on how schools can help youth feel more connected to lessen the likelihood of youth engaging in risky substance use behaviors.

**On specific topics, the following can provide an entry point into subject areas:**

**Get Help Now:**

- [PA 211](#) - Get Connected. Get Help. Need help and don't know where to start? Find resources to help you with your substance use disorder, utilities bill, housing, food, employment, and more - all across PA.

**Student Assistance Program:**

- [Student Assistance Program in Pennsylvania – \(PNSAS\) Pennsylvania's Network for Student Assistance. Learn more about Student Assistance Program \(SAP\) here.](#)
- [SAMHSA - Talk. They Hear You. - National school and educator resources, including the SAP Webinar Series.](#)

### **Substance Use Prevention Programs:**

There are a variety of substance use prevention programs that can be implemented in schools. Examples of evidence based/informed prevention programs include:

- [Botvin Life Skills Training \(LST\)](#) – Evidence-based prevention programs for schools, families, and communities. They provide information on research, programs, training information and resources.
- [Model Opioid Prevention Curriculum](#) – The HOPE Curriculum is a series of lessons, assessments, and learning materials to develop students' functional knowledge, attitudes, and skills to prevent drug abuse. The middle and high school lessons are designed for a licensed health education teacher to implement within a health education class, and the elementary curriculum is designed for a classroom teacher to implement in 20-minute lessons that are aligned with the English Language Arts Standards. Lessons are designed to be part of a larger substance abuse prevention unit within a school's health education curriculum.
- A collaborative effort between the Drug Enforcement Administration and Discovery Education, [Operation Prevention](#) educates students about the impacts of opioids and helps kick-start lifesaving conversations in the home and classroom.
- [Positive Action](#) - Positive Action is based on the intuitive philosophy that we feel good about ourselves when we do positive actions. This organization provides research, products, services and support for school climate, drug prevention, bullying and more for PK-12.
- [Project Towards No Drug Abuse](#) - Project TND is a drug abuse prevention program that targets high school-age youth. It was developed by Steve Sussman, Ph.D. and staff at the Institute for Health Promotion and Disease Prevention Research, in the Keck School of Medicine at the University of Southern California.
- [The Incredible Years](#) - offers a variety of evidence-based early intervention programs for parents, teachers, early childhood educators, counselors, and other professionals who work with children ages 0-12.
- [Too Good for Drugs](#) - *Too Good* is a comprehensive family of substance use prevention, violence prevention, and nutrition education curricula designed to build protection within the child to mitigate the risk factors associated with risky behavior and promote the protective factors associated with healthy decision making. *Too Good* develops a foundation of self-efficacy and interpersonal skills to establish and promote setting reachable goals, making responsible decisions, communicating effectively, identifying and managing emotions, and bonding with pro-social peers in addition to peer pressure refusal, problem solving, conflict resolution, and media literacy.

### **Nicotine Resources:**

- [The PA Free Quitline](#) - (1-800-QUIT-NOW) is a telephone-based tobacco cessation counseling service offering up to 5 free coaching calls along with free nicotine replacement therapy to those who are medically qualified. This service includes text messaging as well. Coaching is available for students age 14 and above.

- [Tobacco Free Adagio Health](#) - Provides education and cessation resources related to nicotine and tobacco use across the lifespan.

#### **Teen Nicotine Cessation:**

- [Teen Quitting Guide](#) - Adagio Health has created this [to](#) help teens and young adults quit tobacco and nicotine products. This guide provides teens with tools, resources, and techniques to motivate them through their journey to a nicotine free life.
- [The PA Free Quitline](#) - (1-800-QUIT-NOW) works with students ages 14 and up providing 5 free coaching sessions. Nicotine replacement therapy is not offered to those under 18.

#### **Vaping Education Resources**

- [Signs and Symptoms of Vaping Addiction](#) – A .pdf from the PA Care Partnership about vaping signs and symptoms.
- [Campaign for Tobacco-Free Kids](#) – Informational .pdf from the CDC about electronic cigarettes
- [Talk with Your Teen About E-cigarettes](#) – Tip sheet for parents from the CDC to help parents talk with teens about E-cigarettes.
- [Vaping Lingo Dictionary](#) – A helpful .pdf from the Truth Initiative regarding vaping lingo.
- [Vaping Products Visual Dictionary](#) – The CDC has provided a handy .pdf that provides visuals for vaping products and substances.

