

Join the Voices for
recovery



september **2010**
National Alcohol
& Drug Addiction
Recovery Month

now more than **ever!**



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
Center for Substance Abuse Treatment
www.samhsa.gov

promotional events

Planning Your *Recovery Month* Event

Special events are one of the most visible ways communities celebrate **National Alcohol and Drug Addiction Recovery Month (Recovery Month)**. You can participate this year by planning an event in your local area to raise awareness about the treatment of and recovery from substance use disorders. By participating, you can help sustain the **Recovery Month** mission of encouraging all people to seek treatment for substance use disorders, celebrating individuals and families in long-term recovery, and acknowledging those working in the field who provide recovery services. You, along with the Substance Abuse and Mental Health Services Administration's (SAMHSA's) **Center for Substance Abuse Treatment (CSAT)**, within the **U.S. Department of Health and Human Services**, can help improve the lives of those suffering from addiction.

This year's theme, **"Join the Voices for Recovery: Now More Than Ever!"**, emphasizes how high levels of stress, especially endured by public safety officials, people in the workforce, older adults, and families, may contribute to or exacerbate alcohol and/or drug use, which can lead to a substance use disorder or relapse. **Recovery Month** is an essential element of one of SAMHSA's **10 Strategic Initiatives** that focuses on public awareness and support. The goal of this initiative is to increase the understanding of mental and substance use disorder prevention and treatment services to achieve the full potential of prevention, and help people recognize and seek assistance for these health conditions with the same urgency as any other health condition.

This document includes sample events to consider, possible goals for those events, and planning tips to organize a successful **Recovery Month** event. Through informative, educational, and celebratory events, individuals who need treatment may be encouraged to seek help and celebrate colleagues and friends who have achieved long-term recovery.

TOOLKIT TIP

Refer to the **"Guide to Interacting With the Media and Gaining Attention For Your Event"** piece in this toolkit for specific publicity tips.

Planning Your Event

Recovery Month events can encompass a variety of activities, such as festivals, recovery worship services, recovery walks and 5K races, town-hall meetings, and local rallies. In 2009, more than 1,000 **Recovery Month** events were held, including the **2nd Annual Washington Recovery Rally** in Washington, DC, featuring an afternoon of live jazz, recovery stories, exhibits, and refreshments. The first step of planning your event is to decide which type of event will be most successful in your community. For example, a 5K race may be popular in a large city where there are many participants and widespread media coverage, while a smaller town may benefit from a festival or a picnic in the town square. All events, big or small, aid in opening a dialogue about the detrimental effects that stress and alcohol and/or drug use can have on people across the country, as well as spread the positive message that treatment is effective and recovery is possible. Create your own event idea, tailor events from previous years listed on the **Recovery Month Web site**, or use the following examples to serve your community's needs. Raising public awareness and support to increase understanding of substance use and mental health disorders, and treatment and recovery services is one of SAMHSA's **10 Strategic Initiatives**. It was created to ensure individuals seek help with the same urgency as any other health conditions.

Walk or run – Because exercise is a positive way to combat stress, this is an ideal way to link this year's theme of stress and alcohol and/or drug use to your event and attract the broader public. Encourage participants to walk or run in celebration of those in recovery.

Festival – This can be a free community event intended to raise awareness and can include music, a job fair, fitness classes, carnival rides, informational booths, raffle prizes, testimonies, and keynote speakers such as elected officials and people in your community in long-term recovery. During a previous **Recovery Month** campaign, one community held a fair providing free health care services for the entire family and handed out information about substance use prevention and treatment.

Prayer weekend – Churches and places of worship may be important to some in their personal treatment and recovery plan, and can provide hope or strength for individuals and their families who are in recovery. Also, some people find that attending religious services helps combat stress and provide a sense of peace.

TOOLKIT TIP

Refer to the “**Official Proclamations**” piece for information on how to involve government officials in your celebration.

Town-hall meeting – This informal public gathering allows all community members to voice their opinions, tell their stories, and hear responses directly from public figures or elected officials. These assemblies also can be held to educate public officials on current trends in the field and ways addiction affects their community. Encourage participating public officials to issue a **Recovery Month** proclamation to raise additional awareness. Refer to “**Maximizing Outreach Through Town Halls: A Planning Guide**” for step-by-step instructions for planning an effective town hall meeting.

Rally – Gathering people to generate enthusiasm on a specific topic will raise awareness of local addiction treatment and recovery issues. Additionally, rallies highlight the community's need for prevention and treatment resources. They also celebrate individuals who are in recovery and those who work in the field. Previous **Recovery Month** rallies have been hosted by celebrity emcees and held in conjunction with a 5K walk or run or a concert.

Webinar or other online event – Online events, such as a Webinar or Webcast featuring experts talking about treatment options, including e-therapy services, give participants the opportunity to confidentially interact “live” with professionals and their peers. Additionally, the audience can encompass people from the entire country. Remember to provide log-in information to all participants if necessary and provide them with additional **Recovery Month** resources after your event.

In addition to the above events, consider joining forces with other organizations to build on existing programs where you can hand out educational information, set up a display regarding addiction treatment and recovery, and connect individuals with needed resources available in your community.

TOOLKIT TIP

Refer to the “**Building Community Coalitions**” piece for more information on developing a partnership for your event.

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Goals of Your Event

While you plan your activities, keep in mind the objectives of your event. The foremost goal should be to educate the overall community about addiction and the diverse local and national treatment and recovery resources available. It is important to encourage colleagues, friends, and family members of those in need to provide them with the necessary resources to seek treatment. In addition, including individuals in long-term recovery and their families in your event provides positive examples of the possibility of recovery. Your event should:

- **Distinguish itself from similar events.** Create a unique theme, message, and design to differentiate your event from other activities in your area. If possible, schedule your event so it doesn't conflict with similar activities, or partner with other organizations to reach a broader audience and increase attendance and chances of media coverage. Also, check out event postings in your newspaper's community calendar or online at <http://www.charityhappenings.org>, a master calendar of nonprofit events, galas, and benefits. Remember to search for local conflicts on <http://www.recoverymonth.gov> and **post your event** on the **Recovery Month** Web site for additional publicity. Most importantly, be sure to brand your event as a **Recovery Month** event and place the **Recovery Month** logo on your materials and banners next to your organization's sponsor logos.

TOOLKIT TIP

Refer to the "Press Materials for Your **Recovery Month** Event" piece for information on tailoring a **Recovery Month** press release or media advisory for your event.

- **Garner press coverage.** Media coverage of your event can increase your organization's name recognition, ultimately helping to drive more people to seek help and become more knowledgeable about recovery.
- **Turn your volunteers and attendees into advocates for your cause.** Your event should be a starting point for creating a dialogue between the community and your organization. After your event, participants should be more informed about substance use disorders and can help spread your message

to friends and family. Follow up with them after the event to determine other activities they may undertake. If you partnered with other organizations, expand those relationships to network and educate others year-round about the effectiveness of treatment and the possibility of recovery.

TOOLKIT TIP

Use the **Recovery Month** logo, which can be found in the "Media Outreach" section on the Web site, on all materials to create a common theme and brand. Remember to post your events on the **Recovery Month** Web site at <http://www.recoverymonth.gov>.

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Planning a Successful Event

The following steps can aid in the planning process and help you organize a successful **Recovery Month** event:

- **Form a committee** that meets regularly and select a chairperson to serve as spokesperson and leader of the group. This group can work together to plan a **Recovery Month** event and should develop a master plan and timeline of deliverables.
- **Determine your budget** in the early stages of planning. Don't forget to think realistically and plan for any hidden costs that you may encounter. Include in this estimate fundraising opportunities such as sponsorship and ticket sales, as well as any expenses for permits and licenses, food and beverages, rentals for seating, music or entertainment, audio/visual equipment, invitations, and decorations.

The event location should be:

- Accessible
- Accommodating
- Centrally located

- **Consider logistics** and identify the venue, date, and size of your event based on available resources. After you decide what kind of event to hold, reserve your venue and secure any necessary permits so that you can move forward with the process. It is crucial to work with town or city officials, particularly if an event uses a public space. Permits, police detail, public safety needs, and insurance to cover any accidents are better addressed earlier rather than later. Additionally, your committee

has to decide how many volunteers will be needed on-site at the event and establish whether speakers and moderators will be needed.

- **Meet with potential partners**, including local businesses, key leaders, organizations, and media contacts who may consider sponsoring the event. These partners may choose to participate in your event, help raise community awareness, or support your cause financially.

TOOLKIT TIP

Refer to the "**Building Community Coalitions**" document of this toolkit, as well as the SAMHSA "**Fundraising Guide**" for additional information.

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media outreach

- **Formulate a publicity plan** by deciding when and how to contact media to invite them to your event.
- **Prepare printed materials** for use prior to the event date, as well as materials that will be distributed on-site. These materials should highlight the current landscape of addiction, how stress can influence substance use disorders, as well as treatment and recovery resources. Materials may include flyers, brochures, banners, and fact sheets and should emphasize issues relevant to your community.

TOOLKIT TIP

Refer to the “**Guide for Interacting with the Media**” piece for more background information on how to publicize your event.

TOOLKIT TIP

You can use the “**Targeted Outreach**” section, which contains audience-specific facts, to help create any printed materials you need.

- **Hold a meeting** a week before the event to ensure that all loose ends are wrapped up. Review the responsibilities of committee members at the event and discuss any additional assignments. Answer any outstanding questions from the committee.
- **Set up booths or multimedia needs prior to your event** and ensure that all special equipment works properly. Remember that technical problems can occur, and all committee members and volunteers should know how to handle a problem should the situation arise. Additionally, provide speakers or moderators with an agenda or directions that will help them prepare for the event. Arrange an informal preparation session for the speakers or moderators an hour before your event.
- **After the event concludes, evaluate it** while the details and activities are fresh in your mind. You can meet with your committee to discuss whether the event fulfilled its objectives, decide what could be fine-tuned next time, or even begin planning for next year. Posting a “thank you” letter on your Web site or in the local paper citing those who were involved highlights the success of your event. Additionally, you can prepare a questionnaire for participants and use this information to alter your **Recovery Month** event next year. Send any materials that you used for promotional purposes to recoverymonth@samhsa.hhs.gov and remember to thank all of those who contributed to your successes!

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Share Your Event's Outcomes and Successes

Promote your event and share the success of your organization's **Recovery Month** event by:

- Posting your event materials, photos, or videos on the **Recovery Month** Web site, <http://www.recoverymonth.gov>, with your event listing to show the purpose and outcomes. Help spread the success of your event with others by sharing your outcomes through **Recovery Month** social media outlets such as the **Recovery Month** Facebook page, YouTube channel, and Twitter account. Refer to the "Online Voices" and "New Media Glossary" for ideas on how to use these online tools.
- Sharing your **Recovery Month** efforts by completing the "Customer Satisfaction Form."
- Sending a copy of your promotional materials electronically to recoverymonth@samhsa.hhs.gov or to:
Office of the Director, Consumer Affairs
SAMHSA's Center for Substance Abuse Treatment
1 Choke Cherry Road, Second Floor
Rockville, MD 20857

To view additional local and national events that are taking place regarding treatment and recovery, click the "Community Events" link on the **Recovery Month** Web site at <http://www.recoverymonth.gov>.

More Resources on Recovery Month and Substance Use Disorders

The following resources provide additional information about **Recovery Month** and substance use disorders:

- Substance use, treatment, and recovery information, and treatment referral is available by calling SAMHSA's 24-hour National Helpline, **1-800-662-HELP**, or 1-800-487-4889 (TDD), for free and confidential information in English and Spanish, or at SAMHSA's Web site, <http://www.samhsa.gov/treatment>.
- All materials from this toolkit and an extensive array of relevant information are available electronically at the **Recovery Month** Web site, <http://www.recoverymonth.gov>.

Inclusion of Web Sites and other event examples in this document and on the [Recovery Month](http://www.recoverymonth.gov) Web site does not constitute official endorsement by the U.S. Department of Health and Human Services or the Substance Abuse and Mental Health Services Administration.

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A Guide to *Recovery Month* Event Publicity and Media Interviews

Media outreach and publicizing your event are an essential part of your **National Alcohol and Drug Addiction Recovery Month (Recovery Month)** activities. **Recovery Month** is an essential element of one of SAMHSA's [10 Strategic Initiatives](#) that focuses on public awareness and support. The goal of this initiative is to increase the understanding of mental and substance use disorder prevention and treatment services to achieve the full potential of prevention, and help people recognize and seek assistance for these health conditions with the same urgency as any other health condition. Whether you are planning a wellness fair to help people with stress relief and addiction, a ribbon-cutting ceremony for a new recovery center, a sporting event, or a proclamation signing, your efforts to raise awareness of addiction treatment and recovery won't be as successful without proper publicity. Gaining media attention for your **Recovery Month** event will encourage attendance and increase public interest. Identifying all available media outlets – print, broadcast, and online – as well as public forms of communication, such as neighborhood and church forums, will both increase your attendance and garner media coverage.

This year's **Recovery Month** theme, ***“Join the Voices for Recovery: Now More Than Ever!”***, emphasizes that stress faced by public safety officials, the workforce, older adults, and families can contribute to or exacerbate alcohol and/or drug use, which can lead to a substance use disorder or relapse. **Recovery Month** encourages all people to seek treatment for substance use disorders, celebrates individuals and families in long-term recovery, and acknowledges those working in the field who provide recovery services. This document focuses on how reporters decide which events to cover, media outreach tools, key **Recovery Month** messages, and tips on how to speak with the media.

What is News?

Although you may already read the news online and follow local television news coverage, you may have wondered what makes something newsworthy enough to be published or broadcasted. The media considers the following factors when deciding whether to cover your **Recovery Month** event:

- **Impact**, or the number of people affected by the issue, is important. Emphasize to the media that addiction is the Nation's number one health problem, affecting millions, including children and families, and that high levels of stress can contribute to increased alcohol and/or drug use. Additionally, gain credibility by letting reporters know that your organization is participating in the national **Recovery Month** initiative, presented by the [Substance Abuse and Mental Health Services Administration's \(SAMHSA's\) Center for Substance Abuse Treatment \(CSAT\)](#), within the [U.S. Department of Health and Human Services](#).
- **Proximity** to your event is imperative. National outlets probably won't cover a small community event, but local media are more likely to attend.
- **Prominence** of those attending your event may increase media attention. Let reporters know if local celebrities or political officials support your cause.

- **Timeliness** of your outreach is essential. For a weekly newsletter, events that have occurred since its previous issue may be considered timely or appropriate, whereas for broadcast outlets, a reporter might cover it as “breaking news” live at the event scene.

A wide range of traditional and online publicity tools, as well as other creative options, can be used to invite the media to your **Recovery Month** event.

TOOLKIT TIP

Refer to the subsequent sections of this document for publicity tools and tips.

Traditional Media Outreach

Traditional media refers to newspapers, magazines, Web sites of print outlets, and television and radio stations. Present information to reporters at these outlets in a clear and straightforward manner in the weeks and days before the event. The more time reporters have to develop a story, the more accurate and detailed it will be. Offer any experts in the addiction, treatment, and recovery field for interviews to provide supplementary information to add credibility. Be aware of each outlet’s submission deadlines and preferences—each newspaper, magazine, online resources, and television and radio station is different.

Today’s media landscape is pressured by tight deadlines and fewer staff members who cover several beats. Use the following publicity tools to help them understand the addiction, treatment, and recovery landscape. Modify them to help garner media coverage and raise awareness of your **Recovery Month** event:

- **Media advisory** – Outlines the schedule or specific details of an event, along with a brief description; distributed in advance to invite media to attend the event

Essential information to tell the media:

- Type of event
- Sponsoring organization
- Person to contact before and at the event
- Day, time, location
- Why readers or viewers will be interested

- **Press release** – Provides background, describes your organization’s activities, and includes a quote by your group’s spokesperson; distributed the day of the event to provide reporters with supplementary information

- **Public service announcement (PSA)** – Raises awareness about addiction treatment and recovery issues, and can be distributed in radio or television format (Distribute the **live-read radio PSA scripts** and the pre-recorded

Recovery Month PSAs, which can be ordered through recoverymonth@samhsa.hhs.gov. Tips for distribution can be found in the “Promoting **Recovery Month** with Public Service Announcements” document in this toolkit).

- **Op-ed** – Expresses the opinion of the writer or the spokesperson of your organization about important issues

Online Outreach

Promoting events online has become as common as using the traditional tools referred to above. Several online publicity options to consider are:

- **Web sites** – Publicize your event by [posting announcements](#) on the **Recovery Month** Web site at <http://www.recoverymonth.gov>. Ask your sponsors, supporters, and partners to post announcements on their Web sites and provide a link to the **Recovery Month** Web site when your organization or event is referenced. Add the “[Events Widget](#)” to your organization’s Web site to feature your **Recovery Month** event.
- **Email chains** – Send a mass email to your friends, colleagues, and supporters of your organization to raise awareness of addiction and to promote your event. You can request that recipients forward the message or event invitation to others.
- **Social media** – Engage the general public through **Recovery Month** social media outlets such as the **Recovery Month Facebook page**, [YouTube channel](#), and [Twitter account](#). Post general information about substance use disorders and offer photos, video content, and event invitations.
- **Blogs** – Use the blogs of local treatment centers or organizations to increase online mentions of **Recovery Month** and your event. When contacting a blogger, by locating contact information you can typically find in the “about” section of a blog, use conversational and casual language, and hyperlink as much text as you can to provide additional information. Remember to be careful when speaking with bloggers; everything you say will be “on the record” and they do not have traditional journalism ethics guidelines to follow.

TOOLKIT TIP

Refer to the “**Banners, Logos, and Flyers**” page on the **Recovery Month** Web site to find banners and logos for use on your Web site.

TOOLKIT TIP

Refer to the “**Online Voices**” piece for more information on engaging bloggers.

Other Creative Publicity Tools

In addition to traditional media and online tools, numerous tactics were often used before online resources became available that continue to effectively reach the general public:

- “**Guerilla marketing**” – Create a buzz through word-of-mouth conversations. By publicizing your event in public places such as churches, community centers, local businesses, and the public library, or handing out memorable items, such as stress balls or water bottles, you can engage people who are curious about your event.

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media outreach

- **Door-to-door publicity** – Knocking on doors and speaking with people face-to-face will draw participants. Be sure to hand out educational information on addiction and recovery as well as event logistics.
- **Phone-calling tree** – Call five colleagues or friends and tell them about your event. Ask each of them to call five others to continue the cycle.

Tailor these tools to target specific groups who may be susceptible to increasing use of alcohol and/or drugs or an addiction due to the high levels of stress they face at work or at home. For example, if you would like to target public safety officials, hand out promotional items at a fire or police station. If you'd like to target the workplace, reach out to large and small companies in the area. Remember to call and get approval from the station or company before you promote your event on-site. All these methods can reach a large amount of people and are often effortless and economical.

Speaking with the Media

Now that you know how to publicize your **Recovery Month** event to achieve a higher turnout, you may want to understand how to speak with the media if the opportunity arises. For an example, listen to this [successful radio interview](#), by Faces & Voices of Recovery's Executive Director Pat Taylor, who appeared as a guest on *Recovery Talk*

TOOLKIT TIP

Refer to the “**Press Materials for Your Recovery Month Event**” piece for additional information on how to identify key media contacts and build a media list.

last September. When preparing for an interview with the media, you should identify local reporters who have covered health or addiction and recovery-related issues in the past. To secure an interview for your organization's spokesperson, modify your outreach to target the specific interests of each reporter. Some people prefer phone calls, while others prefer an email (do not send attachments; it may wind up in their spam filter). Once you secure an interview, use the following tips to prepare:

- **Research the outlets and reporters** before your interview by reading or watching previous stories they developed. This information allows you to become aware of the target audience, see the reporter's writing style, and gain a better idea of the types of questions that may be asked.
- **Consider key messages** to highlight during your interview. Think about evidence that you have to support your messages, and anticipate questions the journalist may ask you in response.
- **Create any supplementary materials** in advance of your interview. Sharing graphs, photos, biographies of spokespeople, or videos with reporters in advance can enhance your interview.
- **Practice and role play** before your interview with a colleague. Avoid using jargon and practice using short, catchy sentences that can be easily understood or picked up as quotes for a story.

TOOLKIT TIP

Refer to the **Recovery Month key messages** provided at the end of this document.

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The day before your interview, remember to confirm the date, time, place, and anticipated length of the interview. Also, always be professional and polite. Keep in mind that the goal of the interview is to communicate the **Recovery Month** key messages and share your perspective. The following techniques can help lead to a successful interview:

- **Bridging** – If asked a question that doesn't allow you to discuss one of your key messages or predetermined topics, you can use what's known as "bridging" to find a connection to your issue. For example, you may respond to an irrelevant question by stating "yes, but that speaks to a bigger point. . ."
- **Blocking** – Sometimes a reporter can ask a question that you may not want to answer. Never say "no comment" because it may appear that you are hiding something. If possible, explain why you can't answer the question and then "bridge" on to points that you would like to discuss.
- **Headlining** – To flag your key messages clearly in an interview, you should start with the conclusion, and then explain it.

It is helpful to restate the question in your response so the answer is a complete thought and can be used independently. Remember to speak slowly, and if you aren't immediately sure how to answer a question, pause, restate the question, and then answer. If you are unsure of an answer, offer to follow up with the reporter later, or provide the reporter with a contact who may be able to answer the question for them.

In-Person Interview Techniques

For an in-person interview, keep in mind the following:

- **Eye contact** – Make eye contact with the reporter. If you are on camera, do not stare directly at it. Don't be distracted by activity surrounding you.
- **Posture** – Remember to sit up straight, find a place to rest your hands to avoid fidgeting, and use gestures sparingly.
- **Voice** – Vary your pitch by raising your voice slightly to emphasize key points and use a conversational tone. Avoid using "ums" and nodding too much to agree with statements.
- **Dress** – For most interviews, dress conservatively, although there are exceptions. If your event is a 5K run, for example, it is appropriate to wear running gear.

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Telephone Interview Techniques

Use the following techniques for a telephone interview:

- **Timing** – If a reporter calls you without prior notice, find out the reporter's deadline. If the reporter is not on deadline, ask if you can call back at a later time. Any amount of preparation time enhances your interview.
- **Location** – Call from a quiet place with no background noise. If possible, use a land line rather than a cell phone to avoid connection issues.
- **Notes** – It's okay to make notes prior to the meeting and review them during the interview; no one is watching you. Try to rehearse so you don't sound like you are reading directly from a script.
- **Feedback** – Ask reporters questions to ensure that they understand your messages. With no visual cues to react to, this is important.
- **Smile and stand up** – Both of these actions can make a significant difference in the tone and quality of your voice.

Key Messages to Communicate

When speaking with the media, convey the following key points concerning **Recovery Month** and your organization's specific event.

- **For a Specific Event:** On **[date]** at **[time]**, **[organization]** is hosting **[event or activity]** at **[location]** to **[encourage people who experience high levels of stress in their lives, which has contributed to increased substance use, and the need for help in seeking treatment]**. Addiction can affect anyone, including people in **[city]**. It is essential that our community remains dedicated to the recovery process by advocating for resources that confront this treatable disease and support individuals in recovery and their affected family members.
- **To Promote *Recovery Month*:** **[Organization]**'s activities are part of the **National Alcohol and Drug Addiction Recovery Month (*Recovery Month*)** initiative celebrated for more than 20 years. Sponsored by the Substance Abuse and Mental Health Services Administration's (SAMHSA's) **Center for Substance Abuse Treatment**, within the U.S. Department of Health and Human Services, this month-long observance celebrates individuals and families in recovery, as well as those who work in the field. It urges all of us to provide needed services and encourage individuals still in need of treatment to seek help. As we face increased levels of stress in our society, it is now more imperative than ever to share resources to facilitate healing and recovery from substance use disorders. This year, **[organization]** will be observing **Recovery Month** by **[include the name and brief description of your *Recovery Month* activities]**.

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- **To Provide Information and Resources:** Visit the **Recovery Month** Web site at <http://www.recoverymonth.gov> and **[insert organization's Web site]** for detailed information on addiction, treatment, and recovery. For specific information on substance use disorders and local treatment options in our community, visit SAMHSA's "Find Substance Abuse and Mental Health Treatment" Web site, <http://www.samhsa.gov/treatment>, or call SAMHSA's 24-hour National Helpline, **1-800-662-HELP**, or 1-800-487-4889 (TDD), for free and confidential information in English and Spanish.

After Your **Recovery Month** Event

Publicizing your **Recovery Month** event is continuous—coverage following the event is equally important to your initial outreach efforts. Media outlets today may have less staff to send to events. Even if the media doesn't attend on-site, send a press release with pictures as soon as possible after your event. Include final figures such as number of participants, prominent attendees, and the amount of money raised at your event.

Additionally, you should begin crafting subsequent campaigns around the success of your **Recovery Month** event and continue increasing awareness by:

- Posting your event materials, photos, or videos on the **Recovery Month** Web site, <http://www.recoverymonth.gov>, with your event listing to show the purpose and outcomes. Help spread the success of your event with others by sharing your outcomes through **Recovery Month** social media outlets such as the **Recovery Month** Facebook page, YouTube channel, and Twitter account. Refer to the "Online Voices" and "New Media Glossary" for ideas on how to use these online tools.
- Sharing your **Recovery Month** efforts by completing the "Customer Satisfaction Form."
- Sending your promotional materials electronically to recoverymonth@samhsa.hhs.gov or to:
Office of the Director, Consumer Affairs
SAMHSA's Center for Substance Abuse Treatment
1 Choke Cherry Road, Second Floor
Rockville, MD 20857

Inclusion of Web Sites and other event examples in this document and on the **Recovery Month Web site does not constitute official endorsement by the U.S. Department of Health and Human Services or the Substance Abuse and Mental Health Services Administration.**

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Press Materials for Your *Recovery Month* Event

The key to hosting a successful **National Alcohol and Drug Addiction Recovery Month (Recovery Month)** event is to publicize it well. **Recovery Month** is an essential element of one of SAMHSA's **10 Strategic Initiatives** that focuses on public awareness and support. The goal of this initiative is to increase the understanding of mental and substance use disorder prevention and treatment services to achieve the full potential of prevention, and help people recognize and seek assistance for these health conditions with the same urgency as any other health condition. You can put in a large amount of time and money to plan a wonderful event, but if the public doesn't know about it, attendance may not be as high as expected. This year's **Recovery Month** theme, **"Join the Voices for Recovery: Now More Than Ever!"**, is designed to reach groups who often face times of high stress, such as public safety officials, the workforce, older adults, and families. This stress may contribute to or exacerbate alcohol and/or drug use, which can lead to a substance use disorder or relapse.

Your press materials should emphasize this theme and that your event is part of the national **Recovery Month** initiative, presented by the Substance Abuse and Mental Health Services Administration's (SAMHSA's) Center for Substance Abuse Treatment (CSAT), within the U.S. Department of Health and Human Services. **Recovery Month** is an essential element of one of SAMHSA's **10 Strategic Initiatives** that focuses on public awareness and support. The goal of this initiative is to increase the understanding of mental and substance use disorder prevention and treatment services to achieve the full potential of prevention, and help people recognize and seek assistance for these health conditions with the same urgency as any other health condition. Your outreach should emphasize the importance of helping people in need of treatment, supporting individuals in recovery, and recognizing the addiction treatment and recovery workforce who help individuals and families in need.

Traditional tools, such as a media advisory or press release, can be distributed to members of the media—broadcast, print, and online—who may decide to attend or cover your event, garnering larger community interest. Additionally, posting these materials on the **Recovery Month Web site** as well as your own or any community bulletin Web sites helps spread the word. This document guides you on how to develop, draft, and distribute a media advisory and press release to promote your **Recovery Month events** so you can have a successful celebration.

Media Advisories vs. Press Releases

Media advisories and press releases share newsworthy and timely information with members of the media. Each ultimately builds community interest for your event and encourages the media to become involved.

A media advisory is highly specific and brief. It alerts reporters to an upcoming event, almost like a detailed invitation, to encourage them to attend and learn more. It should contain:

- A headline detailing the most important information;
- The answers to the five "Ws": who, what, where, when, and why, often listed in bullet format; and
- The contact information for your organization or **Recovery Month** planning committee so reporters can request additional information.

A press release, however, has a different purpose. It's sent to the media so they will cover your story to raise visibility among the public. Reporters should be able to repurpose the press release as a stand-alone article, or use it as background when writing a story. It should contain:

- Approximately 500 words, formatted in short paragraphs;
- An inverted pyramid style of writing, meaning the most important information is at the top, filtering down to the less crucial details toward the end;
- Quotes from the organization or event spokespeople; and
- The name and contact information for the person responsible for providing the media with additional information and scheduling interviews.

Modify the sample template press release and media advisory at the end of this document to publicize your **Recovery Month** event. To view an effective example, this [press release](#) was issued by Purple, Inc., an alcohol and drug recovery residence, in conjunction with the Georgia Association of Recovery Residences (GARR) last September. The release highlights the **Recovery Month** theme, the organization's mission, and key components to their event, in this case a Recovery Awareness Fair. When drafting these materials, remember to use your organization's letterhead or the **Recovery Month** letterhead found at <http://www.recoverymonth.gov>.

Building a Solid Media List

It's important to broadly disseminate your media advisory and press release to gain the best results. The first step is to **build an effective media list** that includes the names of media outlets, key reporters, and contact information of those who have covered issues surrounding substance use, treatment, and recovery in the past. Also, include any notes about specific articles they have written or how they prefer to be contacted in a separate column of this list. To conduct this research, you may:

- **Set up a Google Alert online** that will automatically search for news stories based on specific keywords. To set up and receive Google Alerts, go to <http://www.google.com/alerts>, and enter your search term in the top box that states "Create a Google Alert." Be sure to include your search term, as well as your local area, to narrow your monitoring results. Scroll down the "type" drop box to "news," the "how often" drop box to "as-it-happens," and enter your email address in the final box. You should receive an email to verify your alerts, and will then receive them immediately.
- **Scan your local newspapers** for the most recent health and community stories.
- **Search the outlet or publication's Web site** for relevant contact information, which will later be used for follow-up phone calls or emails.

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media outreach

While building your media list, look for community calendars, daybooks, and “week-ahead” columns that may include your **Recovery Month** events on their Web sites of event listings. You can often find them on your local media Web sites. Also, share your information with community newsletters, local school publications, and other organizations or businesses to increase the awareness and visibility of your event. Remember to frequently update your media list so that you can use it in other outreach efforts, and during next year’s **Recovery Month** celebration.

Distributing Media Advisories and Press Releases

Send your media advisory and press release, along with any additional materials, such as photographs, in the body of an email. Media may not open an attachment from an unknown recipient. It is best to send an advisory 5- to 7-days in advance of the event, or earlier if your event is on a weekend. A press release, on the other hand, is usually sent the morning of your event or distributed in a press kit at your **Recovery Month** event.

Many resources help you publish media advisories and press releases on online distribution sites. Be aware that some of these resources require a fee, though some offer discounts for nonprofits, so you should research their individual costs before submitting your event materials. These sites include:

- Business Wire
- PR Newswire
- PRWeb Direct Press Release Newswire
- 24/7 Press Release
- PR Leap
- Press Release Service
- PR Log
- AP Day Book

In addition, post the press release for your event on the **Recovery Month** Web site at <http://www.recoverymonth.gov> and on your organization’s Web site to increase community interest in your cause.

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Pitching Tips

After you have sent out your media advisory or press release, follow up with reporters to ensure they received all information needed regarding your **Recovery Month** event. Use your media list to call all reporters, and remember the following tips:

- **Be courteous.** When reporters answer the phone, ask if it's a good time for them to speak with you. If not, ask when would be a better time to call back.
- **Know what you plan to say before calling.** Rehearse what your pitch will be before you call, but don't sound like you are reading straight from a script.
- **Plan around their deadlines.** Journalists' deadlines may vary depending on whether they work for a weekly or daily publication. Reporters for daily outlets typically have deadlines ranging from around 2 p.m. to 4 p.m. The best times to call them are likely from 10 a.m. to 12 p.m.
- **Leave brief voicemails.** It is acceptable to leave a reporter a voicemail, but keep your message concise and end your message with your contact information. However, if the reporter does not answer your first phone call, try again later. Voicemails may not be returned by the busy reporter.

For optimal media attendance, follow up to remind all reporters of your **Recovery Month** activity the day before your event.

Resources to Customize Your Press Materials

Use the following resources, along with any local recovery and substance use disorder data available, to customize your media advisory and press release:

- Your Single-State Agency (SSA)
- SAMHSA's **National Survey on Drug Use and Health**
- SAMHSA's National Survey of Substance Abuse Treatment Services (N-SSATS)
- SAMHSA's Drug Abuse Warning Network
- SAMHSA's Treatment Episode Data Set

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Share Your Activities' Outcomes and Successes

Promote your activities and share the success of your **Recovery Month** events and press materials by:

- Posting your press materials on the **Recovery Month** Web site, <http://www.recoverymonth.gov>, with your event listing to show the purpose and outcomes. Help spread the success of your event with others by sharing your outcomes through **Recovery Month** social media outlets such as the **Recovery Month** Facebook page, YouTube channel, and Twitter account. Refer to the "Online Voices" and "New Media Glossary" for ideas on how to use these online tools.
- Sharing your stories and other outreach efforts during **Recovery Month** by completing the "Customer Satisfaction Form."
- Sending your promotional materials electronically to recoverymonth@samhsa.hhs.gov or to:
Office of the Director, Consumer Affairs
SAMHSA's Center for Substance Abuse Treatment
1 Choke Cherry Road, Second Floor
Rockville, MD 20857

More Resources on **Recovery Month** and Substance Use Disorders

The following resources provide additional information about **Recovery Month** and substance use disorders:

- Substance use, treatment, and recovery information, and treatment referral is available by calling SAMHSA's 24-hour National Helpline, **1-800-662-HELP**, or 1-800-487-4889 (TDD), for free and confidential information in English and Spanish, or at SAMHSA's Web site, <http://www.samhsa.gov/treatment>.
- All materials from this toolkit and an extensive array of relevant studies and information are available electronically at the **Recovery Month** Web site, <http://www.recoverymonth.gov>.

Inclusion of Web Sites and other event examples in this document and on the **Recovery Month Web site does not constitute official endorsement by the U.S. Department of Health and Human Services or the Substance Abuse and Mental Health Services Administration.**

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sample media advisory

[Adapt as needed for your event by modifying the type of event, date, etc.]

[Date]

[Name of Organization] to Hold Wellness Fair to Raise Awareness of Substance Use Disorders in [Town/City]

More than 23 million people in the United States needed treatment for a substance use disorder in the past year according to the **2008 National Survey on Drug Use and Health**, and an estimated [number] people in [town/city/community] alone are affected by addiction. To raise awareness of this disease and inform people of the available treatment and recovery resources, [name of organization] will host a wellness fair in [town/city] on [date].

The wellness fair is part of the 21st observance of **National Alcohol and Drug Addiction Recovery Month (Recovery Month)**, sponsored by the Substance Abuse and Mental Health Services Administration's (SAMHSA's) Center for Substance Abuse Treatment (CSAT), within the U.S. Department of Health and Human Services. This year's theme, **"Join the Voices for Recovery: Now More Than Ever!"**, intends to educate the general public as well as specific groups on how daily and increased stress can contribute to alcohol and/or drug use, as well as the effectiveness of treatment and the possibility of recovery.

The fair will educate the community about substance use disorders, promote positive approaches to combating stress, and honor those living a healthy life in recovery. Activities are for all ages and consist of a job fair, yoga classes, horseback rides, and massages. Four keynote speakers, including [name], a local police officer; [name], the CEO of [prominent local company]; [name], a retired adult; and [name], a mother of four children, will share their stories of overcoming addiction triggered by stressful situations, and their lives in long-term recovery. Booths will provide health care services such as information on substance use prevention and treatment, stress management, and support groups, as well as on-site glucose and blood pressure testing.

WHO: [Participants]

WHEN: [Date and Time]

WHERE: [Address and Location]

CONTACT: [Name and Phone Number of Primary Contact for Event]

###

sample press release

[Adapt as needed for your event by modifying the type of event, date, etc.]

FOR IMMEDIATE RELEASE

Contact: [Name of person who is available to answer questions from the media]
[Phone number of contact person – include office and cell numbers]
[Email address]

[Name of Organization] Sponsors Wellness Fair to Educate [Town/City]’s Residents about Substance Use Treatment and Recovery Resources

[City, State], [date] – A wellness fair held today in [town/city] and sponsored by [name of organization] raised awareness of substance use disorders by promoting positive ways of combating stress, encouraging a healthy lifestyle, and informing our community about the available treatment and recovery resources. Many people who endure prolonged high levels of stress can develop substance use disorders, especially people in the military, the workforce, older adults, and families.

The wellness fair was held as part of a national initiative known as **National Alcohol and Drug Addiction Recovery Month (Recovery Month)**, which is sponsored by the Substance Abuse and Mental Health Services Administration's (SAMHSA's) Center for Substance Abuse (CSAT), within the U.S. Department of Health and Human Services. This year marks the 21st annual celebration of **Recovery Month**, which honors people in recovery from substance use disorders, as well as those who provide treatment and recovery services, and promotes the need for treatment access and long-term recovery.

According to the **2008 National Survey on Drug Use and Health**, and [name of spokesperson], [title/position] at [name of organization], who spoke at the fair, 23.1 million people in the United States needed treatment for a substance use disorder in the past year, and an estimated [number] people in [town/city] alone are affected by addiction.

The fair was held to commemorate this year's **Recovery Month** theme, **“Join the Voices for Recovery: Now More Than Ever!”**, with the goal of reaching groups who may be susceptible to alcohol and/or drug use and relapse during times of stress. “Stress can be a major contributor to the use of alcohol and/or drugs, and may trigger some people to relapse or return to substance use after periods of abstinence,” said [insert name of spokesperson]. “Today’s fair is the optimal opportunity to share positive ways a person can cope with stress, highlight the benefits of treatment, and encourage friends, colleagues, and family members to begin their journey through recovery.”

Today's event expected attendance of more than **[number]** community members, and received support from local businesses and sponsors, including **[list one or two local prominent guests, businesses, or sponsors]**. The fair included information on substance use prevention and treatment, stress management, and support groups, while participants took advantage of other health care services, such as glucose and blood pressure testing. In addition, there was a job fair with over **[number]** local businesses represented, as well as yoga classes, massages, and horseback riding—all positive ways to cope with stress.

Four keynote speakers, including **[name]**, a local police officer; **[name]**, the CEO of **[prominent local company]**; **[name]**, a retired adult; and **[name]**, a mother of four children, shared their stories of overcoming substance use disorders triggered by stressful situations, and their lives in recovery. "By working together as a community, we can raise awareness of addiction during **Recovery Month**, and encourage those in **[town/city]** to seek the treatment services they need," said **[name of keynote speaker]**, a local police officer who is in long-term recovery.

National Alcohol and Drug Addiction Recovery Month (Recovery Month) is celebrated each September in communities across the country to help people recognize that substance use disorders are treatable and recovery is possible. Treatment and other recovery support programs are as effective as treatment for other chronic conditions such as diabetes or heart disease—yet nationally, only 10 percent of Americans who need treatment for substance use disorders actually receive it, according to the **2008 National Survey on Drug Use and Health**. **Recovery Month** encourages people affected by addiction to seek treatment and recovery services so they can reclaim healthy and productive lives in their community.

###

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Drafting and Submitting an Op-Ed During Recovery Month

An op-ed is one of the best ways to gain credible visibility for **National Alcohol and Drug Addiction Recovery Month (Recovery Month)** and raise awareness about addiction treatment and recovery. Op-eds, short for “opposite editorials,” are opinion articles that are published opposite a publication’s editorial page. They try to influence public opinion and create a dialogue about issues affecting your community. **Recovery Month** is an essential element of one of SAMHSA’s **10 Strategic Initiatives** that focuses on public awareness and support. The goal of this initiative is to increase the understanding of mental and substance use disorder prevention and treatment services to achieve the full potential of prevention, and help people recognize and seek assistance for these health conditions with the same urgency as any other health condition. An op-ed to promote **Recovery Month** can be written by a local expert or treatment provider, thought leader, someone in recovery, or someone affected by another person’s substance use disorder. Use the tips provided below as a guide to write an original article, or tailor the sample op-ed at the end of this document as appropriate to meet your organization’s needs.

Remember to showcase this year’s **Recovery Month** theme, **“Join the Voices for Recovery: Now More Than Ever!”** It emphasizes how stress in our society may contribute to or exacerbate alcohol and/or drug use, which can lead to a substance use disorder or relapse. Your op-ed should incorporate the **Recovery Month** mission to encourage all people in need of help to seek treatment for substance use disorders, celebrate individuals and families in long-term recovery, and acknowledge those working in the field who provide recovery services. Also, to gain credibility, remember to mention that the national celebration is sponsored by the **Substance Abuse and Mental Health Services Administration’s (SAMHSA’s) Center for Substance Abuse Treatment (CSAT)**, within the **U.S. Department of Health and Human Services**.

Planning and Writing Your Op-ed

Before you begin writing your op-ed, follow several steps. First, take a stand on an issue related to addiction and recovery. For example, do you think your community needs more recovery support services? Or do misconceptions and discrimination against people with substance use disorders and in recovery resonate in your local area? Whatever the issue, decide specifically what you want to address when writing your op-ed. You should consider the audience affected by the problem, and suggest potential solutions. Consider the following tips as you begin writing your op-ed:

- Open with a **strong lead paragraph**;
- State the **argument up front**;
- Be **clear and brief**;
- Include a **central idea** and **support it** with statistics and research;
- Tell your readers **why they should care about the issue**;

media outreach

- Make an **emotional connection** by telling a personal or real-life story;
- **Use active voice** rather than passive voice; and
- End with a realistic **call to action**.

At the end of your op-ed, include a brief paragraph that explains your qualifications, your full name, job title, and a description about yourself. Also, add your personal contact information with your submission, as many publications will call to verify your information before printing your op-ed.

Tools to Make Your Op-Ed More Convincing

Use the following resources to customize your op-ed to make it more appealing for local outlets to publish during **Recovery Month**. Local recovery and substance use disorder data make your argument stronger by demonstrating the true impact on your community, so only use national numbers if you don't have access to community statistics. Resources include:

- Your Single-State Agency (SSA)
- SAMHSA's **National Survey on Drug Use and Health**
- SAMHSA's National Survey of Substance Abuse Treatment Services (N-SSATS)
- SAMHSA's Drug Abuse Warning Network
- SAMHSA's Treatment Episode Data Set

Submitting and Placing Your Op-ed

Remember that publications receive a large amount of op-eds and have high standards for publication. For example, top-tier publications such as *The New York Times* or *The Wall Street Journal* generally seek op-eds that focus on national or international issues, while your local paper is more likely to publish about local issues.

Use the following tips for getting your op-ed published in traditional media outlets:

- **Begin building a relationship** with the editors months before you hope to publish an op-ed for **Recovery Month**. If possible, invite them to moderate events or meetings, or simply give them key information on local and State recovery issues.
- **Submit the op-ed** to one outlet at a time. Newspapers probably won't run an op-ed if it will be or has been published in another outlet.

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- **Follow the publication's guidelines** for word count, which is typically less than 700 words, and submission preferences, such as receiving files via email or fax.
- **Include a cover letter** that summarizes the op-ed and your expertise.
- **Follow up with the editor** approximately one week after submission so that he or she has had time to review the piece and offer constructive feedback.

Op-eds are not just for print publications. Use the following tips for getting your op-ed published online, either in the online version of a newspaper or in publications issued only online.

- **Reach out to a publication's Web site managing editor or Webmaster** to see if your op-ed can be posted online, even if it has been rejected by the print version.
- **Search for online news sites about community events** that may be interested in using your op-ed as a guest article to highlight **Recovery Month** in your area.
- **Consider submitting your op-ed** to Web sites such as [Slate](#), [iVillage](#), and [The Huffington Post](#), which are gaining in authority among Internet news sites.
- **Revise your op-ed for use on blogs.** Many op-eds can be rewritten in the form of a guest blog post on a community or specialty blog.

TOOLKIT TIP

Refer to the "[Online Voices for Recovery](#)" piece for additional information about outreach to blogs.

Either way you choose to submit an op-ed, whether through traditional or online outlets, be prepared to make changes or additions to the op-ed based on the editor's comments. If your op-ed is rejected, consider modifying and resubmitting your piece or forwarding it to another outlet. Also, remember that if your op-ed is published, it may be picked up by [Google News](#), [Yahoo News](#), or other sites that collect news from a variety of sources, yielding a wider reach. Search online a few days after your submission is published to track your coverage and see if it has been reprinted anywhere else.

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Promote *Recovery Month* and Share Your Op-ed's Outcomes and Successes

Share the success of your op-ed placements by:

- Posting your op-ed or other event materials on the ***Recovery Month*** Web site with your event listing to show the purpose and outcomes. Help spread the success of your event with others by sharing your outcomes through ***Recovery Month*** social media outlets such as the ***Recovery Month*** Facebook page, YouTube channel, and Twitter account. Refer to the “Online Voices” and “New Media Glossary” for ideas on how to use these online tools.
- Sharing your outreach efforts by completing the “Customer Satisfaction Form.”
- Sending a copy of your published op-ed and placement information electronically to recoverymonth@samhsa.hhs.gov or to:
Office of the Director, Consumer Affairs
SAMHSA's Center for Substance Abuse Treatment
1 Choke Cherry Road, Second Floor
Rockville, MD 20857

More Resources on *Recovery Month* and Substance Use Disorders

The following resources provide additional information about ***Recovery Month*** and substance use disorders:

- Substance use disorder, treatment, and recovery information, and treatment referral is available by calling SAMHSA's National Helpline, **1-800-662-HELP**, or 1-800-487-4889 (TDD), for free and confidential information in English and Spanish, or at SAMHSA's Web site, <http://www.samhsa.gov/treatment>.
- All materials from this planning toolkit and an extensive array of relevant studies and information are available electronically at the ***Recovery Month*** Web site, <http://www.recoverymonth.gov>.

Inclusion of Web Sites and other event examples in this document and on the *Recovery Month* Web site does not constitute official endorsement by the U.S. Department of Health and Human Services or the Substance Abuse and Mental Health Services Administration.

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op-ed template

Approximately 538 words

Working Together to Combat Stress and Substance Use Disorders

Substance use disorders are a treatable, yet serious health problem that can be exacerbated by a variety of external circumstances, including stress. Addressing this problem and finding a positive outlet for dealing with stress is now more important than ever, given the many causes of stress that exist today. In the spirit of the annual **National Alcohol and Drug Addiction Recovery Month (Recovery Month)** campaign, a national initiative presented by the U.S. Department of Health and Human Services' Substance Abuse and Mental Health Services Administration (SAMHSA) and its Center for Substance Abuse Treatment (CSAT), I'm urging all members of **[community/city/town]** to take a few minutes and recognize the negative impact this disease has on our community. It also is important for all people to understand that recovery is possible through a variety of treatment resources and recovery support programs.

Individuals face varying levels of stress at work, at home, in our families, and in our communities. In 2008, nearly half of Americans reported that their stress levels increased during the past year, with as many as 30 percent rating their average stress as extreme, according to the American Psychological Association's *2008 Executive Report*. Whether this stress is caused by the recent economic downturn, a career transition, a big life change, or an increase in drinking or drug use because of these issues, educating our community about how stress can contribute to addiction and affect all people is essential in combating the misconceptions associated with the disease.

Having **[been in recovery for XX years / worked in the recovery field for XX years / other statement of personal experience]**, I have firsthand knowledge of the devastation that stress and alcohol and/or drug use brings to people and their families. Addiction is a real issue, with an estimated 23.1 million people needing treatment for an alcohol or illicit drug use problem in 2008, according to the **2008 National Survey on Drug Use and Health**. Locally, **[number]** people needed treatment last year in **[community]**.

The good news is that we can help people address their addiction and live a healthy and productive life in recovery. Together, we can do the following:

- Encourage our friends, colleagues, or family members who are suffering to enter treatment facilities or seek recovery resources;
- Reach out to individuals throughout our communities to prevent stigma against people receiving treatment services on military bases and in adult living centers; and
- Offer all people in our community strategies to combat and manage stress, such as learning to reduce unnecessary or extra responsibilities, exercising regularly, identifying, removing, or reducing the source of stress, or seeking professional support or assistance.

media outreach

This September, in conjunction with the **Recovery Month** commemoration, I call on all people in **[community]** to improve the lives of those suffering from addiction, support individuals in recovery, and recognize the individuals who work in our community to provide recovery services. To maximize this opportunity, I urge local businesses, government agencies, and community organizations to showcase details about local treatment and recovery resources on their Web sites and link to additional information available at <http://www.recoverymonth.gov>.

[Include author name, title, and brief summary of qualifications that make him or her an expert.]

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official proclamations

Official *Recovery Month* Proclamations

Official government support of **National Alcohol and Drug Addiction Recovery Month (Recovery Month)** in your State, county, and/or city increases the educational impact of your outreach about substance use disorders. The most effective way to involve your local government officials and agencies is to ask them to issue a **proclamation** designating September as **Recovery Month** in their jurisdiction.

In the **proclamation**, highlight the mission of **Recovery Month**: to improve the lives of those suffering from addiction, to celebrate individuals and families in long-term recovery, and to acknowledge those working in the field who provide recovery services. In addition, your proclamation should emphasize this year's theme, **"Join the Voices for Recovery: Now More Than Ever!"** This theme reminds us that stress in our society may contribute to or exacerbate alcohol and/or drug use, which can lead to a substance use disorder or relapse. **Recovery Month** is sponsored by the Substance Abuse and Mental Health Services Administration's (SAMHSA's) Center for Substance Abuse Treatment (CSAT) within the U.S. Department of Health and Human Services. Adding the support of your local government offices elevates the observance in your community to new heights. **Recovery Month** is an essential element of one of SAMHSA's 10 Strategic Initiatives that focuses on public awareness and support. The goal of this initiative is to increase the understanding of mental and substance use disorder prevention and treatment services to achieve the full potential of prevention, and help people recognize and seek assistance for these health conditions with the same urgency as any other health condition.

Federal Government officials, governors, State legislators, or city, county, and town officials issue proclamations. They simply and effectively demonstrate government support for educating the community about substance use disorders and the need for wide-ranging treatment and recovery support programs.

Proclamation signings have been successful in the past, with hundreds issued in previous years to support **Recovery Month**. In 2009, there were 206 **proclamations** issued across the country and posted on the **Recovery Month** Web site. For nearly 10 years, the President of the United States has signed a proclamation declaring September as **Recovery Month**, recognizing that addiction to alcohol and/or drugs is a rising public health problem in the United States that needs to be addressed.

This document discusses the different types of proclamations, tips for getting an official to issue a proclamation, and activities to draw attention to the proclamation.

Types of Proclamations

When you write a proclamation, choose from one of two styles, traditional or modern. **Traditional proclamations** begin with a series of "whereas" clauses, meaning "since" or "because," which state the problem or issue being addressed. They are followed by a "therefore" statement, which is the specific request for support. **Modern proclamations** are written in a letter format and also are acceptable.

Samples of both traditional and modern proclamations are included at the end of this document, and past signed proclamations are posted on the **Recovery Month** Web site at <http://www.recoverymonth.gov> under the "Proclamations" section. Modify these examples to include details relevant to your community, statistics about substance use disorders, and treatment and recovery resources available in your area.

Developing and Securing Your *Recovery Month* Proclamation

Take the following steps to secure a government official or agency to sign your proclamation:

- **Research** local officials and the appropriate staff members to contact in their offices. Consider past supporters of your organization's efforts and anyone willing to discuss the value of treatment and recovery. These officials should be your first priority to ask for support.
- **Contact** a member of the official's communications office 3- to 4-months in advance of *Recovery Month* to determine the process of getting a proclamation signed. Introduce your organization, the details of your *Recovery Month* activities, and why it is a significant issue in your community. Remember that some offices are not in session during the summer months, so you may need to plan further in advance to have everything squared away for September. Tell the staff member you would like to draft a proclamation for consideration and inquire which style of proclamation he or she prefers.
- **Write** your proclamation once you have determined the initial interest and proclamation style preference. Prepare your proclamation in advance to make it easier for officials and staff members to focus on your goals.
- **Examine relevant background information** to help you write the proclamation. Keep this background on hand in case you are asked to provide additional information on the overall treatment and recovery landscape.
- **Follow up** with the official's office regularly after you have submitted your proclamation to receive status updates and provide additional information if needed.

TOOLKIT TIP

Refer to the "**Overview**" document in this toolkit for additional background information.

Publicize Your Proclamation

Once an official or his or her staff decides to issue a *Recovery Month* proclamation, use the following tips to help publicize it to maximize its effectiveness:

- **Organize a press conference** where the official proclamation will actually be signed. Work with the official's communications team to combine efforts and resources, which will allow you to reach a broader audience. Use your media list to invite reporters and remember to bring copies of the proclamation for journalists to reference. Broadcast the event live on your Web site so reporters can still view and write about the event even if they can't attend in person. Be sure to include a link to the *Recovery Month* Web site as well.

TOOLKIT TIP

Refer to the "**Press Materials for Your *Recovery Month* Event**" document in this toolkit for information on how to create a media list and write a press release.

media outreach

- **Share copies of the signed proclamation** with the “local” or “metro” desks of local newspapers, along with a press release announcing that a local official has issued a **Recovery Month** proclamation. Be sure to scan in the proclamation as a PDF file, so that it can be seen on its original letterhead.
- **Post a copy of the proclamation** on the **Recovery Month** Web site, <http://www.recoverymonth.gov>, and send it electronically to recoverymonth@samhsa.hhs.gov or in hard copy to:
Office of the Director, Consumer Affairs
SAMHSA's Center for Substance Abuse Treatment
1 Choke Cherry Road, Second Floor
Rockville, MD 20857

Also, display the proclamation in the lobbies of public places, such as libraries and government buildings. (Obtain permission before displaying these copies.) In addition, inquire about posting a copy of the proclamation on the Web sites of similar public venues.

Share Your Proclamation's Outcomes and Successes

Promote and share the signed proclamation by:

- Posting your event materials, photos, or videos on the **Recovery Month** Web site, <http://www.recoverymonth.gov>, with your event listing to show the purpose and outcomes. Help spread the success of your event with others by sharing your outcomes through **Recovery Month** social media outlets such as the **Recovery Month** Facebook page, YouTube channel, and Twitter account. Refer to the “Online Voices” and “New Media Glossary” for ideas on how to use these online tools.
- Sharing how you used these **Recovery Month** proclamation tips by completing the “Customer Satisfaction Form.”

More Resources on Recovery Month and Substance Use Disorders

The following resources provide additional information and treatment referral about **Recovery Month** and substance use disorders:

- Substance use, treatment, and recovery information, and treatment referral is available by calling SAMHSA's 24-hour National Helpline, **1-800-662-HELP**, or 1-800-487-4889 (TDD), for free and confidential information in English and Spanish, or at SAMHSA's Web site, <http://www.samhsa.gov/treatment>.
- All materials from this toolkit and an extensive array of relevant studies and information are available electronically at the **Recovery Month** Web site, <http://www.recoverymonth.gov>.

