

What is Substance Use Disorder

As children enter their adolescent years, parents worry about new risks they may experience. Although some experimentation is normal, it is important to better understand when a child's use is problematic. Youth with substance use disorders also experience higher rates of physical and mental illnesses, diminished overall health and well-being, and potential progression to addiction.

Resource Toolbox

1. Helpful Websites

Scan or click on the QR code below to access:



- [AACAP Substance Use Resources](#)
- [Talk. They You Hear. Campaign](#)
- [Guide to Substance Use Disorder](#)

2. Useful Tools

Scan or click on the QR code below to access:



- [Screening to Brief Intervention](#)
- [Screener for Tobacco, Alcohol and other Drugs](#)
- [DSM Criteria](#)
- [Social Media Resources](#)

3. Handouts

Scan or click on the QR code below to access:



- [Talking With Your Teen Brochures](#)

4. Insightful Read

Mental Health Strategies for Pediatric Care, Susan G. Forman, PhD, Jeffrey D. Shahidullah, PhD, Cody A. Hostutler, PhD, Cori M. Green, MD, MS, FAAP, Rebecca A. Baum, MD, FAAP



Behavior Warnings

- Missing school or work
- Losing interest in hobbies or activities
- Abandoning long-time friends
- Avoiding eye contact
- Frequently asking for money

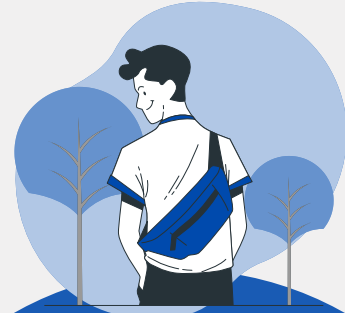
Physical Warnings

- Poor hygiene/change in appearance
- Glazed or bloodshot eyes
- Paranoia, irritability, anxiety, fidgeting
- Changes in mood or attitude

What is Substance Use Disorder

As children grow to pre-teens and teens, parents worry about new risks they may experience. Substance use by teens can have a big impact on their health and well-being. These risks include substances such as alcohol, marijuana, tobacco, and other drugs.

Resource Toolbox



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Physical Warnings

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1. Helpful Websites and Tools

Scan or click on the QR code below to access:



- [Guide to Substance Use Disorder](#)
- [AACAP Substance Use Resource Center](#)

2. Books for Guardians

Scan or click on the QR code below to access:



- [*Understanding Addiction: Know Science, No Stigma* by Dr. Charles Smith](#)
- [*Don't Let Your Kids Kill You: A Guide for Parents of Drug and Alcohol Addicted Children* by Charles Rubin](#)
- [*Beyond Addiction: How Science and Kindness Help People Change* by Jeffrey Foote, Carrie Wilkens, Nicole Kosanke and Stephanie Higgs](#)

3. Books for Adolescents, Ages 13+

Scan or click on the QR code below to access:



- [*What's the Big Deal About Addictions? Answers and Help for Teens* by James J. Crist Ph.D](#)
- [*High: Everything You Want to Know About Drugs, Alcohol, and Addiction* by David Sheff and Nic Sheff](#)