



## 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  
28 Oki Drive NW, Calgary, AB

Or check your local library for these resources.

For a list of recommended websites and contributors visit:

[fcrc.ahs.ca/rx/substance-use-and-abuse/](http://fcrc.ahs.ca/rx/substance-use-and-abuse/)

For more information contact the Child Health Information Specialist  
at 403-955-7745 or [childhealthinfo@ahs.ca](mailto:childhealthinfo@ahs.ca)

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Alberta Health  
Services

Alberta Children's Hospital

