

## PREVENTION WORKS!

### *CHILDREN LIVING IN STRESSFUL ENVIRONMENTS: A RESOURCE KIT*

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#### *VIII. Selected Web-Based Resources on Children Living in Stressful Environments*

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*Note:* The 10 individual topic summaries/facts documents in this resource kit include their own lists of resources. The following list includes some—but not all—of those resources. For resources on a specific topic, please review the appropriate summary/fact sheet.

#### **Federal—Substance Abuse and Mental Health Services Administration (SAMHSA)**

##### **SAMHSA**

[www.samhsa.gov](http://www.samhsa.gov)

The Substance Abuse and Mental Health Services Administration (SAMHSA) includes three Centers that engage in program activities focusing on substance abuse treatment, mental health services, and substance abuse prevention. The Office of Applied Studies is the focal point for the collection, analysis, and dissemination of national data on practices and issues related to substance abuse and mental health disorders.

##### **SAMHSA’s Center for Mental Health Services (CMHS)**

<http://mentalhealth.samhsa.gov/child/childhealth.asp>

The Child and Adolescent Health section of the CMHS site offers resources to help children who have, or show signs of developing, mental health problems, including children experiencing stress due to problems within their families.

##### **SAMHSA’s Center for Substance Abuse Prevention (CSAP)**

<http://prevention.samhsa.gov/>

CSAP works with States and communities to develop comprehensive prevention systems that create healthy communities in which people enjoy a quality life. This includes supportive work and school environments, drug- and crime-free neighborhoods, and positive connections with friends and family. Children living in families with alcoholism, other substance abuse, and/or co-occurring mental health problems are included in audiences targeted by CSAP and its programs. The CSAP site includes Communities That Care, the Prevention Platform, and various prevention education tools.

### **SAMHSA's Center for Substance Abuse Treatment (CSAT)**

[www.csat.samhsa.gov/publications/youcanhelp.aspx](http://www.csat.samhsa.gov/publications/youcanhelp.aspx)

Created for the substance abuse treatment system in the United States, CSAT's Web site includes information and links to resources useful to the prevention field, as well as to treatment providers and the general public.

### **SAMHSA's Office of Applied Studies (OAS)**

[www.oas.samhsa.gov/](http://www.oas.samhsa.gov/)

SAMHSA's OAS gathers, analyzes, and disseminates data on substance abuse practices in the United States. OAS is responsible for the annual *National Survey on Drug Use and Health*, the *Drug Abuse Warning Network*, and the *Drug and Alcohol Services Information Services System*, among other studies. OAS also coordinates evaluation of the service-delivery models within SAMHSA's knowledge development and application programs.

### **CMHS's Homeless Programs Branch**

<http://mentalhealth.samhsa.gov/publications/allpubs/KEN95-0015/default.asp>

The CMHS Homeless Programs Branch serves the treatment, support services, and housing needs of homeless persons with mental illnesses. The branch administers programs to assist States and localities in helping homeless persons gain access to mental health treatment, primary health care, substance abuse treatment, legal assistance, access entitlements, and other supports.

### **CSAP's A Family Guide To Keeping Youth Mentally Healthy & Drug Free**

[www.family.samhsa.gov/](http://www.family.samhsa.gov/)

This public education Web site communicates with parents and other caring adults about how to promote children's mental health and prevent the use of alcohol, tobacco, and illegal drugs. The Web site provides tips on talking with your child, getting involved in your child's life, setting rules with consequences, being a role model, supporting your child's social development, and monitoring your child's activities.

### **CSAP's Building Blocks for a Healthy Future**

<http://bblocks.samhsa.gov/>

Building Blocks for a Healthy Future is an early childhood substance abuse prevention program for parents and caregivers of children ages 3 to 6. CSAP developed the program to teach children the basics of prevention and promote a healthy lifestyle. Building Blocks helps open lines of communication with young children—and makes it easier to keep those lines of communication open as they grow older.

### **CSAP's Too Smart to Start**

<http://toosmarttostart.samhsa.gov/>

CSAP's underage alcohol prevention initiative is targeted to parents/caregivers and their 9-to-13-year-old children.

