



Info Rx

Substance Use & Abuse

Individuals suffering from substance abuse have a pattern of repeated usage despite knowing the physical, social, mental, family, and/or occupational problems which result from using such substances.

What's Wrong with My Kid?: When Drugs or Alcohol Might Be a Problem and What to Do About It

George E. Leary Jr.

Weaving professional and personal experience, the author helps parents and families learn how to help teens conquer the effects of substance abuse.

How to Raise a Drug-Free Kid: The Straight Dope for Parents

Joseph A. Califano Jr.

Mixing facts and personal experiences, Califano has created a guide to help parents raise healthy and happy drug free children.

100 Questions & Answers About Your Child's Substance Abuse

Romulo Aromin

Aromin has written a straightforward question and answer book to help parents understand the impact of substance abuse in children.

Everything Changes: Help for Families of Newly Recovering Addicts

Beverly Conyers

Conyers shares practical tools and advice for family and friends of recovering addicts. She weaves both her personal experience as a mother of a recovering addict and interviews with others affected by addiction in this guide.

Nice Recovery

Susan Juby

Canadian novelist Susan Juby shares her experiences with drug and alcohol dependence as a teen and her journey to sobriety in her early twenties in this candid memoir. In addition, this book also includes interviews with recovering young adults.

Substance Abuse: The Ultimate Teen Guide

Sheri Mabry Bestor

This book was written specifically for high school students to educate them about physical, social, emotional, and family effects of the use of alcohol and drugs. The author has integrated facts with the personal stories of those who have abused substances.

The Dragon Who Lives at Our House: A Story about Substance Abuse

Elaine Mitchell Palmore

Al the Dragon used to be someone who sometimes visited Dad, but one day he takes over all of Dad's time and the house! Soon, Dad has to go to a place called 'treatment'. Elementary children who have parents with their own dragons will relate to this story.

The Secret of Willow Ridge : Gabe's Dad Finds Recovery

Helen H. Moore

Follow Gabe's journey in this easy to read chapter book as he and his family cope with his father's addiction.

Wishes and Worries

Centre for Addiction and Mental Health

Maggie's dad drinks too much. After his drinking ruins her birthday, Maggie just wishes he would stop. Over the course of the year she connects with teachers and counsellors from whom she learns that her dad's struggles aren't her fault.

This list was created by caring Families & Professionals

These resources are available to borrow from:

Family & Community Resource Centre

Alberta Children's Hospital
2888 Shaganappi Trail NW, Calgary, AB

Or check your local library for these resources.

For a list of recommended websites and contributors visit:

fcr.cahs.ca/rx/substance-use-and-abuse/

For more information contact the Child Health Information Specialist
at 403-955-7745 or childhealthinfo@ahs.ca

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Alberta Health
Services

Alberta Children's Hospital