#### **Teen Vaping Cessation Resources:**

- [My Life My Quit](#) – a free mobile device based program designed by teens for teens confidential way to quit smoking or vaping. Text "Start My Quit" to 36072 or click to chat with a Coach.
- [Not On Tobacco](#) (NOT) – developed by the American Lung Association, NOT is an evidence-based program designed to help teens voluntarily quit vaping and nicotine use.
- [Intervention for Nicotine Dependence: Education, Prevention, Tobacco and Health](#) - INDEPTH is an evidence-based program designed by the American Lung Association as an alternative to suspension or citation that helps schools and communities address the teen vaping problem in a more supportive way. Instead of solely focusing on punitive measures, INDEPTH is an interactive program that teaches students about nicotine dependence, establishing healthy alternatives and how to kick the unhealthy addiction that got them in trouble in the first place.
- [CATCH my Breath](#) - CATCH My Breath is a free, evidence-based youth vaping prevention program with published evidence of reducing students' likelihood to vape. Aligned to national and state education standards, CATCH My Breath can be taught by individuals who serve youth in grades 5-12. Also can be used as alternative to suspension.

#### **Marijuana Related Resources:**

- [What We Know About Marijuana](#) – CDC webpage on marijuana, it's effects and risks.
- [Cannabis Drug Facts](#) – Facts, studies, and effects of marijuana use from the National Institute of Health.

- [Cannabis Research Report](#) – National Institute on Drug Abuse's research report on the long-term effects of marijuana on the brain.
- [Adolescent marijuana use may affect areas that regulate impulsive behavior](#) – An article by Science News Explores on adolescent marijuana use and how that may affect the brain's decision making processes.

#### Alcohol Related Resources:

- [Adolescent Alcohol Misuse](#) – Research-based information on drinking alcohol and its impact from the National Institute on Alcohol Abuse and Alcoholism.
- [Alcohol Use and the Adolescent Brain](#) – Harvard Health Blog – Alcohol harms the brain in teen years – before and after that, too.
- [Underage Drinking – CDC](#) – Information about underage drinking that includes alcohol use and impacts on health, binge drinking, alcohol and other substance use, preventing excessive alcohol use, data related to alcohol use, resources and more.

#### Pennsylvania Specific Opioid Resources:

- [Guide to Treating Heroin and Opioid Addiction](#) – Information about treatment, naloxone, drug test strips, responding to an overdose, the Good Samaritan Law, and resources for families.
- [The Commonwealth Prevention Alliance Campaign to Stop Opiate Abuse](#) - PA Stop is designed to educate Pennsylvanians about the risks of prescription painkiller and heroin use, the relationship between painkiller and heroin use, and what to do when you need help. They are working to prevent non-medical use of prescription painkillers and, in so doing, to break the connection between heroin and prescription painkillers.
- [Overdose Free PA](#) – Local and statewide resources to assist with fighting the opioid overdose crisis.

#### Additional Resources:

- [Elements of Effective Treatment Programs](#) – youth.gov provides information on the essential components of effective treatment and provides resources to help.
- [Generation Rx](#) - the Generation Rx Team offers several services to help promote safe medication-taking practices in the community, to include training and workshops, webinars and presentations and custom materials.
- [Heroin and the Opioid Epidemic: From Understanding to Action](#) – The Partnership to End Addiction's comprehensive guide to the Opioid Epidemic – and what you can do about it.
- [National Institute on Drug Abuse](#) – Opioids – The website will provide you with research and training along with information on clinical resources regarding opioids.
- [Centers for Disease Control and Prevention – Medication Safety Program](#) – Information on medication safety basics, the CDC's medication safety program, medicine safety initiatives, and resources.
- [Risk and Protective Factors for Youth Substance Use – From youth.gov](#), this interactive effect of risk and protective factors has substantial implications for the design and implementation of successful preventive interventions. The more a program reduces risk factors and increases protective factors, the more it is likely to succeed in preventing substance abuse among children and youth.
- [High-Risk Substance Use Among Youth](#) – The CDC's web page on high-risk substance use includes information on risk factors and prevention strategies.

