



THE FSC PREVENTION RESOURCE CENTER

The Prevention Resource Center is a service for our member- school staff and families. The PRC provides ready access to the most current prevention resources and materials needed for successful efforts in prevention and intervention of youth alcohol, tobacco and other drug use; behavioral and mental health concerns; and issues that interfere with positive child and adolescent development.

The PRC offers a wide range of videos, books, pamphlets, posters, and informational guides that can be used to educate and inform youth from elementary through high school, on a wide variety of topics including: alcohol and drug prevention, violence prevention, social skills, grief and loss / coping skills, and bullying prevention. FSC's prevention specialists are available to advise and consult by appointment.

Available Resources at the FSC Prevention Resource Center

Books

Alcohol and Drug Prevention
Anger Management
Bullying Prevention
Disabilities
Grief and Loss
Group Activities
Mental Health
Parenting Resources
Sexuality
Sexual Harassment
Violence Prevention
Working With Youth
Posters

Videos

Alcohol
Bullying Prevention
Dating Violence
Media and Substance Abuse
Mental Health
Other Drugs
Sexual Harassment
Tobacco
Violence Prevention
Other Publications/Information
Curriculums and Programs
Guides/Handbooks/Kits
HIV/AIDS
Periodicals
Prevention Information
Substance Abuse Information

BOOKS

Alcohol and Drug Prevention

Adolescents, Alcohol and Substance Abuse: Reaching Teens through Brief Interventions by Peter Monti, Suzanne Colby, Tracy O'Leary A. Tevyaw (2001)

Buzzed: The Straight Facts about the Most Used and Abused Drugs from Alcohol to Ecstasy, Fully Revised and Updated Second Edition by Scott Swartzwelder, Wilkie Wilson, Leigh Heather Wilson, Cynthia Kuhn, Ph.D, Jeremy J. Foster (2003)

Just Say Know: Talking with Kids about Drugs and Alcohol by Cynthia Kuhn, Scott Swartzwelder, Ph.D and Wilkie Wilson, Ph.D (2002)

LSD, PCP, and Hallucinogen Drug Dangers (Drug Dangers (Cloth)) Judy Monroe (2000)

Prevention That Works! : A Guide For Developing School-Based Drug and Violence Prevention Programs by Cynthia R. Knowles (2001)

Anger Management

Anger Management for Substance Abuse and Mental Health Clients. A Cognitive-Behavioral Therapy Manual. US Dept. of Health and Human Services. (2002)

Anger Management for Youth: Stemming Aggression and Violence by Leona L. Eggert (1994)

Bullying Prevention

101 Support Group Activities for Teenagers Who Are Targets of Bullies: A Leader's Manual for Secondary Educators and Other Professionals by David J. Matthews (2002)

"Bullying Prevention Information" (binder)

Bully Proof. A Teacher's Guide on Teasing and Bullying for use with Fourth and Fifth Grade Students. by Nan Stein and Lisa S. Jostrom (2 copies) (2001)

Easing the Teasing: Helping Your Child Cope with Name-Calling, Ridicule, and Verbal Bullying by Judy S. Freedman (2002)

Quit It! A Teacher's Guide on Teasing and Bullying for Use with Students in Grades K-3. by Merle Froschl, Barbara Sprung, Nancy Mullin-Rindler with Nan Stein and Nancy Gropper (2 copies) (1998)

The Bully Free Classroom: Over 100 Tips and Strategies for Teachers K-8 by Allan L. Beane (1999)

TRIBES. A New Way of Learning and Being Together. by Jeanne Gibbs (1995)

Disabilities

"Information about Students with Disabilities. Improving Care for Children with ADD by NICH and Inclusion of Students with Disabilities by the National Mental Health Education Center." (Binder) (2003)

Grief and Loss

Grief at School. A Manual for School Personnel. by Helen Fitzgerald (1998)

Life and Loss. A Guide to Help Grieving Children. by Linda Goldman (1994)

Group Activities

Energizers and Icebreakers for All Ages and Stages by Elizabeth S. Foster (1998)

Talk With Teens About Feelings, Family, Relationships, and the Future: 50 Guided Discussions for School and Counseling Groups by Jean Sunde Peterson (1995)

The Morning Meeting Book. by Roxann Kriete (2002)

Mental Health

Depression: The Mood Disease (Johns Hopkins Health Book) by Francis Mark Mondimore (1993)

"Helping Youth Cope with Trauma, Grief and Loss, Anxiety, Fears and Other Related Problems." (Binder) (1999-2004)

"Mental Health Information (Resilience, Depression, Resources)" (Binder) (2000-2003)

Understanding Depression: What We Know and What You Can Do About It by J. Raymond DePaulo and Leslie Alan Horitz (2002)

Parenting Resources

A Parent Resource Guide. How to get through the first 21 years. A Project of the Montgomery County Community Partnership, January 2000, 3rd Edition.

