

The

ADDICTION

Inoculation

RAISING **HEALTHY KIDS** IN
A CULTURE OF DEPENDENCE

Jessica Lahey



HARPER

An Imprint of HarperCollinsPublishers

The names and identifying details have been changed to protect the privacy of children described in this book.

This book is written as a source of information about substance use disorder and children. It is based on the research and observations of the author, who is not a medical doctor. The information contained in this book should by no means be considered a substitute for the advice of a qualified medical professional, who should always be consulted if you have or suspect you have a health problem.

The information in this book has been carefully researched, and all efforts have been made to ensure accuracy as of the date published. The author and the publisher expressly disclaim responsibility for any adverse effects arising from the use or application of the information contained in this book.

THE ADDICTION INOCULATION. Copyright © 2021 by Jessica Lahey. All rights reserved. Printed in the United States of America. No part of this book may be used or reproduced in any manner whatsoever without written permission except in the case of brief quotations embodied in critical articles and reviews. For information, address HarperCollins Publishers, 195 Broadway, New York, NY 10007.

HarperCollins books may be purchased for educational, business, or sales promotional use. For information, please email the Special Markets Department at SPsales@harpercollins.com.

FIRST EDITION

Designed by Nancy Singer

Library of Congress Cataloging-in-Publication Data has been applied for.

ISBN 978-0-06-288378-0

21 22 23 24 25 LSC 10 9 8 7 6 5 4 3 2 1

NOTES

Chapter 1: Hi, My Name Is Jess, and I'm an Alcoholic

progression from alcohol use to dependence J. Smith and C. Randall, "Anxiety and Alcohol Use Disorders: Comorbidity and Treatment Considerations," *Alcohol Research: Current Reviews* 34, no. 4 (2012): 414–31.

"our family's well-worn slippery slope" "Coming Out to My Children About My Alcoholism," *HuffPost*, August 24, 2013, https://www.huffpost.com/entry/coming-out-to-your-children-about-alcoholism_b_3480217.

Chapter 2: A Long, Strange Trip: Drugs, Alcohol, and Us

"very few try illicit drugs other than marijuana" D. Kandel and K. Yamaguchi, "From Beer to Crack: Developmental Patterns of Drug Involvement," *American Journal of Public Health* 83, no. 6 (1993): 851–55.

"greatly increases the likelihood" S. Nkanasah-Amankra and M. Minelli, "'Gateway Hypothesis' and Early Drug Use: Additional Findings from Tracking a Population-Based Sample of Adolescents to Adulthood," *Preventative Medicine Reports* 4 (2016): 134–41.

White males are more likely to escalate their use to hard drugs H. White et al., "Stages and Sequences of Initiation and Regular Substance

Use in a Longitudinal Cohort of Black and White Male Adolescents,” *Journal of Studies on Alcohol and Drugs* 68, no. 2 (2007): 173–81.

three times as likely Carolyn E. Sartor, “Alcohol or Marijuana First? Correlates and Associations with Frequency of Use at Age 17 Among Black and White Girls,” *Journal of Studies on Alcohol and Drugs* 80, no. 1 (2019): 120–28.

“If we can understand the beginning, we can help change the ending” *The First Day: A Focus on The Beginning*, directed by Jonathan Hock (2020), <https://thefirstdayfilm.com/>.

allowed us to organize and thrive as a species Jeffrey P. Kahn, “How Beer Gave Us Civilization,” *New York Times*, March 15, 2013, <https://www.nytimes.com/2013/03/17/opinion/sunday/how-beer-gave-us-civilization.html>.

“the painfully shy, their angst suddenly quelled” Ibid.

“Literally, the two have gone hand in hand” Gregg Smith, *Beer in America: The Early Years—1587–1840* (Boulder, CO: Siris Books, 1998), 2.

left their homes for the uncertain promise of a new land Mark Edward Lender and James Kirby Martin, *Drinking in America: A History* (New York: Free Press, 1987), 5.

“pumpkins, and parsnips, and walnut-tree chips” Eric Burns, *The Spirits of America: A Social History of Alcohol* (Philadelphia: Temple University Press, 2004), 13.

pre-Pasteur and his germ theory Pasteur was not born until 1822 and did not conduct the experiments that led to his germ theory until 1860–64.

“will drink one after another until they have emptied them” Christopher M. Finan, *Drunks: An American History* (Boston: Beacon Press, 2017), 11.

the highest of any population group in the United States Substance Abuse and Mental Health Services Administration report on American Indian /Alaska Native data, accessed March 2, 2020, https://www.samhsa.gov/sites/default/files/topics/tribal_affairs/ai-an-data-handout.pdf.

tavern adjacent to the Lexington Green Smith, *Beer in America*, 98–99.

“I have frequently seen Fathers wake their Child” W. J. Rorabaugh, *The Alcoholic Republic: An American Tradition* (Oxford: Oxford University Press, 1979), 14.

“It is no uncommon thing” Ibid.

“Everyone drank, beginning at birth” Susan Cheever, *Drinking in America: Our Secret History* (New York: Hachette, 2015), 34.

“toddlies for toddlers” Ibid.

“lethal lullabies” M. Obladen, “Lethal Lullabies: A History of Opium Use in Infants,” *Journal of Human Lactation* 32, no. 1 (2016): 72–85.

remained on the shelves American Medical Association, “Nostrums and Quackery: Articles on the Nostrum Evil and Quackery Reprinted from the Journal of the American Medical Association, Volume 2” (Chicago: Press of American Medical Association, 1921; Google Books).

“If it were not for [opium] and my soda-water” John C. Burnham, *Bad Habits: Drinking, Smoking, Taking Drugs, Gambling, Sexual Misbehavior, and Swearing in American History* (New York: New York University Press, 1993), 115–16.

“Indeed, fears about young people and drug use” Alex Mold, “The Historical Context of Drug Use by Young People,” in *Substance Misuse and Young People: Critical Issues*, ed. Ilana B. Crome and Richard Williams (New York: Routledge, 2020), 9.

“Meth[amphetamine] was considered” Ryan Grim, *This Is Your Country on Drugs: The Secret History of Getting High in America* (Hoboken, NJ: Wiley, 2009), 52.

“renewing their interest in life and living” Jerrold Winter, *Our Love Affair with Drugs: The History, the Science, the Politics* (New York: Oxford University Press, 2020), 66.

80 percent of them to women Grim, *This Is Your Country on Drugs*, 52.

“minimal brain damage” Nicolas Rasmussen, *On Speed: The Many Lives of Amphetamine* (New York: New York University Press, 2008), 164.

48.18 metric tons Brian J. Piper et al., “Trends in Use of Prescription Stimulants in the United States and Territories, 2006 to 2016,” *PLoS ONE* 13, no. 11, <https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0206100>.

“all-out offensive” against both the supply and demand “President Nixon Declares Drug Abuse ‘Public Enemy Number One,’” presidential address given on June 17, 1971, YouTube video posted April 29, 2016, <https://www.youtube.com/watch?v=y8TGLLQID9M>, accessed March 1, 2020.

speakeasies in New York City Burns, *The Spirits of America*, 197.

“Pretending that things are not as they seem” Susan Cheever, *Note Found in a Bottle: My Life as a Drinker* (New York: Washington Square Press, 1999), 187.

“the word ‘dependence’ won over ‘addiction’ by a single vote” Charles O’Brien, “Addiction and Dependence in DSM-V,” *Addiction* 106, no. 5 (October 2013), <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3812919/>.

Chapter 3: Wired for Risk: A Primer on the Adolescent Brain

human mothers would have to gestate babies for 18 to 21 months Kate Wong, “Why Humans Give Birth to Helpless Babies,” *Observations*, *Scientific American*, August 28, 2012, <https://blogs.scientificamerican.com/observations/why-humans-give-birth-to-helpless-babies/>.

eye gaze, social hierarchies, peer pressure, reputation, and physical appearance Mary Helen Immordino-Yang, Linda Darling-Hammond, and Christina Krone, “The Brain Basis for Integrated Social, Emotional, and Academic Development,” Aspen Institute and National Commission on Social, Emotional, & Academic Development, 2018, https://assets.aspeninstitute.org/content/uploads/2018/09/Aspen_research_FINAL_web.pdf.

“substance abuse, unintended pregnancy, and sexually transmitted diseases” Aaron White and Ralph Hingson, “A Primer on Alcohol and Adolescent Brain Development: Implications for Prevention,” in *Prevention of Substance Use*, ed. Zili Sloboda, Hanno Petras, Elizabeth Robertson, and Ralph Hingson (Switzerland: Springer Nature, 2019), 8.

“Plasticity is the process through which” Laurence Steinberg, *Age of Opportunity: Lessons from the New Science of Adolescence* (Boston: Houghton Mifflin, 2014), 24.

“You can’t produce enough dopamine to get out of bed” PBS, *Nova, Addiction*, directed by Sarah Holt. Air date October 17, 2018, <https://www.pbs.org/wgbh/nova/video/addiction>.

“Among youth who drink, the proportion who drink heavily” Lorena Siqueira, Vincent C. Smith, and Committee on Substance Abuse, “Binge Drinking,” *Pediatrics* 136, no. 3 (September 2015), <https://>

pediatrics.aappublications.org/content/136/3/e718.

the smaller her hippocampus will be Frances E. Jensen and Amy Ellis Nutt, *The Teenage Brain: A Neuroscientist's Survival Guide to Raising Adolescents and Young Adults* (New York: Harper, 2015), 130.

psychologist Edith Sullivan, described the loss as “striking” “Striking’ Impact of Adolescent Drinking on the Brain,” Medscape Medical News, November 9, 2017. <http://ncanda.org/images/MedScape%20NCANDA%20article.pdf>.

there’s no safe amount of alcohol during pregnancy “Alcohol Use in Pregnancy,” Centers for Disease Control and Prevention, March 27, 2018, <https://www.cdc.gov/ncbddd/fasd/alcohol-use.html>.

alcohol can be detected in breast milk “Alcohol,” Centers for Disease Control and Prevention, December 28, 2019, <https://www.cdc.gov/breastfeeding/breastfeeding-special-circumstances/vaccinations-medications-drugs/alcohol.html>.

“Our results show that the safest level of drinking is none” Max G. Griswold et al., “Alcohol Use and Burden for 195 Countries and Territories 1990–2016: A Systematic Analysis for the Global Burden of Disease Study 2016,” *The Lancet* 392 (August 2018), [https://doi.org/10.1016/S0140-6736\(18\)31310-2](https://doi.org/10.1016/S0140-6736(18)31310-2).

“It’s putting a new generation at risk” Robert Redfield, “Progress Erased: Youth Tobacco Use Increased During 2017–2018,” Press Release, Centers for Disease Control and Prevention, February 11, 2019, <https://www.cdc.gov/media/releases/2019/p0211-youth-tobacco-use-increased.html>.

bronchitis and asthma as well as acute lung damage Dharma Bhatta and Stanton Glantz, “Association of E-cigarette Use with Respiratory Disease among Adults: A Longitudinal Analysis,” *American Journal of Preventive Medicine* 58. no. 2 (2020): 182–90.

thus resulting in a net increase of new nicotine users Stanton Glantz and David Bareham, “E-cigarettes: Use, Effects on Smoking, and Policy Implications,” *Annual Review of Public Health* 39 (2018): 215–35.

persistent level of memory and problem-solving deficits Cynthia Kuhn, Scott Swartzwelder, and Wilkie Wilson, *Buzzed: The Straight Facts About the Most Used and Abused Drugs from Alcohol to Ecstasy* (New York: Norton, 2019).

may lead to brain damage and loss of cognitive function Ibid., 258.

“it releases dopamine from its storage sites” Marc Lewis, *Memoirs of an Addicted Brain: A Neuroscientist Examines His Former Life on Drugs* (New York: Doubleday, 2012), 187.

chronicles with Ambien Walrus posted to Reddit’s Ambien sub forum Jamal Stone, “Insane Stories of People on Ambien That’ll Brighten your Day,” *MilkXYZ*, February 1, 2016, <https://milk.xyz/articles/the-ambien-walrus-will-steal-your-memories/>.

woke up in a jail cell to the news Allison McCabe, “The Disturbing Side Effect of Ambien, the No 1. Prescription Sleep Aid,” *Huffington Post*, February 23, 2016, https://www.huffpost.com/entry/ambien-side-effect-sleepwalking-sleep-aid_n_4589743.

Chapter 4: Not My Kid: Who Gets Addicted, and Why

“substance abuse disorders are complex” Marc Schuckit, “A Brief History of Research on the Genetics of Alcohol and Other Drug Use Disorders,” *Journal of Alcohol and Drugs Supplement* 17, 2014, 59–67.

These environmental factors, including trauma Bart Rutten et al., “Longitudinal Analyses of the DNA Methylome in Deployed Military Servicement Identify Susceptibility Loci for Post-Traumatic Stress Disorder,” *Molecular Psychiatry* 23 (June 2017): 1145–56.

exercise Romain Barres, “Acute Exercise Remodels Promoter Methylation in Human Skeletal Muscle,” *Cell Metabolism* 15, no. 3 (2012): 405–11.

sleep deprivation Marie Gaine and Snehajyoti Chatterjee, “Sleep Deprivation and the Epigenome,” *Frontiers in Neural Circuits* 12 (2018).

diet Lionel Poirier, “The Effects of Diet, Genetics and Chemicals on Toxicity and Aberrant DNA Methylation: an Introduction,” *Journal of Nutrition* 132, no. 8 (2002): 2336S–39S.

mental illness “Epigenetic Mechanisms in Schizophrenia,” *Biochemica et Biophysica Acta (BBA) General Subjects* 1790, no. 9 (2009): 869–887, <https://doi.org/10.1016/j.bbagen.2009.06.009>.

stress Moshe Szyf, “The Early Life Environment and the Epigenome,” *Biochimica et Biophysica Acta (BBA) General Subjects* 1790, no. 9 (2009): 878–85, <https://doi.org/10.1016/j.bbagen.2009.01.009>.

died at higher rates Peter Ekamper et al., “Independent and Additive Association of Prenatal Famine Exposure and Intermedi-

ary Life Conditions with Adult Mortality Between Age 18–63 Years,” *Social Science and Medicine* 119 (2014): 232–39, <https://doi.org/10.1016/j.socscimed.2013.10.027>.