Inclusion of Web Sites and other event examples in this document and on the [Recovery Month](http://www.recoverymonth.gov) Web site does not constitute official endorsement by the U.S. Department of Health and Human Services or the Substance Abuse and Mental Health Services Administration.

sample proclamation 1 : traditional format

WHEREAS, recovery from substance use disorders is possible through a variety of treatment resources and recovery support programs; and

WHEREAS, thousands of people across the United States are living happy, healthy, and productive lives in recovery; and

WHEREAS, stress can contribute to substance use disorders, and finding a positive outlet for dealing with stress is crucial as people continue to face stressful situations in their lives; and

WHEREAS, nearly half of Americans reported that their stress levels had increased over the past year in 2008, with as many as 30 percent rating their stress levels as extreme (American Psychological Association, Executive Report, October 7, 2008); and

WHEREAS, in 2008, an estimated 23.1 million people of every age, race, ethnicity, and socio-economic status needed treatment for substance dependence or abuse in the United States (*2008 National Survey on Drug Use and Health*); and

WHEREAS, substance use disorders are a treatable, yet serious health care problem, and our community must take steps to address it; and

WHEREAS, educating our community about how substance use disorders affect all people in the community, including public safety officials, the workforce, older adults, and families, therefore is essential to combat misconceptions associated with addiction; and

WHEREAS, to help more people enter a path of recovery, the U.S. Department of Health and Human Services, the Substance Abuse and Mental Health Services Administration, the White House Office of National Drug Control Policy, and [name of State, city, county, or treatment organization] invite all residents of [city/town] to participate in *National Alcohol and Drug Addiction Recovery Month (Recovery Month)*; and

NOW, THEREFORE, I, [name and title of your elected official], by virtue of the authority vested in me by the laws of [city, State, or locality], do hereby proclaim the month of September 2010 as

National Alcohol and Drug Addiction Recovery Month

in [city or State] and call upon the people of [city or State] to observe this month with appropriate programs, activities, and ceremonies supporting this year's theme, *"Join the Voices for Recovery: Now More Than Ever!"*

In Witness Whereof, I have hereunto set my hand this [day of month] day of September, in the year of our Lord two thousand ten, and of the Independence of the United States of America the two hundred and thirty-fifth.

Signature

[Insert City/State or Other Official Seal]

sample proclamation 2: modern format

Thousands of people across the United States are living happy, healthy, and productive lives in recovery from substance use disorders. That is why this year's **National Alcohol and Drug Addiction Recovery Month (Recovery Month)** theme is **"Join the Voices for Recovery: Now More Than Ever!"** Even with the promise of treatment and recovery, substance use disorders are a serious health care problem that can be triggered by a variety of external circumstances, including stress. This theme emphasizes how the stress in our society can contribute to addiction in some, and encourages all people to learn about how to help those suffering from addiction live a positive life in recovery. Addressing this problem and finding positive outlets for dealing with stress is now more important than ever, given the increasing amounts of stress in our lives.

In 2008, nearly half of Americans reported their stress levels had increased over the past year, with as many as 30 percent rating their average stress levels as extreme, according to the American Psychological Association. Additionally, an estimated 23.1 million people in the United States needed treatment for substance dependence or abuse in 2008, with only approximately 1.7 million receiving treatment for alcohol or illicit drug problems, according to the **2008 National Survey on Drug Use and Health**. In our community alone, more than [number] of [State/city/town]'s residents suffer from addiction.

Educating our community about substance use disorders is essential to combat the misconceptions associated with addiction. Substance use disorders affect all people of every age, race, gender, ethnicity, community, and socio-economic status, including public safety officials, the workforce, older adults, and families in our community.

For more than 20 years, **Recovery Month** has worked to improve the lives of those suffering from addiction by raising awareness of the disease and educating communities about the treatment and recovery resources available. For all these reasons, I am asking the citizens of [city or State] to join me in celebrating this September as **National Alcohol and Drug Addiction Recovery Month**.

The Substance Abuse and Mental Health Services Administration within the U.S. Department of Health and Human Services, the White House Office of National Drug Policy, and [the State of (your State) / city (your city) / name of a treatment organization in your community] welcome your participation in **Recovery Month**.

I, [name and title of elected official], do hereby proclaim the month of September 2010 as

National Alcohol and Drug Addiction Recovery Month

In [city or State] and call upon our community to observe this month with compelling programs, activities, and events that support this year's theme, **"Join the Voices for Recovery: Now More Than Ever!"**

Signature

[Insert City/State or Other Official Seal]

public service announcements

Promoting *Recovery Month* With Public Service Announcements

Every year, the Substance Abuse and Mental Health Services Administration's (SAMHSA's) Center for Substance Abuse Treatment (CSAT), within the U.S. Department of Health and Human Services, provides a series of public service announcements (PSAs) in a variety of formats. PSAs are advertisements aired at no cost on television and radio stations. You can put your own stamp on the **National Alcohol and Drug Addiction Recovery Month (Recovery Month)** PSAs to generate media interest in your community for **Recovery Month** and to alter public attitudes surrounding substance use disorders and their impact on affected family members. Use the PSAs in conjunction with advertising your event, and year-round to encourage individuals to seek recovery services.

This year's **Recovery Month** theme, "**Join the Voices for Recovery: Now More Than Ever!**," emphasizes how stress in our society may contribute to or exacerbate alcohol and/or drug use, which can lead to a substance use disorder or relapse. For more than 20 years, **Recovery Month** has worked to improve the lives of those suffering from addiction, to celebrate individuals and families in long-term recovery, and acknowledge those working in the field who provide recovery services. The **Recovery Month** PSAs encourage all people and families experiencing an alcohol or drug problem to seek help.

This document discusses how to distribute **Recovery Month** live-read radio scripts and pre-recorded television and radio PSAs to local stations. It also provides valuable promotional tips for sharing the PSAs in new ways, including posting or linking to the PSAs online.

Distributing Live-Read Radio PSAs

Live-read radio PSAs are scripts read by disc jockeys (DJs) on air to raise awareness about a particular topic, such as **Recovery Month** and issues surrounding addiction and recovery. Distribute the two 30-second and two 15-second radio PSA scripts, provided at the end of this document, to local radio stations. These scripts serve as a call to action for listeners, or someone they know, who may be in need of treatment. They include the **Recovery Month** Web address, <http://www.recoverymonth.gov>, and SAMHSA's National Helpline, **1-800-662-HELP**, or 1-800-487-4889 (TDD), a 24-hour free and confidential treatment referral resource in English and Spanish.

The PSA scripts should be mailed, faxed, emailed, or hand-delivered to the radio station's PSA director for broadcast consideration. You should call in advance to figure out which format is preferred. When you distribute the scripts, include a cover letter explaining the PSAs' message, the **Recovery Month** campaign, and your contact information. Remember to express your appreciation of the station's support in spreading the message of **Recovery Month** to its listeners throughout the community.



media outreach

Use the following resources to localize your cover notes. Please note that local recovery and substance use disorder data will make your argument stronger by demonstrating the true impact to your community, so only use national numbers if you don't have access to community statistics. Resources include:

- Your Single-State Agency (SSA)
- SAMHSA's **National Survey on Drug Use and Health**
- SAMHSA's National Survey of Substance Abuse Treatment Services (N-SSATS)
- SAMHSA's Drug Abuse Warning Network
- SAMHSA's Treatment Episode Data Set

Pre-Recorded Television and Radio PSAs

There are two sets of **Recovery Month** radio and television PSAs produced each year, which are sent to more than 1,000 television and 3,000 radio stations nationwide. They are available in both English and Spanish in 30- and 15-second lengths for television, and in 30- and 20-second lengths for radio. You can use these PSAs as recorded, or you may request versions you can customize by adding local resource information at the end of the spot. For further information on how to receive and customize the open-ended versions, contact recoverymonth@samhsa.hhs.gov.

To insert supplementary information, work with a local production studio to insert a voiceover, logo, Web site, or phone number. Remember to alert any local resources that you decide to incorporate into your PSA, so they can prepare for an increase in inquiries.

Promoting Television and Radio PSAs

Promote the **Recovery Month** television and radio PSAs by using the following traditional media and online tactics:

- **Call** local television and radio outlets and request that they play the PSAs. Find this information through an online search to find your local station's contact information, and remember to ask for the PSA director when you call. Email recoverymonth@samhsa.hhs.gov or call 617-520-2576 to obtain additional copies of the PSAs to send to stations that request them.

TOOLKIT TIP

Refer to the "**Online Voices for Recovery**" document for additional tips about online outreach.

now more than ever!

media outreach

- **Play** the PSAs, in English and Spanish, at your **Recovery Month** events.
- **Include** a link on your Web site or in promotional materials to the PSAs housed on the **Recovery Month** Web site, Facebook page, and YouTube channel, and embed them directly on your Web site.
- **Send** an email blast with the PSAs to supporters, including detailed information about how they, too, can help promote them.

TOOLKIT TIP

Refer to the “Multimedia” section of the **Recovery Month** Web site, <http://www.recoverymonth.gov>, for electronic copies of the PSAs.

Inclusion of Web Sites and other event examples in this document and on the *Recovery Month* Web site does not constitute official endorsement by the U.S. Department of Health and Human Services or the Substance Abuse and Mental Health Services Administration.

now more than ever!

2010 Live-Read Radio PSA Scripts

:30

If you are struggling with a drug or alcohol problem, you are not alone. Millions of Americans and their families suffer from the effects of substance use disorders.

For drug and alcohol information and treatment referrals, call **1-800-662-HELP (or replace this number with a local treatment provider's)**.

This September, you can celebrate ***National Alcohol and Drug Addiction Recovery Month*** and help yourself or someone you know find recovery.

:15

If you are struggling with a drug or alcohol problem, you are not alone. Millions of Americans suffer from the effects of substance use disorders.

This September, celebrate ***National Alcohol and Drug Addiction Recovery Month*** and call **1-800-662-HELP (or replace this number with a local treatment provider's)** for drug and alcohol information or treatment referrals.

:30

Celebrate ***National Alcohol and Drug Addiction Recovery Month*** with your friends, loved ones, and your community this September. You can learn how at <http://www.recoverymonth.gov>.

If you or someone you know are struggling with a drug or alcohol problem, remember that recovery is possible through treatment resources and recovery support programs.

For drug and alcohol information and treatment referrals, call **1-800-662-HELP (or replace this number with a local treatment provider's)**.

:15

Celebrate ***National Alcohol and Drug Addiction Recovery Month*** this September. Learn how at <http://www.recoverymonth.gov>. Call **1-800-662-HELP (or replace this number with a local treatment provider's)** for drug and alcohol information or treatment referrals if you or someone you know needs help.

now more than ever!

Join the Voices for
recovery

september **2010**
National Alcohol
& Drug Addiction
Recovery Month

now more than ever!

CAMERA-READY LOGO SHEET

Customize your materials using the artwork provided. Logos below can be printed in either PMS 268 or black.

september**2010**
National Alcohol
& Drug Addiction
Recovery Month

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National Alcohol
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Recovery Month

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september **2010**
National Alcohol
& Drug Addiction
Recovery Month

Join the Voices for
recovery

now more than **ever!**

targeted outreach

targeted outreach



“Recovery has given my life great purpose and value—something I sought but never found with drugs.”

Carol McDaid

Many people who misuse alcohol and/or drugs can and do recover. Reducing stress lowers the risk of relapse for those in long-term recovery.

SOURCE: “Stressful Events Can Influence Drugs, Alcohol Use.” The Partnership for a Drug-Free America Web site: http://www.drugfree.org/Portal/DrugIssue/Features/Stressful_Events_Can_Influence_Drug_Alcohol. Accessed July 20, 2009.

Overview: Now More Than Ever!

The Substance Abuse and Mental Health Services Administration's (SAMHSA's) Center for Substance Abuse Treatment (CSAT), within the U.S. Department of Health and Human Services, sponsors **National Alcohol and Drug Addiction Recovery Month (Recovery Month)** each September. This celebration focuses on improving the lives of those suffering from substance abuse through treatment and recovery. While many people achieve recovery, there is still a need to continue to educate people about addiction and motivate those who may have a problem to seek help. In 2008, an estimated 23.1 million people needed treatment for a substance use disorder in the United States.¹

Stressful experiences may increase the vulnerability of some to turn to addictive substances for relief or to relapse, even after a prolonged abstinence.² Stress is an all too common issue: an estimated 75 to 90 percent of all visits to primary care physicians are for stress-related problems.³ This document outlines issues surrounding stress, substance use, treatment, and recovery.

Stress in Today's World

This year's **Recovery Month** theme, **"Join the Voices for Recovery: Now More Than Ever!"**, emphasizes the increase of stress in our society. It addresses how stress and other external circumstances can contribute to the onset and relapse of substance use disorders, and highlights specific groups affected by these stressors, including:

- **Public safety officials**, including the military, police, and fire personnel, who have careers in which they frequently put their lives at risk for the safety of others. Up to 20 percent of service members returning from the war in Iraq and Afghanistan disclose symptoms that are consistent with emotional problems or depression.⁴
- **People in the workforce**, who can feel tremendously stressed, especially during rough economic times. Such stress puts people who are in recovery from substance use disorders at risk for relapse, while causing others to begin to use alcohol and/or drugs to relieve stress.⁵
- **Older adults**, who can find retirement stressful due to the sudden change of pace, financial worries, or health concerns. According to research, 2.5 million older adults and 21 percent of hospital patients older than age 65 have had alcohol-related problems.⁶ Among people aged 50 to 59, the rate of current illicit drug use increased from 2.7 percent in 2002 to 5.0 percent in 2007.⁷
- **Families**, who endure personal stress that can lead to increased use of alcohol and/or drugs. In one study, people who experienced 4 or more adverse childhood experiences, such as growing up in the home of someone who abused alcohol, had 4- to 12-fold increased risks for alcoholism and drug abuse, compared with those who experienced none.⁸

Recovery is Possible

Many people who misuse alcohol and/or drugs can and do recover. Stress may negatively influence treatment effectiveness and can contribute to relapse even for individuals and families in long-term recovery. To combat this, SAMHSA has identified 10 Strategic Initiatives, which can be found at <http://www.samhsa.gov> by clicking on "About Us," that focus on improving the delivery of recovery support for many groups, including military families, people affected by financial problems, or those who have experienced trauma.

targeted outreach

The following recommendations may help reduce stress when incorporated into daily routines:

- **Simplify your life** – Figure out which activities are really important in your life and manage the time you have allotted to them wisely. Learn to say “no” to activities that are not necessary.
- **Be prepared** – Anticipate challenges that may arise at work or with your immediate family, learn to delegate, and, if necessary, allot extra time for projects so they are manageable and not overwhelming.
- **Live a healthy lifestyle** – Exercise regularly to reduce tension and eat a diet rich in fruits, vegetables, and whole grains to increase energy and keep stress under control.
- **Keep open communication** – Let others know when you have trouble and ask for assistance.

Challenges in Seeking Treatment

While recovery is accessible and possible for many, some people with substance use disorders may feel hopeless and that recovery is out of reach. A staggering 20.8 million people needed but did not receive treatment in 2008.⁹ People with addictions encounter multiple obstacles that prohibit them from receiving treatment, including:

- **Cost** – Based on combined data between 2005 and 2008, 37.4 percent of people who needed but did not receive treatment stated they did not have health care coverage or they couldn’t afford the cost.¹⁰
- **Stigma** – Although fewer than 20 percent of people in America actually would think less of a loved one who is in recovery from addiction, stigma still exists.¹¹
- **Denial** – In 2008, an estimated 8.2 percent of people with substance use disorders who did not receive treatment felt they didn’t need it.¹²
- **Education** – Of those who needed but did not receive treatment between 2005 and 2008, 8.1 percent stated they were unsure where to go for treatment, 8.3 percent felt there was no program for the kind of treatment they needed, and 10.6 percent believed that treatment was inconvenient or had no available transportation.¹³

Recovery Resources

A variety of recovery and treatment resources provide a sense of community for those in recovery to share their experiences.

- **SAMHSA's National Helpline** – Accessed by calling **1-800-662-HELP**, or 1-800-487-4889 (TDD), this Helpline provides 24-hour free and confidential information and treatment referrals in English and Spanish.
- **SAMHSA's “Find Substance Abuse and Mental Health Treatment” Web site** – Accessed at <http://www.samhsa.gov/treatment>, this Web site contains resources about mental health, substance abuse, and treatment.

- **SAMHSA's "Considerations for the Provision of E-Therapy" Report** – Accessed at <http://download.ncadi.samhsa.gov/prevline/pdfs/sma09-4450/sma09-4450.pdf>, this report provides extensive information on the benefits, challenges, and effectiveness of e-therapy.
- **Alcoholics Anonymous and Narcotics Anonymous** – Accessed at <http://www.aa.org> and <http://www.na.org>, respectively, these Web sites offer a variety of resources for individuals suffering from alcohol or drug dependence, and allow them to locate and join a local support group.
- **Al-Anon, Alateen, and Nar-Anon** – Accessed at <http://www.al-anon.alateen.org> and <http://www.nar-anon.org>, respectively, these groups provide a community for family members and young people to share experiences and learn ways to cope with their problems related to substance use disorders.
- **SoberRecovery** – Accessed at <http://www.soberrecovery.com>, this Web site offers support forums for people in recovery, as well as friends and family members affected by someone's substance use.
- **About Recovery** – Accessed at <http://aboutrecovery.com>, this Web site offers addiction and recovery resources and provides a national helpline that is available 24 hours a day.

For a longer version of this guide, please visit <http://www.recoverymonth.gov>, locate the "Recovery Month Kit," and click on the "Targeted Outreach" link. Information about treatment options and special services in your area can be found by calling 1-800-662-HELP or 1-800-487-4889 (TDD), as well as at <http://www.samhsa.gov/treatment>.

Inclusion of Web sites and other resources mentioned in this document and on the **Recovery Month Web site** does not constitute official endorsement by the **U.S. Department of Health and Human Services** or the **Substance Abuse and Mental Health Services Administration**.

SOURCES

- 1 *Results from the 2008 National Survey on Drug Use and Health: National Findings*, HHS Publication No. SMA 09-4434. Rockville, MD: U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration, Office of Applied Studies, September 2009, p. 83.
- 2 *Stressful Events Can Influence Drugs, Alcohol Use*. The Partnership for a Drug-Free America Web site: http://www.drugfree.org/Portal/DrugIssue/Features/Stressful_Events_Can_Influence_Drug_Alcohol. Accessed July 20, 2009.
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- 9 *Results from the 2008 National Survey on Drug Use and Health: National Findings*, September 2009, p. 83.
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- 11 *Americans Believe in Prevention and Recovery from Addictions: CARAVAN Survey for SAMHSA on Addictions and Recovery Fact Sheet*, September 2008, pp.1-2.
- 12 *Results from the 2008 National Survey on Drug Use and Health: National Findings*, September 2009, p. 85.
- 13 Ibid, p. 86.



“The life I live today is only because of my commitment to recovery and my belief in the power of the 12 steps.”

Nancy Schenck

Individuals can choose a customized treatment and recovery program that addresses their everyday needs as well as their personal schedules.

SOURCE: “Your Internet Guide to Drug & Alcohol Addiction Recovery.” *Addiction Recovery Guide* Web site: <http://www.addictionrecoveryguide.org/treatment/index.html>. Accessed September 21, 2009.

treatment and recovery

Treatment and Recovery: Finding Specialized Help for Substance Use Disorders

Most Americans face varying levels of stress throughout their lives—at work, in their families, and in their communities. Stress can contribute to the use of alcohol and/or drugs, and it may trigger some people to return to substance use after periods of abstinence.¹ Treatment and recovery support services are effective, but of the 23.1 million people who needed treatment for a substance use disorder in 2008, approximately 20.8 million did not receive it.²

To promote recovery, the Substance Abuse and Mental Health Services Administration's (SAMHSA's) Center for Substance Abuse Treatment (CSAT), within the U.S. Department of Health and Human Services, sponsors **National Alcohol and Drug Addiction Recovery Month (Recovery Month)** each September. This year's theme is designed to reach people who in times of stress are susceptible to alcohol and/or drug use. This document provides an overview of treatment and recovery options and outlines how people can use these resources during times of stress to begin to heal.

Overview of Treatment and Recovery Options

To understand addiction, it is important to understand the complexity of the disease and its influence on the brain. Addiction is a chronic illness, like diabetes or asthma. Choices for treatment help individuals with stress, because they can choose a customized recovery method that addresses their everyday needs and fits into their busy schedules.³ For example, medications help suppress drug cravings and are often used in conjunction with counseling and other outpatient behavioral therapies.^{4,5} Additional treatment options include:

Intervention, Treatment, or Recovery Support Options	Description
Hospital-based rehabilitation units	Located in a unit at a general hospital, these programs are best suited for people who have developed chronic or acute medical or psychiatric problems along with their addiction. ⁶
Short-term residential treatment centers	These are stand-alone, live-in facilities that specialize in the treatment of drug addiction, alcoholism, and dual diagnosis of multiple issues. ⁷
Long-term residential treatment centers	These centers consist of highly structured programs that offer care 24 hours a day, with an average stay of 6 to 12 months. They help people return to a drug-free lifestyle. They sometimes are transitional facilities used before a person re-integrates into society. ^{8,9}
Outpatient treatment programs	These are a range of programs that typically emphasize individual or group counseling and family therapy. They are convenient for individuals who are employed, have extensive social support systems, and live at home or another structured setting. ¹⁰
Self-help, mutual support groups, and peer-to-peer recovery services	These are recovery support programs, such as SMART Recovery®, Nar-Anon, Alcoholics Anonymous, Narcotics Anonymous, and the Association of Persons Affected by Addiction. These services include 12-step programs, other regular support meetings, self-help groups, and peer counseling. ^{11,12}

Intervention, Treatment, or Recovery Support Options	Description
Online support groups and meetings	These groups provide individuals the opportunity to receive support and attend meetings from anywhere. The Recovery Group, In The Rooms, and The Second Road are resources that offer online meetings.
Faith-based support groups	People who attend spiritually based recovery support programs, such as Catholic Charities, the General Board of Church and Society of the United Methodist Church, and the Shinnyo-en Foundation, have the added support that is needed for any type of chosen treatment. Faith-based support is also available at many churches, synagogues, or other religious worship sites.
Recovery support services	These are supplemental programs to help individuals and their families address other needs. They include employee-based support services and health care support. ^{13,14}

For more information and contact information for any resources listed in the above chart, refer to the “**Recovery Month Resources**” booklet in this toolkit.

Customized Treatment and Recovery

No single treatment is appropriate for everyone.¹⁵ Several groups consistently face stressful situations, and each has unique needs that are important to consider in treatment and recovery:

- **Public safety officials** have stressful careers in which they frequently put their lives at risk for the safety of others. Many units offer anonymous counseling and resources for individuals. One of SAMHSA’s 10 Strategic Initiatives, which can be found at <http://www.samhsa.gov> by clicking on “About Us,” is to support service men and women, as well as their families and communities. If people feel they cannot use workplace programs, anonymous in-person support groups and online resources specific for public safety officials exist, such as Battle Mind, accessible at <http://www.battlemind.org>.¹⁶
- **People in the workforce** also can feel tremendously stressed, especially during turbulent economic times. Outpatient treatment, mutual support meetings, or online treatment options might be valuable to this group because they are likely concerned about the cost and taking time away from work for treatment.¹⁷ The Employee Assistance Directory, accessible at <http://www.eap-sap.com/eap/index.html>, offers addiction and treatment resources by State, and one of SAMHSA’s 10 Strategic Initiatives is to promote help for people affected by financial problems.
- **Older adults** face a number of challenges that include losing a spouse or facing financial hurdles in retirement. In-patient treatment plans, mutual support groups, or partial hospital or day treatment programs might be appropriate for this group so they have additional human interaction.¹⁸ The Web site Aging and Addiction, accessible at <http://www.agingandaddiction.net>, provides resources for older adults who need help for addiction.
- **Families** may encounter illness, marital strain, and work problems that reverberate at home. An inclusive treatment program that includes family therapy might be necessary.¹⁹ Additionally, Nar-Anon and Al-Anon/Alateen, accessed at <http://www.nar-anon.org> and <http://www.al-anon.alateen.org>, respectively, offer a variety of addiction and recovery resources for families of individuals suffering from alcohol or drug dependence. These services allow them to locate and join a local support group.

Resources

Visit <http://www.recoverymonth.gov> for a comprehensive list of resources. Following are a handful of additional key resources:

- **SAMHSA's National Helpline** – Accessed by calling **1-800-662-HELP**, or 1-800-487-4889 (TDD), this Helpline provides 24-hour free and confidential information and treatment referrals in English and Spanish.
- **SAMHSA's "Find Substance Abuse and Mental Health Treatment" Web site** – Accessed at <http://www.samhsa.gov/treatment>, this Web site contains resources about mental health, substance abuse, and treatment.
- **Treatment 101: Recovery Today** – Accessed at <http://www.recoverymonth.gov/Resources-Catalog/2009/Webcast/Treatment-101-Recovery-Today.aspx> and <http://www.recoverymonth.gov/Resources-Catalog/2009/Radio-Cast/Treatment-101-Recovery-Today.aspx>, respectively, this SAMHSA television and radio program examines many aspects of treatment and recovery.
- **SoberRecovery** – Accessed at <http://www.soberrecovery.com>, this Web site offers support forums for people in recovery, as well as friends and family members affected by someone's substance use.
- **Alcohol and Drug Rehab Treatment Resource Center** – Accessed at <http://www.addict-help.com>, this resource center provides information on key issues about alcohol and drug abuse, including interventions, rehab, and treatment. Visitors must enter identifying information to participate in this Web site.

For a longer version of this guide for treatment, please visit <http://www.recoverymonth.gov>, locate the "Recovery Month Kit," and click on the "Targeted Outreach" link. Information about treatment options and special services in your area can be found by calling 1-800-662-HELP or 1-800-487-4889 (TDD), as well as at <http://www.samhsa.gov/treatment>.

Inclusion of Web sites and other resources mentioned in this document and on the *Recovery Month Web site* does not constitute official endorsement by the U.S. Department of Health and Human Services or the Substance Abuse and Mental Health Services Administration.

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“I am a survivor of physical, emotional, and sexual abuse and the post-traumatic stress that it produced in me and my siblings.”

Brenda Mayer

Public safety officials who suffer from a substance use disorder or co-occurring disorder are seeking help. Approximately 60 percent of veterans have an alcohol dependence.

SOURCE: “PTSD and Problems with Alcohol: CSAT Disaster Recovery.” SAMHSA Web site: <http://www.samhsa.gov/csatdisasterrecovery/outreach/ptsdandproblemswithalcohol.pdf>. Accessed July 23, 2009.

Addressing Substance Use Disorders and Stress Among Public Safety Officials

Every day, public safety officials such as military personnel, police, probation, correction officers, firefighters, and emergency medical technicians put their lives on the line to protect the public in both domestic and foreign areas. This document outlines how their jobs cause stress, which can lead to alcohol and/or drug use, and offers resources to help. Every September, the Substance Abuse and Mental Health Services Administration's (SAMHSA's) Center for Substance Abuse Treatment (CSAT), within the U.S. Department of Health and Human Services, observes **National Alcohol and Drug Addiction Recovery Month (Recovery Month)**. This year's theme, **"Join the Voices for Recovery: Now More Than Ever!"**, emphasizes that treatment and recovery programs and services are essential for officials facing increased stress on the job and turning to alcohol and/or drugs to cope. It also celebrates individuals and families in long-term recovery and acknowledges those working in the field who provide recovery services.

The Stress of Serving the Public

Many public safety sectors work to protect people in the United States. Each sector faces exposure to incidents that cause stress and may play a part in alcohol and/or drug abuse.¹ Each job presents unique challenges:

- **Military officials** face physical and mental health challenges that include exposure to violent combat, trauma, injury to themselves, or survivors' guilt when a fellow soldier is killed. They also must juggle both military and family responsibilities. One of SAMHSA's 10 Strategic Initiatives, which can be found at <http://www.samhsa.gov> by clicking on "About Us," is to support military service men and women, and their families and communities, by leading efforts to ensure needed behavioral health services are accessible and outcomes are successful.
 - Approximately 60 percent of veterans have an alcohol dependence.²
- **Firefighters and emergency medical technicians** frequently respond first to 911 calls, arrive first at an accident scene, and risk their lives by entering directly into high-danger situations.
 - Studies show that 29 percent of active duty firefighters have possible or probable problems with alcohol use.³
- **Police, probation, and correction officers** deal with high-stress situations on duty, such as fatal shootings and robberies, which statistically increase their likelihood of alcohol and/or drug abuse.
 - According to a recent study, one-quarter of law enforcement officers in the United States report alcohol dependence as a result of stress on the job.⁴

Prevalence of Co-Occurring Disorders

Individuals with both an addiction and an emotional or psychiatric problem are diagnosed with a co-occurring disorder. Public safety officials are vulnerable to these disorders due to their high-stress jobs. In 2008 alone, 2.5 million adults suffered from both serious mental illness and substance dependence or abuse.⁵ It is estimated that:

- **53 percent** of people who use drugs also have at least one serious mental illness.⁶
- **29 percent** of all people who are diagnosed as mentally ill abuse alcohol and/or drugs.⁷
- **50 percent** of adults who misuse alcohol and suffer from post-traumatic stress disorder (PTSD) have other serious psychological or physical problems.⁸

Where to Find Confidential Help

Public safety officials who suffer from a substance use disorder or co-occurring disorders should reach out to the following contacts for confidential guidance and support:

- **Government resources** such as SAMHSA's National Helpline, accessed by calling **1-800-662-HELP** or 1-800-487-4889 (TDD), or SAMHSA's Treatment Web site, accessed at <http://www.samhsa.gov/treatment>, provide an abundant number of treatment and recovery options in your area.
- **Doctors** answer medical and health questions, refer people to addiction treatment programs, and refer people to medication if appropriate.
- **Clergy members** provide spiritual direction and serve as a nonjudgmental resource. They also can refer people to local resources for treatment.
- **Local mental health associations** can help find a social worker, psychologist, psychiatrist, or other mental health professional in your community.
- **Health insurers** aid in the cost of treatment and help individuals or their families who are seeking treatment options.

What Can I Do?

If you notice that family members, colleagues, or friends who serve as public safety officials may have a substance use disorder, help them find treatment. To aid the person's path to recovery, keep in mind the following tips:

- **Remember** that substance use disorders can be treated and recovery is possible.
- **Educate** colleagues and peers about the disease of addiction, which will reduce the misconceptions and myths associated with treatment and recovery.
- **Use** national helplines, e-therapy and online services, and Web sites, which are found at the end of this document, that offer free and confidential treatment and recovery services. Public safety officials may be more likely to participate in programs that are private and "off the record."
- **Be open** and share stories. Discuss your own experiences and feelings with others who have a substance use, mental health, or co-occurring disorder.
- **Reach out** to the person who uses alcohol and/or drugs. Casually approach the person to discuss the possibility of treatment. If a casual setting does not work, organize a formal intervention to urge the person to receive help. To learn more about organizing an intervention, visit <http://www.addictioncareoptions.com>.
- **Separate** yourself emotionally from the situation. If you allow yourself to detach from the circumstances, you are less likely to damage your relationship with the person you are trying to help.
- **Don't forget** that it takes tremendous courage for individuals to admit they have an alcohol and/or drug problem.
- **Remember** that recovery is a process and there are many paths to recovery. Encourage continued participation in peer-support programs and therapy to sustain long-term recovery.

Resources for Public Safety Officials

In addition to the information and resources found on the **Recovery Month** Web site at <http://www.recoverymonth.gov> and the SAMHSA Web site at <http://www.samhsa.gov>, public safety officials can find treatment and recovery information through the following resources:

- **Addiction and PTSD: Combating Co-occurring Disorders** – Accessed at <http://recoverymonth.gov/Resources-Catalog/2008/Webcast/Addiction-and-PTSD-Combating-Cooccurring-Disorders.aspx> and <http://www.recoverymonth.gov/Resources-catalog/2008/Radio-cast/Addiction-and-PTSD-Combating-Cooccurring-Disorders.aspx>, respectively, this SAMHSA television and radio program examines PTSD's connection to substance use disorders and provides information on where people can find treatment.
- **U.S. Department of Veterans Affairs National Center for Post-Traumatic Stress Disorder** – Accessed at <http://www.ptsd.va.gov>, this center advances the clinical care and social welfare of U.S. veterans through research, education, and training on PTSD and stress-related disorders.
- **Military Pathways** – Accessed at <http://www.militarymentalhealth.org>, this resource helps families and service members who need a private and confidential assessment for conditions including depression, post-traumatic stress disorder, anxiety disorder, bipolar disorder, and alcohol abuse.
- **Battle Mind** – Accessed at <http://www.battlemind.org>, this Web site assists soldiers and families with making the transition from the combat zone to home.
- **The Sweeney Alliance's Grieving Behind the Badge Program** – Accessed at <http://www.sweeney-alliance.org>, this program offers help to emergency response and public safety personnel.
- **Police Stressline** – Accessed at http://www.geocities.com/stressline_com/police_stressline, this Web site features humorous, insightful articles and a forum on stress in law enforcement.

For a longer version of this guide for public safety officials, please visit <http://www.recoverymonth.gov>, locate the “**Recovery Month Kit**,” and click on the “**Targeted Outreach**” link. Information about treatment options and special services in your area can be found by calling 1-800-662-HELP or 1-800-487-4889 (TDD), as well as at <http://www.samhsa.gov/treatment>.

Inclusion of Web sites and other resources mentioned in this document and on the **Recovery Month Web site does not constitute official endorsement by the U.S. Department of Health and Human Services or the Substance Abuse and Mental Health Services Administration.**

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“ I found renewed motivation and a desire to bring about changes in the treatment delivery system by removing barriers that exist in providing care to all who need it.”

Dave Seward

There are many productive ways for you and your colleagues to control and reduce stress and ultimately help combat the development of substance use disorders. You can take responsibility for improving your physical and emotional well-being and learn better communication skills to ease and improve your relationships with management and co-workers.

SOURCE: “Stress at Work: How to Reduce and Manage Workplace and Job Stress.” Help Guide Web site: http://www.helpguide.org/mental/work_stress_management.htm. Accessed September 15, 2009.

Addressing Substance Use Disorders and Stress in the Workplace

Everyone in the workforce, regardless of career or current employment status, can encounter work-related stress at some point. According to one report, 25 percent of people surveyed viewed their job as the top stressor in their lives.¹ Job stress and related health issues, along with a variety of genetic and environmental influences, can cause some individuals to begin to use alcohol and/or drugs to relieve their stress, while putting others who have recovered from addiction at risk of relapse.^{2,3} This document outlines the impact of workplace stress and substance use disorders, and provides tips and resources for getting help. Of the 20.3 million adults classified with substance use disorders in 2008, 15.8 million were employed either full- or part-time, indicating that a significant portion of the workforce is vulnerable to this disease.⁴

This September, the Substance Abuse and Mental Health Services Administration's (SAMHSA's) Center for Substance Abuse Treatment (CSAT), within the U.S. Department of Health and Human Services, celebrates **National Alcohol and Drug Addiction Recovery Month (Recovery Month)**. This year's theme, **"Join the Voices for Recovery: Now More Than Ever!"**, emphasizes that treatment and recovery programs are as vital as ever, as the workforce faces increased levels of stress.

Substance Use Disorders—An Important Workplace Issue

Stress in the workplace, which can contribute to increased substance use, has amplified in recent years due to job insecurity and a trend of working longer hours.^{5,6} Substance use disorders can develop as a result, and unemployment is a risk factor. The rate of drug use in 2008 was higher for those who were unemployed, at 19.6 percent, than for those who were employed full time, at 8 percent, among adults 18 or older.⁷ Two of SAMHSA's 10 Strategic Initiatives, which can be found at <http://www.samhsa.gov> by clicking on "About Us," are to promote the overall well-being and health of individuals, families, and communities and to boost employment opportunities for individuals, including those with mental illnesses and substance use disorders.

Studies identify specific sectors as "high risk" for addiction, including:⁸

- The restaurant, food, and catering industry;
- Transportation and construction workers; and
- High-status occupations, such as company directors, lawyers, and doctors.

Addressing substance use disorders is important because of their many consequences:⁹

- **For workers**, substance use disorders result in deteriorating health, injury, disciplinary action at work, family problems, job loss, missing work, and/or on-the-job accidents.
- **For employers**, substance use contributes to increased costs, lower productivity, absenteeism, and loss of an advantage over the competition.
- **For the unemployed**, substance use disorders can prohibit them from finding a new job by distracting them from their job search.

Tips for Managing Employment-Related Stress

While some stress is normal, extreme stress interferes with your productivity and diminishes your physical and emotional health. It's imperative to find ways to keep your stress manageable. Fortunately, there are many productive ways for you and your colleagues to control and reduce stress and ultimately help combat the development of substance use disorders. These tips include:¹⁰

- Taking responsibility for improving your physical and emotional well-being;
- Identifying habits and negative attitudes that add to the stress you experience at work; and
- Learning better communication skills to ease and improve your relationships with management and co-workers.

Resources for the Workplace

Use the many resources found on the **Recovery Month** Web site at <http://www.recoverymonth.gov> and the SAMHSA Web site at <http://www.samhsa.gov>. Refer to the "Road to Recovery: Recovery in the Workplace" television and radio program, accessed at <http://www.recoverymonth.gov/Resources-Catalog/2009/Webcast/Recovery-in-the-Workplace-Treatment-Benefits-Both-Employees-and-Employers.aspx> and <http://www.recoverymonth.gov/Resources-Catalog/2009/Radio-Cast/Recovery-in-the-Workplace-Treatment-Benefits-Both-Employees-and-Employers.aspx>, respectively, to see the crucial role that employers play in the success of an individual's recovery from substance use disorders.

Employers and employees can also consult the following resources for additional treatment and recovery information:

- **SAMHSA's National Helpline** – Accessed by calling **1-800-662-HELP**, or 1-800-487-4889 (TDD), the Helpline provides 24-hour free and confidential information and treatment referrals in English and Spanish.
- **SAMHSA's "Find Substance Abuse and Mental Health Treatment" Web site** – Accessed at <http://www.samhsa.gov/treatment>, this Web site contains resources about mental health, substance abuse, and treatment.
- **SAMHSA's Division of Workplace Programs** – Accessed at <http://www.workplace.samhsa.gov> or 1-800-Workplace (976-5752), this Web site provides guidance for employers on workplace drug-testing issues.
- **SAMHSA's GetFit.SAMHSA.gov Web site** – Accessed at <http://getfit.samhsa.gov>, this Web site offers a range of information on workplace wellness issues, including combating problems with alcohol and drugs.
- **SAMHSA's Health Information Network (SHIN)** – Accessed at <http://www.samhsa.gov/SHIN>, this site contains the latest information on the prevention and treatment of mental and substance use disorders.
- **The National Institute on Drug Abuse (Drug Free Workplace Programs)** – Accessed at <http://www.drugabuse.gov/infofacts/workplace.html>, this Web site provides information on research to significantly improve prevention, treatment, and policy as it relates to drug abuse and addiction.

For a longer version of this guide for the workforce, please visit <http://www.recoverymonth.gov>, locate the “Recovery Month Kit,” and click on the “Targeted Outreach” link. Information about treatment options and special services in your area can be found by calling 1-800-662-HELP or 1-800-487-4889 (TDD), as well as at <http://www.samhsa.gov/treatment>.

Inclusion of Web sites and other resources mentioned in this document and on the [Recovery Month Web site](#) does not constitute official endorsement by the U.S. Department of Health and Human Services or the Substance Abuse and Mental Health Services Administration.

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“The cycle of addiction in my family has been broken.”

Irene Garza

In one study, 82 percent of individuals who participated in family treatment programs reported much improved mental health and well-being.

SOURCE: “Member Survey Results.” Al-Anon Family Groups Web site: <http://www.al-anon.alateen.org/pdf/surveyPresentation.ppt>. Accessed September 18, 2007.

Stress and Substance Use Disorders in Families

All families face challenges at some point. Common troubles include illness, death in the family, marital strain, financial problems, internal conflicts, and emotional or physical abuse.¹ These obstacles create stress that can contribute to increased alcohol and/or drug use. If sustained, this may contribute to an addiction.² Alcohol and/or drug addiction is often a perpetual cycle among families, and this document discusses addiction's effects on families, the benefits of recovery, and resources that can help.³

Children of parents who suffer from alcohol or drug addiction are four times more likely to develop a substance use disorder than those who weren't raised in that environment.⁴ Additionally, 1 in 4 children under 18 live in a home where alcohol misuse or alcohol addiction is hurting the family. Many thousands more live with parental drug abuse.⁵ To draw attention to this issue, the Substance Abuse and Mental Health Services Administration's (SAMHSA's) Center for Substance Abuse Treatment (CSAT), within the U.S. Department of Health and Human Services, celebrates **National Alcohol and Drug Addiction Recovery Month (Recovery Month)** every September. **Recovery Month** celebrates individuals and families in long-term recovery and acknowledges those who provide recovery services. This year's theme, **"Join the Voices for Recovery: Now More Than Ever!"**, emphasizes the need to reach all people who are susceptible to alcohol and/or drug use and relapse during times of stress.

Effects of Substance Use Disorders on the Family and the Benefits of Recovery

The stress triggered by substance use disorders can have physical, emotional, social, and spiritual consequences on individuals and their families. Specifically, a parental substance use disorder greatly affects his or her children. Children who grow up in this environment often experience feelings of guilt, shame, anger, or isolation throughout their lives.⁶ Additionally, parents with a family history of addiction may have trouble establishing healthy and productive habits within their own families.⁷

If highly stressful family situations persist, they can have an adverse impact on a child's development and dangerous health consequences for the family and friends of the person with the substance use disorder.⁸ This emotional stress can affect a person's mood, appetite, and sleep cycles. In addition, it may ultimately lead family members to develop chronic anxiety, depression, or their own substance use disorder.⁹ Creating communities that focus on the prevention of mental illness and substance abuse for children, youth, families, and other community members is one of SAMHSA's 10 Strategic Initiatives, which can be found at <http://www.samhsa.gov> by clicking on "About Us."

Fortunately, family therapy helps those affected by a loved one's addiction to identify and resolve their problems. Through education and guidance, participants learn they can't control their loved one's addiction, but they can take accountability for their own health.¹⁰ Family-oriented treatment programs and support groups are widely available and effective. In two recent surveys of individuals who had participated in family treatment programs:

- **82 percent** reported much improved mental health and well-being.¹¹
- **73 percent** reported a greater ability to function at home, school, or work.¹²
- **68 percent** of women who stayed in comprehensive treatment longer than 3 months were able to remain alcohol and drug free, compared with 48 percent who left treatment within the first 3 months and did not remain alcohol and drug free.¹³

How to Get Help for Yourself, Your Family, and Others

A variety of options are available to help facilitate recovery. An abundant amount of information and resources exists on the **Recovery Month** Web site at <http://www.recoverymonth.gov>, including “The Social Services System: Supporting Treatment and Recovery for Individuals and Families” television and radio program, which can be accessed at <http://www.recoverymonth.gov/Resources-Catalog/2009/Webcast/The-Social-Services-System-Supporting-Treatment-and-Recovery-for-Individuals-and-Families.aspx> and <http://www.recoverymonth.gov/Resources-Catalog/2009/Radio-Cast/The-Social-Services-System-Supporting-Treatment-and-Recovery-for-Individuals-and-Families.aspx>, respectively. This program examines ways in which social services effectively deliver assistance to those in need, including children and families with substance use disorders.

Family members and friends can find supplementary treatment and recovery information through the following resources:

- **SAMHSA's National Helpline** – Accessed by calling **1-800-662-HELP**, or 1-800-487-4889 (TDD), the Helpline provides 24-hour free and confidential information and treatment referrals in English and Spanish.
- **SAMHSA's “Find Substance Abuse and Mental Health Treatment” Web site** – Accessed at <http://www.samhsa.gov/treatment>, this Web site contains resources about mental health, substance abuse, and treatment.
- **Al-Anon/Alateen Family Groups** – Accessed at <http://www.al-anon.alateen.org>, this Web site provides support groups for families and friends of people with alcohol problems.
- **Nar-Anon** – Accessed at <http://www.nar-anon.org>, this group provides a community for family members to share experiences related to substance use disorders.
- **National Association for Children of Alcoholics** – Accessed at <http://www.nacoa.org>, this organization provides information and educational materials for children and families of people with alcohol or drug problems, as well as for treatment professionals.

For a longer version of this guide for families, please visit <http://www.recoverymonth.gov>, locate the “**Recovery Month Kit**,” and click on the “**Targeted Outreach**” link. Information about treatment options and special services in your area can be found by calling 1-800-662-HELP or 1-800-487-4889 (TDD), as well as at <http://www.samhsa.gov/treatment>.

Inclusion of Web sites and other resources mentioned in this document and on the **Recovery Month Web site** does not constitute official endorsement by the **U.S. Department of Health and Human Services** or the **Substance Abuse and Mental Health Services Administration**.

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“After a decade of abuse, isolation, and pain, I found a community that was unlike any I had experienced at any time in my life. That community gave me acceptance, accountability, and ultimately salvation.”

Dan Cain

The initial treatment of addiction in older adults may require more intensive medical support than younger patients need, but ultimately older adults succeed in treatment more than any other age group.

SOURCE: “Drug Addiction—Addiction Treatment for Older Adults and Seniors.” Drug Addiction Web site: http://www.drug-addiction.com/senior_treatment. Accessed September 21, 2009; Colleran, Carol and Debra Jay. “Aging and Addiction: Helping Older Adults Overcome Alcohol or Medication Dependence.” A Hazelden Guidebook, 2002.

Development of Substance Use Disorders in Older Adults

Although stress occurs at any age, older adults face distinct challenges as they transition to new stages in life, such as retirement or an empty nest. For some, this stress may contribute to a substance use disorder or a relapse in substance use after periods of abstinence, and this document examines the impact and ways to help older adults with substance use disorders.¹

For more than 20 years, **National Alcohol and Drug Addiction Recovery Month (Recovery Month)**, sponsored by the Substance Abuse and Mental Health Services Administration's (SAMHSA's) Center for Substance Abuse Treatment (CSAT), within the U.S. Department of Health and Human Services, has educated the public about addiction and recovery issues. The celebration encourages all people to seek treatment for substance use disorders, celebrates individuals and families in long-term recovery, and acknowledges those working in the field who provide recovery services. This year's theme, **"Join the Voices for Recovery: Now More Than Ever!"**, emphasizes the elevated levels of stress that individuals face today due to an array of circumstances, and how this stress can contribute to substance use disorders or relapse.

Prevalence and Effects of Substance Use Disorders Among Older Adults

Substance use disorders have become more prevalent among middle aged and older adults and continue to become a greater public health issue as the baby boomers reach retirement age. Among people ages 50 to 59, reported use of illicit drugs has nearly doubled since 2002.²

Older adults are more sensitive to the effects of substance use as they age for the following reasons:

- Due to physiological changes associated with aging, 3 drinks may affect them more heavily than people in their early twenties.³
- They may misuse substances both deliberately, due to increased stress and pain, and inadvertently by mixing medications or taking them with alcohol or for purposes not originally prescribed by a doctor.⁴
- The medications they are taking and their general health affect how they respond to alcohol and drugs.⁵

Many older adults experience addiction:

- 50 percent of those in assisted living homes have an alcohol problem.⁶
- 26 percent of assisted living residents have misused prescription drugs.⁷

Avoiding the misuse of alcohol and medications contributes to lower rates of illness and disability among older adults.⁸

Medication Tips for Older Adults

- Keep track of what medications you take on a daily basis and when you take them.
- Ask your doctor if you can safely drink alcohol while taking your medication.
- Read and follow the directions for your medication. Be careful not to take more than the recommended dose.
- Talk to a friend, family member, or health care professional if you are concerned.
- Do not take medication for other purposes than intended.

Symptoms to Look for in Older Adults

Addiction in older adults may be difficult to detect when they live alone. Friends and family may not consider substance use problems as the issue, and may think that their loved one suffers from depression, memory or thinking problems, or anxiety.⁹ Look for symptoms such as slurred speech, poor hygiene and self-neglect, and unexplained nausea or vomiting.¹⁰ If these symptoms are present, encourage the person to seek help—or in some cases, you may need to broach the topic with the person's health care provider yourself.

Getting Help for an Older Adult

Use the following tips when speaking with older adults regarding specific addiction and treatment options:¹¹

- **Talk about your worries** about their substance use when they are lucid.
- **Share information** regarding the effects of alcohol and drugs on their health.
- **Ask to go to doctor's visits** with them or contact the doctor yourself, if appropriate.
- **Suggest** alcohol- and drug-free activities.
- **Encourage counseling** and offer to drive them to and from these meetings.
- **Be supportive** and encourage them to make time for grandchildren, family gatherings, friends, and extracurricular activities.

The initial treatment of addiction in older adults may require more intensive medical support than younger patients need, but ultimately older adults succeed in treatment more than any other age group.^{12, 13}

There are a variety of resources available on the **Recovery Month** Web site at <http://www.recoverymonth.gov> and the SAMHSA Web site at <http://www.samhsa.gov> for individuals seeking treatment and recovery. In addition, refer to the following resources geared toward older adults, including:

- **SAMHSA's National Helpline** – Accessed by calling **1-800-662-HELP**, or 1-800-487-4889 (TDD), the Helpline provides 24-hour free and confidential information and treatment referrals in English and Spanish.
- **SAMHSA's "Find Substance Abuse and Mental Health Treatment" Web site** – Accessed at <http://www.samhsa.gov/treatment>, this Web site contains resources about mental health, substance abuse, and treatment.
- **SAMHSA's "As You Age" Web site** – Accessed at <http://www.asyouage.samhsa.gov>, this SAMHSA-sponsored site provides information and resources on medications and alcohol misuse for older adults.
- **National Institute on Aging Information Center** – Accessed at <http://www.nia.nih.gov/AboutNIA> or 1-800-222-4225, this center provides research, training, health information, and programs relevant to aging and older adults.
- **Eldercare Locator** – Accessed at <http://www.eldercare.gov> or 1-800-677-1116, this resource helps older individuals and their families access an array of home and community-based services.
- **National Council on Patient Information and Education** – Accessed at <http://www.talkaboutrx.org>, this coalition works to improve communication of information on appropriate medicine use to consumers.

For a longer version of this guide for older adults, please visit <http://www.recoverymonth.gov>, locate the “Recovery Month Kit,” and click on the “Targeted Outreach” link. Information about treatment options and special services in your area can be found by calling 1-800-662-HELP or 1-800-487-4889 (TDD), as well as at <http://www.samhsa.gov/treatment>.

Inclusion of Web sites and other resources mentioned in this document and on the *Recovery Month Web site* does not constitute official endorsement by the U.S. Department of Health and Human Services or the Substance Abuse and Mental Health Services Administration.

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“ Opportunities for recovery should exist for each and every person. That belief has fueled my passion to bring a message of hope to anyone who will listen. ”

Neil Kaltenecker

People experience recovery in different ways. Some recover on their own; others recover through treatment and/or the assistance of self-help, mutual-aid groups, or medication-assisted therapies.

SOURCE: Venner, K.L., Matzger, H., Forcehimes, A.A., Moos, R.H., Feldstein, S.W., Willenbring, M.L. et al. (2006). Course of recovery from alcoholism. *Alcoholism, Clinical and Experimental Research*, 30, 1079-1090.

[HTTP://WWW.RECOVERYMONT.H.GOV](http://www.recoverymonth.gov)

1-800-662-HELP
1-800-487-4889 (TDD)

overview

Overview: Now More Than Ever!

Most Americans face varying levels of stress—at work, at home, in our families, and in our communities. **According to the American Institute of Stress, an estimated 75 to 90 percent of all visits to primary care physicians are for stress-related problems.**¹ The degree of stress we feel is sometimes mild and other times severe. It varies based on several factors, including physical health, the quality of interpersonal relationships, economic factors, employment, other responsibilities, and traumatic events.

Generally, people understand the need to manage stress in daily life: 76 percent of individuals polled in a national survey said they participate in more constructive activities than they did 6 months ago—including spending time with family and friends, attending religious services, exercising, watching television, reading, or listening to music.² Finding positive outlets for dealing with stress is more important than ever, given that stress can be the result of an existing addiction and serve as a contributor to increased use of alcohol and/or drugs. In some people, stress also may contribute to a relapse, or return to substance use after periods of abstinence.³ That said, stress is not the only factor responsible for substance use disorders. Addiction is extremely complex, and can be influenced by several genetic and environmental factors.⁴

Millions of people and their families suffer from addiction. In the past year, an estimated **23.1 million people needed treatment for a substance use disorder in the United States.**⁵ Although this number is staggering and addiction's negative effects ripple throughout communities nationwide, recovery is possible through a variety of treatment resources and recovery support programs. For more than 20 years, **National Alcohol and Drug Addiction Recovery Month (Recovery Month)** has worked to improve the lives of those suffering from this disease, celebrate individuals and families in long-term recovery, and acknowledge those working in the field who provide recovery services.

Millions of Americans of every age, race, gender, ethnicity, socio-economic status, and community suffer from substance use disorders. This includes the dependence on or abuse of alcohol and/or drugs, including prescription drugs.⁶ The Substance Abuse and Mental Health Services Administration (SAMHSA) is working on **10 Strategic Initiatives** related to the prevention and treatment of mental illnesses and substance use disorders, and to ensure the equality of treatment and recovery services to other health conditions. Sponsored by SAMHSA's **Center for Substance Abuse Treatment (CSAT)**, within the **U.S. Department of Health and Human Services**, this year's **Recovery Month** campaign is designed to reach audiences that may be susceptible to alcohol and/or drug use during times of stress. In this document, you will read about substance use in our society as it relates to stress, the various challenges in obtaining treatment, and tips for living a positive life in long-term recovery. The final section outlines resources valuable to those suffering from substance use disorders, as well as to families and friends dedicated to the recovery process.



Carol McDaid
Washington, DC

Recovery has given my life great purpose and value—something I sought but never found with drugs. I'm so proud of where I am today. Five years ago, my husband and I founded a recovery community organization in our hometown: the **McShin Foundation** in Richmond, VA. This helps us share the gift of recovery with others, while sustaining our own. This is how recovery works—you have to give it away to keep it.

Here's my story. I started young: by age 12, I was drinking alcohol and smoking pot every day. Like so many others, I progressed and used the whole spectrum of drugs. Ashamed of the quantities I used by myself, I knew inside I was an addict.

By age 29, I was one of the millions of people who used drugs and still went to work every day. Ultimately, my sister and employer joined forces for an intervention. Because I was already demoralized and desperate, it wasn't a struggle to get me to agree to attend a residential addiction treatment center. My health plan did not cover my treatment, but I am grateful that I had loved ones who could.