Helping Your Children Navigate Their Teenage Years: A Guide for Parents. by Whitehouse Council on Youth Violence. December 2000.

How to Keep Your Teenager Out of Trouble and What to Do If You Can't. by Dr Neil I. Bernstein (2001)

Parent to Parent. Keeping Healthy Families Healthy. Personal Development Kit. By the Passage Group (CD) (2002)

Parent to Parent: Raising Kids in Washington by Parents Council of Washington DC. (2003)

Parenting for Prevention. How to Raise a Child to Say No to Alcohol and Drugs. For Parents, Teachers and Other Concerned Adults. by David J. Wilmes (1998)

Parents as Mentors. A New Perspective on Parenting that Can Change Your Child's Life. by Sandra Burt and Linda Perlis. (1999)

Parents Getting a Head Start Against Drugs. Trainer's Guide. US Dept of Health and Human Services, Public Health Service, SAMSHA (1993)

Sexuality

"Adolescent Sexual and Reproductive Health Information. Prevention Programming, Contraception, Date Rape, Homosexuality, HIV/AIDS." (binder) (2001-2003)

Human Sexuality. Values and Choices. A Values Based Curriculum for 7th and 8th Grades. Teacher's Manual. by the Search Institute. (1991)

Violence Prevention

Blueprints for Violence Prevention Initiative developed by the Center for the Study and Prevention of Violence at the University of Colorado Boulder. Funded by Office of Juvenile Justice and Delinquency Prevention (OJJDP) July 2004

Classroom Killers? Hallway Hostages? How Schools Can Prevent and Manage School Crises by Kenneth S. Trump (2002)

DATING – "What is a Healthy Relationship?" Perspectives on Relationships. by Kate Havelin (2000).

Healing the Hate. A National Hate Crime Prevention Curriculum for Middle Schools by OJJDP January 1997. (binder)

Ready-to-Use Violence Prevention Skills Lessons & Activities for Elementary Students by Ruth Weltmann Begun (1999)

Safe Schools, Safe Students. A Guide to Violence Prevention Strategies. by Drug Strategies. (1998)

Second Step. A Violence Prevention Curriculum. Middle School/Junior High. Level 1. by Committee for Children. (1998)

Youth Violence: A Report of the Surgeon General. Department of Health and Human Services. (2001)

Youth Violence: A Report of the Surgeon General Executive Summary. (2001).

A Year of School Counseling: Tools and Techniques for K-12 Themes Throughout the Year by Muller-Ackerman (2002)

Boys Know it All. Wise Thoughts and Wacky Ideas From Guys Like You. compiled by Michelle Roehm. (1998)

VIDEOS

Alcohol

"Alcohol. A Women's Health Issue" National Institute on Alcohol Abuse and Alcoholism (2002) 12:25 minutes

"Binge Drinking: The Facts" by Human Relations Media; (1998) 23:30 minutes

"Brain Scans: Alcohol and the Teenage Brain" by Human Relations Media (2001) 22:59 minutes

"Confronting Drunk Driving" by Human Relations Media (2003) 26:53 minutes

"Drinking it In. Mixing Alcohol Images and Kids." Robert Wood Johnson Foundation (2003) approx. 5 minutes

"Teen Files The Truth About Drinking" by AIMS Multimedia (1998) 30 minutes

"Underage Drinking: Know the Facts, Know the Risks" by Human Relations Media (2003) 26:30 minutes

"What is Alcoholism?" by Human Relations Media (2003) 22:14 minutes

Bullying Prevention

"Beyond the Butterfly Middle Schools Girls Speak Out" by Wisconsin Public Television (2000) 60 minutes

"Cruel Schools" Discovery Channel School (2003) 24:39 minutes

"Let's Get Real" The Respect for All Project Women's Educational Media (2003) 35:28 minutes

Without a Trace "Wannabe" CBS (2 copies) (2003) 50 minutes

Media and Substance Abuse

"TARGETED! How Tobacco and Alcohol Companies Try to Get You Hooked" Human Relations Media (2003) 23:57 minutes

"Day for Night" (DRADA) Depression and Mood Disorders by DRADA Depression and Related Affective Disorders (1999) 26 minutes