### **SAMHSA's Disaster Relief Information**

<http://mentalhealth.samhsa.gov/cmhs/katrina/default.asp>

Immediately following such disasters and for the long term, SAMHSA focuses on its mission of “building resilience and facilitating recovery” for those affected, the most vulnerable of whom are often individuals with substance abuse and mental illness disorders.

### **Developing Cultural Competence in Disaster Mental Health Programs**

<http://mentalhealth.samhsa.gov/publications/allpubs/SMA03-3828/default.asp>

Mental health service providers have become increasingly aware that race, ethnicity, and culture may have a profound effect on the way in which an individual responds to and copes with disaster. This guide provides background information, guiding principles, recommendations, and resources for developing culturally competent disaster mental health services. Mental health workers can adapt these resources to serve the unique characteristics of individuals and communities affected by disasters.

### **SAMHSA's Fetal Alcohol Spectrum Disorders Center for Excellence**

<http://fascenter.samhsa.gov>

The mission of the Fetal Alcohol Spectrum Disorders Center for Excellence is to facilitate the development and improvement of prevention, treatment, and care systems in the United States by providing national leadership and facilitating collaboration in the field.

### **SAMHSA's Health Information Network (SHIN)**

[www.samhsa.gov/SHIN](http://www.samhsa.gov/SHIN)

SHIN (also known as the National Clearinghouse for Alcohol and Drug Information [NCADI] and the CMHS Knowledge Exchange Network clearinghouse) stores publications, video products, and archived Webcasts for and about “children of substance abusers” that can be ordered free or at cost.

### **SAMHSA's NCADI**

<http://ncadi.samhsa.gov>

SAMHSA's NCADI provides the Nation with a one-stop resource for substance abuse prevention and treatment information. The NCADI information services department responds to alcohol and substance abuse information requests via telephone, e-mail, voice mail, postal mail, TDD, and fax.

### **SAMHSA's National Mental Health Information Center**

<http://mentalhealth.samhsa.gov/>

This Center is a service provided by SAMHSA's CMHS “for users of mental health services and their families, the general public, policy makers, providers, and the media” and functions as the online public face of CMHS. In addition to typical resources of a Federal information clearinghouse, SAMHSA's National Mental Health Information Center includes an archive of speeches and public remarks by the CMHS director and

other Federal officials. A number of these address the impact of mental health disorders on family members, including children. CMHS can also be reached online at <http://mentalhealth.samhsa.gov/cmhs/>, a section of the National Mental Health Information Center site.

Some relevant SAMHSA products available from SHIN are of special note:

**SAMHSA's *Children of Alcoholics: Guide to Community Action*** (available in PDF format only)

<http://download.ncadi.samhsa.gov/prevline/pdfs/ms939.pdf>

This guide provides information and resources to help community groups raise awareness of the impact of family alcoholism on children. Contents include media messages, sample materials, and directions for organizing a local children of alcoholics (COA) awareness public education program.

**SAMHSA's *Children's Program Kit (with videos on DVD)***

<http://ncadistore.samhsa.gov/catalog/productDetails.aspx?ProductID=17245>

The *Children's Program Kit* (2003, Inventory Number: CPKIT-D) is designed to provide materials for substance abuse programs so that they can initiate educational support programs for the children of their clients in substance abuse treatment. The program will teach children skills such as problem solving, coping, social competence, autonomy, and a sense of purpose and future. The toolkit has activities for children in elementary school, middle school, and high school. It contains information for therapists to distribute to their clients to help parents understand the needs of their children and training materials, including posters and DVDs, for substance abuse treatment staff members who plan to offer support groups for children. [*Note*: Despite this focus on treatment providers, much of the kit's contents can be easily adapted for use in prevention programs.]

**SAMHSA's *Native American Children's Program Kit (with videos on DVD)***

<http://ncadistore.samhsa.gov/catalog/productDetails.aspx?ProductID=17286>

This edition (2005, Inventory Number: NCPKIT-D) of SAMHSA's *Children's Program Kit* has been adapted for use with and by American-Indian audiences and developed with assistance from White Bison and other American-Indian community members.

