Books -- Fiction and Non-Fiction

In this section, we list individual books, fiction and non-fiction, and provide links to collections that are recommended for teens and young adults. In the case of fiction, these books may help young adults relate more personally to addiction, or help trigger discussion in the classroom.

FICTION

**Beneath a Meth Moon**
15 year-old Laurel starts taking meth to help her forget the loss of her family in Hurricane Katrina, only to begin a downward spiral of estrangement, addiction, and grief.

**Smack**
Two English teenagers run away from home and move in with a group of squatters, struggling to find ways to support their growing addiction to heroin.

**Go Ask Alice**
Famous novel written in diary format by an anonymous 15 year-old girl addicted to LSD and other drugs.

**Beauty Queen**
A novel written in diary format, this is the story of 19 year-old Samantha who becomes addicted to heroin, sharing the details of her downward spiral and rapid health deterioration.

**Crank series**
This popular series (*Crank, Glass, and Fallout*), written in verse, chronicles the young adult life of Kristina, who becomes addicted to crank.

**Night Fisher**
Graphic novel about a high school senior living in Hawaii who follows his best friend into the dangerous world of crystal meth.

**Washington Recovery Help Line**
Anonymous and confidential help line providing crisis intervention and referral services for Washington State residents struggling with substance abuse, gambling, or mental health issues. Available 24 hours a day!

866·789·1511

**Teen Link** - 866-833-6546
Confidential, teen-answered helpline for Washington state teens. Every evening, 6-10 PM.
NON-FICTION

Buzzed: The Straight Facts about the Most Used and Abused Drugs from Alcohol to Ecstasy (3rd ed.)

A Primer of Drug Action: A Concise, Non-Technical Guide to the Actions, Uses, and Side Effects of Psychoactive Drugs

Chasing the High: A Firsthand Account of One Young Person’s Experience with Substance Abuse

The Dirt on Drugs
No-nonsense answers to questions teens have about drugs, by a former juvenile probation officer.

Tweak: Growing Up on Methamphetamines.
Sheff relates his personal struggle with addiction in his first of 2 memoirs. (See also: We All Fall Down... Little, Brown, 2011. ISBN: 0316080829)

Beautiful Boy: A Father’s Journal Through His Son’s Addiction
Nic Sheff’s father struggles to understand the science and nature of addiction and what’s happening with his son.

The High That Couldn’t Last: Teens and Drugs, from Experimentation to Addiction

From Chocolate to Morphine: Everything You Need to Know About Mind-Altering Drugs.

More Recommended Books for Young Adults:


Barnes & Noble’s list of Teen Fiction about Substance Abuse http://www.barnesandnoble.com/s/?category_id=720321

Good Reads: Substance Abuse & Addiction: http://www.goodreads.com/list/show/575.Substance_Abuse_Addiction

Seattle Public Library: Teen-Issues—Drugs & Alcohol: http://seattle.bibliocommons.com/list/show/71513322__sccld_librarians_for_teens/91852092_teens_issues--drugs_AMP_alcohol
Web Sites for Reference Information and Resources
This section offers governmental and organizational web sites with information on addiction and young adults, including fact sheets, addiction science, games, tools, interactive activities, and more.

Above the Influence
http://www.abovetheinfluence.com/
National Youth Anti-Drug Media campaign web site with fact-sheets, FAQs, and personal stories about "living above" peer pressure to take drugs.

Addiction Technology Transfer Center Network (ATTC)
http://www.attcnetwork.org
The ATTC is funded by the Substance Abuse and Mental Health Services Administration (SAMHSA).
- The Science of Addiction
  http://www.attcnetwork.org/explore/priorityareas/science/
  ATTC site focused on the disease and brain science model of addiction, including info on evidence-based treatments and research methods.

Centre for Addiction and Mental Health (CAMH)
http://camh.net
Canada’s largest mental health and addiction teaching and research hospital.
- Knowledge Exchange
  http://knowledgex.camh.net/Pages/default.aspx
  Includes a section for educators featuring toolkits, podcasts, and curriculum resources (most also available in French).

CDC Adolescent and School Health
- Alcohol & Other Drug Use: http://www.cdc.gov/healthyyouth/alcoholdrug/index.htm
  (links to data from the Youth Risk Behavior Surveillance System (YRBSS) and more)
  (includes description of YRBSS and other teen-based CDC studies and initiatives)
  What Can We Expect from Substance Abuse Treatment (IDU HIV Prevention newsletter (CDC), Feb 2002): http://www.cdc.gov/ida/facts/ExpectationsFin.pdf

Faces & Voices of Recovery
http://www.facesandvoicesofrecovery.org/
Project funded by St. Paul Summit of the Alliance Project in 1991. Includes information, toolkits, and numerous videos and personal stories of recovery.