- [PA Parent and Family Alliance](#) - provides assistance and support for all parents and family members of children with mental health issues up to the age of 26.

### Finding a Treatment Program in PA

- **1-800-662-HELP (4357)**. The process of quickly finding high-quality treatment is crucial for individuals who are ready to start their recovery journey. Not sure where to start? Below are avenues to help you find treatment for yourself or a loved one. With the right treatment and support services, recovery is not just possible, it is probable. Individuals seeking treatment or substance use support for themselves, or a loved one can call the toll-free PA Get Help Now helpline at **1-800-662-HELP (4357)**. The free, confidential hotline is available 24 hours a day, 365 days a year, and staffed by trained professionals. [A live chat option](#) is also available online or via text message at **717-216-0905** for those seeking help who may not be comfortable speaking to a helpline operator.

### Videos used in presentation

- Nora Volkow, MD – [Addiction is not a choice](#) - Dr. Nora Volkow, Director of NIDA, answers common questions about drugs, addiction, where to find more information about the health effects of different types of drugs and where to get help.
- National Institute of Health – [The Reward Circuit](#) - Learn about the limbic system and the biochemical processes that allow this key brain region to process rewards.
- Communities that Care – [Social Development Strategy](#) - This foundational CTC video illustrates the Social Development Strategy, as told by developer Dr. J. David Hawkins.

### References

Ashford, R. D., Brown, A. M., & Curtis, B. (2019). The Language of Substance Use and Recovery: Novel Use of the Go/No-Go Association Task to Measure Implicit Bias. *Health communication*, 34(11), 1296–1302.  
<https://doi.org/10.1080/10410236.2018.1481709>

Bellis, M. A., Phillips-Howard, P. A., Hughes, K., Hughes, S., Cook, P. A., Morleo, M., Hannon, K., Smallthwaite, L., & Jones, L. (2009). Teenage drinking, alcohol availability and pricing: a cross-sectional study of risk and protective factors for alcohol-related harms in school children. *BMC public health*, 9, 380.  
<https://doi.org/10.1186/1471-2458-9-380>

Corliss, H. L., Rosario, M., Wypij, D., Wylie, S. A., Frazier, A. L., & Austin, S. B. (2010). Sexual orientation and drug use in a longitudinal cohort study of U.S. adolescents. *Addictive behaviors*, 35(5), 517–521.  
<https://doi.org/10.1016/j.addbeh.2009.12.019>

D'Amico, E. J., & McCarthy, D. M. (2006). Escalation and initiation of younger adolescents' substance use: the impact of perceived peer use. *The Journal of adolescent health : official publication of the Society for Adolescent Medicine*, 39(4), 481–487. <https://doi.org/10.1016/j.jadohealth.2006.02.010>

Mays, D., Gatti, M. E., & Thompson, N. J. (2011). Sports participation and alcohol use among adolescents: the impact of measurement and other research design elements. *Current drug abuse reviews*, 4(2), 98–109.  
<https://doi.org/10.2174/1874473711104020098>

Monitoring the Future Study – [National Survey Results on Drug Use, 1975-2022: Secondary School Students](#)

Panchal, N. Rudowitz, R. and Cox, C. (2022). [Recent Trends in Mental Health and Substance Use Concerns Among Adolescents](#).

Pennsylvania Youth Survey, 2023. [2023 PAYS State Report Snapshot](#)

Squeglia, L. M., Jacobus, J., & Tapert, S. F. (2009). The influence of substance use on adolescent brain development. *Clinical EEG and neuroscience*, 40(1), 31–38. <https://doi.org/10.1177/155005940904000110>

Taioli, E., & Wynder, E. L. (1991). Effect of the age at which smoking begins on frequency of smoking in adulthood. *The New England journal of medicine*, 325(13), 968–969.

<https://doi.org/10.1056/NEJM199109263251318>