

Concurrent Disorders

WEBSITES

Alcohol Drug Education Service www.drugfacts.ca

A website created by a youth volunteer with the Alcohol-Drug Education Service for youth. Provides youth with information about the dangers and risks of drugs and alcohol abuse

AADAC for Kids <http://www.aadac4kids.com/index.asp>

This website contains games, facts about substance use, and relationship issues.

Youth in BC <http://YouthinBC.com>

A web-based hotline for youth providing youth in distress an opportunity to receive one on one online emotional support from trained youth volunteers, as well as information, resources and crisis line phone numbers.

Centre for Addiction and Mental Health <http://www.camh.net/>

Click on Getting Help; then on Resources for Clients, Families & Friends, then on A Family Guide to Concurrent Disorder

Canadian Centre on Substance Abuse www.ccsa.ca

- Includes a section with answers to commonly asked questions.
- Provides information on finding treatment services in Canada and links which provide helpful information about talking to your children about alcohol and other drugs.

BC Mental Health & Addiction Services <http://www.bcmhas.ca/default.htm>

Offers a provincial youth concurrent disorders program from the age of 12 to 24. Also provides links to resources. Click on Programs & Services and then on Child & Adolescent Mental Health.

Alberta Alcohol and Drug Abuse Commission <http://aadac.com/>

Provides facts as well as specific information for youth including information, games and more.

Substance Abuse & Mental Health Services Administration (SAMHSA) <http://www.oas.samhsa.gov/>

Provides an extensive list and information on drugs, alcohol, and concurrent disorders.

US NIDA National Institute on Drug Abuse <http://www.drugabuse.gov/parent-teacher.html>

Information for parents on various drugs, trends and statistics, treatment research, and prevention.

NIAAA National Institute on Alcohol Abuse and Alcoholism <http://www.niaaa.nih.gov/>

Provides a FAQ for the General Public on Alcohol Abuse and Alcoholism

Quit Now <http://www.quitnow.ca/> Provides tips, personal stories, and resources on quitting smoking

TOOLKITS

Canadian Network of Substance Abuse and Allied Professionals

<http://www.cnsaap.ca/Eng/Pages/index.aspx> Click on Professional Toolkits; Then on Concurrent Disorders
Look for A Family Guide to Concurrent Disorders

Here to Help <http://www.heretohelp.bc.ca>

- Particularly useful for its multilingual resources
- Problem substance use workbook
- "the Primer" a series of 42 fact sheets including topics on substance use

Centre for Addictions Research British Columbia

<http://carbc.ca> click on CARBC Library click on toolkits

Provides toolkits/pamphlets on a variety of topics related to substance use to communities, families, and teachers.

Drugs & Addictions Magazine Ltd. <http://www.dafacts.com>

Drugs & addiction : facts you need to know is available by calling 1 866 421 5999 email info@dafacts.com

Focus directed at youth which includes a checklist assessment sheet, a quick check list for parents and a Behavioral checklist (Signs and symptoms of alcohol and other drug use and / or mental health issues)

The provincial mental health and substance use resource centre for children, youth, parents and families

From Grief to Action <http://fgta.ca/>

Coping Kit : dealing with drug addiction in your family

US NIDA (National Institute on Drug Abuse) <http://drugabuse.gov>

Provides teachers resources for all grades

VIDEOS

The Downside of High <http://www.cbc.ca/video>

A Documentary that tells the stories of three young people from British Columbia, who believe – along with their doctors – that their mental illness was triggered by marijuana use.

Go to The Nature of Things and then on the Downside of High.

Ben: Diary of a Heroine Addict <http://www.tv.org>

An extremely graphic, yet powerful documentary that contains comments by Ben's family and a video diary of Ben's drug use. It was filmed few months before he died in the age of 34 years old.

Go to Video and then to Documentaries.

SUPPORT

Dual Recovery Anonymous <http://www.draonline.org>

An independent, nonprofessional, twelve steps, self-help membership organization for people with a dual diagnosis. Please contact Ross at (604) 675-2317 for more information.

Alcoholics Anonymous <http://www.vancouveraa.ca/> or call (604) 434-3933 (24 hours)

AA is a self-supporting organization that helps people recover from alcoholism.

Problem Gambling Helpline 1-888-795-6111

Provides professional counseling services and makes referrals in B.C.

Kelty Resource Centre (604) 875-2084 toll free 1 800 665 1822

<http://www.bcmhas.ca/keltyresourcecentre>

A provincial information centre that helps BC children, youth and their families find resources dealing with mental health and substance use issues.

F.O.R.C.E. Society for Kids' Mental Health

<http://www.bckidsmentalhealth.org/> or call (604) 878-3400 or 310-6789

Provides families with an opportunity to speak with other families who understand and may be able to offer support or advice on what has worked for them.

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