



## Bainbridge Island's Parent Support Organization

Parent Education,  
Resources, and Connections  
to Help Families Thrive

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### ABOUT US

Raising Resilience is a local nonprofit supporting Bainbridge Island by bringing parents together online and in person at acclaimed, science-based speaker and documentary events; small-group classes; and panels or workshops where they can learn both from experts and each other.

## SUBSTANCE ABUSE PREVENTION RESOURCES

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### Local Resources

**BAINBRIDGE YOUTH SERVICES:** Free confidential counseling for youth, 13-21  
<https://askbys.org/>

**CREATING GROWTH COUNSELING:** Chemical Dependency Professional and Suicide Prevention Specialist working with youth and adults struggling with substance use or suicidal ideation. <https://www.creatinggrowthcounseling.com/about/>

**EAGLE HARBOR COUNSELING:** State-certified substance abuse assessment, education and treatment. <https://www.eagleharborcounseling.com/>

**BAINBRIDGE ISLAND PSYCHOTHERAPY GUILD:** Bainbridge Island psychotherapists listed by specialty. <https://bainbridgepsychotherapy.org/>

**KITSAP MENTAL HEALTH SERVICES (Bremerton):** Provides a full range of inpatient, outpatient, and residential behavioral health services for children and their families. They have CDPs (chemical dependency professionals) on their team. They do not currently accept insurance outside of Medicaid/Apple Health, but that may change as soon as next year. TBD. <https://www.kitsapmentalhealth.org/>

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### Online Resources

<https://drugfree.org/>

(One-on-one help online & phone support services. Coaching for parents)

<https://www.kitsapgov.com/hs/Pages/PREVENTION-Landing.aspx>

(news and links)

<https://www.connectsafely.org/resources-for-youth-in-crisis/>

(national resources for youth in crisis)

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### Articles

<http://www.bainbridgepediatrics.com/Medical-Content/Teens/Drug-Abuse-Prevention-Starts-with-Parents>

<https://www.raisingresilience.org/single-post/2019/11/07/HOW-DO-I-TALK-TO-MY-KIDS-ABOUT-DRUGS>

<https://www.raisingresilience.org/single-post/2019/11/12/Practicing-Prevention-With-Your-Children-24-Skills-That-Build-Resilience>

## TIPS FOR TALKING TO YOUR KIDS ABOUT SUBSTANCE USE

From The Child Mind Institute <https://childmind.org/article/talking-to-kids-about-alcohol-and-drugs/>

- **Plan the talk** - “Tomorrow night let’s talk about drinking and drugs. You’re not in trouble. I just want to talk about where we stand and hear any concerns you might be having.
- **Spell out the rules and consequences** - avoid ambiguity, let your teenager know where you stand. Kids tend to be safer when parents set limits.
- **Explain your reasons** - point out risks associated with impaired judgement in potentially dangerous situations and how it can affect their record.
- **Let your kids speak** - talk to them the way you’d like to be spoken to and offer them a chance to express their concerns and feelings.
- **Avoid hypocrisy** - it's up to you if you share your history, but don't reminisce or glamorize your experiences and explain that it's your job to help them avoid things they will regret.
- **Consider an amnesty policy** - tell your child they can call and ask for help without incurring the regular repercussions they might from hiding their behavior. Amnesty policies keep kids safe and encourage them to make appropriate choices without letting them off the hook.
- **Keep the conversation going** - talking to your teen about substance abuse should be a process, not a single event. Let them know your conversation is an open-ended one, and that it's two-way street.