

Dear Parents,

We are delighted to introduce you to the array of parental resources. Our goal is to provide you with valuable tools and information to support your children's mental health, as well as educate and prevent drug and alcohol abuse. Below, you will find a list of links and resources that will be accessible through the SCA's (Single County Authority for Drug and Alcohol) website. These resources cover various topics and are designed to empower and equip you as parents.

1. Internet Safety Flyers:

- Link: [Internet safety advice and information | Internet Matters](#)
- Description: Access comprehensive internet safety flyers for three different age ranges. These resources will help you navigate the digital world with your children, ensuring their safety and promoting responsible online behavior.

2. How Parents Can Prevent Drug Abuse Among Youth - Natural High:

- Link: [How Parents Can Prevent Drug Abuse Among Youth - Natural High](#)
- Description: Explore a resource that provides guidance to parents on preventing drug abuse among youth. This resource offers valuable insights, strategies, and tools to promote a drug-free lifestyle for your children.

3. A Parent's Guide to Raising Resilient Kids:

- Link: [A Parent's Guide to Raising Resilient Kids](#)
- Description: Download the guide in PDF format from the drugfree.org website. This guide equips parents with knowledge and practical tips to foster resilience in their children, helping them navigate life's challenges with strength and confidence.

4. Know When. Know How. - Talk with Your Kids about Alcohol:

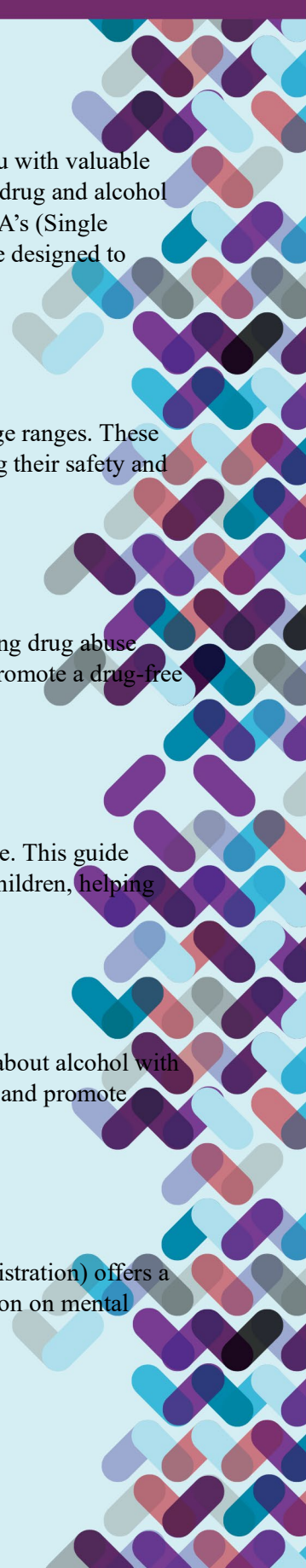
- Link: [Know When. Know How. - Talk with Your Kids about Alcohol](#)
- Description: Access resources and guidance on how to initiate conversations about alcohol with your children. These tools will help you navigate discussions, set boundaries, and promote responsible decision-making regarding alcohol.

5. Parent & Caregiver Resources | SAMHSA:

- Link: [Parent & Caregiver Resources | SAMHSA](#)
- Description: SAMHSA (Substance Abuse and Mental Health Services Administration) offers a wide range of resources for parents and caregivers. Access valuable information on mental health, substance abuse prevention, and available treatment options.

6. Marijuana Toolkit - Partnership to End Addiction:

- Link: [Marijuana Toolkit - Partnership to End Addiction](#)



- Description: Discover a toolkit that provides evidence-based information on marijuana, its effects, and ways to address its use among youth. This resource will equip you with knowledge to have informed discussions with your children.

7. Shape The Sky – Creating Responsible Kids on Smartphones

- Link: [Home - Shape The Sky](#)
- Description: Explore resources from Shape The Sky, an organization dedicated to promoting responsible smartphone use among children and teenagers. Gain insights, tips, and tools to navigate the digital world and ensure the well-being of your children.

We hope these resources will be valuable assets to you as parents, guiding you in supporting your children's mental health and preventing drug and alcohol abuse. Feel free to explore these links and resources on our website. Be sure to check out our Facebook page, Somerset County Drug-Free Communities, as we're always sharing great resources. Should you have any questions or need further assistance, please don't hesitate to reach out.

Wishing you and your family continued well-being.

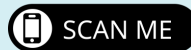
Sincerely,

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To link directly to the parent
resource webpage.