

Teen Substance Use Resources for Families



Substance Use Treatment



Day One

Comprehensive substance use and mental health services, including residential, for youth.

Maine AAP Resource Map

Youth substance use treatment programs and resources by county.



Substance Use Disorder Services and Supports

Maine DHHS substance use disorder treatments and recovery supports, like transportation.

Cannabis or Tobacco



Let's Be Blunt

Research-supported information for parents on teen cannabis use.

Johnny's Ambassadors

Education and research for parents on the risks of youth cannabis use.



Maine Quit Link

Free 1-on-1 phone coaching for teens wanting to quit tobacco.

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Preventing Addiction & Overdoses



Prevent Overdose: Empowering Youth to Save Lives (NIDA)

Information on how to prevent youth overdoses.

One Pill Can Kill

Tools to prevent addiction, promote early intervention, & support recovery.



Resources for Parents



Helping Families Help

A resource guide with recommended books, podcasts, websites and other resources for parents.

Parent Craft

An online video course that teaches parents the skills they need to meet the risks of substance abuse.



Jibe Consulting- Anne Davis

Personal coach/consultant for parents navigating a child's substance use