In treatment, I was introduced to the 12 steps and continue to use them as the foundation of my ongoing recovery. I lived in a recovery house with other women at first and stayed clean for 6 years. During that time, my relationships with my family, my employer, and much of my past were healed. All areas of my life seemed to flourish except the area of intimate relationships, and after a particularly painful breakup, I relapsed. After a second treatment stay, and with the support of a large recovery community, my recovery now feels solid. I have been alcohol and drug free for 12 years.

My recovery has allowed me to become a wife, a stepmom, a small-business owner, and a recovery advocate in Washington, DC. Every day in my professional life, I am able to use my advocacy skills to bring recovery to individuals and families who need it. I now serve on the Board of **Faces and Voices of Recovery**, an organization that brings the hope and reality to the public, so that I can keep sharing the gift of recovery.

Stress in Today's World

This year's theme, ***"Join the Voices for Recovery: Now More Than Ever!"***, emphasizes the ever-present amount of stress in our society. Stress and other external circumstances can potentially contribute to the onset and relapse of substance use disorders, particularly among specific groups that face stressful life situations, such as public safety officials, older adults, and even families. Nearly half of Americans reported in 2008 that their stress level increased over the past year, with as many as 30 percent rating their average stress level as extreme.⁷

Stress, which is defined as the body's reaction to a change that requires a physical, mental, or emotional adjustment, has been a health issue in the United States for decades. The events that trigger this are called stressors and include a broad range of situations. People can face the following short-term and long-term stressors, which can be exacerbated by alcohol and/or drug use and addiction.^{8,9}

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Short-term stressors	Long-term stressors
Isolation	Difficult work or personal situations
Illness	Divorce
Hunger	Change in financial state
Danger	Death of a close family member or loved one
Noise	Loss of job due to termination

The human body responds to stress by activating the nervous system and specific hormones, known as the stress response. When working properly, this response enhances a person's ability to perform well under pressure. When mild stress becomes more severe, however, it can negatively affect your health, mood, productivity, and quality of life.¹⁰

Over the last two decades, people have faced experiences such as terrorism and increased unemployment rates that have placed high levels of strain on them and their families. Stressful experiences increase the vulnerability of some to turn to addictive substances for relief or to relapse, even after a prolonged abstinence.¹¹ Several groups, including public safety officials, the workforce, older adults, and families, often face a variety of these stressors. These and other individuals will benefit from understanding the relationship between achieving successful treatment and long-term recovery and developing resiliency and coping tactics to manage daily stress.

Public safety officials, including police and fire personnel, as well as people in all branches of the military, have careers in which they frequently put their lives at risk for the safety of others. This immense pressure can correlate with the potential for substance use and relapse, as well as increase the likelihood of having both a mental illness and substance use disorder (also known as a co-occurring disorder).

Public safety officials may develop post-traumatic stress disorder (PTSD), an anxiety disorder that may develop after exposure to a traumatic event, which can result in increased alcohol and/or drug use.¹² Up to 20 percent of service members returning from the Global War on Terror in Iraq and Afghanistan disclose symptoms that are consistent with emotional problems or depression.¹³ These officials have faced the following obstacles:

- **Terrorism** and emergency situations can be stressful events for first responders, such as the Oklahoma City bombing (1995), September 11 attacks and the anthrax mailings (2001), and the Virginia Tech massacre (2007). The stress from these events affects alcohol and drug use. In a narrative written by a first responder on September 11, one author describes how he developed PTSD and "indulged in an excess of alcohol and drugs in order to make me believe my life was okay." The author states that this reaction was a result of the guilt he had for surviving, and for his inability to rescue everyone.¹⁴

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- **Natural or man-made disasters**, such as hurricanes, earthquakes, floods, tsunamis, or airline accidents, often cause stress for public safety officials as well. For example, volunteer responders to the 1998 Swiss Air Flight 111 airline disaster who experienced severe symptoms of PTSD related to their jobs had an increased risk of alcohol and/or drug abuse after the event.¹⁵ Also, following Hurricanes Katrina and Rita in 2005, adults aged 18 or older who were displaced from their homes for two or more weeks had higher rates of illicit drug, marijuana, and cigarette use, and had higher rates of mental illness.¹⁶

The **National Center for Trauma-Informed Care**, part of SAMHSA's Center for Mental Health Services, can be accessed at 1-866-254-4819 and serves as a reliable resource offering consultation, technical assistance, education, outreach, and resources to support those in need of care.

People in the traditional workforce also experience tremendous stress, especially during turbulent economic times. Increased unemployment rates, foreclosures, loss of investments, and other financial distress can cause multiple negative effects, increasing stress.¹⁷ **In fact, according to an annual survey conducted by the American Psychological Association, as many as 80 percent of Americans are stressed about their personal finances and the economy.**¹⁸

Such stress puts people who have recovered from substance use disorders at risk for relapse, while causing others to begin to use alcohol and/or drugs to relieve stress.¹⁹ However, employers play a major role in the recovery from substance use disorders by ensuring that employees with substance use disorders have access to the support they need while maintaining their careers. In addition, employers need to continue to encourage employees in long-term recovery.

Older adults face a number of challenges that can increase their stress levels. They can encounter a sudden change of pace upon retirement, loss of a spouse or child, financial worries, health concerns, or poor social support networks, and may feel lonely or depressed.²⁰ Additionally, retirement patterns have drastically shifted due to the recent economic recession, frequently causing stress for older generations.²¹ As stress increases, substance use disorders become more prevalent among older adults and will continue to be a greater public health issue as the baby boomers reach retirement age. Substance use among this age group—whether deliberate or inadvertent—has increased. Among people aged 50 to 59, the rate of current illicit drug use increased from 2.7 percent in 2002 to 5.0 percent in 2007.²² **Additionally, in 2009, 2.5 million older adults and 21 percent of hospital patients older than age 65 had alcohol-related problems.**²³

Families may encounter illness, marital strain, financial problems, family conflicts, emotional or physical violence, and work problems that reverberate at home, which all can increase stress and substance use.^{24, 25} Alcohol and/or drug addiction is often a perpetual cycle among families. In one study, people who experienced 4 or more adverse childhood events, such as growing up in the home of someone who abused alcohol, had 4- to 12-fold increased risks for alcoholism and drug abuse, compared with those who experienced none.²⁶

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Recovery is Possible

Many people who misuse alcohol and/or drugs do have the chance to recover through family or friends' urging, a personal crisis (sometimes referred to as hitting "rock bottom"), or simply deciding that they want to work toward recovery. Doctors and other professionals have determined that addiction is a disease and that many **can** recover from with proper treatment. Accepting addiction as a disease reduces the stigma that people feel, helps their families understand, and ultimately, helps more people recover.²⁷

It is vital for public safety officials, people in the workforce, older adults, and families who have encountered high levels of stress along with substance use disorders to seek treatment for addiction. They also must address the stressors that provoked the alcohol and/or drug misuse. Finding the most appropriate treatment option is equally important, and individuals can turn to 12-step support programs to maintain their own recovery. For more information on treatment and recovery, visit the "Treatment and Recovery: Finding Specialized Help for Substance Use Disorders" document on the **Recovery Month** Web site. SAMHSA has identified 10 Strategic Initiatives that focus on improving the delivery of recovery support for many of these groups, including: military families—active, guard, reserve, and veterans, people affected by changes in their job status and financial problems, as well as individuals who have experienced trauma and violence.

If you or someone you know is suffering from a substance use disorder, a variety of options exist to help facilitate recovery. While some people are able to recover on their own or with the help of mutual support groups, some require the assistance of medical professionals. **Treatment and recovery programs often offer specific age, gender, drug, faith, and culture-related services depending on the particular needs of the individual.**²⁸ The ultimate goals of treatment and recovery programs are to:²⁹

- Address medical and mental health needs;
- Provide nutritional and medical counseling;
- Work on the development of interpersonal skills;
- Improve daily living proficiency; and
- Attain and maintain sobriety.

Examples of Treatment Options

- Free-standing residential addiction treatment centers
- Hospital-based rehabilitation units
- Long-term residential treatment centers
- Outpatient addiction treatment programs
- Partial hospital or day treatment programs
- Therapeutic communities
- Mutual support or peer-to-peer resources
- E-therapy services

SOURCE: *The Recovery Connection Web site: <http://www.recoveryconnection.org>. Accessed July 16, 2009; "Considerations for the Provision of E-Therapy," U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration, Center for Substance Abuse Treatment, 2009, p. 7.*

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Recovery requires hard work and is a continuous process that extends long after one has stopped using alcohol and/or drugs. It is critical that family members participate in their own age-appropriate recovery work so that the whole family can heal and break the intergenerational cycle of addiction.³⁰ No single treatment is appropriate for everyone, and treatment plans may need assessment and modification to meet people's changing needs. Although everyone's journey through recovery differs, positive changes stemming from the process include:³¹

- **Optimism** and **hope**, which emerge as the person develops a willingness to persevere despite setbacks
- **Loyal relationships** with people who share similar values and outlooks on life, which can include groups or close friends who have been through similar experiences
- **Empowerment** and **self-determination**—positive attitudes that contribute to independent decision-making—and helping others in need
- **Developing an overall purpose** in one's life by recovering a social or work role and exploring a new religion or culture

During treatment and throughout life-long recovery, stress may again become an issue and begin to have a negative impact. Stressful events can correlate with substance use and contribute to substance abuse relapse after periods of abstinence.³² Warning signs of relapse include not attending support groups, associating with friends who are a poor influence, and setting unrealistic goals.³³ If you learn to identify stress triggers and develop techniques to cope with stress, managing stressful situations will become easier.

Depending on the severity of your stress levels, you can manage stress and stay on a path to recovery by incorporating the following recommendations into your daily routines:^{34, 35}

- **Simplify your life** – Figure out which activities are really important in your life and manage the time you have allotted to these activities wisely. Learn to say “no” to activities that are not necessary.
- **Be prepared** – Anticipate challenges that may arise at work or with your immediate family, learn to delegate your responsibilities, and, if necessary, allot extra time for projects so they are manageable and not overwhelming.
- **Live a healthy lifestyle** – Exercise regularly to reduce tension and eat a diet rich in fruits, vegetables, and whole grains to increase energy and keep stress under control.
- **Take a break** – If you begin feeling overwhelmed, take a break to relax and then return to your task once you have cleared your mind. Set aside time for yourself to decompress.

Experts suggest the following techniques to help identify causes of stress and alter the conditions behind it:

- Keep a stress journal to record events and situations that cause a negative physical, mental, or emotional response.
- Keep an ongoing list of all the demands on your time and energy.

SOURCE: “Stress Management: Tips for Coping with Stress.”
The Mayo Clinic Web site: <http://www.mayoclinic.com/health/coping-with-stress/SR00030>. Accessed July 17, 2009.

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- **Change your attitude** – Don't worry about things you can't control. Try to point out the positive thoughts rather than thinking negatively. Learn to remove the source of your stress, change how you see the stressful event, or learn alternative ways of coping.
- **Keep open communication** – Let others know when you have trouble and ask for assistance.
- **Join mutual support or peer-to-peer groups** – By joining these groups, you will have the opportunity to interact with individuals who are experiencing similar struggles and get ideas on how to heal.
- **Visit a doctor** – Stress-relieving medication can be prescribed in extreme circumstances. Health professionals recommend that you also make lifestyle changes to cope with your stressors while taking medication.

Challenges in Seeking Treatment

While recovery is accessible and possible for many, some people with substance use disorders may feel hopeless. Entering treatment can be stressful, and it is important for families and friends to remain supportive and encourage their loved ones. In 2008, 23.1 million people aged 12 or older needed treatment for an illicit drug or alcohol use problem. Of this group, only 2.3 million received treatment at a specialty facility. A staggering **20.8 million people needed but did not receive treatment** that year.³⁶

People with addiction encounter multiple obstacles that prohibit them from receiving treatment, including:

- **Cost** – The recently passed *Paul Wellstone and Pete Domenici Mental Health Parity and Addiction Equity Act* expands insurance coverage for treatment and recovery services. However, the cost of treatment continues to be a barrier for many Americans. This bill requires coverage of mental health and substance use disorders in line with traditional medical coverage.³⁷ Yet, based on combined data between 2005 and 2008, 37.4 percent of people who needed but did not receive treatment stated they did not have health care coverage or they couldn't afford the cost.³⁸ Many facilities today will provide payment assistance, offering free or reduced treatment to individuals who cannot afford it. One of SAMHSA's **10 Strategic Initiatives** is to achieve equality in the prevention and treatment of mental illnesses and substance use disorders with all other health conditions. Search SAMHSA's "**Find Substance Abuse and Mental Health Treatment**" Web site to find facilities that offer payment assistance options.

Of those who depended on substances in the United States in 2008:

- 3.1 million were classified with dependence on both alcohol and illicit drugs.
- 3.9 million were dependent solely on illicit drugs, with the most common being marijuana, used by 15.2 million people over a month time period.
- 15.2 million were dependent on alcohol.

SOURCE: Results from the 2008 National Survey on Drug Use and Health: National Findings, HHS Publication No. SMA 09-4434. Rockville, MD: U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration, Office of Applied Studies, September 2009, p. 73.

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- **Stigma** – People who use alcohol and drugs often feel that their community, including families, friends, bosses, and colleagues, may perceive them negatively for entering a treatment facility. Between 2005 and 2008, 7.7 percent of people who needed but did not receive treatment at a specialty facility worried that their community may negatively judge them, and 7.4 percent believed that entering treatment would negatively affect their job.³⁹ **In reality, fewer than 20 percent of people in America actually would think less of a loved one who is in recovery.**⁴⁰ It is important for peers in the community to be supportive and open-minded about treatment and for the workforce to provide resources necessary for recovery. Online treatment options are sometimes thought to be less threatening than face-to-face counseling because a person's identity remains anonymous.⁴¹ Many e-therapy participants felt they would not have initially sought face-to-face therapy, according to a survey conducted by Metanoia, a nonprofit clearinghouse for mental health Web sites.⁴²
- **Denial** – Denial is a defining characteristic of addiction, and refers to when people with substance use disorders pretend (even to themselves) that they do not have a habit or that their behavior is not problematic. **In 2008, an estimated 8.2 percent of people with substance use disorders who did not receive treatment felt they didn't need it, and 42.3 percent felt they could handle their problem without receiving treatment or weren't ready to stop using.**⁴³
- **Education** – Those with substance use disorders and their families may have various questions prior to entering a treatment facility. They are often unsure of the cost of treatment, the programs offered, what can be treated, and the process for enrolling in a program. Of those who needed but did not receive treatment between 2005 and 2008, 8.1 percent stated they were unsure where to go for treatment, 8.3 percent felt there was no program for the treatment they needed, and 10.6 percent believed that treatment was inconvenient or had no available transportation.⁴⁴ It is important that people who need help for alcohol and/or drug use understand there are a wide array of treatment programs and services for adults and youth.

Everyone has a stake in overcoming all of these barriers. **The cost to society of illicit drug, alcohol, and tobacco abuse exceeds \$500 billion, including health care costs, criminal justice expenses, and lost productivity.** Finding a path to recovery will help diminish these costs and bring healing to families and communities.⁴⁵

Recovery Resources

A variety of recovery and treatment resources, including mutual support groups, toll-free telephone lines and Web sites, provide a sense of community for those in recovery to share their experiences, complications, and inquiries with others who have gone through similar journeys. People can now receive guidance conveniently on an as-needed basis rather than through weekly sessions with a counselor, if they desire. Online resources allow people to understand that they are not alone in their journey to overcome addiction. Visit <http://www.recoverymonth.gov> for a comprehensive list of resources. Following are a handful of additional key resources:

- **SAMHSA's National Helpline** – Provides 24-hour free and confidential information and treatment referrals in English and Spanish by calling **1-800-662-HELP**, or 1-800-487-4889 (TDD).
- **SAMHSA's "Find Substance Abuse and Mental Health Treatment" Web site** – Contains resources about mental health, substance abuse, and treatment.

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- **SAMHSA's "Considerations for the Provision of E-Therapy" Report** – Provides extensive information on the benefits, challenges, and effectiveness of e-therapy.
- **Alcoholics Anonymous and Narcotics Anonymous** – Offers a variety of addiction and recovery resources for individuals suffering from alcohol or drug dependence, respectively, and allows them to locate and join a local support group.
- **Al-Anon/Alateen, and Nar-Anon** – Provides a community for family members and young people to share experiences and learn ways to cope with their problems related to substance use disorders.
- **SMART Recovery® (Self-Management And Recovery Training)** – Offers free, self-empowering, science-based mutual help groups for abstaining from any substance or activity addiction.
- **SoberRecovery** – Offers support forums for people in recovery as well as friends and family members affected by someone's substance use.
- **About Recovery** – Offers addiction and recovery resources and provides a national helpline that is available 24 hours a day.
- **Alcohol and Drug Rehab Treatment Resource Center** – Provides information on key issues about alcohol and drug abuse, including interventions, rehab, and treatment. Visitors must enter identifying information to participate in this Web site.

There are also several issue-specific resources, including:

- **Military Pathways** – Dedicated to families and service members who need a private and confidential assessment for conditions such as depression, post-traumatic stress disorder, anxiety disorder, bipolar disorder, and alcohol abuse.
- **U.S. Department of Veteran Affairs Center for Post-Traumatic Stress Disorder** – Advances the clinical care and social welfare of U.S. veterans through research, education, and training on PTSD and stress-related disorders.
- **SAMHSA's Division of Workplace Programs** – Provides guidance for employers on workplace drug-testing issues by calling 1-800-Workplace, or 1-800-967-5752.
- **SAMHSA's "As You Age Web" site** – Provides information and resources on medications and alcohol misuse for older adults.
- **The National Institute on Aging** – Provides research, training, health information, and programs relevant to aging and older adults, and includes an "Older Adults and Alcohol" brochure, coauthored by the National Institute on Alcohol Abuse and Alcoholism (NIAAA), with information on substance use.

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Join the Voices for Recovery: Now More Than Ever!

As we are facing increased levels of stress, it is now more important than ever to join together as a community to celebrate **Recovery Month** this September. With your help, we can work together to save lives, support each other during times of stress, and alter our society's perceptions of those who take a commendable step by entering treatment to recover from substance use disorders. Inform your community about how addiction can suddenly affect people and their loved ones during rough times, and the resources that exist to facilitate and maintain healthy and productive lives.

For more information and organizations that can help provide treatment and other resources nationally or in your area, call 1-800-662-HELP or 1-800-487-4889 (TDD), or visit <http://www.samhsa.gov/treatment>. For additional *Recovery Month* materials, visit <http://www.recoverymonth.gov>.

Inclusion of Web sites and other resources mentioned in this document and on the *Recovery Month* Web site does not constitute official endorsement by the U.S. Department of Health and Human Services or the Substance Abuse and Mental Health Services Administration.

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commonly misused substances

The Current Landscape of Alcohol and Drug Misuse

Substance use disorders affect families of every race, ethnicity, socio-economic status, and location. Additionally, substance use disorders are a major health problem that impacts a variety of sectors in our society, including public safety officials, older adults, families, and the workforce. In 2008, an estimated 23.1 million people needed treatment for a substance use disorder in the United States.¹ **Just like cancer, diabetes, or heart disease, addiction is a disease that can be treated effectively.**²

Every September, the Substance Abuse and Mental Health Services Administration's (SAMHSA's) Center for Substance Abuse Treatment (CSAT), within the U.S. Department of Health and Human Services, celebrates **National Alcohol and Drug Addiction Recovery Month (Recovery Month)**. **Recovery Month** recognizes individuals and families in long-term recovery and acknowledges those who provide recovery services. This year's theme, **"Join the Voices for Recovery: Now More Than Ever!"**, emphasizes that treatment and recovery programs are as vital as ever, due to the ever-present level of stress that many people face. Stress, along with a variety of other factors, can be a contributor to people's alcohol and/or drug use. It also may cause some people to return to substance use, so it is important to manage stress appropriately.³

Substance misuse occurs when an individual regularly uses alcohol and/or drugs to change his or her mood, emotions, or state of consciousness. Severe stress negatively impacts an individual's personal health. When stress is combined with substance misuse, it potentially compounds the problem, and negatively affects the quality of an individual's relationship with family members, friends, and colleagues.

While the rate of abuse of many substances, such as crack cocaine and methamphetamine, has declined in recent years, a large number of people still use other illegal substances, including marijuana and hallucinogens. Alcohol misuse remains a problem among the younger generation—the mean age of individuals who first used alcohol prior to the age of 21 was 15.9 years in 2008.⁴ While prescription drugs should only be taken as directed by a medical professional, people do misuse prescription and over-the-counter remedies.^{5,6} Individuals should follow the directions closely and adhere to the warning label and indications for use on all over-the-counter medicines. Some of these drugs are ultimately as addictive and dangerous as illegal substances.⁷

The following chart outlines the most commonly misused substances in the United States and should serve as a resource to raise awareness about the prevalence of substance use disorders and need for treatment throughout our Nation.

Prescription Drugs

Substance	Other Names ^{8, 9}	Immediate Intoxication Effects ¹⁰	Negative Health Effects ¹¹	Average Age of First Use in 2008 ^{12, 13, 14, 15, 16}	Number of People Who Used it in the Past Month in 2008 ^{17, 18}
Pain relievers (Opioids: Hydrocodone, oxycodone, morphine, codeine, fentanyl)	Vike (Vicodin®), Oxy, O.C. (Oxycontin®), M (roxanol), Schoolboy (empirin with codeine), China white, dance fever (Actiq®)	Pain relief	Restlessness, muscle and bone pain, drowsiness, seizure, respiratory depression, decreased heart rate	21.2 years	4.7 million people (decreased from 5.2 million in 2007)
Psychotherapeutics	Prozac®, Zoloft®, Ritalin®	Increased attention and alertness, dizziness	Blurred vision, rapid heart-beat, skin rashes, persistent muscle spasms, tremors	22 years	6.2 million people (decreased from 6.9 million in 2007)
Sedatives	Haldol®, Thorazine®, Navane®, Prolixin®, Mellaril®, Trilafon®	Depressant: Reduced anxiety, induced sleep, lowered inhibitions	Seizures, chronic sleep problems, respiratory depression, respiratory arrest	15.9 years	234,000 people (decreased from 346,000 in 2007)
Tranquilizers	Benzos (Mebaral®, Ativan®, Xanax®, Valium®, Nembutal®, Librium®)	Depressant: Reduced anxiety, induced sleep, lowered inhibitions	Seizures, chronic sleep problems, respiratory depression, respiratory arrest	21.6 years	1.8 million people (same as in 2007)

Illicit Drugs

Substance	Other Names ^{8, 9}	Immediate Intoxication Effects ¹⁰	Negative Health Effects ¹¹	Average Age of First Use in 2008 ^{12, 13, 14, 15, 16}	Number of People Who Used it in the Past Month in 2008 ^{17, 18}
Cocaine	Coke, snow, flake, blow, bump, toot, C, white lady	Stimulant: Increased alertness, attention, and energy	Rapid or irregular heartbeat, stroke, muscle spasm, chest pain, nausea	19.8 years	1.9 million people (decreased from 2.1 million in 2007)
Crack cocaine (a rock-crystal form that is heated and smoked)	Crack, rock	Stimulant: Increased alertness, attention, and energy	Rapid or irregular heartbeat, stroke, muscle spasm, chest pain, nausea	19.8 years	359,000 people (decreased from 610,000 in 2007)
Ecstasy	Adam, E, X, eve, XTC, decadence, M&M	Stimulant: Increased energy, feelings of peacefulness and acceptance	Involuntary teeth clenching, loss of inhibition, increased heart rate, anxiety, blurred vision	20.3 years	550,000 people (increased from 503,000 in 2007)
Heroin	Big H, dope, smack, white horse	Feeling of euphoria, flushing of skin, dry mouth, heaviness of the extremities	Collapsed veins, infection of the heart lining and valves, abscesses, liver disease, kidney disease, pulmonary complications	23.4 years	200,000 people (same as in 2007)
Hallucinogens (LSD)	Acid, mellow yellow, boomers, shrooms	Delusions, changes in senses, mood, body temperature	Elevated heart rate, increased blood pressure, persistent mental disorders	18.4 years	1.1 million people (increased from 1 million in 2007)
Marijuana	Pot, weed, hash, grass, reefer, Mary Jane, ganja	Distorted perceptions, impaired coordination, loss of memory	Increased heart rate, respiratory infection, impaired memory, anxiety	17.8 years	15 million people (increased from 14.4 million in 2007)
Methamphetamine	Speed, meth, chalk, ice, crank	Stimulant: Agitation, anxiety, insomnia, decreased appetite	Rapid or irregular heartbeat, stroke, high blood pressure, delusions, anxiety, hallucination	19.2 years	314,000 people (decreased from 529,000 in 2007)

Alcohol, Inhalants, and Tobacco

Substance	Other Names ^{8, 9}	Immediate Intoxication Effects ¹⁰	Negative Health Effects ¹¹	Average Age of First Use in 2008 ^{12, 13, 14, 15, 16}	Number of People Who Used it in the Past Month in 2008 ^{17, 18}
Alcohol	Booze	Depressant: Impaired coordination, memory and judgment; slurred speech; decreased attention and memory	Seizures, chronic sleep problems, respiratory depression, respiratory arrest, damaged vital organs, high blood pressure	16.8 years (rate of current alcohol use is 3.4 percent among youth aged 12 or 13, and 13.1 percent among youth aged 14 or 15)	1.9 million people (decreased from 2.1 million in 2007)
Gases, nitrites, aerosols (Inhalants)	Ether, chloroform, nitrous oxide, isobutyl, isoamyl (poppers, snappers, whippets, laughing gas)	Stimulation, loss of inhibition, loss of motor coordination, slurred speech, muscle weakness	Rapid or irregular heartbeat, cardiovascular and nervous system damage	15.9 years (rate of current inhalant use is 6.9 percent among youth aged 12)	600,000 people (decreased from 616,000 in 2007)
Tobacco products	Chew, dip, smoke, cigarettes, cigars, smokeless tobacco, snuff, spit tobacco, bidis	Stimulant: Increased adrenaline, metabolism, and concentration	Increased blood pressure and heart rate, lung disease, coronary heart disease, stroke, cancer	17.4 years for cigarettes (rate of current tobacco use is 11.4 percent among youth aged 12-17)	70.9 million people (same as in 2007)

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Additionally, the misuse of alcohol and drugs, both illicit and prescription, was responsible for an estimated 4.4 million emergency room visits in 2008.¹⁹ In almost all instances, the highest rates of drug misuse were in patients less than 30 years of age with the exception of cocaine, where the highest rate was found in the 35-44 year age group. The following outlines the total estimated emergency room visits, as a result of the most commonly misused illicit and pharmaceutical drugs:²⁰

- Alcohol – 656,892 visits
- Cocaine – 482,188 visits
- Opiate/Opoids – 419,762 visits
- Marijuana – 374,435 visits
- Benzodiazepines – 330,234 visits
- Heroin – 200,666 visits
- Psychotherapeutic agents – 150,506 visits
- Stimulants – 91,939 visits
- PCP – 37,266 visits
- Ecstasy – 17,865 visits

Although no single treatment course is appropriate for everyone, treatment is effective.²¹ There are a variety of treatment and recovery resources that allow individuals to share their experiences and questions with others who have gone through similar journeys. Following are a handful of key resources:

- **SAMHSA's National Helpline** – Provides 24-hour free and confidential information and treatment referrals in English and Spanish by calling **1-800-662-HELP**, or 1-800-487-4889 (TDD).
- **SAMHSA's "Find Substance Abuse and Mental Health Treatment" Web site** – Contains resources about mental health, substance abuse, and treatment.
- **Treatment 101: Recovery Today** – A SAMHSA television and radio program that examines the many aspects of treatment and recovery.
- **SoberRecovery** – Offers support forums for people in recovery as well as friends and family members affected by someone's substance use.
- **Alcohol and Drug Rehab Treatment Resource Center** – Provides information on key issues about alcohol and drug abuse, including interventions, rehab, and treatment. Visitors must enter identifying information to participate in this Web site.

For more information and organizations that can help provide treatment and other resources nationally or in your area, call 1-800-662-HELP or 1-800-487-4889 (TDD), or visit <http://www.samhsa.gov/treatment>. For additional *Recovery Month* materials, visit <http://www.recoverymonth.gov>.

Inclusion of Web sites and other resources mentioned in this document and on the *Recovery Month Web site* does not constitute official endorsement by the U.S. Department of Health and Human Services or the Substance Abuse and Mental Health Services Administration.

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treatment and recovery

Treatment and Recovery: Finding Specialized Help for Substance Use Disorders

Most Americans face varying levels of stress throughout their lives—at work, in their families, and in their communities. Stress can be a contributing factor to the use of alcohol and/or drugs and also may cause some people to relapse or return to substance use after periods of abstinence.¹ An estimated **23.1 million needed treatment for substance dependence or abuse in 2008 in the United States.**²

Generally, people understand the need to manage stress in daily life: 76 percent of people polled in a national survey said they participated in more constructive activities than they did 6 months before. This includes spending time with family and friends, attending religious services, exercising, watching television, reading, or listening to music.³ For some individuals, a more structured approach to handling stress, especially when substance use disorders are present, is required.

Of those who needed treatment for a substance use disorder in 2008, approximately 20.8 million did not receive it.⁴ Although these numbers are staggering, recovery is possible through a variety of treatment and recovery resources. For this reason, the Substance Abuse and Mental Health Services Administration's (SAMHSA's) Center for Substance Abuse Treatment (CSAT), within the U.S. Department of Health and Human Services, sponsors **National Alcohol and Drug Addiction Recovery Month (Recovery Month)** each September. The celebration encourages all people to seek treatment for substance use disorders, celebrates individuals and families in long-term recovery, and acknowledges those working in the field who provide recovery services. This year's theme, **"Join the Voices for Recovery: Now More Than Ever!"**, is designed to reach people who in times of stress are susceptible to alcohol and/or drug use and relapse. This document provides an overview of treatment and recovery options and outlines how people can use these resources during times of stress to achieve relief from substance use disorders.

Overview of Treatment and Recovery Options

To understand addiction, it is important to understand the complexity of the disease and its influence on the brain. Addiction is a chronic illness, like diabetes or asthma. Living a life free from alcohol and drugs is not just a matter of willpower — it often requires help. As with other chronic diseases, treatment is effective; studies indicate that over the past 25 years, treatment and recovery services have worked to reduce drug use, and new treatments have emerged.⁵ SAMHSA is supporting **10 Strategic Initiatives**, including the use of data to help develop policy and improve outcomes for treatment and recovery services.

People can choose from many treatment options, depending on what works best for them. Options include inpatient and outpatient programs, medication-assisted therapies, mutual and peer-support groups, faith-based support, and Internet resources. Choices help individuals with stress, because they can choose a customized recovery method that addresses their everyday needs and fits into their busy schedules.⁶ For example, medications help suppress drug cravings and are often used in conjunction with counseling and other outpatient behavioral therapies.^{7,8} Other treatment options include:

Intervention, Treatment, or Recovery Support Options	Description
Hospital-based rehabilitation units	- Located in a unit at a general hospital, these programs are best suited for people who have developed chronic or acute medical or psychiatric problems along with their addiction.⁹ - In 2008, 16.8 percent of people who received treatment for substance use participated in a hospital-based rehabilitation unit program.¹⁰
Short-term residential treatment centers	- These are stand-alone facilities that specialize in the treatment of alcohol and drug addiction and dual diagnosis of multiple issues. People generally reside within the facility 24 hours a day under the care of a team of addiction professionals.¹¹ - The average length of stay at these facilities is 20 days.¹²
Long-term residential treatment centers	- Similar to free-standing centers but with longer stays, these centers offer highly structured programs that offer care 24 hours a day, with an average stay of 6 to 12 months. They help people return to a substance-free lifestyle. They sometimes are transitional facilities used before a person re-integrates into society.^{13, 14} - In 2008, 18.6 percent of people who received treatment for substance use were in a long-term residential treatment center.¹⁵

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Intervention, Treatment, or Recovery Support Options	Description
Outpatient treatment programs	- These are a range of programs that typically emphasize individual or group counseling and family therapy. They are convenient for individuals who are employed, have extensive social support systems, and live at home or another structured setting. They are designed for people who can visit a clinic at least three to five days a week.¹⁶ - In 2008, 1.5 million people received treatment through an outpatient program.¹⁷
Self-help, mutual support groups, and peer-to-peer recovery services	- These are recovery support programs, such as SMART Recovery®, Nar-Anon, Alcoholics Anonymous, Narcotics Anonymous, and the Association of Persons Affected by Addictions (APAA). These services include 12-step programs, other regular support meetings, self-help groups, and peer counseling.^{18, 19} - One-third of people who attended a self-help group for their substance use in 2008 received additional specialty treatment services during that time.²⁰ However, many achieve successful recovery through self-help alone.
Online support groups and meetings	- These groups provide individuals the opportunity to receive support and attend meetings from anywhere. This is an example of a stress-free approach to recovery – people can attend these meetings when their schedule permits and do not have to worry about the cost, transportation, or childcare. The Recovery Group, In The Rooms, and The Second Road, Inc. are resources that offer online meetings. Additionally, Alcoholics Anonymous and Narcotics Anonymous offer online meeting support options.

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Intervention, Treatment, or Recovery Support Options	Description
E-therapy services	- These services use electronic media and information technologies to provide treatment services for participants in different locations. E-therapy can be administered through text-based communication methods (e.g., email, Internet chats, text messaging) or non-text-based communication methods (e.g., telephone, videoconferencing). - According to a survey, 90 percent of people who participated in these online services felt that e-therapy helped them.²¹
Recovery chat rooms	- Online venues also offer less structured ways for people to share their stories with fellow members of the recovery community. Conversations in chat rooms, such as Recovery Chat, include people in every stage of recovery. - Most chat rooms have moderators, and some focus on specific topics, including morning meditation and dual recovery from substance use and other disorders.²²
Faith-based support groups	- People who attend spiritually based recovery support programs, such as Catholic Charities, the General Board of Church and Society of the United Methodist Church, and the Shinnyo-en Foundation, have the added support that is needed for any type of chosen treatment. Faith-based support is also available at many churches, synagogues, or other religious worship sites. - In 2008, 2.2 million people received treatment at a self-help group, which includes faith-based support groups.²³
Recovery support services	- These supplemental programs help individuals and their families address other needs. They include employee-based support services and health care support.^{24, 25} - The Employee Assistance Program Directory, for example, provides more than 550 programs that can be searched by State or nationally and can locate substance abuse professionals.

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Treatment and recovery require commitment and courage by the person with a substance use disorder, as well as his or her family, friends, and loved ones. Misconceptions that surround addiction cause stress for many people, including the fear of disappointing loved ones. However, fewer than 20 percent of people in the United States actually would think less of a loved one who is in recovery from addiction.²⁶ The recovery process happens over a period of time. It requires a range of services and support to address the unique needs of each person and his or her loved ones.



Nancy Schneck
Las Vegas, NV

Who am I today? I've been in the publishing field for more than 21 years. I am executive editor of a small independent publisher that publishes books on addiction treatment, recovery, and behavioral health care topics. I could not be doing what I'm doing today without being in recovery.

I've come a long way from where I was. After a series of tragic losses during my teenage years, I sought the empty darkness alcohol and other drugs provided. My drugs were all that I had left after 15 years of blackouts.

When I woke up in restraints after my third and last overdose, I knew I could no longer continue using. I have not used alcohol or other drugs since November 30, 1982. I completed inpatient treatment, where I was introduced to recovery and the 12 steps. Then, I embarked on a remarkable journey that unfolded beyond anything I had ever dreamed of before. I was working as a nurse when I achieved recovery, and after some time in recovery, I realized I didn't want to be a nurse when I grew up. I wanted to write, so I went back to school and got a degree in creative writing.

Working the 12 steps helped me repair my damaged relationship with my parents, who are now deceased, but each lived long enough to see me in recovery. I still attend 12-step meetings on a regular basis, sponsor women, and volunteer at a nonprofit recovery advocacy organization. The life I live today is only because of my commitment to recovery and my belief in the power of the 12 steps.

Customized Treatment and Recovery

Treatment programs are designed to help people and their families cope with the physical and psychological pressures of their dependency. No single treatment is appropriate for everyone.²⁷ Options are important, and some may need to incorporate mental health services for successful treatment. Several groups consistently face stressful situations, and each has unique needs that are important to consider in treatment and recovery:

- **Public safety officials**, including police and fire personnel, as well as people in all branches of the military, have stressful careers in which they frequently put their lives at risk for the safety of others, which can contribute to substance use. One of SAMHSA's [10 Strategic Initiatives](#) is to support military service men and women, their families, and communities, by leading efforts to ensure needed behavioral health services are accessible and outcomes are successful. Many public safety units offer anonymous counseling and resources for individuals; however, the fear of being discovered may preclude people from turning to their unit's resources.²⁸ If people feel they cannot use workplace programs, other options are available such as anonymous in-person support groups. These groups include [Alcoholics Anonymous](#) and [Narcotics Anonymous](#), and online resources specific to public safety officials, such as [Battle Mind](#) and [Police Stressline](#).

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- **People in the workforce** also can feel tremendously stressed, especially during turbulent economic times, which puts them at risk for substance abuse. Outpatient treatment, mutual support meetings, or online treatment options, such as recovery meetings and chat rooms, might be valuable to this group because they are likely concerned about the cost and taking time away from work for treatment.²⁹ The **Employee Assistance Directory** offers addiction and treatment resources by State, and one of SAMHSA's **10 Strategic Initiatives** is to promote employment opportunities for individuals affected by financial problems.
- **Older adults** face a number of challenges that can increase their stress levels and put them at risk for substance abuse. They can encounter a sudden change of pace upon retirement, loss of a spouse or child, financial worries, health concerns, or poor social support networks, and may feel lonely or depressed.³⁰ Older adults are particularly at risk for prescription drug abuse, even inadvertently. People aged 65 and older consume one-third of all medications and are more likely to be prescribed long-term and multiple prescriptions, which could lead to unintentional misuse or dependence.³¹ In-patient treatment plans, mutual support groups, or partial hospital or day treatment programs might be appropriate for this group so that they have additional human interaction they might be lacking.³² The Web site **Aging and Addiction** provides resources for older adults who need help for addiction.
- **Families** may encounter illness, marital strain, financial problems, family conflicts, emotional or physical abuse, and work problems that reverberate at home, which can all increase stress and substance use.^{33, 34} For families, an inclusive treatment program that includes family therapy might be necessary.³⁵ Additionally, **Nar-Anon** and **Al-Anon/Alateen** offer a variety of addiction and recovery resources for families of individuals suffering from alcohol or drug dependence, respectively.

Resources

A variety of recovery and treatment resources provide a sense of community for those in recovery. These resources allow individuals to share their experiences and questions with others who have gone through similar journeys. Visit the **Recovery Month** Web site at <http://www.recoverymonth.gov>, for a comprehensive list of resources. Following are a handful of additional key resources:

- **SAMHSA's National Helpline** – Provides 24-hour free and confidential information and treatment referrals in English and Spanish by calling **1-800-662-HELP**, or 1-800-487-4889 (TDD).
- **SAMHSA's "Find Substance Abuse and Mental Health Treatment" Web site** – Contains resources about mental health, substance abuse, and treatment.
- **Treatment 101: Recovery Today** – A SAMHSA **television** and **radio** program that examines the many aspects of treatment and recovery.

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- **SoberRecovery** – Offers support forums for people in recovery as well as friends and family members affected by someone's substance use.
- **Alcohol and Drug Rehab Treatment Resource Center** – Provides information on key issues about alcohol and drug abuse, including interventions, rehab, and treatment. Visitors must enter identifying information to participate in this Web site.

There are also several issue-specific resources, including:

- **Mental Health Self-Assessment** – This Web site and toll-free number, 1-877-877-3647, is a resource dedicated to families and service members who need a private and confidential assessment for conditions such as depression, post-traumatic stress disorder, anxiety disorder, bipolar disorder, and alcohol abuse.
- **SAMHSA's Division of Workplace Programs** – This program provides guidance for employers on workplace drug-testing issues by calling 1-800-Workplace, or 1-800-967-5752.
- **The National Institute on Aging** – A division of the National Institutes of Health, this agency provides research, training, health information, and programs relevant to aging and older adults. The toll-free service, 1-800-222-4225, and Web site provides information such as an “Older Adults and Alcohol” brochure, coauthored by the National Institute on Alcohol Abuse and Alcoholism (NIAAA), with information on substance use.

For more information and organizations that can help provide treatment and other resources nationally or in your area, call 1-800-662-HELP or 1-800-487-4889 (TDD), or visit <http://www.samhsa.gov/treatment>. For additional *Recovery Month* materials, visit <http://www.recoverymonth.gov>.

Inclusion of Web sites and other resources mentioned in this document and on the *Recovery Month* Web site does not constitute official endorsement by the U.S. Department of Health and Human Services or the Substance Abuse and Mental Health Services Administration.

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join the voices for recovery

Each September during **National Alcohol and Drug Addiction Recovery Month (Recovery Month)**, the Substance Abuse and Mental Health Services Administration's (SAMHSA's) Center for Substance Abuse Treatment (CSAT) celebrates the successes of those who have achieved long-term recovery from substance use disorders, and highlights individuals who want to help others by sharing their personal journeys of addiction, treatment, and recovery.

This year's **Recovery Month** theme, **"Join the Voices for Recovery: Now More Than Ever!"**, is designed to reach audiences that are susceptible to alcohol and/or drug use during times of stress. The observance also highlights the societal benefits of substance abuse treatment, recognizes the contributions of treatment providers, and promotes the message that recovery from substance use disorders is possible.

The following narratives are unique and personal. They highlight the positive effects of treatment and recovery, and how substance use disorders can negatively impact an individual as well as those surrounding that person. Learn from these stories, share their voices, and take action to help expand and improve the availability of effective treatment for those in need.



Carol McDaid

**Principal of a Public Affairs Firm
Washington, DC**

Recovery has given my life great purpose and value—something I sought but never found with drugs. I'm so proud of where I am today. Five years ago, my husband and I founded a recovery community organization in our hometown: the **McShin Foundation** in Richmond, VA. This helps us share the gift of recovery with others, while sustaining our own. This is how recovery works—

you have to give it away to keep it.

Here's my story. I started young: by age 12, I was drinking alcohol and smoking pot every day. Like so many others, I progressed and used the whole spectrum of drugs. Ashamed of the quantities I used by myself, I knew inside I was an addict.

By age 29, I was one of the millions of people who used drugs and still went to work every day. Ultimately, my sister and employer joined forces for an intervention. Because I was already demoralized and desperate, it wasn't a struggle to get me to agree to attend a residential addiction treatment center. My health plan did not cover my treatment, but I am grateful that I had loved ones who could.

In treatment, I was introduced to the 12 steps and continue to use them as the foundation of my ongoing recovery. I lived in a recovery house with other women at first and stayed clean for 6 years. During that time, my relationships with my family, my employer, and much of my past were healed. All areas of my life seemed to flourish except the area of intimate relationships, and after a particularly painful breakup, I relapsed. After a second treatment stay, and with the support of a large recovery community, my recovery now feels solid. I have been alcohol and drug free for 12 years.

My recovery has allowed me to become a wife, a stepmom, a small-business owner, and a recovery advocate in Washington, DC. Every day in my professional life, I am able to use my advocacy skills to bring recovery to individuals and families who need it. I now serve on the Board of [Faces and Voices of Recovery](#), an organization that brings the hope and reality to the public, so that I can keep sharing the gift of recovery.



Dan Cain

**President of a Therapeutic Community
Minneapolis, MN**

After my wife and children, preserving the gift of recovery for those who continue to struggle is the number one priority in my life. I am lucky that I've been able to give back since I first found a path to recovery after being paroled from prison in 1972.

Prior to that, I had spent the better part of 10 years progressing along a continuum that began with alcohol abuse, and culminated with heroin addiction. At 24 years old, I did not find recovery, recovery found me. After five previous treatment attempts, I entered a long-term therapeutic community.

After a decade of abuse, isolation and pain, I found a community that was unlike any I had experienced at any time in my life. That community gave me acceptance, accountability, and ultimately salvation. It allowed me to become someone I actually like most of the time. It allowed me to find a beautiful wife and father three beautiful, healthy children. And it allowed me to give back some of what I have been given.

Since 1985, I have been the director of that same program that helped me. In that time it has grown exponentially, and we now serve some 1,200 people per day in addiction treatment housing and community corrections programs.

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Dave Seward, M.Ed., NCAC II, LPC

**Executive Director of a Treatment Center
Chester, SC**

Since I found recovery in 1986, I have been motivated by a strong desire to give back what I had received. I joined the staff of a small, rural treatment center as a counselor. What I discovered was added strength for my own recovery, while I also bore witness to the struggles of others as they attempted recovery.

I've been able to sustain my passion and motivation to develop better methods for treating my clients. In 2005, I became executive director of the agency, and joined the beginning chapter of *Faces and Voices of Recovery*. After attending a national conference in Washington, DC, I found renewed motivation and a desire to bring about changes in the treatment delivery system by removing barriers that exist in providing care to all who need it.

At a **Recovery Month** celebration in 2009, I was privileged to hear speeches by several of the people in whose recovery I had played a small role. The inspiration of their stories of addiction and recovery and what it has meant to them and to their families will sustain me in the weeks and months ahead. And at the end of my career, I am sure I will be able to look back and take satisfaction in knowing that I made a difference. My journey of personal recovery from addiction continues to this day.



Irene Garza, M.S.W.

**Therapist and Group Facilitator at a Community Health Organization
Detroit, MI**

My problem was not any specific substance—it was the disease of addiction. I began using at the young age of 11 to escape the pain of long-term abuse. My life was painful; addiction and violence were rampant in my family. But today I am so grateful to have been given the gift of recovery. I have not used any mind- or mood-altering chemicals for the past 24 years.

I was in and out of treatment centers for several years before I came into contact with others who were “just like me” and was finally able to hear the message of recovery. I began attending 12-step groups and have never looked back. Recovery for me means that I have a life that was not even imagined while I was using. The cycle of addiction in my family has been broken. What this means is that my children, ages 18 and 11, have never known me as a mom with a substance use disorder. They know me as a loving, caring, and compassionate person.

I have had so many wonderful experiences on this journey and I could not possibly mention them all. I will say that I have obtained my master's in social work and have worked in this field for many years. I am involved in the community and take the responsibility to relay the message of recovery to individuals suffering from substance use disorders very seriously. I am a homeowner, have traveled, and have done many other things that I couldn't have done if I wasn't in recovery. However, the most important gifts to me are the internal ones: my self esteem, self worth, integrity, self respect, and acceptance of self. This was unimaginable in my “other life.”

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Nancy Schenck

**Executive Editor for Independent Publisher
Las Vegas, NV**

Who am I today? I've been in the publishing field for more than 21 years. I am executive editor of a small independent publisher that publishes books on addiction treatment, recovery, and behavioral health care topics. I could not be doing what I'm doing today without being in recovery.

I've come a long way from where I was. After a series of tragic losses during my teenage years, I sought the empty darkness alcohol and other drugs provided. My drugs were all that I had left after 15 years of blackouts.

When I woke up in restraints after my third and last overdose, I knew I could no longer continue using. I have not used alcohol or other drugs since November 30, 1982. I completed inpatient treatment, where I was introduced to recovery and the 12 steps. Then, I embarked on a remarkable journey that unfolded beyond anything I had ever dreamed of before. I was working as a nurse when I achieved recovery, and after some time in recovery, I realized I didn't want to be a nurse when I grew up. I wanted to write, so I went back to school and got a degree in creative writing.

Working the 12 steps helped me repair my damaged relationship with my parents, who are now deceased, but each lived long enough to see me in recovery. I still attend 12-step meetings on a regular basis, sponsor women, and volunteer at a nonprofit recovery advocacy organization. The life I live today is only because of my commitment to recovery and my belief in the power of the 12 steps.



Brenda Mayer

**Chemical Dependency Specialist
Tacoma, WA**

The tired old adage "Once an addict, always an addict" is simply not true, and I am proof of that. I believe that an addict, any addict, can lose the desire to use and find a new way to live.

It wasn't easy for me, though. I began using drugs when I was 13 years old. The early years of my life were marked by my father's addiction to alcohol and all the pain and chaos that it engendered. I am a survivor of physical, emotional, and sexual abuse, and the post-traumatic stress that it produced in me and my siblings.

By the fall of 1981, the only thing that had ever made my life bearable, drugs, had become the problem. I was physically addicted, mentally ill, emotionally unstable, and spiritually bankrupt. I was filled with despair, self-hatred, and hopelessness. As a last resort, I decided to try abstinence and recovery. Treatment and 12-step support was very hard to find in the Greater Seattle area, especially with no money or insurance. But I found help, and today I can say that I have not used alcohol or illicit drugs for more than 28 years, nor do I misuse prescribed medications.

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When my recovery started on September 15, 1981, I had a 9th-grade education. I was unemployed and unemployable. Since then, I have educated myself and dedicated my career to working with people who are addicted to alcohol and drugs in the largest urban area of Washington State. I have learned to live life on life's terms even though it has, at times, been very painful. In 2003, my only brother relapsed after 10 years of abstinence from alcohol. Within 30 days he drove drunk and died in a car accident.

I thrive today when I carry the message of recovery to others. I have personally witnessed the recovery of hundreds of people. They are just like me and have turned their lives around and are making a difference in their communities. Together we are the faces and voices of recovery.



Albert Bryan

**Licensed Addiction Counselor, Social Worker, Treatment Center Co-Founder
New Orleans, LA**

My troubles with addiction started with using alcohol when I was 9. As my addiction grew, I graduated from alcohol to heroin and cocaine, using whatever could get me high. My biggest obstacle was accepting the fact that I had a problem. I received my help at an inpatient facility. I have now been in recovery for more than 20 years. Within my recovery process,

I have obtained a bachelor's and master's degree. I am personally involved in the community and in the recovery and treatment of people who need it.

I am a licensed addiction counselor and social worker; co-founder of a substance abuse treatment organization, and a strong advocate for treatment in my community. We are struggling to rebuild here, because of the damage Hurricane Katrina caused, along with the influx of opiates. The treatment for opiates is expensive and everyone addicted to opiates does not have the opportunity to receive treatment. I would like for everyone to have the opportunity to seek help.

I have experienced many "highs" in my recovery, including graduation, my children getting married, purchasing a home, and witnessing the birth of grandchildren. I also had the honor of being a delegate from Louisiana at the 2009 Recovery Rally. There isn't much that surprises me because I have learned that recovery is an ongoing process. While challenging, recovery is an opportunity waiting to happen.

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Neil Kaltenecker

**Executive Director of a Substance Abuse Advocacy Organization
Atlanta, GA**

My professional career began in the field of criminal justice more than 25 years ago, and at work I have witnessed the devastation that addiction brings to individuals, families, and communities. Because of my own problems with alcohol, there is very little that separates me from the people I have arrested, monitored in a county jail or a maximum-security women's penitentiary, or supervised on probation and parole. Like me, many started drinking at an early age, made poor choices in personal relationships, and continued to use alcohol and drugs in spite of the shameful and damaging consequences.

I drank through high school and college. By the time I reached age 30, my health had deteriorated to a critical point, and my life was a version of hell on earth. When I had the brief, yet intense, conscious awakening that I did not want to live this way anymore, I discovered a strong and incredibly caring community of recovery that was there to support me. Alongside them, I began a period of renewal that healed my body, my heart, and my mind.

I have been in long-term recovery since 1990 and am grateful every day for the incredible opportunities I have had and continue to have since then as a result of recovery. I am a responsible and caring spouse, stepmother, daughter, sister, friend, and colleague. My recovery is at the very core of who I am.

Opportunities for recovery should exist for each and every person. That belief has fueled my passion to bring a message of hope to anyone who will listen. It is also why I am working at an advocacy agency whose mission is to reduce the impact of alcohol and other drug problems in our communities, and why I humbly speak out about my recovery and let others know that they, too, can get well.



Ronnie Katz

**Substance Abuse Prevention Program Coordinator for a City's Public Health Division
Portland, ME**

In 1969 during my senior year in high school, I was constantly surrounded by friends who were getting high. Whenever I was offered drugs, I would decline and say that I wasn't ready yet. I graduated that June, and by summer I apparently decided that I was ready and began my 28-year journey into active addiction. By sophomore year of college, I was a daily user and continued down that path for the next 20 years, rarely spending a day without being high.

During those two decades, I watched my great "potential" turn into a "what could have been." It took 5 years to complete college and after graduating, I had no idea what to do with my English degree. I managed to find teaching jobs in private schools, but they never lasted long. It wasn't until I started a job as a drug counselor in a New York City high school that I started to question my own use and the hypocrisy that defined my life.

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Also, throughout this time, I was incredibly lonely and wondered why I could not have a romantic relationship. After an illness in 1990, I spent 3 weeks without getting high and realized that I actually liked the way I felt. It took another 7 years for me to find my way into 12-step recovery, following a move to Nashville and a connection on the Internet with a person in recovery.

Twelve years later, my life is amazingly full and happy, with a loving relationship, a successful career, and an acoustic duo called Broadband. I continue to stay involved in a recovery program, and believe that we need to make recovery visible, so that it is accessible to all who need and desire it. And I feel like I am finally becoming the person that I originally set out to be.



Pat Guerin

**Coordinator at a Recovery Alliance
El Paso, TX**

Sometimes I have to pinch myself to believe that I have been in recovery for 39 years. For me, long-term recovery means I am free from the obsession of alcohol, that I contribute to the well-being of my family and my community, and that I am self-supporting through my own contributions. My friends and family have regained their trust in me, and we now thoroughly

enjoy each others' company.

I have so much to be grateful for, beginning with the late great Gert Behanna, a woman who published her own recovery story under a pseudonym "Liz Burns." Her story made it possible for me to admit that I was hopelessly addicted to alcohol, and that a sober life could be a beautiful and rewarding adventure.

I entered recovery through a 12-step program, where I encountered people just like me. I firmly believe that God works through people to carry a message of recovery, and that "gratitude" is an action word. I have been graced with countless opportunities to practice gratitude, resulting in wonderful experiences I could have once only imagined!

My interests have evolved as I grow in recovery. I have always had a special concern for women-specific services, and one day would like to author recovery materials for them. Recently, I am interested in supporting a grassroots movement to restore rights to felons who now embrace long-term recovery and are productive members of society. Presently, I provide peer-to-peer recovery services, serve as an advocate in three drug courts, and actively participate in my church and 12-step programs.

I aspire to remain teachable and keep my recovery "green," to enjoy life, and to share the joy of recovery with others.

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Donald Greegrass, Sr.
Certified Alcohol Drug Counselor
La Crosse, WI

I have escaped death three times in my life, and I know if it wasn't for recovery, I might not be here today. I have been in recovery for 14 years, after nearly a 40-year battle with alcohol and drugs, either my own or a family member's.

Growing up, my parents' drinking progressed to the point that it became more important than my siblings and me. I was 4 years old the first time I turned to alcohol, and again at 5 years old. In middle school, while other kids went to the movies and roller skating, I got drunk at parties with older friends. I tried marijuana for the first time the summer before my sophomore year of high school, the path that led to my years of addiction.