### **SAMHSA's Homelessness Resource Center**

<http://homeless.samhsa.gov/>

A service of CMHS, the Center disseminates state-of-the art knowledge and promising practices to prevent and end homelessness through training and technical assistance, publications and materials, online learning opportunities, and networking and collaboration. The Web site knowledge base is searchable within more than two dozen main topics (e.g., children, welfare reform, prevention).

## **SAMHSA’s National Center on Substance Abuse and Child Welfare (NCSACW)**

[www.ncsacw.samhsa.gov/](http://www.ncsacw.samhsa.gov/)

NCSACW is jointly funded by CSAT and the Administration on Children, Youth and Families (ACYF), Children’s Bureau’s Office on Child Abuse and Neglect (OCAN).

## **SAMHSA’s National Registry of Evidence-based Programs & Practices (NREPP)**

[www.nrepp.samhsa.gov/](http://www.nrepp.samhsa.gov/)

NREPP is a searchable database of interventions for the prevention and treatment of mental health and substance use disorders. NREPP publishes intervention summaries on this Web site for every intervention it reviews. All NREPP intervention summaries can be accessed through the [Find Interventions](#) page.

### **Clinician-Based Cognitive Psychoeducational Intervention for Families**

[http://nrepp.samhsa.gov/programfulldetails.asp?PROGRAM\\_ID=88](http://nrepp.samhsa.gov/programfulldetails.asp?PROGRAM_ID=88)

This approach, included in SAMHSA’s NREPP, is intended for families with parents who have significant mood disorders. Based on public health models, the intervention is designed to provide information about mood disorders to parents, equip parents with the skills they need to communicate this information to their children, and open dialog in families about the effects of parental depression.

## **SAMHSA’s Resource Center to Promote Acceptance, Dignity and Social Inclusion Associated with Mental Health (ADS Center)**

[www.stopstigma.samhsa.gov/default.aspx](http://www.stopstigma.samhsa.gov/default.aspx)

SAMHSA’s ADS Center has information and advice about mental health stigma and how to counter it, plus links to programs and campaigns in the States.

## **Stopalcoholabuse.gov**

[www.stopalcoholabuse.gov](http://www.stopalcoholabuse.gov)

Stopalcoholabuse.gov is a portal of Federal resources for information on underage drinking and ideas for combating this issue. Those persons interested in underage drinking prevention—including parents, educators, community-based organizations, and youth—will find information and links to many resources here.

## **Other U.S. Department Of Health And Human Services (HHS)**

### **Administration for Children & Families (ACF)**

[www.acf.hhs.gov/](http://www.acf.hhs.gov/)

ACF is responsible for Federal programs that promote the economic and social well-being of families, children, individuals, and communities. The site includes a PDF file of the agency’s *Promising Strategies to End Youth Homelessness* report to Congress and other resources.

## **Centers for Disease Control and Prevention (CDC)**

[www.cdc.gov](http://www.cdc.gov)

CDC is composed of the Office of the Director, the National Institute for Occupational Safety and Health, and six Coordinating Centers/Offices, including environmental health and injury prevention, health information services, health promotion, infectious diseases, global health, and terrorism preparedness and emergency response. With more than 14,000 employees, CDC addresses an array of health topics and the agency Web site homepage has links into broad areas that deal with many subjects relating to substance abuse and other problems affecting the lives of children. These include fetal alcohol spectrum disorder (FASD), HIV/AIDS and other sexually transmitted diseases, sexual health, smoking prevention, many types of injuries, disasters, and violence and other threats to safety and health. In addition, CDC's Youth Risk Behavior Surveillance Survey (YRBSS), as described below, is an important alcohol, tobacco, and other drugs (ATOD) data source.

A sampling of some CDC resources that are useful in addressing children living in stressful environments:

### ***CDC's Preventing Child Maltreatment: Program Activities Guide***

[www.cdc.gov/ncipc/dvp/pcmguide.htm](http://www.cdc.gov/ncipc/dvp/pcmguide.htm)

This guide describes CDC's activities and research in the prevention of child abuse and neglect. It outlines activities key to CDC's prevention work: monitoring and researching the problem, developing and evaluating prevention strategies, supporting and enhancing prevention programs, and encouraging research and development.