Medline Plus
http://www.nlm.nih.gov/medlineplus/
National Institute of Health’s web site for patients and their families and friends.
  (includes statistics, journal articles, tutorials, tools, coping, pictures, games, more)
**National Institute on Drug Abuse (NIDA)**
http://www.drugabuse.gov/
- **NIDA for Teens** (includes section for educators)
  http://teens.drugabuse.gov
- **Drugs, Brains, and Behavior: The Science of Addiction**
- **Drugs of Abuse** (commonly abused drugs)
- **Medical Consequences of Drug Abuse**
  http://www.nida.nih.gov/consequences/

**National Institutes of Health (NIH) Office of Science Education**
http://science.education.nih.gov
Coordinates science education activities to serve elementary, secondary, and college students, as well as teachers and the public.

- **Substance Abuse**
  http://science.education.nih.gov/home2.nsf/Educational+Resources/Topics/Substance+Abuse/
- **Brain & Nervous System**

**Partnership for a Drug-Free America**
http://www.drugfree.org/
Drug abuse prevention, intervention, treatment and recovery resource for parents and caregivers. Drug guides, screening tools, blogs, and community education materials.

**DSHS Office of Adolescent Health**
http://www.hhs.gov/ash/oah/
U.S. Dept. of Health & Human Services (DSHS) web site.

- **Substance abuse facts** (by state)
  http://www.hhs.gov/ash/oah/adolescent-health-topics/substance-abuse/states

**Office of National Drug Control Policy**
http://www.whitehousedrugpolicy.gov
Information on US policy, as well as resources, photos, videos, and more on prevention, research, treatment, and recovery.

**StopOverdose.org**
http://stopoverdose.org
Alcohol & Drug Abuse Institute/UW educational site about overdose prevention, reversing an overdose using naloxone, and WA State’s 911 Good Samaritan Law.

**XPeriment.ca**
http://www.xperiment.ca
Canadian Centre on Substance Abuse site for adolescents, featuring interactive tools, quizzes, and resources.
Journal/Magazine Articles (free)


More to Read Online


*The Brain from Top to Bottom* (McGill Univ., Canada). [http://thebrain.mcgill.ca/index.php](http://thebrain.mcgill.ca/index.php) (Includes section on pleasure and pain that talks about drugs, plus overviews on how the brain works in general; plus three reading levels (beginner, intermediate, advanced) available.)

*The New Science of Addiction: Genetics and the Brain* (interactive web site from Univ. of Utah): [http://learn.genetics.utah.edu/content/addiction/](http://learn.genetics.utah.edu/content/addiction/)

*PBS: Search for a Safe Cigarette* (companion site to 2001 TV program; includes section “The Dope on Nicotine” that looks at nicotine’s effects on the brain): [http://www.pbs.org/wgbh/nova/cigarette/](http://www.pbs.org/wgbh/nova/cigarette/)

*PBS: This Emotional Life* – informational web site supplementary to episode of TEL on Addiction: [http://www.pbs.org/thisemotionallife/topic/addiction](http://www.pbs.org/thisemotionallife/topic/addiction)

Data & Statistics

**DrugFacts: High School and Youth Trends**
http://www.drugabuse.gov/publications/drugfacts/high-school-youth-trends

Facts and statistics about youth substance use from the 2012 Monitoring the Future report.

**Monitoring the Future**
http://www.monitoringthefuture.org/

Ongoing study of the behaviors, attitudes, and values of American secondary school students, college students, and young adults. From the University of Michigan.

**Office of Applied Statistics:** 2012 National Survey on Drug Use and Health (NSDUH)
http://www.samhsa.gov/data/NSDUH.aspx

NSDUH is the primary source of statistical information on the use of illegal drugs, alcohol, and tobacco by the US civilian population aged 12 or older. Conducted by the Federal Government since 1971. See also: Topic list/Adolescents: http://www.samhsa.gov/data/topic.aspx

**Youth Risk Behavior Surveillance System** (YRBSS, CDC)
http://www.cdc.gov/HealthyYouth/yrbs/index.htm

The YRBSS monitors six types of health-risk behaviors that contribute to the leading causes of deaths and disabilities among youth and adults.


**Online Videos**

**NIDA & NIH YouTube channel (includes section for teens):**
http://www.youtube.com/user/NIDANIH

**HBO Addiction:** http://www.hbo.com/addiction/thefilm/index.html. See “Brain Imaging” and “Adolescent Addict” segments in particular.