"How you Look is Not Who You Are: Teens Talk about Eating Disorders" by In the Mix (2004) 20 minutes

Other Drugs

"Ecstasy" In the Mix (2001) 30 minutes

"Ecstasy: The Facts" Human Relations Media (2001) 21:05 minutes

"Club Drugs: The Real Deal" Human Relations Media (2002) 27:20 minutes

"Debunking the Myths About Marijuana. What Can your Community Do?" Whitehouse Office of National Drug Control Policy, National Youth Anti-Drug Media Campaign (2 copies) (2003) 7:15 minutes

"Dying High in the ER" Human Relations Media (2003) 25:53 minutes

"EDUCATE Video Creating Inhalant Abuse Awareness Together." (1998) 16:03 minutes For Adults

"Everything You Need to Know about Substance Abuse in 22 Minutes" by Human Relations Multimedia (2003) 22 minutes

"Marijuana in the New Millennium" David L. Ohlms, MD GWC (2001) 25:23 minutes

"Methamphetamine: The Hard Facts" Human Relations Media (2003)
19:45 minutes

"Prescription Drug Abuse" Educational Video Network (2001) 22 minutes

"Know the Score: The Dangers of Performance Enhancing Drugs" Human Relations Media (2003) 19:55 minutes

"Steroids: The Hard Truth" by In the Mix (2002) 30 minutes

"The Truth About Drugs (School Version)" AIMS (2000) 30 minutes

"The Truth About Hallucinogens" Human Relations Media (2003) 17:58 minutes

"Think Twice: Marijuana and Cancer" Human Relations Media (2002)
19:09 minutes

Sexual Harassment

"Respecting Each Other: Sexual Harassment Prevention" by AIMS
Multimedia (1995) 20 minutes

Tobacco

"How I Quit Smoking and Saved My Life" Human Relations Media (2001)
28:31 minutes

"No Ifs, Ands or Butts Smoking Kills" Human Relations Media (2001)
24:51 minutes

"Secondhand Smoke: A Matter of Life and Death" Human Relations Media
(2002) 28:55 minutes

"Smoking the Truth Unfiltered" by In the Mix (1998) 30 minutes

"Spit Tobacco Exposed" Human Relations Media (2000) 15:50 minutes

"Why? The Psychological Triggers of Tobacco" Human Relations Media
(1998) 26:30 minutes

Violence Prevention

"Can't We All Just Get Along?" Dealing with Hate and Bias" Episode 7 by
NEA Safe Schools Now Network (2001) 53 minutes

"Mind Over Media Helping Kids Get the Message" Episode 9 by NEA Safe Schools Now Network (2001) 58 minutes

"No Means No (Date Rape Prevention Video)" by Empower Kids (1995) 19 minutes

"Tough Guise" by Human Relations Media (1999) 80 minutes

"Violence and Conflict Resolution" by AIMS Multimedia (2004) 27 minutes

OTHER PUBLICATIONS/INFORMATION

Curriculums and Programs

Life Planning Education A Youth Development Program

Building Blocks for a Healthy Future - For Pre-k, K, 1, 2 making positive, healthy choices

Guides/Handbooks/Kits

Maximum Youth Involvement: The Complete Game plan for Community Action and Youth! The 26% Solution (an action handbook)

Answers nearly 100 questions that cover every kind of challenge and situation. Compares various models to figure out what level of youth involvement makes sense for you and also identifies the essential organizational supports. There are step-by-step advocacy skill-building activities and strategies to help adults as well as youths adapt to new roles.

Revised Making the Grade. A Guide to School Drug Prevention Strategies

Identifies key elements of prevention, reviews 50 curricula, includes 10 new curricula as well as 6 curricula that focus exclusively on alcohol or tobacco.

Safe Schools, Safe Students: A Guide to Violence Prevention

Assesses over 84 violence prevention programs created for classroom use, examines school policies to promote a peaceful and safe learning environment, provides practical help in developing school strategies to prevent violence and drug abuse.

STREET DRUGS A Drug Identification Guide (Spring 2003)

56-page booklet is filled with high-resolution photographs covering all commonly abused street drugs today. In addition to the 45+ drugs described there is also current information on school safety, date rape, alcohol, tobacco, inhalants, gangs, bombs, sexual harassment, AIDS, suicide and first aid.