I joined the Marine Corps after my first visit to a halfway house, and during my 3-year career, I went through alcohol treatment and received an honorable discharge. I was unable to hold a job, and any stipends I did earn, I used to support my addiction. At the age of 30, a doctor told me that if I didn't receive treatment, I would end up in the hospital, or worse.

It was my third near-death experience and it made me realize I needed treatment. I received help from a state vocational rehabilitation program and graduated from the University of La Crosse. Because of my recovery, today I now enjoy spending time with my wife and kids, golfing, jogging, and working as a certified alcohol drug counselor.

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public safety officials

Addressing Substance Use Disorders and Stress Among Public Safety Officials

Every day, public safety officials put their lives on the line to protect people within the United States, as well as in other countries. Public safety officials encompass a variety of professions. They include all branches of the military, such as Army, Navy, Air Force, Marines, and Coast Guard, as well as police, probation and correction officers, firefighters, emergency medical technicians, and other first responders.

Each group's stress can manifest in different ways, ranging from mild to severe levels. Some are able to cope with the emotional and physical effects of stressful experiences by using their existing support systems. In some cases, individuals turn to alcohol or drugs to help cope with their stress and can develop substance use disorders. **Those who experience prolonged reactions to stress and, subsequently, substance use disorders may require more intensive treatment by professionals.¹**

Each September, the Substance Abuse and Mental Health Services Administration's (SAMHSA's) Center for Substance Abuse Treatment (CSAT), within the U.S. Department of Health and Human Services, celebrates **National Alcohol and Drug Addiction Recovery Month (Recovery Month)**. This celebration is a call to action for all public safety officials to look out for their colleagues who may have a substance use and/or mental health disorder. It encourages them to seek help from a counselor or treatment program, the sooner the better. As emphasized in this year's theme, **"Join the Voices for Recovery: Now More Than Ever!"**, treatment and recovery programs and services are as essential as ever for officials facing increased stress on the job and turning to alcohol and/or drugs to cope.

This document outlines how the stressful careers of public safety officials can contribute to substance use disorders or relapse, the types of stress they may feel, and guidance for individuals with a substance use disorder or who think a colleague, friend, or family member may be affected. It also includes treatment and recovery resources available for public safety officials.

The Stress of Serving the Public

Public safety sectors work to protect people in the United States. Each sector faces repeated exposure to unique incidents that cause stress, which may play a part in alcohol and/or drug abuse.² SAMHSA has identified 10 Strategic Initiatives, with one created to address the root causes of pervasive, harmful, and costly public health problems related to exposure to violence and trauma. Public safety officials witness:³

- Officer-involved shootings
- Death of co-workers
- Serious injury while on duty
- Hostage situations or negotiations
- Exposure to intense crime scenes
- Suicide of co-workers or victims

targeted outreach

The following elaborates on the unique challenges they face.

Firefighters and emergency medical technicians frequently respond first to 911 calls, arrive first at an accident scene, and risk their lives by entering directly into high-danger situations. First responders must make quick decisions, often with unclear information, and face serious consequences for a wrong decision—a very high stressor.⁴ First responders also assume the added stressful role of counselor or treatment provider for those in need. This role, combined with exposure to distressing situations, can cause them to turn to alcohol and/or drugs. Studies show that 29 percent of active duty firefighters have possible or probable problems with alcohol use.⁵ **Additionally, more than 80 percent of fire and emergency personnel responding to large-scale disasters experience moderate to severe symptoms of critical incident stress reactions (CISR) after the incident, a typical response to dangerous situations. This may contribute to substance use disorders in extreme cases.**^{6,7}

Police, probation, and correction officers deal with high-stress situations that statistically increase their likelihood of alcohol and/or drug use. Specific stressors include interaction with armed criminals, high-speed car chases, facing weapons, and patrolling high-risk areas to prevent crime—all extremely dangerous circumstances.⁸ In addition, these officers often direct individuals that they help to recovery and treatment services, making it a necessity for public officials to be knowledgeable about substance use disorders and treatment options. **A study conducted by the U.S. Department of Justice's National Institute for Justice revealed that police are at higher risk than other emergency workers for alcohol abuse, hypertension, migraines, and insomnia.**⁹ One-quarter of law enforcement officers in the United States report alcohol dependence as a result of stress on the job.¹⁰ Yet police may be less likely than the general public to seek professional help due to concerns about image or that their records will become public.¹¹

Military officials, including those from the Army, Marines, Air Force, Navy, National Guard, and Coast Guard, face physical and mental challenges. These challenges include exposure to combat and difficulty juggling both career and family responsibilities. There are approximately 1.4 million active-duty military workers, many of whom are at high risk of developing alcohol and/or drug abuse due to the pressures they face.¹² Even after their military service ends, veterans can be susceptible to substance use disorders and relapse of pre-existing problems, as they recall distressing experiences faced during combat. **For example, one study found that 19 percent of Vietnam veterans experienced post-traumatic stress disorder (PTSD), a disorder that can occur after exposure to a traumatic event, at some point after the war.**¹³ Approximately 60 percent of veterans also have alcohol dependence.¹⁴

To combat this issue, the U.S. Department of Defense this year established the **Defense Center of Excellence for Psychological Health and Traumatic Brain Injury**. This center provides treatment, education, and research related to these behavioral health issues.¹⁵

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Addiction is complex and is affected by a variety of factors. Individuals exposed to stress are known to also be more likely to abuse alcohol and other drugs or relapse.¹⁶ Military families experience additional stress when a parent or spouse deploys and often suffer serious adverse consequences when their loved one returns home with a substance use disorder or PTSD.¹⁷ If you or someone you know is in the military or is a family member of someone in the military, visit [After Deployment](#) for tips on combating substance use disorders, adjusting to war memories, coping with mental health disorders, handling stress, and improving relationships. Also, one of SAMHSA's [10 Strategic Initiatives](#) is to support military service men and women, and their families and communities, by leading efforts to ensure needed behavioral health services are accessible and outcomes are successful.



Brenda Mayer
Tacoma, WA

The tired old adage “Once an addict, always an addict” is simply not true, and I am proof of that. I believe that an addict, any addict, can lose the desire to use and find a new way to live.

It wasn't easy for me, though. I began using drugs when I was 13 years old. The early years of my life were marked by my father's addiction to alcohol and all the pain and chaos that it engendered. I am a survivor of physical, emotional, and sexual abuse, and the post-traumatic stress that it produced in me and my siblings.

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I thrive today when I carry the message of recovery to others. I have personally witnessed the recovery of hundreds of people. They are just like me and have turned their lives around and are making a difference in their communities. Together we are the faces and voices of recovery.

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Varying Amounts of Stress, Varying Impacts

Because of challenging experiences in their work lives, public safety professionals face varying levels of stress, ranging from mild to more severe. What causes stress for one person may have little effect on others, and each reacts differently.¹⁸ Individuals in high-risk jobs may face three types of stress—acute, episodic acute, and chronic—each with its own symptoms and treatment approaches.¹⁹

- **Acute stress** is the most common form and, because it is short term, does not cause extensive damage. Common symptoms include emotional distress or anxiety, stomach problems such as heartburn, and muscular problems such as a tension headache.
- **Episodic acute stress** refers to the stress experienced by those who suffer acute stress frequently. They are often in a rush and take on too much responsibility, resulting in deteriorating relationships and hostility. Common symptoms include persistent tension headaches, hypertension, and heart disease. People with episodic acute stress are resistant to change and frequently require professional help to recover.
- **Chronic stress** describes long-term perpetual problems that a person faces—a potential problem for public safety officials in long-term careers that involve witnessing traumatic events. Symptoms of chronic stress are manageable, but may require medical and behavioral treatment. If left untreated, individuals may misuse alcohol and/or drugs, suffer from a heart attack or stroke, exhibit violent behavior, or commit suicide.

Public safety officials also are known to develop the following conditions from their on-the-job experiences:

- **Compassion fatigue** is experienced by officials who work closely with people who have been traumatized by an event. Public safety officials and other caregivers, including nurses, doctors, chaplains, and volunteers, may develop compassion fatigue as a direct result of being concerned about their patients' well-being.²⁰ In extreme cases, this fatigue contributes to an increased use of alcohol and/or drugs.²¹
- **Serious psychological distress (SPD)** includes symptoms of emotional distress, including depression, anxiety, restlessness, and hopelessness. In 2008, an estimated 24.6 million adults in the United States, or about 11.3 percent of all adults, suffered from SPD.²² Adults suffering from SPD in the past year were 12.3 percent more likely than those without SPD to have engaged in illicit drug use.²³
- **Critical incident stress reactions (CISR)** are the physical, emotional, or behavioral symptoms exhibited by people within 6 to 12 weeks after a critical incident occurs. CISR differs from post-traumatic stress disorder (PTSD) because people can improve without receiving treatment in 70 percent of CISR cases, whereas PTSD sufferers often require treatment.²⁴ Long-term substance use is not heavily associated with those who suffer from CISR.²⁵
- **Post-traumatic stress disorder (PTSD)** is an anxiety disorder. Some people develop it after exposure to a traumatic event where physical harm occurred or their lives were threatened. Although PTSD does not automatically cause substance use disorders, individuals with PTSD are more likely than others with similar backgrounds to have substance use disorders.²⁶ Of people with substance use disorders, 30 to 60 percent meet the criterion for PTSD.²⁷

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Individuals with PTSD may use alcohol and/or drugs to self-medicate and avoid their root problems, may not remember the specific traumatic experience they faced, and often do not know they have a disorder, unless they have already been diagnosed. Symptoms of PTSD include:²⁸

- Nightmares
- Paranoia
- Sense of shortened future
- Depression
- Avoiding work
- Avoiding certain locations that were previously favorites
- Loss of faith
- Obsessive behavior
- Memory loss
- Irritability
- Exaggerated startle response
- Addiction to alcohol, drugs, sex, or gambling

Prevalence of Co-Occurring Disorders

Individuals with both an addiction and an emotional or psychiatric problem are diagnosed with a co-occurring disorder.

In 2008 alone, 2.5 million adults suffered from both serious mental illness and substance dependence or abuse.²⁹ It is estimated that:

- **53 percent** of people who use drugs also have at least one serious mental illness.³⁰
- **29 percent** of all people who are diagnosed as mentally ill abuse alcohol and/or drugs.³¹
- **50 percent** of adults who misuse alcohol and suffer from PTSD have other serious psychological or physical problems.³²

Public safety officials are vulnerable to several co-occurring disorders due to high-stress daily encounters, including:

- **Anxiety disorders:** panic attacks, phobias, compulsions
- **Mood disorders:** depression
- **Multiple addictive behaviors:** alcohol misuse, use of illicit drugs, misuse of prescription medications
- **Physical health problems:** diabetes, heart disease, liver disease

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Misconceptions About Addiction Among Public Safety Officials

Misconceptions surrounding addiction comprise one of the greatest obstacles for a person struggling with substance use disorders, especially among public safety officials. This type of stigma includes using labels to describe people with substance use or mental health issues, such as “addict,” “alcoholic,” “user,” and “abuser,” despite how they self-identify. Fight this in your community by terminating the use of terms that have negative connotations.³³ Stigma is most likely to diminish as a result of education and broader acceptance of addiction as a treatable disease.³⁴

The Defense Department recently launched a \$2.7 million service-wide anti-stigma campaign, *Real Warriors. Real Battles. Real Strength.* that allows service members to tell their experiences of seeking help for mental illnesses and substance use disorders. The campaign uses public service announcements to highlight that seeking treatment will not harm a soldier's military career.³⁵

Although many soldiers experience problems from the stressors faced during war, very few seek help:

- In a study administered to more than 7,000 soldiers and Marines after returning from war, approximately 42 percent who were diagnosed with a mental health problem indicated an interest in receiving treatment. However, only around 31 percent of them actually received professional help due to the stigma associated with treatment.³⁶
- In 2008, 20.8 million people felt they needed treatment for a substance use disorder, but 15.1 percent of these individuals did not receive it due to reasons related to stigma.³⁷
- In 2007, nearly 29 percent of Army soldiers in Iraq said it would harm their career to seek treatment for a mental health disorder.³⁸

Misconceptions about addiction exist. These groups must learn they can receive confidential help. If you suffer from a substance use disorder, know that you are not alone and that recovery is possible. Additionally, if you know a public safety official who is suffering, encourage him or her to seek help. Knowing the signs to look for is an essential way to help.

Because of stigma:

- Some people don't get treatment.
- Some doctors won't treat people who use alcohol and/or drugs.
- Some pharmaceutical companies won't work toward developing new treatments.

SOURCE: “Stigma of Drug Abuse.” National Institute on Drug Abuse Web site: <http://archives.drugabuse.gov/about/welcome/aboutdrugabuse/stigma>. Accessed July 27, 2009.

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Signs and Symptoms of Addiction³⁹

Alcohol and drugs have varying effects on a person's overall physical, emotional, and behavioral health. A person may possess one or more of the following signs and symptoms of addiction. Be aware that people with these qualities don't always have a substance use disorder. If you suspect that your colleague, friend, or family member has an addiction, be supportive of that person's journey through treatment and recovery.

Physical Signs	Behavioral Signs	Emotional Signs
Cycles of increased energy, restlessness, and inability to sleep	Getting alcohol and/or drugs becomes more of a priority than anything else, including a person's job, friends, or family	Increased irritability and agitation
Sudden weight loss or weight gain	Suspected drug paraphernalia, such as pipes or syringes	Depression
Abnormally slow movements, speech, or reaction time	Excessive need for privacy and secretive behavior	Paranoia
Chronic sinus troubles or nosebleeds	Sudden changes in clothing, such as constantly wearing long-sleeved shirts to hide scarring	Hallucinations
A persistent cough or bronchitis, causing excessive mucus or blood	Changes in activities or loss of interest in things that were previously important	Unusual calmness or unresponsiveness
Severe dental problems	Confusion and disorientation	Impaired judgement

Where to Find Confidential Help

Public safety officials who suffer from a substance use disorder should reach out to the following contacts for confidential guidance and support:

- **Government resources** such as SAMHSA's National Helpline, accessed by calling **1-800-662-HELP** or 1-800-487-4889 (TDD), or [SAMHSA's Treatment Web site](#), provide an abundant number of treatment and recovery options in your area.
- **Doctors** answer medical and health questions, refer people to addiction treatment programs, and refer people to medication if appropriate. Under the Health Insurance Portability and Accountability Act (HIPAA), private health information is protected by Federal law.

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- **Clergy members** provide spiritual direction and serve as a nonjudgmental resource. They also can refer people to local resources to treatment.
- **Local mental health associations** can help find a social worker, psychologist, psychiatrist, or other mental health professional in your community.
- **Health insurers** aid in the cost of treatment and help individuals or their families who are seeking treatment options.

What Can I Do?

If you notice that family members, colleagues, or friends who serve as public safety officials may have a substance use disorder, help them find treatment. To aid the person's path to recovery, keep in mind the following tips:

- **Remember** that substance use disorders can be treated and recovery is possible.
- **Educate** colleagues and peers about the disease of addiction, which will reduce the misconceptions and myths associated with treatment and recovery.
- **Use** national toll-free, e-therapy, or online services that offer free and confidential treatment and recovery services. Public safety officials may be more likely to agree to programs that are private and "off the record." For additional resources, please refer to the resources provided at the end of this document.
- **Be open** and share stories. Discuss your own experiences and feelings with others who have a substance use, mental health, or co-occurring disorder. This will encourage them to seek treatment.
- **Reach out to** the person who uses alcohol and/or drugs. Casually approach the person to discuss the possibility of treatment. If a casual setting does not work, organizing a formal intervention may urge the person to receive help. To learn more about organizing an intervention, visit the [National Alcohol Substance Abuse Information Center](#).
- **Separate** yourself emotionally from the situation. If you allow yourself to detach from the circumstances, you are less likely to damage your relationship with the person you want to help.
- **Don't forget** that it takes tremendous courage for individuals to admit they have an alcohol and/or drug problem. Remind others of this if you hear negative conversation surrounding the situation.
- **Remember** that recovery is a process and there are many paths to recovery. Encourage continued participation in peer support programs and therapy to sustain long-term recovery.

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If you or someone you know is suffering from a substance use disorder, remember that treatment programs are available and recovery is possible. Talk to your family members, friends, and colleagues about addiction. Their support is essential to those in recovery.

Resources for Public Safety Officials

In addition to the information and resources found on the **Recovery Month** Web site at <http://www.recoverymonth.gov> and the SAMHSA Web site at <http://www.samhsa.gov>, public safety officials can find treatment and recovery information through the following resources:

- **Addiction and PTSD: Combating Co-occurring Disorders** – A SAMHSA television and radio program that examines PTSD's connection to substance use disorders and provides information on where people can find treatment.
- **Recovery and the Military: Treating Veterans and Their Families** – A SAMHSA television program that addresses trends and the prevalence of substance use disorders among veterans and discusses treatment issues that veterans and their families face.
- **United States Army Substance Abuse Program (ASAP)** – Provides information on the health risks posed by substance use disorders and works to restore individuals to full productive performance.
- **United States Navy Alcohol & Drug Abuse Prevention Program (NADAP)** – Offers information and assistance to support individual and command alcohol abuse and drug use prevention efforts.
- **United States Air Force, Drug Demand Reduction Program (DDRP) at Bolling Air Force Base** – Focuses on preventing the use and abuse of illicit and legal drugs within the Air Force community through educational briefings, presentations, fairs, and other community-wide programs.
- **Marine Corp's Combat Operational Stress Control (COSC) Branch** – Provides resources for a healthy life at home and work.
- **U.S. Department of Veterans Affairs National Center for Post-Traumatic Stress Disorder** – Advances the clinical care and social welfare of U.S. veterans through research, education, and training on PTSD and stress-related disorders.
- **The Sweeney Alliance's Grieving Behind the Badge Program** – Offers help to emergency response and public safety personnel.

Refer to the "Resources" section of this toolkit for a full listing of available treatment and recovery resources.

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For more information and organizations that can help provide treatment and other resources nationally or in your area, call 1-800-662-HELP or 1-800-487-4889 (TDD), or visit <http://www.samhsa.gov/treatment>. For additional *Recovery Month* materials, visit <http://www.recoverymonth.gov>.

Inclusion of Web sites and other resources mentioned in this document and on the *Recovery Month Web site* does not constitute official endorsement by the U.S. Department of Health and Human Services or the Substance Abuse and Mental Health Services Administration.

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Addressing Substance Use Disorders and Stress in the Workplace

Everyone in the workforce, regardless of career or current employment status, can encounter work-related stress at some point. According to one report, 25 percent of people surveyed viewed their job as the top stressor in their lives.¹ Managing workplace stress is important, as it has detrimental effects on a person's family, career, and well-being. Job stress also is strongly associated with health complaints, including aching muscles, migraine headaches, and a sense of exhaustion.²

In addition to a variety of genetic and other environmental factors, job stress and related health issues can cause some individuals to begin to use alcohol and/or drugs to relieve their stress and put those in recovery from addiction at risk of relapse.^{3,4} Substance use disorders are a common workplace problem. **Of the 20.3 million adults classified with substance use disorders in 2008, 15.8 million were employed either full or part time, indicating that a significant portion of the workforce is vulnerable to this disease.**⁵

Each September, the Substance Abuse and Mental Health Services Administration's (SAMHSA's) Center for Substance Abuse Treatment (CSAT), within the U.S. Department of Health and Human Services, celebrates **National Alcohol and Drug Addiction Recovery Month (Recovery Month)**. This celebration is a call to action for people in every community to look out for themselves, a family member, friend, or their colleagues, who may have a substance use or mental health disorder, and encourage them to seek help.

This year's theme, **"Join the Voices for Recovery: Now More Than Ever!"**, emphasizes that treatment and recovery programs are as vital as ever, as the workforce faces increased levels of stress. Individuals are stressed by a variety of circumstances, including turbulent economic times and increased unemployment rates. This document discusses common causes of stress at work and tips to combat it, information on encouraging your employer to develop a substance-free workplace program, as well as treatment and recovery resources for you and your colleagues.

Causes of Stress at Work

Stress in the workplace, which can play a role in increased substance use, has amplified in recent years due to job insecurity and a trend of working longer hours.^{6,7} Increased responsibility, new work hours, or a disagreement with a co-worker or boss also increases stress at work. Specific factors that affect levels of stress among employees include:⁸

- The demands of the job;
- The control (or lack of) that employees have over their own work;
- The support employees do or do not receive from colleagues; and
- Whether employee roles and responsibilities are clearly understood.



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Since I found recovery in 1986, I have been motivated by a strong desire to give back what I had received. I joined the staff of a small, rural treatment center as a counselor. What I discovered was added strength for my own recovery, while I also bore witness to the struggles of others as they attempted recovery.

I've been able to sustain my passion and motivation to develop better methods for treating my clients. In 2005, I became executive director of the agency, and joined the beginning chapter of *Faces and Voices of Recovery*. After attending a national conference in Washington, DC, I found renewed motivation and a desire to bring about changes in the treatment delivery system by removing barriers that exist in providing care to all who need it.

At a **Recovery Month** celebration in 2009, I was privileged to hear speeches by several of the people in whose recovery I had played a small role. The inspiration of their stories of addiction and recovery and what it has meant to them and to their families will sustain me in the weeks and months ahead. And at the end of my career, I am sure I will be able to look back and take satisfaction in knowing that I made a difference. My journey of personal recovery from addiction continues to this day.

Substance Use Disorders—An Important Workplace Issue

Substance use disorders can develop as a result of workplace stress and harm both companies and their workers, with 15.8 million people who work and also have an addiction.⁹

Studies identify specific sectors as “high risk” for addiction, including the restaurant, food, and catering industry; transportation sector; and construction fields. Occupations of high status, including company directors, lawyers, and doctors, also have high alcohol and drug consumption rates.¹⁰

Signs of Substance Use Disorders

- Lack of attention to job tasks due to preoccupation with obtaining and/or using alcohol and drugs
- Increased accidents during the work week
- Cycles of increased energy, restlessness, and inability to sleep
- Abnormally slow movements, speech, or reaction time
- Increased irritability and agitation
- Unusual calmness or unresponsiveness
- Loss of interest in activities that were previously important
- Increased work absences or on-the-job accidents

SOURCES: “Drug Abuse and Addiction.” *Help Guide.org* Web site: http://helpguide.org/mental/drug_substance_abuse_addiction_signs_effects_treatment.htm. Accessed August 3, 2009 (Bullets 1-6); “The Impact of Addiction in the Workplace.” *Hazelden* Web site: <http://www.hazelden.org> (Bullet 7).

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Another big factor is losing a job or even the fear of possible job loss. Employment status appears to have an effect on drug use, as the rate of drug use was higher for those who were unemployed—at 19.6 percent—than for those who were employed full time—at 8 percent—among adults 18 or older.¹¹ Two of SAMHSA's 10 Strategic Initiatives are to promote the overall well-being and health of individuals, families, and communities and to boost employment opportunities for individuals, including those with mental illnesses and substance use disorders.

The resources at the end of this document will help anyone find information about recovery from substance use disorders. Those who are unemployed also should check their local newspapers and community job boards, as well as consult some recovery support services that are geared to people re-entering the workforce.

Addressing substance use disorders is important because of their many consequences:^{12, 13}

- **For workers,** substance use disorders result in deteriorating health, injury, disciplinary action at work, family problems, job loss, missing work, and/or on-the-job accidents.
- **For employers,** substance use contributes to increased costs, lower productivity, absenteeism, and loss of an advantage over the competition.
- **For the unemployed,** substance use disorders can prohibit them from finding a new job by distracting them from their job search.

Yet research shows that savings from investing in substance use disorder treatment exceeds the cost of this investment by a ratio of 12 to 1.¹⁴ **In addition, one company averaged \$426,000 in savings each year on mental health and substance use disorder treatment as a result of employees' participation in the company's employee assistance program.**¹⁵

Do your part by reaching out to your fellow employees and company leaders to emphasize positive ways to avoid substance use within the workplace.

Tips for Managing Employment-Related Stress

While some stress is normal, extreme stress interferes with your productivity and diminishes your physical and emotional health. It's imperative to find ways to keep your stress manageable. Fortunately, there are many productive ways for you and your colleagues to control and reduce stress and ultimately help combat the development of substance use disorders. These tips include:¹⁶

- **Taking responsibility for improving your physical and emotional well-being.** Exercising regularly, eating small but frequent meals throughout the day, avoiding nicotine, and keeping consistent sleeping patterns will help you manage workplace stress.

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- **Identifying habits and negative attitudes that add to the stress you experience at work.** Resisting perfectionism, filing and throwing away clutter, making to-do lists, and thinking positively about your work, co-workers, and accomplishments will save you time and cut stress at work.
- **Learning better communication skills to ease and improve your relationships with management and co-workers.** Creating a balanced schedule, not over-committing yourself, allowing extra time in your schedule so you aren't rushing, taking regular breaks throughout the day, and delegating responsibility will aid you in letting go of unnecessary stress. Planning team-building exercises such as team meetings or brown-bag lunch seminars will improve communication among your colleagues.

Get Your Employer Involved

If you notice stressed individuals in your office, encourage co-workers to have outside interests and hobbies such as volunteering, exercise, or art classes. Fostering a work environment that supports these extra-curricular activities should result in increased productivity, through a better balance between work and free time. Your company also may decide to offer seminars on managing stress or exercise classes, such as yoga during the workday, to combat stress.

In addition, to discourage overall use of alcohol and drugs among your employees, encourage your human resources department to develop a substance-free workplace program if one is not already established. This will improve worker safety and health and will add immense value to the company.

Relay the following tips on how to set up a comprehensive program and help your employer get started. The program should include five components—a written policy, a supervisory training program, an employee education and awareness program, an employee assistance program, and, if desired, a drug-testing program.¹⁷ Remember that no company can set up all of these initiatives at once, and that it may take multiple steps to install a successful program. Convey to your employer that the following steps will aid in setting up an alcohol- and drug-free program:¹⁸

- **Write a comprehensive policy.** The policy should outline where the company stands, what the company expects, and consequences that employees will face if the policy is violated. Companies should involve employees at all levels when developing this policy.¹⁹
- **Train supervisors.** As they are in direct contact with workers, supervisors will be able to detect performance issues that may indicate substance misuse. Companies should train them to recognize the signs of addiction and what they should do if they suspect someone has a substance use disorder. Also evaluate insurance coverage for treatment, and discuss prevention and education strategies during training sessions.

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- **Educate employees.** After training supervisors, companies should educate all employees about the drug-free workplace policy, emphasizing the consequences of misusing alcohol and drugs. The program should tell employees how to get help for substance use problems and inform employees about how these disorders affect not just the company directly through lost productivity and other issues, but also their personal lives.
- **Provide an employee assistance program.** Employee assistance programs (EAPs) are set up by companies to help their employees deal with a variety of issues, including substance use disorders, family difficulties, financial troubles, and emotional problems. EAPs have been shown to reduce accidents and absenteeism and raise productivity among workers.²⁰
- **Start a drug testing program,** if appropriate. As the final step of the process, consider whether the company should develop a drug testing program. If so, testing programs will need to meet legal or regulatory requirements, disability discrimination provisions, and collective bargaining agreements. Consulting a lawyer will ensure that the testing program is fair, accurate, and legally defensible. Also, review all federal regulations, as described under [The Drug-Free Workplace Act of 1988](#).²¹

Company leaders should contact SAMHSA's Drug-Free Workplace Helpline at 1-800-Workplace (967-5752) for model programs and guidance in setting up a new initiative. In addition, consult local telephone directories and other community resources for referral programs and services.

Resources for the Workplace

An extensive amount of information and resources can be found on the **Recovery Month** Web site at <http://www.recoverymonth.gov> and the SAMHSA Web site at <http://www.samhsa.gov>. Refer to the "Road to Recovery: Recovery in the Workplace" **television** and **radio** program to see the crucial role that employers play in the success of an individual's recovery from substance use disorders.

Employers and employees also can consult the following resources for additional treatment and recovery information:

- **SAMHSA's National Helpline** – Provides 24-hour free and confidential information and treatment referrals in English and Spanish by calling **1-800-662-HELP**, or 1-800-487-4889 (TDD).
- **SAMHSA's "Find Substance Abuse and Mental Health Treatment" Web site** – Contains resources about mental health, substance abuse, and treatment.

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- **SAMHSA's Division of Workplace Programs** – Provides guidance for employers on workplace drug-testing issues by calling 1-800-Workplace, or 1-800-967-5752.
- **SAMHSA's GetFit.SAMHSA.gov Web site** – Offers a range of information on workplace wellness issues, including combating problems with alcohol and drugs.
- **SAMHSA's Health Information Network (SHIN)** – Contains the latest information on the prevention and treatment of mental and substance use disorders.
- **The National Institute on Drug Abuse (Drug Free Workplace Programs)** – Provides information on research to significantly improve prevention, treatment, and policy as it relates to drug abuse and addiction.

For more information and organizations that can help provide treatment and other resources nationally or in your area, call 1-800-662-HELP or 1-800-487-4889 (TDD), or visit <http://www.samhsa.gov/treatment>. For additional *Recovery Month* materials, visit <http://www.recoverymonth.gov>.

Inclusion of Web sites and other resources mentioned in this document and on the *Recovery Month Web site* does not constitute official endorsement by the U.S. Department of Health and Human Services or the Substance Abuse and Mental Health Services Administration.

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Stress and Substance Use Disorders in Families

All families face challenges at some point. Common troubles include illness, death in the family, marital strain, financial problems, internal conflicts, and emotional or physical abuse.¹ These obstacles create stress that can contribute to increased alcohol and/or drug use. In addition, many families encounter problems at work or school that reverberate at home, compounding the problem.

To draw attention to this issue, the Substance Abuse and Mental Health Services Administration's (SAMHSA's) Center for Substance Abuse Treatment (CSAT), within the U.S. Department of Health and Human Services, celebrates **National Alcohol and Drug Addiction Recovery Month (Recovery Month)** every September. **Recovery Month** celebrates individuals and families in long-term recovery and acknowledges those who provide recovery services. This year's theme, **"Join the Voices for Recovery: Now More Than Ever!"**, underscores how stress in our society may contribute to or exacerbate alcohol and/or drug use, which can contribute to substance use disorders or relapse. This document discusses the prevalence and causes of substance use disorders among families, the effects of stress and substance use disorders on each family member, the benefits of recovery, and the variety of treatment and recovery options available for families across the country.

Prevalence and Causes of Substance Use Disorders Among Families

Substance use disorders affect families of every race, ethnicity, socio-economic status, and location. In 2008, an estimated 23.1 million people needed treatment for a substance use disorder within the past year in the United States.² These disorders affect not just one person, but also the person's entire family and close friends.

Alcohol and/or drug addiction is often a perpetual cycle among families.³ Children of parents who suffer from alcohol or drug addiction are four times more likely to develop a substance use disorder than those who weren't raised in that environment.⁴ **Also, 1 in 4 children under age 18 live in a home where alcohol misuse or alcohol addiction is hurting the family. Many thousands more live with parental drug abuse.**⁵

Stress contributes to the use of alcohol and/or drugs. Chronic emotional stress also can be caused by the addiction of a family member, creating often serious health and developmental consequences for children.⁶ Stress may also cause some people to relapse or turn to substance use for the first time as a way to cope.⁷ Individuals face a variety of stressful situations that impact the entire family, including:

- **Youth stress** — As children transition from their youth to adolescent years, they may misuse alcohol and prescription drugs as a response to stresses at school and at home.^{8,9} A SAMHSA study that connects violent behavior to substance use found that girls between 12 and 17 who were in serious fights were more likely to have used alcohol and/or drugs. As described in it's **10 Strategic Initiatives**, SAMHSA is working to reduce the behavioral health impacts of violence and trauma among youth.

- **Financial problems** – For families, not having enough money for necessities or neglecting to pay bills causes significant stress, which may contribute to increased alcohol and/or drug use.¹⁰ Another one of SAMHSA's 10 Strategic Initiatives is to reduce the barriers that homeless individuals and families experience when accessing programs that sustain recovery.
- **Marital problems** – Tensions between married adults cause stress within the whole family and play a role in substance use disorders. In fact, in families with a member who suffers from addiction, divorce is seven times more likely.¹¹
- **Health problems** – Health issues such as eating disorders, cancer, or chronic diseases are stressful on individuals and their family members and are also the result of growing up in the chronic emotional stress of addiction in the family.^{12, 13} People may develop substance use disorders as they cope with these stressful problems. For example, substance use disorders have been reported in up to 55 percent of people with bulimia and 23 percent of people with anorexia.¹⁴ **In addition, among adults over age 18 with serious mental illness, 25.2 percent, or 2.5 million people, were dependent on alcohol or illicit drugs in 2008.**¹⁵
- **Emotional abuse or violence** – Abuse or violence within a family causes stress, and often contributes to alcohol and/or drug use either at the time of abuse, or later in an individual's life. **Additionally, more than 50 percent of spousal and child abuse stems from alcohol and/or drug use.**¹⁶

Effects of Substance Use Disorders on the Family and the Benefits of Recovery

The stress of substance use disorders can have physical, emotional, social, and spiritual consequences on individuals and their families. Specifically, a parental substance use disorder greatly affects his or her children. Children who grow up in this environment experience feelings of guilt, shame, anger, or isolation throughout their lives.¹⁷ Additionally, parents with a family history of addiction may have trouble establishing healthy and productive habits within their own families.¹⁸

If highly stressful family situations persist, they can have an adverse impact on a child's development and dangerous health consequences for the family and friends of the person with the substance use disorder.¹⁹ This emotional stress can affect their mood, appetite, and sleep cycles. In addition, it may ultimately lead family members to develop chronic anxiety, depression, or their own addiction.²⁰

In these situations, parents and children are encouraged to seek help. Call SAMHSA's National Helpline at **1-800-662-HELP**, or 1-800-487-4889 (TDD), for 24-hour free and confidential information and treatment referrals in English and Spanish, or visit SAMHSA's "Find Substance Abuse and Mental Health Treatment" Web site at <http://www.samhsa.gov/treatment>. Use the *Psychology Today* Web site and the National Board for Certified Counselors Web site to help find a certified counselor in your area. Children and youth can consult a school social worker or student assistance counselor who is trained to provide support to young people living with addiction in the family. Creating communities that focus on the prevention of mental illness and substance abuse for children, youth, families, and other community members is another of SAMHSA's 10 Strategic Initiatives.

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Fortunately, after treatment, individuals recognize that addiction is a chronic brain illness and they develop healthy coping skills to more effectively deal with stress.²¹ Seek help for your entire family if one person suffers from a substance use disorder, so that everyone can heal. Family therapy helps those affected by a loved one's addiction identify and resolve their problems. Through education and guidance, participants learn they can't control their loved one's addiction, but they can take accountability for their own health.²²

Family-oriented treatment programs and support groups are widely available and effective. In two surveys of individuals who participated in family treatment programs:

- **82 percent** reported much improved mental health and well-being.²³
- **73 percent** reported a greater ability to function at home, school, or work.²⁴
- **68 percent** of women who stayed in comprehensive treatment longer than 3 months were able to remain alcohol and drug free, compared with 48 percent who left treatment within the first 3 months and did not remain alcohol and drug free.²⁵

In addition to treating the addiction, family therapy helps confront other stressful issues within the family, such as youth stress, marital problems, and health problems.²⁶



Irene Garza
M.S.W.
Detroit, MI

My problem was not any specific substance—it was the disease of addiction. I began using at the young age of 11 to escape the pain of long-term abuse. My life was painful; addiction and violence were rampant in my family. But today I am so grateful to have been given the gift of recovery. I have not used any mind- or mood-altering chemicals for the past 24 years.

I was in and out of treatment centers for several years before I came into contact with others who were “just like me” and was finally able to hear the message of recovery. I began attending 12-step groups and have never looked back. Recovery for me means that I have a life that was not even imagined while I was using. The cycle of addiction in my family has been broken. What this means is that my children, ages 18 and 11, have never known me as a mom with a substance use disorder. They know me as a loving, caring, and compassionate person.

I have had so many wonderful experiences on this journey and I could not possibly mention them all. I will say that I have obtained my master's in social work and have worked in this field for many years. I am involved in the community and take the responsibility to relay the message of recovery to individuals suffering from substance use disorders very seriously. I am a homeowner, have traveled, and have done many other things that I couldn't have done if I wasn't in recovery. However, the most important gifts to me are the internal ones: my self esteem, self worth, integrity, self respect, and acceptance of self. This was unimaginable in my “other life.”

Stress Relief Tips for Family Members

- Exercise regularly
- Learn to delegate responsibilities
- Allot extra time in your schedule
- Take periodic breaks
- Point out the positives

SOURCE: “Stress and Anxiety.” *The New York Times Health Guide*: <http://health.nytimes.com/health/guides/symptoms/stress-and-anxiety/treatment.html>. Accessed August 10, 2009.

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How to Get Help for Yourself, Your Family, and Others

A variety of options are available to help facilitate recovery. An abundant amount of information and resources exists on the **Recovery Month** Web site at <http://www.recoverymonth.gov>, including the “*The Social Services System: Supporting Treatment and Recovery for Individuals and Families*” television and radio program. This program examines ways in which social services effectively deliver assistance to those in need, including children and families with substance use disorders.

Family members and friends can find supplementary treatment and recovery information through the following resources:

- **SAMHSA's National Helpline** – Provides 24-hour free and confidential information and treatment referrals in English and Spanish by calling **1-800-662-HELP**, or 1-800-487-4889 (TDD).
- **SAMHSA's “Find Substance Abuse and Mental Health Treatment” Web site** – Contains resources about mental health, substance abuse, and treatment.
- **Mental Health America** – Dedicated to preventing mental and substance use conditions through advocacy, education, research, and service.
- **Al-Anon/Alateen Family Groups** – Provides support groups for families and friends of people with alcohol problems.
- **Nar-Anon** – Provides a community for family members to share experiences related to substance use disorders.
- **National Association for Children of Alcoholics** – Provides information and educational materials for children and families of people with alcohol or drug problems, as well as for treatment professionals.
- **Adult Children of Alcoholics** – Offers a 12-step program for women and men who grew up in alcoholic or otherwise dysfunctional homes.
- **Alliance for Children and Families** – Provides services to the nonprofit child and family sectors, and economic empowerment organizations.
- **National Asian Pacific American Families Against Substance Abuse, Inc.** – Involves service providers, families, and youth to promote health and social justice and address the alcohol, tobacco, and other drug issues of Asian and Pacific Islander populations.

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- **National Association of Public Child Welfare Administrators** – Represents administrators of State and local public child welfare agencies, bringing an informed view of the problems facing families today to the formulation of child welfare policy.
- **Teen Challenge International** – Provides youth, adults, and families with effective and comprehensive faith-based solutions to life-controlling alcohol and drug problems.
- **White Bison** – Conducts education, training, and development focused on Native American recovery communities on reservations and in urban areas.

If you have lived through your own or a loved one's addiction and have worked through recovery, help educate others about the risks of substance use disorders and the benefits of treatment and recovery. Throughout the year and this September during **Recovery Month**, join thousands of families across the Nation to celebrate those in recovery and endorse treatment for those in need by:

- **Finding** ways to lighten the mood when times are stressful. For example, go for a walk or bike ride, or schedule a family game night to spend quality time with your family.
- **Sharing** your personal experience with friends, extended family, colleagues, and the community. Explain how stress can take a heavy toll on the family, but those suffering from addiction can recover and lead productive lives.
- **Working** with a local organization to plan a **Recovery Month** event at your office, in your community, or in your school. Use the event to celebrate people in recovery and educate others about how to get help.

For more information and organizations that can help provide treatment and other resources nationally or in your area, call 1-800-662-HELP or 1-800-487-4889 (TDD), or visit <http://www.samhsa.gov/treatment>. For additional *Recovery Month* materials, visit <http://www.recoverymonth.gov>.

Inclusion of Web sites and other resources mentioned in this document and on the *Recovery Month* Web site does not constitute official endorsement by the U.S. Department of Health and Human Services or the Substance Abuse and Mental Health Services Administration.

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Development of Substance Use Disorders in Older Adults

From graduating high school, to landing your first job, to raising and supporting a family, life changes cause varying levels of stress. Although stress occurs at any age, older adults face distinct challenges as they transition to new stages in life. For some, this stress may contribute to a substance use disorder or a relapse in substance use after periods of abstinence.¹

For more than 20 years, **National Alcohol and Drug Addiction Recovery Month (Recovery Month)**, sponsored by the Substance Abuse and Mental Health Services Administration's (SAMHSA's) Center for Substance Abuse Treatment (CSAT), within the U.S. Department of Health and Human Services, has educated the public about addiction and recovery issues. The celebration encourages all people to seek treatment for substance use disorders, lauds individuals and families in long-term recovery, and acknowledges those working in the field who provide recovery services. This year's theme, **"Join the Voices for Recovery: Now More Than Ever!,"** emphasizes the elevated levels of stress that individuals face today due to an array of circumstances, and how this stress can contribute to alcohol and/or drug use, substance use disorders, or relapse.

This document outlines the rate of substance use disorders among older adults, the effects that substance use has on your loved ones, the symptoms to look for, and tips for helping older adults who suffer from addiction.

Prevalence of Substance Use Disorders Among Older Adults

Substance use disorders have become more prevalent among middle aged and older adults and continue to become a greater public health issue as the baby boomers reach retirement age. **Among people ages 50 to 59, reported use of illicit drugs has nearly doubled since 2002.**² The baby boomer generation is predicted to have substance use disorders at a higher rate than other groups because:^{3,4}

- It was the first generation to engage in widespread recreational use of illicit drugs.
- It was the first generation where a wide variety of prescription medications were readily available.
- It is one of the *last* generations for which treatment and recovery is not perceived as socially acceptable.

In addition, individuals face unique stressful situations as they age that can contribute to substance use. They may encounter a jolting change of pace upon retirement, loss of a spouse or child, financial worries, health concerns, loss of control and independence, or poor social support networks.⁵

People become more sensitive to the effects of substance use as they age. Due to physiological changes associated with aging, 3 drinks may affect an older adult more heavily than someone in his or her early twenties.⁶ Older adults have also been known to misuse substances both deliberately, due to increased stress and pain, and inadvertently, by mixing medications or taking them with alcohol or for purposes not originally prescribed by a doctor.

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Older adults respond to alcohol and drugs differently depending on the medications they're taking and their general health. This can cause significant problems. For example:

- **50 percent** of older adults in assisted living homes have an alcohol problem.⁷
- **26 percent** of assisted living home residents have misused prescription drugs.⁸
- **70 percent** of older adults' hospital admissions are for illness and accidents related to alcohol.⁹

When an older person visits a doctor or hospital, addiction problems are often overlooked. Only 1 percent of doctors correctly diagnose alcoholism in women over 60.¹⁰ In addition, 10 percent of patients over 60 who are diagnosed with Alzheimer's disease are actually suffering from brain damage caused by alcoholism.¹¹

Substance use among older adults is a problem that needs to be addressed. Avoiding the misuse of alcohol and medications contributes to lower rates of illness and disability among older adults.¹²

Effects of Substance Use Disorders on Older Adults

Older adults who suffer from addiction are more likely to have their health deteriorate at a greater rate than those who don't have substance use disorders. Additionally, their mental health significantly declines, and they lose their ability to live independently much earlier than the average older adult.¹³

Adults who drink excessive amounts of alcohol or use drugs put themselves at a greater risk of serious problems such as stroke, cardiovascular disease, liver disease, neurological disease, poor diabetes control, and osteoporosis. **In addition, older adults**

are more likely to have health problems that are increased or exacerbated by alcohol, including high blood pressure, memory loss, and mood disorders.¹⁴

Medication Tips for Older Adults

- Keep track of what medications you take on a daily basis and when you take them.
- Ask your doctor if you can safely drink alcohol while taking your medication.
- Read and follow the directions for your medication. Be careful not to take more than the recommended dose.
- Talk to a friend, family member, or health care professional if you are concerned.
- Do not take medication for other purposes than intended.

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Symptoms to Look for in Older Adults

Addiction in older adults may be difficult to detect if they live alone. Friends and family may not consider substance use problems as the issue, and may think that their loved one suffers from depression, memory or thinking problems, or anxiety.¹⁵

Although alcohol and/or drugs have varied effects on an individual's overall physical and mental health, the basic patterns are similar. Symptoms of a substance use disorder in older adults include:¹⁶

- Observable changes in sleep patterns and unusual fatigue
- Changes in mood
- Jerky eye movements
- Seizures
- Unexplained complaints about chronic pain or vision problems
- Poor hygiene and self-neglect
- Unexplained nausea or vomiting
- Slurred speech

Fortunately, abstaining from substance use can improve many health conditions in older adults. If your loved one possesses several of these warning signs, encourage him or her to seek help from a doctor or treatment program. In some cases where the person is not capable, you may need to serve as the liaison between your loved one and his or her health care provider. Please refer to the next section for resources to help an older adult get treatment.

Getting Help for an Older Adult

Speak with your loved ones, young and old, if you think they may have a substance use disorder. Use the following tips when speaking with older adults regarding specific addiction and treatment options:¹⁷

- **Talk about your worries** about their substance use when they are alert.
- **Share information** regarding the effects of alcohol and/or drugs on their health.
- **Ask to go to doctor's visits** with them or contact the doctor yourself, if appropriate.
- **Suggest** alcohol- and drug-free activities.
- **Encourage counseling** and offer to drive them to and from these meetings.
- **Be supportive**, invite them, and encourage them to spend time with family and friends, attend family gatherings, and participate in extracurricular activities.

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Dan Cain
Minneapolis, MN

After my wife and children, preserving the gift of recovery for those who continue to struggle is the number one priority in my life. I am lucky that I've been able to give back since I first found a path to recovery after being paroled from prison in 1972.

Prior to that, I had spent the better part of 10 years progressing along a continuum that began with alcohol abuse, and culminated with heroin addiction. At 24 years old, I did not find recovery, recovery found me. After five previous treatment attempts, I entered a long-term therapeutic community.

After a decade of abuse, isolation and pain, I found a community that was unlike any I had experienced at any time in my life. That community gave me acceptance, accountability, and ultimately salvation. It allowed me to become someone I actually like most of the time. It allowed me to find a beautiful wife and father three beautiful, healthy children. And it allowed me to give back some of what I have been given.

Since 1985, I have been the director of that same program that helped me. In that time it has grown exponentially, and we now serve some 1,200 people per day in addiction treatment housing and community corrections programs.

The initial treatment of addiction in older adults may require more intensive medical support than younger patients need, but ultimately older adults succeed in treatment more than any other age group.^{18,19} In-patient treatment plans, mutual support groups, or partial hospital or day treatment programs might be appropriate for this group, especially because they encourage the interaction older adults may lack.²⁰

Although it may be difficult to confront your loved one, remember that recovery is possible. There are a variety of resources available on the **Recovery Month** Web site at <http://www.recoverymonth.gov> and the SAMHSA Web site at <http://www.samhsa.gov> for individuals seeking treatment and recovery. In addition, refer to the following resources geared toward older adults, including:

- **SAMHSA's National Helpline** – Provides 24-hour free and confidential information and treatment referrals in English and Spanish by calling **1-800-662-HELP**, or 1-800-487-4889 (TDD).
- **SAMHSA's "Find Substance Abuse and Mental Health Treatment" Web site** – Contains resources about mental health, substance abuse, and treatment.
- **SAMHSA's "As You Age" Web site** – Offers information and resources on medications and alcohol misuse for older adults.

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- **Administration on Aging** – Helps elderly individuals maintain their health and independence in their homes and communities.
- **National Institute on Aging Information Center** – Provides research, training, health information, and programs relevant to aging and older adults, and includes an “Older Adults and Alcohol” brochure, coauthored by the National Institute on Alcohol Abuse and Alcoholism (NIAAA), with information on substance use.
- **AARP** – Provides a wide range of unique benefits, special products, and services for the 50+ population, including the 76 million strong baby boom generation.
- **Eldercare Locator** – Helps older individuals and their families access an array of home and community-based services.
- **Aging and Addiction Web site** – Provides resources for older adults who need help for addiction.
- **National Council on Patient Information and Education** – Works to improve communication of information on appropriate medicine use to consumers.

If you know an older adult who previously suffered from a substance use disorder, help raise awareness of this little-known issue in your community. Educate people about the importance of treatment and recovery by:

- **Reminding** older adults to ask their doctors to review the warning labels, directions, and possible side effects of taking all drugs they are being prescribed.
- **Volunteering** at adult living facilities and sharing information with residents and staff regarding the effects of alcohol and drugs on seniors' health.
- **Working** with a local organization to plan a **Recovery Month** event at a local mall, senior center, or retirement facility in your community. Use the event to celebrate people, especially older adults, in recovery and educate others about how to get help.

For more information and organizations that can help provide treatment and other resources nationally or in your area, call 1-800-662-HELP or 1-800-487-4889 (TDD), or visit <http://www.samhsa.gov/treatment>. For additional *Recovery Month* materials, visit <http://www.recoverymonth.gov>.

Inclusion of Web sites and other resources mentioned in this document and on the *Recovery Month Web site* does not constitute official endorsement by the U.S. Department of Health and Human Services or the Substance Abuse and Mental Health Services Administration.

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new media glossary

New media, also known as social media, facilitates online communication, as well as idea and content sharing. New Web tools have made it easier for people with similar interests to interact with each other, and the recovery community should take advantage of these opportunities by learning how to use these tools.

The following glossary is offered to help you promote **National Alcohol and Drug Addiction Recovery Month (Recovery Month)**, as well as the effectiveness of treatment and the possibility of recovery online. Sponsored by the [Substance Abuse and Mental Health Services Administration's \(SAMHSA's\) Center for Substance Abuse Treatment \(CSAT\)](#), within the [U.S. Department of Health and Human Services](#), **Recovery Month** reaches countless people in the recovery community and treatment and recovery field, including local organizations and individuals who participate online.

To help you reach these audiences and engage the online community, review the following glossary for background information on key online terms:

Blogs – User-generated Web sites, short for “Weblogs,” which give online users an opportunity to share news or opinions on a particular subject, such as a person’s success in achieving recovery as well as the hardships of untreated addiction.

Discussion Board (or Forum or Message Board) – Contains conversations, or threads, which are made up of multiple posts about specific topics. Members of the recovery community have started discussion board communities to find support, such as [The Second Road](#), [The Sober Recovery Community](#), and [In the Rooms](#).

Facebook – A social networking site where people create an online profile and “friend” people based on similar interests, location, and other details. Join **Recovery Month's** [fan page](#) and engage others in the ongoing dialogue. You also can create a group for your coalition and invite people to join.

Flickr – A popular site for photo sharing, storage, and searching. Search for photos of other events to post in your office, get ideas from other events’ visuals, or find members for your coalition.

Google Blog Search – Offers a continuously updated search index. Results include blog posts and can be viewed and filtered by date.

Micro-blogs – Brief text updates, photos, or audio clips from users. (See [Twitter](#).)

MySpace – Allows users to create profiles and connect with people who have similar interests. Try searching for a local band and invite it to play at your **Recovery Month** event, or find others in recovery to speak at your event.

Podcast – A digital media file that can be downloaded through Web syndication and played back on a mobile device or computer. **Recovery Month** offers a large selection of [audio and video podcasts](#) that you can promote on your own Web site. A video podcast, or online delivery of a video clip, also can be referred to as a vodcast.

resources

Really Simple Syndication (RSS) or Web Syndication – Enables users to avoid constantly refreshing their favorite Web pages to check for updates. An RSS reader, such as [Google Reader](#), collects individual posts from blogs and news sites, and presents them as they arrive. Set up a feed to receive the latest news and blog posts from the recovery community in your inbox.

Social Network – Links individuals based on similar interests, beliefs, or relationships. Use these social networks to build a coalition that spans communities across the country. (See [Facebook](#), [Myspace](#), or [Flickr](#).)

Technorati – Designed primarily for searching blogs and ranking their reach and influence. For example, if you search for “alcohol and drug recovery,” you’ll find more than 700 hits.

Twitter – Allows its users to send text-based posts of a maximum of 140 characters to their profiles. These posts are then sent to other Twitter members who have subscribed to a user’s feed. Search Twitter for other people who are “tweeting” about their **Recovery Month** events or talking about their personal recovery experiences.

Viral Marketing – Using the Internet to brand a campaign or product. **Recovery Month** is doing this through [Facebook](#), [Twitter](#), and [YouTube](#).

Widget – An online tool added to Web sites that displays or shares information from various sources. Instructions for adding the **Recovery Month** widget to your blog or site are available at <http://www.recoverymonth.gov>.

Webcast – A file that streams over the Internet to allow people everywhere to tune into your coalition-building meeting or event. **Recovery Month** presents *The Road to Recovery Television and Radio Series* that features panels of nation-wide experts in the field of treatment and recovery available for online viewing.

Wikipedia – A community-researched encyclopedia with over 10 million entries and 77 million monthly visitors. The site is community oriented and anyone can update entries. Organizations are discouraged from editing their own entries, as it is seen as counter to best practices.

YouTube – Promotes online video-sharing for users to post videos they’ve created. Users create their own channels that host all their videos and allow others to find them based on related interests. Check **Recovery Month’s** [channel](#) often and post a video of your own!

Inclusion of Web Sites and other resources in this document and on the [Recovery Month Web site](#) does not constitute official endorsement by the U.S. Department of Health and Human Services or the Substance Abuse and Mental Health Services Administration.

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online voices

Online Voices for Recovery

People and organizations use the Web to communicate about addiction and recovery throughout the year, as well as during **National Alcohol and Drug Addiction Recovery Month (Recovery Month)** each September. During this year's **Recovery Month** and beyond, learn how people discuss substance use disorders online so you can participate in the online conversation.

To complement other toolkit materials, this guide provides tools and resources to help you:

- **Understand** what online resources are available; and
- **Determine** the most effective ways you can contribute online.

Use these resources to promote this year's **Recovery Month** campaign theme, **"Join the Voices for Recovery: Now More than Ever!"**, which aims to reach people who are susceptible to alcohol and/or drug use during times of stress. Your online activities can support one of the **Substance Abuse and Mental Health Services Administration's (SAMHSA's) 10 Strategic Initiatives** to increase the understanding of mental illness and substance use disorder prevention and treatment services. (Visit <http://www.samhsa.gov> and click on "About Us.")

TOOLKIT TIP

To learn about specific social media Web sites, refer to the **"New Media Glossary"** on the **Recovery Month** Web site at <http://www.recoverymonth.gov>. For ways to reach out to your local community, refer to the Media Outreach section also on the Web site.

Understand the Online Space

You may find three different types of information online about substance use:

- **Current research** and publications about substance use disorders, treatment, and recovery.
- **News or discussion** about prominent people with addiction or who are in recovery. You may even find coverage about **Recovery Month** events in your own community.
- **Firsthand accounts** from people who have (or know someone who has) successfully achieved long-term recovery, as well as others who have grown up with a parent with an addiction. These voices give realistic and honest perspectives about substance use disorders and the hope of recovery.