“and continued to do so for life” Carl Zimmer, “The Famine Ended 70 Years Ago, but Dutch Genes Still Bear Scars,” *New York Times*, January 31, 2018, <https://www.nytimes.com/2018/01/31/science/dutch-famine-genes.html>.

“Adverse childhood experiences” Vincent J. Felitti, “The Origins of Addiction: Evidence from the Adverse Childhood Experiences Study,” English translation of article published in Germany as “Evidenzen aus einer Studie zu belastenden Kindheitserfahrungen,” *Praxis der Kinderpsychologie und Kinderpsychiatrie* 52 (2003): 547–59, <https://www.nijc.org/pdfs/Subject%20Matter%20Articles/Drugs%20and%20Alc/ACE%20Study%20-%20OriginsofAddiction.pdf>.

70 percent Caucasian and 70 percent college-educated” Nadine Burke-Harris, *The Deepest Well: Healing the Long-Term Effects of Childhood Adversity* (New York: Houghton Mifflin Harcourt, 2018), 39.

“Our findings are disturbing to some” Felitti, “The Origins of Addiction.”
most people you know have experienced one of them Ibid.

The CDC sorts them into three categories:

Abuse

EMOTIONAL ABUSE: A parent, stepparent, or adult living in your home swore at you, insulted you, put you down, or acted in a way that made you afraid that you might be physically hurt.

PHYSICAL ABUSE: A parent, stepparent, or adult living in your home pushed, grabbed, slapped, threw something at you, or hit you so hard that you had marks or were injured.

SEXUAL ABUSE: An adult, relative, family friend, or stranger who was at least five years older than you touched or fondled your body in a sexual way, made you touch his/her body in a sexual way, or attempted to have any type of sexual intercourse with you.

Household Challenges

MOTHER TREATED VIOLENTLY: Your mother or stepmother was

pushed, grabbed, slapped, had something thrown at her, kicked, bitten, hit with a fist, hit with something hard, repeatedly hit for over at least a few minutes, or threatened or hurt by a knife or gun by your father (or stepfather) or your mother's boyfriend.

HOUSEHOLD SUBSTANCE ABUSE: A household member was a problem drinker or alcoholic or a household member used street drugs.

MENTAL ILLNESS IN THE HOME: A household member was depressed or mentally ill or a household member attempted suicide.

CRIMINAL BEHAVIOR IN THE HOUSEHOLD: A household member went to prison.

PARENTAL SEPARATION OR DIVORCE.

Neglect

EMOTIONAL NEGLECT: The absence of someone in your family who made you feel important or special, loved; a family where people looked out for each other, felt close to each other, and were a source of strength and support.

PHYSICAL NEGLECT: The absence of someone to take care of you, protect you, and take you to the doctor if you needed it, who provided enough to eat; parents too drunk or high to take care of you, having had to wear dirty clothes.

“Sexual abuse accounts for” Ann Dowsett Johnston, *Drink: The Intimate Relationship Between Women and Alcohol* (New York: HarperCollins, 2013).

“increase in the likelihood of becoming” Felitti, “The Origins of Addiction.”

“an initial design flaw” Ibid.

adoption as a significant factor Candy Finnigan, “Adoption before Addiction,” presented to Sovereign Health Group, YouTube, December 23, 2011, <https://www.youtube.com/watch?v=IutOpSHOeMo>.

“[H]ope predicted test scores and term GPA” Shane Lopez, *Making Hope Happen: Create the Future You Want for Yourself and Others* (New York: Atria Books, 2013), 54.

“34 percent of LSD use, and 30 percent of ecstasy use” Joeseeph Palamar and Caroline Rutherford, “Summer as a Risk Factor for Drug

Initiation,” *Journal of General Internal Medicine* (2019), <https://doi.org/10.1007/s11606-019-05176-3>.

Chapter 5: Tipping the Scales of Addiction: The Protective Factors That Outweigh Risk

first use typically happens in seventh or eighth grade Thomas Ashby Wills and Grace McNamara, “Escalated Substance Use: A Longitudinal Grouping Analysis from Early to Middle Adolescence,” *Journal of Abnormal Psychology* 105, no. 2 (1996): 166–80.

Half of the teens who admit to misusing prescription drugs Partnership at Drugfree.org, *2012 Partnership Attitude Tracking Study*, 2012, <https://drugfree.org/wp-content/uploads/2013/04/PATS-2012-FULL-REPORT2.pdf>.

Physical activity has been associated Kimary Brener Kulig and Tim McManus, “Sexual Activity and Substance Use among Adolescents by Category of Physical Activity Plus Team Sports Participation,” *Archives of Pediatrics & Adolescent Medicine* 157, no. 9 (2003): 905–12.

higher among dog owners Hayley Cutt et al., “Understanding Dog Owners’ Increased Levels of Physical Activity: Results from RE-SIDE,” *American Journal of Public Health* 98, no. 1 (2008): 66–69, <https://ajph.aphapublications.org/doi/pdfplus/10.2105/AJPH.2006.103499>.

“the foundation of human motivation, well-being, and accomplishments” Albert Bandura, “Adolescent Development from an Agentic Perspective,” in *Self-Efficacy Beliefs of Adolescents*, ed. Tim Urdan and Frank Pajares (Greenwich, CT: Information Age, 2006), 3.

can mediate the effects of poverty and prior academic failure Frank Pajares, “Self-Efficacy During Childhood and Adolescence: Implications for Teachers and Parents,” in *Self-Efficacy Beliefs of Adolescents*, ed. Tim Urdan and Frank Pajares (Greenwich, CT: Information Age, 2006), 362.

“self-confident fools” Ibid., 344.

First, help her understand the difference Martin Seligman, *The Optimistic Child: A Proven Program to Safeguard Children Against Depression and Build Lifelong Resilience* (New York: Houghton Mifflin, 2007).

“Children cannot be fooled” Erik Erikson and Robert Coles, *The Erik Erikson Reader* (New York: Norton, 2000), 125.

discussing their own risk behaviors Richard Yoast et al., “Reactions to a Concept for Physician Intervention in Adolescent Alcohol Use,” *Journal of Adolescent Health* 41, no. 1 (2007): 35–41.

“As predicted by the adolescents” Ibid.

“Adolescents often express relief” Sharon J. L. Levy, Janet F. Williams, and Committee on Substance Use and Prevention, “Substance Use Screening, Brief Intervention, and Referral to Treatment,” *Pediatrics* 138 (2016).

“the way we avoid a life of dull, boring rigidity” Daniel J. Siegel, *Mindsight* (New York: Bantam Books, 2010), 64.

lack of control over impulsivity and emotion Rajita Sinha, “Chronic Stress, Drug Use, and Vulnerability to Addiction,” *Annals of the New York Academy of Sciences* 1141 (2008): 105–30.

Mindfulness practices promote Edo Shonin and William Van Gordon, “The Mechanisms of Mindfulness in the Treatment of Mental Illness and Addiction,” *International Journal of Mental Health and Addiction* 14, no. 5 (2016): 844–49.

“fully present, fully awake, and alive” M.C. Yogi, *Spiritual Graffiti: Finding My True Path* (New York: HarperOne, 2017), 90.

schools start no earlier than 8:30 American Academy of Pediatrics, “Let Them Sleep: AAP Recommends Delaying Start Times of Middle and High Schools to Combat Teen Sleep Deprivation,” August 25, 2014, <https://www.aap.org/en-us/about-the-aap/aap-press-room/Pages/Let-Them-Sleep-AAP-Recommends-Delaying-Start-Times-of-Middle-and-High-Schools-to-Combat-Teen-Sleep-Deprivation.aspx>.

sleep as a cause of acne and other skin problems National Sleep Foundation, “Teens and Sleep,” accessed September 2019, <https://www.sleepfoundation.org/articles/teens-and-sleep>.

chronic lack of sleep has been shown Ibid.

Chapter 6: House Rules: Parenting for Prevention

highest risk of developing a substance use disorder Atika Khurana et al., “Experimentation versus Progression in Adolescent Drug Use: A Test of an Emerging Neurobehavioral Imbalance Model,” *Development and Psychopathology* 27, no. 3 (2015): 901–13.

twice as likely to report an intention to use drugs in the future Center

- on Addiction, “Teen Insights into Drugs, Alcohol, and Nicotine: A National Survey of Adolescent Attitudes toward Addictive Substances,” June 2019, <https://www.centeronaddiction.org/addiction-research/reports/teen-insights-drugs-alcohol-and-nicotine-national-survey-adolescent>.
- “more likely to report engaging in tobacco, alcohol, and marijuana use”** Ibid.
- used monitoring tools to check on their teens’ location** Monica Anderson, “Parents, Teens, and Digital Monitoring,” Pew Research Center, January 7, 2016, <https://www.pewinternet.org/2016/01/07/parents-teens-and-digital-monitoring/>.
- “Regardless of how closely we decide to monitor”** Lisa Damour, “You Can Track Almost Everything Your Kids Do Online. Here’s Why That May Not Be a Good Idea,” *Time*, February 8, 2019, <https://time.com/5523239/parenting-behavior-technology-social-media/>.
- “strong mutual attachments that persist through adolescence”** Diana Baumrind, “The Influence of Parenting Style on Adolescent Competence and Substance Use,” *Journal of Early Adolescence* 11, no. 1 (1991): 58–95.
- “claims of their shared social norms”** Ibid.
- kids who sipped in fifth grade** John E. Donovan, “Really Underage Drinkers: The Epidemiology of Children’s Alcohol Use in the United States,” *Prevention Science* 8, no. 3 (2007), <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2222916/>.
- among sixth graders, 62 percent of boys and 58 percent of girls** Ibid.
- Half of European males are binge drinkers** World Health Organization, “Fact Sheet on Alcohol Consumption, Alcohol-Attributable Harm and Alcohol Policy Responses in European Union Member States, Norway and Switzerland,” 2018, http://www.euro.who.int/__data/assets/pdf_file/0009/386577/fs-alcohol-eng.pdf.
- “Any parent with knowledge”** Candy Finnigan and Sean Finnigan, *When Enough Is Enough: A Comprehensive Guide to Successful Intervention* (New York: Avery, 2008), 25.
- “clear message against the use of alcohol”** Joanna Quigley and Committee on Substance Use and Prevention, “Alcohol Use by Youth,” *Pediatrics* 144, no. 1 (2019), <https://pediatrics.aappublications.org/content/144/1/e20191356>.

- impulsivity, sensitivity to rewards, sensation-seeking, and novelty-seeking** Bernard Gallo Le Foll et al., "Genetics of Dopamine Receptors and Drug Addiction: A Comprehensive Review," *Behavioral Pharmacology* 20, no. 1 (2009): 1–17.
- children begin to internalize** Robert A. Zucker and Stephen B. Kincaid, "Alcohol Schema Acquisition in Preschoolers: Differences between Children of Alcoholics and Children of Nonalcoholics," *Alcoholism: Clinical and Experimental Research* 19, no. 4 (1995): 1101–17.
- more likely to use drugs and alcohol themselves** Joseph A. Califano, *How to Raise a Drug-Free Kid: The Straight Dope for Parents* (New York: Atria Books, 2014).
- one out of ten teens who use addictive substances** National Center on Addiction and Substance Abuse at Columbia University, "National Survey of American Attitudes on Substance Abuse II: Teens and Their Parents," September 1996, <https://www.centeronaddiction.org/>.
- If older siblings have warm, supportive friend groups** David C. Rowe and Bill L. Gulley, "Sibling Effects on Substance Use and Delinquency," *Criminology* 30, no. 2 (1992): 217–34.
- lack of self-control is another trait** Kenneth J. Sher et al., "Personality and Substance Use Disorders: A Prospective Study," *Journal of Consulting and Clinical Psychology* 68, no. 5 (2000): 818–29.
- tobacco use can contribute** Antonio Terracciano et al., "Five-Factor Model Personality Profiles of Drug Users," *BMC Psychiatry* 8, no. 1 (2008), <https://doi.org/10.1186/1471-244X-8-22>.
- including substance abuse and risky sex** Kimary Brener Kulig et al., "Sexual Activity and Substance Use among Adolescents by Category of Physical Activity Plus Team Sports Participation," *Archives of Pediatrics & Adolescent Medicine* 157, no. 9 (2002): 905–12.
- "the most prevalent of adversities"** Sharlene A. Wolchik et al., "The New Beginnings Program for Divorcing and Separating Families: Moving from Efficacy to Effectiveness," *Family Court Review* 47, no. 3 (2009): 416–35.
- one-third of all children** Paul R. Amato, "Children of Divorce in the 1990s: An Update of the Amato and Keith (1991) Meta-analysis," *Journal of Family Psychology* 15, no. 3 (2001).
- "children with divorced parents"** Ibid.

in order to cope with the stress of heightened conflict Jeremy Arkes, “The Temporal Effects of Parental Divorce on Youth Substance Use,” *Substance Use & Misuse* 48, no. 3 (2013): 290–97.

The rates are much lower for boys David Finkelhor et al., “The Lifetime Prevalence of Child Sexual Abuse and Sexual Assault Assessed in Late Adolescence,” *Journal of Adolescent Health* 55, no. 3 (2014): 329–33.

parental alcohol abuse increases a child’s risk of experiencing sexual abuse Cathy Widom et al., “Alcohol Abuse as a Risk Factor for and Consequence of Child Abuse,” *Alcohol Research & Health* 25, no. 1 (2001): 52.

girls drink slightly more once they get started Sharaf Khan et al., “Gender Differences in Lifetime Alcohol Dependence: Results from the National Epidemiologic Survey on Alcohol and Related Conditions,” *Alcoholism: Clinical and Experimental Research* 37, no. 10 (2013).

further to fall when high than their male counterparts Krista Lisdahl Medina, “Imaging Study: Prefrontal Cortex Morphometry in Abstinent Adolescent Marijuana Users: Subtle Gender Effects,” *Addiction Biology* 14, no. 4 (2009) 457–68.

women are more likely than men Huw Thomas, “A Community Survey of Adverse Effects of Cannabis Use,” *Drug and Alcohol Dependence* 42, no. 3 (1996): 201–7.

may occur more rapidly among women than men Carlos A. Hernandez-Avila and Bruce J. Rounsaville, “Opioid-, Cannabis- and Alcohol-Dependent Women Show More Rapid Progression to Substance Abuse Treatment,” *Drug and Alcohol Dependence* 74, no. 3 (2004): 265–72.

relatively few pot abusers seek treatment Sharaf S. Khan et al., “Gender Differences in Cannabis Use Disorders: Results from the National Epidemiologic Survey of Alcohol and Related Conditions,” *Drug and Alcohol Dependence* 130 (2013).

women reported better-quality highs Suzette M. Evans and Richard W. Foltin, “Exogenous Progesterone Attenuates the Subjective Effects of Smoked Cocaine in Women, but Not in Men,” *Neuropsychopharmacology* 31, no. 3 (2006).

female brains seem to suffer less damage National Institute on Drug Abuse, “Gender Differences in Drug Abuse Risks and Treatment,” September 1, 2000, <https://archives.drugabuse.gov/news-events>

/nida-notes/2000/09/gender-differences-in-drug-abuse-risks-treatment.

