Washoe County School District
Substance Misuse Prevention Reference Sheet

Concerned About Your Child's Alcohol or Drug Use?

If you are concerned about your child's substance use, reaching out early can make a significant difference. The following local resources specialize in helping youth and families navigate substance use concerns, mental health challenges, and treatment options.

School Resources

- **School Counselor, School Social Worker, and/or School Mental Health Professional**
  These staff members can support you and your child as you navigate substance concerns.
- **Teen Intervene:** Ask to see if your child can be involved with this program at your school.

Local Substance Use Resources

- **Join Northern Nevada (JTNN)** https://jtnn.org/
  Provides prevention resources, parent education, community programs, and guidance for families looking to better understand substance use, warning signs, and available supports.
- **Quest Counseling and Crisis Management** https://www.questreno.com Provides substance use and mental health assessments, counseling services, crisis support, and referrals to appropriate levels of care for youth and families. **24/7 Crisis Line: 775-786-6880.**
- **TrueNorth Treatment Center** https://tntcreno.com
  Offers outpatient treatment services for adolescents and families dealing with substance use concerns, including counseling, education, and recovery support.
- **Vitality Unlimited-Reno** https://behavioralhealthnv.org/bh-provider/vitality-unlimited-reno/
  Provides mental health and substance use assessments, counseling, intensive outpatient treatment, crisis services, and recovery support for youth and families. Families can also access support through their **24/7 crisis line** at **775-322-3668**
- **Jan Evans Walk-in:** https://www.washoecounty.gov/juvenilesvs/Family_resources/index.php
  Offers family support with behavioral concerns, truancy, and other situations.

The following are additional resources for emergency and therapeutic intervention:

24/7 Local Crisis Management	
Children's Mobile Crisis Response Team (24/7)	775-688-1670 Crisis line and services
Quest Counseling (24/7)	775-786-6880 Crisis line and services
Vitality Crisis Intervention Line (24/7)	775-322-3668 Crisis line and services
Carson Tahoe Behavioral Health Services	775-445-7756
Reno Behavioral Healthcare Hospital	775-393-2201
Northern Nevada Medical Center	775-331-7000
Renown Hospital	775-982-4100
St. Mary's Hospital	775-770-3000
Other Local Resources	
Care Solace: Access to Mental Health Providers	888-515-0595 https://caresolace.com/site/washoe
Meridian Health	775-737-9001
Nevada Teen Text Line (non-crisis peer support)	**TEXT** 775-296-8336
Northern Nevada HOPES	775-786-4673
SAI Mental Health	775-800-1136
Family physician or mental health provider	
24/7 National Crisis Management	
Nevada 988:	CALL 988 **or** TEXT988 **or** https://nevada988.org
Trevor Lifeline (LGBTQ) https://thetrevorproject.org	CALL 1-866-488-7386 **or** text START 678-678

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Do you want to learn more about preventing substance misuse?
As a parent or caregiver, you are an important source of support for your child. The resources below can help you recognize concerns early, start meaningful conversations, and connect with support when needed.

This QR code can be used to pull up this document on a computer or a cell phone so that the links can be clicked on.

Open and Honest Conversations Matter

Regular, age-appropriate conversations with your child can help build trust, increase awareness, and reduce the risk of substance use.

- Talking to Kids about Alcohol and Other Drugs: 5 Conversation goals. https://www.samhsa.gov/substance-use/prevention/talk-they-hear-you/parent-resources
- Talk. They Hear You – Mobile app to help guardians get informed, be prepared to offer support, and take action. https://www.samhsa.gov/substance-use/prevention/talk-they-hear-you/mobile-application
- The Connection Between Teen Drug Use and Mental Health Challenges https://www.cdc.gov/free-mind/parents/index.html
- Learn about substances and the effects on the health of youth https://www.cdc.gov/free-mind/about-substances/index.html
- Vaping prevention Parent Toolkit: https://catch.org/program/vaping-prevention/#parents

Along with Conversations – Family and Home Structures

Reducing substance misuse in children can be supported in a number of ways.

- 5 Steps to Prevent Underage Drinking: https://jtnn.org/parents/prevent-underage-drinking/
- Super Parents Supervise. https://jtnn.org/parents/super-parents-supervise/
- Proper disposal of old or expired medications. https://jtnn.org/dos-donts-for-rx-take-back-day/

It's Never Too Early to Act

If you are concerned about your child's mental health or possible substance use, seeking support early can make a significant difference.

- **Get Immediate Help:** Free, confidential support is available 24 hours a day, 7 days a week through local crisis lines (on the other side) or by calling or texting or chatting with **988**.
- **Treating Children's Mental Health with Therapy** Learn about evidence-based therapy options and how mental health treatment can support children and adolescents. https://www.cdc.gov/children-mental-health/treatment/index.html
- **Parenting Toward Recovery**: Resources and tools to help families better understand substance use, support recovery, and improve communication. https://drugfree.org/treatment-and-recovery/
- **Navigating Mental Health and Substance Use Care:** A guide to understanding treatment options, finding services, and accessing support for youth and families. https://library.samhsa.gov/sites/default/files/navigating-mental-health-substance-use-care-pep25-08-008.pdf