

UNIVERSITY of WASHINGTON

ADAI Alcohol &
Drug Abuse
Institute

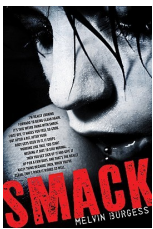
INFO BRIEF

Young Adult Resources on the Science of Addiction August 2012

Books -- Fiction and Non-Fiction

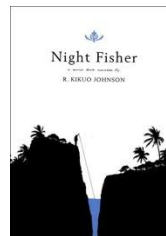
In this section, we list individual books, fiction and non-fiction, and provide links to collections that are recommended for teens and young adults. In the case of fiction, these books may help young adults relate more personally to addiction, or help trigger discussion in the classroom.

FICTION



Smack

Melvin Burgess. UK: Anderson Press, 1996. 327p. ISBN: 0312608624
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.



Night Fisher

R. Kikuo Johnson. Fantagraphics Books, 2005. 144p. ISBN: 0560977191
Graphic novel about a high school senior living in Hawaii who follows his best friend into the dangerous world of crystal meth.



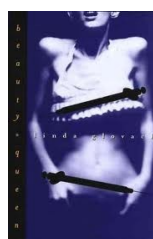
Go Ask Alice

"Anonymous" (Beatrice Sparks). Prentice Hall, 1971. 214p. ISBN: 0133571114
Famous novel written in diary format by an anonymous 15 year-old girl addicted to LSD and other drugs.



Street Pharm

Allison van Diepen. Simon Pulse, 2006. 304p. ISBN: 1416911545.
This gritty urban drama depicts Ty Johnson's life as a 17 year-old African American drug dealer struggling to support his family while dreaming of a better life.



Beauty Queen

Linda Glovach. HarperTeen, 1998. 176p. ISBN: 006205161X.
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

Ellen Hopkins. Simon & Schuster, 2004+.
This popular series (*Crank*, *Glass*, and *Fallout*), written in verse, chronicles the young adult life of Kristina, who becomes addicted to crank.

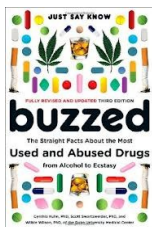
Washington Recovery Help Line

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

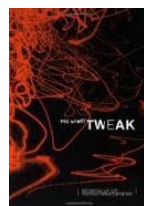
Teen Link - 866-833-6546

Confidential, teen-answered helpline for Washington state teens. Every evening, 6-10 PM.



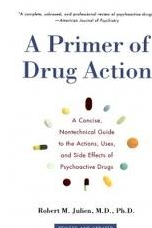
Buzzed: The Straight Facts about the Most Used and Abused Drugs from Alcohol to Ecstasy (3rd ed.)

Cynthia Kuhn, Scott Swartzwelder, Wilkie Wilson. W.W. Norton & Company, 2008. 368p. ISBN: 0393329852



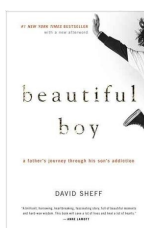
Tweak: Growing Up on Methamphetamines.

Nic Sheff. Ginee Seo Books, 2008. 336p. ISBN: 1416913629. Sheff relates his personal struggle with addiction in his first of 2 memoirs. (See also: *We All Fall Down...* Little, Brown, 2011. ISBN: 0316080829)



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

Robert M. Julien. Holt Paperbacks, 2001. 512 p. ISBN: 080507158X



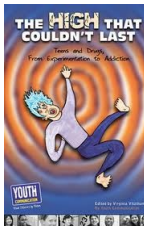
Beautiful Boy: A Father's Journal Through His Son's Addiction

David Sheff. Houghton Mifflin, 2008. 326p. ISBN: 9870618683352. Nic Sheff's father struggles to understand the science and nature of addiction and what's happening with his son.



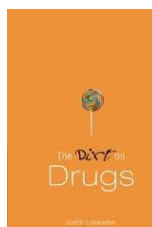
Chasing the High: A Firsthand Account of One Young Person's Experience with Substance Abuse

Kyle Keegan. Oxford University Press, USA, 2008. 170p. ISBN: 0195314727.



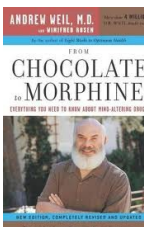
The High That Couldn't Last: Teens and Drugs, from Experimentation to Addiction

Virginia Vitzthum, Laura Longhine, Keith Hefner (eds.). New York: Youth Communication Center, 2010. 140p. ISBN: 1935552228



The Dirt on Drugs

Justin Lookadoo. Revell, 2008. 112p. ISBN: 0800732944. No-nonsense answers to questions teens have about drugs, by a former juvenile probation officer.



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

Winifred Rosen, Andrew T. Weil. Mariner Books, 2004. 304p. ISBN: 0618483799.

