

<u>Stanford University School of Medicine Halpern-Felsher REACH Lab</u> The Halpern-Felsher REACH lab studies developmental, cognitive, psychosocial, and cultural/social factors involved in adolescents' and young adults' health-related decision-making, perceptions of risk and vulnerability, health communication, and risk behavior. Its work particularly focuses on understanding and reducing adolescent and young adult substance use (including electronic cigarettes, cigarettes, alcohol, and marijuana), risky sexual behavior, and risky driving.	
<u>Stanford University School of Medicine You and Me, Together Vape-Free</u> The <i>You and Me, Together Vape-Free</i> curriculum, which is part of the <u>Stanford Tobacco Prevention Toolkit</u>, is a 5-lesson evidence-based curriculum created by the Stanford REACH Lab as well as by its Youth Action Board, educators, healthcare providers, and scientists across the U.S. Elementary, middle, and high school versions are available, as well as in additional languages and cultures.	
<u>Stanford University School of Medicine Halpern-Felsher REACH Lab Resources and Infographics</u> Find free print-out materials, newsletters, infographics, fliers, posters, educational videos, social media graphics and more. Free to download, print, and post across schools, clinics, and organizations. Resources also available in Spanish	
<u>NYS Office of Addiction Services and Supports REACH Lab Partnership</u> A partnership between OASAS and Stanford's Research and Education to Empower Adolescents and Young Adults to Choose Health (REACH) Lab is transforming addiction prevention in New York schools. The initiative focuses on helping young people understand substances and make healthier choices, moving beyond the ineffective "just say no" message.	
<u>Getting it Right from the Start Advancing Public Health & Equity in Cannabis Policy</u> Policy think tank that develops and tests models for optimal cannabis policy based scientific evidence, with the goal of reducing harms, youth use, problem use, and promoting social justice and equity.	
<u>Centers for Disease Control and Prevention Smoking Cessation: Surgeon General's Report on Smoking and Tobacco Use</u> This 2020 Surgeon General's report outlines the latest research on smoking cessation treatments, including counseling (in-person and over the telephone with a quitline) and medications approved by the U.S. Food and Drug Administration (FDA). Full report, consumer guides, and fact sheets available.	

<u>Stanford University School of Medicine VISIT (Vaping Information, Solutions, and Interventions Toolkit)</u> The Vaping Information, Solutions, and Interventions Toolkit (VISIT) was created for adolescent and young adult health professionals by a team of clinicians, educators, and researchers. Vaping among youth and young adults is a pressing issue affecting the health of young people. Staying up-to-date with the latest trends and research on vaping devices, products, flavors and health effects can be challenging, but using this Toolkit can accelerate the process of learning about this issue, screening and counseling your patients, and guiding them to the best treatment for nicotine and/or cannabis vaping dependence.	
<u>Thrive! Family Recovery Resources</u> The mission of Thrive! Family Recovery Resources is to bring hope, help and healing to the families of loved ones struggling with substance use disorder by providing resources, peer support, education, advocacy, and healing connections with compassion, understanding and love. Thrive! Family Recovery Resources also offers specific programs, groups, as well as the <u>Strengthening Families Program</u>, a free 12-week relational skill-building program for the entire family.	
<u>NYS Office of Addiction Services and Supports (OASAS) Recovery</u> Overview of OASAS resources devoted to recovery. Includes lists of Certified Recovery Residences, information on recovery plans, self-help, wellness, and medications, as well as housing, recovery, and peer support. Additional resources include peer-based family support, self-help and support groups, as well as resource pages. Additional regional supports are available.	
<u>Partnership to End Addiction</u> A nonprofit (drugfree.org) focused on preventing and addressing substance use disorders by providing families, communities, and professionals with practical knowledge they can trust to support young people at risk or struggling with addiction.	
<u>NYS Office of Mental Health (OMH) Mental Health and Wellness Information</u> Clearinghouse of OMH resources to help New Yorkers understand mental wellness, cope with everyday stress, and stay resilient. Includes brochures for promoting child social and emotional development for <u>ages 1-5</u>, <u>ages 5-10</u>, <u>ages 10-12</u>, <u>ages 12-15</u>, <u>ages 15-18</u>. Many resources in translation.	

The Mental Health Association In New York State, Inc. (MHANYS) is committed to supporting the mental health and wellness of youth and families with resources and information, including those available through the School Mental Health Resource & Training Center (Resource Center). The Resource Center was established to help schools implement a NYS law requiring mental health instruction as part of the K-12 curriculum.

Crisis Information

- **Call or text 988:** The Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals in the United States
- **National Suicide Prevention Lifeline:** www.suicidepreventionlifeline.org **1-800-273-8255 (TALK)** Support is available in English and Spanish 24/7/365 via phone, text or [chat](#).
- **HOPEline:** For help and hope 24/7, call 1-877-8-HOPENY(467369) or text HOPENY (467369). Toll-free and confidential. <https://oasas.ny.gov/hopeline>
- **SAMHSA's National Helpline:** a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders. <https://findtreatment.gov/>

Visit our website mentalhealthEDnys.org to explore more helpful resources, webinars, and guides.

Sign up for our [Newsletter](#) and receive updates to your inbox. Need additional support?

Contact us directly at schools@mhany.org or call **518 - 434 -0439**.

Follow us on [Instagram](#) and [Facebook](#) @schoolmentalhealthNYS

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