### ***CDC's The Effects of Childhood Stress on Health Across the Lifespan***

[www.cdc.gov/ncipc/pub-res/effects\\_of\\_childhood\\_stress.htm](http://www.cdc.gov/ncipc/pub-res/effects_of_childhood_stress.htm)

A 2008 publication that looks at the stress caused by child abuse, neglect, and exposure to intimate partner violence (IPV), it is designed to help violence prevention practitioners and others.

### ***CDC's Families With Special Needs: Caregiving Tips***

[www.cdc.gov/family/specialneeds/](http://www.cdc.gov/family/specialneeds/)

This Web area has links to resources relating to families with disabilities, families with HIV/AIDS, families with mental health problems, families with birth defects, families where there has been IPV, and other adverse family experiences likely to create stress for children.

### **CDC's National Center for Chronic Disease Prevention and Health Promotion's Healthy Schools/Healthy Youth**

[www.cdc.gov/HealthyYouth/](http://www.cdc.gov/HealthyYouth/)

This site includes a searchable database of programs (two FASD prevention programs are among them). The section also has a descriptive chart of six adolescent and school health tools CDC has developed: [www.cdc.gov/HealthyYouth/SchoolHealth/tools.htm](http://www.cdc.gov/HealthyYouth/SchoolHealth/tools.htm).

Resources relating to other problems children living in stressful environments may experience can be found here, as well.

**CDC's Youth Risk Behavior Surveillance Survey (YRBSS)**

[www.cdc.gov/HealthyYouth/yrbs/index.htm](http://www.cdc.gov/HealthyYouth/yrbs/index.htm)

ATOD findings from the YRBSS are used often as a basis for designing programs for children who have been identified as being at risk for developing substance abuse problems. The URL above links to the latest YRBSS results.

**CDC's School Health Policies and Programs Study (SHPPS)**

[www.cdc.gov/HealthyYouth/shpps/index.htm](http://www.cdc.gov/HealthyYouth/shpps/index.htm)

This study periodically assesses school health policies and practices at the State, district, school, and classroom levels. Data from the most recent (2006) SHPPS, including State-level summaries, is available at the URL listed above.

**National Child Traumatic Stress Network (NCTSN)**

[www.nctsn.org](http://www.nctsn.org)

Funded by CMHS, NCTSN was established to improve access to care, treatment, and services for traumatized children and adolescents exposed to traumatic events.

**National Clearinghouse on Families & Youth**

[www.ncfy.com/](http://www.ncfy.com/)

A free information service of ACF's [Family and Youth Services Bureau](#), this site provides information about and access to the Family and Youth Services Bureau Runaway and Homeless Youth Training and Technical Assistance Centers:

Runaway and Homeless Youth Training and Technical Assistance Centers

The University of Oklahoma OUTREACH

4502 East 41st Street, Building 4W

Tulsa, OK 74135-2512

(800) 806-2711

[www.nrcys.ou.edu/rhyttac](http://www.nrcys.ou.edu/rhyttac)

[rhytraining@ou.edu](mailto:rhytraining@ou.edu)

[rhytechnicalassistance@ou.edu](mailto:rhytechnicalassistance@ou.edu)

**National Institute of Mental Health (NIMH), National Institutes of Health (NIH), HHS**

[www.nimh.nih.gov/](http://www.nimh.nih.gov/)

The NIMH is NIH's mental health institute, in most ways comparable to the National Institute on Alcohol Abuse and Alcoholism and the National Institute on Drug Abuse. As with those institutes, NIMH's focus is on research and it publishes fact sheets, booklets, and other consumer-oriented materials, as well as the latest mental health research findings.

### **NIMH: Coping with Traumatic Events**

[www.nimh.nih.gov/health/topics/coping-with-traumatic-events/index.shtml](http://www.nimh.nih.gov/health/topics/coping-with-traumatic-events/index.shtml)

NIMH researches and provides evidence-based information about reactions to national crises and traumatic events such as the September 11, 2001, terrorist attacks; the Oklahoma City bombing; wars and violence in the Middle East; and disasters such as earthquakes, tornados, fires, floods, and hurricanes, including the 2005 Gulf Coast storms.

## **Other Federal**

### **ACF's Child Welfare Information Gateway**

<http://www.childwelfare.gov/>

The Gateway area of ACF's Web site has multiple sections of resources for preventing child abuse and neglect, several of which benefit children who experience stress because of abuse and neglect.