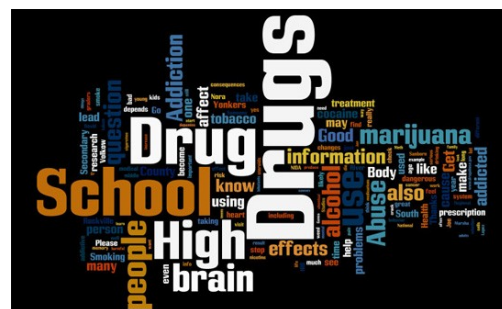
More Recommended Books for Young Adults:

Amazon.com's list of Drug & Alcohol Abuse books for Teens: <http://www.amazon.com/Drug-Alcohol-Abuse-Books/b?ie=UTF8&node=171184>

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](http://www.goodreads.com/list/show/575.Substance+Abuse+Addiction)

Santa Clara County Library: Teen-Issues—Drugs & Alcohol: [http://seattle.bibliocommons.com/list/show/71513322_scld_librarians_for_teens/91852092_teen_issues--drugs amp alcohol](http://seattle.bibliocommons.com/list/show/71513322_scld_librarians_for_teens/91852092_teen_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). “Fundamentals of Addiction” toolkit, though intended for primary care practitioners, includes FAQs, handbooks and guides, and brochures and fact sheets that may be of use to young adults.



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)

- *Addressing Tobacco Use & Addiction:* http://www.cdc.gov/healthyyouth/tobacco/pdf/Addressing_Tobacco_Addiction.pdf (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/idu/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.

- *Substance Abuse:* <http://www.nlm.nih.gov/medlineplus/substanceabuseproblems.html>

- *Drugs & Young People*: <http://www.nlm.nih.gov/medlineplus/drugsandyoungpeople.html>
(includes statistics, journal articles, tutorials, tools, coping, pictures, games, more)



National Institute on Drug Abuse (NIDA)

<http://www.drugabuse.gov/>

- *NIDA for Teens*
<http://teens.drugabuse.gov>
- *Drugs, Brains, and Behavior: The Science of Addiction*
<http://www.drugabuse.gov/publications/science-addiction>
- *Drugs of Abuse* (commonly abused drugs)
<http://www.nida.nih.gov/DrugPages/DrugsofAbuse.html>
- *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*
<http://science.education.nih.gov/home2.nsf/Educational+Resources/Topics/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.



The Office of Adolescent Health

<http://www.hhs.gov/ash/oah/>

U.S. Dept. of Health & Human Services web site.



- *Substance abuse facts*
<http://www.hhs.gov/ash/oah/adolescent-health-topics/substance-abuse/states/nh.html>

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.



XPeriment.ca

<http://www.xperiment.ca>

Canadian Centre on Substance Abuse site for adolescents, featuring interactive tools, quizzes, and resources.



Journal/Magazine Articles (free)



How We Get Addicted.
Michael D. Lemonick. *Time Magazine*,
July 5, 2007. <http://www.time.com/time/magazine/article/0,9171,1640436,00.html>.

SEE ALSO:

"Addiction and the Brain" Interactive web site companion to this article: <http://www.time.com/time/interactive/0,31813,1640235,00.html>



New Pleasure Circuit Found in the Brain.
M. Kringelbach and KC Berridge, July 30,
2012, *Scientific American*: <http://www.scientificamerican.com/article.cfm?id=new-pleasure-circuit-found-brain>



What Makes Teens Tick?
Claudia Wallis. *Time Magazine*, Sept 26,
2008. <http://www.time.com/time/magazine/article/0,9171,994126,00.html>



What Addicts Need: Addiction Isn't a Weakness; It's an Illness. Now Vaccines and Other New Drugs May Change the Way We Treat It.. By Jeneen Interlandi.
Newsweek, Feb 23, 2008. <http://www.thedailybeast.com/newsweek/2008/02/23/what-addicts-need.html>



How to Get the Monkey Off Your Brain.
Jim Bartimo. *Popular Science*, March 2002.
<http://www.popsci.com/scitech/article/2002-03/how-get-monkey-your-brain>



Secret of AA: After 75 Years, We Don't Know How It Works.
Brendan Koerner. *Wired*, June 23, 2010.
http://www.wired.com/magazine/2010/06/ff_alcoholics_anonymous/ (includes investigation of AA from the perspective of the brain's prefrontal cortex)

More to Read Online

Adolescent Brain Development and Drug Abuse (Facts on Tap, TRI). Ken Winters, PhD., 2008, the Mentor Foundation. <http://www.tresearch.org/adolescents/NewTeenBrainWriteup.pdf>

Alcohol's Effects on the Adolescent Brain: What Can Be Learned from Animal Models. Susanne Hiller-Sturmhofel and H. Scott Swartzwelder, PhD. NIAAA: <http://pubs.niaaa.nih.gov/publications/arh284/213-221.htm>