**Be Smart Be Well:** http://besmartbewell.com Blue Cross/Blue Shield; videos with interviews and personal stories about a variety of health topics, including a section about adolescent substance use. See also “Addiction: Five Things You Should Know”: http://www.besmartbewell.com/spotlight-newsletter/addiction/feature.htm

**Frontline** (PBS)
- The Pot Republic: http://www.pbs.org/wgbh/pages/frontline/the-pot-republic/ (about CA medical marijuana/ decriminalization)
- The Meth Epidemic: http://www.pbs.org/wgbh/pages/frontline/art/viewimages/100/2407.jpg
- Inside the Teenage Brain: http://www.pbs.org/wgbh/pages/frontline/shows/teenbrain/view/

The Open Mind (PBS): Addiction: A Medical Rather Than a Moral Issue: [http://video.pbs.org/video/1512034632](http://video.pbs.org/video/1512034632)

How Drugs Work (BBC Three)
- Cannabis: [http://vimeo.com/18561901](http://vimeo.com/18561901)
- Ecstasy: [http://vimeo.com/32131518](http://vimeo.com/32131518)
- Cocaine: [http://vimeo.com/34110586](http://vimeo.com/34110586)


**Feature Films**

This section includes recommendations from a variety of sources for feature films that include storylines about addiction.

**PRISM Awards web site**: [http://www.prismawards.com/](http://www.prismawards.com/). Each year, PRISM Awards are given to writers, actors, directors, musicians, and others who have created TV shows, films, and music that include accurate portrayals of substance abuse and other mental health issues. Check out the "Winners & Nominees" section for current and previous years' awards to find great suggestions for TV shows and films.

**PsychFlix**: [http://www.psychflix.com](http://www.psychflix.com). Developed by Roland Atkinson, Professor of Psychiatry at the Oregon Health & Science University; lists and reviews of films that portray psychiatric themes, including addiction and substance use.

**Yahoo’s “Top Ten Films about Substance Abuse”**


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**Teaching Aids**

**Neuroscience for Kids** has been by UW Professor Eric Chudler created for all students and teachers who would like to learn about the nervous system. The site includes experiments, Q&A, newsletters, contests, and other resources for classroom use. Lots of fun, interactive information with a solid scientific basis. [http://faculty.washington.edu/chudler/neurok.html](http://faculty.washington.edu/chudler/neurok.html)

**Brainworks** (video). With the help of 5 students, host UW Professor Eric Chudler takes viewers on a journey inside of the brain. [http://uwtv.org/watch/16205591/](http://uwtv.org/watch/16205591/)

**Talking About Mental Illness** (Teacher’s Guide): resources from the Canadian Centre on Addiction and Mental Health (CAMH) for secondary school teachers. [http://www.camh.ca/en/education/teachers_school_programs/resources_for_teachers_and_schools/talking_about_mental_illness/Pages/talking_about_mental_illness.aspx](http://www.camh.ca/en/education/teachers_school_programs/resources_for_teachers_and_schools/talking_about_mental_illness/Pages/talking_about_mental_illness.aspx)

Teaching Neuroscience and the Brain for Kids: Includes games, experiments, projects, videos and lesson plans for elementary through high school students, all of which aim to make learning about neuroscience fun and informative. [http://www.findingdulcinea.com/guides/Science/Science-of-the-Brain.pg_03.html](http://www.findingdulcinea.com/guides/Science/Science-of-the-Brain.pg_03.html)

**Washington State Resources**


**ADAI Clearinghouse**: Resource center for WA state residents with print and online resources about drugs and alcohol. Browse in person or search online for free materials and video rentals! [http://adaiclearinghouse.org](http://adaiclearinghouse.org).

**Learn About Marijuana**: ADAI/UW site developed as part of Initiative 502 to provide science-based information for the public, with special sections for parents and teens. [http://LearnAboutMarijuanaWA.org](http://LearnAboutMarijuanaWA.org).

**Washington State Data & Resources** – Web site developed by ADAI Library and the ADAI Drug Use Epidemiology Project at the UW. Gathers data and resources about alcohol, tobacco, and other drug use in WA state and its 39 counties. [http://adai.uw.edu/wastate/](http://adai.uw.edu/wastate/).


**Ask HYS**: [http://www.askhys.net](http://www.askhys.net) -- Data from the HYS surveys. Create your own “Fact Sheets” by selecting health factors (risk and protective factors, current substance use, e.g.) and grades of interest from an online form, and can also narrow down by country or school district.


**SAMA**: Science and Management of Addiction: Privately funded, non-profit organization focused on effective treatment for addicted youth. Web site includes numerous print and video resources. [http://samafoundation.org/](http://samafoundation.org/).

**StopOverdose.org**: ADAI/UW website with information about overdose prevention, using naloxone, and WA state’s 911 Good Samaritan law. [http://stopoverdose.org](http://stopoverdose.org).

**Substance Abuse Research Reports** – Data and research reports on substance abuse in WA state, from WA State Department of Social and Health Service’s Department of Behavioral Health and Recovery (DBHR): [http://www.dshs.wa.gov/dbhr/dareports.shtml](http://www.dshs.wa.gov/dbhr/dareports.shtml)

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