



# COMMUNITY RESOURCE LIBRARY CATALOG

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**TO ORDER:**

**CALL SUSAN COOPER AT 484-713-1102 OR  
EMAIL [SUSAN.COOPER@HOLCOMBBHS.ORG](mailto:SUSAN.COOPER@HOLCOMBBHS.ORG)**

# PARENT RESOURCES

Adventures in Parenting: How Responding, Preventing, Monitoring, Mentoring and Modeling Can Help You Be a Successful Parent

A Guide for Parents of 1st Year College Students

A Parent's Guide to Warning Signs of Drug and Alcohol Abuse - Slide Guide

College Drinking: How Faculty Can Change the Culture

Do You Speak Teen?

Don't Stop Talking: Prevention Conversation Starter for Parents

Drug Slang Dictionary: Know the Lingo

Family Checkup: Positive Parenting Prevents Drug Abuse

Family Strengthening - Slide Guide

How To Tell if a Kid is On Drugs and What to do About It

Keeping Your Teens Drug-Free: A Family Guide

Keeping Your Teens Drug-Free: A Guide for African American Parents and Caregivers

Keeping Your Teens Drug-Free: A Guide for Hispanic Families

Keeping Youth Drug Free

Keep Talking: Prevention Conversation Starters for Parents

Kids Aren't Just Small Adults: Medicines, Children, and the Care Every Child Deserves

Make a Difference: Talk to Your Child About Alcohol

Marijuana: Facts Parents Need to Know

My Medicines: Safer Medication Use

Parents Who Host Lose the Most: Parent Tips

Preventing Teen Cough Medicine Abuse: A Parent's Guide

Positive Reinforcement: Child Upbringing in the Electronic Age

Responsible Hosting: When You Care Enough About Your Guest to Plan for Both Fun & Safety

Start Talking: Prevention Conversation Starters for Parents

# PARENT RESOURCES

## (CONTINUED)

Starting a Conversation: Kids and Drug Prevention

Starting a Conversation: Kids and Smoking Prevention

Talk, They Hear You: Tips for Talking to Your Kids About Underage Drinking

The Abuse of Prescription and Over-The-Counter Drugs

The Responsible Parent: Talking to Your Kids About Alcohol

The Responsible Parent: Talking to Your Kids About Alcohol & the Law

The Teen Brain: 6 Things to Know - Fact Sheet

The Teen Years: A Road Map for Parents - CD– ROM

Treat with Care: Kids and OTC Cough and Cold Medicines

What should Parents Know About Underage Drinking - Pamphlet and Fact Sheet

When It's Not Your Kid, How Do You Deal With Drug Use and Drinking?

You Can Help Create a Drug-Free Community

You're Cordially Invited...To Be a Responsible Host

# ALCOHOL RESOURCES

50 Things You Should Know About Alcohol

Alcohol and Energy Drink Mixtures: Dead Asleep Before You Know It!

Alcohol: A Women's Health Issue

Alcohol: Drowning in Poison

Alcohol Impairment Chart

Acquaintance Rape, Safe Dating and Drugs

Beyond Hangovers: Understand Alcohol's Impact on Your Health

Binge Drinking - Slide Guide

Binge Drinking - Too Much, Too Fast

Children of Alcoholics

Choosing Not to Drink

Drive Safe, Drive Sober

Driving Under the Influence: A Crash Course

Drug and Alcohol Abuse - Slide Guide

DUI Arrest in PA

Goodnight or Goodbye: signs and symptoms of alcohol poisoning

Harmful Interaction: Mixing Alcohol with Medicines

Has Your Life Been Affected by Someone Else's Drinking? Alateen is for You!

It Feels so Bad...It Doesn't Have To— Alateen

It's Not Your Fault— Alateen

Lawyers and Teen Substance Abuse: How to Deal with Drug Use and Drinking

No One Will Know: Reporting/Preventing Underage Drinking

No One Will Know: Reporting Underage Drinking

Over 21? It's Your Call

Rethinking Drinking - Alcohol and Your Health

# ALCOHOL RESOURCES

## (CONTINUED)

[Straight Talk for Teens About Alcohol](#)

[Think It's Harmless to Drive Stoned?](#)

[Tips for Cutting Down on Drinking](#)

[Underage Drinking: Myth vs. Fact - Brochure and Fact Sheet](#)

[Underage Drinking: Out of Control](#)

[Under 21 Zero Tolerance](#)

[We Check for DU At Every Stop: PA DUI Penalties](#)