Nearly 13 percent of teen girls admit to using diet pills National Institute on Drug Abuse, “Substance Use in Women,” accessed February 28, 2020, <https://www.drugabuse.gov/publications/research-reports/substance-use-in-women/summary>.

“intense spice, honey and dried orange peel aromas” *Wine Spectator* review of Château d’Yquem Sauternes 1990, accessed February 28, 2020, <https://www.wine.com/product/chateau-dyquem-sauternes-1990/7865>.

Chapter 7: We Have to Talk About It: Starting the Conversation

That percentage rises to 61 percent Center on Addiction, “Teen Insights into Drugs, Alcohol and Nicotine: A National Survey of Adolescent Attitudes Toward Addictive Substances,” June 2019, <https://www.centeronaddiction.org/addiction-research/reports/teen-insights-drugs-alcohol-and-nicotine-national-survey-adolescent>.

they are significantly more likely to do so Ibid.

alcohol played some role in the plot Hugh Klein and Kenneth S. Shiffman, “Alcohol-Related Content of Animated Cartoons: A Historical Perspective,” *Frontiers in Public Health* 1 (2013).

branded use of alcohol James D. Sargent et al., “Alcohol Use in Motion Pictures and Its Relation with Early-Onset Teen Drinking,” *Journal of Studies on Alcohol* 67, no. 1 (2006): 54–65.

by an actor Sonya Dal Cin et al., “Youth Exposure to Alcohol Use and Brand Appearances in Popular and Contemporary Movies,” *Addiction* 103, no. 12 (2008): 1925–32.

integrate the experience Kurt Badenhausen, “Anheuser-Busch Launches Revolutionary Incentive-Based Sponsorship Model,” *Forbes*, April 2, 2018, <https://www.forbes.com/sites/kurtbadenhausen/2018/04/02/anheuser-busch-launches-revolutionary-incentive-based-sponsorship-model/#63f0c0cd3d5f>.

including smoking, binge drinking, and unprotected sex Josh Compton and Elizabeth A. Craig, “Family Communication Patterns, Inoculation Theory, and Adolescent Substance-Abuse Prevention: Harnessing Post-Inoculation Talk and Family Communication Environments to Spread Positive Influence,” *Journal of Family The-*

ory & Review (2019).

not mentioned in the messaging Kimberly A. Parker et al., “Inoculation’s Efficacy with Young Adults’ Risky Behaviors: Can Inoculation Confer Cross-Protection over Related but Untreated Issues,” *Health Communication* 27, no. 3 (2012): 223–33.

“they can give up their social lives and stay home with us” Lisa Damour, *Untangled: Guiding Teenage Girls Through the Seven Transitions into Adulthood* (New York: Ballantine, 2016), 252.

“I’m just interested in siding” Ibid., 259.

Chapter 8: Everyone’s Doing It: Friendship, Peer Pressure, and Substance Abuse

“tough love” boot camp programs Maia Szalavitz, *Help at Any Cost: How the Troubled-Teen Industry Cons Parents and Hurts Kids* (New York: Riverhead Books, 2006).

“Peer use of substances has consistently” David J. Hawkins and Richard F. Catalano, “Risk and Protective Factors for Alcohol and Other Drug Problems in Adolescence and Early Adulthood: Implications for Substance Abuse Prevention,” *Psychological Bulletin* 112, no. 1 (1992).

“For reasons not yet understood” Margo Gardner and Laurence Steinberg, “Peer Influence on Risk Taking, Risk Preference, and Risky Decision Making in Adolescence and Adulthood: An Experimental Study,” *Developmental Psychology* 41, no. 4 (2005).

more than the negative risks Laurence Steinberg, *Age of Opportunity: Lessons from the New Science of Adolescence* (New York: Mariner Books, 2015).

“their friends would *not* condone frequent drug use” Kelly L. Rulison, Megan E. Patrick, and Jennifer L. Maggs, “Linking Peer Relationships to Substance Use Across Adolescence,” in *The Oxford Handbook of Adolescent Substance Abuse*, ed. Robert A. Zucker and Sandra A. Brown (New York: Oxford University Press, 2019), 390–91.

“you are really sharing parenting” Frances E. Jensen and Amy Ellis Nutt, *The Teenage Brain: A Neuroscientist’s Survival Guide to Raising Adolescents and Young Adults* (New York: Harper, 2016), 125.

more likely to adapt to that perceived standard Nicole J. Roberts and Diana Fishbein, “An Integrative Perspective on the Etiology of

Substance Use,” in *Prevention of Substance Use*, ed. Zili Sloboda, Hanno Petras, Elizabeth Robertson, and Ralph Hingson (New York: Springer, 2019), 45.

affecting a little over 7 percent of people in one German survey “Prevalence of Wine Intolerance: Results of a Survey from Mainz, Germany,” *Deutsches Ärzteblatt International* 109, no. 25 (2012).

Chapter 9: The ABC’s of Addiction Prevention: Best Practices for Schools

“‘The opposite of addiction’” Judith Grisel, *Never Enough* (New York: Doubleday, 2019).

inspecting and vaccinating children enrolled in public schools Diane DeMuth Allensworth, “Health Services and Health Education,” in *Prevention Science in School Settings: Complex Relationships and Processes*, ed. Kris Bosworth (New York: Springer, 2015), 107.

illnesses get more regular care, and immunization rates go up Ibid.

Of those 57 percent, only 10 percent Chris Ringwalt et al., “The Prevalence of Effective Substance Use Prevention Curricula in the Nation’s High Schools,” *Journal of Primary Prevention* 29, no. 6 (2008): 479–88.

“maintain positive relationships, and make responsible decisions” Jessica Newman and Linda Dusenbury, “Social and Emotional Learning (SEL): A Framework for Academic, Social, and Emotional Success,” in *Prevention Science in School Settings: Complex Relationships and Processes*, ed. Kris Bosworth (New York: Springer, 2015), 289.

or most other topics, for that matter Scott Freeman et al., “Active Learning Increases Student Performance in Science, Engineering, and Mathematics,” *Proceedings of the National Academy of Sciences* 11, no. 23 (2014): 8410–15.

peer-led discussions, small group activities, and role-playing Nancy Fictman Dana and Angela Hooser, “Teachers on the Front Line of Prevention Science,” in *Prevention Science in School Settings: Complex Relationships and Processes*, ed. Kris Bosworth (New York: Springer, 2015), 89.

substance use, unplanned pregnancy, violence, depression, suicide Kris Bosworth, “Exploring the Intersection of Schooling and Prevention Science,” in *Prevention Science in School Settings: Complex Relationships and Processes*, ed. Kris Bosworth (New York: Springer,

2015), 3.

- higher levels of emotional well-being** Clea A. McNeely and James M. Nonnemaker, “Promoting School Connectedness: Evidence from the National Longitudinal Study of Adolescent Health,” *Journal of School Health* 72, no. 4 (2002): 138–40.
- in order to become licensed as school counselors** Amy Nitza, Kerrie R. Fineran, and Brian Dobias, “Professional Counselors’ Impact on Schools,” in *Prevention Science in School Settings: Complex Relationships and Processes*, ed. Kris Bosworth (New York: Springer, 2015), 69.
- can save communities as much as \$38** Amounts vary based on program. For example, the Nurse-Family Partnership was found to save \$2.88 for every dollar invested, Durham Connects saves \$3.02 for every dollar invested, the Good Behavior Game saves \$25.92 for every dollar invested, and LifeSkills Training saves \$38.00 for every dollar invested.
- improve the lives of the people they come in contact with** Michele Borba, *Unselfie: Why Empathetic Kids Succeed in Our All-About-Me World* (New York: Touchstone, 2016).
- “an 88 percent drop in ‘proactive aggression’”** Ibid.

Chapter 10: Healthily Ever After: Preventing Addiction in College and Beyond

- “Students must be comfortable”** Deborah A. Prentice and Dale T. Miller, “Pluralistic Ignorance and Alcohol Use on Campus: Some Consequences of Misperceiving the Social Norm,” *Journal of Personality and Social Psychology* 64, no. 2 (1993): 244.
- The authors’ survey found** Ibid., 251.
- “If the lines do coincide”** Snopes.com, accessed March 1, 2020, <https://www.snopes.com/fact-check/solo-cup-markings/>.
- heaviest binge drinkers chug 72 percent** Henry Wechsler, “Binge Drinking on America’s College Campuses: Findings from the Harvard School of Public Health College Alcohol Study,” accessed March 1, 2020, https://popcenter.asu.edu/sites/default/files/problems/rape/PDFs/cas_mono_2000.pdf.
- “poor academic performance and college dropout rates”** Ibid.
- “only 3 percent of non-bingeing female students”** Ibid.
- drink more often, in greater amounts** John S. Baer, “Student Factors: Understanding Individual Variation in College Drinking,” *Journal of*

Studies on Alcohol 14 (2002): 40–53.

activities such as music or art, and students who volunteer Wechsler, “Binge Drinking on America’s College Campuses.”

and City University of New York–Baruch College *Princeton Review*, “Stone Cold Sober Schools,” accessed March 1, 2020, <https://www.princetonreview.com/college-rankings?rankings=stone-cold-sober-schools>.

and face more negative consequences Baer, “Student Factors.”

most were able to walk away Lee N. Robins et al., “How Permanent Was Vietnam Drug Addiction,” *American Journal of Public Health* 64 (1974): 38–43.

does not tend to persist after graduation Kenneth J. Sher et al., “Personality and Substance Use Disorders: A Prospective Study,” *Journal of Consulting and Clinical Psychology* 68, no. 5 (2000): 818–29.

so we’d better know what we are talking about Amanda M. Vader et al., “Where Do College Students Get Health Information? Believability and Use of Health Information Sources,” *Health Promotion Practice* 12, no. 5 (2011): 713–22.

has been associated with higher drinking levels Baer, “Student Factors.”

“Drinking U” CollegeStats.org, accessed March 1, 2020, <https://collegestats.org/explore/drinking-u/>.

Flip Cup rules at Rutgers and Yale CollegeStats.org, accessed March 1, 2020, <https://collegestats.org/explore/drinking-u/>.

five people drink in unison *Skiing*, November 2, 2012, accessed March 1, 2020, <https://www.skimag.com/videos/how-to-drink-a-shot-ski>.

BIBLIOGRAPHY

- Abar, Caitlin C. "Examining the Relationship Between Parenting Types and Patterns of Student Alcohol-Related Behavior During the Transition to College." *Psychology of Addictive Behaviors* 26, no. 1 (2012): 20.
- Abel, E. L. *Marihuana*. Springer Science & Business Media, 2013.
- Adlaf, Edward M., Frank J. Ivis, Reginald G. Smart, and Gordon W. Walsh. "Enduring Resurgence or Statistical Blip? Recent Trends from the Ontario Student Drug Use Survey." *Canadian Journal of Public Health/Revue canadienne de sante publique* 87, no. 3 (1996): 189–92.
- Aiken, Mary. *The Cyber Effect: An Expert in Cyberpsychology Explains How Technology Is Shaping Our Children, Our Behavior, and Our Values—and What We Can Do About It*. Spiegel & Grau, 2017.
- Alter, Adam. *Irresistible: The Rise of Addictive Technology and the Business of Keeping Us Hooked*. Penguin Books, 2018.
- Amato, Paul R. "Children of Divorce in the 1990s: An Update of the Amato and Keith (1991) Meta-Analysis." *Journal of Family Psychology* 15, no. 3 (2001): 355.
- American Medical Association. *Nostrums and Quackery: Articles on the Nostrum Evil and Quackery Reprinted from the Journal of the American Medical Association*. Press of American Medical Association, 1921.
- American Psychological Association. "Stress in America: Generation Z." *Stress in America Survey*, January 14 (2018): 2019.
- Argyriou, Evangelia, Miji Um, Claire Carron, and Melissa A. Cyders. "Age and Impulsive Behavior in Drug Addiction: A Review of Past Research and Future Directions." *Pharmacology Biochemistry and Behavior* 164 (2018): 106–17.