Addiction can be a sensitive issue for many, even for those who choose to discuss it in such a public forum as the Internet. Before you engage in any discussion online, please keep these tips in mind:

- **Respect privacy** – In some cases, you may know who is writing a piece online, especially if it is on a newspaper's Web site or by a well-known blogger whose identity is public. But if it is a personal blog or a message board, you may not be able to identify the writer. The online world can reinforce the anonymity traditions of many mutual support groups and offer a familiar, comforting outlet for people in recovery and for their impacted family members. Keep this in mind when speaking about or to anyone online.
- **Analyze your contribution** – Many people use the Internet because it is non-confrontational and they can openly discuss their problems. Extensively review the forum or blog you want to contribute to before you weigh in. Identify your strengths as an organization or individual, such as strong knowledge of treatment and recovery options, and the resources you offer to ensure that your input is well received by other readers and participants.

How to Engage

Many resources help locate sites where conversations occur. In addition to the many resources available at the **Recovery Month** Web site, <http://www.recoverymonth.gov>, there are tools to help you locate specific conversations on blogs and message boards. Some blog search engines to try are:

- **Google Blog Search**, which you can search by date and relevance at <http://blogsearch.google.com>. Use it to see what bloggers are discussing about a specific topic, such as addiction or recovery. Understanding what the blogger writes about, especially what is discussed in his or her latest blog post, is important if you want to develop a relationship with that writer.
- **Blog Pulse**, which you can search by date and relevance at <http://www.blogpulse.com>. Use it to create a graph that plots the amount of online conversations taking place about a specific topic related to addiction. This will help you identify ways to positively contribute to this conversation.

Once you are ready to offer your input online, follow these steps:

Connect on social networks. Social networking Web sites, such as Facebook, accessible at <http://www.facebook.com>, and Twitter, accessible at <http://www.twitter.com>, are a great way to connect with people and are free to join. Use them to share your story and resources. Be sure to get permission from individuals before posting their names and/or photos online. **Recovery Month** has a strong online presence through its Facebook fan page at <http://www.facebook.com/RecoveryMonth>, YouTube channel at <http://www.youtube.com/RecoveryMonth> and Twitter account at <http://www.twitter.com/RecoveryMonth>. Below are some additional tips for using social networks.

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- **Facebook** – In addition to actively participating in **Recovery Month's** Facebook page, you can use the site in other ways. If you or your organization already has a Facebook page, make sure to post information about your event or activities on your wall and continue to update your page as **Recovery Month** gets closer. Also, create a separate event page to allow you to invite others to RSVP for your activities and see who else is attending.
- **YouTube** – A short video (two minutes maximum) is a fun and interactive way to promote your event or organization online. Be creative! Film your **Recovery Month** activities or discuss recovery or your organization. Be careful when using copyrighted materials including music; many songs and movie clips require gaining the rights to use them and it is illegal to use them without permission. When in doubt, stick to original material.
- **Twitter** – This real-time, short-messaging service allows you to spread the word about your event and organization in several ways. Using your organization's Twitter account (create one by going to <http://www.twitter.com> and clicking "Sign Up Now"), you can send messages about your event in short messages (140 characters or less) that can be easily "retweeted" (or resent) by other users who forward something you have tweeted. Use the hashtag **#RecoveryMonth** or create another hashtag for your activities that will allow users to easily search for what you and others are saying about this. Hashtags, which use "#" and a key phrase, are used in messages to collect conversations about a specific topic. It's also best to tweet frequently to keep the interest of those who follow your updates.

Connect on message boards and blogs using the following tips:

- **Comment on other people's blog posts** and let them know that there are resources available to help them; direct people to <http://www.recoverymonth.gov>.
- **Offer resources and support.** Treatment and recovery services are sometimes offered online, and anonymous users may post messages about how their recovery is going. Respond with words of encouragement or other helpful information and resources you may know. Let them know about **Recovery Month activities** and ways to get involved to further the campaign's reach.
- **Participate regularly in message boards** about addiction and recovery and offer resources and tips from your own or your organization's expertise.
- **Create your own blog** about your daily work, **Recovery Month activities**, any coalition work, or even your own experiences with alcohol and drug addiction, treatment, and recovery.

If you decide to start a blog, keep in mind that:

- **Blogging requires a large commitment.** Creating and maintaining a successful blog requires a considerable commitment. Coming up with fresh and new content and posting it at regular intervals is key to a blog's success. If you don't think you will be able to post a new entry on most days, your time might be better spent participating in other conversations, rather than starting your own.

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- **Many similar blogs already exist.** Many people or organizations start a blog because it is a well-known online communications tool. Before you embark on adding your point of view, do some research to make sure that your point of view will be unique and there is an audience for what you will discuss.

To help you start your own blog, there are many Web sites that you can consult, such as Wordpress, accessible at <http://www.wordpress.com>, or Blogger, accessible at <http://www.blogger.com>. Once you name your blog and start to post, use social networking Web sites to promote it. You can also add the **Recovery Month** Events Widget, accessible at <http://www.recoverymonth.gov/Community-Events/Events-Widget.aspx>, to promote your specific event or all **Recovery Month** events on your blog or Web site. A widget is an online tool added to Web sites that displays or shares information from various sources. Instructions on adding the widget to your blog and customizing it are available on the **Recovery Month** Web site.

The Next Step

Use the “**New Media Glossary**” located on the online version of this toolkit to find Web sites and resources that will help you educate people about **Recovery Month** and its many messages.

Continue to visit the **Recovery Month** Web site, <http://www.recoverymonth.gov>, to see what new resources are available to help you connect online. Keeping ahead of the trends will make you even more Web savvy as you promote your **Recovery Month** activities and raise awareness about addiction and recovery.

Inclusion of Web sites and other resources mentioned in this document and on the [Recovery Month Web site](#) does not constitute official endorsement by the U.S. Department of Health and Human Services or the Substance Abuse and Mental Health Services Administration.

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community coalitions

Building Community Coalitions

Coalitions are an alliance of people representing diverse organizations who agree to work together to achieve a common goal. Bolster your **National Alcohol and Drug Addiction Recovery Month (Recovery Month)** campaign by creating a coalition to promote educational resources about addiction, treatment, and recovery. Conduct comprehensive research to find groups and individuals across the country who share your mission. To unite and educate more people, expand the reach of your coalition beyond just your local community through social networking tools.

Sponsored by the Substance Abuse and Mental Health Services Administration's (SAMHSA's) Center for Substance Abuse Treatment (CSAT), within the U.S. Department of Health and Human Services, this year's **Recovery Month** campaign focuses on reaching audiences that are susceptible to alcohol and/or drug use in times of stress. Millions of Americans of every age, race, gender, ethnicity, socio-economic status, and community suffer from substance use disorders. With online and community support, you will reach these groups, faster, easily, and more conveniently.

How to Begin

Coalitions unite leaders who represent different constituencies, such as elected or appointed officials and business, educational, health services, social, and religious groups. They bring together organized grassroots groups and people with a shared interest in achieving a mutual goal or need.

Participate in coalition activities by:

- Building one on your own if there is no active coalition that meets your needs; and
- Joining and supporting the **Recovery Month** efforts with a community coalition that already exists.

Creating a new coalition provides you with more extensive control and the ability to implement your own vision. On the other hand, uniting with an existing coalition will save upfront planning time, allowing you to quickly enhance existing efforts to celebrate **Recovery Month**. Remember that joining coalitions that have different goals from your own may be useful. For example, partnering with a coalition focused on anti-drinking and driving offers a significant opportunity for your organization to branch out if this is not an area you currently address. It is beneficial to continue your coalition after your **Recovery Month** event concludes to build stronger resources and connect available services to those in need.

Refer to the following tips to create a coalition in line with the goals of **Recovery Month**:

- **Decide specifically what issues related to substance use disorders you want to address.** How are these problems being handled? For example, are there treatment and recovery resources in your community that address the specific needs of various populations, such as veterans, public safety officials, older adults, and families?

- **Determine what resources are already available and what groups are currently involved online, in your community, and nationwide. Compare that with your goals and resources.** Consider people in the public and private sectors who might make influential and positive contributions to your **Recovery Month** coalition. Find organizations to partner with, such as prevention, treatment, and recovery services, law enforcement, and other social and educational agencies. Other organizations that have the resources and expertise needed to build a successful coalition around substance use disorders include:

- Adult independent living communities
- Alcohol and drug treatment centers and clinics
- Child welfare organizations
- Family therapist groups
- Foundations and volunteer groups
- Government officials and agencies
- Health-related organizations
- Mental health organizations
- National and local media outlets
- Post-traumatic stress disorder support groups
- Private companies/businesses
- Recovery bloggers
- Recovery support groups or people in recovery
- Schools, universities, and educational centers
- Unemployed support groups
- Veterans' associations
- War support groups

For a coalition to be most effective, each member must be committed to the mission and work collaboratively—this is much easier with online collaboration tools. This way, people with similar goals can work together remotely, rather than at the same location. Research all organizations before you invite them to join your coalition to be sure their missions align with yours. It is important that the relationship is mutually beneficial, not one-sided.

- **Recruit members to the coalition.** Contact your potential coalition allies and invite them to be a part of your coalition, or ask if they are already involved with one that you could join. Be sure to reference any existing connections you may have with members of their organizations. Use the following tools to build your coalition from the ground up:

- Social media, such as Facebook (<http://www.facebook.com>), MySpace (<http://www.myspace.com>), or Twitter (<http://www.twitter.com>)
- Email
- A Web site encouraging people to join
- Virtual meetings
- Online services that can organize meetings simultaneously across the country, such as <http://www.meetup.com>

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When you recruit people to participate in your effort, have something substantive to show them, describe your mission, and ensure they have a specific role in the coalition.

- **Confirm the coalition participants** and evaluate whether you have included a diverse panel of organizations that work with different groups in the community. Participation commitments can be informal verbal agreements or formal written contracts among the members, depending on the scope of the collaboration. For the coalition to be successful, keep in mind these guidelines:
 - Be respectful of time commitments.
 - Allow all members to have an active role in decision making.
 - Set priorities and goals.
 - Agree on a communication process, and who will be responsible for maintaining it.
 - Communicate and meet regularly.
 - Prepare a budget for your activities and decide who will manage it.
 - Have a main contact person to coordinate all members.
 - Decide how you will determine the coalition's leadership early in the coalition's development.

A solid leadership team needs to oversee the coalition and ensure the efficient and timely execution of the coalition's plan, while fostering communication and a clear sense of the coalition's direction.

- **Grade your coalition and celebrate its successes.** See <http://www.cadca.org/resources/detail/evaluation-primer> for tools to assess the effectiveness of your collaborative partnership efforts.

Successful Partnerships to Model

Community coalitions have helped combat addiction for years. The **Recovery Month** observance has its own coalition made up of the **Recovery Month** Planning Partners. Organized in 1997, the Planning Partners are a coalition of more than 130 groups in the addiction, treatment, and recovery field. The group meets quarterly to determine goals and set priorities for **Recovery Month** every year. For a list of the **Planning Partners**, refer to the "Resources" section of this toolkit.

Additionally, the Office of National Drug Control Policy (ONDCP) and the U.S. Department of Justice fund hundreds of community partnerships throughout the country. In 2007, the **Community Anti-Drug Coalitions of America** (CADCA) estimated that there were more than 5,000 operational anti-drug coalitions in the United States.

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resources

The following are addiction and other health-related coalition examples that will help guide you in the coalition-building process:

- **Mental Health America of Indiana** – Accessed at http://www.mhai.net/MHAI_page.htm, this organization promotes the mental health and recovery of all Indiana citizens through educational programs to increase public understanding and acceptance of people with a mental illness and addiction.
- **Addiction Coalition** – Accessed at <http://www.addictioncoalition.org>, this coalition is committed to stopping addiction in Central Alabama by raising community awareness and accelerating communication among professionals fighting addiction.
- **Ohio Citizen Advocates** – Accessed at <http://www.oa-ohio.org/MailingList.asp>, this group works to eliminate the stigma and discrimination associated with alcohol and other drug addiction by educating the public that addiction is a preventable, treatable medical illness.

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Recovery Month Coalition Resources

Alcoholism and Substance Abuse Providers of New York State

This nonprofit membership association consists of coalitions, programs, and agencies throughout New York State that provide substance use disorder prevention, treatment, and research.

518-426-3122

<http://www.asapnys.org>

Community Anti-Drug Coalitions of America (CADCA)

This national organization builds and strengthens the capacity of community coalitions to create safe, healthy, and drug-free communities. The organization supports its members with technical assistance and training, public policy, media strategies, conferences, and special events.

800-542-2322

<http://www.cadca.org>

Faces & Voices of Recovery

This national recovery advocacy organization mobilizes people in recovery from addiction to alcohol and other drugs, families, friends, and allies in campaigns to end discrimination and make recovery a reality for even more Americans.

202-737-0690

<http://www.facesandvoicesofrecovery.org>

National Association for Children of Alcoholics (NACoA)

*This national family recovery organization has members and affiliate organizations throughout the country who initiate or support **Recovery Month** activities in their local communities. NACoA provides its members with information, tools, and strategies to support recovery for children and families impacted by addiction.*

888-55-4COAS (2627)

301-468-0985

<http://www.nacoa.org>

National Council on Alcoholism and Drug Dependence, Inc. (NCADD)

Founded in 1944, this organization is dedicated to increasing public awareness and understanding of the disease of alcoholism and drug dependence. NCADD and its national network of State and local affiliates provide education, prevention, information/referral, intervention, treatment services, and advocacy, and have helped hundreds of thousands of individuals and families into recovery.

800-NCA-CALL (622-2255) (Hope Line)

212-269-7797

<http://www.ncadd.org>

National Inhalant Prevention Coalition (NIPC)

This public-private effort promotes awareness and recognition of the under-publicized problem of inhalant use. The coalition serves as an inhalant referral and information clearinghouse, stimulates media coverage about inhalant issues, develops informational materials and a newsletter, provides training and technical assistance, and leads a week-long national grassroots education and awareness campaign.

800-269-4237

423-265-4662

<http://www.inhalants.org>

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planning partners

Planning Partners

The following organizations are partners involved in planning **National Alcohol and Drug Addiction Recovery Month (Recovery Month)** activities in conjunction with the U.S. Department of Health and Human Services' Substance Abuse and Mental Health Services Administration's (SAMHSA's) Center for Substance Abuse Treatment. You are encouraged to ask local and national organizations to collaborate with your organization on **Recovery Month** planning; please refer to the "Building Community Coalitions" document for tips. You can find local affiliates or chapters by contacting the national organizations directly. Full listings with addresses are included in the "**Recovery Month Resources**" brochure.

A&E Network

Inspired by the overwhelming response to its Emmy-nominated series Intervention, A&E created The Recovery Project, a multi-year campaign designed to generate widespread awareness that addiction is a treatable disease and recovery is possible.

<http://www.therecoveryproject.com>

Addiction Survivors

This group is dedicated to providing online peer support communities for those with addiction disorders, their families, and friends.

<http://www.addictionsurvivors.org>

Addiction Technology Transfer Center Network National Office (ATTC)

This SAMHSA-funded network is comprised of 14 regional centers and a national office that serves the 50 States, Washington, DC, Puerto Rico, the U.S. Virgin Islands, and the Pacific Territories. The ATTC provides training, education, resource materials, and technical assistance to the addiction treatment workforce to advance the adoption of evidence-based practices. A list of ATTC regional centers, the States they serve, and contact information can be found on the ATTC Network Web site.

816-235-6888

<http://www.ATTCnetwork.org>

Adult Children of Alcoholics WSO

This is a 12-step, 12-tradition program of women and men who grew up in alcoholic or otherwise dysfunctional homes. Members meet with each other in a mutually respectful, safe environment and acknowledge common experiences.

562-595-7831

<http://www.adultchildren.org>

Advocates for Recovery Through Medicine (ARM)

This organization's goals are to end stigma and discrimination against people who use medications to treat addictions and to move addiction treatment, especially opiate addiction treatment, into mainstream medicine.

810-250-9064

Alcoholism and Substance Abuse Providers of New York State (ASAPNY)

This nonprofit membership association consists of coalitions, programs, and agencies throughout New York State that provide substance use disorder prevention, treatment, and research.

518-426-3122

<http://www.asapnys.org>

Aliviane NO-AD, Inc.

This nonprofit community-based organization is dedicated to the provision of HIV and substance use disorder prevention, intervention, treatment, education, and follow-up care to the residents of West Texas.
915-858-6208

Alliance for Children and Families

This alliance provides services to the nonprofit child and family sectors and economic empowerment organizations.
414-359-1040

<http://www.alliance1.org>

American Association for Marriage and Family Therapy (AAMFT)

This association represents the professional interests of more than 25,000 marriage and family therapists throughout the United States, Canada, and abroad.
703-838-9808

<http://www.aamft.org>

American Association for the Treatment of Opioid Dependence (AATOD)

This group was founded in 1984 to enhance the quality of patient care in treatment programs by promoting the growth and development of comprehensive methadone treatment services throughout the United States.
212-566-5555

<http://www.aatod.org>

American Association of Pastoral Counselors (AAPC)

This association provides and promotes theologically informed, spiritually sensitive, ethically sound, and clinically competent counseling and consultation as an extension of the ministry of faith communities.
703-385-6967

<http://www.aapc.org>

American Bar Association (ABA)

Standing Committee on Substance Abuse

This committee promotes justice system reform that addresses problems associated with illegal use of drugs and alcohol in this country. To carry out this mission, the Standing Committee collaborates with other ABA entities, Federal, State, and local public/private organizations, and State, local, and territorial bar associations.
202-662-1000

<http://www.abanet.org/subabuse>

American Council for Drug Education (ACDE) and Children of Alcoholics Foundation (COAF)

This council is a prevention and education agency that develops programs and materials based on the most current scientific research on drug use and its impact on society. COAF focuses on information, support, and resources for families that have been affected by parental substance use, as well as practice improvement for the professionals who work with them.
718-222-6641

<http://www.acde.org>

<http://www.coaf.org>

American Dental Association (ADA)

This group is the world's oldest and largest national dental society, representing more than 70 percent of dentists throughout the United States. The ADA is committed to helping its members better identify, understand, and accommodate the special health care needs of patients with substance use disorders, and to facilitating the journey of recovery for its member dentists and their respective office staffs.
312-440-2500

<http://www.ada.org>

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American Mental Health Counselors Association (AMHCA)

This association works exclusively for licensed mental health counselors by advocating for legislation that expands, enhances, and protects the right to practice, promotes mental health awareness, and builds the profession of mental health counseling nationally.

800-326-2642

703-548-6002

<http://www.amhca.org>

American Psychological Association (APA)

This organization is the largest scientific and professional organization representing psychology in the United States. Its membership includes more than 150,000 researchers, educators, clinicians, consultants, and students.

800-374-2721

202-336-5500

<http://www.apa.org>

American Society of Addiction Medicine (ASAM)

This is an association of 3,000 physicians from across America dedicated to improving the treatment of alcoholism and other addictions, educating physicians and medical students, promoting research and prevention, and enlightening and informing the medical community and the public about these issues.

301-656-3920

<http://www.asam.org>

Anchor Media, LLC

This magazine provides relevant and engaging Web, print, and event resources that encourage and embrace a lifestyle of healthy addiction recovery in support of recovering addicts and their loved ones.

773-883-4474

<http://www.anchor magazine.net>

Arab American and Chaldean Council (ACC)

This is the largest Arab and Chaldean social services and nonprofit organization in North America. It provides service in many areas, such as behavioral health, social services, immigration, employment, and public health (including substance use prevention and treatment).

248-559-1990

<http://www.myacc.org>

Association of Persons Affected by Addiction (APAA)

This nonprofit recovery community organization is designed to engage the faces and voices of the recovery community in reducing stigma and provides peer to peer recovery community support services.

214-634-APAA (2722)

<http://www.apaarecovery.org>

Association of Recovery Schools (ARS)

This organization advocates for the promotion, strengthening, and expansion of secondary and post-secondary programs designed for students and families committed to achieving success in both education and recovery. ARS exists to support such schools which, as components of the recovery continuum of care, enroll students committed to being abstinent from alcohol and other drugs and working a program of recovery.

215-628-8600

<http://www.recoveryschools.org>

Behavioral Health Services (BHS)

This nonprofit organization has provided a continuum of substance use, mental health and senior services since 1973. Each of its 11 facilities (located throughout Los Angeles County) is based on its mission of transforming lives by offering hope and opportunities for recovery, wellness, and independence.

310-679-9126

<http://www.bhs-inc.org>

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Benevolent and Protective Order of Elks of the USA, The

This program is the largest volunteer drug awareness program in the country. It is committed to eliminating the use and abuse of illegal drugs by all members of its society.

773-755-4700

<http://www.elks.org>

C4 Recovery Solutions, Inc.

This nonprofit was established to promote the design, provision, and monitoring of outcomes-based services that initiate and sustain recovery from substance use disorders, as well as improve prevention and harm reduction strategies that mitigate addiction's worst effects.

<http://www.c4recoveryolutions.org>

California Association of Addiction Recovery Resources (CAARR)

This association educates and provides statewide recovery resources for alcoholics and people with addiction problems living in California.

916-338-9460

<http://www.caarr.org>

Capitol Decisions, Inc.

This full service government relations and public affairs firm provides counsel in distinct issue areas, including State and local government, public works, health care, and public health.

202-638-0326

<http://www.capitoldecisions.com>

Caron Treatment Center

This center offers detoxification, gender-separate rehabilitation, relapse treatment, and extended care for adults and adolescents; educational programs for family members; and student assistance services.

800-854-6023

<http://www.caron.org>

Catholic Charities, USA

This membership association provides vital social services to people in need, regardless of their religious, social, or economic backgrounds.

703-549-1390

<http://www.catholiccharitiesusa.org>

Center for Alcohol and Drug Research and Education

This international nonprofit organization provides public information and technical assistance, guidance, information, and expert service to individuals, organizations, governmental agencies, and a variety of nonprofit organizations in the private sector to improve the quality of their response to substance use disorders.

410-377-8992

Center for Families, Children and the Courts

This center is dedicated to improving the quality of justice and services to meet the diverse needs of children, youth, families, and self-represented litigants in the California courts.

415-865-7739

<http://www.courtinfo.ca.gov/programs/cfcc>

Chicanos Por La Causa, Inc.

This nonprofit community development corporation offers social service programs and services throughout Arizona.

602-257-0700

<http://www.cplc.org>

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Children's Health Initiative (CHI)

This program produces innovative digital media projects combining television and internet technologies. CHI focuses on issues affecting the health of at-risk groups such as those living in poverty, families that don't typically graduate from high school, teen parents, families with high incidence of substance abuse and adults who grew up in violent homes. It is their belief that the health of a community can only be measured by the health of its children. The initiative's purpose is to help families create and sustain stable, wholly healthy (physical, mental, emotional and social well-being) homes for children.

985-892-7571

<http://www.childrenshealthinitiative.net>

Community Anti-Drug Coalitions of America (CADCA)

This organization builds and strengthens the capacity of community coalitions to create safe, healthy, and drug-free communities. It supports members with technical assistance and training, public policy, media strategies, conferences, and special events.

800-542-2322

703-706-0560

<http://www.cadca.org>

Connecticut Turning to Youth and Families (CTYF)

This is a nonprofit organization established to strengthen prevention, treatment, and recovery support services for youth and families. Using the power of youth and families with their own stories, CTYF offers peer-to-peer programs and services that are natural recovery supports for other youth and families.

860-838-3553

<http://www.ctyouthandfamilies.org/ctyf>

CRC Health Group

This group offers the most comprehensive network of specialized behavioral care services in the Nation, serving over 30,000 people each day in 140 facilities providing healing and hope in the lives of patients, students, and families. For over two decades, CRC programs have helped individuals and families reclaim and enrich their lives.

877-637-6237

408-998-7260

<http://www.crchealth.com>

DC Bar – Lawyers Assistance Program

Established in 1985, this is a free and confidential program assisting lawyers, judges, and law students who experience problems that interfere with their personal lives or their ability to serve as counsel or officers of the court.

202-737-4700

http://www.dcb.org/for_lawyers/bar_services/counseling/index.cfm

Discover Films

This company produces award-winning health and educational videos for students, educators, and group leaders.

985-892-7571

<http://www.discover-films.com>

Drug Free America Foundation, Inc.

This drug prevention and policy organization is committed to developing, promoting, and sustaining global strategies, policies, and laws that will reduce illegal drug use, drug addiction, drug-related injury, and death. Drug Free America Foundation is a Non-Governmental Organization (NGO) in Special Consultative Status with the Economic and Social Council of the United Nations.

727-828-0211

<http://www.dfaf.org>

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Employee Assistance Professionals Association, Inc. (EAPA)

This membership organization offers resources to employee assistance professionals.

703-387-1000

<http://www.eapassn.org>

Employee Health Programs

This group, a subsidiary of First Advantage Corporation, designs and manages drug-free workplace programs, employee assistance programs, and other services that benefit employers and employees.

800-275-7051

<http://www.ehp.com>

Entertainment Industries Council, Inc. (EIC)

EIC, a nonprofit organization, works within the film, television, and music industries to promote the accurate depiction of health and social issues in entertainment productions.

703-481-1414 (EIC East)

818-840-2016 (EIC West)

<http://www.eiconline.org>

EXECUTIVE OFFICE OF THE PRESIDENT (EOP)

White House Office of Faith-Based and Neighborhood Partnerships

Located in seven Federal agencies, this group's goal is to make sure that grassroots leaders can compete on an equal footing for Federal dollars, receive greater private support, and face fewer bureaucratic barriers.

202-456-1414

<http://www.whitehouse.gov>

EOP, White House Office of National Drug Control Policy (ONDCP)

This Federal office establishes policies, priorities, and objectives for the Nation's drug control program.

800-666-3332

<http://www.whitehousedrugpolicy.gov>

EOP, ONDCP

Information Clearinghouse

This Federal office establishes policies, priorities, and objectives for the nation's drug control program.

800-666-3332

<http://www.whitehousedrugpolicy.gov/about/clearingh.htm>

Faces & Voices of Recovery

This national recovery advocacy organization mobilizes people in recovery from addiction to alcohol and other drugs, families, friends, and allies in campaigns to end discrimination and make recovery a reality for even more Americans.

202-737-0690

<http://www.facesandvoicesofrecovery.org>

Faith Partners

This organization promotes the prevention of alcohol, tobacco, and other drug abuse. It provides tools, training, materials, and assistance to congregations in several States.

512-394-9101

<http://faith-partners.org>

Foundations Associates

This is a treatment and advocacy organization dedicated solely to the treatment and recovery of people with co-occurring mental illness and substance use disorders. The agency has a full continuum of care, with locations in Memphis and Nashville, TN.

877-345-3357

615-256-9005

<http://www.dualdiagnosis.org>

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Friends of SAMHSA

This organization engages in communication, education, and grassroots advocacy. Its membership is diverse, both geographically and ideologically and its mission is to increase awareness and advance the agenda of this critical services administration. This independent coalition is dedicated to bringing awareness to the important role that behavioral health plays in overall health. It believes that SAMHSA should be a major contributor to the formation of health policy and also seeks to work with SAMHSA's leadership to improve their dialogue with those in the field, so that in the end the consumer will benefit. This organization is not affiliated with SAMHSA.

571-426-0297
<http://www.friendsofsamhsa.org>

Gaudenzia, Inc.

This group helps people affected by chemical dependency, mental illness, and related conditions to achieve a better quality of life – allowing them to live as productive and accountable individuals.

610-239-9600
<http://www.gaudenzia.org>

Georgetown University Health Policy Institute

This is a multi-disciplinary group of faculty and staff dedicated to conducting research on key issues in health policy and health services research. Institute members are engaged in a wide diversity of projects, focusing on issues relating to health care financing, the uninsured, Federal health insurance reforms, quality of care and outcomes research, mental health services research, and the impact of changes in the health care market on providers and patients.

202-687-0880
<http://ihcrp.georgetown.edu>

George Washington University

Ensuring Solutions to Alcohol Problems Initiative

This program works to increase access to treatment for individuals with alcohol problems by collaborating with policymakers, employers, and concerned citizens.

202-994-4303

<http://www.ensuringsolutions.org>

Griffin Recovery Enterprises

This enterprise, led by Dan Griffin, consists of books, presentations, and a blog. Griffin's latest book, "A Man's Way Through the Twelve Steps," uses interviews with men in various stages of recovery, along with his own experience, to offer a holistic approach to sobriety for men.

612-701-5842

<http://www.dangriffin.com>

Haight Ashbury Free Clinics, Inc.

The mission of these clinics is to increase access to health care for all and improve the health and well-being of their clients. More than 34,000 individuals and their loved ones depend on the clinics every year to provide free, high-quality, demystified, and comprehensive health care that is culturally sensitive, nonjudgmental, and accessible to all in need.

415-746-1967

<http://www.hafci.org>

Hazelden Foundation

This national nonprofit organization founded in 1949 helps people reclaim their lives from the disease of addiction. Hazelden's comprehensive approach to addiction addresses the full range of patient, family, and professional needs, including treatment and continuing care, research, higher learning, public education and advocacy, and publishing.

800-257-7810

651-213-4200

<http://www.hazelden.org>

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Health Matrix, Inc.

This organization develops communications programs that inform the debate on key issues in science, policy, and health care.

703-918-4930

<http://www.healthmatrixinc.com>

International Nurses Society on Addictions

This professional specialty organization offers information and education for nurses concerning prevention, intervention, treatment, and management of substance use disorders.

877-646-8672

<http://www.intnsa.org>

Join Together

This national resource for communities working to reduce substance use disorders offers a comprehensive Web site, daily news updates, publications, and technical assistance.

617-437-1500

<http://www.jointogether.org>

Legal Action Center (LAC), The

This nonprofit law and policy organization fights discrimination against people with histories of substance use disorders, HIV/AIDS, or criminal records, and advocates for sound public policies in these areas.

800-223-4044

212-243-1313

<http://www.lac.org>

Massachusetts Organization for Addiction Recovery (MOAR)

This organization is a collective voice of people in recovery, families, and friends who are helping each other educate the public about the value of living in recovery and the resources to support recovery.

617-423-6627

<http://www.moar-recovery.org>

McShin Foundation, The

This foundation is Virginia's fastest growing peer-to-peer recovery community organization. Founded in 2004, The McShin Foundation is a non-profit committed to serving individuals and families in their fight against Substance Use Disorders.

804-249-1845

<http://www.mcshinfoundation.org>

Mental Health America (MHA)

This is the country's oldest and largest nonprofit organization addressing all aspects of mental health and mental illness. With more than 320 affiliates nationwide, MHA works to improve the mental health of all Americans through advocacy, education, research, and service.

800-969-6642

703-684-7722

<http://www.mentalhealthamerica.net>

Minnesota Department of Human Services Alcohol and Drug Abuse Division

This department develops and maintains an effective chemical health service system in Minnesota that encourages and supports research-informed practices surrounding alcohol and drug abuse.

651-431-2460

<http://www.dhs.state.mn.us>

MusiCares

This program provides a safety net of critical assistance for people in times of need. Its services and resources cover a wide range of financial, medical, and personal topics. It also focuses the resources and attention of the music industry on human service issues that directly impact the health and welfare of the music community.

877-303-6962

212-245-7840

<http://www2.grammy.com/musicares>

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NAADAC, The Association for Addiction Professionals

This membership organization serves addiction, treatment, prevention, intervention, education, and recovery support service professionals.

800-548-0497

703-741-7686

<http://www.naadac.org>

Narconon

This is a nonprofit drug rehab program dedicated to eliminating drug abuse and drug addiction through drug prevention, education, and rehabilitation.

800-468-6933

323-962-2404

<http://www.narconon.org>

National Alliance for Medication Assisted Recovery (NAMA Recovery)

This is a membership organization representing people whose recovery from opiate dependence is assisted with medication. Its membership includes methadone patients, family members, and health care professionals whose common goal is to fight the ignorance and prejudice surrounding medication-assisted recovery.

212-595-NAMA (6262)

<http://www.methadone.org>

National Alliance of Advocates for Buprenorphine Treatment (NAABT)

This nonprofit organization has the mission to educate the public about the disease of opioid addiction and the buprenorphine treatment option, to help reduce the stigma and discrimination associated with patients with addiction disorders, and to serve as a conduit for connecting patients in need of treatment to qualified treatment providers.

860-269-4390

<http://www.naabt.org>

National Alliance to End Homelessness

This is a nationwide coalition of public, private, and nonprofit organizations devoted to ending homelessness.

202-638-1526

<http://www.endhomelessness.org>

National Asian Pacific American Families Against Substance Abuse, Inc. (NAPAFASA)

This private, nonprofit membership organization involves service providers, families, and youth to promote health and social justice and address the alcohol, tobacco, and other drug issues of Asian and Pacific Islander populations.

213-625-5795

<http://www.napafasa.org>

National Association for Children of Alcoholics (NACoA)

This national nonprofit membership and affiliate organization works on behalf of children of alcohol- and drug-dependent parents and all family members affected by substance use disorders.

888-55-4COAS (2627)

301-468-0985

<http://www.nacoa.org>

National Association of Addiction Treatment Providers (NAATP)

This association represents private substance use disorder treatment programs throughout the United States.

717-392-8480

<http://www.naatp.org>

National Association of County Behavioral Health and Developmental Disability Directors (NACBHD)

This nonprofit membership organization is comprised of county/local behavioral health authorities who plan and deliver mental health, developmental disability, and substance use disorder services, as well as the State associations that represent their interests.

202-661-8816

<http://www.nacbhd.org>

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National Association of Drug Court Professionals (NADCP)

This association seeks to reduce substance use, crime, and recidivism by promoting and advocating for the establishment and funding of drug courts and providing for the collection and dissemination of information, technical assistance, and mutual support to association members.

703-575-9400

<http://www.nadcp.org>

National Association of Lesbian and Gay Addiction Professionals

This membership organization, founded in 1979, is dedicated to the prevention and treatment of alcoholism, substance use, and other addictions in lesbian, gay, bisexual, and transgender communities.

800-548-0497

<http://www.nalgap.org>

National Association of Public Child Welfare Administrators (NAPCWA)

This association is devoted solely to representing administrators of State and local public child welfare agencies, bringing an informed view of the problems facing families today to the formulation of child welfare policy.

202-682-0100

<http://www.aphsa.org/napcwa>

National Association of Social Workers (NASW)

As the largest membership organization of professional social workers in the world, this organization works to enhance the professional growth and development of its members, to create and maintain professional standards, and to advance sound social policies.

202-408-8600

<http://www.socialworkers.org>

National Association of State Alcohol and Drug Abuse Directors (NASADAD)

This association supports the development of effective prevention and treatment programs throughout every State.

202-293-0090

<http://www.nasadad.org>

National Association on Alcohol, Drugs and Disability, Inc. (NAADD)

This association promotes awareness and education about substance use disorders among people with physical, sensory, cognitive, and developmental disabilities.

650-578-8047

<http://www.naadd.org>

National Center on Addiction and Substance Abuse at Columbia University (CASA)

This organization is the only nationwide entity that brings together all the professional disciplines needed to study and combat abuse of all substances – alcohol, nicotine as well as illegal, prescription and performance enhancing drugs – in all sectors of society.

212-841-5200

<http://www.casacolumbia.org>

National Civic League (NCL)

This is a nonprofit, nonpartisan membership organization dedicated to strengthening citizen democracy by transforming democratic institutions. It fosters innovative community building and political reform, assists local governments, and recognizes collaborative community achievement.

303-571-4343

<http://www.ncl.org>

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National Conference of State Legislatures (NCSL)

This is a bipartisan organization that serves the legislators and staffs of the Nation's 50 States, its commonwealths, and territories. It provides research, technical assistance, and opportunities for policymakers to exchange ideas on the most pressing State issues.

202-624-5400

<http://www.ncsl.org>

National Council for Community Behavioral Healthcare

This group is the national association of community providers who together care for 6 million adults and children across the country who suffer from mental illnesses, developmental disabilities, and substance use disorders. Its members employ more than 250,000 staff and provide mental health and substance use treatment, rehabilitation, housing, and community support services.

202-684-7457

<http://www.thenationalcouncil.org>

National Council on Alcoholism and Drug Dependence, Inc. (NCADD)

Founded in 1944, NCADD is dedicated to increasing public awareness and understanding of the disease of alcoholism and drug dependence. NCADD and its national network of State and local affiliates provide education, prevention, information/referral, intervention, treatment services, advocacy, and recovery support services, and have helped hundreds of thousands of individuals and families into recovery.

800-NCA-CALL (Hope Line)

212-269-7797

<http://www.ncadd.org>

National Council on Alcoholism and Drug Dependence – Greater Detroit Area (NCADD-GDA)

This council provides effective alcohol and drug abuse intervention, prevention, and treatment services to children and adults with substance use disorders in the Detroit area.

313-369-5400

<http://www.ncadd-detroit.org>

National Council on Patient Information and Education (NCPIE)

This is a multi-disciplinary coalition of over 100 organizations working to stimulate and improve communication of information on appropriate medicine use to consumers and health care professionals.

301-340-3940

<http://www.talkaboutrx.org>

National Drug Court Institute (NDCI)

This institute promotes education, research, and scholarship for drug court and other court-based intervention programs.

703-575-9400

<http://www.ndci.org>

National Governors Association (NGA) Center for Best Practices

This bipartisan nonprofit association represents the collective voice of the Nation's governors. Its mission is to help shape and implement national policy and help governors and their policy staff develop and implement innovative solutions to the challenges facing their States.

202-624-5300

<http://www.nga.org/center>

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National Inhalant Prevention Coalition (NIPC)

This public-private effort promotes awareness and recognition of the under-publicized problem of inhalant use. It serves as an inhalant referral and information clearinghouse, stimulates media coverage about inhalant issues, develops informational materials and a newsletter, provides training and technical assistance, and leads a week-long national grassroots education and awareness campaign.

800-269-4237

423-265-4662

<http://www.inhalants.org>

National Latino Council on Alcohol and Tobacco Prevention (NLCATP)

The Council prevents tobacco use and reduces alcohol use disorders in the Latino community through the dissemination of science-based research findings, community education, technical assistance, policy analysis, and advocacy.

<http://www.nlcatp.org>

National Organization on Fetal Alcohol Syndrome (NOFAS)

This organization provides education and awareness about the prevention of birth defects caused by alcohol consumption during pregnancy.

202-785-4585

<http://www.nofas.org>

National Safety Council

This council is a nonprofit public service organization dedicated to educating and influencing people to prevent accidental injuries and deaths.

800-621-7615

<http://www.nsc.org>

Network for the Improvement of Addiction Treatment (NIATx)

This network is a partnership between the Robert Wood Johnson Foundation's Paths to Recovery program, the Center for Substance Abuse Treatment's Strengthening Treatment Access and Retention (STAR) program, the National Institute on Drug Abuse, and a number of independent addiction treatment organizations. It works with addiction treatment providers to make more efficient use of their capacity and shares strategies for improving treatment access and retention.

608-265-0063

<http://www.niatx.net>

Newport Academy

This treatment center is dedicated to providing comprehensive, gender-specific, integrated treatment programs for adolescent males and females in an environment of caring and compassion by which teens and their families may recover from the destructive effects of substance abuse and related behavioral health issues. It offers separate residential facilities and has an active after-school program in Orange County, CA.

866-382-6651

<http://www.newport-academy.com>

New York State Office of Alcoholism and Substance Abuse Services

This organization works to improve the lives of residents of New York by leading a system of addiction services through prevention, treatment, and recovery.

518-473-3460

<http://www.oasas.state.ny.us/index.cfm>

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North Carolina Department of Health and Human Services Division of Mental Health Developmental Disabilities and Substance Abuse

This office is primarily responsible for leadership, guidance, and management of relationships with the local management entities who contract directly for addiction treatment services. It also collaborates with a wide variety of public and private partners and customer to promote recovery through the adoption of recovery oriented systems of care and the promotion of a reduction of stigma and barriers to services.

919-733-4534

<http://www.dhhs.state.nc.us/MHDDSAS>

Northern Ohio Recovery Association (NORA)

This project provides faith-based recovery support services in a three-county area.

216-391-6672

<http://www.norainc.org>

Odyssey Networks

This network is the Nation's largest coalition of Christian, Jewish, and Muslim faith groups dedicated to achieving interfaith understanding through the production and distribution of media.

212-870-1030

<http://www.odysseynetworks.org>

Opiate Dependence Resource Center (ODRC)

This national organization serves to safeguard patients through effective mediation, assuring access to care, and preservation of the familial structure to improve their quality of life and help them achieve recovery.

802-251-0066

<http://www.methadone.net/index2.htm>

Oxford House, Inc.

This is the umbrella organization for a network of more than 1,200 democratically run, self-supporting, and drug-free group homes throughout the country.

800-689-6411

301-587-2916

<http://www.oxfordhouse.org>

Partnership for a Drug-Free America (PDFA)

For more than 20 years, this organization has united communications professionals, scientists, and parents to reduce illicit drug use among teens.

212-922-1560

<http://www.drugfree.org>

Partnership for Recovery (PFR)

This coalition includes the Betty Ford Center, Bradford Health Systems, Cumberland Heights, Father Martin's Ashley, Gateway Rehabilitation Center, Hazelden Foundation, Valley Hope Association, and the National Association of Addiction Treatment Providers.

202-737-8167

Pennsylvania Department of Health, Bureau of Drug and Alcohol Programs

This State government agency develops and implements a comprehensive health, education, and rehabilitation program for the prevention, intervention, treatment, and case management of drug and alcohol abuse and dependence.

717-783-8200

<http://www.health.state.pa.us/bdap>

Phoenix House

This organization operates community residences throughout the country for people who are struggling with addiction and mental illness.

646-505-2060

<http://www.phoenixhouse.org>

Portland State University Graduate School of Social Work

This program offers the only graduate social work education programs in Oregon accredited by the Council on Social Work Education. The three major functions of the school are teaching, research, and community service.

503-725-4712

<http://www.ssw.pdx.edu>

PRO-ACT

This grassroots recovery support initiative in south-eastern Pennsylvania (Bucks, Chester, Delaware, Montgomery, and Philadelphia Counties) has provided prevention, intervention and recovery support services, as well as education and advocacy, to the community for 11 years. It has been providing a growing matrix of peer-to-peer support services, which has led to the opening of three Recovery Community Centers, now a hub for all recovery services.

800-221-6333

<http://www.proact.org>

Providence Center, The

This organization is the largest community mental health center in Rhode Island providing comprehensive services to adults, adolescents and children experiencing mental health, substance use, emotional and behavioral difficulties.

401-276-4000

<http://www.providencecenter.org>

Psychology Today

This organization is dedicated to helping people understand their addiction, the issues behind it, and how to overcome the challenge.

212-260-7210

<http://www.psychologytoday.com>

RASE Project, The

This project in south central Pennsylvania provides recovery support services, events, training and education, supportive housing, and intervention services. The RASE Project also offers the Buprenorphine Coordinator Program, providing recovery support for those in medication-assisted treatment for opioid addiction.

717-232-8535

<http://www.raseproject.org>

Recovery Alliance of El Paso

The alliance was organized in 1998 to fight stigma and discrimination for people in recovery from substance use disorders, and is now dedicated to providing peer-to-peer recovery support services.

915-594-7000

<http://www.recoveryalliance.net>

Recovery Connection

This is a comprehensive addiction treatment resource and drug rehabilitation referral service. The organization has staff across the country available 24 hours a day to answer all concerns about substance use, addiction treatment, and rehabilitation.

800-993-3869

954-491-1771

<http://www.recoveryconnection.org>

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Recovery Consultants of Atlanta, Inc. (RCA)

This is a nonprofit, faith-based organization founded by concerned, committed, and spiritually centered members of metro-Atlanta's recovery community. It collaborates with faith (primarily churches) and community-based organizations, develops peer-to-peer support services and programs, and works to build a network of recovering individuals.

404-289-0313

<http://www.recoveryconsultants.org>

Recovery Living Network

This global communications network focuses on addiction recovery and prevention, using the power of personal experience, celebrity influence, and mass media communication to help individuals when alcohol, drugs, or other excessive behaviors have become a problem in their life. Its mission is to remove stigma from the public psyche to change the perception and image of addiction by talking about it openly and honestly, and by sharing personal stories of hope and inspiration.

949-887-0242

310-600-3079

RecoveryNC

*Initiated in September of 2008, to coincide with the celebration of National **Recovery Month**, this campaign allows North Carolinians in recovery to emerge together, along with their families, friends, advocates, and the treatment and recovery provider community.*

919-802-7972

<http://www.recoverync.org>

Recovery Network Foundation (RNF)

This foundation develops recovery-dedicated projects in print, radio, TV, film, and video formats. "Under the Influence: The Film Series" is a national touring festival that showcases films in which addiction and recovery play leading roles.

914-941-2863

<http://www.recoverynetworkfoundation.org>

ReStart, Inc.

This nationally accredited, full-service behavioral healthcare provider offers a wide range of diagnostic and treatment services tailored to meet individual needs, including community support services for adults, children, and adolescents. It offers diagnostic assessments, child and adult therapy, families and group sessions, assessments and counseling, residential treatment for girls, behavioral therapy, assertive community treatment teams, psychological evaluations, intensive in-home services, and community support teams.

252-355-4725

<http://www.restarthumanservices.com>

Roxane Laboratories, Inc.

This laboratory is located in Columbus, OH, and is a subsidiary of Boehringer Ingelheim Corporation. These subsidiaries are recognized leaders in researching, manufacturing and packaging brand-name and generic medications including oral liquids, tablets and capsules. Roxane Laboratories, Inc., is the research and development and sales and marketing arm of the business.

800-962-8364

<http://www.roxane.com>

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Second Road, Inc., The

This is a 24-hour Web-based nonprofit group to help those in recovery (and the families of those affected by addiction) learn to live with the challenges presented by everyday life and continue on a fulfilling road of recovery. The site offers a community of trust and understanding, inspiring stories from people of diverse cultures and backgrounds, the knowledge of many experts in the addiction treatment field, and the tools to resist relapse in a secure, non-threatening environment.

434-295-9595

<http://www.thesecondroad.org>

Shinnyo-en Foundation

This organization helps build more caring communities by supporting educational programs that engage and inspire young people in meaningful acts of service. The Foundation was established in 1994 by Shinnyo-en, a lay Buddhist order whose members strive to live with utmost sincerity and respect for others.

415-777-1977

<http://www.sef.org>

SMART Recovery® (Self-Management And Recovery Training)

This international nonprofit organization offers free, self-empowering, science-based mutual help groups for abstaining from any substance or activity addiction. The SMART Recovery 4-Point Program® helps people recover from all types of addictive behaviors, including alcohol, drugs, substance abuse, gambling addiction, and addiction to other substances and activities.

SMART Recovery® currently sponsors more than 500 face-to-face meetings around the world, and more than 16 online meetings per week.

866-951-5357

440-951-5357

<http://www.smartrecovery.org>

State Associations of Addiction Services (SAAS)

This is the national organization of State provider associations representing treatment and prevention programs for substance use disorders.

202-546-4600

<http://www.saasnet.org>

Stepping Stone of San Diego

This group provides treatment and recovery services focusing on the lesbian, gay, bisexual and transgender communities.

619-295-3995

<http://www.steppingstonesd.org>

Substance Abuse and Addiction Recovery Alliance (SAARA), The

This is a community-based grassroots membership organization of individuals in recovery from alcohol and other drug addiction, their families, friends, and committed community supporters.

804-762-4445

Suicide Prevention Resource Center Education Development Center, Inc.

A national technical assistance center funded by a grant from SAMHSA, this program provides prevention support, training, and resource materials to strengthen suicide prevention networks.

800-273-TALK (8255) (SAMHSA's Hotline)

877-438-7772

617-964-5448 (TTY)

<http://www.sprc.org>

now more than ever!

Support for Addictions Prevention and Treatment in Africa Foundation (SAPTAF)

This is a non-profit organization focused on support for prevention and treatment in Africa from alcohol and other drug problems, serving as a resource to improve the well being of individuals, families, and communities.

917-892-0423

<http://www.saptafoundation.org>

TASC, Inc., of Illinois (Treatment Alternatives for Safe Communities)

This is a statewide, not-for-profit organization that links courts and prisons to community-based alcohol/drug treatment and recovery support.

312-787-0208

<http://www.tasc.org>

Teen Challenge International

This network of 191 centers throughout the United States provides youth, adults, and families with effective and comprehensive faith-based solutions to life-controlling alcohol and drug problems. The Teen Challenge Training Center is an eight-month comprehensive residential treatment program that deals with the most acute cases of addiction, offered at minimal cost to the participant.

417-581-2181

<http://www.teenchallengeusa.com>

Texas Department of State Health Services Community Mental Health and Substance Abuse Services

This department of the Texas State government works to improve health and well-being of people living in Texas. The department built an extensive research and reference collection in the area of substance abuse prevention and treatment, which is available online.

512-458-7111

<http://www.dshs.state.tx.us/default.shtm>

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES (HHS)

This Federal Government Agency provides information and resources on substance use disorders and health insurance/Medicaid issues.

877-696-6775

<http://www.hhs.gov>

HHS, Food and Drug Administration (FDA)

This Federal Government Agency is responsible for protecting the public health by assuring the safety, effectiveness, and security of human and veterinary drugs, vaccines, and other biological products, medical devices, our Nation's food supply, cosmetics, dietary supplements, and products that give off radiation.

800-216-7331

301-575-0156

<http://www.fda.gov>

HHS, Health Resources Services Administration (HRSA)

Poison Control Program

This program oversees the national toll-free Poison Help Line, 800-222-1222, which connects people to their nearest poison center 24 hours a day, 7 days a week for help in a poisoning emergency. Calls are free and confidential and can be translated into 161 languages.

800-222-1222

<http://www.poisonhelp.hrsa.gov>

HHS, National Institutes of Health (NIH)

This Federal institute, under the U.S. Department of Health and Human Services, is the steward of medical and behavioral research for the Nation.

301-496-4000

<http://www.nih.gov>

now more than ever!

HHS, NIH

National Institute on Alcohol Abuse and Alcoholism (NIAAA)

This Federal institute provides leadership in the national effort to reduce alcohol-related problems by conducting and supporting research in a wide range of scientific areas.

301-443-3860

<http://www.niaaa.nih.gov>

HHS, NIH

National Institute on Drug Abuse (NIDA)

This Federal institute conducts extensive research, working to improve prevention, treatment, and policy as it relates to drug abuse and addiction.

301-443-1124

<http://www.drugabuse.gov>

HHS, Substance Abuse and Mental Health Services Administration (SAMHSA)

This Federal Agency improves the quality and availability of prevention, treatment, and rehabilitative services to reduce illness, death, disability, and cost to society resulting from substance use disorders and mental illnesses. It lists a range of resources on its "Find Substance Abuse and Mental Health Treatment" Web site, <http://www.samhsa.gov/treatment>.

800-662-HELP (4357) (SAMHSA's National Helpline)

877-SAMHSA-7

240-276-2130

<http://www.samhsa.gov>

HHS, SAMHSA

Center for Mental Health Services (CMHS)

CMHS seeks to improve the availability and accessibility of high-quality community-based services for people with or at risk for mental illnesses and their families. It collects, analyzes, and disseminates national data on mental health services designed to help inform future services policy and program decision-making.

800-789-2647

240-221-4021

<http://mentalhealth.samhsa.gov/cmhs>

HHS, SAMHSA

Center for Substance Abuse Prevention (CSAP)

The mission of this Center is to bring effective substance use prevention to every community nationwide. Its discretionary grant programs—whether focusing on preschool-age children and high-risk youth or on community-dwelling older Americans—target States, communities, organizations, and families to promote resiliency, promote protective factors, and reduce risk factors for substance use.

240-276-2420

<http://csap.samhsa.gov>

HHS, SAMHSA

Center for Substance Abuse Treatment (CSAT)

*As the sponsor of **Recovery Month**, CSAT promotes the availability and quality of community-based substance use treatment services for individuals and families who need them. It supports policies and programs to broaden the range of evidence-based effective treatment services for people who abuse alcohol and drugs and that also address other addiction-related health and human services problems.*

240-276-2750

<http://csat.samhsa.gov>

now more than ever!

U.S. DEPARTMENT OF JUSTICE (DOJ)

Drug Enforcement Administration (DEA)

This Federal Government agency enforces the Nation's controlled substances laws and regulations, works to reduce the availability of illegal drugs, and has a prevention arm devoted to reducing the demand for these drugs. The DEA contributes its "street-smart" perspective and skills to the field and helps to link law enforcement with other providers.

202-307-1000

<http://www.dea.gov>

DOJ, DEA

Get Smart About Drugs

This DEA program is a resource for parents about how and why teens abuse prescription drugs.

202-307-1000

<http://www.getsmartaboutdrugs.com>

DOJ, Community Capacity Development Office

This multi-agency's strategy is to "weed out" violent crime, gang activity, and drug trafficking, and "seed" human services to the areas where these activities occur, encompassing prevention, intervention, treatment, and neighborhood revitalization.

202-616-1152

<http://www.ojp.usdoj.gov/ccdo>

U.S. DEPARTMENT OF TRANSPORTATION (DOT) National Highway Traffic Safety Administration (NHTSA)

The mission of this Federal Agency is to develop partnerships to cooperatively save lives, prevent injuries, and reduce traffic-related health care and economic costs resulting from impaired driving from using alcohol and other drugs.

888-327-4236

<http://www.nhtsa.gov>

U.S. SMALL BUSINESS ADMINISTRATION (SBA)

Grantees of the Paul D. Coverdell Drug Free Workplace Program assist small businesses with the implementation of a drug-free workplace program by providing financial, technical, and management assistance, including information about grants/loans and employee assistance programs.

800-827-5722

<http://www.sba.gov>

United for Recovery

This nonprofit organization is an advocacy group for people in treatment and in recovery. It works to broaden public awareness and understanding of addiction and recovery and increase opportunities for people to get the help they need.

310-704-1336

United Methodist Church – General Board of Church and Society of the United Methodist Church

This agency of the United Methodist Church offers faith-based substance abuse prevention advocacy training for local churches and faith-based programs for churches to de-stigmatize addiction and provide church-wide training on substance use disorders.

202-488-5600

<http://www.umc-gbcs.org>

University of Baltimore Center for Families, Children and the Courts

This group's mission is to create, foster, and support a national movement to integrate communities, families, and the justice system to improve the lives of families and the health of the community.

410-837-5750

<http://law.ubalt.edu/cfcc>

now more than ever!

Volunteers of America

This is a national, nonprofit, faith-based organization dedicated to helping those in need rebuild their lives and reach their full potential. Through thousands of human service programs, including housing and health care, the group helps nearly 2 million people in more than 400 communities.

800-899-0089

703-341-5000

<http://www.voa.org>

Watershed, The

This is a group of recovery facilities that provide services including detoxification, residential rehabilitation, intensive outpatient treatment, prevention, and education.

800-861-1768

<http://www.thewatershed.com>

White Bison, Inc.

This nonprofit organization disseminates culturally based principles, values, and teachings to support healthy community development and servant leadership, and to support healing from alcohol, substance abuse, co-occurring disorders and intergenerational trauma. It offers learning resources to the Native American community nationwide on topics such as sobriety, recovery, prevention, and wellness/Wellbriety.

