Studies have shown that the best way to approach adolescents about substance use is through real, honest and fact based education. This way, we empower our youth by giving them the information they need to make their own decisions. It is inaccurate to think that teenagers cannot take charge of their own well-being, given the proper tools.

Just think Twice shows four brief, animated videos on just what happens in the brain as it is exposed to substances, how addiction develops and what it looks like to get help.

Operation Prevention guides youth through a series of stories about young people who have struggled with opioid misuse to provide salient learning opportunities about the opioid epidemic and why it is so dangerous.

If you can, we strongly recommend you and your young person move through these websites together. It will show the adolescent that these issues are important to you and give you some insight on how to approach young people about substances.
All that we are is the result of what we have thought: it is founded on our thoughts and made up of our thoughts. If a man speak or act with an evil thought, suffering follows him as the wheel follows the hoof of the beast that draws the wagon.... If a man speak or act with a good thought, happiness follows him like a shadow that never leaves him.”  
- Guatama Buddha

2) Building a sense of acceptance and tolerance for difficult thoughts and feelings that might lead someone to seeking immediate relief

3) Cultivating capacity to “respond” rather than “react”

See the Lion and The dog Mindfulness Metaphor more explanation

Remember! Humans are prone to overreacting. We lose control of our emotional responses, which quickly magnify our challenging experiences. This leads to unnecessary stress on our nervous systems and needless suffering.

Resource for Mindfulness

Lion & Dog


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If you or someone you know needs help in recovery services

We are here! connect with us at https://www.granitewellness.org/contact-us/ or email: info@granitewellness.org or call 530-273-9541 for questions or more resources

Next Week! Discussions on Opiates, Fentanyl, and Overdose Prevention & Self Care Tips for Sheltering in Place *Videos by Local Teens*