- Arkes, Jeremy. "The Temporal Effects of Parental Divorce on Youth Substance Use." *Substance Use & Misuse* 48, no. 3 (2013): 290–97.
- Armstrong, Thomas. *The Power of the Adolescent Brain: Strategies for Teaching Middle and High School Students*. ASCD, 2016.
- Armstrong, Tonya D., and E. Jane Costello. "Community Studies on Adolescent Substance Use, Abuse, or Dependence and Psychiatric Comorbidity." *Journal of Consulting and Clinical Psychology* 70, no. 6 (2002): 1224.
- Arnold, James N. *The Narragansett Historical Register (R1)*. Heritage Books, 1996.
- Arria, Amelia M., Kimberly M. Caldeira, Hannah K. Allen, Brittany A. Bugbee, Kathryn B. Vincent, and Kevin E. O'Grady. "Prevalence and Incidence of Drug Use Among College Students: An 8-Year Longitudinal Analysis." *American Journal of Drug and Alcohol Abuse* 43, no. 6 (2017): 711–18.
- Asprey, Dave. *Head Strong: The Bulletproof Plan to Activate Untapped Brain Energy to Work Smarter and Think Faster—in Just Two Weeks*. Harper Wave, 2017.
- Atkin, Charles, John Hocking, and Martin Block. "Teenage Drinking: Does Advertising Make a Difference." *Journal of Communication* 34, no. 2 (1984): 157–67.
- Ausstin, Erica Weintraub, and Bethe Nach-Ferguson. "Sources and Influences of Young School-Age Children's General and Brand-Specific Knowledge About Alcohol." *Health Communication* 7, no. 1 (1995): 1–20.
- Baer, John S. "Student Factors: Understanding Individual Variation in College Drinking." *Journal of Studies on Alcohol*, Supplement 14 (2002): 40–53.
- Bandura, Albert. *Self-Efficacy: The Exercise of Control*. Worth Publishers, 1997.
- Barnett, Robin. *Addict in the House: A No-Nonsense Family Guide Through Addiction and Recovery*. New Harbinger Publications, 2016.
- Barres, Romain, Jie Yan, Brendan Egan, Jonas Thue Treebak, Morten Rasmussen, Tomas Fritz, Kenneth Caidahl, Anna Krook, Donal J. O'Gorman, and Juleen R Zierath. "Acute Exercise Remodels Promoter Methylation in Human Skeletal Muscle." *Cell Metabolism* 15, no. 3 (2012): 405–11.
- Barrett, Anne E., and R. Jay Turner. "Family Structure and Mental Health: The Mediating Effects of Socioeconomic Status, Family Process, and

- Social Stress.” *Journal of Health and Social Behavior* 46, no. 2 (2005): 156–69.
- Baum, Dan. “Legalize It All.” *Harper’s Magazine* 24 (2016).
- Baumrind, Diana. “The Influence of Parenting Style on Adolescent Competence and Substance Use.” *Journal of Early Adolescence* 11, no. 1 (1991): 56–95.
- Beauvais, Fred. “American Indians and Alcohol.” *Alcohol Research* 22, no. 4 (1998): 253.
- Beetz, Andrea, Kerstin Uvnäs-Moberg, Henri Julius, and Kurt Kotrschal. “Psychosocial and Psychophysiological Effects of Human-Animal Interactions: The Possible Role of Oxytocin.” *Frontiers in Psychology* 3 (2012): 234.
- Begun, Audrey, Diana DiNitto, and Shulamith Lala A. Straussner. *Implementing the Grand Challenge of Reducing and Preventing Alcohol Misuse and Its Consequences*. Routledge, 2018.
- Bercaw, Nancy. *Dryland*. Grand Harbor Press, 2017.
- Berget, Bente, Øivind Ekeberg, and Bjarne O Braastad. “Animal-Assisted Therapy with Farm Animals for Persons with Psychiatric Disorders: Effects on Self-Efficacy, Coping Ability and Quality of Life, a Randomized Controlled Trial.” *Clinical Practice and Epidemiology in Mental Health* 4, no. 1 (2008): 9.
- Bhatta, Dharma N., and Stanton A. Glantz. “Association of E-Cigarette Use with Respiratory Disease Among Adults: A Longitudinal Analysis.” *American Journal of Preventive Medicine* (2019).
- Bisaga, Adam, and Karen Chernyaev. *Overcoming Opioid Addiction: The Authoritative Medical Guide for Patients, Families, Doctors, and Therapists*. The Experiment, 2018.
- Black, Claudia. *Unspoken Legacy: Addressing the Impact of Trauma and Addiction Within the Family*. Central Recovery Press, 2018.
- Borba, Michele. *The Big Book of Parenting Solutions*. John Wiley & Sons, 2009.
- . *Unselfie: Why Empathetic Kids Succeed in Our All-About-Me World*. Simon & Schuster, 2016.
- Borsari, Brian, and Kate B. Carey. “Descriptive and Injunctive Norms in College Drinking: A Meta-Analytic Integration.” *Journal of Studies on Alcohol* 64, no. 3 (2003): 331–41.
- Bosworth, Kris. *Prevention Science in School Settings: Complex Relationships and Processes*. Springer, 2015.
- Botvin, Gilbert J., and Kenneth W. Griffin. “Life Skills Training: Preventing

- Substance Misuse by Enhancing Individual and Social Competence.” *New Directions for Youth Development*, no. 141 (2014): 57–65.
- Bourgois, Philippe, and Jeffrey Schonberg. *Righteous Dopefiend*. University of California Press, 2009.
- Boyd, J. Wesley, and Eric Metcalf. *Almost Addicted: Is My (or My Loved One’s) Drug Use a Problem? (the Almost Effect)*. Hazelden, 2012.
- Brand, Evan. *The Everything Guide to Nootropics: Boost Your Brain Function with Smart Drugs and Memory Supplements*. Everything, 2016.
- Brand, Russell. *Recovery*. Henry Holt, 2017.
- Brecht, Mary-Lynn, Ann O’Brien, Christina Von Mayrhauser, and M. Douglas Anglin. “Methamphetamine Use Behaviors and Gender Differences.” *Addictive Behaviors* 29, no. 1 (2004): 89–106.
- Brewer, Judson. *The Craving Mind: From Cigarettes to Smartphones to Love—Why We Get Hooked and How We Can Break Bad Habits*. Yale University Press, 2018.
- Brooks, Robert, and Sam Goldstein. *Nurturing Resilience in Our Children*. McGraw-Hill Professional, 2002.
- . *Raising Resilient Children: Fostering Strength, Hope, and Optimism in Your Child*. McGraw-Hill Education, 2002.
- Brown, Sandra A., Susan F. Tapert, Eric Granholm, and Dean C. Delis. “Neurocognitive Functioning of Adolescents: Effects of Protracted Alcohol Use.” *Alcoholism: Clinical and Experimental Research* 24, no. 2 (2000): 164–71.
- Burke-Harris, Nadine. *The Deepest Well: Healing the Long-Term Effects of Childhood Adversity*. Houghton Mifflin Harcourt, 2018.
- Burnham, John C. *Bad Habits*. NYU Press, 1993.
- Burns, Eric. *Spirits of America: A Social History of Alcohol*. Temple University Press, 2010.
- Burton, R., and N. Sheron. “No Level of Alcohol Consumption Improves Health.” *Lancet* (2018).
- Butler, Jon. *Becoming America: The Revolution Before 1776*. Harvard University Press, 2001.
- Califano, Joseph A., Jr. *How to Raise a Drug-Free Kid: The Straight Dope for Parents*. Atria Books, 2014.
- Carey, Benedict. *How We Learn: The Surprising Truth About When, Where, and Why It Happens*. Random House Trade Paperbacks, 2015.
- Carskadon, Mary A. “Sleep in Adolescents: The Perfect Storm.” *Pediatric Clinics* 58, no. 3 (2011): 637–47.

- Castle, David J. "Cannabis and Psychosis: What Causes What." *F1000 Medicine Reports* 5 (2013).
- Centers for Disease Control and Prevention. "Outbreak of Lung Injury Associated with the Use of E-Cigarette, or Vaping, Products." *What Is New* (2019).
- Cheever, Susan. *As Good as I Could Be*. Simon & Schuster, 2001.
- . *Drinking in America: Our Secret History*. Twelve, 2016.
- . *Home Before Dark*. Bantam, 1991.
- . *Note Found in a Bottle (Wsp Readers Club)*. Washington Square Press, 2000.
- . *Treetops: A Family Memoir*. Bantam, 1991.
- Clegg, Bill. *Portrait of an Addict as a Young Man*. Back Bay Books, 2010.
- Compton, Josh, and Elizabeth A. Craig. "Family Communication Patterns, Inoculation Theory, and Adolescent Substance-abuse Prevention: Harnessing Post-inoculation Talk and Family Communication Environments to Spread Positive Influence." *Journal of Family Theory & Review* (2019).
- Conover, Marilyn. *Hannah Jumper*. Meristem. 1994.
- Cozolino, Louis. *The Neuroscience of Human Relationships: Attachment and the Developing Social Brain*. 2nd ed., Norton Series on Interpersonal Neurobiology. W. W. Norton & Company, 2014.
- . *The Social Neuroscience of Education: Optimizing Attachment and Learning in the Classroom*. Norton Series on the Social Neuroscience of Education. W. W. Norton & Company, 2013.
- Crandall, Mark. *Eulogy of Childhood Memories*. 2017.
- Creagh, Milton L. *Nobody Wants Your Child*. Rock Hill Books of Georgia, 2006.
- Crome, Ilana, and Richard Williams. *Substance Misuse and Young People*. CRC Press, 2019.
- Cservenka, Anita, and Ty Brumback. "The Burden of Binge and Heavy Drinking on the Brain: Effects on Adolescent and Young Adult Neural Structure and Function." *Frontiers in Psychology* 8 (2017): 1111.
- Cutt, Hayley, Billie Giles-Corti, Matthew Knuiman, Anna Timperio, and Fiona Bull. "Understanding Dog Owners' Increased Levels of Physical Activity: Results from Reside." *American Journal of Public Health* 98, no. 1 (2008): 66–69.
- Cyders, M. A., T. C. B. Zapolski, and J. L. Combs. "Experimental Effect of Positive Urgency on Negative Outcomes from Risk Taking and

- on Increased Alcohol Consumption.” *Psychology of Addictive Behaviors* 24, no. 3 (2010): 367–75.
- Cyders, Melissa A., Kate Flory, Sarah Rainer, and Gregory T. Smith. “The Role of Personality Dispositions to Risky Behavior in Predicting First-Year College Drinking.” *Addiction* 104, no. 2 (2009): 193–202.
- Dal Cin, Sonya, Keilah A. Worth, Madeline A. Dalton, and James D. Sargent. “Youth Exposure to Alcohol Use and Brand Appearances in Popular Contemporary Movies.” *Addiction* 103, no. 12 (2008): 1925–32.
- Damasio, Antonio. *Self Comes to Mind: Constructing the Conscious Brain*. Vintage, 2012.
- Damon, William. *The Path to Purpose: How Young People Find Their Calling in Life*. Free Press, 2009.
- Damour, Lisa. *Under Pressure*. Ballantine Books, 2019.
- . *Untangled*. Ballantine Books, 2016.
- Day, Jeremy J., and Regina M. Carelli. “The Nucleus Accumbens and Pavlovian Reward Learning.” *Neuroscientist* 13, no. 2 (2007): 148–59.
- De Micheli, Denise, and Maria Lucia O. S. Formigoni. “Are Reasons for the First Use of Drugs and Family Circumstances Predictors of Future Use Patterns.” *Addictive Behaviors* 27, no. 1 (2002): 87–100.
- Deak, JoAnn, and Terrence Deak. *The Owner’s Manual for Driving Your Adolescent Brain*. Little Pickle Press, 2013.
- Dikel, William. *The Teacher’s Guide to Student Mental Health*. W. W. Norton & Company, 2014.
- Dluzen, Dean E., and Bin Liu. “Gender Differences in Methamphetamine Use and Responses: A Review.” *Gender Medicine* 5, no. 1 (2008): 24–35.
- Dodes, Lance, and Zachary Dodes. *The Sober Truth: Debunking the Bad Science Behind 12-Step Programs and the Rehab Industry*. Beacon Press, 2015.
- Dodge, Tonya L., and James J. Jaccard. “The Effect of High School Sports Participation on the Use of Performance-Enhancing Substances in Young Adulthood.” *Journal of Adolescent Health* 39, no. 3 (2006): 367–73.
- Doidge, Norman. *The Brain That Changes Itself*. Scribe Publications, 2010.
- . *The Brain’s Way of Healing: Remarkable Discoveries and Recoveries from the Frontiers of Neuroplasticity*. Penguin Books, 2016.
- Donovan, John E. “Really Underage Drinkers: The Epidemiology of Children’s Alcohol Use in the United States.” *Prevention Science* 8, no. 3 (2007): 192.

- Duell, N., and L. Steinberg. "Positive Risk Taking in Adolescence." *Child Development Perspectives* (2019).
- Dumas, Tara M., Wendy E. Ellis, and David A. Wolfe. "Identity Development as a Buffer of Adolescent Risk Behaviors in the Context of Peer Group Pressure and Control." *Journal of Adolescence* 35, no. 4 (2012): 917–27.
- Edens, Anette. *From Monsters to Miracles: Parent Driven Recovery Tools That Work*. Lulu Publishing Services, 2016.
- Ekamper, Peter, F. Van Poppel, A. D. Stein, and L. H. Lumey. "Independent and Additive Association of Prenatal Famine Exposure and Intermediary Life Conditions with Adult Mortality Between Age 18–63 Years." *Social Science & Medicine* 119 (2014): 232–39.
- Engle, Patrice L., and Maureen M. Black. "The Effect of Poverty on Child Development and Educational Outcomes." *Annals of the New York Academy of Sciences* 1136, no. 1 (2008): 243–56.
- Erickson, Carlton K. *The Science of Addiction: From Neurobiology to Treatment*. W. W. Norton & Company, 2007.
- Erikson, Erik H., and Robert Coles. *The Erik Erikson Reader*. W. W. Norton & Company, 2000.
- "Etymonline.com." <https://www.etymonline.com/word/addict>.
- Evans, Suzette M., and Richard W. Foltin. "Exogenous Progesterone Attenuates the Subjective Effects of Smoked Cocaine in Women, but Not in Men." *Neuropsychopharmacology* 31, no. 3 (2006): 659.
- Ewald, D. Rose, Robert W. Strack, and Muhsin Michael Orsini. "Rethinking Addiction." *Global Pediatric Health* 6 (2019): 2333794X18821943.
- Eyler, Joshua R. *How Humans Learn: The Science and Stories Behind Effective College Teaching*. West Virginia University Press, 2018.
- Faber, Adele, and Elaine Mazlish. *How to Talk So Kids Will Listen & Listen So Kids Will Talk*. Simon & Schuster, 2012.
- Fagell, Phyllis L. *Middle School Matters: The 10 Key Skills Kids Need to Thrive in Middle School and Beyond—and How Parents Can Help*. Da Capo Lifelong Books, 2019.
- Felitti, Vincent J. "The Origins of Addiction: Evidence from the Adverse Childhood Experiences Study." (2004).
- Finan, Christopher M. *Drunks: An American History*. Beacon Press, 2017.
- Finkelhor, David, Anne Shattuck, Heather A. Turner, and Sherry L. Hamby. "The Lifetime Prevalence of Child Sexual Abuse and Sexual

