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Useful ideas made simple.

September is Recovery Month... but any time is a good time for parents to become more aware of resources and support available to keep family members safe and healthy.

The National Institute on Drug Abuse (NIDA) has a wide variety of free tools for parents and teachers. [www.drugabuse.gov/parent-teacher.html](http://www.drugabuse.gov/parent-teacher.html) The page called The Science Behind Drug Abuse was developed to support parents talking to kids about this important topic. [teens.drugabuse.gov/parents/index.php](http://teens.drugabuse.gov/parents/index.php)

Too Smart to Start is geared toward helping youth, families, educators and communities prevent underage drinking. [www.toosmarttostart.samhsa.gov](http://www.toosmarttostart.samhsa.gov)

An initiative to stop underage drinking, this page offers materials from 15 different agencies. [www.stopalcoholabuse.gov](http://www.stopalcoholabuse.gov)

Al-Anon Family Groups provides strength and hope for friends and families of problem drinkers, Nar-Anon provides similar support for families of other addictions. Depending on your family's particular issues, you may also want to check Families Anonymous and Co-Anon.

[www.al-anon.alateen.org](http://www.al-anon.alateen.org)

[www.nar-anon.org/naranon](http://www.nar-anon.org/naranon)

[www.familiesanonymous.org](http://www.familiesanonymous.org)

[www.co-anon.org](http://www.co-anon.org)

Above the Influence is a site for teens and young adults featuring a variety of drug facts, resources to get help for friend. They are also seeking writers. [abovetheinfluence.com](http://abovetheinfluence.com)

The Fortune Society provides peer-to-peer recovery support services to ex-prisoners and their families who are working toward recovery from alcohol & drug abuse. [www.fortunesociety.org](http://www.fortunesociety.org)

Easy Does It organizes committees that focus on holistic approaches to personal growth within the recovery process. [www.easydoesitinc.org](http://www.easydoesitinc.org)

Want more? Come see me at [andrepatten.com](http://andrepatten.com)

An online and print magazine for families embracing a healthy recovery lifestyle.  
[www.anchormagazine.net](http://www.anchormagazine.net)

Looking for something else to do “one day at a time?” How about 365 Thought-Provoking Questions to Ask Yourself This Year from [www.marcandangel.com](http://www.marcandangel.com)

Did you know that eating dinner together is an important tool for preventing alcohol and drug abuse? Check out Suppers for Sobriety at [www.thesuppersprograms.org](http://www.thesuppersprograms.org)

Want to know what happens when an addicted person stops using? Take a look at [Withdrawal.org](http://Withdrawal.org)

Students Taking Action Not Drugs (STAND) college-level alcohol & drug abuse prevention program, mobilizing students to reduce substance abuse on their campuses. [www.studentstakingaction.org](http://www.studentstakingaction.org)

To improve alcohol-related culture on college campuses. [www.collegedrinkingprevention.gov](http://www.collegedrinkingprevention.gov)

Association of Persons Affected by Addiction aims to engage the faces and voices of the recovery community in reducing stigma and providing community support. [www.apaarecovery.org](http://www.apaarecovery.org)

Keep Coming Back offers news, research, interviews and networking opportunities.  
[www.keepcomingback.com](http://www.keepcomingback.com)

Voices for Recovery Center to create a safe and welcoming space for LGBT folks in recovery from alcohol & drug abuse. [www.gaycenter.org](http://www.gaycenter.org)

[Sober.com](http://Sober.com) provides a variety of information to those seeking treatment.

National Council on Alcoholism and Drug Dependence (NCADD) Since 1944 has worked to increase public awareness & understanding. National network of state and local affiliates provide education, prevention, referral, advocacy and recovery support services. [www.ncadd.org](http://www.ncadd.org)

Join Together Daily news updates, publications and technical assistance. [www.jointogether.org](http://www.jointogether.org)

Adult Children of Alcoholics. The term “adult child” is used to describe adults who grew up in alcoholic or dysfunctional homes and who exhibit identifiable traits that reveal past abuse or neglect.  
[www.adultchildren.org](http://www.adultchildren.org)