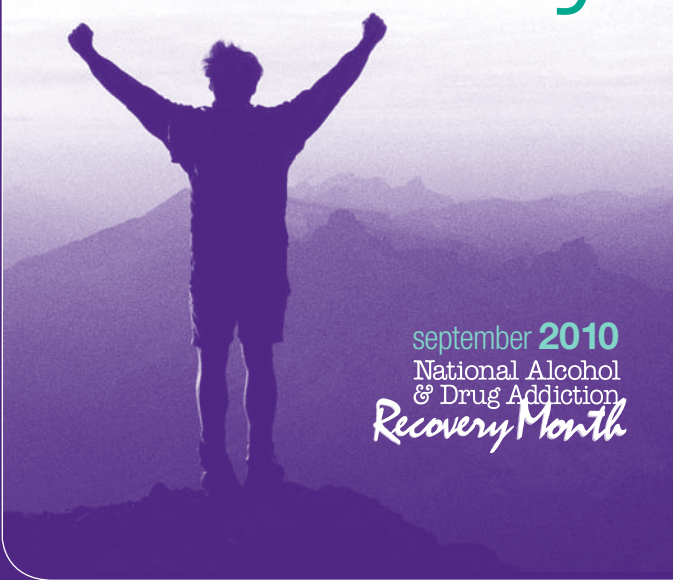
877-871-1495

719-548-1000

<http://www.whitebison.org>

now more than ever!

Join the Voices for recovery



september **2010**
National Alcohol
& Drug Addiction
Recovery Month

RECOVERY MONTH RESOURCES



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
Center for Substance Abuse Treatment
www.samhsa.gov

RECOVERY MONTH RESOURCES

The following is a list of substance use disorder resources that can help you during **National Alcohol and Drug Addiction Recovery Month (Recovery Month)** and throughout the year. The organizations are listed by category to help you quickly identify the resource(s) most closely aligned with your needs. Resources cover a variety of subject areas, including culture, policy, education, recovery, mental health, mutual support groups, prevention, and more. The referenced organizations represent a broad sampling of what is available nationwide. Organizations in **green** are **Recovery Month** Planning Partners and are heavily involved in planning activities.

Please note: This list is not exhaustive of all available resources. Inclusion does not constitute endorsement by the U.S. Department of Health and Human Services, the Substance Abuse and Mental Health Services Administration, or its Center for Substance Abuse Treatment.

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FEDERAL AGENCIES

General Information About Alcohol and Other Substances

EXECUTIVE OFFICE OF THE PRESIDENT (EOP)

White House Office of Faith-Based and Neighborhood Partnerships

Located in seven Federal agencies, this group's goal is to make sure that grassroots leaders can compete on an equal footing for Federal dollars, receive greater private support, and face fewer bureaucratic barriers.

708 Jackson Place
Washington, DC 20502
202-456-1414

<http://www.whitehouse.gov>

EOP, White House Office of National Drug Control Policy (ONDCP)

This Federal office establishes policies, priorities, and objectives for the Nation's drug control program.

P.O. Box 6000
Rockville, MD 20849-6000
800-666-3332

<http://www.whitehousedrugpolicy.gov>

EOP, ONDCP

Information Clearinghouse

The goals of the program are to reduce illicit drug use, manufacturing, and trafficking, drug-related crime and violence, and drug-related health consequences.

P.O. Box 6000
Rockville, MD 20849-6000
800-666-3332

<http://www.whitehousedrugpolicy.gov/about/clearingh.html>

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES (HHS)

This Federal Government agency provides information and resources on substance use disorders and health insurance/Medicaid issues.

200 Independence Avenue SW
Washington, DC 20201
877-696-6775

<http://www.hhs.gov>

HHS, Center for Medicare and Medicaid Services (CMS)

This Federal agency provides health insurance for over 74 million Americans through Medicare and Medicaid. It also enforces the Health Insurance Portability and Accountability Act (HIPAA) and several other health-related programs.

7500 Security Boulevard
Baltimore, MD 21244
877-267-2323
410-786-3000

<http://www.cms.hhs.gov>

HHS, Food and Drug Administration (FDA)

This Government agency is responsible for protecting the public health by assuring the safety, effectiveness, and security of human and veterinary drugs, vaccines, and other biological products, medical devices, our Nation's food supply, cosmetics, dietary supplements, and products that give off radiation.

800-216-7331
301-575-0156
<http://www.fda.gov>

HHS, FDA

MedWatch

This Web site is the FDA gateway for funding clinically important safety information and reporting serious problems with the human medical products.

<http://www.fda.gov/safety/medwatch/default.htm>

HHS, Health Resources and Services Administration (HRSA)

This Federal agency's mission is to improve and expand access to quality health care for all.

Parklawn Building
5600 Fishers Lane
Rockville, MD 20857
301-443-3376

<http://www.hrsa.gov>

HHS, HRSA

Poison Control Program

This program oversees the national toll-free Poison Help Line, 1-800-222-1222, which connects people to their nearest poison center 24 hours a day, 7 days a week for help in a poisoning emergency. Calls are free and confidential and can be translated into 161 languages.

Parklawn Building
5600 Fishers Lane, Room 13-103
Rockville, MD 20857
800-222-1222

<http://www.poisonhelp.hrsa.gov>

HHS, National Institutes of Health (NIH)

This Federal institute, under the U.S. Department of Health and Human Services, is the steward of medical and behavioral research for the Nation.

9000 Rockville Pike
Bethesda, MD 20892
301-496-4000

<http://www.nih.gov>

HHS, NIH

National Institute on Alcohol Abuse and Alcoholism (NIAAA)

This Federal institute provides leadership in the national effort to reduce alcohol-related problems by conducting and supporting research in a wide range of scientific areas.

5635 Fishers Lane, MSC 9304
Bethesda, MD 20892-9304
301-443-3860

<http://www.niaaa.nih.gov>

HHS, NIH

National Institute on Drug Abuse (NIDA)

This Federal institute supports most of the world's research on the health aspects of drug abuse and addiction. It carries out a large variety of programs to ensure the rapid dissemination of research information and its implementation in policy and practice.

6001 Executive Boulevard
Room 5213, MSC 9561
Bethesda, MD 20892-9561
301-443-1124

<http://www.drugabuse.gov>

HHS, Substance Abuse and Mental Health Services Administration (SAMHSA)

This Federal agency improves the quality and availability of prevention, treatment, and rehabilitative services to reduce illness, death, disability, and cost to society resulting from substance use disorders and mental illnesses. It lists a range of resources on its "Find Substance Abuse and Mental Health Treatment" Web site,

<http://www.samhsa.gov/treatment>.

1 Choke Cherry Road, Eighth Floor
Rockville, MD 20857
240-276-2130

<http://www.samhsa.gov>

HHS, SAMHSA

Health Information Network

This clearinghouse provides comprehensive resources for alcohol, drug, and mental health information.

P.O. Box 2345
Rockville, MD 20847-2345
877-SAMHSA-7 (877-726-4727)
800-487-4889 (TTY)

<http://www.samhsa.gov/SHIN>

USAID

This independent Federal Government agency receives overall foreign policy guidance from the Secretary of State. The agency supports long-term and equitable economic growth and advances U.S. foreign policy objectives by supporting economic growth, agriculture and trade; global health; and democracy, conflict prevention, and humanitarian assistance.

Information Center
U.S. Agency for International Development
Ronald Reagan Building
Washington, DC 20523-1000
202-712-4810

<http://www.usaid.gov>

Culture Specific

HHS, Indian Health Service

This agency offers health services for Alaska Natives and American Indians.

The Reyes Building
801 Thompson Avenue, Suite 400
Rockville, MD 20852-1627
301-443-2038

<http://www.ihs.gov>

HHS, Office of Minority Health Resource Center

This national center develops health policies and programs to eliminate health disparities in racial and ethnic minority populations.

P.O. Box 37337
Washington, DC 20013-7337
800-444-6472

<http://www.omhrc.gov>

U.S. DEPARTMENT OF INTERIOR (DOI)

This Government agency offers resources on the prevention of substance use disorders for American Indians, Alaska Natives, and Island communities.

1849 C Street NW
Washington, DC 20240
202-208-3100

<http://www.doi.gov>

DOI, Office of Alcohol and Substance Abuse Prevention Bureau of Indian Affairs

This office in the DOI provides reservation-based substance use disorder prevention programs for American Indians.

1849 C Street NW
Washington, DC 20240
202-208-3710

<http://www.bia.gov>

Justice System

U.S. DEPARTMENT OF JUSTICE (DOJ)

This Federal Government agency enforces the law and defends the interests of the United States according to the law, including drug enforcement.

950 Pennsylvania Avenue NW
Washington, DC 20530-0001
202-514-2000

<http://www.usdoj.gov>

DOJ, ADA Home Page and Information Line Information and Technical Assistance on the Americans with Disabilities Act

This Federal department provides information about the Americans with Disabilities Act (ADA) through a toll-free ADA Information Line and a Web site. It permits businesses, State, local governments, and others to call and ask questions about general or specific ADA issues.

U.S. Department of Justice, Civil Rights Division

Disability Rights Section – NYA

950 Pennsylvania Avenue NW

Washington, DC 20530

800-514-0301

800-514-0383 (TTY)

<http://www.usdoj.gov/crt/ada/adahom1.htm>

DOJ, Bureau of Justice Assistance Clearinghouse

This Federal bureau offers community training and technical assistance to prevent crime, substance use disorders, and violence (reference and referral services for criminal justice professionals).

Bureau of Justice Assistance

Office of Justice Programs

810 Seventh Street NW, Fourth Floor

Washington, DC 20531

800-851-3420

<http://www.ojp.usdoj.gov/BJA>

DOJ, Bureau of Justice Statistics Clearinghouse

This Federal bureau provides information on crime, criminal offenders, victims of crime, and the operation of justice systems at all levels of Government.

Bureau of Justice Statistics

810 Seventh Street NW

Washington, DC 20531

202-307-0765

<http://www.ojp.usdoj.gov/bjs/welcome.html>

DOJ, Community Capacity Development Office

This multi-agency's strategy is to "weed out" violent crime, gang activity, and drug trafficking, and "seed" human services to the areas where these activities occur, encompassing prevention, intervention, treatment, and neighborhood revitalization.

810 Seventh Street NW

Washington, DC 20531

202-616-1152

<http://www.ojp.usdoj.gov/ccdo>

DOJ, Drug Court Planning Initiative

This initiative provides research, scholarship, and information for drug courts and other court-based intervention programs.

DOJ Bureau of Justice Assistance

810 Seventh Street NW, Fourth Floor

Washington, DC 20531

202-616-6500

<http://dcpi.ncjrs.gov/dcpi/dcpi.html>

DOJ, Drug Enforcement Administration (DEA)

This Federal Government agency enforces the Nation's controlled substances laws and regulations, works to reduce the availability of illegal drugs, and has a prevention arm devoted to reducing the demand for these drugs. The DEA contributes its "street-smart" perspective and skills to the field and helps to link law enforcement with other providers.

Office of Demand Reduction

2401 Jefferson Davis Highway

Alexandria, VA 22301

202-307-7936

<http://www.dea.gov>

DOJ, National Criminal Justice Reference Service

To support research, policy, and program development worldwide, this Federal organization provides criminal justice and substance use disorder information.

P.O. Box 6000

Rockville, MD 20849-6000

800-851-3420

301-519-5500

<http://www.ncjrs.gov>

DOJ, National Institute of Justice

This national research, development, and evaluation agency is dedicated to researching crime control and justice issues.

810 Seventh Street NW, Seventh Floor

Washington, DC 20531

202-307-2942

<http://www.ojp.usdoj.gov/nij>

DOJ, Office of Juvenile Justice and Delinquency Prevention

This Government agency offers resources for community-based youth rehabilitation programs and information about the juvenile justice system.

810 Seventh Street NW

Washington, DC 20531

202-307-5911

http://www.usdoj.gov/02organizations/02_1.html

U.S. DEPARTMENT OF TRANSPORTATION (DOT)

National Highway Traffic Safety Administration (NHTSA)

The mission of this organization is to develop partnerships to cooperatively save lives, prevent injuries, and reduce traffic-related health care and economic costs resulting from impaired driving from using alcohol and other drugs.

NHTSA Headquarters

1200 New Jersey Avenue SE

West Building

Washington, DC 20590

888-327-4236

<http://www.nhtsa.gov>

Mental Health

HHS, NIH

National Institute of Mental Health (NIMH)

This institute conducts research to reduce mental illness and behavioral disorders in America.

6001 Executive Boulevard

Room 8184, MSC 9663

Bethesda, MD 20892-9663

866-615-NIMH (6464)

301-443-4513

<http://www.nimh.nih.gov>

HHS, SAMHSA

Center for Mental Health Services (CMHS)

CMHS seeks to improve the availability and accessibility of high-quality community-based services for people with or at risk for mental illnesses and their families. It collects, analyzes, and disseminates national data on mental health services designed to help inform future services policy and program decision-making.

P.O. Box 2345

Rockville, MD 20847

800-789-2647

240-221-4021

<http://mentalhealth.samhsa.gov/cmhs>

HHS, SAMHSA, CMHS

15+ Make Time to Listen... Take Time to Talk

This program provides practical guidance to parents and caregivers about how to create time to listen and take time to talk with their children.

P.O. Box 2345

Rockville, MD 20847-2345

877-SAMHSA-7

<http://mentalhealth.samhsa.gov/15plus>

HHS, SAMHSA, CMHS

Refugee Mental Health Program (RMHP)

This program originated in the Alcohol, Drug Abuse, and Mental Health Administration (ADAMHA) in 1980 in response to the arrival of nearly 125,000 Cubans on South Florida shores. Its mission is to provide mental health assessment, treatment, and consultation to Cuban and Haitian migrants and their providers.

1 Choke Cherry Road, Room 6-1099

Rockville, MD 20857

240-276-1845

<http://www.refugeewellbeing.samhsa.gov>

HHS, SAMHSA, CMHS

Systems of Care

This Web site is devoted to providing information about the mental health of children, youth, and families. Systems of care is an approach to services that recognizes the importance of family, school, and community, and seeks to promote the full potential of every child and youth by addressing their physical, emotional, intellectual, cultural, and social needs.

1 Choke Cherry Road, Sixth Floor

Rockville, MD 20857

240-276-1980

<http://systemsofcare.samhsa.gov>

Military/Veterans

U.S. DEPARTMENT OF DEFENSE (DOD)

This department provides a wide array of services to prevent substance use disorders, including worksite education, drug testing, early intervention, outpatient counseling, and inpatient treatment.

5111 Leesburg Pike

Skyline 5, Suite 810

Rockville, MD 22041

703-681-0064

<http://www.defenselink.mil>

DOD, Office of Assistant Secretary of Defense for Public Affairs

The public affairs office develops policies, plans, and programs in support of DOD objectives and operations.

1400 Defense, Pentagon, Room 3A-750

Washington, DC 20301-1400

703-428-0711

<http://www.defenselink.mil/pubs/almanac/asdpa.html>

DOD, United States Air Force

Bolling Air Force Base, Drug Demand Reduction Program (DDRP)

This program is aimed at preventing the use and abuse of illicit and illegal drugs within the air force community. This is done through educational briefings and presentations, fairs and community-wide programs, materials on illicit drug use, and other prevention efforts.

Drug Demand Reduction Program Manager

Bolling Air Force Base

Building 53

Washington, DC 20032-0101

202-404-6818

DOD, United States Army

Army Center for Substance Abuse Programs (ACSAP)

This group supports combat readiness by providing program oversight, supervision, inspection, integration, technical assistance, and training development for the operation and management of all elements of the Army Substance Abuse Program.

4501 Ford Avenue, Suite 320

Alexandria, VA 22302

703-681-5583

<http://www.acsap.army.mil>

DOD, United States Army

Army Medical Surveillance Activity (AMSA)

This division of the Army is the only organization that performs comprehensive medical surveillance and routinely publishes background rates of diseases and injuries for the Army population.

Army Medical Surveillance Activity

2900 Linden Lane, Suite 200

Silver Spring, MD 20910

301-319-3240

<http://www.afhsc.army.mil/home>

DOD, United States Army

Army Substance Abuse Program (ASAP)

This group provides information on the health risks posed by substance use disorders. Its purpose is identifying and treating substance use disorders.

122 Forrest Circle, Building 230

Fort Myer, VA 22211-1199

703-696-6860

DOD, United States Marine Corps

Marine Corps Community Services (MCCS)

This group seeks to provide Marine Corps plans, policies, and resources to improve and sustain the capabilities of commanders. Its goal is to prevent problems that detract from unit performance and readiness.

United States Marine Corps

Personal and Family Readiness Division (MR)

3280 Russell Road

Quantico, VA 22134

703-784-9454

<http://www.usmc-mccs.org>

DOD, United States Navy

National Naval Medical Center's Substance Abuse and Rehabilitation Program (SARP)

This program's mission is to improve operational readiness, promote healthy lifestyles, and treat problems from alcohol and substance use. Substance-related problems are identified and treated by a team of specialists. The program is designed to meet the individual needs of active-duty personnel, family members, and retirees.

Substance Abuse and Rehabilitation Program

National Naval Medical Center

8901 Rockville Pike

Bethesda, MD 20889

301-295-4611

<http://www.bethesda.med.navy.mil>

DOD, United States Navy

Navy Alcohol & Drug Abuse Prevention Program (NADAP)

This group's mission is to support the Navy's readiness by fighting alcohol abuse and drug use. It offers information and assistance to support individual and command alcohol abuse and drug use prevention efforts.

Department of the Navy, Navy Environmental Health Center

620 John Paul Jones Circle, Suite 1100

Portsmouth, VA 23708-2103

757-953-0700

<http://www.npc.navy.mil/CommandSupport/NADAP>

U.S. DEPARTMENT OF VETERANS AFFAIRS (VA)

This Government agency provides benefits and services to people who are veterans, family members, or survivors of veterans.

810 Vermont Avenue NW
Washington, DC 20420
800-827-1000
<http://www.va.gov>

VA, Center for Post-Traumatic Stress Disorder (PTSD)

This center advances the clinical care and social welfare of U.S. veterans through research, education, and training on PTSD and stress-related disorders.

802-296-6300
<http://ncptsd.va.gov/ncmain/index.jsp>

VA, Suicide Prevention Hotline

This helpline provides veterans in emotional crisis with round-the-clock access to trained professionals.

800-273-TALK
<http://www.suicidepreventionlifeline.org>

Policy/Education

HHS, Centers for Disease Control and Prevention (CDC)

This agency provides materials and information on the prevention of HIV/AIDS, sexually transmitted diseases, and tuberculosis. It also provides smoking cessation help through the National Network of Tobacco Cessation Quitlines.

1600 Clifton Road
Atlanta, GA 30333
800-CDC-INFO (232-4636)
800-232-6348 (TTY)
800-QUIT-NOW (784-8669)
888-332-8615 (TTY)
<http://www.cdc.gov>

HHS, NIH

National Library of Medicine (NLM)

This library contains extensive substance use disorder research.

8600 Rockville Pike
Bethesda, MD 20894
888-346-3656
<http://www.nlm.nih.gov>

HHS, NIH, NIDA

Office of Science Policy and Communications

This Government office conducts science-based research on substance use disorders.

6001 Executive Boulevard
Room 5213, MSC 9561
Bethesda, MD 20892-9561
301-443-1124
<http://www.nida.nih.gov/about/organization/OSPC/OSPC.html>

Prevention

DOJ, DEA

“Get it Straight! The Facts About Drugs”

For a full description, refer to School Youth under Federal Agencies.

DOJ, DEA

Just Think Twice

This Web site focuses on demand reduction and street-smart prevention for teenagers, aiming to educate teens about the realities of drug abuse.

<http://www.justthinktwice.com>

EOP, ONDCP

Above the Influence

This campaign helps teens become more aware of the influences around them and encourages them to stay above the influence of peer pressure.

<http://www.abovetheinfluence.com>

EOP, ONDCP

National Youth Anti-Drug Media Campaign

A comprehensive advertising and public relations program, this campaign offers critical drug information for teens and tips for parents on keeping their kids healthy and drug-free.

<http://www.mediacampanign.org>

HHS, NIH, NIAAA

National Advisory Council on Alcohol Abuse and Alcohol Prevention Task Force on College Drinking

This council offers research and information on college drinking.

Willco Building
5635 Fishers Lane, MSC 9304
Bethesda, MD 20892-9304
301-443-3860
<http://www.collegedrinkingprevention.gov>

HHS, NIH, NIDA

Prevention Research

NIDA supports most of the world's research on the health aspects of drug abuse and addiction. It carries out a large variety of programs to ensure the rapid dissemination of research information and its implementation in policy and practice.

6001 Executive Boulevard
Room 5213, MSC 9561
Bethesda, MD 20892-9561
301-443-1124
<http://www.nida.nih.gov/drugpages/prevention.html>

HHS, SAMHSA

Center for Substance Abuse Prevention (CSAP)

The mission of this center is to bring effective substance use prevention to every community nationwide. Its discretionary grant programs—whether focusing on preschool-age children and high-risk youth or on community-dwelling older Americans—target States, communities, organizations, and families to promote resiliency, promote protective factors, and reduce risk factors for substance use.

1 Choke Cherry Road
Rockville, MD 20857
240-276-2420
<http://csap.samhsa.gov>

HHS, SAMHSA, CSAP

Family Web site

This Web site serves as a family guide to keep youth mentally healthy and drug free.

1 Choke Cherry Road
Rockville, MD 20857
240-276-2548
<http://www.family.samhsa.gov>

HHS, SAMHSA, CSAP

Building Blocks for a Healthy Future

This initiative is an early childhood substance use prevention program that educates parents and caregivers about the basics of prevention in order to promote a healthy lifestyle.

1 Choke Cherry Road
Rockville, MD 20857
800-694-4747, ext. 4820
<http://bblocks.samhsa.gov>

HHS, SAMHSA, CSAP

Too Smart To Start

This is an underage alcohol use prevention initiative for parents, caregivers, and their 9- to 13- year-old children.

1 Choke Cherry Road
Rockville, MD 20857
240-747-4980
<http://www.toosmartostart.samhsa.gov>

Recovery/Treatment

HHS, NIH, NIDA

Treatment Research

NIDA supports most of the world's research on the health aspects of drug abuse and addiction. It carries out a large variety of programs to ensure the rapid dissemination of research information and its implementation in policy and practice.

6001 Executive Boulevard
Room 5213, MSC 9561
Bethesda, MD 20892-9561
301-443-1124

<http://www.drugabuse.gov/drugpages/treatment.html>

HHS, SAMHSA

Center for Substance Abuse Treatment (CSAT)

As the sponsor of **Recovery Month**, CSAT promotes the availability and quality of community-based substance use treatment services for individuals and families who need them. It supports policies and programs to broaden the range of evidence-based effective treatment services for people who abuse alcohol and drugs and that also address other addiction-related health and human services problems.

1 Choke Cherry Road, Second Floor
Rockville, MD 20857
240-276-2750

<http://csat.samhsa.gov>

HHS, SAMHSA, CSAT

Division of Pharmacologic Therapies (DPT)

This division manages the day-to-day regulatory oversight activities necessary to implement the use of opioid agonist medications, such as methadone and buprenorphine, approved by the U.S. Food and Drug Administration (FDA) for addiction treatment.

1 Choke Cherry Road, Room 2-1075
Rockville, MD 20857
240-276-2700

<http://www.dpt.samhsa.gov>

HHS, SAMHSA, CSAT

Knowledge Application Program (KAP)

This program provides substance use treatment professionals with publications, online education, and other resources that contain information on best treatment practices.

1 Choke Cherry Road, Second Floor
Rockville, MD 20857

<http://kap.samhsa.gov>

HHS, SAMHSA, CSAT

Partners for Recovery Program

This program is dedicated to the advancement of prevention, treatment, and recovery from substance use and mental health disorders.

240-276-1691

<http://www.pfr.samhsa.gov>

HHS, SAMHSA, CSAT

The Recovery Community Services Program (RCSP)

This grant program awards funding to peer-to-peer recovery support services that help people initiate and/or sustain recovery from alcohol and drug use disorders. Some projects also offer support to family members of people needing, seeking, or in recovery.

1 Choke Cherry Road, Room 5-1124
Rockville, MD 20857

240-276-1566

<http://www.rcsp.samhsa.gov>

HHS, SAMHSA

Office of Applied Studies (OAS)

This office serves as SAMHSA's focal point for data collection, analysis, and dissemination activities.

1 Choke Cherry Road, Room 7-1044
Rockville, MD 20857
240-276-1212

<http://www.oas.samhsa.gov>

HHS, SAMHSA

SAMHSA's National Helpline

This Helpline provides 24-hour free and confidential information in English and Spanish.

800-662-HELP (800-662-4357)
800-487-4889 (TDD)

<http://www.samhsa.gov/treatment>

HHS, SAMHSA

Treatment Locator

This is a searchable directory that contains resources about mental health, substance abuse, and alcohol and drug treatment programs.

<http://www.samhsa.gov/treatment>

Schools/Youth

U.S. DEPARTMENT OF AGRICULTURE (USDA), 4-H

Healthy lifestyle education and activities for youth are presented through a program managed nationally by the families, 4-H, and Education and Extension Service of the U.S. Department of Agriculture.

1400 Independence Avenue SW, STOP 2225
Washington, DC 20250-2201
202-401-4114

<http://www.national4-hheadquarters.gov>

U.S. DEPARTMENT OF EDUCATION (ED)

This department makes available information for students, parents, teachers, and administrators, including grants for anti-alcohol and drug programs.

400 Maryland Avenue SW, 7E-247
Washington, DC 20202-6123
800-872-5327

<http://www.ed.gov>

ED, Office of Safe and Drug-Free Schools

This office provides information on drug-free school programs and activities.

400 Maryland Avenue SW
Washington, DC 20202-6123
202-260-3954

DOJ, DEA

Get Smart About Drugs

This DEA program is a resource for parents about how and why teens abuse prescription drugs.

2401 Jefferson Davis Highway
Alexandria, VA 22301
202-307-1000

<http://www.getsmartaboutdrugs.com>

HHS, NIH, NIDA

Heads Up Web site

Through a continuing partnership, NIDA and Scholastic, Inc., the global children's publishing and media company, distribute information on the health effects of drugs to students and teachers in grades 5 through 10 nationwide through a program called "Heads Up: Real News About Drugs and Your Body."

6001 Executive Boulevard
Room 5213, MSC 9561
Bethesda, MD 20892-9561

301-443-1124

<http://www.scholastic.com/headsup>

HHS, NIH, NIDA**NIDA for Teens**

This Web site educates adolescents ages 11 through 15 (as well as their parents and teachers) about the science behind drug abuse.

6001 Executive Boulevard
Room 5213, MSC 9561
Bethesda, MD 20892-9561
301-443-1124

<http://www.teens.drugabuse.gov>

HHS, NIH, NIDA**NIDA Goes Back to School Web site**

This Web site is a source of free information about the latest science-based drug abuse publications and teaching materials. The site is targeted toward teachers and parents.

6001 Executive Boulevard
Room 5213, MSC 9561
Bethesda, MD 20892-9561
301-443-1124

<http://www.backtoschool.drugabuse.gov>

Workplace

HHS, SAMHSA, CSAP**Workplace Resource Center Helpline**

This helpline supplies centralized access to information about drug-free workplaces and related topics.

1 Choke Cherry Road
Rockville, MD 20857
800-WORKPLACE (800-967-5752)
240-276-2600

<http://www.drugfreeworkplace.gov>

U.S. DEPARTMENT OF LABOR (DOL)

The DOL provides information for U.S. job seekers, wage earners, and retirees, offering information about workplace rules and regulations.

200 Constitution Avenue NW
Washington, DC 20210
866-4-USA-DOL (866-487-2365)

<http://www.dol.gov>

DOL, DisabilityInfo.gov

This comprehensive Federal Web site provides disability-related Government resources.

<http://www.disabilityinfo.gov>

DOL, Drug-Free Workplace Advisor

This tool provides information to businesses about how to establish and maintain an alcohol- and drug-free workplace. It also provides information about the Drug-Free Workplace Act of 1988, based on the Office of Management and Budget's (OMB) Government-wide non-regulatory guidance.

U.S. Department of Labor, Frances Perkins Building
200 Constitution Avenue NW, Room S-2312
Washington, DC 20210
866-487-2365

<http://www.dol.gov/elaws/drugfree.htm>

DOL, Substance Abuse Information Database

This interactive database provides a one-stop source of information with summaries and full texts of materials relating to workplace substance use issues. Employers can draw on articles from experts as well as success stories from a variety of industries to assist them in establishing and maintaining a workplace substance use program.

U.S. Department of Labor
200 Constitution Avenue NW, Room S-2312
Washington, DC 20210
866-487-2365

<http://www.dol.gov/asp/programs/drugs/said>

U.S. EQUAL EMPLOYMENT OPPORTUNITY COMMISSION (EEOC)

Information for small business employers about EEOC-enforced laws and processes is available through the commission.

U.S. Equal Employment Opportunity Commission
131 M Street NE
Washington, DC 20507
800-669-4000

<http://www.eeoc.gov>

U.S. NATIONAL LABOR RELATIONS BOARD (NLRB)

This Federal agency administers the National Labor Relations Act by conducting elections to determine whether or not employees want union representation, as well as investigating and remedying unfair labor practices by employers and unions.

1099 14th Street NW
Washington, DC 20570-0001
866-667-NLRB (866-667-6572)
866-315-NLRB (866-315-6572) (TTY)

<http://www.nlr.gov>

U.S. SMALL BUSINESS ADMINISTRATION (SBA)

Grantees of the Paul D. Coverdell Drug Free Workplace Program assist small businesses with the implementation of a drug-free workplace program by providing financial, technical, and management assistance, including information about grants/loans and employee assistance programs.

409 Third Street SW
Washington, DC 20416
800-827-5722

<http://www.sba.gov>

SBA, U.S. Business Advisor

The organization gives access to Federal Government information, services, and transactions.

<http://www.business.gov>

OTHER RESOURCES

Culture Specific

Arab American and Chaldean Council (ACC)

This is the largest Arab and Chaldean social services and nonprofit organization in North America. It provide service in many areas, such as behavioral health, social services, immigration, employment, and public health (including substance use prevention and treatment).

111 West Seven Mile Road
Detroit, MI 48203
248-559-1990

<http://www.myacc.org>

National Minority AIDS Council

The Council supplies resources for minorities with AIDS.

1931 13th Street NW
Washington, DC 20009-4432
202-483-6622

<http://www.nmac.org>

Support for Addictions Prevention and Treatment in Africa Foundation (SAPTAF)

For a full description, refer to Prevention.

African American

Association of Black Psychologists

This association addresses issues facing black psychologists and the black community.

P.O. Box 55999
Washington, DC 20040-5999
202-722-0808

<http://www.abpsi.org>

Black Administrators in Child Welfare, Inc.

This association provides help for African-American children and their families in the child welfare system.

900 Second Street NE, Suite 217

Washington, DC 20002

202-783-3714

<http://www.blackadministrators.org>

GROUP Ministries, Inc.

For a full description, refer to Recovery Support Programs.

National Association for Equal Opportunity in Higher Education

This association offers programs and services for African-American college students and college campuses.

209 Third Street SE

Washington, DC 20003

202-552-3300

<http://www.nafeo.org>

National Association of African Americans for Positive Imagery

This campaign includes alcohol and tobacco control to promote positive community and self images and foster environments free of health disparities.

1231 North Broad Street

Philadelphia, PA 19122

215-235-6488

<http://www.naaapi.org>

National Association of Black Social Workers

The membership of this association includes African Americans working in social services.

2305 Martin Luther King Avenue SE

Washington, DC 20020

202-678-4570

<http://www.nabsw.org>

National Black Alcoholism and Addiction Council

This group provides programs, education, and training for the prevention and treatment of substance use disorders in the African-American community.

5104 North Orange Blossom Trail, Suite 111

Orlando, FL 32810

877-NBAC-ORG (622-2674)

407-532-2747

National Council of Negro Women, Inc.

This organization offers information about issues affecting African-American women and their families.

633 Pennsylvania Avenue NW

Washington, DC 20004

202-737-0120

<http://www.ncnw.org>

National Medical Association (NMA)

This association serves as the collective voice of African-American physicians and a force for parity and justice in medicine and the elimination of disparities in health.

1012 10th Street NW

Washington, DC 20001

202-347-1895

<http://www.nmanet.org>

Asian-Pacific Islander**Asian and Pacific Islander American Health Forum**

This forum includes Asian and Pacific Islander communities in all health, political, social, and economic arenas.

1828 L Street NW, Suite 802

Washington, DC 20036

202-466-7772

<http://www.apiahf.org>

Asian Counseling and Referral Service, Inc.

For a full description, refer to Recovery Support Programs.

Japanese American Citizens League

A community organization, this group provides assistance through programs that enhance the cultural preservation of the Japanese-American community and challenge social injustice wherever it may occur.

1765 Sutter Street

San Francisco, CA 94115

415-921-5225

DC Office

1850 M Street, Suite 1100

Washington, DC 20036

202-223-1240

<http://www.jacl.org>

Korean American Coalition

This group holds one strong voice for the Korean-American community by bringing people together to build a better community for all through education, service, and advocacy.

1001 Connecticut Avenue NW, Suite 730

Washington, DC 20036

202-296-9560

<http://www.kacdc.org>

National Asian American Pacific Islander**Mental Health Association**

This association aids the mental well-being of Asian Americans and Pacific Islanders when dealing with problems including substance use.

1215 19th Street, Suite A

Denver, CO 80202

303-298-7910

<http://www.naapimha.org>

National Asian Pacific American Families Against Substance Abuse, Inc. (NAPAFASA)

This private, nonprofit membership organization involves service providers, families, and youth to promote health and social justice and address the alcohol, tobacco, and other drug issues of Asian and Pacific Islander populations.

340 East Second Street, Suite 409

Los Angeles, CA 90012

213-625-5795

<http://www.napafasa.org>

Organization of Chinese Americans

This organization serves as a resource for Chinese-American and Asian-American citizens and permanent residents to help them secure their rights through legislative and policy initiatives.

1322 18th Street NW

Washington, DC 20036-1803

202-223-5500

<http://www.ocanational.org>

Hispanic/Latino**ASPIRA Association, Inc.**

This association offers programs and activities dedicated to leadership development and education of Puerto Rican and other Latino youth.

1444 Eye Street NW, Suite 800

Washington, DC 20005

202-835-3600

<http://www.aspira.org>

Chicanos Por La Causa, Inc.

This nonprofit community development corporation offers social service programs and services throughout Arizona.

1112 East Buckeye Road

Phoenix, AZ 85034

602-257-0700

<http://www.cplc.org>

Latin American Youth Center

This center provides outpatient counseling services for Hispanic individuals, families, and groups.

1419 Columbia Road NW
Washington, DC 20009
202-319-2225

<http://www.layc-dc.org>

National Alliance for Hispanic Health

This alliance offers information on health issues that affect the Hispanic community.

1501 16th Street NW
Washington, DC 20036
202-387-5000

<http://www.hispanichealth.org>

National Hispanic Medical Association (NHMA)

This association conducts health and policy research and offers programs to improve the health of Hispanics and other underserved populations.

1411 K Street NW, Suite 1100
Washington, DC 20005
202-628-5895

<http://www.nhmamd.org>

National Latino Children's Institute (NLCI)

This national institute conducts research and presents educational materials, programs, and services focused on Latino children.

118 Broadway Street, Suite 615
San Antonio, TX 78205
210-228-9997

<http://www.nlci.org>

National Latino Council on Alcohol and Tobacco Prevention (NLCATP)

The Council prevents tobacco use and reduces alcohol use disorders in the Latino community through the dissemination of science-based research findings, community education, technical assistance, policy analysis, and advocacy.

250 Fifth Avenue, Suite 403
New York, NY 10001

Puerto Rican Organization for Community Education and Economic Development, Inc.

This organization addresses the social, health, and economic needs of Latino and non-Latino communities.

1126 Dickinson Street
Elizabeth, NJ 07201
908-351-7727

<http://www.proceedinc.com>

Native American

American Indian Community House (AICH)

This organization provides health and social services for American Indians in New York City.

11 Broadway, Second Floor
New York, NY 10004-1303
212-598-0100

<http://www.aich.org>

National Congress of American Indians (NCAI)

This organization offers assistance for tribes, tribal leaders, and youth in the prevention of, treatment of, and recovery from substance use disorders among American Indian and Alaskan Native families and communities.

1516 P Street NW
Washington, DC 20005
202-466-7767

<http://www.ncai.org>

National Indian Child Welfare Association (NICWA)

This association is dedicated to the well-being of American Indian children and families.

5100 SW Macadam Avenue, Suite 300
Portland, OR 97239
503-222-4044

<http://www.nicwa.org>

National Indian Health Board (NIHB)

This organization provides health care research and services for tribes, area health boards, tribal organizations, Federal agencies, and private foundations.

926 Pennsylvania Avenue SE
Washington, DC 20003
202-507-4070

<http://www.nihb.org>

Pima Prevention Partnership

This nonprofit, multi-cultural coalition for substance use disorders and delinquency prevention in Tucson provides policy leadership, program development, youth prevention services, grant writing, planning, and evaluation services to promote community development for Native Americans.

2525 East Broadway, Suite 100
Tucson, AZ 85716
520-624-5800

<http://www.thepartnership.us>

United National Indian Tribal Youth, Inc.

This organization develops initiatives to foster the spiritual, mental, physical, and social development of Native American youth.

500 North Broadway, Suite 10
Oklahoma City, OK 73102
405-236-2800

<http://www.unityinc.org>

White Bison, Inc.

This nonprofit organization disseminates culturally based principles, values, and teachings to support healthy community development and servant leadership, and to support healing from alcohol, substance abuse, co-occurring disorders, and intergenerational trauma. It offers learning resources to the Native American community nationwide on topics such as sobriety, recovery, prevention, and wellness/Wellbriety.

701 North 20th Street
Colorado Springs, CO 80904
877-871-1495
719-548-1000

<http://www.whitebison.org>

Faith-Based Organizations

Alcoholics Victorious

This is a Christian-oriented 12-step support group for those recovering from alcohol or chemical dependency. It offers information and referrals, literature, phone support, conferences, support group meetings, and a newsletter.

4501 Troost Street
Kansas City, MO 64110-4127
816-561-0567

<http://www.alcoholicsvictorious.org>

Calix Society

This is a 12-step fellowship of Catholic alcoholics who help one another maintain sobriety through Alcoholics Anonymous. The group is concerned with total abstinence, spiritual development, and sanctification of the whole personality of each member.

3881 Highland Avenue, Suite 201
White Bear Lake, MN 55110
800-398-0524
651-773-3117

<http://www.calixsociety.org>

Catholic Charities, USA

This membership association provides vital social services to people in need, regardless of their religious, social, or economic backgrounds.

66 Canal Center Plaza, Suite 600
Alexandria, VA 22314
703-549-1390

<http://www.catholiccharitiesusa.org>

Celebrate Recovery®

This is a worldwide Christ-centered recovery ministry. By working the 12 steps, their Biblical principles, and the corresponding Eight Recovery Principles found in the Beatitudes, individuals find freedom from past hurts and harmful addictive and dysfunctional behaviors.

1 Saddleback Parkway
Lake Forest, CA 92630
949-609-8334

<http://www.celebraterecovery.com>

Church of Jesus Christ of Latter-Day Saints

This Mormon organization promotes strong family relationships.

2520 L Street NW, Second Floor
Washington, DC 20037
202-448-3333

<http://www.lds.org>

Clergy Recovery Network

This network mentors ministry professionals through personal crises and early recovery. It seeks to help clergy guide their ministries toward spiritual and organizational health before, during, and after a leadership crisis

P.O. Box 52
Joplin, MT 59531
406-292-3322

<http://www.clergyrecovery.com>

Faith Partners

This organization promotes the prevention of alcohol, tobacco, and other drug abuse. It provides tools, training, materials, and assistance to congregations in several States.

511 Cargill Drive
Spicewood, TX 78669
512-394-9101

<http://www.faith-partners.org>

Faith WORKS

This organization facilitates the involvement of faith-based communities in the implementation of welfare reform.

2825 West Street, #1
Redding, CA 96001
530-242-1492

<http://www.faith-works.cc>

Institute for Public Health Faith Collaborations Rollins School of Public Health, Emory University

This institute promotes vital learning at the intersecting boundaries where faith and health overlap, merge, and emerge transformed.

1256 Briarcliff Road
Atlanta, GA 30306
404-727-5246

<http://www.ihpnet.org>

Intercongregational Alcoholism Program (ICAP)

This network is for recovering alcoholic women in religious orders. The group aims to help Roman Catholic women who are, or have been, members of religious orders who are in need due to alcoholism or chemical dependencies.

7777 Lake Street, Suite 115
River Forest, IL 60305-1734
708-488-9770

Jewish Alcoholics, Chemically Dependent Persons and Significant Others

This group assists chemically dependent Jewish people and their families, friends, and associates to explore recovery in a nurturing Jewish environment.

120 West 57th Street
New York, NY 10019
212-397-4197

<http://www.jacsweb.org>

Jewish Big Brother and Big Sister League

This league is an outpatient treatment program for adolescents, adults, and families suffering from alcohol, drug, or other addictions.

5750 Park Heights Avenue
Baltimore, MD 21208
410-466-9200

Lutheran Services in America

This organization advocates for sound and compassionate public policies on behalf of Lutheran social ministry organizations and the people they serve.

700 Light Street
Baltimore, MD 21230-3850
800-664-3848

<http://www.lutheranservices.org>

National Council of Churches

The council helps parents communicate with their children about alcohol, tobacco, and illegal drugs.

475 Riverside Drive, Suite 800
New York, NY 10115
212-870-2228

<http://www.nccusa.org>

Odyssey Networks

This network is the Nation's largest coalition of Christian, Jewish, and Muslim faith groups dedicated to achieving interfaith understanding through the production and distribution of media.

The Interchurch Center
475 Riverside Drive
New York, NY 10115
212-870-1030

<http://www.odysseynetworks.org>

Overcomers In Christ (OIC)

OIC is a recovery program that deals with every aspect of addiction and dysfunction (spiritual, physical, mental, emotional, and social). Members overcome obstacles using Christ-centered motivations.

P.O. Box 34460
Omaha, NE 68134
402-573-0966

<http://www.overcomersinchrist.org>

Overcomers Outreach, Inc.

This group provides Christ-centered 12-step support for persons with any compulsive behavior, their families, and friends. It uses the 12 steps of Alcoholics Anonymous and applies them to the Scriptures.

12828 Acheson Drive
Whittier, CA 90601
800-310-3001
877-968-3726

<http://www.overcomersoutreach.org>

Presbyterians for Addiction Action (PAA)

Presbyterian Health, Education and Welfare Association

PAA assists Presbyterians as they minister in an increasingly addictive society to restore people of the Presbyterian faith.

100 Witherspoon Street
Louisville, KY 40202
888-728-7228, ext. 5800

<http://www.pcusa.org/phewa/paa.htm>

Recovery Consultants of Atlanta, Inc. (RCA)

This is a nonprofit, faith-based organization founded by concerned, committed, and spiritually centered members of metro-Atlanta's recovery community. It collaborates with faith (primarily churches) and community-based organizations, develops peer-to-peer support services and programs, and works to build a network of recovering individuals.

3423 Covington Drive, Suite B
Decatur, GA 30032
404-289-0313

<http://www.recoveryconsultants.org>

Recovery Ministries of the Episcopal Church

This is a national membership organization that raises awareness throughout the church community about addictions and the hope of recovery from these illnesses.

2872 Hannon Hill Drive
Tallahassee, FL 32309
866-306-1542

<http://www.episcopalrecovery.org>

Reviving the Human Spirit: A Faith Community Initiative Health Foundation of Greater Cincinnati

This independent foundation is dedicated to improving community health in Cincinnati and 20 surrounding counties.

Rookwood Tower
3805 Edwards Road, Suite 500
Cincinnati, OH 45209-1948
513-458-6640

<http://www.asapcenter.org>

Salvation Army

This organization provides a broad array of social services that include providing food for the hungry, relief for disaster victims, assistance for the disabled, outreach to the elderly and ill, clothing and shelter to the homeless, and opportunities for underprivileged children.

615 Slaters Lane
P.O. Box 269
Alexandria, VA 22313
703-684-5500

<http://www.salvationarmyusa.org>

Save Our Selves (SOS Clearinghouse)

This organization is dedicated to providing a path to sobriety, an alternative to those paths depending upon supernatural or religious beliefs.

4773 Hollywood Boulevard
Hollywood, CA 90027
323-666-4295

<http://www.cfiwest.org/sos/index.htm>

Seventh-Day Adventist Church

Through the Adventist Development and Relief Agency and other programs, this Church operates youth camps, community service projects, family life counseling, and Health & Temperance Programs, which include substance use disorder prevention/treatment and recovery options as a continuum.

12501 Old Columbia Pike
Silver Spring, MD 20904
301-680-6000

<http://www.adventist.org>

Shinnyo-en Foundation

This organization helps build more caring communities by supporting educational programs that engage and inspire young people in meaningful acts of service. The Foundation was established in 1994 by Shinnyo-en, a lay Buddhist order whose members strive to live with utmost sincerity and respect for others.

201 Mission Street, Suite 2450
San Francisco, CA 94105
415-777-1977

<http://www.sef.org>

St. Paul's Episcopal Church

This church has hosted 12-step programs and other affiliate programs for more than 15 years.

221 34th Street
Newport News, VA 23607
757-247-5086

<http://www.stpaulsnn.org>

The Springs Rescue Mission

The mission reaches the poor and needy of Colorado Springs by providing for their physical needs while ministering restoration to their spirit, soul, and body.

5 West Las Vegas Street
Colorado Springs, CO 80903
719-632-1822

<http://www.springsrescuemission.org>

United Methodist Church — General Board of Church and Society of the United Methodist Church

This agency of the United Methodist Church offers faith-based substance abuse prevention advocacy training for local churches and faith-based programs for churches to de-stigmatize addiction and provide church-wide training on substance use disorders.

100 Maryland Avenue NE
Washington, DC 20002
202-488-5600

<http://www.umc-gbcs.org>

Volunteers of America

This is a national, nonprofit, faith-based organization dedicated to helping those in need rebuild their lives and reach their full potential. Through thousands of human service programs, including housing and health care, the group helps nearly 2 million people in over 400 communities.

1660 Duke Street
Alexandria, VA 22314
800-899-0089
703-341-5000

<http://www.vo.org>

Family and Social Services

Alliance for Children and Families

This alliance provides services to the nonprofit child and family sectors and economic empowerment organizations.

11700 West Lake Park Drive
Milwaukee, WI 53244-3099
414-359-1040

<http://www.alliance1.org>

American Council for Drug Education (ACDE) and Children of Alcoholics Foundation (COAF)

This council is a prevention and education agency that develops programs and materials based on the most current scientific research on drug use and its impact on society. COAF focuses on information, support, and resources for families that have been affected by parental substance use, as well as practice improvement for the professionals who work with them.

718-222-6641
<http://www.acde.org>
<http://www.coaf.org>

Benevolent and Protective Order of Elks of the USA, The

This program is the largest volunteer drug awareness program in the country. It is committed to eliminating the use and abuse of illegal drugs by all members of its society.

2750 North Lakeview Avenue
Chicago, IL 60614-1889
773-755-4700

<http://www.elks.org>

Child Welfare League of America (CWLA)

This membership organization has more than 1,100 public and private nonprofit agencies promoting the well-being of children, youth, and their families, and protecting every child from harm.

2345 Crystal Drive, Suite 250
Arlington, VA 22202
703-412-2400

<http://www.cwla.org>

Children's Defense Fund

This fund provides child welfare and health programs.

25 E Street NW
Washington, DC 20001
800-233-1200
202-628-8787

<http://www.childrensdefense.org>

Children's Health Initiative (CHI)

This program produces innovative digital media projects combining television and internet technologies. CHI focuses on issues affecting the health of at-risk groups such as those living in poverty, families that don't typically graduate from high school, teen parents, families with high incidence of substance abuse and adults who grew up in violent homes. It is their belief that the health of a community can only be measured by the health of its children. The initiative's purpose is to help families create and sustain stable, wholly healthy (physical, mental, emotional and social well-being) homes for children.

P.O. Box 24123
New Orleans, LA 70184
985-892-7571

<http://www.childrenshealthinitiative.net>

Dictionary for Dads

This nonprofit organization shares education, resources, and practical experiences that are fundamental in helping men make informed decisions about parenting. Its goal is to assist dads in raising happy and healthy children.

516-398-1934

<http://www.dictionaryfordads.com>

Federation of Families for Children's Mental Health

This national parent-run organization focuses on the needs of children and youth with emotional, behavioral, or mental disorders, and their families.

9605 Medical Center Drive
Rockville, MD 20850
240-403-1901

<http://www.ffcmh.org>

Intervention 911

This group works with families nationwide to bring loved ones suffering from addiction to treatment. The organization also gives family and friends the tools they need to heal themselves and help during the recovery process.

170 North Vista Street
Los Angeles, CA 90036
866-888-4911

<http://www.intervention911.com>

Kennedy Krieger Family Center

This center provides mental health and support services for children, adolescents, and families who experience trauma through the effects of abuse, neglect, and environmental factors.

2901 East Biddle Street
Baltimore, MD 21213
443-923-5800

http://www.kennedykrieger.org/kki_cp.jsp?pid=1400

National Alliance to End Homelessness

This is a nationwide coalition of public, private, and nonprofit organizations devoted to ending homelessness.

1518 K Street NW, Suite 410
Washington, DC 20005
202-638-1526

<http://www.endhomelessness.org>

National Association for Children of Alcoholics (NACoA)

For a full description, refer to Mutual Support Groups.

National Association of Public Child Welfare Administrators (NAPCWA)

This association is devoted solely to representing administrators of State and local public child welfare agencies, bringing an informed view of the problems facing families today to the formulation of child welfare policy.

810 First Street NE, Suite 500
Washington, DC 20002
202-682-0100

<http://www.aphsa.org/napcwa>

North American Family Renewal Institute, Inc. (NAFRI)

This institute researches, treats, and educates on all forms of addictive behaviors, and provides therapist training, public policy awareness, and specialized networking weekends for individuals in the recovery community.

8503 Schultz Road
Clinton, MD 20735
301-877-1577

Sigma Gamma Rho Sorority, Inc.

This sorority offers social services for communities around the Nation.

1000 South Hill Drive, Suite 200
Cary, NC 27513

888-747-1922

<http://www.sgrho1922.org>

U.S. DEPARTMENT OF AGRICULTURE, 4-H

For a full description, refer to Schools/Youth under Federal Agencies.

University of Baltimore Center for Families, Children and the Courts

This group's mission is to create, foster, and support a national movement to integrate communities, families, and the justice system to improve the lives of families and the health of the community.

1420 North Charles Street
Baltimore, MD 21201
410-837-5737

<http://law.ubalt.edu/cfcc>

Young Men's and Young Women's Hebrew Association/92nd Street Y

This organization is committed to sharing its programs with all New Yorkers regardless of economic circumstance. It provides financial assistance and an outreach program that brings the arts into the lives of economically disadvantaged local schoolchildren and keeps them off the streets.

1395 Lexington Avenue
New York, NY 10128
212-415-5500

<http://www.92y.org>

Young Men's Christian Association of the U.S.A. (YMCA)

The group provides health and social services for men, women, and children.

101 North Wacker Drive
Chicago, IL 60606
800-872-9622

<http://www.ymca.net>

Young Women's Christian Association of the U.S.A. (YWCA)

This organization offers health and social services for women and their families.

2025 M Street NW, Suite 550
Washington, DC 20036
800-YWCA-US1
202-467-0801

<http://www.ywca.org>

Health Care

American Holistic Health Association (AHHA)

This association encourages physicians and practitioners to incorporate holistic principles into their practices and educate the public on the power of the holistic approach.

P.O. Box 17400
Anaheim, CA 92817
714-779-6152

<http://www.ahha.org>

DrugWatch

This comprehensive Web site database features extensive information about thousands of different medications and drugs currently on the market or previously available worldwide. By providing FDA alerts, drug interactions, and potential side effects, this site provides patients with valuable knowledge that could enhance their ability to voice concerns with their doctors and improve their quality of care.

800-452-0949

<http://www.drugwatch.com>

Families USA

This organization provides resources on access to high-quality, affordable health care as well as senior citizen issues.

1201 New York Avenue NW, Suite 1100
Washington, DC 20005
202-628-3030

<http://www.familiesusa.org>

**George Washington University
Ensuring Solutions to Alcohol Problems Initiative**

This program works to increase access to treatment for individuals with alcohol problems by collaborating with policymakers, employers, and concerned citizens.

2021 K Street NW, Suite 800
Washington, DC 20006
202-994-4303

<http://www.ensuringsolutions.org>

Haight Ashbury Free Clinics, Inc.

The mission of these clinics is to increase access to health care for all and improve the health and well-being of their clients. More than 34,000 individuals and their loved ones depend on the clinics every year to provide free, high-quality, demystified, and comprehensive health care that is culturally sensitive, nonjudgmental, and accessible to all in need.

P.O. Box 29917
San Francisco, CA 94129
415-746-1967

<http://www.hafci.org>

National Association of Community Health Centers (NACHC)

This association collaborates with community, migrant, and homeless health centers that provide health care to the poor and medically underserved.

7200 Wisconsin Avenue, Suite 210
Bethesda, MD 20814
301-347-0400

<http://www.nachc.com>

**National Association of County Behavioral Health and
Developmental Disability Directors (NACBHD)**

For a full description, refer to State and Local Resources.

National Committee for Quality Assurance (NCQA)

This group provides information about the quality of the Nation's managed care plans.

1100 13th Street NW, Suite 1000
Washington, DC 20005
202-955-3500

<http://www.ncqa.org>

National Council on Patient Information and Education (NCPIE)

This is a multi-disciplinary coalition of over 100 organizations working to stimulate and improve communication of information on appropriate medicine use to consumers and health care professionals.

200-A Monroe Street, #212
Rockville, MD 20850-4448
301-340-3940

<http://www.talkaboutrx.org>

National Health Law Program

This national program provides resources on health care for uninsured or underinsured low-income people.

Health Consumer Alliance 2639 South La Cienega Boulevard
Los Angeles, CA 90034
310-204-4900

<http://www.healthconsumer.org>

National Minority AIDS Council

For a full description, refer to Culture Specific.

Justice/Legal System

**American Bar Association (ABA)
Standing Committee on Substance Abuse**

This committee promotes justice system reform that addresses problems associated with illegal use of drugs and alcohol in this country. To carry out this mission, the Standing Committee collaborates with other ABA entities, Federal, State, and local public/private organizations, and State, local, and territorial bar associations.

740 15th Street NW
Washington, DC 20005-1019
202-662-1000

<http://www.abanet.org/subabuse>

American Correctional Association (ACA)

This organization provides resources for practitioners in the correctional profession and those interested in improving the justice system.

206 North Washington Street, Suite 200
Alexandria, VA 22314
800-ACA-JOIN

703-224-0000

<http://www.aca.org>

Center for Families, Children and the Courts

This center is dedicated to improving the quality of justice and services to meet the diverse needs of children, youth, families, and self-represented litigants in the California courts.

