



PARENT RESOURCES

In John 10:10, Jesus says “I have come that you might have life, and have it to the fullest.” Here are links to resources that we hope will be helpful to you and your family as you seek to have the full and healthy kind of life Jesus was talking about. These links will be helpful in understanding things ranging from the changing face of youth culture to the latest and hottest music, movies, and fashions, to dealing with the tough issues that every teen parent faces at one time or another.

Our resources section is organized into three categories: GENERAL INFORMATION, which includes things such as faith formation, youth culture updates, information on drug abuse, and general parenting info; MENTAL HEALTH INFORMATION, which dives deeper into things such as suicide prevention, depression, and AD/HD; and MEDICAL INFORMATION, which provides access to general medical information specific to adolescents and older teenage students.

GENERAL INFORMATION

Homeword Dr. Jim Burns is a lifelong youth worker who founded HomeWord. From their web site, *“The purpose of HomeWord is to mentor parents. Parents mentor their children and the legacy of faith continues from generation to generation.”* You can sign up for a monthly e-newsletter focused on helping you with parenting issues and faith matters. www.homeword.com

Center for Parent-Youth Understanding The Center for Parent/Youth Understanding is a nonprofit organization committed to building strong families by serving to bridge the cultural-generational gap between parents and teenagers. You can sign up for a free, regular youth culture e-update or browse this site for articles on topics ranging from youth culture to making a smooth transition from high school to college. www.cpyu.org

Brentwood United Methodist Church Counseling Center This counseling center has very qualified counselors for children, youth, and families in our community. You can contact the counseling center at: 615-376-5910 311 Franklin Road Behind Brentwood UMC <http://www.bumc.net/templates/System/details.asp?id=37358&PID=433964>

APA Help Center APA's (American Psychological Association) Help Center is your online resource for brochures, tips and articles on the psychological issues that affect your physical and emotional well-being, as well as information about referrals. www.apahelpcenter.org

Parenting.Org One of the wisest and most important things I've heard came from this sight: "Don't retreat from your teen's life. Participate in it." This site specializes in training, consulting, and researching parenting practices that will help you and others like you. Find practical articles on everything from dating to dealing with friends to prepping for college. www.parenting.org

Screen It Screen It is a subscription service that offers objective reviews of current movies (and has an archive of past reviews) in great detail. It's helpful in that it gives a review and then lets you come to your own conclusions about the appropriateness of the movies. www.screenit.com

National Institute on Drug Abuse This site exists to inform parents and teachers about the health effects and consequences of drug abuse and addiction. These materials were developed specifically for students and young adults. For more information about specific drugs, see the section on [Drugs of Abuse & Related Topics](http://www.nida.nih.gov). www.nida.nih.gov

4GIRLS.GOV This site seeks to give girls reliable, useful information on the health issues they will face as they become young women and tips on handling relationships with family and friends, at school and at home. www.4girls.gov

STEP The purpose of **STEP** is to support families by providing free information, advocacy training, and support services to parents of children eligible to receive special education services under the Individuals with Disabilities Education Act (**IDEA**) who reside in Tennessee. www.tnstep.org

MENTAL HEALTH INFORMATION

National Suicide Prevention Lifeline The **National Suicide Prevention Lifeline** is a national, 24-hour, and toll-free suicide prevention service available to all those in suicidal crisis who are seeking help. www.suicidepreventionlifeline.org

CHADD CHADD (Children and Adults with Attention-Deficit/Hyperactivity Disorder) is the nation's leading non-profit organization serving individuals with AD/HD and their families. This site offers helpful information about diagnosing and treating teenage students with AD/HD. www.chadd.org

National Institute of Mental Health This site has lots of information on mental health issues and mental, emotional, and psychological problems. As you might imagine, it is more scientifically presented than some of the other sites but it is imminently reliable. www.nimh.nih.gov

National Mental Health Information Center The National Mental Health Information Center was developed for users of mental health services and their families, the general public, policy makers, providers, and the media. This site offers information on a wide range of mental health issues, such as substance abuse, youth violence prevention, and managing anxiety. <http://www.samhsa.gov/>

Mental Help Net Mental Help Net is an established and highly regarded internet web site dedicated to educating the public about mental health, wellness, and family and relationship issues and concerns. This site contains news, articles, reviewed links, interactive tests, book reviews, self-help resources, therapist and job listings and even videos. www.mentalhelp.net

MEDICAL INFORMATION

FamilyDoctor.org This Web site is operated by the American Academy of Family Physicians (AAFP), a national medical organizations representing more than 93,700 family physicians, family practice residents and medical students. All of the information on this site has been written and reviewed by physicians and patient education professionals at the AAFP. www.familydoctor.org

Kids Health KidsHealth provides families with accurate, up-to-date, and jargon-free health information they can use. Follow the link to the “teens” page for medically-based information on topics like body image, drugs and alcohol, and sexuality. www.kidshealth.org

Keep Kids Healthy Sign-up to get a free, customized newsletter, with age-appropriate info on nutrition, growth, development, safety, vaccines and other issues. www.keepkidshealthy.com