

**v-2. Frederiksen's 4-Week Family Program Education Series:
"Helping Families Understand Substance Use, Other Mental Health & Co-Occurring Disorders &
Their Impacts on Families"**

PARENT RESOURCES LIST

Throughout my 4-part educational series, parents share resources they've found worked for them. I've shared some of those resources, as well. I want to make it clear that Muir Wood Teen does not vet nor endorse use of any of the resources shared, as each family's situation is different and what works for one family might not work for another. The following is a list of general informational resources. **For specific questions/resources, please talk with your child's therapist or the other members of your child's treatment team.**

Adolescent Brain Development & Influences

- 1) BrainFacts.org's "The Workings of the Adolescent Brain" (video) provides overview of brain development during the first 2.5 decades. <https://www.youtube.com/watch?v=Y8sO4tqfUEs>
- 2) Center on the Developing Child at Harvard University's "The Science of Resilience" (video) helps explain the brain's incredible capacity to heal, repair, rewire, remap for new thoughts, feelings and behaviors. <https://www.youtube.com/watch?v=1r8hj72bfGo>
- 3) KPJR Films' "ACEs Primer" (video) provides a brief overview of the CDC-Kaiser ACE (Adverse Childhood Experiences) Study. [ACEs refers to the 10 types of extremely stressful or traumatic events measured in that study, however the concepts applicable to ACEs are also applicable to other types of trauma.] <https://www.youtube.com/watch?v=ccKfKcfXx-c>
- 4) Center on the Developing Child at Harvard University's "ACEs and Toxic Stress: Frequently Asked Questions" helps explain how childhood trauma (aka ACEs, extremely stressful or traumatic events occurring before age 18) can result in toxic stress, which can have a profound impact of brain development [it is also one of the key risk factors for developing substance use, other mental health or cooccurring disorders] and why "treating" trauma is a critical component of recovery. <https://developingchild.harvard.edu/resources/aces-and-toxic-stress-frequently-asked-questions/>
- 5) Lisa Frederiksen PACEs "The Developing Brain and Adverse Childhood Experiences" (article) helps explain how early stressful and/or traumatic events can affect a child's developing brain and thus their overall physical and mental health. <https://www.pacesconnection.com/blog/the-developing-brain-and-adverse-childhood-experiences-aces>

- 6) Glenn R. Schiraldi, PhD's book, *The Adverse Childhood Experiences Recovery Workbook: Heal the Hidden Wounds from Childhood Affecting Your Adult Mental and Physical Health*, helps explain the impacts of childhood toxic stress and how it can imprint and change the brain, biology, and sense of self in ways that affect adult well-being throughout life, if not addressed.

About Genetics, Trauma and Stress

- 1) CDC "Genetics Basics" <https://www.cdc.gov/genomics/about/basics.htm> and Psychology Today "Genetics" [basics]. <https://www.psychologytoday.com/us/basics/genetics?amp>
- 2) National Institute on Drug Abuse (NIDA)'s "Genetics and Epigenetics of Addiction Drug Facts." <https://nida.nih.gov/publications/drugfacts/genetics-epigenetics-addiction>
- 3) SAMHSA "Trauma-Informed Care in Behavioral Health Services, Chapter 3: Understanding the Impact of Trauma." <https://www.ncbi.nlm.nih.gov/books/NBK207191/>
- 4) American Psychological Association (APA)'s "Stress Effects on the Body." <https://www.apa.org/topics/stress/body>
- 5) ADDitude's "How Trauma and Chronic Stress Affect Developing Brains" section provides an overview of how trauma alters the developing brain, triggering behavioral and mental health issues, many of which are also signs of ADHD. <https://www.additudemag.com/how-does-trauma-affect-the-brain-chronic-stress-adhd/>

About Genetic & Psych Testing

- 1) **Psych testing** can be helpful in detecting Autism Spectrum Disorder, Aspergers, unusual cases of OCD. The detailed personality analysis portion of psych testing can comment on borderline, narcissistic, and antisocial personality features. It can also be useful for differential diagnosis (the process of differentiating between two or more conditions which share similar signs or symptoms) to identify processing issues/learning challenges, and to guide discharge planning for any specialized treatment that may be helpful (ex: an ADHD coach, IEP/504plan, etc). For more on this check with your child's therapist or psychiatrist.
- 2) If a client has a history of poor response to or unexpected side effects from two or more psychiatric medications, Dr. Reeves may suggest **genetic testing** through a company called GeneSight. This consists of pharmacogenomic testing (aka drug-gene testing), which looks at how a person's genes affect their body's response to medications. For more on this check with your child's therapist or psychiatrist.