### **Department of Defense—MilitaryStudents.org**

[www.militarystudent.dod.mil/](http://www.militarystudent.dod.mil/)

The publications, resources, and Web sites provided at this site equip military parents to “compare options, make sound education decisions, and become involved and informed advocates of quality education.” Included are resources to aid both parents and children with transitions likely to cause stress in the lives of youth in military families, such as changing schools frequently. A section for Special Needs Families offers resources for military families with special physical, mental, or emotional challenges.

### **Department of Education (DoEd)**

[www.ed.gov/](http://www.ed.gov/)

DoEd is involved in many areas touching on the lives of children in stressful environments. The Parents section of the DoEd site, for example, provides a toolkit for Hispanic families that is likely to benefit children of immigrants or children who are living in bicultural families where Spanish is the preferred or only language. The toolkit can be accessed at [www.ed.gov/parents/academic/involve/2006toolkit/index.html](http://www.ed.gov/parents/academic/involve/2006toolkit/index.html). Resources in the Teachers' area of the site include *Tips for Parents on Keeping Children Drug-Free*, a downloadable PDF file: [www.ed.gov/parents/academic/involve/drugfree/drugfree.pdf](http://www.ed.gov/parents/academic/involve/drugfree/drugfree.pdf).

Of course, DoEd also funds the Office of Safe and Drug-Free Schools and its Web site has a listing of resources for keeping schools safe and drug free. Typing “substance abuse” in the search window at [www.ed.gov](http://www.ed.gov) brings up links to these as well as many other DoEd resources relating to substance abuse prevention. Scrolling to the end of the first page of these resources brings users to a list of “See Also” links of subjects addressed in this *Prevention Works! Children Living in Stressful Environments Resource Kit*.

### **National Center for Homeless Education (NCHE)**

[www.serve.org/nche/](http://www.serve.org/nche/)

NCHE is funded by DoEd as a national resource center of research and information to help communities address the needs of homeless children and youth and their families. NCHE products include posters, parent brochures, the local education authority Homeless Education Liaison Handbook, the State Coordinators' Handbook, and the [National Association for the Education of Homeless Children and Youth](#) listserv.

### **DoEd: Education for Homeless Children and Youths (EHCY) Program**

[www.ed.gov/programs/homeless/index.html](http://www.ed.gov/programs/homeless/index.html)

DoEd is the Federal agency charged with the administration and oversight of the McKinney-Vento Act's Education for Homeless Children and Youths program. The program provides formula grants to the 50 States, the District of Columbia, and Puerto Rico. The program also supports an office for coordination of the education of homeless children and youths in each State. These offices gather information about homeless children and youths and the challenges they must overcome to attend school regularly.

### **Federal Emergency Management Agency (FEMA)—FEMA for Kids**

[www.fema.gov/kids/index.htm](http://www.fema.gov/kids/index.htm)

FEMA operates this site to help children be prepared for disasters and prevent some of the damage disasters can cause. A Parents & Teachers section has materials for home and classroom use.

### **Helping America's Youth**

[www.helpingamericayouth.gov/](http://www.helpingamericayouth.gov/)

The Helping America's Youth site has a database directory of programs for youth that is searchable by risk factors, protective factors, or keyword. Many of the topics are related to children living in stressful environments.

### **Kids Next Door: Help the Homeless**

[www.hud.gov/kids/hthsplsh.html](http://www.hud.gov/kids/hthsplsh.html)

This section of the U.S. Department of Housing and Urban Development (HUD) Web site, for young children, asks and answers the question: "Did you ever see homeless people on the street and wonder who they are and how you can help them?"

### **The Maternal and Child Health (MCH) Library**

[www.mchlibrary.info/](http://www.mchlibrary.info/)

The MCH Library is funded under a cooperative agreement with the MCH Bureau, Health Resources and Services Administration, HHS, as part of the National Center for Education in Maternal and Child Health (NCEMCH) at Georgetown University. Homepage links go directly into MCH searchable databases for such topics as "Effective Program Practices" and "Effective Community Programs." An A-to-Z topic list feature provides access to other documents and

resources relating to the general topic of maternal and child health. The site also contains several Knowledge Paths. One has extensive information relating to domestic violence; another provides a community services locator.

