

Oklahoma Department of Mental Health and Substance Abuse Services

Prevention Resource Library

SUBSTANCE ABUSE AND ADDICTION

Facts For Schools

[Own Your Power Schools One-Pager.pdf - Google Drive](#)

Girls And Women: Substance Misuse Trends and Prevention

[Girls and Women: Substance Misuse Trends and Prevention Strategies | Prevention Technology Transfer Center \(PTTC\) Network \(pttcnetwork.org\)](#)

Debunking The Myths Around Addiction

<https://pttcnetwork.org/centers/central-east-pttc/product/stigma-series-part-2-debunking-myths-around-addiction>

Prevention Intervention For People Under-Resourced

<https://pttcnetwork.org/centers/central-east-pttc/product/adapting-prevention-interventions-better-serve-people-who-are>

The Intersection Of Prevention And Recovery

[The Intersection of Prevention and Recovery: Making the Connection | Prevention Technology Transfer Center \(PTTC\) Network \(pttcnetwork.org\)](#)

What Does Not Work In Prevention

[What Does NOT Work in Prevention | Prevention Technology Transfer Center \(PTTC\) Network \(pttcnetwork.org\)](#)

OK I'M READY (Treatment And Prevention Resources)

<https://okimready.org/>

Marijuana

Preventing Marijuana Use Among Teens

<https://store.samhsa.gov/product/preventing-marijuana-use-among-youth/PEP21-06-01-001>

Preventing Underage Cannabis Use: Risk-Protective Factors & Effective Communication

<https://pttcnetwork.org/centers/pttc-network-coordinating-office/product/preventing-underage-cannabis-use-risk-protective>

Resource For Quitting Vaping And Marijuana

<https://www.ownyourpowerok.com/resources>

Community Response To Cannabis Legalization

<https://pttcnetwork.org/centers/great-lakes-pttc/event/community-responses-cannabis-legalization>

Marijuana Prevention Among Hispanics And Latino Adults Factsheet

<https://pttcnetwork.org/centers/national-hispanic-latino-pttc/product/marijuana-prevention-among-hispanic-and-latino-adults>

365 Days Without Weed: The Most Successful Year Of My Life (YouTube)

<https://www.youtube.com/watch?v=Bbl0robjzZQ>

What Happens When You Quit Marijuana? (YouTube)

https://www.youtube.com/watch?v=7u_cm5b1s7Y

Marijuana Tips For Teens: SAMHSA Fact Sheet

<https://store.samhsa.gov/sites/default/files/d7/priv/pep19-05.pdf>

Alcohol

PTTC Network: The Importance Of Prolonging The First Drink

<https://pttcnetwork.org/centers/mid-america-pttc/product/episode-59-importance-prolonging-first-drink>

College Drinking: Fact Sheet

<https://www.collegedrinkingprevention.gov/media/collegedrinkingFactSheet2022.pdf>

Underage Drinking: What's The Big Deal And What Do We Do About It?

<https://pttcnetwork.org/centers/great-lakes-pttc/product/underage-drinking-whats-big-deal-and-what-do-we-do-about-it>

Prevent Unsafe Drinking Behaviors on Campus

<https://store.samhsa.gov/product/prevent-unsafe-drinking-behaviors-campus/pep22-03-10-005>

Take Action To Prevent Underage Alcohol Use

<https://store.samhsa.gov/product/take-action-prevent-underage-alcohol-use/pep22-03-10-004a>

Alcohol Is Still A Drug Flipbook

<https://pttcnetwork.org/centers/great-lakes-pttc/product/alcohol-still-drug-flipbook>

Underage Drinking: Myths Vs Facts

<https://store.samhsa.gov/product/underage-drinking-myths-vs-facts/PEP21-03-10-007>

Alcohol: What Parents Need To Know

https://drugfree.org/wp-content/uploads/2021/03/Alcohol-Guide_Families_030821.pdf

Underage Drinking Myth Vs. Facts

https://store.samhsa.gov/sites/default/files/SAMHSA_Digital_Download/PEP21-03-10-007.pdf

Implementing Community-Level Policies To Prevent Alcohol Misuse

<https://pttcnetwork.org/centers/pttc-network-coordinating-office/product/evidence-based-resource-guide-series-implementing>

After Highs School: Talking With Your Young Adult Underage Drinking

<https://store.samhsa.gov/product/after-high-school-talking-your-young-adult-about-underage-drinking/PEP21-03-10-001>

5 Conversation Goals: Talking With Teens About Alcohol And Other Drugs

<https://store.samhsa.gov/product/talk-they-hear-you-five-conversation-goals-talking-with-teens-about-alcohol-and-other-drugs-mini-brochure/PEP20-03-01-003>

Prescription Drugs

Behavioral Health Among College Students

<https://store.samhsa.gov/product/Behavioral-Health-Among-College-Students-Information-and-Resource-Kit/SMA19-5052>

Prescription Drugs: They Can Help But Also Hurt - Not Worth The Risk (For Teens)

<https://store.samhsa.gov/product/Prescription-Drugs-They-Can-Help-But-Also-Hurt-Not-Worth-the-Risk-for-Teens-/SMA12-4677B2>

Overdose Grief, Loss, And Healing Support

<https://pttcnetwork.org/centers/northeast-caribbean-pttc/product/overdose-grief-loss-and-healing-supports>

Talk. They Hear. (Student Assistance Resource)

<https://store.samhsa.gov/product/tthy-student-assistance-resources-guide/PEP20-03-01-078>

Prescription Medications: Misuse, Abuse Dependence, And Addiction

<https://store.samhsa.gov/product/Prescription-Medications-Misuse-Abuse-Dependence-and-Addiction/SMA12-4175>

