

Adolescent Substance Use Resources

Compiled for Time to Ask



Massachusetts General Hospital
Founding Member, Mass General Brigham

The Clay Center for
Young Healthy Minds



TIME TO ASK

Education that transforms
conversations about alcohol use

What If My Child Has a Drinking Problem?



<https://bit.ly/LD-drinking>

How can you tell if your child has a drinking problem? Read and watch more from Dr. Gene Beresin and Dr. Khadijah Booth Watkins of the MGH Clay Center to learn warning signs of alcohol misuse, and how to approach your teenager if you're concerned.

Myths About the 12-Step Program: What Science Tells Us About Effective Treatment of Addiction



<https://bit.ly/LD-drinking>

Do 12-Step Programs like AA really work? In this article, Dr. John Kelly of the MGH Recovery Research Institute addresses common myths about 12-step programs and the science behind why they are some of the most effective and cost-efficient approaches for chronic diseases of addiction.

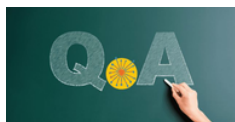
Alcohol and Adolescents, featuring John F. Kelly, PhD, ABPP



<https://bit.ly/LD-drinking>

Did you know that alcohol causes more deaths each year than all other drugs combined, including around 5,000 deaths to children under age 21. In this podcast episode, Dr. John Kelly of the MGH Recovery Research Institute discusses how alcohol exposure affects the teen brain, how it can lead to negative health outcomes, including cancer, and signs to look for in your child if you're concerned.

Q+A: Once You've Discovered Your Teen Is Using Pot, What's the Next Step?



<https://bit.ly/LD-pot>

It's not unusual to find out that your teenager is using a substance like marijuana. But once you do, how do you approach them in a way that will be productive? Read and watch more from Dr. Gene Beresin of the MGH Clay Center, as he answers this real parent question.

Spring Suicide: An (Un)Likely Combination



<https://bit.ly/LD-suicide>

There is a myth that suicide attempts are most common during the cold, dark winter months. But in fact, people attempt and die by suicide more commonly in the springtime. Read more about why this is so, and why it's important to be wary of issues pertaining to suicide no matter what the season.

11 Self-Care Tips for Teens and Young Adults



<https://bit.ly/LD-selfcare>

Routinely practicing self-care is one way for teens to prevent and manage stress. In this article for young people, Dr. Gene Beresin of the MGH Clay Center shares 11 tips to help young people get started. It also includes a video of high school students talking about how they manage stress through self-care.



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Learn more about Time to Ask: <https://lunderdineen.org/program/alcohol-use-time-to-ask/>