Treating Teens: A Guide to Adolescent Drug Programs

Identifies 9 key elements of effective adolescent drug treatment, provides current, reliable information on 144 adolescent treatment programs across the country, describes in detail 7 promising adolescent programs that include a range of treatment approaches, and provides practical resources, such as hot-line help telephone numbers for each state and questions every parent should ask when considering a program.

National Inhalant Prevention Coalition Local Coordinator's Kit

Tips on getting started, dealing with the media, overheads and camera ready art.

HIV/AIDS

National Association of School Psychologists, National Mental Health and Education Center

Periodicals

The Prevention Researcher

A quarterly newsletter devoted to helping professionals who work with at-risk youth. Each issue focuses on a single topic and contains new and timely research by leading scientists in the prevention field.

Youth Today The Newspaper on Youth Work

A publication of The American Youth Work Center, this newspaper is the only national publication for the youth services field covering such issues as child advocacy, juvenile justice, youth development and health, after-school programs, and other issues important to those in the youth work field.

Prevention Information

Alcohol, Tobacco and Other Drugs PREVENTION FILE

Community How To Guide on Underage Drinking Prevention (2 copies)

Drawing the Line on Under-21 Alcohol Use. A Manual for School Community Action Teams.



Environmental Strategies for Preventing Substance Use among Youth

Guide to Risk Factor and Outcome Instruments for Youth Substance Abuse Prevention Program Evaluations.

Maximum Youth Involvement. The Complete Gameplan for Community Action.

National Inhalant Prevention Coalition Local Coordinator's Kit

Navigating the Pathways: Lessons and Promising Practices in Linking Alcohol and Drug Services with Child Welfare

Networking Directory Substance Abuse Prevention and Treatment Conference February 2003 Washington, DC

Prevention Information (Model Programs, Strategies for Families, Resources for Teachers and Parents, Community and Environmental Strategies)

Science-based Prevention Programs and Principles 2002 Effective Substance Abuse and Mental Health Programs for Every Community.

Sourcebook of Drug and Violence Prevention Programs for Children and Adolescents

Strategies for Prevention Practitioners by CSAP's Northeast Center for the Application of Prevention Techniques (Policy, Enforcement, Collaboration, Communications, Alternatives, Early Intervention)

The Prevention Researcher – quarterly magazine

Too Smart to Start Community Action Kit for Prevention Professionals and Volunteers (4 copies)

Substance Abuse Information

Alcohol, Tobacco and Drug information in Spanish/Espanol

Center for Substance Abuse Research (CESAR) Information

Drug Information: GHB, Inhalants, Methamphetamine, Steroids

Drug Testing in Schools

General Substance Abuse Information – Commonly Abused Drugs, Research, Surveys, Community Indicators, Etc.

Maryland State Department of Education 2002 Maryland Adolescent Survey

Media/Advertising and Substance Abuse

Monitoring the Future. National Survey Results on Drug Use, 1975-2001 Vol. I Secondary School Students

Monitoring the Future. National Survey Results on Drug Use, 1975-2001 Vol. II College Students & Adults Ages 19-40

National Household Survey on Drug Abuse Information

- Overview of Findings from the 2002 NSDUH (2 copies)
- Results from the 2002 NSDUH: National Findings
- State Estimates of Substance Use From 2001 NHSDA Vol. I Finding

National Institute on Drug Abuse Info Facts (Drug Abuse and Addiction, Health Effects of Specific Drugs, Drug Abuse and AIDS, Survey Data)

Partners' Influence on Women's Addiction and Recovery: The Connection between Substance Abuse, Trauma, and Intimate Relationships

Prescription Drugs (Oxycontin Abuse and Diversion and Efforts to Address the Problem)

Resources (National and Local)

SAMHSA's National Clearinghouse for Alcohol and Drug Information The Facts about Alcohol Library Search

Substance Abuse The Nation's Number One Health Problem

Substance Abuse Treatment Information (Information on Programs, New Research, etc)

Under Age Alcohol Use Information

What You Should Know About Alcohol Problems. Substance Abuse in Brief (April 2003)

POSTERS

Dancing, Pottery, Drumming: My Anti-drug

What You don't know About Weed

So Your Parents Do Drugs or Drink Too Much and You Think it is Your

Fault? Think Again. It's Not. Find someone you trust and talk about it.

Think It's Harmless to Drive Stoned?

I was afraid to take a friend home after school. I used to think it was my fault, but it is not. 1 in 4 kids have a parent who does drugs or drinks too much.

Your Time Their Future. Get Involved. Let's Keep Our Kids Drug Free.

With So Many Cool Things to do, it's NO wonder most kids choose not to drink.