- Assault Assessed in Late Adolescence.” *Journal of Adolescent Health* 55, no. 3 (2014): 329–33.
- Finnigan, Candy, and Sean Finnigan. *When Enough Is Enough: A Comprehensive Guide to Successful Intervention*. Avery, 2008.
- Fletcher, Anne M. *Inside Rehab: The Surprising Truth About Addiction Treatment—and How to Get Help That Works*. Penguin Books, 2013.
- Flores, Philip J. *Addiction as an Attachment Disorder*. Jason Aronson Inc., 2011.
- Foote, Jeffrey, Carrie Wilkens, Nicole Kosanke, and Stephanie Higgs. *Beyond Addiction: How Science and Kindness Help People Change*. Scribner, 2014.
- Frances, Allen. *Saving Normal: An Insider’s Revolt Against Out-of-control Psychiatric Diagnosis, DSM-5, Big Pharma, and the Medicalization of Ordinary Life*. William Morrow Paperbacks, 2014.
- Freeman, Scott, Sarah L. Eddy, Miles McDonough, Michelle K. Smith, Nnadozie Okoroafor, Hannah Jordt, and Mary Pat Wenderoth. “Active Learning Increases Student Performance in Science, Engineering, and Mathematics.” *Proceedings of the National Academy of Sciences* 111, no. 23 (2014): 8410–15.
- Frijns, Tom, Catrin Finkenauer, and Loes Keijsers. “Shared Secrets Versus Secrets Kept Private Are Linked to Better Adolescent Adjustment.” *Journal of Adolescence* 36, no. 1 (2013): 55–64.
- Froiland, John Mark, and Noelle Whitney. “Parenting Style, Gender, Beer Drinking and Drinking Problems of College Students.” *International Journal of Psychology: A Biopsychosocial Approach* 16 (2015): 93–109.
- Furnas, J. C. *The Americans: A Social History of the United States, 1587–1914*. Putnam, 1969.
- Gaine, Marie E., Snehajyoti Chatterjee, and Ted Abel. “Sleep Deprivation and the Epigenome.” *Frontiers in Neural Circuits* 12 (2018): 14.
- Gardner, Margo, and Laurence Steinberg. “Peer Influence on Risk Taking, Risk Preference, and Risky Decision Making in Adolescence and Adulthood: An Experimental Study.” *Developmental Psychology* 41, no. 4 (2005): 625.
- Garnezy, Norman, and Michael Rutter. *Stress, Coping, and Development in Children*. Johns Hopkins University Press, 1988.
- Gilchrist, Lewayne D., and Steven Paul Schinke. *Preventing Social and Health Problems Through Life Skills Training*. University of Washington, 1985.

- Ginsburg, Kenneth R. *Building Resilience in Children and Teens: Giving Kids Roots and Wings*. American Academy of Pediatrics, 2014.
- . *Raising Kids to Thrive: Balancing Love with Expectations and Protection with Trust*. American Academy of Pediatrics, 2015.
- Glantz, Stanton A., and David W Bareham. “E-Cigarettes: Use, Effects on Smoking, Risks, and Policy Implications.” *Annual Review of Public Health* 39 (2018): 215–35.
- Gnaulati, Enrico. *Back to Normal: Why Ordinary Childhood Behavior Is Mistaken for ADHD, Bipolar Disorder, and Autism Spectrum Disorder*. Beacon Press, 2014.
- Gold, Claudia M. *The Silenced Child: From Labels, Medications, and Quick-Fix Solutions to Listening, Growth, and Lifelong Resilience*. Da Capo Lifelong Books, 2016.
- Goleman, Daniel. *Focus: The Hidden Driver of Excellence*. Harper Paperbacks, 2015.
- Gradisar, Michael, Amy R. Wolfson, Allison G. Harvey, Lauren Hale, Russell Rosenberg, and Charles A. Czeisler. “The Sleep and Technology Use of Americans: Findings from the National Sleep Foundation’s 2011 Sleep in America Poll.” *Journal of Clinical Sleep Medicine* 9, no. 12 (2013): 1291–99.
- Graham, James. *The Secret History of Alcoholism*. Element Books Limited, 1996.
- Grant, Jon E., and Samuel R. Chamberlain. “Expanding the Definition of Addiction: DSM-5 Vs. ICD-11.” *CNS Spectrums* 21, no. 4 (2016): 300–303.
- Grasse, Steven. *Colonial Spirits: A Toast to Our Drunken History*. Harry N. Abrams, 2016.
- Grim, Ryan. *This Is Your Country on Drugs: The Secret History of Getting High in America*. Turner, 2010.
- Grisel, Judith. *Never Enough*. Doubleday, 2019.
- Griswold, Max G., Nancy Fullman, Caitlin Hawley, Nicholas Arian, Stephanie R. M. Zimsen, Hayley D. Tymeson, Vidhya Venkateswaran, Austin Douglas Tapp, Mohammad H. Forouzanfar, and Joseph S. Salama. “Alcohol Use and Burden for 195 Countries and Territories, 1990–2016: A Systematic Analysis for the Global Burden of Disease Study 2016.” *Lancet* 392, no. 10152 (2018): 1015–35.
- Grosso, Chris. *Dead Set on Living: Making the Difficult but Beautiful Journey from F#*king Up to Waking Up*. Gallery Books, 2018.

- Guller, Leila, Tamika C. B. Zapolski, and Gregory T. Smith. "Personality Measured in Elementary School Predicts Middle School Addictive Behavior Involvement." *Journal of Psychopathology and Behavioral Assessment* 37, no. 3 (2015): 523–32.
- Gunaratana, Bhante Henepola. *Mindfulness in Plain English*. Wisdom Publications, 2011.
- Hadland, Scott E., John R. Knight, and Sion K. Harris. "Alcohol Use Disorder: A Pediatric-Onset Condition Needing Early Detection and Intervention." *Pediatrics* (2019).
- Hampton, Ryan. *American Fix: Inside the Opioid Addiction Crisis—and How to End it*. All Points Books, 2018.
- Hanchett, Janelle. *I'm Just Happy to Be Here*. Hachette Books, 2018.
- Hanson, Rick. *Hardwiring Happiness: The New Brain Science of Contentment, Calm, and Confidence*. Harmony, 2016.
- Hari, Johann. "The Likely Cause of Addiction Has Been Discovered, and It Is Not What You Think." *Huffpost* (2015).
- . *Lost Connections: Uncovering the Real Causes of Depression—and the Unexpected Solutions*. Bloomsbury USA, 2018.
- Harris, Judith Rich. *The Nurture Assumption*. Simon & Schuster, 1999.
- Hart, Carl. *High Price: A Neuroscientist's Journey of Self-Discovery That Challenges Everything You Know About Drugs and Society*. Harper Perennial, 2014.
- Hartley-Brewer, Elizabeth. *Talking to Tweens*. Da Capo Press, 2009.
- Hawkins, J. David, Richard F. Catalano, and Janet Y. Miller. "Risk and Protective Factors for Alcohol and Other Drug Problems in Adolescence and Early Adulthood: Implications for Substance Abuse Prevention." *Psychological Bulletin* 112, no. 1 (1992): 64.
- Hayden, Brian, Neil Canuel, and Jennifer Shanse. "What Was Brewing in the Natufian? An Archaeological Assessment of Brewing Technology in the Epipaleolithic." *Journal of Archaeological Method and Theory* 20, no. 1 (2013): 102–50.
- Heather, Nick, David Best, Anna Kawalek, Matt Field, Marc Lewis, Frederick Rotgers, Reinout W. Wiers, and Derek Heim. "Challenging the Brain Disease Model of Addiction: European Launch of the Addiction Theory Network." *Addiction Research and Theory* 26, no. 4 (2018).
- Heilig, Markus. *The Thirteenth Step: Addiction in the Age of Brain Science*. Columbia University Press, 2015.

- Heitner, Deborah. *Screenwise: Helping Kids Thrive (and Survive) in Their Digital World*. Routledge, 2016.
- Hernandez-Avila, Carlos A., Bruce J. Rounsaville, and Henry R. Kranzler. "Opioid-, Cannabis- and Alcohol-Dependent Women Show More Rapid Progression to Substance Abuse Treatment." *Drug and Alcohol Dependence* 74, no. 3 (2004): 265–72.
- Herren, Chris, and Bill Reynolds. *Basketball Junkie*. St. Martin's Press, 2011.
- Hershberger, A. R., M. Um, and M. A. Cyders. "The Relationship Between the Upps-P Impulsive Personality Traits and Substance Use Psychotherapy Outcomes: A Meta-Analysis." *Drug and Alcohol Dependence* (2017).
- Holland, Barbara. *The Joy of Drinking*. Bloomsbury Publishing USA, 2008.
- Hoshi, Rosa, Hannah Pratt, Sachin Mehta, Alyson J. Bond, and H. Valerie Curran. "An Investigation into the Sub-Acute Effects of Ecstasy on Aggressive Interpretative Bias and Aggressive Mood—Are There Gender Differences." *Journal of Psychopharmacology* 20, no. 2 (2006): 291–301.
- Gateley, Ian. *Drink: A Cultural History of Alcohol*. Gotham Books, 2008.
- Immordino-Yang, Mary Helen. *Emotions, Learning, and the Brain: Exploring the Educational Implications of Affective Neuroscience*. W. W. Norton & Company, 2015.
- Immordino-Yang, Mary Helen, Linda Darling-Hammond, and Christine Krone. "The Brain Basis for Integrated Social, Emotional, and Academic Development." Aspen Institute (2018).
- Jacob, Joseph W. *Medical Uses of Marijuana*. Trafford Publishing, 2009.
- Jacob, T., and S. L. Johnson. "Family Influences on Alcohol and Other Substance Use." *Sourcebook on Substance Abuse* (1999): 165–74.
- Jamison, Leslie. *The Recovering*. Granta Books, 2018.
- Jenkins, Tiffany. *High Achiever*. Harmony, 2019.
- Jennison, Karen M., and Kenneth A. Johnson. "Alcohol Dependence in Adult Children of Alcoholics: Longitudinal Evidence of Early Risk." *Journal of Drug Education* 28, no. 1 (1998): 19–37.
- Jensen, Frances E., and Amy Ellis Nutt. *The Teenage Brain: A Neuroscientist's Survival Guide to Raising Adolescents and Young Adults*. Harper Paperbacks, 2016.
- Johnston, Ann Dowsett. *Drink*. HarperCollins, 2013.
- Kahn, Jeffrey P. "How Beer Gave Us Civilization." *New York Times*, March 15, 2013.

- . *Angst*. Oxford University Press, 2012.
- Kaminsky, Zachary, Arturas Petronis, Sun-Chong Wang, Brian Levine, Omar Ghaffar, Darlene Floden, and Anthony Feinstein. “Epigenetics of Personality Traits: An Illustrative Study of Identical Twins Discordant for Risk-Taking Behavior.” *Twin Research and Human Genetics* 11, no. 1 (2008): 1–11.
- Kamioka, Hiroharu, Shinpei Okada, Kiichiro Tsutani, Hyuntae Park, Hiroyasu Okuizumi, Shuichi Handa, Takuya Oshio, Sang-Jun Park, Jun Kitayuguchi, and Takafumi Abe. “Effectiveness of Animal-Assisted Therapy: A Systematic Review of Randomized Controlled Trials.” *Complementary Therapies in Medicine* 22, no. 2 (2014): 371–90.
- Kandall, Stephen R. *Substance and Shadow*. Harvard University Press, 1999.
- Kandel, Denise, and Richard Faust. “Sequence and Stages in Patterns of Adolescent Drug Use.” *Archives of General Psychiatry* 32, no. 7 (1975): 923–32.
- Kandel, Denise, and Kazuo Yamaguchi. “From Beer to Crack: Developmental Patterns of Drug Involvement.” *American Journal of Public Health* 83, no. 6 (1993): 851–55.
- Kandel, Denise B., and Mark Davies. “High School Students Who Use Crack and Other Drugs.” *Archives of General Psychiatry* 53, no. 1 (1996): 71–80.
- Kardaras, Nicholas. *Glow Kids: How Screen Addiction Is Hijacking Our Kids—and How to Break the Trance*. St. Martin’s Griffin, 2017.
- Karr, Mary. *Lit*. HarperCollins, 2009.
- Karr-Morse, Robin. *Scared Sick: The Role of Childhood Trauma in Adult Disease*. Basic Books, 2012.
- Kastner, Laura S., and Jennifer Wyatt. *Getting to Calm: Cool-Headed Strategies for Parenting Tweens + Teens—Updated and Expanded*. Parent Map, 2018.
- Katz, Mark. *On Playing a Poor Hand Well*. W. W. Norton & Company, 1997.
- Kelly, Anita E. *The Psychology of Secrets*. Springer Science & Business Media, 2012.
- Ketcham, Katherine. *The Only Life I Could Save*. Sounds True, 2018.
- Ketcham, Katherine, William F. Asbury, Mel Schulstad, and Arthur P. Ciaramicoli. *Beyond the Influence: Understanding and Defeating Alcoholism*. Bantam, 2000.