[What's In Your Drink? Standard Drink Chart](#)

[When you call for Medical Help Be Prepared to Answer These Questions](#)

[Your Degree Doesn't Matter: PA Statutes Regarding Alcohol](#)

[Your Degree, Your Career...You Can Take Control](#)

# DRUGS, ALCOHOL AND PREGNANCY

[A Healthy Baby Begins With You - Magnet](#)

[Be the Best Mom You Can Be: Recovering Hope](#)

[Can Drinking Alcohol Affect My Baby?](#)

[Drugs: Bad For you, Worse For Your Baby](#)

[Learn More About Fetal Alcohol Spectrum Disorder - Information Card](#)

[Nine Months, Zero Alcohol: PA Department of Health Bookmark](#)

[Please: Nine Months No Alcohol - Magnet](#)

[Smoking and Pregnancy: Put Your Baby First](#)

[Think Before You Drink](#)

[When You're Pregnant Your Baby Drinks What You Drink](#)

# DRUG RESOURCES

[About Cocaine](#)

[About Inhalants](#)

[About Meth](#)

[Addiction and Gateway Drugs: Not Just a Phase](#)

[Acquaintance Rape, Drugs and You: Know the Danger](#)

[Acquaintance Rape, Safe Dating and Drugs](#)

[Addiction and Gateway Drugs: Not Just a Phase](#)

[Amphetamines: Excessive Speed](#)

[Anabolic - Androgenic Steroid: Nothing Comes For Nothing](#)

[Are You Concerned About Someone Who is Abusing Prescription Opiates or Heroin?](#)

[Bath Salts: Fake Cocaine, Real Danger](#)

[Be a Quitter!](#)

[BHO Butane Hash Oil \(Dabbing\): Playing with Fire](#)

[Chronic Substance Use and Cognitive Effects on the Brain – SAMHSA](#)

[Commonly Abused Drugs - Chart](#)

[Drug and Alcohol Abuse - Slide Guide](#)

[Drugs and The Brain - Information Card from NIH](#)

[Drugs and You](#)

[Drug Facts - Spice \(Synthetic Marijuana\)](#)

[Drugs: Shatter the Myths](#)

[Drug Slang Dictionary](#)

[Drugs: You Use You Lose](#)

[Ecstasy - Nothing to Rave About](#)

[Ecstasy - The Big Lie](#)

[Edible Marijuana: Fully Baked](#)

[Electronic Cigarettes: Familiar Danger](#)

# DRUG RESOURCES

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Facts About Heroin - Slide Guide

Fake Weed: Unnatural High

Gateway Drugs: Path to Addiction

GHB, Rohypnol, and Ketamin: Knockout Punch

Hallucinogens: Out of Your Mind

Heroin: A Deadly Drug

Heroin: A Killer High

Heroin Fast Facts: Questions and Answers

Inhalants: Huffing Hazard

Inhalants: Something Deadly in the Air

Keeping Your Cool: Refusing Drugs and Alcohol

Ketamine Fast Facts: Questions and Answers

Know the Dangers of Ecstasy and Other Club Drugs

Marijuana and Academic Achievement: Druggie Dropout

Marijuana: Burned Out

Marijuana Effects on Driving: Traveling with THC

Marijuana: Facts for Teens

Marijuana: The Life of a Pot Smoker

MDMA (Ecstasy) Fast Facts: Questions and Answers

Medical Marijuana: Benefits and Dangers

Methamphetamine: Fools Rush In

Medication-Assisted Treatment for Opioid Addiction

Over the Counter Drugs: Danger in the Medicine Cabinet

OxyContin: Abusers Beware

Prescription Drug Abuse Fast Facts



# DRUG RESOURCES

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Prescription Drugs: Not What the Doctor Ordered

Prescription Drugs: They Can Help But Also Hurt

Prescription Drug Storage and Disposal

Preventing Prescription Drug Abuse - Slide Guide

Quit Smoking: Tips and Cost Calculator - Slide Guide

Quitting Tobacco: Within Reach

Refusal Skills

Rohypnol: Fast Facts

SAMHSA Advisory: Sublingual and Trans Mucosal Buprenorphine for Opioid Use Disorder

