

Community Resource Library Catalog

THE COAD
GROUP

Revised
August 2019

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To Order:

Call Danielle DiGiorgio at 484-713-1108 or
email Danielle.Digiorgio@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 First Year College Students

Alcohol and Other Drugs: Keeping Tabs on Talking with Your Child

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

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 Substance Abuse Affects Parenting Skills

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

Just the Facts: 10 Things to Keep Kids Alcohol Free

Just the Facts: 10 Things to Keep Kids Drug Free

Just the Facts: Starting a Conversation, Kids and Alcohol

Just the Facts: Starting a Conversation, Kids and Drugs

Just the Facts: Underage Drinking

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

Make a Difference: Talk to Your Child About Alcohol

Marijuana: Facts Parents Need to Know

My Medicines: Safer Medication Use

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Positive Reinforcement: Child Upbringing in the Electronic Age

Start Talking: Prevention Conversation Starters for Parents

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 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

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

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

Alcohol Resources

[Alcohol and Energy Drink Mixtures: Dead Asleep Before You Know It!](#)

[Alcohol: A Women's Health Issue](#)

[Alcohol: Drowning in Poison](#)

[Alcohol Impairment Chart](#)

[Alcohol Problem in the Family?...A Guide to dealing with drinking problems](#)

[Beyond Hangovers: Understand Alcohol's Impact on Your Health](#)

[Binge Drinking - Slide Guide](#)

[Binge Drinking - Too Much, Too Fast](#)

[Children of Alcoholics](#)

[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](#)

[Just the Facts: Binge Drinking](#)

[It Feels so Bad...It Doesn't Have To - Alateen](#)

[It's Not Your Fault - Alateen](#)

[No One Will Know: Preventing Underage Drinking](#)

[No One Will Know: Reporting Underage Drinking](#)

[Over 21? It's Your Call](#)

[Rethinking Drinking - Alcohol and Your Health](#)

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[Straight Talk for Teens About Alcohol](#)

[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](#)

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

[Your Degree, Your Career...You Can Take Control - Alcohol Violations and Effects on Your Employment](#)

Drugs, Alcohol And Pregnancy

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

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

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

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

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

[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](#)

[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](#)

[Break the Cycle: Opioids](#)

[Break the Cycle: Staying Sober](#)

[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](#)

[Edible Marijuana: Fully Baked](#)

[Electronic Cigarettes: Familiar Danger](#)

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Gateway Drugs: Path to Addiction

GHB, Rohypnol, and Ketamin: Knockout Punch

Hallucinogens: Out of Your Mind

Heroin: A Killer High

Inhalants: Huffing Hazard

Inhalants: Something Deadly in the Air

Just the Facts: BHO Dabbing

Just the Facts: Drug Slang Dictionary

Just the Facts: Edible Marijuana

Just the Facts: Electronic Cigarettes

Just the Facts: Heroin

Just the Facts: Juuling

Just the Facts: Legal Weed

Just the Facts: Marijuana

Just the Facts: Opioids

Just the Facts: Prescription Drugs

Just the Facts: Prescription Drug Storage and Disposal

Just the Facts: Vaping

Juuling: Small Package, Big Problems

Keeping Your Cool: Refusing Drugs and Alcohol

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

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Medical Marijuana: Benefits and Dangers

Methamphetamine: Fools Rush In

Medication-Assisted Treatment for Opioid Addiction

Mind Over Matter: Drugs and the Brain

Mind Over Matter: The Body's Response to Marijuana

Mind Over Matter: The Body's Response to Nicotine

Mind Over Matter: The Body's Response to Opioids

Over the County Drugs: Danger in the Medicine Cabinet

Prescription Drugs: Not What the Doctor Ordered

Prescription Drug Storage and Disposal

Preventing Prescription Drug Abuse - Slide Guide

Quit Smoking: Tips and Cost Calculator - Slide Guide

Quitting Tobacco: Within Reach

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

Spice & Bath Salts

Sublingual and Transmucosal Buprenorphine for Opioid Use Disorder - SAMHSA Advisory

Synthetic Drugs: Designer Danger

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

Refusal Skills

Rohypnol: Fast Facts

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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 Fact Sheet