- Khan, Sharaf, Mayumi Okuda, Deborah S. Hasin, Roberto Secades-Villa, Katherine Keyes, Keng-Han Lin, Bridget Grant, and Carlos Blanco. "Gender Differences in Lifetime Alcohol Dependence: Results from the National Epidemiologic Survey on Alcohol and Related Conditions." *Alcoholism: Clinical and Experimental Research* 37, no. 10 (2013): 1696–1705.
- Khan, Sharaf S., Roberto Secades-Villa, Mayumi Okuda, Shuai Wang, Gabriela Pérez-Fuentes, Bradley T. Kerridge, and Carlos Blanco. "Gender Differences in Cannabis Use Disorders: Results from the National Epidemiologic Survey of Alcohol and Related Conditions." *Drug and Alcohol Dependence* 130, no. 1–3 (2013): 101–8.
- Khar, Erin. *Strung Out*. Harlequin, 2020.
- Khurana, Atika, Daniel Romer, Laura M. Betancourt, Nancy L. Brodsky, Joan M. Giannetta, and Hallam Hurt. "Experimentation Versus Progression in Adolescent Drug Use: A Test of an Emerging Neurobehavioral Imbalance Model." *Development and Psychopathology* 27, no. 3 (2015): 901–13.
- King, Heather. *Parched*. Penguin, 2006.
- Kipper, David, and Stephen Whitney. *The Addiction Solution: Unraveling the Mysteries of Addiction Through Cutting-Edge Brain Science*. Audible Studios on Brilliance Audio, 2016.
- Klein, Hugh, and Kenneth S. Shiffman. "Alcohol-Related Content of Animated Cartoons: A Historical Perspective." *Frontiers in Public Health* 1 (2013): 2.
- Koss, Mary P., Nicole P. Yuan, Douglas Dightman, Ronald J. Prince, Mona Polacca, Byron Sanderson, and David Goldman. "Adverse Childhood Exposures and Alcohol Dependence Among Seven Native American Tribes." *American Journal of Preventive Medicine* 25, no. 3 (2003): 238–44.
- Krasnostein, Sarah. *The Trauma Cleaner*. St. Martin's Press, 2018.
- Krosoczka, Jarrett J. *Hey, Kiddo*. Scholastic, 2018.
- Krovitz-Neren, Barbara. *Parenting the Addicted Teen: A 5-Step Foundational Program*. Central Recovery Press, 2017.
- Kuhn, Cynthia, Scott Swartzwelder, and Wilkie Wilson. *Buzzed: The Straight Facts About the Most Used and Abused Drugs from Alcohol to Ecstasy (Fully Revised and Updated Fourth Edition)*. W. W. Norton & Company, 2014.
- Kuhn, Cynthia, Scott Swartzwelder, and Wilkie Wilson. *Buzzed: The*

- Straight Facts About the Most Used and Abused Drugs from Alcohol to Ecstasy, Fifth Edition.* W. W. Norton & Company, 2019.
- Kulig, Kimary, Nancy D. Brener, and Tim McManus. "Sexual Activity and Substance Use Among Adolescents by Category of Physical Activity Plus Team Sports Participation." *Archives of Pediatrics & Adolescent Medicine* 157, no. 9 (2003): 905–12.
- Lamarine, Roland J. "A Pilot Study of Sources of Information and Substance Use Patterns Among Selected American Indian High School Seniors." *Journal of American Indian Education* (1993): 30–39.
- Le Foll, Bernard, Alexandra Gallo, Yann Le Strat, Lin Lu, and Philip Gorwood. "Genetics of Dopamine Receptors and Drug Addiction: A Comprehensive Review." *Behavioural Pharmacology* 20, no. 1 (2009): 1–17.
- Lee, Joseph. *Recovering My Kid: Parenting Young Adults in Treatment and Beyond.* Hazelden Publishing, 2012.
- Lender, Mark Edward. *Drinking in America: A History.* Free Press, 1987.
- Leukefeld, Carl G., and Thomas P. Gullotta. *Adolescent Substance Abuse.* Springer, 2018.
- Levy, Sharon J. L., and Janet F. Williams. "Substance Use Screening, Brief Intervention, and Referral to Treatment." *Pediatrics* 138, no. 1 (2016): e20161211.
- Lewis, Judith A., Robert Q. Dana, and Gregory A. Blevins. *Substance Abuse Counseling.* Cengage Learning, 2014.
- Lewis, Katherine Reynolds. *The Good News About Bad Behavior: Why Kids Are Less Disciplined Than Ever—and What to Do About It.* PublicAffairs, 2018.
- Lewis, Marc. "Addiction and the Brain: Development, Not Disease." *Neuroethics* 10, no. 1 (2017): 7–18.
- . *The Biology of Desire.* Scribe Publications, 2015.
- . *Memoirs of an Addicted Brain.* PublicAffairs, 2012.
- Li, Yuanyuan, Qingyao Kong, Jiping Yue, Xuewen Gou, Ming Xu, and Xiaoyang Wu. "Genome-Edited Skin Epidermal Stem Cells Protect Mice from Cocaine-Seeking Behaviour and Cocaine Overdose." *Nature Biomedical Engineering* 3, no. 2 (2019): 105.
- Logan, Ryan W., Brant P. Hasler, Erika E. Forbes, Peter L. Franzen, Mary M. Torregrossa, Yanhua H. Huang, Daniel J. Buysse, Duncan B. Clark, and Colleen A. McClung. "Impact of Sleep and Circadian

- Rhythms on Addiction Vulnerability in Adolescents.” *Biological Psychiatry* 83, no. 12 (2018): 987–96.
- Lopez, Shane J. *Making Hope Happen: Create the Future You Want for Yourself and Others*. Simon & Schuster, 2014.
- Luthar, Suniya S., Phillip J. Small, and Lucia Ciciolla. “Adolescents from Upper Middle Class Communities: Substance Misuse and Addiction Across Early Adulthood.” *Development and Psychopathology* 30, no. 1 (2018): 315–35.
- MacMillan, Thalia, and Amanda Sisselman-Borgia. *New Directions in Treatment, Education, and Outreach for Mental Health and Addiction*. Springer, 2018.
- Macy, Beth. *Dopesick: Dealers, Doctors, and the Drug Company That Addicted America*. Little, Brown and Company, 2018.
- Madden Ellsworth, Lindsay, Sarah Tragesser, and Ruth C. Newberry. “Interaction with Shelter Dogs Reduces Negative Affect of Adolescents in Substance Use Disorder Treatment.” *Anthrozoös* 29, no. 2 (2016): 247–62.
- Mancall, Peter C. *Deadly Medicine: Indians and Alcohol in Early America*. Cornell University Press, 1997.
- Maric, Angelina, Eszter Montvai, Esther Werth, Matthias Storz, Janina Leemann, Sebastian Weissengruber, Christian C. Ruff, Reto Huber, Rositsa Poryazova, and Christian R. Baumann. “Insufficient Sleep: Enhanced Risk-seeking Relates to Low Local Sleep Intensity.” *Annals of Neurology* 82, no. 3 (2017): 409–18.
- Marlatt, G. Alan, Mary E. Larimer, and Katie Witkiewitz. *Harm Reduction, Second Edition: Pragmatic Strategies for Managing High-Risk Behaviors*. Guilford Press, 2011.
- Masten, Ann, Vivian Faden, Robert Zucker, and Linda Spear. “Underage Drinking: A Developmental Framework.” *Pediatrics* 121 (2008): S235–S251.
- Maté, Gabor. *In the Realm of Hungry Ghosts: Close Encounters with Addiction*. North Atlantic Books, 2010.
- . *Scattered Minds: A New Look at the Origins and Healing of Attention Deficit Disorder*. Vintage Canada, 2000.
- . *When the Body Says No: Understanding the Stress-Disease Connection*. Wiley, 2011.
- McCord, Joan, and William J. McCord. *Origins of Alcoholism*. Stanford University Press, 1960.

- McKnight-Eily, Lela R., Danice K. Eaton, Richard Lowry, Janet B. Croft, Letitia Presley-Cantrell, and Geraldine S. Perry. "Relationships Between Hours of Sleep and Health-Risk Behaviors in US Adolescent Students." *Preventive Medicine* 53, no. 4–5 (2011): 271–73.
- McNeely, Clea A., James M. Nonnemaker, and Robert W. Blum. "Promoting School Connectedness: Evidence from the National Longitudinal Study of Adolescent Health." *Journal of School Health* 72, no. 4 (2002): 138–46.
- Medina, John. *Brain Rules (Updated and Expanded): 12 Principles for Surviving and Thriving at Work, Home, and School*. Pear Press, 2014.
- Medina, Krista Lisdahl, Tim McQueeney, Bonnie J. Nagel, Karen L. Hanson, Tony T. Yang, and Susan F. Tapert. "Imaging Study: Prefrontal Cortex Morphometry in Abstinent Adolescent Marijuana Users: Subtle Gender Effects." *Addiction Biology* 14, no. 4 (2009): 457–68.
- Meier, Barry. *Pain Killer: An Empire of Deceit and the Origin of America's Opioid Epidemic*. Random House, 2018.
- Melnick, Merrill J., Kathleen E. Miller, Donald F. Sabo, Michael P. Farrell, and Grace M. Barnes. "Tobacco Use Among High School Athletes and Nonathletes: Results of the 1997 Youth Risk Behavior Survey." *Adolescence* 36, no. 144 (2001): 727.
- Milam, James R., and Katherine Ketcham. *Under the Influence*. Madrona, 1981.
- Miller, John G., and Karen G. Miller. *Raising Accountable Kids: How to Be an Outstanding Parent Using the Power of Personal Accountability*. TarcherPerigee, 2016.
- Miller, William R., Alyssa A. Forcehimes, and Allen Zweben. *Treating Addiction: A Guide for Professionals*. Guilford Press, 2011.
- Miner, Julianna. *Raising a Screen-Smart Kid: Embrace the Good and Avoid the Bad in the Digital Age*. TarcherPerigee, 2019.
- Mitchell, Shannon Gwin, Jan Gryczynski, Arturo Gonzales, Ana Moseley, Thomas Peterson, Kevin E. O'Grady, and Robert P. Schwartz. "Screening, Brief Intervention, and Referral to Treatment (SBIRT) for Substance Use in a School-based Program: Services and Outcomes." *American Journal on Addictions* 21 (2012): S5–S13.
- Mitchell, Tracey Helton. *The Big Fix*. Seal Press, 2016.
- Moe, Jerry. *Understanding Addiction and Recovery Through a Child's Eyes: Hope, Help, and Healing for Families*. HCI, 2007.

- Mohammad, Akikur. *The Anatomy of Addiction: What Science and Research Tell Us About the True Causes, Best Preventive Techniques, and Most Successful Treatments*. TarcherPerigee, 2016.
- Monti, Peter M., Suzanne M. Colby, and Tracy O'Leary Tevyaw. *Adolescents, Alcohol, and Substance Abuse*. Guilford Press, 2012.
- Moyers, William Cope, and Katherine Ketcham. *Broken*. Penguin, 2007.
- Myers, Diane M., Brandi Simonsen, and George Sugai. "Increasing Teachers' Use of Praise with a Response-to-intervention Approach." *Education and Treatment of Children* 34, no. 1 (2011): 35–59.
- Myers, Linda. *Stoney the Pony's Most Inspiring Year*. Inspiring Voices, 2012.
- Naar, Sylvie, and Steven A. Safren. *Motivational Interviewing and CBT: Combining Strategies for Maximum Effectiveness (Applications of Motivational Interviewing)*. Guilford Press, 2017.
- Naar-King, Sylvie, and Mariann Suarez. *Motivational Interviewing with Adolescents and Young Adults (Applications of Motivational Interviewing)*. Guilford Press, 2010.
- Nagel, Bonnie J., Alecia D. Schweinsburg, Vinh Phan, and Susan F. Tapert. "Reduced Hippocampal Volume Among Adolescents with Alcohol Use Disorders Without Psychiatric Comorbidity." *Psychiatry Research: Neuroimaging* 139, no. 3 (2005): 181–90.
- National Center on Addiction and Substance Abuse, Columbia University. *The Formative Years: Pathways to Substance Abuse Among Girls and Young Women Ages 8–22*. CASA, 2003.
- National Center on the Humanities. "Becoming American: The British Atlantic Colonies, 1690–1763" (2009). <http://nationalhumanitiescenter.org/pds/becomingamer/ideas/text5/pennsylvaniagazette.pdf>.
- National Research Council. Division of Behavioral and Social Sciences and Education, Commission on Behavioral and Social Sciences and Education, and Committee on Substance Abuse Prevention Research. *Preventing Drug Abuse: What Do We Know*. National Academies Press, 1993.
- National Research Council. Institute of Medicine, Board on Children, Youth, and Families, and Division of Behavioral and Social Sciences and Education. *Reducing Underage Drinking: A Collective Responsibility*. National Academies Press, 2004.
- Neufeld, Gordon, and Gabor Maté. *Hold On to Your Kids: Why Parents Need to Matter More Than Peers*. Ballantine Books, 2006.

- Nkansah-Amankra, Stephen, and Mark Minelli. "‘Gateway Hypothesis’ and Early Drug Use: Additional Findings from Tracking a Population-Based Sample of Adolescents to Adulthood." *Preventive Medicine Reports* 4 (2016): 134–41.
- Nootropics Zone. "Nootropics: Unlocking Your True Potential with Smart Drugs" (2017): 117.
- Obladen, Michael. "Lethal Lullabies: A History of Opium Use in Infants." *Journal of Human Lactation* 32, no. 1 (2016): 75–85.
- O’Brien, Charles. "Addiction and Dependence in DSM-V." *Addiction* 106, no. 5 (2011): 866–67.
- O’Brien, Charles P., Nora Volkow, and T. K. Li. "What’s in a Word? Addiction Versus Dependence in DSM-V." (2006).
- O’Connell, James J. *Stories from the Shadows: Reflections of a Street Doctor*. Boston Health Care for the Homeless, 2015.
- Oettingen, Gabriele. *Rethinking Positive Thinking: Inside the New Science of Motivation*. Current, 2015.
- One Hundred Years of Brewing—A Complete History of Progress Made in Art Science & Industry of Brewing in the World. Arno Press, 1974.
- Osborn, Corinne O’Keefe. "A Guide to Addiction and Recovery for Native Americans." <https://www.recovery.org/topics/native-americans/>.
- Pagliaro, Ann Marie, and Louis A. Pagliaro. *Substance Use Among Children and Adolescents: Its Nature, Extent, and Effects from Conception to Adulthood*. Wiley, 1996.
- Palamar, Joseph J., Caroline Rutherford, and Katherine M. Keyes. "Summer as a Risk Factor for Drug Initiation." *Journal of General Internal Medicine* (2019): 1–3.
- Pan, Wei, and Haiyan Bai. "A Multivariate Approach to a Meta-Analytic Review of the Effectiveness of the Dare Program." *International Journal of Environmental Research and Public Health* 6, no. 1 (2009): 267–77.
- Parker, Kimberly A., Bobi Ivanov, and Josh Compton. "Inoculation’s Efficacy with Young Adults’ Risky Behaviors: Can Inoculation Confer Cross-Protection Over Related but Untreated Issues." *Health Communication* 27, no. 3 (2012): 223–33.
- Patock-Peckham, Julie A., and Antonio A. Morgan-Lopez. "College Drinking Behaviors: Mediation Links Between Parenting Styles, Impulse Control, and Alcohol-Related Outcomes." *Psychology of Addictive Behaviors* 20, no. 2 (2006): 117.

