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Professional Reading List for Educators

By Rhana Hashemi




Philosophy

- [The \[Available\] Evidence for Harm Reduction Education in Schools](#)
- [Principles Of Harm Reduction](#)
- [Straight Talk At the Start](#). Chocolate to Morphine: Understanding Mind Active Drugs, Andrew Weil, MD and Winifred Rosen (1983)
- [Why People Use Drugs](#). Chocolate to Morphine: Understanding Mind Active Drugs, Andrew Weil, MD and Winifred Rosen (1983)
- [Safety First: A Reality-Based Approach to Teens and Drugs](#)
- [Stanton Peele's Non-Alarmist Approach to dealing with teen drug use](#)
- [Beyond Zero Tolerance A Reality-Based Approach to Drug Education and School Discipline](#)




Drugs

- [What is a Drug?](#) Chocolate to Morphine: Understanding Mind Active Drugs, Andrew Weil, MD and Winifred Rosen (1983)
- [Drug Wheel](#)
- [Drug Science](#)

Brain & Teens

- [How drugs effect the brain](#)
-  The Workings of the Adolescent Brain
-  Dan Siegel - "The Adolescent Brain"
-  Neuroscience - Addiction and the Brain

Trauma & Mental Health

-  Everything you think you know about addiction is wrong | Johann Hari
-  How Childhood Trauma Leads to Addiction - Gabor Maté
- [Trauma Is the Gateway Drug – an Ace's Informed Approach to Substance Abuse Treatment | Children's Mental Health Network](#)
-  "Drugs Aren't the Problem": Neuroscientist Carl Hart on Brain Science & M...

Risk & Protective Factors

- [Approach | Substance Use Prevention | Hilton Foundation](#)

Trends

- [Teen Trends in Drug Use- 2021](#)

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Overdose Crisis

- [Prohibition-Driven Misrepresentation and How We Can Fix It Together - Multidisciplinary Association for Psychedelic Studies](#)
- [Fentanyl Tainted Pills Bought on Social Media Cause Youth Drug Deaths to Soar](#)
- [Teen overdose deaths are rapidly rising -- but not because more of them are using drugs - CNN](#)

Harm Reduction

- [Drug Checking | DanceSafe](#)
- [What is Drug Checking?](#)
- [What are Overdose Prevention Sites?](#)
- [Understanding Naloxone - National Harm Reduction Coalition](#)
- [Good Samaritan Fatal Overdose Prevention Laws | Drug Policy Alliance](#)
- [harm-reduction-set-setting-drug - Positive Choices](#)

Health & Policy

- [What is Decriminalization?](#)
-  [What is the Drug War? With Jay-Z & Molly Crabapple](#)
- [How the war on drugs impacts social determinants of health beyond the criminal legal system](#)
- [Uprooting the Drug War](#)

Stigma

- [Addiction Language Guide](#)

Recommended Books:

From Chocolate to Morphine: Everything You Need to Know About Mind-Altering Drugs

By ANDREW WEIL, MD, AND WINIFRED ROSEN

- A comprehensive examination of drugs and drug use for teenagers and parents.

Steinberg, L. D. (2014). Age of opportunity: Lessons from the new science of adolescence.

- One of my favorite books on the science of adolescent Brain Development and how to raise healthy and successful teens

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Unbroken Brain

By Maia Stalivitz

- Challenging both the idea of the addict's "broken brain" and the notion of a simple "addictive personality", **Unbroken Brain** offers a radical and groundbreaking new perspective, arguing that addiction is a learning disorder, and shows how seeing the condition this way can untangle our current debates over treatment, prevention, and policy.

In the Realm of Hungry Ghosts: Close Encounters with Addiction

By Dr Gabor Mate

- In the Realm of Hungry Ghosts explores addiction as a symptom of distress, from the pain of individual trauma and family history to the spiritual emptiness pervading our entire society. Dr. Maté weaves brain science, case studies, personal testimony, and social critique into a powerful and kaleidoscopic look at one of our culture's most perplexing epidemics

Stolen Focus: Why You Can't Pay Attention--And How to Think Deeply Again

by [Johann Hari](#)

- I am just as concerned about the impacts of social media on the developing brain (as it relates to attention and well-being), as I am about drug use. This book will make it clear to you the ways the current design and regulation of social networking apps are diminishing the cognitive capacities of young minds, and remind us of the value of our attention and focus. It's a great read with your teen to discuss the importance of protecting our minds and unhealthy behaviors we have normalized/adapted to