

Resources: finding help and getting information

Local resources:

Emergency numbers:

Monroe County Sheriff.....911
Life Line 275-5151, TTY 275-2700
Monroe County Drug Help Line 275-0505, TTY 275-2700

If you suspect your child has a substance abuse problem, contact:

School drug and Alcohol Counselor, Mark A. Head, at 359-5233, or your school Administrators, Social Workers, Psychologists, School Counselors or Nurse/Health Teachers

Your family physician or pediatrician

Your employee assistance program

Monroe County School resource Officer.....359-7808

For substance abuse evaluation, counseling, treatment and aftercare:

Conifer Park Counseling Services (evaluation, inpatient, outpatient, aftercare)

1150 University Ave.....442-8422

Delphi Drug & Alcohol Council 1839 E. Ridge Rd.....467-2230

Family Services of Rochester 30 N. Clinton Ave. 232-1840

DePaul National Council on Alcohol & Drug Dependence; Rochester Area
(formerly known as the Health Association)

1 Mount Hope Ave.423-9490

Huther-Doyle Prevention Services (DePaul)

360 East Ave.; 333 W. Commercial St., E. Rochester (Suite 3000)

.....325-5100/381-4810

Substance & Alcohol Intervention Services for the Deaf /RIT

..... v/TTY 475-4978

Unity Health Chemical Dependency Services (Park Ridge)

(evaluation, outpatient, inpatient, aftercare)

2000 S. Winton Rd. Crossbridge Office Park, Building #2.....272-8330

Westfall Associates (evaluation, outpatient, aftercare)

919 Westfall Road, Building C (Suite 120)473-1500

Self-help groups:

Alcoholics Anonymous (Rochester Area Intergroup, Inc.)232-6720

to download a local meeting list, go to: www.rochester-ny-aa.org

Al-Anon/Al-A-Teen (for teens or other family members with an alcoholic family member or friend).....288-0540
to download a local meeting list, go to:www.rochesterais.org

Legal help/law enforcement:

Drug Court.....428-2034
Family Services of Rochester Legal Services232-1840
PINS (Persons In Need of Supervision) Info Line428-2250
Monroe County Sheriff/Zone A419-0900

To report drug activities:

24 hour “GIVE TIP” Drug Hotline (can be anonymous).... 1-800-448-3847
Drug Crime Hotline428-6000

National resources:

Parent help and information:

Alcoholics Anonymous 1-212-870-3400.. www.alcoholics-anonymous.org
Al-Anon/Al-A-Teen 1-800-356-9996..... www.al-anon.alateen.org
ISAIC Online for College Students www.drugfreeinfo.org/acollege

National Institute on Drug Abuse 1-800-622-HELP www.nida.nih.gov
National Center on Addiction & Substance Abuse at Columbia University
..... www.casacolumbia.org
The Nation’s Voice on Mental Illness www.nami.org
NYS Office of Alcoholism & Substance Abuse Service
..... www.oasas.state.ny.us
Office of National Drug Control Policy..... www.drugstory.org
Parents. The Anti-Drug..... www.theantidrug.com
Partnership for a Drug Free America..... www.drugfreeamerica.org
Substance Abuse & Mental Health Serv. Admin.
..... 1-301-443-0365 www.samhsa.gov
Toughlove..... 1-800-333-1069 www.toughlove.org

Informational sites especially for teens:

Check Yourself (admin. by Partnership for a Drug-Free America)
www.checkyourself.com
Freevibe (National Youth Anti-Drug Media Campaign)www.freevibe.com
Go Ask Alice (Columbia University’s Health Education program)www.goaskalice.edu

Where kids get drug information:

There are popular online sites where kids can learn about hallucinogenic drugs, dosages, effects, how to grow marijuana, etc. If you would like more information about these sites to see what our kids can access, please contact the Rush-Henrietta Central School District Prevention Coordinator, Mark A. Head, at 359-5233.

Monitoring resources:

Some sources to purchase drug tests & computer spyware; not endorsed by SCPC:

www.drugstore.com

www.drugtestyourteen.com

www.craigmedical.com

www.psychemedics.com (specifically for hair analysis drug tests)

www.spectorsoft.com (for Spectorsoft/E-Blaster software)

www.jdennis.net (for DeadAim)

Recommended reading:

Adolescent Drug & Alcohol Abuse: How to Spot It, Stop It, and Get Help for Your Family by Nikki Babbitt (Sebastopol, CA: O'Reilly & Assoc., 2000).

Buzzed: The Straight Facts about the Most Used and Abused Drugs from Alcohol to Ecstasy by Cynthia Kuhn et. al. (New York: W. W. Norton & Co., 2003).

Dirty: A Search for Answers Inside America's Teenage Drug Epidemic by Meredith Maran (San Francisco: Harper, 2003).

Just Say Know: Talking with Kids about Drugs and Alcohol by Cynthia Kuhn et. al. (New York: W. W. Norton & Co., 2002).

Pumped: Straight Facts for Athletes about Drugs, Supplements, and Training by Cynthia Kuhn, et. al. (New York: W. W. Norton & Co., 2000).

Saying No Is Not Enough: Helping Your Kids Make Wise Decisions About Alcohol,