- Peele, Stanton. *Addiction Proof Your Child: A Realistic Approach to Preventing Drug, Alcohol, and Other Dependencies*. Harmony, 2007.
- Perkins, H. Wesley. "The Emergence and Evolution of the Social Norms Approach to Substance Abuse Prevention." *The Social Norms Approach to Preventing School and College Age Substance Abuse: A Handbook for Educators, Counselors, and Clinicians* (2003): 3–17.
- Perry, Bruce, and Maia Szalavitz. *The Boy Who Was Raised as a Dog*. Basic Books, 2007.
- Perry, Jennifer L., Jane E. Joseph, Yang Jiang, Rick S. Zimmerman, Thomas H. Kelly, Mahesh Darna, Peter Huettl, Linda P. Dwoskin, and Michael T. Bardo. "Prefrontal Cortex and Drug Abuse Vulnerability: Translation to Prevention and Treatment Interventions." *Brain Research Reviews* 65, no. 2 (2011): 124–49.
- Peterson, Christopher, Steven F. Maier, and Martin E. P. Seligman. *Learned Helplessness: A Theory for the Age of Personal Control*. Oxford University Press, 1995.
- Petruzzello, Melissa. "7 of the World's Deadliest Plants." <https://www.britannica.com/list/7-of-the-worlds-deadliest-plants>.
- Pfefferbaum, Adolf, Dongjin Kwon, Ty Brumback, Wesley K. Thompson, Kevin Cummins, Susan F. Tapert, Sandra A. Brown, Ian M. Colrain, Fiona C. Baker, and Devin Prouty. "Altered Brain Developmental Trajectories in Adolescents After Initiating Drinking." *American Journal of Psychiatry* 175, no. 4 (2017): 370–80.
- Phelan, Thomas W. *Surviving Your Adolescents: How to Manage—and Let Go of—Your 13–18 Year Olds*. Parentmagic, 1998.
- Phillips, Kaitlin Ugolik. *The Future of Feeling*. Little A, 2020.
- Piper, Brian J., Christy L. Ogden, Olapeju M. Simoyan, Daniel Y. Chung, James F. Caggiano, Stephanie D. Nichols, and Kenneth L. McCall. "Trends in Use of Prescription Stimulants in the United States and Territories, 2006 to 2016." *PloS One* 13, no. 11 (2018): e0206100.
- Poirier, Lionel A. "The Effects of Diet, Genetics and Chemicals on Toxicity and Aberrant DNA Methylation: An Introduction." *Journal of Nutrition* 132, no. 8 (2002): 2336S–9S.
- Pollan, Michael. *The Botany of Desire: A Plant's-Eye View of the World*. Random House Trade Paperbacks, 2002.
- . *How to Change Your Mind*. Penguin Books, 2019.
- Pooley, Clare. *The Sober Diaries*. Hachette UK, 2017.
- Pope, Harrison G., Arthur Jacobs, Jean-Paul Mialet, Deborah Yurgelun-

- Todd, and Staci Gruber. "Evidence for a Sex-Specific Residual Effect of Cannabis on Visuospatial Memory." *Psychotherapy and Psychosomatics* 66, no. 4 (1997): 179–84.
- Powell, Douglas. *Teenagers: When to Worry and What to Do*. Main Street Books, 1987.
- Prentice, Deborah A., and Dale T. Miller. "Pluralistic Ignorance and Alcohol Use on Campus: Some Consequences of Misperceiving the Social Norm." *Journal of Personality and Social Psychology* 64, no. 2 (1993): 243.
- Presley, Cheryl A., Philip W. Meilman, and Jami S. Leichliter. "College Factors That Influence Drinking." *Journal of Studies on Alcohol*, Supplement 14 (2002): 82–90.
- Quart, Alissa. *Hothouse Kids: The Dilemma of the Gifted Child*. Penguin Press, 2006.
- Raab, Diana M., and James Brown. *Writers on the Edge: 22 Writers Speak About Addiction and Dependency*. Modern History Press, 2012.
- Racal, Sarah Jane. "Social Perspectives of Addiction: Current Approaches and Underlying Challenges." *St. Theresa Journal of Humanities and Social Sciences* 2 (2016).
- Raeburn, Paul. *Acquainted with the Night: A Parent's Quest to Understand Depression and Bipolar Disorder in His Children*. Broadway Books, 2005.
- Raine, Adrian. *The Anatomy of Violence: The Biological Roots of Crime*. Vintage, 2014.
- Rasmussen, Nicolas. *On Speed*. NYU Press, 2009.
- Rawson, Richard A., Rachel Gonzales, Jeanne L. Obert, Michael J. McCann, and Paul Brethen. "Methamphetamine Use Among Treatment-Seeking Adolescents in Southern California: Participant Characteristics and Treatment Response." *Journal of Substance Abuse Treatment* 29, no. 2 (2005): 67–74.
- Reckmeyer, Mary. *Strengths-Based Parenting: Developing Your Children's Innate Talents*. Gallup Press, 2016.
- Reedy, Brad M. *The Journey of the Heroic Parent: Your Child's Struggle & the Road Home*. Regan Arts, 2016.
- Rieder, Travis. *In Pain*. HarperCollins, 2019.
- Ringwalt, Chris, Sean Hanley, Amy A. Vincus, Susan T. Ennett, Louise A. Rohrbach, and J. Michael Bowling. "The Prevalence of Effective Substance Use Prevention Curricula in the Nation's High Schools." *Journal of Primary Prevention* 29, no. 6 (2008): 479–88.

- Robins, Lee N., Darlene H. Davis, and David N. Nurco. "How Permanent Was Vietnam Drug Addiction." *American Journal of Public Health* 64, no. 12 Suppl (1974): 38–43.
- Rogers, Adam. *Proof: The Science of Booze*. Mariner Books, 2015.
- Rorabaugh, W. J. *The Alcoholic Republic: An American Tradition*. Oxford University Press, 1981.
- Rosenberg, R. S. "Abnormal Is the New Normal: Why Will Half of the US Population Have a Diagnosable Mental Disorder?" *Slate* (2013).
- Ross, Melissa M., Amelia M. Arria, Jessica P. Brown, C. Daniel Mullins, Jason Schiffman, and Linda Simoni-Wastila. "College Students' Perceived Benefit-to-Risk Tradeoffs for Nonmedical Use of Prescription Stimulants: Implications for Intervention Designs." *Addictive Behaviors* 79 (2018): 45–51.
- Roth, Tania L., Farah D. Lubin, Monsheel Sodhi, and Joel E. Kleinman. "Epigenetic Mechanisms in Schizophrenia." *Biochimica et Biophysica Acta (BBA)—General Subjects* 1790, no. 9 (2009): 869–77.
- Rowe, David C., and Bill L. Gulley. "Sibling Effects on Substance Use and Delinquency." *Criminology* 30, no. 2 (1992): 217–34.
- Rubin, Charles. *Don't Let Your Kids Kill You: A Guide for Parents of Drug and Alcohol Addicted Children*. New Century Publishers, 2007.
- Rush, Benjamin. *An Inquiry Into the Effects of Spirituous Liquors on the Human Body: To Which Is Added, a Moral and Physical Thermometer*. Thomas & Andrews, 1983.
- Rutten, Bart P. F., Eric Vermetten, Christiaan H. Vinkers, Gianluca Ursini, Nikolaos P. Daskalakis, Ehsan Pishva, Laurence de Nijs, Lotte C. Houtepen, Lars Eijssen, and Andrew E. Jaffe. "Longitudinal Analyses of the DNA Methyome in Deployed Military Servicemen Identify Susceptibility Loci for Post-Traumatic Stress Disorder." *Molecular Psychiatry* 23, no. 5 (2018): 1145.
- Sargent, James D., Thomas A. Wills, Mike Stoolmiller, Jennifer Gibson, and Frederick X. Gibbons. "Alcohol Use in Motion Pictures and Its Relation with Early-Onset Teen Drinking." *Journal of Studies on Alcohol* 67, no. 1 (2006): 54–65.
- Sartor, Carolyn E., Alison E. Hipwell, and Tammy Chung. "Alcohol or Marijuana First? Correlates and Associations with Frequency of Use at Age 17 Among Black and White Girls." *Journal of Studies on Alcohol and Drugs* 80, no. 1 (2019): 120–28.
- Sartor, C. E., A. Agrawal, M. T. Lynskey, A. E. Duncan, D. Grant, E. C.

- Nelson, P. A. F. Madden, A. C. Heath, and K. K. Bucholz. "Cannabis or Alcohol First? Differences by Ethnicity and in Risk for Rapid Progression to Cannabis-Related Problems in Women." *Psychological Medicine* 43, no. 4 (2013): 813–23.
- Schinke, S. P., L. Fang, and K. C. A. Cole. "Substance Use Among Early Adolescent Girls: Risk and Protective Factors." *Journal of Adolescent Health* (2008).
- Schuckit, Marc A. "A Brief History of Research on the Genetics of Alcohol and Other Drug Use Disorders." *Journal of Studies on Alcohol and Drugs*, Supplement s17 (2014): 59–67.
- Schulenberg, John E., and Jennifer L. Maggs. "A Developmental Perspective on Alcohol Use and Heavy Drinking During Adolescence and the Transition to Young Adulthood." *Journal of Studies on Alcohol*, Supplement 14 (2002): 54–70.
- Schwartz, Daniel L., Jessica M. Tsang, and Kristen P. Blair. *The ABCs of How We Learn: 26 Scientifically Proven Approaches, How They Work, and When to Use Them*. W. W. Norton & Company, 2016.
- Sederer, Lloyd I. *The Family Guide to Mental Health Care*. W. W. Norton & Company, 2015.
- Seligman, Martin E. P. *Flourish*. Simon & Schuster, 2012.
- . *Learned Optimism: How to Change Your Mind and Your Life*. Vintage, 2006.
- . *The Optimistic Child: A Proven Program to Safeguard Children Against Depression and Build Lifelong Resilience*. Mariner Books, 2007.
- Seppala, Emma. *The Happiness Track: How to Apply the Science of Happiness to Accelerate Your Success*. HarperOne, 2017.
- Sharma, Aditi, and Jonathan D. Morrow. "Neurobiology of Adolescent Substance Use Disorders." *Child and Adolescent Psychiatric Clinics* 25, no. 3 (2016): 367–75.
- Sharot, Tali. *The Optimism Bias: A Tour of the Irrationally Positive Brain*. Vintage, 2012.
- Shattuck, Gary G. *Green Mountain Opium Eaters*. Arcadia Publishing, 2017.
- Sheff, David. *Clean: Overcoming Addiction and Ending America's Greatest Tragedy*. Eamon Dolan/Mariner Books, 2014.
- Sheff, David, and Nic Sheff. *High*. HMH Books for Young Readers, 2019.
- Sheff, Nic. *We All Fall Down: Living with Addiction*. Little, Brown Books for Young Readers, 2012.
- Sher, Kenneth J., Bruce D. Bartholow, and Shivani Nanda. "Short- and

- Long-Term Effects of Fraternity and Sorority Membership on Heavy Drinking: A Social Norms Perspective.” *Psychology of Addictive Behaviors* 15, no. 1 (2001): 42.
- Sher, Kenneth J., Bruce D. Bartholow, and Mark D. Wood. “Personality and Substance Use Disorders: A Prospective Study.” *Journal of Consulting and Clinical Psychology* 68, no. 5 (2000): 818.
- Shonin, Edo, and William Van Gordon. “The Mechanisms of Mindfulness in the Treatment of Mental Illness and Addiction.” *International Journal of Mental Health and Addiction* 14, no. 5 (2016): 844–49.
- Shriver, Timothy. *Fully Alive: Discovering What Matters Most*. Farrar, Straus and Giroux, 2015.
- Siegel, Daniel J. *Aware: The Science and Practice of Presence—The Ground-breaking Meditation Practice*. TarcherPerigee, 2018.
- . *Brainstorm: The Power and Purpose of the Teenage Brain*. Tarcher-Perigee, 2015.
- . *The Developing Mind, Second Edition: How Relationships and the Brain Interact to Shape Who We Are*. Guilford Press, 2015.
- . *Mindsight: The New Science of Personal Transformation*. Bantam, 2010.
- Siegel, Daniel J., and Tina Payne Bryson. *The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child’s Developing Mind*. Bantam, 2012.
- Siegel, Daniel J., and Mary Hartzell. *Parenting from the Inside Out: How a Deeper Self-Understanding Can Help You Raise Children Who Thrive: 10th Anniversary Edition*. TarcherPerigee, 2013.
- Sinha, Rajita. “Chronic Stress, Drug Use, and Vulnerability to Addiction.” *Annals of the New York Academy of Sciences* 1141 (2008): 105.
- Sivertsen, Børge, Jens Christoffer Skogen, Reidar Jakobsen, and Mari Hysing. “Sleep and Use of Alcohol and Drug in Adolescence. A Large Population-Based Study of Norwegian Adolescents Aged 16 to 19 Years.” *Drug and Alcohol Dependence* 149 (2015): 180–86.
- Sloboda, Zili, Hanno Petras, Elizabeth Robertson, and Ralph Hingson. *Prevention of Substance Use*. Springer, 2019.
- Smaldone, Arlene, Judy C. Honig, and Mary W. Byrne. “Sleepless in America: Inadequate Sleep and Relationships to Health and Well-Being of Our Nation’s Children.” *Pediatrics* 119, no. 1 (2007): S29–37.
- Smetana, Judith G. *Adolescents, Families, and Social Development: How Teens Construct Their Worlds*. Wiley-Blackwell, 2010.

