

There are abbreviated materials - "Information Packets" - that are included in this list. This list represents only materials primarily on this topic. However, there are other materials that speak to this topic available in the library (i.e., brief "Articles," etc.). Contact ORPARC for additional materials.

## Substance Abuse Issues/Addiction

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Material Title: **Beyond Addiction: How Science and Kindness Help People Change**  
 Author: Jeffrey Foote *Books* 2014 352

Beyond Addiction eschews the theatrics of interventions and tough love to show family and friends how they can use kindness, positive reinforcement, and motivational and behavioral strategies to help their loved ones change. Drawing on forty collective years of research and decades of clinical experience, the authors present the best practical advice science has to offer.

Delivered with warmth, optimism, and humor, Beyond Addiction defines a new, empowered role for friends and family and a paradigm shift for the field. Learn how to tap the transformative power of relationships for positive change, guided by exercises and examples. Practice what really works in therapy and in everyday life, and discover many different treatment options along with tips for navigating the system. And have hope: this guide is designed not only to help someone change but to help someone want to change.

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Material Title: **Conversation Starters for Direct Work with Children and Young People; Guidance and Activities for Talking About Difficult Subjects**

Author: Audrey Tait *Books*

Conversation Starters for Direct Work with Children and Young People provides guidance and support for any adult who needs to talk to children about difficult issues. The issues covered include domestic abuse and drug use, mental health issues, adoption and fostering, family illness and bereavement, as well as giving evidence in court.

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Material Title: **Critters Cry Too: Explaining Addiction to Children**

Author: Anthony Curcio *Children's Books* 2016 36

Critters didn't need much to be happy, a good game of critterball and doing what they loved to do most, talking to each other, was usually enough. But when Whateveritwas (what Critters called cookies) came, all of that changed. Some Critters stopped talking, stopped playing and stopped being themselves.

All they wanted was more Whateveritwas.

With a broken heart, Calvin had to do something but there wasn't much of anything he could do. Following good advice from an obnoxious insect friend and having a loved one to talk to, Calvin learns how to find himself even while some of the Critters he loves were still lost.

Topics Covered:

Drug and Alcohol Addiction

Understanding irrational/selfish behavior

Discussing feelings and the 'Elephant in the Room'

Loving someone who is chemically dependant

Feeling alone and ashamed

Inspires hope and promotes confidence

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Material Title: **For Your Own Good: A Child's Book about Foster Care**

Author: Doris Sanford *Children's Books* 1993 28

Jerome and his younger brother stay in a foster home while their mother tries to recover from her substance abuse

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Material Title: **Grandparenting the Children of Addicted Parents; Experiences and Wisdom for Kinship Carers**

Author: Janet Bujra *Books* 2019 256

This is an accessible book on grandparenting children in cases where grandparents have become legally responsible for parenting a child in their family, often due to parental drug misuse or mental health issues. This book has grandparent kinship carers talking candidly about the challenges involved and what support services are available.

## Substance Abuse Issues/Addiction

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Material Title: **Hey, Kiddo; How I Lost My Mother, Found My Father, and Dealt with Family Addiction**  
Author: Jerrett J. Krosoczka *Children's Books* 2018 320

In kindergarten, Jarrett Krosoczka's teacher asks him to draw his family, with a mommy and a daddy. But Jarrett's family is much more complicated than that. His mom is an addict, in and out of rehab, and in and out of Jarrett's life. His father is a mystery -- Jarrett doesn't know where to find him, or even what his name is. Jarrett lives with his grandparents -- two very loud, very loving, very opinionated people who had thought they were through with raising children until Jarrett came along.

Jarrett goes through his childhood trying to make his non-normal life as normal as possible, finding a way to express himself through drawing even as so little is being said to him about what's going on. Only as a teenager can Jarrett begin to piece together the truth of his family, reckoning with his mother and tracking down his father.

Hey, Kiddo is a profoundly important memoir about growing up in a family grappling with addiction, and finding the art that helps you survive.

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Material Title: **Mother Bunny and the Bad Plants: a story of kinship care for small children**  
Author: Elise Bowditch *Children's Books* 2016 24

Depending how you count, about 3-5% of children in the USA live with their grandparents or other relatives. Some of them live there because their parents have drug problems. Most of them arrive at grandma and grandpa's home when they are very young. This book is for them. The book is kid-focused, and has a happy ending.

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Material Title: **Parent's 20 Minute Guide, The; A guide for parents about how to help their children change their substance use**  
Author: Center for Motivation and Change *Books* 2016 124

The Parent's 20 Minute Guide helps parents change their child's substance use. Developed by psychologists at the Center for Motivation and Change, the 20 Minute Guide pulls from Motivational Interviewing (MI), CRAFT (Community Reinforcement and Family Training), Cognitive Behavioral Treatment (CBT), and Dialectical Behavior Therapy (DBT) to give family members the best tools to help a loved one change their substance use while staying connected and using the power of science and kindness. This guide will help you with such tools as: How to react when your child has been using substances and when he has NOT been using; How to co-parent and collaborate as effectively and smoothly as possible; Getting more of what you want to see from your child and less of what you don't; How to talk to your child so that you are more likely to be heard; How to take care of yourself all along the way.