

Resources for Families of Teens

Understanding Teen Development:

- www.teenmentalhealth.org info on the teen brain, sleep, behaviour, parenting
- *Brainstorm: Power and Purpose of the Teenage Brain*, book by Daniel J. Siegel, M.D.
- *The Art of Growing Up* A short video for young teens and caregivers.
<https://www.youtube.com/watch?v=0BJFoGK5GIY>

Mental Health Resources & Supports:

- www.heretohelp.bc.ca mental health, substance fact sheets, tips & links
- www.keltymentalhealth.ca BC's Mental Health Resource Centre
- www.anxietycanada.com Check out the Mindshift App for your phone
www.anxietycanada.com/resources/mindshiftcbt/

COVID-19 Community Resources and Support

- https://docs.google.com/spreadsheets/d/e/2PACX-1vS6YvOcQheyjJxeeHsdwjjtpvozU8-EAIJe4VWvpmYk_V9qc1TCmSFNn1amVpyNrxYs9FoRd1EKPySI/pubhtml# Covid specific community support and resources for children and adults, click on each tab to find support in different areas.
- <https://www.drugfreekidscanada.org/support-yourself-and-your-family-through-the-challenges-of-covid-19/> Drug Free Kids Canada. Ideas on supporting yourself and your family through the challenges of Covid-19
- <https://www.bccf.ca/bccf/blog/covid-19-resources-for-families/> BC Council for Families. Parenting tips and ideas for Covid-19
- <https://www.cps.ca/en/blog-blogue/supporting-youth-with-anxiety-disorders-during-the-covid-19-pandemic> Canadian Paediatric Society. Supporting youth with anxiety disorders during the COVID-19 pandemic

Support for Parents/Caregivers

- www.vsb.bc.ca/SACY Supporting and Connecting Youth. Contact SACY Parent Support Worker if you are concerned about your child's substance use. SACY Parent worker can offer support and referrals to other community resources.
- parentstogether@bgc-qv.bc.ca or visit www.bgccan.com Parents Together now offering virtual weekly education & support group for parents of teens. Please call 604-779-1810 for more information.
- In the Know Webinar program library: www.familysmart.ca/programs/in-the-know (100s of topics: ADHD, Teen development, mental health, substances, internet, and more)
- www.milieu.ca Milieu Children and Family services offer family counselling, parent-teen mediation and group support to families
- www.familysmart.ca. Vancouver Parent In Residence at Familysmart offer peer support, mentoring and system navigation to parents and caregivers parenting children, youth or young adults with mental health and/or substance use challenges. Email: Vancouver@familysmart.ca to connect.

Substances, Society, and Interactive Resources:

- [Cannabis Corner](#) click for links & resources on the SACY website or go to www.vsb.bc.ca/Student_Support/Safe_Caring/SACY_Substance_Use_Health_Promotion/Cannabis-Corner/Pages/default.aspx

- www.mcs.bc.ca/ahs McCreary Society Adolescent Health Survey. Learn about BC trends.
- www.camh.ca Centre for Addiction & Mental Health. Evidence-based resources.
- www.drugcocktails.ca Search interactions with alcohol, cannabis & 200 drug combinations.

Online Safety, Gaming, Social Media, and Resources:

- www.cybertip.ca includes a guide on Self/peer exploitation for families
- www.protectkidsonline.ca quizzes, games, guidelines for families
- www.bcreponsiblegambling.ca/resources-links/program-resources Gaming information, the link between gaming and gambling; info on teen risks and who to contact.

Online pdf Books

What parents need to know about teens: myths, facts, strategies

www.camh.ca/-/media/files/guides-and-publications/what-parents-need-to-know.pdf

What parents need to know about teen risk-taking: strategies for reducing problems

www.camh.ca/-/media/files/guides-and-publications/what-parents-teen-risk-taking-en.pdf

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