- . *Changing Boundaries of Parental Authority During Adolescence*. Jossey-Bass, 2005.
- Smith, Gregg. *Beer in America: The Early Years, 1587–1840: Beer's Role in the Settling of America and the Birth of a Nation*. Siris Books, 1998.
- Smith, G. T., and M. A. Cyders. "Integrating Affect and Impulsivity: The Role of Positive and Negative Urgency in Substance Use Risk." *Drug and Alcohol Dependence* (2016).
- Smith, G. T., and L. Guller. "A Comparison of Two Models of Urgency: Urgency Predicts Both Rash Action and Depression in Youth." *Clinical Psychological Science* (2013).
- Smith, Joshua P., and Carrie L. Randall. "Anxiety and Alcohol Use Disorders: Comorbidity and Treatment Considerations." *Alcohol Research: Current Reviews* (2012).
- Snyder, C. R., Diane McDermott, William Cook, and Michael A. Rapoff. *Hope for the Journey: Helping Children Through Good Times and Bad*. Percheron Press/Eliot Werner Publications, 2002.
- Snyder, C. Richard. *Handbook of Hope: Theory, Measures, and Applications*. Academic Press, 2000.
- Snyder, C. R. *Psychology of Hope: You Can Get Here from There*. Free Press, 2003.
- Spear, Linda Patia. "The Adolescent Brain and the College Drinker: Biological Basis of Propensity to Use and Misuse Alcohol." *Journal of Studies on Alcohol*, Supplement 14 (2002): 71–81.
- Sperry, Rod Meade, and editors of the *Shambhala Sun*. *A Beginner's Guide to Meditation: Practical Advice and Inspiration from Contemporary Buddhist Teachers*. Shambhala, 2014.
- Spiegelman, Erica. *Rewired: A Bold New Approach to Addiction and Recovery*. Hatherleigh Press, 2015.
- Stefano, George B., Nastazja Pilonis, Radek Ptacek, and Richard M. Kream. "Reciprocal Evolution of Opiate Science from Medical and Cultural Perspectives." *Medical Science Monitor* 23 (2017): 2890.
- Steinberg, Laurence. *Age of Opportunity: Lessons from the New Science of Adolescence*. Mariner Books, 2015.
- . *You and Your Adolescent, New and Revised Edition: The Essential Guide for Ages 10–25*. Simon & Schuster, 2011.
- Steinberg, Neil, and Sara Bader. *Out of the Wreck I Rise: A Literary Companion to Recovery*. University of Chicago Press, 2016.

- Sterling, S. C. *Teenage Degenerate*. No Bueno Publishing, 2016.
- Stoddard, Damon. *Pain Drives Change*. Damon Stoddard, 2016.
- Storm, Jennifer. *Blackout Girl*. Simon & Schuster, 2009.
- . *Leave the Light On*. Central Recovery Press, 2010.
- Swenson, Sandra. *The Joey Song*. Central Recovery Press, 2014.
- Szalavitz, Maia. *Help at Any Cost: How the Troubled-Teen Industry Cons Parents and Hurts Kids*. Riverhead Books, 2006.
- . *Unbroken Brain: A Revolutionary New Way of Understanding Addiction*. Picador, 2017.
- Tarter, Ralph E., Levent Kirisci, Ada Mezzich, Jack R. Cornelius, Kathleen Pajer, Michael Vanyukov, William Gardner, Timothy Blackson, and Duncan Clark. “Neurobehavioral Disinhibition in Childhood Predicts Early Age at Onset of Substance Use Disorder.” *American Journal of Psychiatry* 160, no. 6 (2003): 1078–85.
- Temple, John. *American Pain: How a Young Felon and His Ring of Doctors Unleashed America’s Deadliest Drug Epidemic*. Lyons Press, 2016.
- Terracciano, Antonio, Corinna E. Löckenhoff, Rosa M. Crum, O. Joseph Bienvenu, and Paul T. Costa. “Five-Factor Model Personality Profiles of Drug Users.” *BMC Psychiatry* 8, no. 1 (2008): 22.
- Teter, Christian J., Sean Esteban McCabe, Kristy LaGrange, James A. Cranford, and Carol J. Boyd. “Illicit Use of Specific Prescription Stimulants Among College Students: Prevalence, Motives, and Routes of Administration.” *Pharmacotherapy* 26, no. 10 (2006): 1501–10.
- Thayne, Tim. *Not by Chance: How Parents Boost Their Teen’s Success in and after Treatment*. Advantage Media Group, 2013.
- Thomas, Huw. “A Community Survey of Adverse Effects of Cannabis Use.” *Drug and Alcohol Dependence* 42, no. 3 (1996): 201–7.
- Thombs, Dennis L., and Cynthia J. Osborn. *Introduction to Addictive Behaviors, Fifth Edition*. Guilford Publications, 2019.
- Tiger, Rebecca. *Judging Addicts: Drug Courts and Coercion in the Justice System (Alternative Criminology)*. NYU Press, 2012.
- Tokuhamma-Espinosa, Tracey. *Mind, Brain, and Education Science: A Comprehensive Guide to the New Brain-Based Teaching*. W. W. Norton & Company, 2010.
- Tracy, Sarah W. *Alcoholism in America*. JHU Press, 2009.
- Trull, Timothy J., Lindsey K. Freeman, Tayler J. Vebares, Alexandria M. Choate, Ashley C. Helle, and Andrea M. Wycoff. “Borderline Personality Disorder and Substance Use Disorders: An Updated Review.”

Borderline Personality Disorder and Emotion Dysregulation 5, no. 1 (2018): 15.

- Turrisi, Rob, Kimberly A. Mallett, Michael J. Cleveland, Lindsey Varvil-Weld, Caitlin Abar, Nichole Scaglione, and Brittney Hultgren. "Evaluation of Timing and Dosage of a Parent-Based Intervention to Minimize College Students' Alcohol Consumption." *Journal of Studies on Alcohol and Drugs* 74, no. 1 (2013): 30–40.
- Um, M., Z. T. Whitt, R. Revilla, T. Hunton, and M. A. Cyders. "Shared Neural Correlates Underlying Addictive Disorders and Negative Urgency." *Brain Sciences* (2019).
- Ungar, Michael. *I Still Love You: Nine Things Troubled Kids Need from Their Parents*. Dundurn, 2014: 209.
- . *Strengths-Based Counseling with At-Risk Youth*. Corwin, 2006.
- Urdu, Tim, and Frank Pajares. *Self-Efficacy Beliefs of Adolescents (Adolescence and Education)*. Information Age Publishing, 2006.
- Vader, Amanda M., Scott T. Walters, Bahaman Roudsari, and Norma Nguyen. "Where Do College Students Get Health Information? Believability and Use of Health Information Sources." *Health Promotion Practice* 12, no. 5 (2011): 713–22.
- Vaillant, George E. *The Natural History of Alcoholism Revisited*. Harvard University Press, 2009.
- van der Kolk, Bessel. *The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma*. Penguin Books, 2015.
- VanVonderen, Jeff. *Tired of Trying to Measure Up*. Bethany House, 2008.
- Veliz, Philip, Carol Boyd, and Sean Esteban McCabe. "Adolescent Athletic Participation and Nonmedical Adderall Use: An Exploratory Analysis of a Performance-Enhancing Drug." *Journal of Studies on Alcohol and Drugs* 74, no. 5 (2013): 714–19.
- Ventura, Alicia S., and Sarah M. Bagley. "To Improve Substance Use Disorder Prevention, Treatment and Recovery: Engage the Family." *Journal of Addiction Medicine* 11, no. 5 (2017): 339–41.
- Vicary, Judith R., and Christine M. Karshin. "College Alcohol Abuse: A Review of the Problems, Issues, and Prevention Approaches." *Journal of Primary Prevention* 22, no. 3 (2002): 299–331.
- Vitaro, Frank, Daniel J. Dickson, Mara Brendgen, Brett Laursen, Ginette Dionne, and Michel Boivin. "The Gene–Environmental Architecture of the Development of Adolescent Substance Use." *Psychological Medicine* 48, no. 15 (2018): 2500–7.

- Volkow, N. "Substance Use in American Indian Youth Is Worse Than We Thought." Nora's blog, National Institute on Drug Abuse (2014).
- Volkow, N. D., and M. Boyle. "Neuroscience of Addiction: Relevance to Prevention and Treatment." *American Journal of Psychiatry* (2018).
- Volkow, Nora D., George F. Koob, and A. Thomas McLellan. "Neurobiologic Advances from the Brain Disease Model of Addiction." *New England Journal of Medicine* 374, no. 4 (2016): 363–71.
- Wadolowski, Monika, Delyse Hutchinson, Raimondo Bruno, Alexandra Aiken, Jakob M. Najman, Kypros Kypri, Tim Slade, Nyanda McBride, and Richard P. Mattick. "Parents Who Supply Sips of Alcohol in Early Adolescence: A Prospective Study of Risk Factors." *Pediatrics* 137, no. 3 (2016): e20152611.
- Walls, Theodore A., Anne M. Fairlie, and Mark D. Wood. "Parents Do Matter: A Longitudinal Two-Part Mixed Model of Early College Alcohol Participation and Intensity." *Journal of Studies on Alcohol and Drugs* 70, no. 6 (2009): 908–18.
- Walsh, Froma. *Strengthening Family Resilience*. Guilford Publications, 2015.
- Wandzilak, Kristina, and Constance Curry. *The Lost Years*. Jeffers Press, 2006.
- Wechsler, Henry. "Binge Drinking on America's College Campuses." Boston: Harvard University (2000).
- Wegner, Daniel M. *White Bears and Other Unwanted Thoughts: Suppression, Obsession, and the Psychology of Mental Control*. Guilford Press, 1994.
- Westhoff, Ben. *Fentanyl, Inc.* Thorndike Press Large Print, 2020.
- Westreich, Laurence M. *A Parent's Guide to Teen Addiction: Professional Advice on Signs, Symptoms, What to Say, and How to Help*. Skyhorse, 2017.
- Whitaker, Holly. *Quit Like a Woman*. Dial Press, 2019.
- Whitbeck, Les B., and Brian E. Armenta. "Patterns of Substance Use Initiation Among Indigenous Adolescents." *Addictive Behaviors* 45 (2015): 172–79.
- White, Helene R. Nicole Jarrett, Elvia Y. Valencia, Rolf Loeber, and Evelyn Wei. "Stages and Sequences of Initiation and Regular Substance Use in a Longitudinal Cohort of Black and White Male Adolescents." *Journal of Studies on Alcohol and Drugs* 68, no. 2 (2007): 173–81.
- Whitesell, Nancy Rumbaugh, Janette Beals, Cecelia Big Crow, Christina M. Mitchell, and Douglas K. Novins. "Epidemiology and Etiology of Substance Use Among American Indians and Alaska Natives:

- Risk, Protection, and Implications for Prevention.” *American Journal of Drug and Alcohol Abuse* 38, no. 5 (2012): 376–82.
- Whitman, Glenn, and Ian Kelleher. *Neuroteach*. Rowman & Littlefield Publishers, 2016.
- Widom, Cathy Spatz, and Susanne Hiller-Sturmhofel. “Alcohol Abuse as a Risk Factor for and Consequence of Child Abuse.” *Alcohol Research & Health* 25, no. 1 (2001): 52.
- Wigand, Petra, Maria Blettner, Joachim Saloga, and Heinz Decker. “Prevalence of Wine Intolerance: Results of a Survey from Mainz, Germany.” *Deutsches Ärzteblatt International* 109, no. 25 (2012): 437.
- Willis, Colin. *Smart Drugs: The Truth About Nootropics: An Introductory Guide to Memory Enhancement, Cognitive Enhancement, and the Full Effects*. CreateSpace Independent Publishing Platform, 2015.
- Wills, Thomas A., John Mariani, and Marnie Filer. “The Role of Family and Peer Relationships in Adolescent Substance Use.” In *Handbook of Social Support and the Family*, 521–49. Springer, 1996.
- Wills, Thomas Ashby, Grace McNamara, Donato Vaccaro, and A. Elizabeth Hirky. “Escalated Substance Use: A Longitudinal Grouping Analysis from Early to Middle Adolescence.” *Journal of Abnormal Psychology* 105, no. 2 (1996): 166.
- Wolchik, Sharlene A., Irwin N. Sandler, Sarah Jones, Nancy Gonzales, Kathryn Doyle, Emily Winslow, Qing Zhou, and Sanford L. Braver. “The New Beginnings Program for Divorcing and Separating Families: Moving from Efficacy to Effectiveness.” *Family Court Review* 47, no. 3 (2009): 416–35.
- Wood, A. P., S. Dawe, and M. J. Gullo. “The Role of Personality, Family Influences, and Prosocial Risk-Taking Behavior on Substance Use in Early Adolescence.” *Journal of Adolescence* (2013).
- World Health Organization. “European Health Report 2015. Targets and Beyond—Reaching New Frontiers in Evidence.”
- Yamaguchi, Kazuo, and Denise B. Kandel. “Patterns of Drug Use from Adolescence to Young Adulthood: Ii. Sequences of Progression.” *American Journal of Public Health* 74, no. 7 (1984): 668–72.
- . “Patterns of Drug Use from Adolescence to Young Adulthood: Iii. Predictors of Progression.” *American Journal of Public Health* 74, no. 7 (1984): 673–81.
- Yoast, Richard A., Missy Fleming, and George I. Balch. “Reactions to a

- Concept for Physician Intervention in Adolescent Alcohol Use.” *Journal of Adolescent Health* 41, no. 1 (2007): 35–41.
- Yogi, M. C. *Spiritual Graffiti: Finding My True Path*. HarperOne, 2017.
- Zapolski, T. C. B., M. A. Cyders, and G. T. Smith. “Positive Urgency Predicts Illegal Drug Use and Risky Sexual Behavior.” *Psychology of Addictive Behaviors* (2009).
- Zarse, Jane. *Sober and Pissed Off*. Independently published, 2018.
- Zerhouni, Oulmann, Laurent Bègue, and Kerry S. O’Brien. “How Alcohol Advertising and Sponsorship Works: Effects Through Indirect Measures.” *Drug and Alcohol Review* 38, no. 4 (2019): 391–98.
- Zucker, Robert A., Stephen B. Kincaid, Hiram E. Fitzgerald, and C. Raymond Bingham. “Alcohol Schema Acquisition in Preschoolers: Differences Between Children of Alcoholics and Children of Non-alcoholics.” *Alcoholism: Clinical and Experimental Research* 19, no. 4 (1995): 1011–17.
- Zucker, Robert A., and Sandra A. Brown. *The Oxford Handbook of Adolescent Substance Abuse*. Oxford University Press, 2019.
- Zuckerman, Marvin, and D. Michael Kuhlman. “Personality and Risk-taking: Common Bisocial Factors.” *Journal of Personality* 68, no. 6 (2000): 999–1029.