

List of Books and Other Resources



Books

Alcoholism The Genetic Inheritance by Kathleen W. Fitzgerald

An Adult Child's Guide to What's "Normal" by John Friel and Linda Friel

Beyond Addiction: How Science and Kindness Help People Change by Carrie Wilkens, PhD, Nicole Kosanke, PhD, and Jeff Foote, PhD

Beyond Codependency by Melody Beattie

Codependency for Dummies by Consumer Dummies Staff, Darlene Lancer

Codependent No More by Melody Beattie

Courage to Change by Al-Anon Family Groups

Dear Kids of Alcoholics by Lindsey Hall

Facing Codependence by Pia Melody

Getting Them Sober, Volume One – You CAN Help! By Toby Drews

One day at A Time by Al-Anon Family Groups

Paths to Recovery: Al Anon's Steps, Traditions and Concepts by Al-Anon Family Groups

The Adult Children of Alcoholics Syndrome by Al-Anon Family Groups

The Language of Letting Go by Melody Beattie

The Responsibility Trap by Claudia Boyko with JoAnn Krestan

What Addicts Know: 10 Lessons from Recovery to Benefit Everyone by Christopher Kennedy Lawford

Why Don't They Just Quit? What Families and Friends Need to Know by Joe Herzanek

Recovering My Kid: Parenting Young Adults in Treatment and Beyond by Joseph Lee, MD

Resources

[Teen Prescription \(Rx\) Drug Abuse Awareness School Tool Kit](#)

The School Kit enables middle schools and high schools to raise awareness of prescription drug abuse through school assemblies, lesson plans, and year-round activities. The tool kit is easy-to-use and flexible in order to meet each school's needs.

Website: www.smartmovesmartchoices.org

[Drug and Alcohol Prevention Tools for Parents and Other Adult Caregivers](#)

Research shows that teens are more likely to not drink or use drugs as teens when they feel they have a close and supportive relationship with a parent or guardian. This tool kit offers tips for talking to your teen.

Website: <http://partnership4change.org/>

[Governor Cuomo's Videos on Accessing Treatment](#)

A series of videos aimed at educating New Yorkers on the types of addiction treatment services available across the state, and assisting individuals and families with accessing care.

Website - <http://www.governor.ny.gov/>

[Center for Motivation and Change](#)

Crisis toolkit includes videos, tips, and other tools designed for those struggling with substance use disorder and their loved ones.

Website - <http://addictionthenextstep.com/>

[Portrait of Addiction](#)

This video series contains testimony from the real experts – recovering addicts. Portrait of Addiction brings viewers face-to-face with the pain of addiction and the possibility of recovery. Each of the nine participants has a unique experience with a range of addictive substances – from cocaine to heroin to alcohol and tobacco.

Website - <http://billmoyers.com/>

[Addiction Recovery Guide and Recovery Resources](#)

Assists individuals struggling with drug addiction and alcoholism find help – from evaluation to residential treatment, individuals can choose from a range of programs and resources.

Website - <http://www.addictionrecoveryguide.org/>

[Medication-assisted Treatment eBook for Parents & Caregivers of Teens & Young Adults](#)

[Addicted to Opioids](#)

Learn about medication-assisted treatment – what it is, how it's used, and how you can support your child through treatment.

Website - <https://drugfree.org/>

[Teen Drug Abuse](#)

Drugs and alcohol have a greater effect on teens than on adults. The signs of addiction can be difficult to understand, and many teens don't realize the long-term damage drugs have on their bodies.

Website: <https://www.drugrehab.com>

[A Substance Abuse Guide for Parents](#)

There are several effective ways to discourage your kid from trying addictive substances, and you can be the biggest source of support if your child needs help recovering from addiction.

Website: www.drugrehab.com