455 Golden Gate Avenue, Sixth Floor
San Francisco, CA 94102-3660
415-865-7739

<http://www.courtinfo.ca.gov/programs/cfcc>

Center on Juvenile and Criminal Justice

This center focuses on reducing reliance on incarceration as a solution to social problems.

440 Ninth Street
San Francisco, CA 94103
415-621-5661

<http://www.cjcj.org>

DC Bar – Lawyers Assistance Program

Established in 1985, this is a free and confidential program assisting lawyers, judges, and law students who experience problems that interfere with their personal lives or their ability to serve as counsel or officers of the court.

1101 K Street NW, Suite 200
Washington, DC 20005
202-737-4700

http://www.dcbar.org/for_lawyers/bar_services/counseling/index.cfm

Drug Court Clearinghouse

This group provides technical assistance for drug court programs.
Justice Programs Office, School of Public Affairs, American University,
Brandywine Building

4400 Massachusetts Avenue NW, Suite 100
Washington, DC 20016-8159
202-885-2875

<http://www1.spa.american.edu/justice/project.php?ID=1>

International Community Corrections Association

To enhance the quality of services and supervision for offenders in community corrections programs, this association offers information, training, and other services.

8701 Georgia Avenue, Suite 402
Silver Spring, MD 20910
301-585-6090

<http://www.iccaweb.org>

Legal Action Center (LAC), The

This nonprofit law and policy organization fights discrimination against people with histories of substance use disorders, HIV/AIDS, or criminal records, and advocates for sound public policies in these areas.

225 Varick Street
New York, NY 10014
800-223-4044
212-243-1313

<http://www.lac.org>

National Association of Drug Court Professionals (NADCP)

This association seeks to reduce substance use, crime, and recidivism by promoting and advocating for the establishment and funding of drug courts and providing for the collection and dissemination of information, technical assistance, and mutual support to association members.

4900 Seminary Road, Suite 320
Alexandria, VA 22311
703-575-9400

<http://www.nadcp.org>

National Council of Juvenile and Family Court Judges

The council supplies publications and information about juvenile and family courts.

P.O. Box 8970
Reno, NV 89507
775-784-6012

<http://www.ncjfcj.org>

National Drug Court Institute (NDCI)

This institute promotes education, research, and scholarship for drug court and other court-based intervention programs.

4900 Seminary Road, Suite 320
Alexandria, VA 22311
703-575-9400

<http://www.ndci.org>

National Sheriffs' Association

This association offers crime prevention programs that help sheriffs better serve the people of their cities, counties, or jurisdictions.

1450 Duke Street
Alexandria, VA 22314-3490
800-424-7827

<http://www.sheriffs.org>

National Treatment Accountability for Safer Communities (TASC)

This membership organization represents individuals and programs dedicated to the professional delivery of treatment and case management services to populations with substance use disorders.

1025 Connecticut Avenue NW, Suite 605
Washington, DC 20036
202-293-8657

<http://www.nationaltasc.org>

TASC, Inc., of Illinois

For a full description, refer to Recovery Support Programs.

The Sentencing Project

This project conducts research on sentencing and incarceration.

514 10th Street NW, Suite 1000
Washington, DC 20004
202-628-0871

<http://www.sentencingproject.org>

Mental Health

Connecticut Department of Mental Health Addiction Services (DMHAS)

This organization promotes and administers comprehensive, recovery-oriented services in the areas of mental health treatment and substance use disorder prevention and treatment throughout Connecticut.

410 Capitol Avenue
P.O. Box 341431
Hartford, CT 06134
800-446-7348
860-418-7000

<http://www.dmhas.state.ct.us>

Mental Health America (MHA)

This is the country's oldest and largest nonprofit organization addressing all aspects of mental health and mental illness. With more than 320 affiliates nationwide, MHA works to improve the mental health of all Americans through advocacy, education, research, and service.

2000 North Beauregard Street, Sixth Floor
Alexandria, VA 22311
800-969-6642
703-684-7722

<http://www.mentalhealthamerica.net>

Mental Health Self-Assessment

This site is dedicated to families and service members who need a private and confidential assessment for conditions such as depression, post-traumatic stress disorder, anxiety disorder, bipolar disorder, and alcohol abuse.

<http://www.militarymentalhealth.org/Welcome.aspx>

National Alliance on Mental Illness (NAMI)

This is a nonprofit support and advocacy organization of consumers, families, and friends of people with severe mental illnesses. NAMI works to achieve equitable services and treatment for more than 15 million Americans living with severe mental illnesses and their families.

Colonial Place Three
3803 North Fairfax Drive, Suite 100
Arlington, VA 22203
703-524-7600

<http://www.nami.org>

National Association for Children of Alcoholics (NACoA)

For a full description, refer to Mutual Support Groups.

National Association of School Psychologists

For a full description, refer to Provider and Professional Organizations.

National GAINS Center for People with Co-Occurring Disorders in the Justice System

This center provides access to community-based services for adult and juvenile criminal offenders with co-occurring mental illness and substance use disorders.

345 Delaware Avenue
Delmar, NY 12054
800-311-4246

<http://gainscenter.samhsa.gov>

Providence Center, The

This organization is the largest community mental health center in Rhode Island providing comprehensive services to adults, adolescents and children experiencing mental health, substance use, emotional, and behavioral difficulties.

528 North Main Street
Providence, RI 02904
401-276-4000

www.providencecenter.org

Suicide Prevention Resource Center Education Development Center, Inc.

A national technical assistance center funded by a grant from SAMHSA, this program provides prevention support, training, and resource materials to strengthen suicide prevention networks.

55 Chapel Street
Newton, MA 02458
800-273-TALK (8255) (SAMHSA's Hotline)
877-438-7772
617-964-5448 (TTY)

<http://www.sprc.org>

Western Psychiatric Institute and Clinic

The institute provides behavioral health services for children, families, schools, and communities.

3811 O'Hara Street
Pittsburgh, PA 15213
412-624-1000

<http://wpic.upmc.com/Default.htm>

Military/Veterans

AMVETS

This organization provides support for veterans and the active military in procuring their earned entitlements. It also offers community services that enhance the quality of life for this Nation's citizens.

4647 Forbes Boulevard
Lanham, MD 20706-4380
877-726-8387
301-459-9600

<http://www.amvets.org>

Disabled American Veterans (DAV)

This organization is the official voice of America's service-connected disabled veterans – a strong, insistent voice that represents all of America's 2.1 million disabled veterans, their families, and survivors. Its nationwide network of services, which is free of charge to all veterans and members of their families, is completely supported by membership dues and contributions from the American public.

3725 Alexandria Pike
Cold Springs, KY 41076
877-426-2838

<http://www.dav.org>

Mental Health Self-Assessment

For a full description, refer to Mental Health.

National Coalition for Homeless Veterans (NCHV)

This is a 501(c)(3) nonprofit organization that serves as the resource and technical assistance center for a national network of community-based service providers and local, State, and Federal agencies. These groups provide emergency and supportive housing, food, health services, job training and placement assistance, and legal aid and case management support for hundreds of thousands of homeless veterans each year.

333 ½ Pennsylvania Avenue SE
Washington, DC 20003-1148
800-VET-HELP

<http://www.nchv.org>

National Veterans Foundation (NVF)

This group's mission is to serve the crisis management, information and referral needs of all U.S. veterans and their families. It operates the Nation's only toll-free helpline for all veterans and their families.

9841 Airport Boulevard, Suite 512
Los Angeles, CA 90045
877-777-4443

<http://www.nvf.org>

New Directions

This is a long-term drug and alcohol treatment program that provides food, shelter, and rehabilitation to homeless veterans at four Los Angeles-area locations. An estimated 27,000 homeless veterans live in Los Angeles, which is home to the country's largest Veteran's Affairs hospital. Some suffer from both substance use disorders and mental illness.

11303 Wilshire Boulevard, VA Building 116
Los Angeles, CA 90073-1003
310-914-4045

<http://www.newdirectionsinc.org>

Swords to Plowshares

This group promotes and protects the rights of veterans through advocacy, public education, and partnerships with local, State, and national entities.

1060 Howard Street
San Francisco, CA 94103
415-252-4788

<http://www.swords-to-plowshares.org>

Veterans of Foreign Wars (VFW)

This organization's members mentor youth groups, help in community food kitchens, volunteer in blood drives, and visit hospitalized veterans. Other members help veterans file compensation claims or "voice their vote" with elected officials.

406 West 34th Street
Kansas City, MO 64111
816-756-3390

<http://www.vfw.org>

Mutual Support Groups

16 Steps of Discovery and Empowerment

This group offers support for a wide variety of quality of life issues, such as addiction, codependency, abuse, and empowerment. The 16 Steps focus on a positive approach to help members celebrate personal strengths, stand up for themselves, heal physically, express love, and see themselves as part of the entire community, not just the recovery community.

P.O. Box 1302
Lolo, MT 59847
406-273-6080

<http://www.charlottekasl.com>

Adult Children of Alcoholics WSO

This is a 12-step, 12-tradition program of women and men who grew up in alcoholic or otherwise dysfunctional homes. Members meet with each other in a mutually respectful, safe environment and acknowledge common experiences.

P.O. Box 3216
Torrance, CA 90510
562-595-7831

<http://www.adultchildren.org>

Al-Anon/Alateen

This 12-step mutual support program provides groups for adults and teenagers who are the families and friends of alcoholics.

Al-Anon Family Group Headquarters, Inc.
1600 Corporate Landing Parkway
Virginia Beach, VA 23454-5617
757-563-1600

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

Alcoholics Anonymous (AA)

This support group provides sponsorship and a 12-step program for life without alcohol.

P.O. Box 459
New York, NY 10163
212-870-3400

<http://www.aa.org>

Alcoholics Victorious

For a full description, refer to Faith-Based Organizations.

All Addicts Anonymous

All Addicts Anonymous is a program of recovery for all addicts and addictions.

P.O. Box 500
Hankins, NY 12741
888-4 AAA GROUP (888-422-2476)

<http://www.alladdictsanonymous.org>

American Self-Help Sourcebook

This is a searchable database of more than 1,100 national, international, and online self-help support groups for addictions, bereavement, health, mental health, disabilities, abuse, parenting, caregiver concerns, and other stressful life situations.

Saint Clare's Health Services
100 East Hanover Avenue, Suite 202
Cedarknolls, NJ 07927-2020
973-326-6789

<http://www.mentalhelp.net/selfhelp>

Anesthetists in Recovery (AIR)

AIR is a network of recovering nurse anesthetists. Members support one another through phone support, information, and referrals to groups and treatment.

222 South Prospect Avenue
Park Ridge, IL 60068
847-692-7050

<http://www.aana.com/Resources.aspx?id=1224>

Association of Persons Affected by Addiction (APAA)

For a full description, refer to Recovery Support Programs.

Benzodiazepine Anonymous (BA)

BA is a mutual support group for people in recovery from addiction to benzodiazepines (Xanax®, Halcion®, Valium®, Ativan®, Dalmane®, Librium®, etc.) or any other addicting prescription drug. BA uses its own lists of 12 steps and 12 goals.

11507 Cumpston Street
North Hollywood, CA 91601
818-667-1070

Calix Society

For a full description, refer to Faith-Based Organizations.

Chapter Nine Group of Hollywood, MD

This is a 12-step program of recovering couples (substance use) in which partners work together. The group name comes from chapter nine of the Alcoholics Anonymous Big Book "The Family Afterwards," which is based on the belief that members of the family or couples should meet on the common ground of tolerance, understanding, and love.

1168 White Sands Drive
Lusby, MD 20657
410-586-1425

Chemically Dependent Anonymous (CDA)

CDA's purpose is to carry the message of recovery to the chemically dependent person for those with a desire to abstain from drugs/alcohol.

P.O. Box 423
Severna Park, MD 21146
888-CDA-HOPE

<http://www.cdaweb.org>

Co-Anon Family Groups

This is a fellowship of men and women who are husbands, wives, parents, relatives, or close friends of someone who is chemically dependent. The program is primarily a 12-step program that combines self and mutual support systems.

P.O. Box 12722
Tucson, AZ 85732-2722
800-898-9985

<http://www.co-anon.org>

Cocaine Anonymous World Services

This is a fellowship of men and women who share their experience, strength, and hope with each other so that they may solve their common problem and help others to recover from their addiction.

3740 Overland Avenue, Suite C
Los Angeles, CA 90034
800-347-8998
310-559-5833

<http://www.ca.org>

Crystal Meth Anonymous

This program is a 12-step fellowship for those in recovery from addiction to crystal meth. The only requirement for membership is the desire to stop using crystal meth.

4470 West Sunset Boulevard, Suite 107 PMB 555
Los Angeles, CA 90027-6302
213-488-4455

<http://www.crystallmeth.org>

DC Bar – Lawyer's Assistance Program

For a full description, refer to Justice/Legal System.

Double Trouble Recovery, Inc.

This is a fellowship of men and women who share their experience, strength, and hope with each other so that they may solve their common problems and help others to recover from their particular addictions and mental disorders. It is for people who are dually diagnosed with an addiction as well as a mental disorder.

P.O. Box 245055

Brooklyn, NY 11224

718-373-2684

<http://www.doubletroubleinrecovery.org>

Dual Recovery Anonymous (DRA)

This is a self-help program for individuals who experience a dual disorder of chemical dependency and a psychiatric or emotional illness. The group is based on the principles of the 12 steps and the personal experiences of individuals in dual recovery.

P.O. Box 8107

Prairie Village, KS 66208

877-883-2332

913-991-2703

<http://www.draonline.org>

Families Anonymous (FA)

This is a 12-step self-help recovery fellowship of support groups for relatives and friends of those who have alcohol, drug, or behavioral problems. The group is a nonprofit mutual help organization and is not affiliated with any religion or institution.

P.O. Box 3475

Culver City, CA 90231-3475

800-736-9805

<http://www.familiesanonymous.org>

Family Empowerment Network (FEN)

This network offers support, education, and training for families of children with fetal alcohol syndrome or fetal alcohol effects, as well as interested professionals. The group creates a network of families that support one another and hosts annual family retreats.

11100 Delaplaine Court

Madison, WI 53715

800-462-5254

608-261-1419

<http://www.fammed.wisc.edu/fen>

Fathers Against Drunk Driving (FADD)

This organization's mission is to reduce the alcohol-related deaths within the community. FADD has over 7,000 members nationwide, in addition to members in Canada and in Mexico.

311 Conley Street

Porterville, CA 93257

559-756-1748

<http://www.faddintl.org>

Fetal Alcohol Syndrome Family Resource Institute (FASFRI)

This is a grassroots coalition of families and professionals concerned with fetal alcohol syndrome effects. The group offers educational programs, brochures, information packets, group meetings, phone support, conferences, and referrals.

P.O. Box 2525

Lynnwood, WA 98036

800-999-3429

<http://www.fetalalcoholsyndrome.org>

Free-N-One

This is a support group that teaches people to be free mentally and spiritually, as well as free from drugs and alcohol. It offers information and referrals, phone support, literature, and conferences.

538 South Overhill Drive

Los Angeles, CA 90043

323-359-0009

Hypoics Not Anonymous (HNA)

HNA is for anyone with any type of addiction. The group uses the philosophy that addictions are caused by neurological mechanisms rather than personal weaknesses.

8779 Misty Creek Drive

Sarasota, FL 34241

941-929-0893

<http://www.nvo.com/hypoism/hypoicsnotanonymous>

Inter-Congregational Alcoholism Program (ICAP)

For a full description, refer to Faith-Based Organizations.

International Doctors in Alcoholics Anonymous (IDAA)

IDAA is a group of approximately 4,500 recovering health care professionals of doctorate level who help one another achieve and maintain sobriety from addictions.

2616 NW 25th Place

Gainesville, FL 32605-2826

352-375-0240

<http://www.idaa.org>

International Lawyers in Alcoholics Anonymous (ILAA)

ILAA serves as a clearinghouse for support groups for lawyers who are recovering from alcohol or other chemical dependencies.

416-925-0734

<http://www.ilaa.org>

International Pharmacists Anonymous (IPA)

This is a 12-step fellowship of pharmacists and pharmacy students recovering from any addiction.

11 Dewey Lane

Glen Gardner, NJ 08826-3102

908-537-4295

<http://mywebpages.comcast.net/ipa/ipapage.htm>

Marijuana Anonymous World Services

This is a fellowship of men and women who share a desire to stop using marijuana. They accomplish their goals by using the basic 12 steps of recovery founded by Alcoholics Anonymous.

P.O. Box 2912

Van Nuys, CA 91404

800-766-6779

<http://www.marijuana-anonymous.org>

Men Against Destruction Defending Against Drugs and Social Disorder (MADD DADS Inc.)

This organization provides family activities, community education, speaking engagements, and "surrogate fathers" who listen to and care about street teens.

5732 Normandy Boulevard

Jacksonville, FL 32205

904-781-0905

<http://www.maddads.com>

Men for Sobriety

This organization's purpose is to help all men recover from problem drinking through the discovery of self, gained by sharing experiences, hopes, and encouragement with other men in similar circumstances.

P.O. Box 618
Quakertown, PA 18951-0618
215-536-8026

Mothers Against Destructive Decisions (MADD)

This group's mission is to stop drunk driving, support victims, and prevent underage drinking.

511 East John Carpenter Freeway, Suite 700
Irving, TX 75062
800-GET-MADD (438-6233)
<http://www.madd.org>

MusiCares

This program provides a safety net of critical assistance for people in times of need. Its services and resources cover a wide range of financial, medical, and personal topics. It also focuses the resources and attention of the music industry on human service issues that directly impact the health and welfare of the music community.

3030 Olympic Boulevard
Santa Monica, CA 90404
877-303-6962
212-245-7840
<http://www2.grammy.com/musicares>

Nar-Anon/Narateen (NA)

This organization provides support for families and friends of drug users.

Nar-Anon Family Group Headquarters, Inc.
22527 Crenshaw Boulevard, Suite 200 B
Torrance, CA 90505
800-477-6291
310-534-8188
<http://www.nar-anon.org>

Narcotics Anonymous World Services

This is a nonprofit fellowship society of men and women for whom drugs had become a major problem. Membership is open to all, regardless of the particular drug or combination of drugs used.

P.O. Box 9999
Van Nuys, CA 91409
818-773-9999
<http://www.na.org>

National Association for Children of Alcoholics (NACoA)

This national nonprofit membership and affiliate organization works on behalf of children of alcohol- and drug-dependent parents and all family members affected by substance use disorders.

11426 Rockville Pike, Suite 301
Rockville, MD 20852
888-55-4COAS (2627)
301-468-0985
<http://www.nacoa.org>

National Family Partnership (NFP)

This partnership is a coalition of families working for substance use prevention. The group hosts a number of prevention activities, including the Red Ribbon Campaign and the Plant the Promise Campaign.

2490 Coral Way, Suite 501
Miami, FL 33145
800-705-8997
305-856-4886
<http://www.nfp.org>

Overcomers In Christ (OIC)

For a full description, refer to Faith-Based Organizations.

Overcomers Outreach, Inc.

For a full description, refer to Faith-Based Organizations.

Pills Anonymous (PA)

This organization is a fellowship of men and women who share their experience strength and hope with each other that they may solve their common problem and help others to recover from pill addiction. The only requirement for membership is a desire to stop using pills. Members regularly attend meetings, working through the 12 Steps of recovery with others who use pills

<http://www.pillsanonymous.org>

Psychologists Helping Psychologists (PHP)

This mutual support group is for doctoral-level psychologists or students who have had a personal experience with alcohol or drugs.

3484 South Utah Street
Arlington, VA 22206
703-243-4470

Rational Recovery Systems (RRS)

This is a program of self-recovery from addiction to alcohol and other drugs through planned, permanent abstinence using Addictive Voice Recognition Technique (AVRT).

P.O. Box 800
Lotus, CA 95651
530-621-2667
<http://www.rational.org>

Remove Intoxicated Drivers (RID)

This group's mission is to deter impaired driving and teen binge drinking that often leads to intense trauma for all concerned. Its members advocate for victims, enablers of tough laws, and watchdogs for law enforcement and adjudication in the courts.

P.O. Box 520
Schenectady, NY 12301
888-283-5144
518-372-0034
<http://www.rid-usa.org>

SMART Recovery®

For a full description, refer to Recovery Support Programs.

Social Workers Helping Social Workers (SWHSW)

This group supports people's recovery from alcohol or other chemical dependence, either their own or that of a significant other, among social workers, BSW/MSW, or MSW matriculating students. Social workers with other addictions are welcome to attend meetings.

1300 East 47th Street
Chicago, IL 60653
773-493-6940

Veterinarians in Recovery (VIR)

This group is a support network for veterinarians in recovery from alcoholism and other addictions. The group provides information and referrals, phone support, and newsletters.

104 Maple Trace
Birmingham, AL 35244
651-261-4029

Policy/Education

A&E Network

Inspired by the overwhelming response to its Emmy-nominated series Intervention, A&E created The Recovery Project, a multi-year campaign designed to generate widespread awareness that addiction is a treatable disease and recovery is possible.

<http://www.therecoveryproject.com>

Addiction Technology Transfer Center National Office (ATTC)

For a full description, please refer to Research.

Alliance for Recovery Advocates

This organization empowers people to become advocates for recovery.

6601 Grand Teton Plaza, Suite A

Madison, WI 53719

608-829-1032

<http://www.waaoda.org/advocacy.html>

American Council on Alcoholism (ACA)

This group is dedicated to educating the public about the effects of alcohol, alcoholism, alcohol abuse, and the need for prompt, effective, readily available, and affordable alcoholism treatment.

1000 East Indian School Road

Phoenix, AZ 85014

800-527-5344

<http://www.aca-usa.org>

American Medical Association (AMA)

Office of Alcohol and Other Drug Abuse

This collaboration of the AMA and The Robert Wood Johnson Foundation works to reduce underage alcohol use.

515 North State Street

Chicago, IL 60654

800-621-8335

312-464-5000

<http://www.ama-assn.org/ama/pub/category/3337.html>

American Public Human Services Association (APHSA)

This association develops, promotes, and implements public human service policies and practices that improve the health and well-being of families, children, and adults.

1133 19th Street NW, Suite 400

Washington, DC 20036

202-682-0100

<http://www.aphsa.org/Home>

Association of State and Territorial Health Officials

For a full description, refer to State and Local Resources.

Boston University School of Medicine (BUMC)

The school provides summaries of the latest clinically relevant research on alcohol and health, particularly in health disparities. The newsletter

Alcohol and Health: Current Evidence *is published by BUMC.*

801 Massachusetts Avenue, Second Floor

Boston, MA 02118

617-638-5300

<http://www.bu.edu/act/alcoholandhealth/index.html>

Boston University School of Public Health

The school works to improve the health of local, national, and international populations, particularly the disadvantaged and underserved, through excellence and innovation in education, research, and service.

715 Albany Street

Boston, MA 02118

617-638-4640

<http://www.bumc.bu.edu>

Capitol Decisions, Inc.

This consulting group has diverse interests, including substance use disorder support, as well as ambulatory care.

101 Constitution Avenue NW, Suite 675 East

Washington, DC 20001

202-638-0326

<http://www.capitoldecisions.com>

Center for Alcohol and Drug Research and Education

This international nonprofit organization provides public information and technical assistance, guidance, information, and expert service to individuals, organizations, governmental agencies, and a variety of nonprofit organizations in the private sector to improve the quality of their response to substance use disorders.

6200 North Charles Street

Baltimore, MD 21212-1112

410-377-8992

Community Anti-Drug Coalitions of America (CADCA)

For a full description, refer to State and Local Resources.

Discover Films

This company produces award-winning health and educational videos for students, educators, and group leaders.

P.O. Box 1745

Covington, LA 70434

985-892-7571

<http://www.discover-films.com>

Drug Free America Foundation, Inc.

This drug prevention and policy organization is committed to developing, promoting, and sustaining global strategies, policies, and laws that will reduce illegal drug use, drug addiction, drug-related injury, and death. Drug Free America Foundation is a Non-Governmental Organization (NGO) in Special Consultative Status with the Economic and Social Council of the United Nations.

5999 Central Avenue, Suite 301

Saint Petersburg, FL 33710

727-828-0211

<http://www.dfaf.org>

Drug Strategies

*This group develops publications and programs focused on effective approaches to the Nation's drug problems. It publishes a guide to treating youth with substance use disorders titled **Treating Youth: A Guide to Adolescent Drug Programs.***

1616 P Street NW, Suite 220

Washington, DC 20036

800-559-9503

202-289-9070

<http://www.drugstrategies.org>

Entertainment Industries Council, Inc. (EIC)

EIC, a nonprofit organization, works within the film, television, and music industries to promote the accurate depiction of health and social issues in entertainment productions.

1856 Old Reston Avenue, Suite 215

Reston, VA 20190-3305

703-481-1414

EIC West

3000 West Alameda Avenue

Administrative Building, Suite 225

Burbank, CA 91523

818-840-2016

<http://www.eiconline.org>

Faces & Voices of Recovery

This national recovery advocacy organization mobilizes people in recovery from addiction to alcohol and other drugs, families, friends, and allies in campaigns to end discrimination and make recovery a reality for even more Americans.

1010 Vermont Avenue NW, Suite 708

Washington, DC 20005

202-737-0690

<http://www.facesandvoicesofrecovery.org>

Friends of SAMHSA

This organization engages in communication, education, and grassroots advocacy. Its membership is diverse, both geographically and ideologically, and its mission is to increase awareness and advance the agenda of this critical services administration. This independent coalition is dedicated to bringing awareness to the important role that behavioral health plays in overall health. It believes that SAMHSA should be a major contributor to the formation of health policy and also seeks to work with SAMHSA's leadership to improve their dialogue with those in the field, so that in the end the consumer will benefit. This organization is not affiliated with SAMHSA.

P.O. Box 1315

Annandale, VA 22003

571-426-0297

<http://www.friendsofsamhsa.org>

Georgetown University Health Policy Institute

This is a multi-disciplinary group of faculty and staff dedicated to conducting research on key issues in health policy and health services research. Institute members are engaged in a wide diversity of projects, focusing on issues relating to health care financing, the uninsured, Federal health insurance reforms, quality of care and outcomes research, mental health services research, and the impact of changes in the health care market on providers and patients.

P.O. Box 571444

3300 Whitehaven Street NW, Suite 5000

Washington, DC 20057-1485

202-687-0880

<http://ihcrp.georgetown.edu>

Georgetown University Health Policy Institute, Center on an Aging Society

The center is a nonpartisan public policy institute that fosters critical thinking about the implications of an aging society and studies the impact of demographic changes on public and private institutions and families of all ages.

P.O. Box 571444

3300 Whitehaven Street NW, Suite 5000

Washington, DC 20057

202-687-0880

<http://ihcrp.georgetown.edu/agingsociety>

Health Matrix, Inc.

This organization develops communications programs that inform the debate on key issues in science, policy, and health care.

7918 Jones Branch Drive, Suite 600

McLean, VA 22102

703-918-4930

<http://www.healthmatrixinc.com>

Join Together

For a full description, refer to State and Local Resources.

Kaiser Family Foundation

This organization is a nonprofit, private operating foundation focusing on the major health care issues facing the Nation. The Foundation is an independent voice and source of facts and analysis for policymakers, the media, the health care community, and the general public.

2400 Sand Hill Road

Menlo Park, CA 94025

650-854-9400

<http://www.kff.org>

Men Against Destruction Defending Against Drugs and Social Disorder (MADD DADS Inc.)

For a full description, refer to Mutual Support Groups.

Mothers Against Destructive Decisions (MADD)

For a full description, refer to Mutual Support Groups.

National Association of Attorneys General (NAAG)

NAAG offers information about statewide tobacco settlements.

2030 M Street NW, Eighth Floor

Washington, DC 20036

202-326-6000

<http://www.naag.org>

National Association of State Medicaid Directors (NASMD)

For a full description, refer to State and Local Resources.

National Conference of State Legislatures (NCSL)

For a full description, refer to State and Local Resources.

National Governors Association Center for Best Practices

For a full description, refer to State and Local Resources.

National Civic League (NCL)

This is a nonprofit, nonpartisan membership organization dedicated to strengthening citizen democracy by transforming democratic institutions. It fosters innovative community building and political reform, assists local governments, and recognizes collaborative community achievement.

1889 York Street

Denver, CO 80206

303-571-4343

<http://www.ncl.org>

National Commission Against Drunk Driving (NCADD)

By uniting a broad-based coalition of public and private sector organizations and others, the Commission works to reduce impaired driving and its tragic consequences.

8403 Colesville Road, Suite 370

Silver Spring, MD 20910

240-247-6004

Parent/Professional Advocacy League (PAL)

This group provides support, education, and advocacy around issues related to children's mental health.

45 Bromfield Street, Tenth Floor

Boston, MA 02018

617-542-7860

<http://www.ppal.net/default>

Physicians and Lawyers for National Drug Policy

This organization conducts research and provides information to the public on drug use disorders, and works to put a new emphasis on the national drug policy by substantially refocusing the investment in the prevention and treatment of harmful drug use.

PLNDP National Project Office

Center for Alcohol and Addiction Studies

Brown University Box G-S121-4

Providence, RI 02912

401-863-6635

<http://www.plndp.org>

Recovery Living Network

This global communications network focuses on addiction recovery and prevention, using the power of personal experience, celebrity influence, and mass media communication to help individuals when alcohol, drugs, or other excessive behaviors have become a problem in their life. Its mission is to remove the stigma from the public psyche to change the perception and image of addiction by talking about it openly and honestly, and by sharing personal stories of hope and inspiration.

949-887-0242

310-600-3079

Recovery Network Foundation (RNF)

This foundation develops recovery-dedicated projects in print, radio, TV, film, and video formats. "Under the Influence: The Film Series" is a national touring festival that showcases films in which addiction and recovery play leading roles.

P.O. Box 8969
Briarcliff Manor
New York, NY 10510-8969
914-941-2863

<http://www.recoverynetworkfoundation.org>

RecoveryNC

*Initiated in September of 2008, to coincide with the celebration of National **Recovery Month**, this campaign allows North Carolinians in recovery to emerge together, along with their families, friends, advocates, and the treatment and recovery provider community.*

1730 Varsity Drive
Suite 105
Raleigh, NC 27606
919-802-7972

<http://www.recoverync.org>

Save Our Society from Drugs

This is a legislative and congressional affairs organization that fights against permissive drug policy that negatively impacts society.

5999 Central Avenue, Suite 301
St. Petersburg, FL 33710
727-828-0211

<http://www.saveoursociety.org>

U.S. Conference of Mayors

For a full description, refer to State and Local Resources.

Prevention

American Council for Drug Education (ACDE)

This council is a prevention and education agency that develops programs and materials based on the most current scientific research on drug use and its impact on society.

50 Jay Street
Brooklyn, NY 11201
718-222-6641

<http://www.acde.org>

Campaign for Tobacco-Free Kids

This campaign works to protect children from tobacco use and exposure to secondhand smoke.

1400 Eye Street NW, Suite 1200
Washington, DC 20005
202-296-5469

<http://www.tobaccofreekids.org>

Fetal Alcohol and Drug Unit

This group is dedicated to the prevention, intervention, and treatment of fetal alcohol syndrome and fetal alcohol effects.

180 Nickerson Street, Suite 309
Seattle, WA 98109
206-543-7155

<http://depts.washington.edu/fadu>

Five Moms Campaign

Five Moms is a group of five women who are spreading the word about cough medicine abuse. The campaign's mission is to have each person tell five more moms about this nationwide problem, who will then tell another five, and another five beyond that.

<http://www.fivemoms.com>

Hands Across Cultures

This organization works to improve the health, education, and well-being of the people of Northern New Mexico through family-centered approaches deeply rooted in the multicultural traditions of their communities.

P.O. Box 2215
Española, NM 87532
505-747-1889

<http://www.handsacrosscultures.org>

National Association of State Alcohol and Drug Abuse Directors (NASADAD)

For a full description, refer to State and Local Resources.

National Center for Prevention and Research Solutions (NCPRS)

This center operates a drug prevention and education program called Race Against Drugs, and has a nationwide network of volunteers and DEA/FBI agents assisting the program by conducting community and school events throughout the country.

3132 South Ridgewood Avenue
South Daytona, FL 32119
866-NCPRS-NOW
386-760-2254

<http://www.ncprs.org>

National Education Association Health Information Network (NEAHIN)

This association offers resources on youth substance use prevention.

1201 16th Street NW, Suite 216
Washington, DC 20036
202-822-7570

<http://www.neahin.org>

National Inhalant Prevention Coalition (NIPC)

This public-private effort promotes awareness and recognition of the under-publicized problem of inhalant use. The coalition serves as an inhalant referral and information clearinghouse, stimulates media coverage about inhalant issues, develops informational materials and a newsletter, provides training and technical assistance, and leads a week-long national grassroots education and awareness campaign.

506 Barton Avenue
Chattanooga, TN 37405
800-269-4237
423-265-4662

<http://www.inhalants.org>

National Organization on Fetal Alcohol Syndrome (NOFAS)

This organization provides education and awareness about the prevention of birth defects caused by alcohol consumption during pregnancy.

1200 Eton Court NW, Third Floor
Washington, DC 20007
202-785-4585

<http://www.nofas.org>

National Parent Teacher Association (PTA) Drug and Alcohol Abuse Prevention Project

This project presents drug facts, parenting tips, and family activities on protecting children from drugs and alcohol.

541 North Fairbanks Court, Suite 1300
Chicago, IL 60611-3396
312-670-6782

<http://www.pta.org>

Partnership for a Drug-Free America (PDFA)

For a full description, refer to Youth Programs.

Society for Adolescent Medicine

This organization offers advice for teens and parents on how to avoid alcohol and drug dependency.

111 Deer Lake Road, Suite 100

Deerfield, IL 60015

847-753-5226

<http://www.adolescenthealth.org>

Support for Addictions Prevention and Treatment in Africa Foundation (SAPTAF)

This is a nonprofit organization focused on support for prevention and treatment in Africa from alcohol and other drug problems, serving as a resource to improve the well being of individuals, families, and communities.

1040 Main Street, #103

Napa, CA 94559

917-892-0423

<http://www.saptafoundation.org>

Provider and Professional Organizations

ACTION Campaign, The

This campaign is a cross-sector partnership among nongovernmental organizations, foundations, and Government agencies, including SAMHSA, the State Associations of Addiction Services, the Network for the Improvement of Addiction Treatment, and the National Association of State Alcohol and Drug Abuse Directors (NASADAD).

608-890-1445

Mechanical Engineering, Room 4121

1513 University Avenue

Madison, WI 53706

<http://www.actioncampaign.org>

Alcoholism and Substance Abuse Providers of New York State (ASAPNY)

This nonprofit membership association consists of coalitions, programs, and agencies throughout New York State that provide substance use disorder prevention, treatment, and research.

1 Columbia Place, Suite 400

Albany, NY 12207

518-426-3122

<http://www.asapnys.org>

American Academy of Addiction Psychiatry (AAAP)

The Academy offers continuing education for substance use disorder treatment professionals.

400 Massasoit Avenue, Suite 307, Second Floor

Providence, RI 02914

401-524-3076

<http://www.aaap.org>

American Academy of Child and Adolescent Psychiatry (AACAP)

This academy provides information for AACAP members, parents, and families about the treatment of developmental, behavioral, and mental disorders.

3615 Wisconsin Avenue NW

Washington, DC 20016

202-966-7300

<http://www.aacap.org>

American Academy of Pediatrics (AAP)

This organization serves as a forum for pediatricians to address children's health needs.

141 Northwest Point Boulevard

Elk Grove Village, IL 60007

847-434-4000

<http://www.aap.org>

American Association for Marriage and Family Therapy (AAMFT)

This association represents the professional interests of more than 25,000 marriage and family therapists throughout the United States, Canada, and abroad.

112 South Alfred Street

Alexandria, VA 22314-3061

703-838-9808

<http://www.aamft.org>

American Association for the Treatment of Opioid Dependence (AATOD)

This group was founded in 1984 to enhance the quality of patient care in treatment programs by promoting the growth and development of comprehensive methadone treatment services throughout the United States.

225 Varick Street, Fourth Floor

New York, NY 10014

212-566-5555

<http://www.aatod.org>

American Association of Pastoral Counselors (AAPC)

This group represents and sets professional standards for over 3,000 pastoral counselors and 100 pastoral counseling centers in North America and around the world. It is non-sectarian and respects the spiritual commitments and religious traditions of those who seek assistance without imposing counselor beliefs onto the client.

9504A Lee Highway

Fairfax, VA 22031

703-385-6967

<http://www.aapc.org>

American Dental Association (ADA)

This group is the world's oldest and largest national dental society, representing more than 70 percent of dentists throughout the United States. The ADA is committed to helping its members better identify, understand, and accommodate the special health care needs of patients with substance use disorders, and to facilitating the journey of recovery for its member dentists and their respective office staffs.

211 East Chicago Avenue

Chicago, IL 60611-2678

312-440-2500

<http://www.ada.org>

American Medical Women's Association

This national association offers publications and information related to women's health.

100 North 20th Street, Fourth Floor

Philadelphia, PA 19103

215-320-3716

<http://www.amwa-doc.org>

American Mental Health Counselors Association (AMHCA)

This association works exclusively for licensed mental health counselors by advocating for legislation that expands, enhances, and protects the right to practice, promotes mental health awareness, and builds the profession of mental health counseling nationally.

801 North Fairfax Street, Suite 304

Alexandria, VA 22314

800-326-2642

703-548-6002

<http://www.amhca.org>

American Psychiatric Association (APA)

This association offers mental health information for professionals, individuals, and families.

1000 Wilson Boulevard, Suite 1825
Arlington, VA 22209
888-357-7924
703-907-7300

<http://www.psych.org>

American Psychological Association (APA)

This organization is the largest scientific and professional organization representing psychology in the United States. Its membership includes more than 150,000 researchers, educators, clinicians, consultants, and students.

750 First Street NE
Washington, DC 20002
800-374-2721
202-336-5500

<http://www.apa.org>

American Public Health Association (APHA)

This association influences policies and priorities to set public health practice standards and to improve health worldwide.

800 Eye Street NW
Washington, DC 20001
202-777-2742

<http://www.apha.org>

American Society of Addiction Medicine (ASAM)

This is an association of 3,000 physicians from across America dedicated to improving the treatment of alcoholism and other addictions, educating physicians and medical students, promoting research and prevention, and enlightening and informing the medical community and the public about these issues.

4601 North Park Avenue
Upper Arcade, Suite 101
Chevy Chase, MD 20815
301-656-3920

<http://www.asam.org>

Association for Medical Education and Research in Substance Abuse (AMERSA)

This association offers training and materials for medical professionals and students and all primary health professional disciplines.

125 Whipple Street, Suite 300
Providence, RI 02908
401-243-8460

<http://www.amersa.org>

Children of Alcoholics Foundation (COAF)

For a full description, refer to Family and Social Services.

Child Welfare League of America (CWLA)

For a full description, refer to Family and Social Services.

Community Intervention

This organization offers educational materials, training, and consultation for professionals working with children ages 5 to 18.

2412 University Avenue SE, Suite B
Minneapolis, MN 55414
800-328-0417

<http://www.communityintervention.org>

Health Communications, Inc. (HCI)

*Founded in 1976, this company publishes several new titles per year for professionals and consumers. It provides information and education to addiction and mental health professionals through **Counselor, The Magazine for Addiction Professionals.***

3201 SW 15th Street
Deerfield Beach, FL 33442
800-851-9100

<http://www.counselormagazine.com>

Institute for the Advancement of Human Behavior

The Institute provides continuing medical education for mental health, chemical dependency, and substance use disorder treatment providers in the United States and Canada.

4370 Alpine Road, Suite 209
Portola Valley, CA 94028
800-258-8411

<http://www.iahb.org>

International Certification and Reciprocity Consortium/Alcohol and Other Drug Abuse

This nonprofit voluntary membership organization is comprised of certifying agencies involved in credentialing alcohol and drug use counselors, clinical supervisors, and prevention specialists.

298 South Progress Avenue
Harrisburg, PA 17109
717-540-4457

<http://www.icrcaoda.org>

International Nurses Society on Addictions

This professional specialty organization offers information and education for nurses concerning prevention, intervention, treatment, and management of substance use disorders.

P.O. Box 14846
Lenexa, KS 66285-4846
877-646-8672

<http://www.intnsa.org>

NAADAC, The Association for Addiction Professionals

This membership organization serves addiction, treatment, prevention, intervention, education, and recovery support service professionals.

1001 North Fairfax Street, Suite 201
Alexandria, VA 22314
800-548-0497
703-741-7686

<http://www.naadac.org>

National Association of Addiction Treatment Providers (NAATP)

This association represents private substance use disorder treatment programs throughout the United States.

313 West Liberty Street, Suite 129
Lancaster, PA 17603
717-392-8480

<http://www.naatp.org>

National Association of Lesbian and Gay Addiction Professionals

This membership organization, founded in 1979, is dedicated to the prevention and treatment of alcoholism, substance use, and other addictions in lesbian, gay, bisexual, and transgender communities.

1001 North Fairfax Street, Suite 201
Alexandria, VA 22314
800-548-0497

<http://www.nalgap.org>

National Association of Rural Health Clinics

This association offers information on how to improve the delivery of quality, cost-effective health care in rural, underserved areas.

Two East Main Street
Fremont, MI 49412
866-306-1961

<http://www.narhc.org>

National Association of School Psychologists

The Association provides resources focused on enhancing the mental health and educational competence of all children.

4340 East West Highway, Suite 402
Bethesda, MD 20814
301-657-0270

<http://www.nasponline.org>

National Association of Social Workers (NASW)

As the largest membership organization of professional social workers in the world, this organization works to enhance the professional growth and development of its members, to create and maintain professional standards, and to advance sound social policies.

750 First Street NE, Suite 700
Washington, DC 20002
202-408-8600

<http://www.socialworkers.org>

National Council for Community Behavioral Healthcare

This group is the national association of community providers who together care for 6 million adults and children across the country who suffer from mental illnesses, developmental disabilities, and substance use disorders. Its members employ more than 250,000 staff and provide mental health and substance use treatment, rehabilitation, housing, and community support services.

1701 K Street NW, Suite 400
Washington, DC 20006
202-684-7457

<http://www.thenationalcouncil.org>

National Inhalant Prevention Coalition (NIPC)

For a full description, refer to Prevention.

Network for the Improvement of Addiction Treatment (NIATx)

This network is a partnership between the Robert Wood Johnson Foundation's Paths to Recovery program, the Center for Substance Abuse Treatment's Strengthening Treatment Access and Retention (STAR) program, the National Institute on Drug Abuse, and a number of independent addiction treatment organizations. It works with addiction treatment providers to make more efficient use of their capacity and shares strategies for improving treatment access and retention.

1513 University Avenue
Mechanical Engineering, Room 4121
Madison, WI 53706
608-265-0063

<http://www.niatx.net>

Portland State University Graduate School of Social Work

This program offers the only graduate social work education programs in Oregon accredited by the Council on Social Work Education. The three major functions of the school are teaching, research, and community service.

Graduate School of Social Work
Portland State University
P.O. Box 751
Portland, OR 97207
503-725-4712

<http://www.ssw.pdx.edu>

ReStart, Inc.

This nationally accredited, full-service behavioral healthcare provider offers a wide range of diagnostic and treatment services tailored to meet individual needs, including community support services for adults, children, and adolescents. It offers diagnostic assessments, child and adult therapy, families and group sessions, assessments and counseling, residential treatment for girls, behavioral therapy, assertive community treatment teams, psychological evaluations, intensive in-home services, and community support teams.

2602 Courtier Drive
Greenville, NC 27858
252-355-4725

<http://www.restarthumanservices.com>

Society for Adolescent Substance Abuse Treatment Effectiveness

This is a voluntary and informal network of researchers, evaluators, providers, and policymakers interested in pooling their knowledge and resources to improve the field.

301-587-1600

<http://www.chestnut.org/LI/APSS/SASATE>

Recovery Support Programs

National

Asian Counseling and Referral Service, Inc.

This service provides a culturally competent, linguistically accessible community recovery center for Asian and Pacific Americans and other immigrants and refugees with a history of substance use disorders.

3639 Martin Luther King Jr. Way South
Seattle, WA 98144
206-695-7600

<http://www.acrs.org>

Association of Persons Affected by Addiction (APAA)

This nonprofit recovery community organization is designed to engage the faces and voices of the recovery community in reducing stigma and provides peer-to-peer recovery community support services.

2438 Butler Street, Suite 120
Dallas, TX 75235
214-634-APAA (2722)

<http://www.apaarecovery.org>

Cyber Recovery Fellowship

This Web site offers faith-based support forums for people in recovery.

<http://www.cyberrecovery.net/forums>

Dual Diagnosis Anonymous World Services, Inc.: Dual Diagnosis Anonymous Expansion Project

This project addresses the needs of individuals diagnosed with co-occurring substance use disorders and mental illness.

P.O. Box 8107
Prairie Village, KS 66208
909-888-9282

<http://www.draonline.org>

eGetGoing

eGetgoing's mission is to bring high quality, affordable, and confidential treatment to a much larger segment of the population, where and when they need it.

20400 Stevens Creek Boulevard
Cupertino, CA 95014
877-757-6237
408-998-3040

<http://www.egetgoing.com>

KeepComingBack.com

This Web site provides the latest news and research about addiction and recovery, interviews with experts on recovery, and the ability to join a network of people seeking recovery.

<http://www.keepcomingback.com>

**Lesbian, Gay, Bisexual and Transgender Community Center
SpeakOUT!: Voices for Recovery**

This center works to create safe and welcoming spaces for lesbian, gay, bisexual, and transgender people in recovery.

208 West 13th Street

New York, NY 10011

212-620-7310

<http://www.gaycenter.org>

National Home Infusion Association (NHIA)

This trade association represents and advances the interests of organizations that provide infusion and specialized pharmacy services and products to the entire spectrum of home-based patients.

100 Daingerfield Road

Alexandria, VA 22314

703-549-3740

<http://www.nhianet.org>

Shouting Inside

This Web site helps young people who misuse substances share their stories and their struggles with like-minded young people.

<http://www.shoutinginside.com>

SMART Recovery®

This international nonprofit organization offers free, self-empowering, science-based mutual help groups for abstaining from any substance or activity addiction. The SMART Recovery 4-Point Program® helps people recover from all types of addictive behaviors, including alcohol, drugs, substance abuse, gambling addiction, and addiction to other substances and activities. SMART Recovery® currently sponsors more than 500 face-to-face meetings around the world, and more than 16 online meetings per week.

7304 Mentor Avenue, Suite F

Mentor, OH 44060

866-951-5357

440-951-5357

<http://www.smartrecovery.org>

Sober.com

This Web site is committed to providing those in need of drug rehab programs, alcoholism treatment, and substance abuse services with the most accurate information available.

<http://www.sober.com>

Sober Recovery Community, The

This Web site offers support forums for people in recovery, as well as friends and family members affected by someone's substance use.

<http://www.soberrecovery.com/forums>

TASC, Inc., of Illinois

This is a not-for-profit organization that conducts research, advances public policy, and provides services to ensure that individuals with substance use and mental health disorders receive treatment and access to recovery.

1500 North Halsted Street

Chicago, IL 60642

312-787-0208

<http://www.tasc.org>

Women for Sobriety, Inc.

This is a nonprofit organization dedicated to helping women overcome alcoholism and other addictions.

P.O. Box 618

Quakertown, PA 18951-0618

215-536-8026

<http://www.womenforsobriety.org>

Alaska**Southcentral Foundation: Alaska Women's Recovery Project (AWRP)**

This project provides leadership training, mentoring, and support for recovering women.

4501 Diplomacy Drive

Anchorage, AK 99508

907-729-4955

<http://www.southcentralfoundation.com>

Arizona**Community Bridges, Inc.**

This program offers treatment and recovery to homeless, indigent, and working poor adults. It also provides prevention, education, and training services to the public.

1811 South Alma School Road, Suite 160

Mesa, AZ 85210

480-831-7566

<http://www.communitybridgesaz.org>

Women in New Recovery: Our Common Welfare

This recovery community organization is a residential treatment facility for women in Arizona and New Mexico.

860 North Center Street

Mesa, AZ 85201

480-464-5764

<http://www.winr.org>

Pascua Yaqui Tribe of Arizona: Community Change Oriented Recovery Effort (C-CORE)

This program provides quality, competent, and culturally compatible peer services to tribal and community members.

7474 South Camino De Oeste

Tucson, AZ 85757

520-883-5000

<http://www.pascuayaqui-nsn.gov>

Pinal Hispanic Council: Proyecto Bienestar (Project WellBeing)

This project seeks to empower members to assist others, motivating them to sustain recovery through education and training.

712 North Main Street

Eloy, AZ 85231

520-466-7765

<http://www.pinalhispaniccouncil.org/grants/RCSPGrant.htm>

Pima Prevention Partnership: A Recovery Movement For and About Young People

This partnership aims to reduce relapse and supports wellness using a strength-based approach to recovery for Native Americans.

2525 East Broadway, Suite 100

Tucson, AZ 85716

520-624-5800

<http://www.thepartnership.us>

Tohono O'odham Nation

This tribal Government is establishing a recovery community service project and peer-to-peer system.

P.O. Box 837
Sells, AZ 85634
520-603-2477

<http://www.tonation-nsn.org>

California

Council on Alcoholism and Drug Abuse

The council provides peer-led recovery support services in Santa Barbara, CA.

232 East Canon Perdido Street, P.O. Box 28
Santa Barbara, CA 93102
805-963-1433

<http://www.cadasb.org>

Walden House, Inc.: PROSPER (Peers Reaching Out Supporting Peers to Embrace Recovery)

This project provides strength-based peer-to-peer recovery services to people and their families who face the challenges of recovery and re-entry into society from prison.

1550 Evans Avenue
San Francisco, CA 94124
415-554-1100

<http://www.waldenhouse.org>

Welcome Home Ministries: Face to Face

This faith-based program is for women who face the dual challenges of recovery and re-entry to society from incarceration.

P.O. Box 184
Richmond, OH 43944
740-765-4959

<http://www.welcomehomeministries.org>

Colorado

White Bison, Inc.

This organization conducts education, training, and development focused on Native American recovery communities on reservations and in urban areas.

701 North 20th Street
Colorado Springs, CO 80904
719-548-1000

<http://www.whitebison.org>

Connecticut

Connecticut Community for Addiction Recovery (CCAR)

A community of persons in recovery, family members, friends, and allies, this group is organized to put a positive face and voice on recovery from substance use disorders.

198 Wethersfield Avenue
Hartford, CT 06114
860-224-2227

<http://www.ccar.us>

Connecticut Department of Mental Health Addiction Services (DMHAS)

For a full description, refer to Mental Health.

Georgia

Recovery Consultants of Atlanta, Inc.

For a full description, refer to Faith-Based Organizations.

Hawaii

Waianae Men in Recovery, The

This program offers what is known as a "clean and sober house," which provides a clean and sober living environment for men in recovery from alcoholism and other addictions.

P.O. Box 458
Waianae, HI 96792
wmir@hawaii.rr.com

Illinois

Recovery Resource Center

This comprehensive recovery resource center links individuals in recovery to an array of holistic recovery supports, with special emphasis on meeting the needs of women in recovery.

1140 Lake Street, Suite 500
Oak Park, IL 60301
708-445-0500

RRCDoNotUse1@aol.com

Kentucky

Heartland Cares, Inc.

This project promotes effective long-term recovery among HIV-positive people in rural areas of Kentucky and Illinois.

3025 Clay Street
Paducah, KY 42001
877-444-8183
270-444-8183
<http://www.hcares.org>

Massachusetts

Massachusetts Organization for Addiction Recovery (MOAR)

This organization is a collective voice of people in recovery, families, and friends who are helping each other educate the public about the value of living in recovery and the resources to support recovery.

c/o Boston ASAP
30 Winter Street, Third Floor
Boston, MA 02108
617-423-6627
<http://www.moar-recovery.org>

Western Massachusetts Training Consortium: The RECOVER Project

This peer-led recovery community helps those in recovery assume meaningful roles in their towns and neighborhoods.

187 High Street, Suite 204
Holyoke, MA 01040
413-536-2401

Michigan

Clark Associates: The Detroit Recovery Project

This organization offers useful information, training, and city-wide support and resources for making communities safe and drug free.

1151 Taylor Street, Room 317B
Detroit, MI 48202
313-876-0770
<http://www.drugfreedetroit.org>

National Council on Alcoholism and Drug Dependence – Greater Detroit Area (NCADD-GDA)

This council provides effective alcohol and drug abuse intervention, prevention, and treatment services to children and adults with substance use disorders in the Detroit area.

16647 Wyoming Street
Detroit, MI 48221-2848
313-369-5400

<http://www.ncadd-detroit.org>

Nevada

Center for the Application of Substance Abuse Technologies Frontier Recovery Network (CASAT)

The staff and peer volunteers of the Frontier Recovery Network assist recovering individuals in Reno, NV, with education about or referral for treatment, housing, transportation, child care, and life skills.

Mail Stop 279
University of Nevada, Reno
Reno, NV 89557-0258
775-784-6265

<http://casat.unr.edu>

New Hampshire

New England Institute of Addiction Studies (NEIAS) and New England Alliance for Addiction Recovery (NEAAR): Expanding the New England Alliance for Addiction Recovery

This collaboration of statewide recovery community organizations is dedicated to the promotion and enhancement of recovery and to improving public awareness about substance use disorders.

75 Stone Street
Augusta, ME 04330
207-621-2549

<http://www.neias.org>

New Jersey

National Council on Alcoholism and Drug Dependence – New Jersey (NCADD-NJ): Friends of Addiction Recovery-New Jersey (FOAR-NJ)

This organization promotes recovery and builds leadership skills and capacity in the recovery community.

360 Corporate Boulevard
Robbinsville, NJ 08691
609-689-0599

<http://www.ncaddnj.org>

New York

AIDS Service Center of Lower Manhattan, Inc.: HIGH (How I Get Help on Recovery)

This center facilitates the creation of Empowerment, a peer-delivered recovery community organization.

41 East 11th Street, Fifth Floor
New York, NY 10003
212-645-0875

<http://www.ascnyc.org>

Center for Community Alternatives: Recovery Network of New York

This project organizes recovering individuals who have a history of involvement in the criminal justice system to improve the delivery of treatment to offenders and ex-offenders and to help reduce the dual stigmatization of ex-offenders in recovery.

115 East Jefferson Street, Suite 300
Syracuse, NY 13202
315-422-5638, ext. 222

<http://www.communityalternatives.org>

Exponents, Inc.

This minority-led organization is dedicated to improving the quality of life of individuals affected by drug addiction, incarceration, and HIV/AIDS. Programs assist individuals and their families through difficult transitions from addiction to recovery, from incarceration to civilian life, and from welfare to work.

151 West 26th Street, Third Floor
New York, NY 10001
212-243-3434

<http://www.exponents.org>

Fortune Society, The

This project provides peer-to-peer recovery support services to ex-prisoners and their families who are working toward recovery.

29-76 Northern Boulevard
Long Island City, NY 11101
212-691-7554

<http://www.fortunesociety.org>

GROUP Ministries, Inc.