### **The National Center for Posttraumatic Stress Disorder (NCPTSD)**

[www.ncptsd.va.gov/ncmain/index.jsp](http://www.ncptsd.va.gov/ncmain/index.jsp)

NCPTSD, within the Department of Veterans Affairs, conducts research, trains medical professionals, and disseminates evidence-based information on traumatic stress.

### **Office of Juvenile Justice and Delinquency Prevention Model Programs (MPG)**

[www.dsgonline.com/mpg2.5/mpg\\_index.htm](http://www.dsgonline.com/mpg2.5/mpg_index.htm)

“The MPG is an easy-to-use tool that offers a database of scientifically-proven programs that address a range of issues, including substance abuse, mental health, and education programs.” Since mentoring has been shown to be a key element in resilience building among youth at risk for substance abuse, including children living in stressful environments, MPG links to evidence-based mentoring programs are particularly useful. For example, MPG’s description of Project New Hope, targeting parolees who are “high-risk chronic offenders,” suggests that this mentoring program would be effective for working with those homeless youth who have had multiple incarcerations.

### **White House Office of National Drug Control Policy/National Youth Anti-Drug Media Campaign’s Freevibe/Concerned About Your Parent’s Drug Problem?**

[www.freevibe.com/Drug\\_Facts/index.asp](http://www.freevibe.com/Drug_Facts/index.asp)

Freevibe.com was created for the National Youth Anti-Drug Media Campaign, a program of The White House Office of National Drug Control Policy, to provide teens with the knowledge and personal empowerment to reject drug use and other risky behaviors.

## **Private Organizations**

### **Al-Anon/Alateen**

[www.al-anon.alateen.org/](http://www.al-anon.alateen.org/)

Al-Anon is an international self-help “12-step” program based on Alcoholics Anonymous for families and friends of alcoholics. Alateen groups, for younger members, are sponsored by adult Al-Anon members.

### **American Academy of Child & Adolescent Psychiatry**

[www.aacap.org/](http://www.aacap.org/)

This membership association for child and adolescent psychiatrists and other physicians also offers a collection of Resources for Families on its Web site. Included are zipped files of dozens of topic-specific fact sheets, in English, Espanol, Deutsch, Malaysian, Polish, Icelandic, and Arabic. Several of these cover topics relating to the experiences of children in families with mental illness. A Related Web Sites page has links to dozens of other online resources, several of

which may be useful in learning and communicating about children in families where there is mental illness.

### **Child Trauma Academy (CTA)**

[www.childtrauma.org/](http://www.childtrauma.org/)

CTA is a not-for-profit organization based in Houston, TX, that offers various teaching and training services, including a few free online courses. The Academy's senior fellow, Bruce D. Perry, M.D., Ph.D., a teacher, clinician, and researcher in clinical and neuroscience, has published many articles relating to various types of trauma children may experience. Some of these are available for printing and downloading from the CTA Materials section of the Web site. A more extensive sampling of Dr. Perry's writings can be accessed at [http://home.earthlink.net/~hopefull/TC\\_bruceperry.htm](http://home.earthlink.net/~hopefull/TC_bruceperry.htm).

### **Clinician-Based Cognitive Psychoeducational Intervention for Families**

[http://nrepp.samhsa.gov/programfulldetails.asp?PROGRAM\\_ID=88](http://nrepp.samhsa.gov/programfulldetails.asp?PROGRAM_ID=88)

This approach, included in SAMHSA's NREPP, is for families with parents with significant mood disorders. Based on public health models, the intervention provides parents with information about mood disorders, equips parents with the skills they need to communicate this information to their children, and opens dialog in families about the effects of parental depression.

### **Connecting Across Cultures**

[www.hhd.org/centersprojects/cac/](http://www.hhd.org/centersprojects/cac/)

Connecting Across Cultures addresses the impact of acculturation on alcohol and other drug (AOD) use and is an offspring of a Robert Wood Johnson Foundation-funded project, with additions from the Health and Human Development Programs based at Education Development Center, Inc. The site's Products area includes Webinars on the subject, as well as presentations such as the PowerPoint, "[Immigration, Acculturation, and Substance Abuse](#)."