SAMHSA In Brief: Prescription Drug Monitoring Programs

SAMHSA in Brief: Chronic Substance Use and Cognitive Effects on the Brain

Safe Use of Medicines

Secondhand Smoke: All Choked Up

Smokeless Tobacco: A Nasty Habit

Smokeless Tobacco: Spit it Out

Spice & Bath Salts

Sublingual and Trans Mucosal Buprenorphine for Opioid Use Disorder - SAMHSA

Synthetic Drugs: Designer Danger

Synthetic Drugs: Keeping Tabs on Dangers for Young People

Talking About Steroids: What to Say and How to Say It

Talking to Your Kids About Prescription Drug Abuse

Talking to Your Patients About Prescription Drug Abuse

Teens and Marijuana: Bad for Your Body and Your Mind

The Brain's Response to Anabolic Steroids

The Brain's Response to Cocaine

# DRUG RESOURCES

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The Brain's Response to Hallucinogens

The Brain's Response to Inhalants

The Brain's Response to Marijuana

The Brain's Response to Methamphetamine

The Brain's Response to Nicotine

The Brain's Response to Opioids

The Brain's Response to Prescription Drugs

The Facts About Heroin Slide Guide

The Real Truth: About Rx and OTC Medicine Abuse

Tips for Teens - Club Drugs

Tips for Teens - Cocaine - Brochure and Fact Sheet

Tips for Teens - Hallucinogens

Tips for Teens - Heroin - Brochure and Fact Sheet

Tips for Teens - Inhalants

Tips for Teens - Marijuana

Tips for Teens - Methamphetamine - Brochure and Fact Sheet

Tips for Teens - Steroids

Tips for Teens - Tobacco

Tobacco: License to Kill

Tobacco: Nicotine Nightmare

Tranquilizers and Painkillers: Down and Out

Vaping and E-Cigarettes: 8 Things Every Parent Should Know

Vaping Marijuana: Not Safe to Vape

Warning Signs of Drug and Alcohol Abuse - Slide Guide

What to Say When You Want to Say No

Why Follow the Crowd? About Peer Pressure

Young People and Drugs: Act on the Facts

You're in Control – Using Prescription Medicine Responsibly

# ADDICTION, TREATMENT AND RECOVERY

About Addiction

About Addiction Relapse

A Family History of Alcoholism: Are You At Risk?

About Co-Dependency

About Recovery

About Recovery From Alcohol or Other Drug Addiction

Addiction and Families: Helping a Loved One

Alcoholism - A Treatable Disease

Alcohol Problem in the Family? A Guide for Dealing with Drinking Problems

A Newcomer Asks...About A.A.

Are You Troubled by Someone's Drinking...Al-Anon is for You!

Did You Grow Up With a Problem Drinker? Al-Anon is for you!

Do You Think That You or Someone Close to You Might Have an Alcohol Abuse Problem?

Drug Abuse and Addiction

How Alcoholism Affects the Family

If You Think You Have A Drinking Problem, Ask Yourself...

Is A.A. for you?

Need Help? How to find Health and Human Services in Chester County

Overcoming Addiction - Building New Lives

People Recover

Should You Talk to Someone About a Drug, Alcohol, or Mental Health Problem?

Seeking Drug Abuse Treatment: Know What to Ask

The Next Step...Toward a Better Life

The Science of Addiction - Drugs, Brains, and Behavior

Treatment for Alcohol Problems: Finding and Getting Help

What Everyone Should Know About Alcoholism

# MENTAL HEALTH RESOURCES

10 Things Everyone Should Know About Bipolar Disorder

10 Things Everyone Should Know About Schizophrenia

30 Things You Should Know About Mental Illness

A Journey Toward Health and Hope: Your Handbook for Recovery

After a Suicide Attempt

About Dating Violence

About Depression

About Children With Special Needs

About Panic Disorder

About Self Esteem

An Activity Book For African American Families: Helping Children Cope with Crisis

Anger Management: Keeping Your Cool

Anxiety and Depression 101: What Students Need to Know

Anxiety Disorders: Help is Available

Anxiety Disorders: Keeping Tabs on Symptoms and Treatment

Attention Deficit Disorder (ADHD): The Basics

Attention Deficit/Hyperactivity Disorder

Autism Spectrum Disorder: Learn the Signs and Ask for Help

Bipolar Disorder

Bipolar Disorder in Children and Adolescents

Bipolar Disorder in Children and Teens

Childhood Anxiety: Keeping Tabs on Your Child's Mental Health

Conflict Resolution for Teens: Peaceful Solutions

Could I Have ADHD? Finding Answers to ADHD as an Adult

Cyber Bullying: Digital Danger

# MENTAL HEALTH RESOURCES (CONTINUED)

Depression

Depression: A Helpless Feeling

Depression and College Students

Depression in Women

Depression: What You Need to Know

Disasters: What Parents Can Do

Early Warning Signs of Psychosis - Fact Sheet

Eating Disorders: About More Than Food

Family Strengthening - Slide Guide

Generalized Anxiety Disorder; When Worry Gets Out of Control

Heads Up: Stop, Think, Connect - Online Safety

Help on the Way: Panic Attacks

Helping a Loved One with a Serious Mental Illness

Helping Children and Adolescents Cope with Violence and Disaster:

What Parents Can Do and What Community Members Can Do

Helping Yourself Heal: A Recovering Woman's Guide to Coping with Childhood

Abuse Issues

Helping Yourself Heal: A Recovering Man's Guide to Coping with Childhood

Abuse Issues

How To Help a Friend With Eating and Body Image Issues

Living Life Online

Men and Depression

Mental Illness: What Everyone Should Know

Mental Illnesses: They're Treatable Conditions

# MENTAL HEALTH RESOURCES (CONTINUED)

Obsessive-Compulsive Disorder: When Unwanted Thoughts Take Over

Overcoming Substance Use and Mental Disorders

Panic Disorder: When Fear Overwhelms

Positive Reinforcement Slide Guide

Postpartum Depression Facts

Post-Traumatic Stress Disorder

Preventing Suicide: A Toolkit for High Schools

Psychological First Aid for First Responders

Relaxation Techniques: Keeping Tabs on Managing Stress

Schizophrenia

Schizophrenia - Booklet from NIH

Self-Esteem: Keeping Tabs on Improving Your Self Image

Self-Harm and Cutting - What You Need to Know

Self-Injury: Painful Reminders

Sexting: Not So Private

Social Anxiety Disorder: More Than Just Shyness

Social Media Addiction: Addicted to Likes

Social Phobia (Social Anxiety Disorder): Always Embarrassed

Suicide in America: Frequently Asked Questions

Relaxation Techniques

Risk Reduction: Sexual Violence

Self-Esteem: Keeping Tabs on Improving Your Self-Image

Sexual Violence and Teenagers

Social Anxiety Disorder: More Than Just Shyness

Suicide in America: Frequently Asked Questions

# MENTAL HEALTH RESOURCES (CONTINUED)

Suicide Prevention - Slide Guide

Suicide Prevention Lifeline: Having Trouble Coping?

Suicide Prevention Lifeline: Know the Warning Signs

Suicide Prevention Lifeline - Magnets

Teen Depression

Teen Suicide: No Turning Back

The Teen Brain: Still Under Construction

Understanding Depression - Slide Guide

What Health Providers and Organizations Need to Know About Wellness

What is an Eating Disorder?

What is Post-Traumatic Stress Disorder – Booklet

What You Should Know About Mental Illness in the Family

What You Should Know About Self-Esteem

Where to Go for Help, A Guide to Outpatient Behavioral Health Services:  
County

SAMHSA Tips for Disaster Responders: Preventing and Managing Stress

SAMHSA Tips for Health Care Providers and Responders:

Helping Survivors Cope with Grief After a Disaster or Traumatic Event

SAMHSA Tips for Survivors: Coping With Grief After a Disaster or Traumatic  
Event

SAMHSA Tips for Survivors of a Disaster or Other Traumatic Event:  
Coping With Retraumatization

SAMHSA Tips for Survivors of a Disaster or Other Traumatic Event: Managing  
Stress

SAMHSA Tips for Talking With and Helping Children and Youth Cope After a  
Disaster or Traumatic Event

# ACTIVITY BOOKS, COLORING PAGES AND BOOKMARKS

About Making Decisions: A Guide For Young People

Conversation for Refusal Skills

Let's Learn More About Building Family Relationships - Information & Activities  
Book

Let's Learn About Alcohol – Information & Activities Book

Let's Learn About Mixed Messages in the Media - Information & Activities Book about  
Alcohol, Tobacco and other Drugs

Let's Talk About Mental Health - Information & Activities Book

The Insiders Comic Book: The Tobacco Temptation

The Insiders Comic Book: Marijuana Mystery

You Can Have Fun Without Alcohol - Activity Placemat

**Assorted Coloring Pages, Bookmarks and Posters  
are also available!**



# PROBLEM GAMBLING RESOURCES

[A Newcomer Asks...](#)

[College Gambling: Degree of Uncertainty](#)

[Compulsive & Problem Gambling](#)

[Early Signs of Compulsive Gambling](#)

[Gamblers Anonymous](#)

[Gamblers Anonymous: Suggestions for Coping with Urges to Gamble](#)