This project provides peer recovery support services focused primarily on African Americans and other people of color.

1333 Jefferson Avenue
Buffalo, NY 14208
716-883-4367, ext. 21

khsmith101@aol.com

National Alliance for Medication Assisted Recovery (NAMA Recovery)

For a full description, refer to Recovery/Treatment.

Rockland Council on Alcoholism & Other Drug Dependence, Inc.: Friends of Recovery-Rockland (FOR-Rockland)

The council challenges stereotypes about addiction recovery.

25 Smith Street, Suite 101
Nanuet, NY 10954
845-215-9788

<http://www.rcadd.org>

North Carolina

Eastern Band of Cherokee Indians: A-Ye-Ga:

Awakening the Recovery Spirit

This recovery community organization in Cherokee, NC, is of, by, and for the Eastern Band of Cherokee Indians.

P.O. Box 455
Cherokee, NC 28719
828-497-7000

<http://www.nc-choerokee.com>

RecoveryNC

For a full description, refer to Policy/Education.

VOICES for Addiction Recovery, NC, Inc.:

Voices for Addiction Recovery

This organization serves addicted, single, pregnant women, addicted teenagers, adults who have become part of the criminal justice system, people with HIV/AIDS and their support organizations, and the growing Hispanic population, who are struggling with addiction issues.

P.O. Box 2925
Asheville, NC 28802
828-252-9022

voicesnc@aol.com

Ohio

Northern Ohio Recovery Association (NORA)

This project provides faith-based recovery support services in a three-county area.

3746 Prospect Avenue
Cleveland, OH 44115
216-391-6672

<http://www.norainc.org>

Oklahoma

Oklahoma Citizen Advocates for Recovery and Treatment

This group's mission is to empower recovering people and their families through physical, emotional, and spiritual growth to make significant contributions to society.

2808 Northwest 31st Street
Oklahoma City, OK 73112
866-848-7555

<http://www.ocarta.org>

Oregon

Central City Concern: Recovery Association Project (RAP)

This peer-led recovery community organization focuses on building leadership and power among people in recovery. Its strengths-based peer services are available to other groups, including trainings on organizing recovering people with a focus on leadership and active citizenship, and implementing a peer-led recovery mentor program.

18438 Southeast Pine Street
Portland, OR 97233
503-489-0470

<http://www.centralcityconcern.org>

<http://www.rap-nw.org>

Relief Nurseries, Inc.: Accessing Success

This project targets parents of children in high-risk families and provides recovery support services.

1720 West 25th Avenue
Eugene, OR 97405
541-343-9706

<http://www.reliefnursery.org>

Pennsylvania

Bucks County Council on Alcoholism

The council is an independent nonprofit organization whose mission is to provide resources and opportunities to reduce the impact of addiction and to improve related health issues for the entire community. It provides services such as consultation, assessment, intervention, and treatment.

252 West Swamp Road, Suite 12
Doylestown, PA 18901
800-221-6333
215-345-6644

<http://www.bccadd.org>

Easy Does It, Inc.: Full Circle

This group organizes committees that focus on a holistic approach to the process of personal growth within the recovery process.

1300 Hilltop Road
Leesport, PA 19533
610-373-2463

<http://www.easydoesitinc.org>

Pennsylvania Recovery Organizations Alliance, Inc. (PRO-A) Statewide/Regional Community Mobilization Project

This project supports recovery through peer-driven support services and education.

900 South Arlington Avenue, Suite 119
Harrisburg, PA 17109
717-545-8929

<http://www.pro-a.org>

PRO-ACT

For a full description, refer to Recovery/Treatment.

Tennessee

Alcohol and Drug Council of Middle Tennessee: Nashville Area Recovery Alliance (NARA)

This grassroots membership-based organization is comprised of individuals in recovery, as well as their families, friends, and allies.

P.O. Box 330189
Nashville, TN 37203
615-269-0029

<http://www.adcmt.org>

Texas

Recovery Alliance of El Paso

The alliance was organized in 1998 to fight stigma and discrimination for people in recovery from substance use disorders, and is now dedicated to providing peer-to-peer recovery support services.

P.O. Box 9669
El Paso, TX 79995
915-594-7000

<http://www.recoveryalliance.net>

Serving Children and Adolescents in Need

This youth outreach group is developing the "Futuros Saludables Recovery Services Program," which will enhance substance use treatment by promoting recovery, reducing relapse, and intervening when relapse does occur. The program will provide peer-designed and peer-led services with an emphasis on leadership development, principles of self-care, and cultural diversity among participants.

2387 East Saunders Street
Laredo, TX 78041
956-724-3177

<http://www.scan-inc.org>

Virginia

McShin Foundation, The

For a full description, refer to Recovery/Treatment.

Substance Abuse and Addiction Recovery Alliance (SAARA), The

For a full description, refer to Recovery/Treatment.

Washington

Multifaith Works

This group unites communities of compassionate care and inclusive spirituality with people living in isolation and loneliness. The network provides administrative, emotional, and supervisory support, as well as volunteer recruitment, training, and leadership skill development for peer volunteers.

115 16th Avenue
Seattle, WA 98122
206-324-1520

<http://www.multifaith.org>

Recovery/Treatment

American Association for the Treatment of Opioid Dependence (AATOD)

For a full description, refer to Provider and Professional Organizations.

About Recovery

This site offers addiction and recovery resources and provides a national helpline that is available 24-hours a day.

877-345-3370

<http://www.aboutrecovery.com>

Addiction Survivors

This group is dedicated to providing online peer support communities for those with addiction disorders, their families, and friends.

P.O. Box 333

Farmington, CT 06034

<http://www.addictionsurvivors.org>

Addiction Treatment Centers

This site offers information about drug treatment centers, alcohol rehab programs, and dual diagnosis treatment resources, including blogs, forums, video sharing, and a directory of over 11,000 treatment facilities.

378 Santana Row, #326

San Jose, CA 95128

408-210-4910

<http://www.treatment-centers.net>

Addiction Treatment Watchdog

This Web site is a resource for educating medication-assisted-treatment patients and others about the disease and treatment of opiate addiction.

Advocates for Recovery Through Medicine (ARM)

This organization's goals are to end stigma and discrimination against people who use medications to treat addictions and to move addiction treatment, especially opiate addiction treatment, into mainstream medicine.

P.O. Box 90337

Burton, MI 48509

810-250-9064

Advocates for the Integration of Recovery and Methadone (AFIRM)

This group supports methadone as an effective tool of recovery that can be enhanced through the integration of other treatment approaches. It promotes the development of Methadone Anonymous (MA) and other 12-step fellowships, as well as clinical treatment alternatives, such as incorporating spirituality modalities into traditional treatment settings.

455 East Bay Drive

Long Beach, NY 11561

516-897-1330 (days)

516-889-8142 (evenings)

<http://www.methadonetoday.org/afirm.html>

Alcohol and Drug Rehab Treatment Resource Center

This online center provides information on key issues about alcohol and drug abuse, including intentions, rehab, and treatment. Visitors must enter identifying information to participate in this Web site.

<http://www.addict-help.com>

Alexandria Community Services Board (CSB), The

This group provides effective and cost-efficient mental health, mental retardation, and substance use prevention and treatment services that measurably improve the quality of life for Alexandria, VA's neediest citizens.

720 North Saint Asaph Street, Fourth Floor

Alexandria, VA 22314

703-746-3400

<http://www.alexandriava.gov/mhmrsa>

Aliviane NO-AD, Inc.

This nonprofit community-based organization is dedicated to the provision of HIV and substance use disorder prevention, intervention, treatment, education, and follow-up care to the residents of West Texas.

10690 Socorro Road

Socorro, TX 09927

915-858-6208

American Association of Poison Control Centers (AAPCC), The

This association is a nationwide organization of poison centers and interested individuals.

515 King Street, Suite 510

Alexandria, VA 22314

703-894-1858

<http://www.aapcc.org>

Anchor Media, LLC

This magazine provides relevant and engaging Web, print, and event resources that encourage and embrace a lifestyle of healthy addiction recovery in support of recovering addicts and their loved ones.

773-883-4474

<http://www.anchormagazine.net>

Association of Recovery Schools (ARS)

This organization advocates for the promotion, strengthening, and expansion of secondary and post-secondary programs designed for students and families committed to achieving success in both education and recovery. ARS exists to support such schools which, as components of the recovery continuum of care, enroll students committed to being abstinent from alcohol and other drugs and working a program of recovery.

1231 Highland Avenue

Ft. Washington, PA 19034

215-628-8600

<http://www.recoveryschools.org>

Behavioral Health Services

This nonprofit organization has provided a continuum of substance use, mental health and senior services since 1973. Each of its 11 facilities (located throughout Los Angeles County) is based on its mission of transforming lives by offering hope and opportunities for recovery, wellness, and independence.

15519 Crenshaw Boulevard

Gardena, CA 90249

310-679-9126

<http://www.bhs-inc.org>

Benevolent and Protective Order of Elks of the USA, The

For a full description, refer to Family and Social Services.

Betty Ford Center

This center provides treatment for chemical dependency, as well as support and educational resources for family members and children.

39000 Bob Hope Drive

Rancho Mirage, CA 92270

800-434-7365

760-773-4100

<http://www.bettyfordcenter.org>

C4 Recovery Solutions, Inc.

This nonprofit was established to promote the design, provision, and monitoring of outcomes-based services that initiate and sustain recovery from substance use disorders, as well as improve prevention and harm reduction strategies that mitigate addiction's worse effects.

<http://www.c4recoverysolutions.org>

California Association of Addiction Recovery Resources (CAARR)

This association educates and provides statewide recovery resources for alcoholics and people with addiction problems living in California.

2400 Marconi Avenue
Sacramento, CA 95821
916-338-9460

<http://www.caarr.org>

Caron Treatment Center

This center offers detoxification, gender-separate rehabilitation, relapse treatment, and extended care for adults and adolescents; educational programs for family members; and student assistance services.

243 North Galen Hall Road
Wernersville, PA 19565
800-854-6023

<http://www.caron.org>

CRC Health Group

This group offers the most comprehensive network of specialized behavioral care services in the Nation, serving over 30,000 people each day in 140 facilities providing healing and hope in the lives of patients, students, and families. For over two decades, CRC programs have helped individuals and families reclaim and enrich their lives.

20400 Stevens Creek Boulevard, Sixth Floor
Cupertino, CA 95014

877-637-6237

408-998-7260

<http://www.crchealth.com>

Faces & Voices of Recovery

For a full description, refer to Policy/Education.

Fairview Recovery Services

Fairview offers individually tailored services for people suffering from chemical dependency.

5 Merrick Street
Binghamton, NY 13904
607-722-8987

<http://www.frsinc.org>

Father Martin's Ashley

This is a private, nonprofit facility for the treatment of substance use disorders serving people aged 18 and over since 1987. It offers a comprehensive program of services for individuals and families afflicted by the disease of addiction.

800 Tydings Lane
Havre de Grace, MD 21078
800-799-4673
410-273-6600

<http://www.fathermartinsashley.com>

Foundations Associates

This is a treatment and advocacy organization dedicated solely to the treatment and recovery of people with co-occurring mental illness and substance use disorders. The agency has a full continuum of care, with locations in Memphis and Nashville, TN.

210 Westwood Place
Brentwood, TN 37027
877-345-3357

615-256-9005

<http://www.dualdiagnosis.org>

Gateway Foundation

This foundation is a private, not-for-profit organization providing substance use treatment; each year, 29,000 clients are provided care in community-based and correctional settings.

55 East Jackson Boulevard, Suite 1500
Chicago, IL 60604
312-663-1130

<http://www.gatewayfoundation.org>

Gaudenzia, Inc.

This group helps people affected by chemical dependency, mental illness, and related conditions to achieve a better quality of life – allowing them to live as productive and accountable individuals.

106 West Main Street
Norristown, PA 19401
610-239-9600

<http://www.gaudenzia.org>

Griffin Recovery Enterprises

This enterprise, led by Dan Griffin, consists of books, presentations, and a blog. Griffin's latest book, "A Man's Way Through the Twelve Steps," uses interviews with men in various stages of recovery, along with his own experience, to offer a holistic approach to sobriety for men.

4549 Park Avenue
Minneapolis, MN 55407
612-701-5842

<http://www.dangriffin.com>

Hazelden Foundation

This national nonprofit organization founded in 1949 helps people reclaim their lives from the disease of addiction. Hazelden's comprehensive approach to addiction addresses the full range of patient, family, and professional needs, including treatment and continuing care, research, higher learning, public education and advocacy, and publishing.

P.O. Box 11
Center City, MN 55012
800-257-7810
651-213-4200

<http://www.hazelden.org>

Hope Networks/We Recover Foundation

This group supports community efforts regarding treatment, job skills, living skills, and retraining programs to reduce poverty, crime, and illiteracy found in untreated communities.

8867 Highland Road, Suite 320
Baton Rouge, LA 70808
866-859-3513

In the Rooms, Inc.

This social networking Web site is for the recovery community worldwide. Its mantra is H.I.T.C.H. – Help, Inform, Touch, Connect, and Heal – for those already in recovery, seeking recovery, and family and friends around the world.

<http://www.intherooms.com>

Mayo Clinic, Addiction Psychiatry

This addiction psychiatry unit offers chemical dependency programs for people with substance use disorders.

200 First Street SW
Rochester, MN 55905
507-284-2220

<http://www.mayoclinic.org>

McShin Foundation, The

This foundation is Virginia's fastest growing peer-to-peer recovery community organization. Founded in 2004, The McShin Foundation is a nonprofit committed to serving individuals and families in their fight against substance use disorders.

2300 Dunbarton Road
Richmond, VA 23228
804-249-1845

<http://www.mcshinfoundation.org>

Medical Assisted Treatment of America

This Web site aims to raise awareness and understanding of substance use, the problems it creates, and the ways to deal with these problems.

368 Johnston Parkway
Kennesaw, GA 30152
770-428-0871

<http://www.medicalassistedtreatment.org>

Methadone Support Organization (MSO)

This group is a support organization for medically assisted treatment that is available for people addicted or dependent on opiates for any reason. Its provider- and patient-friendly online support resources include information on methadone and pregnancy, Methadone Anonymous, support forums, on-site experts to answer questions, and more.

<http://www.methadonesupport.org/board.html>

Mount Saint John Home & School for Boys

This residential treatment center is for boys with behavioral and learning problems.

135 Kirtland Street
Deep River, CT 06417
860-343-1300

<http://www.mtsjohn.org>

Narconon

This is a nonprofit drug rehab program dedicated to eliminating drug abuse and drug addiction through drug prevention, education, and rehabilitation.

4652 Hollywood Boulevard
Hollywood, CA 90027
800-468-6933
323-962-2404

<http://www.narconon.org>

National Alliance of Advocates for Buprenorphine Treatment (NAABT)

This nonprofit organization has the mission to educate the public about the disease of opioid addiction and the buprenorphine treatment option, to help reduce the stigma and discrimination associated with patients with addiction disorders, and to serve as a conduit for connecting patients in need of treatment to qualified treatment providers.

P.O. Box 333
Farmington, CT 06034
800-269-4390

<http://www.naabt.org>

National Alliance for Medication Assisted Recovery (NAMA Recovery)

This is a membership organization representing people whose recovery from opiate dependence is assisted with medication. Its membership includes methadone patients, family members, and health care professionals whose common goal is to fight the ignorance and prejudice surrounding medication-assisted recovery.

435 Second Avenue
New York, NY 10010
212-595-NAMA

<http://www.methadone.org>

National Association on Alcohol, Drugs and Disability, Inc. (NAADD)

This association promotes awareness and education about substance use disorders among people with physical, sensory, cognitive, and developmental disabilities.

2165 Bunker Hill Drive
San Mateo, CA 94402
650-578-8047

<http://www.naadd.org>

National Council on Alcoholism and Drug Dependence, Inc. (NCADD)

Founded in 1944, NCADD is dedicated to increasing public awareness and understanding of the disease of alcoholism and drug dependence. NCADD and its national network of State and local affiliates provide education, prevention, information/referral, intervention, treatment services, advocacy, and recovery support services, and have helped hundreds of thousands of individuals and families into recovery.

244 East 58th Street, Fourth Floor
New York, NY 10022
800-NCA-CALL (Hope Line)
212-269-7797

<http://www.ncadd.org>

Newport Academy

This treatment center is dedicated to providing comprehensive, gender-specific, integrated treatment programs for adolescent males and females in an environment of caring and compassion by which teens and their families may recover from the destructive effects of substance abuse and related behavioral health issues. It offers separate residential facilities and has an active after-school program in Orange County, CA.

866-382-6651

<http://www.newport-academy.com>

Opiate Dependence Resource Center (ODRC)

This national organization serves to safeguard patients through effective mediation, assuring access to care, and preservation of the familial structure to improve their quality of life and help them achieve recovery.

67 Main Street, Suite 304
Brattleboro, VT 05301
802-251-0066

<http://www.methadone.net/index2.htm>

Oxford House, Inc.

This is the umbrella organization for a network of more than 1,200 democratically run, self-supporting, and drug-free group homes throughout the country.

1010 Wayne Avenue, Suite 300
Silver Spring, MD 20910
800-689-6411
301-587-2916

<http://www.oxfordhouse.org>

Partnership for Recovery (PFR)

This coalition includes the Betty Ford Center, Bradford Health Systems, Cumberland Heights, Father Martin's Ashley, Gateway Rehabilitation Center, Hazelden Foundation, Valley Hope Association, and the National Association of Addiction Treatment Providers.

101 Constitution Avenue NW, Suite 675 East
Washington, DC 20001
202-737-8167

Phoenix House

This organization operates community residences throughout the country for people who are struggling with addiction and mental illness.

164 West 74th Street
New York, NY 10023
212-595-5810

<http://www.phoenixhouse.org>

PRO-ACT

This grassroots recovery support initiative in southeastern Pennsylvania (Bucks, Chester, Delaware, Montgomery, and Philadelphia Counties) has provided prevention, intervention and recovery support services, as well as education and advocacy, to the community for 11 years. It has been providing a growing matrix of peer-to-peer support services, which has led to the opening of three Recovery Community Centers, now a hub for all recovery services.

252 West Swamp Road, Suite 12
Doylestown, PA 18901
800-221-6333

<http://www.proact.org>

Psychology Today

This organization is dedicated to helping people understand their addiction, the issues behind it, and how to overcome the challenge.

115 East 23rd Street, Ninth Floor
New York, NY 10010
212-260-7210

<http://www.psychologytoday.com>

Recovery Connection

This is a comprehensive addiction treatment resource and drug rehabilitation referral service. The organization has staff across the country available 24 hours a day to answer all concerns about substance use, addiction treatment, and rehabilitation.

4825 North Dixie Highway
Oakland Park, FL 33334
800-993-3869
954-491-1771

<http://www.recoveryconnection.org>

Recovery Works

This group offers resources for recovery from various forms of addiction.

<http://www.recoveryworks.info>

Resolution Ranch

This is a therapeutic camp in Texas for troubled teen boys ages 13 to 17.

2274 Texas 4
Cameron, TX 76520-4531
512-923-9636

<http://www.resolutionranch.com>

Ridgeview Institute

This institute provides mental health and substance use disorder treatment services in Georgia.

3995 South Cobb Drive
Symrna, GA 30080
800-329-9775
770-434-4567

<http://www.ridgeviewinstitute.com>

Rimrock Foundation

This foundation offers community-developed treatment services for substance use disorders.

1231 North 29th Street
Billings, MT 59101
800-227-3953
406-248-3175

<http://www.rimrock.org>

Second Road Inc., The

This is a 24-hour Web-based nonprofit group to help those in recovery (and the families of those affected by addiction) learn to live with the challenges presented by everyday life and continue on a fulfilling road of recovery. The site offers a community of trust and understanding, inspiring stories from people of diverse cultures and backgrounds, the knowledge of many experts in the addiction treatment field, and the tools to resist relapse in a secure, non-threatening environment.

P.O. Box 1506
Charlottesville, VA 22902
434-295-9595

<http://www.thesecondroad.org>

State Associations of Addiction Services (SAAS)

This is the national organization of State provider associations representing treatment and prevention programs for substance use disorders.

236 Massachusetts Avenue NE, Suite 505
Washington, DC 20002
202-546-4600

<http://www.saasnet.org>

Stepping Stone of San Diego

This group provides treatment and recovery services focusing on the lesbian, gay, bisexual and transgender communities.

3969 Fourth Avenue, Suite 201
San Diego, CA 92103
619-295-3995

<http://www.steppingstonesd.org>

Substance Abuse and Addiction Recovery Alliance (SAARA), The

This is a community-based grassroots membership organization of individuals in recovery from alcohol and other drug addiction, their families, friends, and committed community supporters.

306 Turner Road, Suite P
Richmond, VA 23225
804-762-4445

Therapeutic Communities of America (TCA)

This national nonprofit membership association represents more than 650 substance use and mental health treatment programs that provide a variety of services to substance use and co-occurring disorder clients with a range of special needs.

1601 Connecticut Avenue NW, Suite 803
Washington, DC 20009
202-296-3503

<http://www.therapeuticcommunitiesofamerica.org>

United for Recovery

This nonprofit organization is an advocacy group for people in treatment and in recovery. It works to broaden public awareness and understanding of addiction and recovery and increase opportunities for people to get the help they need.

15519 Crenshaw Boulevard
Gardena, CA 90249
310-704-1336

Valley Hope Association

This nonprofit organization has provided quality substance use disorder treatment services since 1967. It operates treatment facilities in Arizona, Colorado, Kansas, Missouri, Nebraska, Oklahoma, and Texas.

P.O. Box 510
Norton, KS 67654
800-654-0486 (General Information)
800-544-5101 (Admissions)

<http://www.valleyhope.com>

Vanguard Services Unlimited

This nonprofit, community-based organization offers high-quality treatment and recovery to individuals and their families with substance use disorders.

521 North Quincy Street
Arlington, VA 22203
703-841-0703

<http://www.vanguardservices.org>

Vera Institute of Justice, La Bodega de la Familia

This institute offers family- and community-based recovery services for people on parole or probation.

233 Broadway, 12th Floor
New York, NY 10279
212-334-1300

<http://www.vera.org>

Village South, The

This group offers substance use disorder treatment programs and referrals for job training, shelter, and HIV testing for the diverse communities of Miami-Dade County, FL.

3050 Biscayne Boulevard, Ninth Floor
Miami, FL 33137
800-443-3784
305-573-3784

<http://www.villagesouth.com>

Watershed, The

This is a group of recovery facilities that provide services including detoxification, residential rehabilitation, intensive outpatient treatment, prevention, and education.

P.O. Box 7185

Columbia, SC 29202

800-861-1768

<http://www.thewatershed.com>

Research

Addiction Technology Transfer Center Network National Office (ATTC)

This SAMHSA-funded network is comprised of 14 regional centers and a national office that serves the 50 States, Washington, DC, Puerto Rico, the U.S. Virgin Islands, and the Pacific Territories. The ATTC provides training, education, resource materials, and technical assistance to the addiction treatment workforce to advance the adoption of evidence-based practices. A list of ATTC regional centers, the States they serve, and contact information can be found on the ATTC Network Web site.

University of Missouri – Kansas City

5100 Rockhill Road

Kansas City, MO 64110

816-235-6888

<http://www.ATTCnetwork.org>

Caribbean Basin and Hispanic ATTC (serving Puerto Rico and the U.S. Virgin Islands)

Centro de Estudios en Adiccion

Universidad Central del Caribe Call Box 60-327

Bayamon, PR 00960-6032

787-785-4211

<http://cbattc.uccaribe.edu>

Central East ATTC (serving DE, DC, MD, NJ)

8737 Colesville Road, Suite 300

Silver Spring, MD 20910

240-645-1145

<http://www.ceattc.org>

Great Lakes ATTC (serving IL, OH, IN, MI)

Jane Addams College of Social Work

University of Illinois at Chicago

1640 West Roosevelt Road, Suite 511

Chicago, IL 60608-1316

312-996-1373

<http://www.glattc.org>

Gulf Coast ATTC (serving TX, LA, NM)

University of Texas School of Social Work

Center for Social Work Research

1717 West Sixth Street, Suite 335

Austin, TX 78703

512-232-0616

<http://www.utattc.net>

Mid-America ATTC (serving AR, KS, MO, OK, NE)

University of Missouri-Kansas City

5100 Rockhill Road

Kansas City, MO 64110-2499

816-482-1100

<http://www.mattc.org>

Mid-Atlantic ATTC (serving VA, WV, KY, TN)

4907 Fitzhugh, Suite 202

Richmond, VA 23230

804-367-7720

<http://www.attcnetwork.org/midatlantic>

Mountain West ATTC (serving NV, MT, WY, UT, CO, ID)

University of Nevada, Reno

CASAT/MWATTC Mailstop 279

Reno, NV 89557

775-784-6265

http://www.attcnetwork.org/regcenters/index_mountainwest.asp

New England ATTC (serving ME, NH, VT, MA, CT, RI)

Center for Alcohol and Addiction Studies, Brown University

Box G-S121

Providence, RI 02912

401-863-6486

<http://www.attc-ne.org>

Northeast ATTC (serving NY, PA)

Institute for Research, Education & Training in Addictions

425 Sixth Avenue, Suite 1710

Pittsburgh, PA 15219

866-246-5344

<http://www.neattc.org>

Northwest Frontier ATTC (serving AK, WA, OR, HI, Pacific Islands)

810 D Street NE

Salem, OR 97301

503-373-1322

<http://www.nfattc.org>

Pacific Southwest ATTC (serving CA, AZ)

UCLA Integrated Substance Abuse Programs

1640 South Sepulveda Boulevard, Suite 200

Los Angeles, CA 90025

310-267-5408

<http://www.psattc.org>

Prairielands ATTC (serving IA, MN, ND, SD, WI)

University of Iowa

1207 Westlawn

Iowa City, IA 52242

319-335-5368

<http://www.pattc.org>

Southeast ATTC (serving GA, NC, SC)

National Center for Primary Care at Morehouse School of Medicine

720 Westview Drive SW

Atlanta, GA 30310-1495

404-752-1016

<http://www.sattc.org>

Southern Coast ATTC (serving FL, AL, MS)

Florida Certification Board

1715 South Gadsden Street

Tallahassee, FL 32301

850-222-6731

http://www.nattc.org/regcenters/index_southerncoast.asp

Center for Science in the Public Interest: Alcohol Policies Project

This center conducts policy development and technical research for the prevention of alcohol use disorders at local, State, and national levels.

1875 Connecticut Avenue NW, Suite 300

Washington, DC 20009

202-332-9110

<http://www.cspinet.org>

Center for Substance Abuse Research

This research center provides information on substance use disorders and their impact on individuals, families, and communities.

4321 Hartwick Road, Suite 501

College Park, MD 20740

301-405-9770

<http://www.cesar.umd.edu>

CompassPoint Addiction Foundation

This foundation performs research about the causes and nature of substance use disorders.

P.O. Box 2800-338

Carefree, AZ 85377

480-368-2688

Harvard Medical School Division on Addictions

This center provides education and training to health care workers who treat substance use disorders and to scientists who study them.

101 Station Landing, Second Floor

Medford, MA 02155

781-306-8600

<http://www.divisiononaddictions.org>

Journal of Global Drug Policy and Practice, The

This journal is a peer-reviewed, scientific, free online publication that helps public and private entities to participate in the exchange of valuable information about drug policy and practice, while sharing different cultural attitudes and perspectives.

2600 Ninth Street North, Suite 200

St. Petersburg, FL 33704

727-828-0211

<http://www.globaldrugpolicy.org>

National Center on Addiction and Substance Abuse at Columbia University (CASA)

This organization is the only nationwide entity that brings together all the professional disciplines needed to study and combat abuse of all substances – alcohol, nicotine as well as illegal, prescription and performance enhancing drugs – in all sectors of society.

633 Third Avenue, 19th Floor

New York, NY 10017

212-841-5200

<http://www.casacolumbia.org>

National Development and Research Institutes, Inc. (NDRI)

A National Institute on Drug Abuse grantee, this nonprofit research and educational organization is dedicated to advancing scientific knowledge in the areas of alcohol and drug abuse, treatment, and recovery; HIV, AIDS, and HCV; therapeutic communities; youth at risk; and related areas of public health, mental health, criminal justice, urban problems, prevention, and epidemiology.

71 West 23rd Street, Eighth Floor

New York, NY 10010

212-845-4400

<http://www.ndri.org>

Physicians and Lawyers for National Drug Policy

For a full description, refer to Policy/Education.

Robert Wood Johnson Foundation, The

This foundation offers grants for training, education, and research.

P.O. Box 2316

College Road East and Route 1

Princeton, NJ 08543-2316

877-843-7953

<http://www.rwjf.org>

Substance Abuse and Mental Health Data Archive (SAMHDA)

This data archive contains substance use disorder and mental health research data.

ICPSR University of Michigan Institute for Social Research

P.O. Box 1248

Ann Arbor, MI 48106-1248

888-741-7242

<http://www.icpsr.umich.edu/SAMHDA>

Urban Institute, The

This institute conducts economic and social policy research on a range of issues, including substance use disorders, health insurance, and community-based health care.

2100 M Street NW

Washington, DC 20037

202-833-7200

<http://www.urban.org>

State and Local Resources

American Council on Alcohol Problems

This federation of 37 State affiliates seeks long-range solutions to alcohol-related problems using educational and legislative approaches.

2376 Lakeside Drive

Birmingham, AL 35244

205-985-9062

Associates in Counseling

This group provides counseling and psychiatric services in addition to substance use disorder groups.

2225 North University Drive

Pembroke Pines, FL 33024

954-962-6200

Association of State and Territorial Health Officials

This association develops programs and policies for State health departments to promote health and prevent disease.

2231 Crystal Drive, Suite 450

Arlington, VA 22202

202-371-9090

<http://www.astho.org>

Californians for Drug-Free Youth (CADFY)

Through community mobilization, this organization co-develops and provides effective and comprehensive youth, adult, and family prevention/intervention/treatment and recovery community support services that are deployed through its national outreach bureau: Community Alliances for Drug-Free Youth.

1010 Second Avenue, Suite 1900

San Diego, CA 92101

619-557-5753

<http://www.cadfy.org>

Coalition of Behavioral Health Services

This collaboration of organizations and individuals in the Greater Houston metropolitan area is working to bridge the gap between substance use disorder treatment resources, mental health resources, and residents in need of such services.

501 Garden Oaks Boulevard

Houston, TX 77018

713-426-2637, ext. 4511

<http://www.cbhshouston.org>

Community Anti-Drug Coalitions of America (CADCA)

This organization builds and strengthens the capacity of community coalitions to create safe, healthy, and drug-free communities. Its members with technical assistance and training, public policy, media strategies, conferences, and special events.

625 Slaters Lane, Suite 300
Alexandria, VA 22314
800-542-2322

<http://www.cadca.org>

Connecticut Clearinghouse

This organization serves as Connecticut's resource center for information about alcohol, tobacco, drugs, and related issues.

334 Farmington Avenue
Plainville, CT 06062
800-232-4424
860-793-9791 (TTY)

<http://www.ctclearinghouse.org>

Connecticut Community for Addiction Recovery (CCAR)

For a full description, refer to Recovery Support Programs under Connecticut.

Council of State Governments (CSG), The

This council is our Nation's only organization serving all three branches of State Government. CSG is a region-based forum that fosters the exchange of insights and ideas to help State officials shape public policy.

2760 Research Park Drive
P.O. Box 11910
Lexington, KY 40578-1910
859-244-8000

<http://www.csg.org>

El Paso Alliance, The

For a full description, refer to Recovery Support Programs.

Join Together

This national resource for communities working to reduce substance use disorders offers a comprehensive Web site, daily news updates, publications, and technical assistance.

580 Harrison Avenue, Third Floor
Boston, MA 02118
617-437-1500

<http://www.jointogether.org>

La Joya ISD

This independent school district in La Joya, TX offers programs and counseling for substance use prevention, education, and intervention.

201 East Expressway 83
La Joya, TX 78560
956-580-5000

<http://www.lajoyaisd.com>

Massachusetts Organization for Addiction Recovery (MOAR)

For a full description, refer to Recovery Support Programs.

Mental Help, Educate and Advocate

This Web site is a compilation of information gathered by members of the Massachusetts Department of Mental Health (DMH) Southwest Suburban Site Board. Its mission is to learn about, educate, and advocate for all people living with mental illness.

http://www.mentalhelpinfo.org/Home_Page.php

Miami Coalition for a Safe and Drug-Free Community University of Miami/North South Center

This broadly based community organization is committed to reducing the problems of substance use disorders and directly related social issues by serving in the role as a community convener and facilitator.

2490 Coral Way, Fourth Floor
Miami, FL 33415
305-854-4515

<http://www.miamicoalition.org>

Minnesota Department of Human Services Alcohol and Drug Abuse Division

This department develops and maintains an effective chemical health service system in Minnesota that encourages and supports research-informed practices surrounding alcohol and drug abuse.

651-431-2460

<http://www.dhs.state.mn.us>

Minnesota Supreme Court

This court is the final guardian of the Minnesota State constitution that interprets and applies the U.S. Constitution.

Office of the Commissioner
25 Reverend Doctor Martin Luther King Jr. Boulevard
St. Paul, MN 55155
651-296-6043

<http://www.courts.state.mn.us/?page=550>

National Association of Counties

This association offers national legislative, research, technical, and public affairs assistance for U.S. counties.

25 Massachusetts Avenue NW, Suite 500
Washington, DC 20001
202-393-6226

<http://www.naco.org>

National Association of County Behavioral Health and Developmental Disability Directors (NACBHD)

This nonprofit membership organization is comprised of county/local behavioral health authorities who plan and deliver mental health, developmental disability, and substance use disorder services, as well as the State associations that represent their interests.

25 Massachusetts Avenue NW, Suite 500
Washington, DC 20001
202-661-8816

<http://www.nacbhd.org>

National Association of State Alcohol and Drug Abuse Directors (NASADAD)

This association supports the development of effective prevention and treatment programs throughout every State.

1025 Connecticut Avenue NW, Suite 605
Washington, DC 20036
202-293-0090

<http://www.nasasadad.org>

National Association of State Medicaid Directors (NASMD)

This is a bipartisan, professional, nonprofit organization of representatives of State Medicaid agencies, affiliated with the American Public Human Services Association (APHSA). The primary purposes of this group are to serve as a focal point of communication between the States and the Federal Government, and to provide an information network among the States on issues pertinent to the Medicaid program.

1133 19th Street NW, Suite 400
Washington, DC 20036
202-682-0100

<http://www.nasmd.org>

National Conference of State Legislatures (NCSL)

This is a bipartisan organization that serves the legislators and staffs of the Nation's 50 States, its commonwealths, and territories. It provides research, technical assistance, and opportunities for policymakers to exchange ideas on the most pressing State issues.

444 North Capitol Street NW, Suite 515

Washington, DC 20001

202-624-5400

<http://www.ncsl.org>

National Governors Association (NGA)

Center for Best Practices

This bipartisan nonprofit association represents the collective voice of the Nation's governors. Its mission is to help shape and implement national policy and help governors and their policy staff develop and implement innovative solutions to the challenges facing their States.

444 North Capitol Street, Suite 267

Washington, DC 20001

202-624-5300

<http://www.nga.org/center>

New York State Office of Alcoholism and Substance Abuse Services

This organization works to improve the lives of residents of New York by leading a system of addiction services through prevention, treatment, and recovery.

1450 Western Avenue

Albany, NY 12203-3526

518-473-3460

<http://www.oasas.state.ny.us/index.cfm>

North Carolina Department of Health and Human Services Division of Mental Health

Developmental Disabilities and Substance Abuse

This office is primarily responsible for leadership, guidance, and management of relationships with the local management entities who contract directly for addiction treatment services. It also collaborates with a wide variety of public and private partners and customers to promote recovery through the adoption of recovery oriented systems of care and the promotion of a reduction of stigma and barriers to services.

3007 Mail Service Center

Raleigh, NC 27699-3007

919-733-4534

<http://www.dhhs.state.nc.us/MHDDSAS>

OpenMindsOpenDoors

This initiative is aimed at ending discrimination against people with mental illness and is coordinated by the Mental Health Association in Pennsylvania. The campaign is centered on educating the public about mental illness and the legal rights of people living with a mental illness.

c/o MHAPA

1414 North Cameron Street, First Floor

Harrisburg, PA 17103

717-346-0549

<http://www.openmindsopendoors.com>

Partnership for a Drug-Free NC, Inc.

This partnership coordinates statewide resources and provides services to reduce the negative impact of substance use and mental illness on North Carolina's individuals, families, and communities.

665 West Fourth Street

Winston-Salem, NC 27101

888-732-3362

336-725-8389

<http://www.drugfreenc.org>

Pennsylvania Department of Health, Bureau of Drug and Alcohol Programs

This State Government agency develops and implements a comprehensive health, education, and rehabilitation program for the prevention, intervention, treatment, and case management of drug and alcohol abuse and dependence.

02 Kline Plaza, Suite B

Harrisburg, PA 17104

717-783-8200

<http://www.health.state.pa.us/bdap>

RASE Project, The

This project in south central Pennsylvania provides recovery support services, events, training and education, supportive housing, and intervention services. The RASE Project also offers the Buprenorphine Coordinator Program, providing recovery support for those in medication-assisted treatment for opioid addiction.

1820 Linglestown Road, Suite 101

Harrisburg, PA 17110

717-232-8535

<http://www.raseproject.org>

Recovery Consultants of Atlanta, Inc.

For a full description, refer to Faith-Based Organizations.

Texas Department of State Health Services Community Mental Health and Substance Abuse Services

This department works to improve health and well-being of people living in Texas. The department built an extensive research and reference collection in the area of substance abuse prevention and treatment, which is available online.

512-458-7111

<http://www.dshs.state.tx.us/default.shtm>

Turning Point

This organization has served the Minnesota community since 1976, providing African Americans with a holistic approach to counseling and treatment.

1500 Golden Valley Road

Minneapolis, MN 55411

612-520-4004

<http://www.ourturningpoint.org>

U.S. Conference of Mayors

This forum provides mayors with the opportunity to share ideas and recommend policy positions.

1620 Eye Street NW, Suite 400

Washington, DC 20006

202-293-7330

<http://www.usmayors.org>

Wisconsin Clearinghouse for Prevention Resources

The clearinghouse provides substance use prevention resources for youth, parents, schools, and communities.

University Health Services, UW-Madison

333 East Campus Mall, #8104

Madison, WI 53715-1381

800-248-9244

608-262-9157

<http://wch.uhs.wisc.edu>

Workplace, Labor, and Insurance Resources

A Safe Haven Foundation

The foundation supports an individual as he or she enters into and sustains long-term recovery from substance use. It works with each person to develop a personal "Continuum of Housing and Care."

2750 West Roosevelt Road

Chicago, IL 60608-1048

312-372-3820

<http://www.asafehaven.com>

American Association of Health Plans

This is a health plan association representing more than 1,000 health plans throughout the country. It provides information on managed care organization educational programs, health care delivery, research, services, and products.

601 Pennsylvania Avenue NW
South Building, Suite 500
Washington, DC 20004
202-778-3200
<http://www.ahip.org>

America in Recovery

This program offers a no-charge hiring Web site that helps employers and potential employees who are in recovery find each other.

P.O. Box 38589
Houston, TX 77238-8589
<http://www.americainrecovery.org>

American Federation of Government Employees (AFGE)

This group is the largest Federal employee union representing 600,000 Federal and Washington, DC, Government workers nationwide and overseas. Workers in virtually all functions of Government at every Federal agency depend on AFGE for legal representation, legislative advocacy, technical expertise, and informational services.

80 F Street NW
Washington, DC 20001
202-737-8700
<http://www.afge.org>

American Federation of State, County and Municipal Employees (AFSCME)

This group is the Nation's largest and fastest-growing public service employees' union. It has 1.4 million members and is made up of people who serve the public every day in all areas of Government, health, education, and other services, both public and private.

1625 L Street NW
Washington, DC 20036-5687
202-429-1000
202-659-0446 (TTY)
<http://www.afscme.org>

Anti Drug@Work, The

This Web site serves as a drug prevention information center and a supportive community for parents to interact and learn from each other.

405 Lexington Avenue, 16th Floor
New York, NY 10174
800-729-6686
<http://www.theantidrug.com/atwork>

DC Bar – Lawyers Assistance Program

For a full description, refer to Mutual Support Groups.

Drug Free Business Houston/Drug Free Business Texas

This organization helps companies increase safety and productivity through the establishment of comprehensive drug-free workplace programs.

303 Jackson Hill Street
Houston, TX 77007
713-942-4100
http://www.council-houston.org/Workplace_Services/Drug_Free_Business_Houston.aqf

Employee Assistance Professionals Association, Inc. (EAPA)

This membership organization offers resources to employee assistance professionals.

4350 North Fairfax Drive, Suite 410
Arlington, VA 22203
703-387-1000
<http://www.eapassn.org>

Employee Assistance Society of North America

This society provides information for EAP professionals and organizations.

2001 Jefferson Davis Highway, Suite 1004
Arlington, VA 22202-3617
703-416-0060
<http://www.easna.org>

Employee Health Programs

This group, a subsidiary of First Advantage Corporation, designs and manages drug-free workplace programs, employee assistance programs, and other services that benefit employers and employees.

P.O. Box 2430
Rockville, MD 20827
800-275-7051
<http://www.ehp.com>

Federation of State Physician Health Programs (FSPHP)

This organization evolved from initiatives taken by the American Medical Association (AMA) and individual State physician health programs, focusing upon rehabilitation and monitoring of physicians with psychoactive substance use disorders as well as mental and physical illness.

c/o American Medical Association
515 North State Street, Room 8584
Chicago, IL 60654
312-464-4574
<http://www.fsphp.org>

Institute for a Drug-Free Workplace

This institute emphasizes the need for drug-free workplace programs and educates employers and the public at large about the rights and responsibilities of employers and employees with regard to drug use disorders and the workplace.

10701 Parkridge Boulevard, Suite 300
Reston, VA 20191
703-391-7222
<http://www.drugfreeworkplace.org>

International Brotherhood of Electrical Workers (IBEW)

This group represents approximately 750,000 members who work in a wide variety of fields, including utilities, construction, telecommunications, broadcasting, manufacturing, railroads, and Government.

900 Seventh Street NW
Washington, DC 20001
202-833-7000
<http://www.ibew.org>

Labor Assistance Professionals (LAP)

This organization is composed of members of trade and industrial unions involved in the provision or administration of member assistance programs with special emphasis on issues of chemical abuse or dependency. It is dedicated to obtaining comprehensive alcohol and drug treatment and all other mental health services for its members at a reasonable and fair price.

13 Bolton Gardens
Bronxville, NY 10708
914-961-5867
<http://www.laborassistanceprofessionals.com>

Laborers' Health and Safety Fund of North America (LHSFNA)

This group exists to enhance jobsite safety and health, improve the competitiveness of signatory employers of the Laborer's International Union of North America (LIUNA), and strengthen LIUNA.

905 16th Street NW
Washington, D.C. 20006
202-628-5465
<http://www.lhsfna.org>

Lawyers Helping Lawyers

This organization provides confidential, non-disciplinary help for lawyers, judges, law students, and their family members with substance use or mental health problems. Assistance may take many forms, such as assessment, professional consultation, information about and referral to treatment resources, informal and formal interventions, and monitoring.

700 East Main Street, Suite 2035

Richmond, VA 23219

804-644-3212

<http://www.valhl.org>

National Drug-Free Workplace Alliance

The alliance offers drug-free workplace program assistance and education.

2600 Ninth Street North, Suite 200

St. Petersburg, FL 33704

727-471-0009

<http://www.ndwa.org>

National Safety Council (NSC)

This council is a nonprofit public service organization dedicated to educating and influencing people to prevent accidental injuries and deaths.

1121 Spring Lake Drive

Itasca, IL 60143-3201

800-621-7615

<http://www.nsc.org>

Office of Alcoholism and Substance Abuse Services

National Association on Drug Abuse Problems, Inc.

A private nonprofit organization founded by business and labor leaders, this office provides programs that assist at-risk and underserved individuals to become independent, self-sufficient, and employed.

355 Lexington Avenue

New York, NY 10017

212-986-1170

<http://www.nadap.org>

Society for Human Resource Management (SHRM)

This is the world's largest association devoted to human resource management.

1800 Duke Street

Alexandria, VA 22314

800-283-7476

<http://www.shrm.org>

U.S. Chamber of Commerce

The U.S. Chamber of Commerce provides resources for U.S. businesses, including information on EAPs and drug testing.

1615 H Street NW

Washington, DC 20062-2000

202-659-6000

<http://www.uschamber.com>

Washington State Labor Council (WSLC)

This council represents and provides services for hundreds of local unions and trade councils throughout Washington State. Its core programs are legislative advocacy, political action, communications and media relations, and assistance with organizing campaigns.

314 First Avenue West

Seattle, WA 98119

800-542-0904

206-281-8901

<http://www.wslc.org>

Youth Programs

AnswersForTeens.com

This Web site provides information for teenagers seeking help if they are living with a parent who may be abusing alcohol/drugs. It provides information, helps teenagers think through their problems with their parents, and outlines places where teenagers can go for help. It builds off of Edith Lynn Hornik-Beer's book, "For Teenagers Living With a Parent Who Abuse Alcohol/Drugs."

<http://www.answersforteens.com>

Augsburg College's StepUP Program

This program provides ongoing support to students in recovery who are willing and able to progress toward an academic degree through separate chemical-free housing, weekly individual support meetings, and community activities.

2211 Riverside Avenue South

Minneapolis, MN 55454

612-330-1000

<http://www.augsburg.edu>

Big Brothers/Big Sisters of America

This youth mentoring organization helps at-risk youth overcome the many challenges they face.

230 North 13th Street

Philadelphia, PA 19107

215-567-7000

<http://www.bbbsa.org>

Boy Scouts of America

This group offers character development programs and leadership training for boys.

National Office

1325 West Walnut Hill Lane

Irving, TX 75015

972-580-2000

<http://www.scouting.org>

Boys and Girls Clubs of America

This organization provides opportunities for recreation and companionship for children at home with no adult care or supervision.

1230 West Peachtree Street NE

Atlanta, GA 30309-3506

404-487-5700

<http://www.bgca.org>

Camp Fire USA

This group offers services in areas such as youth leadership, self-reliance, after-school groups, camping, and environmental education.

1100 Walnut Street, Suite 1900

Kansas City, MO 64106-2197

816-285-2010

<http://www.campfireusa.org>

Community Alliances for Drug-Free Youth, Inc. (CADFY)/ Californians for Drug-Free Youth

Through community mobilization, CADFY co-develops and provides effective and comprehensive youth, adult, and family prevention/intervention/treatment and recovery community support services that are deployed through its national outreach bureau: CADFY.

1010 Second Avenue, Suite 1900

San Diego, CA 92101

619-557-5753

<http://www.cadfy.org>

Connecticut Turning to Youth and Families (CTYF)

This is a nonprofit organization established to strengthen prevention, treatment, and recovery support services for youth and families. Using the power of youth and families with their own stories, CTYF offers peer-to-peer programs and services that are natural recovery supports for other youth and families.

135 West Road
Marlboro, CT 06447
860-838-3553

<http://www.ctyouthandfamilies.org/ctyf>

D.A.R.E.

This program is a police officer-led series of classroom lessons that teaches children from kindergarten through 12th grade how to resist peer pressure and live productive drug- and violence-free lives.

P.O. Box 512090
Los Angeles, CA 90051
800-223-DARE

<http://www.dare.org>

Drug Free America Foundation, Inc.

This is an international drug policy and prevention organization.

5999 Central Avenue, Suite 301
St. Petersburg, FL 33710
727-828-0211

<http://www.dfaf.org>

Girl Scouts of the USA

The Girl Scouts are dedicated to helping all girls everywhere build character and gain skills for success in the real world.

420 Fifth Avenue
New York, NY 10018-2798
800-478-7248
212-852-8000

<http://www.girlscouts.org>

Junior Achievement

This organization educates and inspires young people to value free enterprise, business, and economics.

1 Education Way
Colorado Springs, CO 80906
719-540-8000

<http://www.ja.org>

MENTOR/National Mentoring Partnership

This group is widely acknowledged as the Nation's premier advocate and resource for the expansion of mentoring initiatives nationwide. MENTOR leverages resources and provides the support and tools that mentoring organizations need to effectively serve young people in their communities.

1600 Duke Street, Suite 300
Alexandria, VA 22314
703-224-2200

<http://www.mentoring.org>

National Student Assistance Association (NSAA)

This national membership organization of student assistance professionals offers early intervention and training on alcohol- and drug-related problems in thousands of schools across the country.

1704 Charlotte Pike, Suite 200
Nashville, TN 37203
800-257-6310

Network on Transitions to Adulthood

This group, supported by the John D. and Catherine T. MacArthur Foundation, examines the changing nature of early adulthood (ages 18-34), and the policies, programs, and institutions that support young people as they move into adulthood.

University of Pennsylvania Department of Sociology
3718 Locust Walk
Philadelphia, PA 19104-6299
215-898-1569

<http://www.transad.pop.upenn.edu>

Parents 4 A Change

This Web site works to raise awareness about the use of opiates and heroin among teenagers.

<http://www.parents4achange.com>

Partnership for a Drug-Free America (PDFA)

For more than 20 years, this organization has united communications professionals, scientists, and parents to reduce illicit drug use among teens.

405 Lexington Avenue, Suite 1601
New York, NY 10174
212-922-1560

<http://www.drugfree.org>

Students Against Destructive Decisions (SADD)

This organization provides students with prevention tools to deal with underage drinking, other drug use, impaired driving, and other destructive decisions.

255 Main Street
Marlborough, MA 01752
877-SADD-INC

<http://www.sadd.org>

Students Taking Action Not Drugs (STAND)

This college-level substance abuse prevention marketing program educates students about the dangers of addictive drugs and mobilizes them to reduce substance use on their campuses.

5999 Central Avenue, Suite 301
St. Petersburg, FL 33710
727-828-0211

<http://www.studentstakingaction.org>

Teen Challenge International

This network of 191 centers throughout the United States provides youth, adults, and families with effective and comprehensive faith-based solutions to life-controlling alcohol and drug problems. The Teen Challenge Training Center is an eight-month comprehensive residential treatment program that deals with the most acute cases of addiction, offered at minimal cost to the participant.

5250 North Towne Centre Drive
Ozark, MO 65721
417-581-2181

<http://www.teenchallengeusa.com>

U.S. DEPARTMENT OF AGRICULTURE (USDA), 4-H

For a full description, refer to Schools/Youth under Federal Agencies.

U-Turn of SAARA, Inc.

This organization is dedicated to empowering disadvantaged people, especially youth, to improve their lives, thus enabling them to improve their communities and ultimately society.

306 Turner Road, Suite P
Richmond, VA 23225
804-762-4445

[HTTP://WWW.RECOVERYMONT.H.GOV](http://www.recoverymonth.gov)

1-800-662-HELP
1-800-487-4889 (TDD)

single-state agency directory

Single-State Agency (SSA) Directory

Each U.S. State and territory offers information and support regarding substance use disorders through the local government offices listed below. The following facilities are licensed, certified, or otherwise approved for inclusion by their state's substance use treatment authority. Their role is to plan, carry out, and evaluate substance use disorder prevention and treatment services provided to individuals and families. During disasters, these offices can play a critical role in directing resources where they are most needed. Specifically, they oversee treatment centers and counselors in their respective States and, in many cases, supply funding to providers, track State trends, and ensure that residents receive the services to which they are entitled.

Alabama

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Fax: 916-324-7338

rzito@adp.ca.gov

<http://www.adp.cahwnet.gov>

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<http://www.cdhs.state.co.us/adad>

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Hartford, CT 06134

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Fax: 860-418-6691

pat.rehmer@po.state.ct.us

<http://www.dmhas.state.ct.us>

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[http://www.dhss.delaware.gov/dhss/dsamh/
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http://www.state.fl.us/cf_web

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[http://mhddad.dhr.georgia.gov/portal/
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customer satisfaction form

**National Alcohol and Drug Addiction
Recovery Month Customer Satisfaction Form**

The Substance Abuse and Mental Health Services Administration (SAMHSA) would like to know about your **National Alcohol and Drug Addiction Recovery Month (Recovery Month)** efforts this September and how useful you found this year's toolkit for planning your activities. This information will be used in the development of future materials distributed by SAMHSA's Center for Substance Abuse Treatment (CSAT), within the U.S. Department of Health and Human Services.

Your response is voluntary, but your input is essential so that future **Recovery Month** materials will meet your needs. Please complete this form and return it by mail or fax to the address below by Friday, October 29, 2010. **SAMHSA encourages you to include photographs and/or samples of supporting materials from your Recovery Month activities.**

This customer satisfaction form can be found online at <http://www.recoverymonth.gov>.

Name:	Title:
Organization name & mailing address:	Phone & fax numbers:
Organization Web site address:	Email address:
Please provide a brief description of your event or major activities. (Please attach additional sheets, if necessary.)	
Did you receive media coverage? If yes, who covered your event? (Please attach a brief summary or copies of articles.)	

Please tell us which printed kit materials listed below you used and provide suggestions for improving them.

	Used It? (Y/N)	How Useful Was It?	Comments/Suggestions
Building Community Coalitions			
Planning Partners List			
Recovery Month Resources			
Single-State Agency Directory			
Online Voices for Recovery			
Targeted Outreach Booklet			
Commonly Misused Substances Handout			

Online Materials

Planning Your Recovery Month Event			
A Guide to Recovery Month Event Publicity and Media Interviews			
Press Materials for Your Recovery Month Event			
Drafting and Submitting an Op-ed During Recovery Month			
Official Recovery Month Proclamations			
Promoting Recovery Month With Public Service Announcements			
Banners, Letterhead, and Logos			
Overview: Now More Than Ever!			
Addressing Substance Use Disorders and Stress Among Public Safety Officials			
Addressing Substance Use Disorders and Stress in the Workplace			
Stress and Substance Use Disorders in Families			
Development of Substance Use Disorders in Older Adults			
Treatment and Recovery: Finding Specialized Help for Substance Use Disorders			
Commonly Misused Substances			
New Media Glossary			

Please send your response to:

**SUBSTANCE ABUSE AND MENTAL HEALTH
SERVICES ADMINISTRATION
Center for Substance Abuse Treatment
Office of the Director, Consumer Affairs
1 Choke Cherry Road, Second Floor
Rockville, MD 20857
Fax: 240-276-2710 (ATTENTION: Consumer Affairs)**

Thank you for sharing your **Recovery Month** story with us.

NOTE: Public reporting for this collection of information is estimated to average 10 minutes per response. Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden, to: SAMHSA Reports Clearance Officer, Paperwork Reduction Project (0930-0197); Room 5-1039, 1 Choke Cherry Road, Second Floor, Rockville, MD 20857. An agency may not conduct or sponsor, and a person is not required to respond to, a collection of information unless it displays a currently valid OMB control number. The OMB control number for this project is 0930-0197 and the expiration date is 1/31/2011.