### **Creating Lasting Family Connections (CLFC)/Creating Lasting Connections (CLC)**

[http://nrepp.samhsa.gov/programfulldetails.asp?PROGRAM\\_ID=126](http://nrepp.samhsa.gov/programfulldetails.asp?PROGRAM_ID=126)

This program, included in SAMHSA's NREPP, is a family-focused program to build the resiliency of youth aged 9–17 years and reduce the frequency of their AOD use. CLFC is designed to be implemented through a community system, such as in churches, schools, recreation centers, and court-referred settings. In this model, a community advocate team teaches the program facilitators about local cultural issues, which help them adapt the intervention to the needs of the community. Materials are available in English and Spanish.

### **Feelings Need Checkups Too**

[www.aap.org/profed/childrencheckup.htm](http://www.aap.org/profed/childrencheckup.htm)

The American Academy of Pediatrics produced this CD-ROM and toolkit for pediatricians who are helping children experiencing emotional distress related to the September 11, 2001, terrorist attacks and other catastrophic events.

**HELP USA**

[www.helpusa.org/](http://www.helpusa.org/)

HELP USA operates shelters and residences and offers a variety of services and programs to benefit children and families, including substance abuse counseling for adults and children and domestic violence, HIV/AIDS, and homeless support services. Programs include MentoringUSA for at-risk youth, Early Childhood Education/HELP Daycare, and After School Programs.

**Mental Health America (MHA)**

[www.mentalhealthamerica.net/](http://www.mentalhealthamerica.net/)

MHA (formerly The National Mental Health Association) has 320 affiliates in communities across America and promotes mental wellness through advocacy, education, research, and support for individuals and families living with mental health and substance use problems.

**MHA's Operation Healthy Reunions**

[www.nmha.org/reunions/index.cfm](http://www.nmha.org/reunions/index.cfm)

This site has online resources for military families and health professionals. The For Troops and Families section includes downloadable guidelines for coping with military-related stresses and helping children deal with loss.

**Military Child Initiative**

[www.jhsph.edu/mci/](http://www.jhsph.edu/mci/)

The Johns Hopkins Bloomberg School of Public Health and the Johns Hopkins Center on School, Family and Community Partnerships provide this collection of Web resources, which includes a Best Practices Library and a "Building Resilient Kids" Web course. (According to the introductory information, "It is anticipated that the course will be offered for credit in the near future," and it says to check the site again later for updates about this.)

**National Association for Children of Alcoholics (NACoA)**

[www.nacoa.org](http://www.nacoa.org)

The association seeks to create more effective services in communities, increase public awareness, and provide training and training resources for those who want to help COAs. NACoA operates a clearinghouse and maintains the Information on Drugs and Alcohol (IDA) database originally developed at SAMHSA's Health Information Network.

CSAP has collaborated with NACoA to develop a series of curricula and other tools to help members of various groups (e.g., clergy, social workers) so they can develop programs that are effective in working with COAs.

### **National Center for Cultural Competence (NCCC)**

*Georgetown University Center for Child and Human Development*

<http://gucchd.georgetown.edu>

NCCC seeks to increase the capacity of health and mental health programs to design, implement, and evaluate culturally and linguistically competent service delivery systems. It conducts several technical assistance and capacity-building projects and offers resources for health professionals in both English and Spanish. The Projects & Programs area has an alphabetical index to “an array of innovative projects and programs that support our mission. These activities are supported by grants and contracts from local, state and federal government and private foundations and organizations.”

### **National Center on Family Homelessness (NCFH)**

[www.familyhomelessness.org/](http://www.familyhomelessness.org/)

NCFH is a national nonprofit organization committed to (1) building a knowledge base on homelessness and poverty; (2) creating model programs, service demonstrations, and technical assistance products; and (3) disseminating information to increase public awareness and improve national, State, and local policies and programs.

### **National Dissemination Center for Children with Disabilities**

[www.nichcy.org/](http://www.nichcy.org/)

Funded by the Office of Special Education Programs of the U.S. Department of Education, this center provides information on disabilities in children and youth; programs and services for infants, children, and youth with disabilities; IDEA, the Nation’s special education law; No Child Left Behind, the Nation’s general education law; and research-based information on effective practices for children with disabilities.