About Substance Use Disorder Treatment:

- 1) National Institute on Drug Abuse (NIDA)'s "Treatment Approaches for Drug Addiction Drug Facts" (alcohol is considered a drug) [last updated 2019]. <https://nida.nih.gov/publications/drugfacts/treatment-approaches-drug-addiction>

This may be helpful in conversations with others to explain what you and your child are going through; with your child and their therapist during the Home Agreement process; and with insurance companies.

About Other Mental Health Disorder Treatments:

- 1) National Institute on Mental Health (NIMH)'s "Mental Health Disorders and Related Topics" covers overviews, risk factors, treatment and therapies for various mental health disorders.
<https://www.nimh.nih.gov/health/topics>

About Co-Occurring Disorders:

- 1) NIDA's "Common Comorbidities with Substance Use Disorder Research Report" covers the "why" they occur, common risk factors, approaches to diagnosis and treatments. This may be helpful when trying to explain what you and your child are going through as well as in conversations with insurance companies.
<https://nida.nih.gov/publications/research-reports/common-comorbidities-substance-use-disorders/introduction>

Descriptions of Various Kinds of Therapies

- 1) Good Therapy.org's >Learn About Therapy Types section can help you understand various treatment options you may hear about while your child is in residence. It is also a resource for the kinds of therapies you and/or your other children may find helpful.
<https://www.goodtherapy.org/learn-about-therapy/types>

How to Find Therapists

- 1) Psychology Today's > Find a Therapist section is a search tool for narrowing a list of therapists you feel will meet either your or your child's after residence therapy needs.
<https://www.psychologytoday.com/us/therapists>
- 2) Good Therapy.org's > Find a Therapist section is another search tool for narrowing a list of therapists you feel will meet either your or your child's after residence therapy needs.
<https://www.goodtherapy.org/>

About Therapeutic Education Consultants, Schools and Programs

- 1) According to the Therapeutic Consulting Association (NTC)'s website, they provide a list of "therapeutic consultants and other professionals with an in-depth first-hand knowledge of schools and programs, which they are required to keep current as a part of TCA membership." <https://www.therapeuticconsulting.org/>
- 2) According to National Association of Therapeutic Schools and Programs (NATSAP)'s > Who We Are Section, they serve "as a resource of information about [their] organization and the members it serves. [Their] members include therapeutic schools, residential treatment

programs, wilderness programs, outdoor therapeutic programs, young adult programs and home-based residential programs working with struggling teens and troubled adolescents.” <https://natsap.org/page/NATSAPWhoWeAre>

About Peer Support Help for Parents

All are free support groups that can help parents connect with other family members going through similar experiences

- 1) Willows in the Wind <https://www.willowsinthewind.com/support-groups>
- 2) NarAnon Family Groups <https://www.nar-anon.org/>
- 3) AlAnon Family Groups <https://al-anon.org/>
- 4) Refuge Recovery <https://www.refugerecovery.org/>
- 5) The Pathway Program Parent Support Groups <https://thepathwayprogram.com/family-substance-abuse-support-groups/>
- 6) SMART Recovery Family & Friends <https://www.smartrecovery.org/family/>
- 7) NAMI (National Alliance on Mental Illness) Support and Education <https://www.nami.org/Support-Education>
- 8) Though not a peer support group, MW parents have shared this **book** has been helpful, *The Parallel Process: Growing Alongside Your Adolescent or Young Adult Child in Treatment*.

If you have questions about the information I present, please feel free to contact me, Lisa Frederiksen, at lisaf@BreakingTheCycles.com.

Disclaimer: Lisa Frederiksen is not a medical doctor, therapist, social worker or similarly licensed professional. The purpose of her family program consulting Zoom presentations is to provide general information. Lisa will make every effort to ensure the information she imparts is as accurate as possible, **but any decision or action taken based on information provided is the family member’s choice and responsibility alone. Please do your own research and consult your child’s therapist and other treatment team professionals regarding your questions or plans.**