

Addiction is a chronic disease that is reflected in an individual pathologically pursuing reward and/or relief by substance use and other behaviors. Addiction is characterized by inability to consistently abstain, impairment in behavioral control, craving, diminished recognition of significant problems with one's behaviors and interpersonal relationships, and a dysfunctional emotional response. Like other chronic diseases, addiction often involves cycles of relapse and remission. Without treatment or engagement in recovery activities, addiction is progressive and can result in disability or premature death.



### Addiction : the brain disease

by Dale Carlson

"Addiction, the Brain Disease is a young adult guide to the physical, emotional, social, psychological disease of addiction. Addiction to substances, behaviors, and addiction to the self are explored.

Self-tests, personal stories, treatment, recovery, dictionary of addictions, terms, and meanings are included. Also includes lists of resources, help sources, a bibliography, illustrations, and personal stories."

If you or someone you know is struggling with addiction, there is hope. Talk to your librarian about where to go for help, or visit one of these resources:

#### National Institute of Health:

1-800-662-HELP (4357) OR

<https://teens.drugabuse.gov>

#### Partnership for Drug-Free Kids:

1-855-DRUGFREE (1-855-378-4373) OR

Live Chat @ <http://drugfree.org>

#### Al-Anon for Teens:

<http://www.al-anon.alateen.org/for-alateen>

#### Boys Town National Hotline:

800-448-3000 OR

Email, text, chat @ [www.yourlifeyourvoice.org](http://www.yourlifeyourvoice.org)

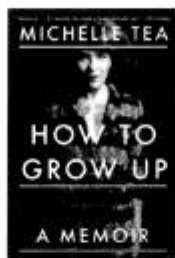


### Tweak : (growing up on methamphetamines)

by Nic Sheff

The author details his immersion in a world of hardcore drugs, revealing the mental and physical depths of addiction, and the violent relapse one summer in California that forever changed his life, leading him

down the road to recovery



### How to grow up : a memoir

by Michelle Tea

In a collection of essays, the author describes how she started her literary career while living in a dirty communal house in San Francisco, partied with drugs and alcohol, dated men and women

simultaneously and worked a series of dead-end jobs.



The  
GLASS CASTLE  
LIVING  
JEANNETTE  
WALLS

### The glass castle : a memoir

by Jeannette Walls

The child of an alcoholic father and an eccentric artist mother discusses her family's nomadic upbringing, during which she and her siblings fended for themselves while their parents outmaneuvered bill

collectors and the authorities.



### We all fall down : living with addiction

by Nic Sheff

The author writes candidly about stints at inpatient rehab facilities, devastating relapses, and hard-won realizations about what it means to be a young person living with addiction

# Let's Talk About Addiction

## Social Justice Booklists for Young Adults



#### Magna Library

2675 South 8950 West

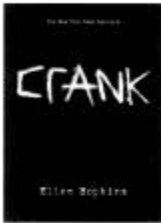
Magna, Utah 84044 | (801) 943-4636  
[www.slcolibrary.org](http://www.slcolibrary.org)



## Smack

by Melvin Burgess

After running away from their troubled homes, two English teenagers move in with a group of squatters in the port city of Bristol and try to find ways to support their growing addiction to heroin.



## Crank

by Ellen Hopkins

A novel in verse follows the journey of a 17-year-old whose crystal meth addiction gives rise to a destructive alter ego with torturous logic that convinces her to engage in increasingly reckless behavior, in a

tale based on the author's experience with her daughter's addiction.



## Dope sick

by Walter Dean Myers

Jeremy "Lil J" Dance, who sees no way out of his hard life in Harlem, flees into a house after a drug deal goes awry and meets a strange man who shows various turning points in Lil J's life when he could have made

better choices.



## The spectacular now

by Tim Tharp

Known by all as the best party guy in town, Sutter Keely lives a carefree life with no responsibility, but when he meets Aimee, a socially inept girl with a real need for change, Sutter ends up in unfamiliar territory when his feelings for her suddenly become

more real than anything he's ever felt in his life.



## Candy

by Kevin Brooks

After falling deeply in love with a desperate, drug-taking girl named Candy, Joe's life begins to fall apart as Candy's mind games make an impact, yet Joe is unwilling to see his dreams of music die and so must

find a way to get control back for himself while saving Candy from her self-destructive ways in the process.



## Love is the drug

by Alaya Dawn Johnson

When her carefully tailored world of Ivy League privilege is shattered by the outbreak of a deadly flu virus that is causing quarantines, curfews and martial law, Emily is pursued by a homeland security agent who thinks she holds information about

her parents' secret scientific work that may be the cause.



## Where it began

by Ann Redisch Stampler

After being involved in a horrific car crash while under the influence of alcohol, Los Angeles high school student Gabriella Gardiner assumes she stole her rich boyfriend's car and smashed it into a tree, but she cannot remember anything about

the events of that evening.



## Learning not to drown : a novel

by Anna Shinoda

Clare, seventeen, has always stood up for her eldest brother, Luke, despite his many jail stints but when her mother takes Clare's hard-earned savings to post bail for Luke, Clare begins to understand truths

about her brother and her family.



## That was then, this is now

by S. E. Hinton

Sixteen-year-old Mark and Bryon have been like brothers since childhood, but now, as their involvement with girls, gangs, and drugs increases, their relationship seems to gradually disintegrate.



## Recovery Road

by Blake Nelson

While she is in a rehabilitation facility for drug and alcohol abuse, seventeen-year-old Maddie meets Stewart, who is also in treatment, and they begin a relationship, which they try to maintain after they both get out.



## Other broken things

by Christa Desir

Forced to attend Alcoholics Anonymous meetings, where she bonds with a much older man, seventeen-year-old Natalie, a recovering alcoholic, confronts issues in her family and life as she tries to turn her life around.



## Finding hope

by Colleen Nelson

Seeking a fresh start, Hope is excited to become a Ravenhurst Academy boarding student, but when her drug-addicted brother turns up at the school and her online boyfriend suddenly becomes untrustworthy, her new life begins to fall apart.