### **National Military Family Association (NMFA)**

[www.nmfa.org/](http://www.nmfa.org/)

NMFA educates military families on their rights, benefits and services available to them, and issues that affect their lives. NMFA also works to promote and protect the interests of military families by influencing legislation and policies affecting them. NMFA sponsors a military spouse scholarship program, awards programs to recognize outstanding military families and volunteers, and *Operation Purple Camps* for children of deployed service members. NMFA’s Web site provides information for military families and those who service them. The NMFA publishes a monthly newsletter as well as a weekly legislative e-mail newsletter.

### **National Network for Youth (NN4Y)**

[www.nn4youth.org/](http://www.nn4youth.org/)

NN4Y is dedicated to ensuring that young people can be safe and lead healthy and productive lives. The organization provides education, networking, training, materials, and policy work with Federal, State, and local lawmakers to help meet the needs of runaway, homeless, and other disconnected youth.

### **National Organization on Fetal Alcohol Syndrome (NOFAS)**

[www.nofas.org/](http://www.nofas.org/)

NOFAS offers publications and other resources for people living with FASD, expectant mothers, educators, and advocates. The group's Web site acknowledges support from CDC for its information and prevention initiatives.

### **National Rehabilitation Information Center (NARIC)**

[www.naric.com/](http://www.naric.com/)

NARIC collects and disseminates the results of research funded by the National Institute on Disability and Rehabilitation Research (NIDRR) and other Federal entities to serve anyone, professional or lay person, who is interested in disability and rehabilitation. NIDRR operates in concert with the Rehabilitation Services Administration (RSA) and the Office of Special Education Programs (OSEP) within the Office of Special Education and Rehabilitative Services (OSERS) at the U.S. Department of Education.

### **Operation: Military Kids (OMK)**

[www.operationmilitarykids.org/public/omk.aspx](http://www.operationmilitarykids.org/public/omk.aspx)

OMK, launched in April 2005, is the U.S. Army's collaborative effort with communities to support the children and youth impacted by deployment. Through a network of community partners, OMK provides youth program opportunities for children and teens and connects them to support resources where they live. Families and youth can access information about OMK programs and link to partner programs on the OMK Web site or by contacting their State 4-H military liaison. A part of the 4-H/Army Youth Development Project, OMK is an element of the Army Integrated Family Support Network delivery system.

### **Phoenix House Center on Addiction and the Family (formerly COA Foundation)**

[www.coaf.org/](http://www.coaf.org/)

The Phoenix House Center on Addiction and the Family (COAF)—formerly the Children of Alcoholics Foundation—develops curriculum, other educational materials, reports, and other information about parental substance abuse for professionals and for the general public.

### **Strengthening Families Program**

[www.strengtheningfamiliesprogram.org](http://www.strengtheningfamiliesprogram.org)

The Strengthening Families Program (SFP) is a 14-session family skills training program designed for the high-risk, 6- to 12-year old children of substance abusers.

### **Tufts University Child & Family Web Guide**

[www.cfw.tufts.edu/](http://www.cfw.tufts.edu/)

Tufts University Child & Family Web Guide is a directory that evaluates, describes, and provides links to hundreds of sites containing child development research and practical advice. Topics are selected on the basis of parent recommendations; they cover all ages, from early child development through adolescence.

**White Bison/National Association of Native American Children of Alcoholics**

[www.whitebison.org/](http://www.whitebison.org/)

White Bison works in American-Indian communities to promote healing and the Wellbriety Movement. “Wellbriety teaches that we must find sobriety from addictions to alcohol and other drugs and recover from the harmful effects of drugs and alcohol on individuals, families and whole communities. The Well part of Wellbriety is the inspiration to go on beyond sobriety and recovery, committing to a life of wellness and healing everyday.” While focused on the needs of American Indians, White Bison welcomes the participation of non-Native people and organizations.

Construction of a section of White Bison’s Web site devoted to the National Association of Native American Children of Alcoholics (NANCOA) is under way in 2008. White Bison may be contacted through its site or by telephone for further information.