Tips for Teens - Methamphetamine Fact Sheet

You're in Control - Using Prescription Medicine Responsibly

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: Keeping Tabs on the Hype and Health Risks

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

Addiction, Treatment and Recovery

[About Addiction](#)

[About Addiction Relapse](#)

[A Family History of Alcoholism: Are You At Risk?](#)

[About Co-Dependency](#)

[About Recovery From Alcohol or Other Drug Addiction](#)

[Alcoholism - A Treatable Disease](#)

[Alcohol Problem in the Family? A Guide for Dealing with Drinking Problems](#)

[Break the Cycle: Addiction](#)

[Dealing with an Alcoholic Parent](#)

[Drug Addiction Treatment: The Path to a Successful Recovery](#)

[Drugs and the Brain - National Institute on Drug Abuse Information Card](#)

[How Alcoholism Affects the Family](#)

[How Meth Affects Children and Families](#)

[Need Help? How to find Health and Human Services in Chester County](#)

[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](#)

Mental Health Resources

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 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

Children and Trauma: Keeping Tabs on Helping Young People Heal

Conflict Resolution for Teens: Peaceful Solutions

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

Cyber Bullying: Digital Danger

Dealing with Stress

Mental Health Resources

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Depression

Depression: A Helpless Feeling

Depression and College Students

Depression in Women

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

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

Managing Depression: Keeping Tabs on your Mental Health

Men and Depression

Mental Illness: Keeping Tabs on Recognizing Symptoms and Getting Help

Mental Wellness - Slide Guide

Net Cetera: Chatting with Kids About Being Online

Obsessive-Compulsive Disorder: When Unwanted Thoughts Take Over

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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

PTSD and Suicide Prevention - Slide Guide

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

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

Suicide Prevention - Slide Guide

Suicide Prevention Lifeline: Having Trouble Coping?

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Suicide Prevention Lifeline: Know the Warning Signs

Suicide Prevention Lifeline - Magnets

Teen Depression

Understanding Depression - Slide Guide

What Health Providers and Organizations Need to Know About Wellness

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:

Chester 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

Ipad Conversation for Refusal Skills

Let's Learn More About Building Family Relationships – Information & Activity Book

Let's Learn About Alcohol – Information & Activity Book

Let's Learn About Mixed Messages in the Media – Information & Activity Book

Let's Talk About Mental Health – Information & Activity 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 and 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

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 - 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

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

Spanish/ Espanol

Abuso de Medicinas Recetadas: Ayuda convertida en dano

Arresto por D.U.I. En Pensilvania

Chequeo Familiar: La Crianza Positiva Previene El Abuso De Las Drogas

Datos sobre las bebidas alcoholicas para los adolescents

Drogas: Derribameos Los Mitos

El Envejeamiento, los Medicamentos y el Alcohol

El extasis: la gran mentira

El Proximo paso...hacia una vida mejor

El tabaco: licencia para matar

El Tratamiento para el Abuso de las Drogas y el Alcohol

Explorando La Mente: Incluya Ocho Folletos

Familias en la afliccion

Informacion de Salud para las Personas de la Tercera Edad La Depresion:

No permita que la depression persista

La Buena Salud Mental No Tiene Edad

La heroína: causa de muerte

Los alucinogenos fuera de este mundo

Los anfetaminas velocidad excesiva

Los inhalantes: hay algo mortal en el aire

Los ninos, no son simplemente adultos pequenos

Los sedantes y los calmantes: Fuera de combate

Marihuana: Hechos Que Los Padres Deben Saber

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

OxyContin : Analgesico que mata

Spanish/ Espanol

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Se Siente tan mal, Pero no tiene que ser asi

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

Que puedes decir si deseas decir "No"?

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

Las Drogas, el cerebro y el comportamiento La Ciencia de la Adiccion

Trastorno Bipolar en Ninos y Adolecentes

Vivir Mejor la Tercera Edad El Dolor: usted puede obtener ayuda

Vivir Mejor la Tercera Edad El uso de alcohol en las personas mayores

Vivir Mejor la Tercera Edad Fumar: nunca es demasiado tarde para dejar de hacerlo

Vivir Mejor la Tercera Edad Medicamentos: Uselos con cuidado

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