The Effect of Drugs on the Adolescent Brain (SAMA Foundation). <http://samafoundation.org/youth-substance-addiction/effects-of-drugs-on-adolescent-brain/>

The Brain from Top to Bottom (McGill Univ., Canada). <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/>

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/>

PBS: This Emotional Life – informational web site supplementary to episode of TEL on Addiction: <http://www.pbs.org/thisemotionallife/topic/addiction>

Science of Addiction: Nicotine. A Brief Introduction with Related Resources. Nora D. Volkow, MD. (AMA web site): http://www.ama-assn.org/ama1/pub/upload/mm/433/ama_nida_nicotine.pdf

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 2011 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: 2010 National Survey on Drug Use and Health (NSDUH)

<http://www.samhsa.gov/data/NSDUH/2k10ResultsRev/NSDUHresultsRev2010.htm>

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.

- Fact Sheet: Alcohol Use: http://www.cdc.gov/healthyyouth/yrbs/pdf/us_alcohol_trend_yrbs.pdf
- Fact Sheet: Marijuana, Cocaine, and Other Illegal Drug Use: http://www.cdc.gov/healthyyouth/yrbs/pdf/us_drug_trend_yrbs.pdf
- Fact Sheet: Tobacco Use: http://www.cdc.gov/healthyyouth/yrbs/pdf/us_tobacco_trend_yrbs.pdf

Online Videos



NIDA & NIH YouTube channel: <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.



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:

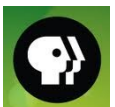
<http://video.pbs.org/video/1512034632>

Charlie Rose (PBS): The Emotional and Vulnerable Brain (an interview with Nora Volkow of NIDA): <http://www.charlierose.com/view/interview/10974>. See also Rose's complete "Brain" series: <http://www.charlierose.com/view/collection/10702>



How Drugs Work (BBC Three)

- *Cannabis*: <http://vimeo.com/18561901>
- *Ecstasy*: <http://vimeo.com/32131518>
- *Cocaine*: <http://vimeo.com/34110586>



Prescription for Abuse: Documentary film and investigative news pieces by KCTS (local PBS affiliate) and InvestigateWest about prescription drug abuse in WA state: <http://kcts9.org/prescription-for-abuse>

Feature Films

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

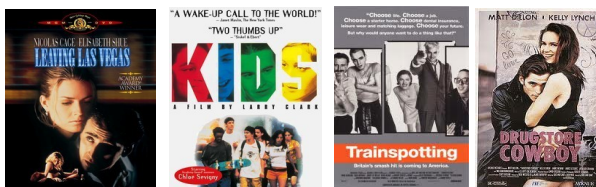
PRISM Awards web site: <http://www.prismawards.com/>. Each year, PRISM Awards are given to writers, actors, directors, musicians, and others who have created TV shows, films, and music that include accurate portrayals of substance abuse and other mental health issues. Check out the "Winners & Nominees"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

PsychFlix: <http://www.psychflix.com>. This web site, developed by Roland Atkinson, Professor of Psychiatry at the Oregon Health & Science University, provides lists and reviews of films that portray psychiatric themes. The theme index links to movies under topics like "Alcohol abuse, alcoholism," "Substance abuse," "Cocaine & other stimulants," "Heroin," and more.

Yahoo's "Top Ten Films about Substance Abuse"

<http://voices.yahoo.com/top-ten-films-substance-abuse-133788.html?cat=40>

Wikipedia's "List of drug films," films that depict either drug distribution or use, whether as a major scene or in a few memorable scenes: http://en.wikipedia.org/wiki/List_of_drug_films.



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>

Brainworks (video). With the help of 5 students, host Eric Chudler takes viewers on a journey inside of the brain. <http://www.uwtv.org/video/player.aspx?mediaid=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



The Brain: Understanding Neurobiology through the Study of Addiction (NIH Curriculum Supplement Series). From the NIH Office of Science Education. Secondary school teachers' guides for two weeks of lessons on the science of addiction and the brain, including the fundamentals of neurobiology and how drugs of abuse can alter the brain. Free printed supplement, PDF teacher's guide, and State Standards information included. <http://science.education.nih.gov/customers.nsf/HSAddiction.htm>

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

Washington State Resources



Washington Recovery Help Line: 24-hour help for substance abuse, problem gambling, and mental health. 1-866-789-1511. <http://www.waRecoveryHelpLine.org>.

Teen Link: A confidential, teen-answered help line (part of the WA Recovery Help Line). Every evening 6-10pm. 1-866-833-6546. <http://866teenlink.org>.

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>.

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/>

Healthy Youth Survey: Main Site (2010): <http://www.hys.wa.gov/> -- State-funded survey of Washington's students, grades 6-12.

Ask HYS: <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.

Prescription for Abuse: Documentary film and investigative news pieces by KCTS (local PBS affiliate) and InvestigateWest about prescription drug abuse in WA state: <http://kcts9.org/prescription-for-abuse>

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/>.

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.shtm>

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