

Resources

1. Story of stuff: <https://storyofstuff.org/>
2. Campaign for a Commercial Free Childhood: <https://commercialfreechildhood.org/>
3. Trust For America's Health National Resilience Strategy. 2018. <https://www.tfah.org/report-details/pain-in-the-nation/>
4. *Dreamland: The True Tale of America's Opiate Epidemic*, by Sam Quinones. 2015. Bloomsbury Press.
5. National Institute on Drug Abuse. <https://www.drugabuse.gov/>
6. Keeping medications safe: SaferLock, Lock boxes
7. Safe Communities. <https://safercommunity.net>
8. Parent Addiction Network. <https://safercommunity.net/parent-addiction-network/>
- 9.** *10% Happier: How I Tamed the Voice in My Head, Reduced Stress Without Losing My Edge, and Found Self-Help That Actually Works--A True Story*, by Dan Harris. 2014.
10. *Hardwiring Happiness: The New Brain Science of Contentment, Calm and Confidence*, by Rick Hanson. 2013.