[Gambling Addiction - Slide Guide](#)

[Gambling and Recovery: It's Not Too Late](#)

[Internet Gambling: Online Obsession](#)

[Older Adults and Gambling: Risking Your Retirement](#)

[Only just a game really?](#)

[Sports Gambling: All Bets Are Off](#)

[Suggestions for Coping with Urges to Gamble](#)

[What is GA? GA Combo Book](#)

[Women and Gambling: Everything to Lose](#)

[Youth Gambling: What's the Big Deal?](#)

# OLDER ADULTS AND AGING RESOURCES

50 Things Every Caregiver Should Know

About Alcohol Abuse and Older People

Active Ingredients for a Healthy Lifestyle: About Over-the-Counter Medicines

Age Page - A Good Night's Sleep

Age Page - Alcohol Use in Older People

Age Page - Depression

Age Page - Exercise and Physical Activity: Getting Fit for Life

Age Page - Fatigue: More Than Being Tired

Age Page - Flu, Get the Shot

Age Page - Forgetfulness: Knowing When to Ask for Help

Age Page - HIV, AIDS, and Older People

Age Page - Medicines: Use Them Safely

Age Page - Mourning the Death of a Spouse

Age Page - Older Drivers

Age Page - Pain: You Can Get Help

Age Page – Smoking, It's Never Too Late to Stop

Age Page – Sexuality in Later Life

Age Page - Shots for Safety

Age Page - Smoking: It's Never Too Late To Stop

Aging, Medicines and Alcohol

Alcohol, Medications, and Older People

Alcohol: What's Right For You

Good Mental Health is Ageless

Older Adults and Alcohol

Older Adults and Depression

A Guide for Older People: Talking With Your Doctor

Older Adults and Substance Use Disorders

# HIV/ AIDS

Age Page - HIV, AIDS, and Older People

Tips for Teens - HIV/ AIDS

Drugs, Alcohol, and HIV/AIDS: A Consumer Guide

Drugs, Alcohol, and HIV/AIDS: A Consumer Guide for  
African Americans

What People Over 50 Need to Know About HIV and AIDS

Abuso de Medicinas Recetadas: Ayuda convertida en dano

Arresto por D.U.I. En Pensilvania

Cocaina: Fantasias y pesadillas

Comience a hablar antes de que ellos comience a beber: Una guia para la familia

Datos sobre las bebidas alcoholicas para los adolescentes

Deberia usted hablar con alguien sober un problema relacionado con las drogas, el alcohol o la salud mental?

Deje de fumar por un dia... para siempre

El alcohol grave y peligroso

El extasis: la gran mentira

El tabaco: licencia para matar

El Tratamiento para el Abuso de las Drogas y el Alcohol

Explorando La Mente: Incluya Ocho Folletos

Guia para los padres: Prevenga que sus hijos abusen de las medicinas contra la tos

Hable Con Sus Hijos Sobre Las Drogas y Sus Peligros

La adiccion al alcohol y las drogas ocurre en las mejores familias... y duele

La heroína: causa de muerte

La marihuana: atontado por las drogas

La marihuana: Informacion para los adolescents

La marihuana: Lo que los padres deban saber

La metanfetamina: Solo para los tontos

Las Drogas y usted

Lo que todo el mundo debe saber sobre El Alcohol

Lo que todo el mundo debe saber sobre El Alcoholismo

Los alucinogenos fuera de este mundo

Los anfetaminas velocidad excesiva

## SPANISH/ ESPAÑOL (CONTINUED)

Los inhalantes: hay algo mortal en el aire

Los niños, no son simplemente adultos pequeños

Los sedantes y los calmantes: Fuera de combate

Manteniendo a sus Adolescentes Libres de Drogas: Una Guía Para las Familias Hispánicas

Menor De 21 Años Cero Tolerancia: No es su decisión, es la ley

Necesita ayuda? Como Encontrar Servicios Humanos y Servicios de Salud en el Condado de Chester

OxyContin : Analgesico que mata

Renuncia- Deja de Fumar!

Se Siente tan mal, Pero no tiene que ser así

Su hijo lo necesita!

Técnicas de Negación: Aprende a decir "NO" sin perder a tus amigos

Que es el Tratamiento para el Abuso de Sustancias? Un Folleto para las Familias

Que puedes decir si deseas decir "No"?

Sobre el alcohol y otras drogas: un libro de actividades para colorear

Yo soy libre de drogas: Un libro de Aprendizaje y Actividades