Rx Pain Medication. Know The Options, Get The Facts : Prescribing Opioids- Reduce The Risk

<https://store.samhsa.gov/product/Rx-Pain-Medications-Know-the-Options-Get-the-Facts-/SMA17-5053-7>

OPQIC Fact Sheet for Opioid in Pregnancy

[Risk-of-Opioids-and-Pregnancy-Fact-Sheet_Final.pdf \(opqic.org\)](#)

Methamphetamine

Tips For Teens: The Truth About Methamphetamine

<https://store.samhsa.gov/product/Tips-for-Teens-The-Truth-About-Methamphetamine/PEP18-03>

Risk Factors For Youth And Substances Misuse

<https://pttcnetwork.org/centers/great-lakes-pttc/product/risk-factors-youth-substance-misuse>

Cocaine And Methamphetamine Prevention

<https://pttcnetwork.org/centers/global-pttc/product/basics-pharmacology-and-psychostimulants-cocaine-methamphetamine>

Free From Meth

<https://www.samhsa.gov/sites/default/files/free-from-meth-radio-30.mp3>

Protracted Withdrawal

<https://store.samhsa.gov/product/protracted-withdrawal/SMA10-4554>

Steroids

Drug Facts About Anabolic Steroids

<https://nida.nih.gov/publications/research-reports/steroids-other-appearance-performance-enhancing-drugs-aped/introduction>

Tips For Teens: The Truth About Steroids

<https://store.samhsa.gov/product/Tips-for-Teens-The-Truth-About-Steroids/PEP19-06>

Tobacco

Juuling: I Quit Juuling For Two Months And This Is What Happened (YouTube)

<https://www.youtube.com/watch?v=-toFobmWNI8>

5 Tips For Handling Nicotine Withdrawal

<https://truthinitiative.org/research-resources/quitting-smoking-vaping/quitting-vaping-here-are-5-tips-handling-nicotine>

Quick Facts On The Risks Of E-Cigarettes For Kids, Teens And Young Adults

https://www.cdc.gov/tobacco/basic_information/e-cigarettes/Quick-Facts-on-the-Risks-of-E-cigarettes-for-Kids-Teens-and-Young-Adults.html

Talk With Teens About E-Cigarettes

https://e-cigarettes.surgeongeneral.gov/documents/SGR_ECig_ParentTipSheet_508.pdf

A Vaping Guide For Parents

<https://drugfree.org/wp-content/uploads/2018/11/What-You-Need-to-Know-and-How-to-Talk-to-Your-Kids-About-Vaping-Guide-Partnership-for-Drug-Free-Kids.pdf>

Youth And Tobacco Use

https://www.cdc.gov/tobacco/data_statistics/fact_sheets/youth_data/tobacco_use/index.htm

Teen Vaping (Information And Resources)

<https://stopswithme.com/protect-our-youth/>

Tips For Teens :The Truth About Tobacco

<https://store.samhsa.gov/product/Tips-for-Teens-The-Truth-About-Tobacco/PEP19-07>

You Can Quit Tobacco

<https://store.samhsa.gov/product/You-Can-Quit-Tobacco/SMA18-5069YCQ>

Synar Program For Preventing The Sale And Distribution Of Tobacco Products To People Under 21

<https://www.samhsa.gov/synar>

MENTAL HEALTH

The Jed Foundation Resource Center: I Want To Take Care Of My Health

<https://jedfoundation.org/i-want-to-take-care-of-my-mental-health/>

The Jed Foundation Resource Center: Practice Self-Care

<https://jedfoundation.org/practice-self-care/>

988 Hotline

www.988oklahoma.com

Suicide Prevention Resource Center

<https://www.sprc.org/settings/colleges-universities>

Talk Saves Lives

<https://afsp.org/talk-saves-lives>

Are You OK? (For University Employees)

<https://oklahoma.gov/odmhsas/trainings/training-institute/are-you-ok.html>

NIMH: I'm So Stressed Out

<https://www.nimh.nih.gov/sites/default/files/documents/health/publications/so-stressed-out-fact-sheet/Im-So-Stressed-Out.pdf>

NIMH: Caring For Your Mental Health—Information And Videos

<https://www.nimh.nih.gov/health/topics/caring-for-your-mental-health>

NIMH: My Mental Health - Do I Need Help?

https://www.nimh.nih.gov/sites/default/files/documents/health/publications/my-mental-health-do-i-need-help/my_mental_health.pdf

NIMH: Tips For Talking With A Healthcare Provider About Your Mental Health

https://www.nimh.nih.gov/sites/default/files/documents/health/publications/tips-for-talking-with-your-health-care-provider/tips-for-talking-with-a-health-care-provider-about-your-mental-health_1.pdf

NIMH: Stress Catcher: Catch Some Great Coping Strategies And Skills For Managing Stress

<https://www.nimh.nih.gov/sites/default/files/documents/health/publications/stress-catcher/stress-catcher.pdf>

NIMH: Warning Signs Of Suicide

https://www.nimh.nih.gov/sites/default/files/documents/health/publications/warning-signs-of-suicide/Warning_Signs_of_Suicide.pdf

NIMH: What Is Telemental Health?

<https://www.nimh.nih.gov/sites/default/files/health/publications/what-is-telemental-health/what-is-telemental-health.pdf>

Five Action Steps For Helping Someone In Emotional Pain

<https://www.nimh.nih.gov/sites/default/files/documents/health/publications/5-action-steps-for-helping-someone-in-emotional-pain/5-action-steps.pdf>

Mental Health First Aid For Higher Education

https://www.mentalhealthfirstaid.org/wp-content/uploads/2022/06/21.12.09_MHFA-Module-One-pagers_Higher-Education.pdf