



CPR—Underage Alcoholism

Contemporary Pediatrics Resources

Most all the sites below mention the confusing morass of other Web sites dedicated to treating young people with alcohol addiction. Various federal, state, and local groups, private charities, and treatment facilities all have sites that try to clear up the confusion. Unfortunately, there is not a clear consensus on alcoholism treatment, teen or otherwise. Recent studies suggest that treating it as a brain-based disease treatable with medicine works. Others say that alcoholism can be beaten by willpower, support from friends and family, and education. Still others try to shock teens from drinking, or offer a variety of cessation facilities. Hopefully, if you have a patient who needs help with alcohol, one of these sites may provide that help.

The Addiction Project:

www.hbo.com/addiction

A free documentary and online resource from HBO, the Robert Wood Johnson Foundation, the National Institute on Drug Abuse, and the National Institute on Alcohol Abuse and Alcoholism.

Al-Anon/Alateen:

www.al-anon.alateen.org

Odds are that a teen who drinks isn't the only one in the family. Families with a member with a drinking problem can find comfort and support here, based on the Alcoholics Anonymous 12-step program.

The Campaign for Alcohol-Free Sports TV:

<http://cspinet.org/booze/CAFST>

This project is sponsored by the Center for Science in the Public Interest, a nonprofit that also runs the Coalition for the Prevention of Alcohol Problems.

The Cool Spot:

www.thecoolspot.gov

Created by the National Institute on Alcohol Abuse and Alcoholism for kids 11 to 13.

Drinking: It Can Spin Your World Around:

www.familydoctor.org/273.xml

From the American Academy of Family Physicians.

FreeVibe's Alcohol page:

www.freevibe.com/Drug_Facts/alcohol.asp

Funded by the National Youth Anti-Drug Media Campaign.

Health Effects of Teen Alcohol Use:

www.teendrugabuse.us/teensandalcohol.html

Run by the same group behind Teen Help, offering guidance to teens on tough topics.

Kids Health on Alcohol:

www.kidshealth.org/teen/drug_alcohol/alcohol/alcohol.html

A site with physician-approved content for kids, sponsored by the Nemours Foundation's Center for Children's Health Media.

MADD:

www.madd.org

Working not just to stop drinking while driving, but underage drinking entirely.

The National Center on Addiction and Substance Abuse at Columbia University:

www.casacolumbia.org

According to CASA, "a child who reaches age 21 without smoking, abusing alcohol or using drugs is virtually certain never to do so."

Robert Perkinson Teen Alcoholism:

www.robertperkinson.com/teen-alcoholism.htm

Dr. Perkinson is the clinical director of the Keystone Treatment Center, and has decades of experience treating teen substance abuse.

SADD:

www.sadd.org

Formerly Students Against Drunk Driving, now Student Against Destructive Decisions. The broader name includes drugs other than alcohol to their mandate.

Stop Alcohol Abuse:

www.stopalcoholabuse.gov

A portal site of government agencies devoted to reducing underage drinking.

Teens: Alcohol and Other Drugs:

www.aacap.org/page.wv?section=Facts+for+Families&name=Teens+%3A+Alcohol+And+Other+Drugs
The American Academy of Child & Adolescent Psychiatry offers a Facts for Families page on the topic.

Underage Drinking:

www2.potsdam.edu/hansondj/UnderageDrinking.html

From a comprehensive site run by SUNY-Potsdam professor David J. Hanson, PhD.

Underage Drinking Enforcement Training Center:

www.udetc.org

Drinking before adulthood is not just unwise, it's illegal. This site, sponsored by the Pacific Institute for Research and Education, offers guidance on stopping such crime before it starts.

US Department of Health and Human Services and Substance Abuse and Mental Health Services Administration's National Clearinghouse for Alcohol and Drug Information:

<http://ncadi.samhsa.gov>

A one-stop hub for addiction material.