

September
National Alcohol
& Drug Addiction
Recovery Month 2009

JOIN THE
VOICES FOR

RECOVERY

TOGETHER WE **LEARN**, TOGETHER WE **HEAL**

2009
CELEBRATING 20 YEARS



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

Promotional Event Ideas and Publicity Tips

Click the “Community Events” link on the **Recovery Month** Web site at <http://www.recoverymonth.gov> to check for local and national events that are taking place.

National Alcohol and Drug Addiction Recovery Month (Recovery Month) offers an opportunity to recognize people in recovery, their families, and those who help them and to encourage others to seek treatment. Bring **Recovery Month** to life in your community this September by organizing a special event to raise awareness about recovery and addiction issues. **Celebratory and educational events**, such as recovery walks and town-hall meetings, draw

attention to substance use disorders and garner support from members of your community, including legislators, families, teachers, friends, and the media.

Recovery Month Online

This year marks the 20th anniversary of **Recovery Month**, presented 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 year’s campaign is expanding its reach to today’s online world. The modes of communication have evolved, making interaction and the exchange of ideas more accessible and convenient than ever before. As new technologies have developed, so have the ways people use them to communicate. From 2003 to 2007, the **Recovery Month** Web site, <http://www.recoverymonth.gov>, itself has grown 212 percent.

The 2009 theme, “*Join the Voices for Recovery: Together We Learn, Together We Heal,*” emphasizes the need to use all available resources, in our communities and on the Internet, to educate people and their families about the disease and to help those with substance use disorders, and those close to them, get support. It also celebrates the power of community support and understanding. By opening a dialogue about the harmful effects of alcohol and drug addiction on families, friends, and communities, we can provide hope, healing, and better help those struggling with substance use disorders embark on a successful journey of sustained recovery.

This year, plan your **Recovery Month** activities by using popular online mediums – as well as traditional channels – to arrange and promote community and media events. The following section, “Promotional Event Ideas,” outlines traditional community events, as well as online **Recovery Month** activities. The subsequent section, “Publicity Tips,” offers ideas for promoting your events in your community and to the local media. SAMHSA has provided event examples, tips, and suggestions for planning and publicizing events, as well helpful online resources throughout this document.

Sample Events for Offline and Online Audiences

Tailor the following event examples to fit your community’s needs, and refer to examples of previous celebrations at the **Recovery Month** Web site. Consult the subsequent section of this document for information about how to publicize your event to encourage community members to attend.

Arranging Community Events

Hold a town-hall meeting or local rally to engage community members in your effort. Invite local legislators and leaders into a discussion about improving treatment and recovery services and providing access to them. Use these events to introduce people to local treatment providers and support groups, while offering general resources and information about substance use disorders, treatment, and recovery. Follow these steps to plan for such an event:

- **Meet with those who will be valuable in your event coordination** – To get the ball rolling, sit down with potential **Recovery Month** partners, such as local businesses, local government agencies, key leaders, organizations, and media partners who share an interest in your **Recovery Month** effort. Based on your numbers and manpower, decide how large your event can be and how many people you will need on hand to help.
- **Hold a planning meeting** to establish speakers and moderators to participate in your panel discussion, organize material creation and distribution to attendees, select and book a venue based on the size of your event, outline your publicity and media outreach plans (see the “Publicity Tips” section of this document), coordinate staff and volunteers, and make other accommodations, such as handling media requests or recording the audience’s comments.
- **Identify** the issues that are important to your community when it comes to addiction and recovery, and research other **Recovery Month** or **related events** taking place in your area to **schedule your event date and time around those activities**. This allows you to collaborate with other organizations, reach a wider audience, and increase your chances of being referenced in the media. Find other events posted at <http://www.recoverymonth.gov>.
- Have your town-hall meeting or other event take place somewhere that is **accessible, accommodating**, and **politically neutral**, such as a school, university, or community center. Select a venue that is centrally located, with parking or transportation available. Ensure that your location can support your audio equipment, media stations, and facilities for participants.
- **Develop materials** that will be distributed on-site, which are targeted to the community’s current addiction and recovery landscape as well as its needs for recovery services. You want to **make the issue relevant for the citizens** in your area and convey that everyone is working together to bring about change, a solution, or legislation.
- **Approach possible business partners** within the community, as well as influential civic leaders and personalities, who could potentially participate in your event or help finance and raise community interest in your event. Also, reach out to local organizations that might be interested in supporting your endeavors. Refer to the **Recovery Month fundraising guide** for additional support.

“**Meetup.com**” is an Internet community that helps groups organize offline events. It is the world’s largest network of self-organized clubs and community groups that can help you:

- Find others in your area who share your interests
- Learn, teach, and share ideas
- Make friends and have fun
- Rise up, stand up, unite, and make a difference
- Be a part of something bigger – both locally and globally

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- **Set up tables, chairs, and a check-in table** prior to your event. Arrange a sign-in sheet, agenda, refreshments, and other materials before your meeting.
- Before your event, **provide special guests, participants, and hosts with a “run of show”** that will help them prepare for the day. Arrange an informal prep session for the panelists an hour before your event, remembering that they will need to arrive in advance of the event.
- **Check all audiovisual and special equipment** the day before your event and again an hour before it begins to ensure that everything is working properly and that the **appropriate people have been instructed** about what to do should a technical problem occur.

A listserve is an electronic mailing list of targeted members or outlets you want to reach. Visit <http://www.listserve.com> for more detail on listserves.

Arranging Online Events

Digital channels are expected to contribute to 80 percent of media usage by 2020. There are many different ways you can bring **Recovery Month** events to the online community. For example, create an online event to get community members involved in the discussion about treatment and recovery, and to help people obtain treatment services – and promote better access to treatment. An event hosted online, such as a Webinar, lasts for a specific amount of time and gives users a chance to interact “live” with peers and experts through video features. Target all community members, not those just directly affected by substance use disorders, by creating a forum that will allow them to share their stories and the benefits of recovery. Also, direct those already engaged in online communities, such as college students, toward resources on addiction, treatment, and recovery.

By reaching online communities and networks, you will help increase awareness of the addiction, treatment, and recovery landscape through a medium that is popular with all audiences – particularly younger people – and reach a wide spectrum of leaders in different areas. For a successful online event:

To help you plan a Webinar, online services can provide software to allow you to lead chats, answer questions, and show a presentation from your computer. One such service that you can download as a trial is **GoToWebinar**, but there are many others that you can use.

- **Prepare your Web site** (your organization’s message board or a social networking site) for activity by opening any forums to users not affiliated with the site (if you have privacy controls) and highlighting your **Recovery Month** event on your organization’s and any partners’ Web sites. Remember to provide log-in information if necessary to access the forum. Assess whether you need to upgrade your technology to be able to host the gathering.
- **Gather with key people** to get your plans moving; consider asking schools in your area to involve young people, and involve substance use disorder support programs to gauge area resources. Determine a date and time for your online event.

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- **Research** people who specialize in addiction or community members who have been or are affected by it. Schedule an expert host to moderate the event and facilitate the online discussion. Provide your featured host with an agenda and time limitations. Also offer suggested points to cover, recognizing both those already in recovery as well as those who are still in need. Let the host know who you plan to invite to participate in the event, casting a wide net to include people who may not know much about recovery.
- **Publicize your online forum** by posting announcements on various Web sites, including the **Recovery Month** Web site at <http://www.recoverymonth.gov>, and blasting an invite to a listserve of participants. Be sure to provide any needed log-in information as well as the specific date and time for your interactive discussion. See other promotional tips later in this document under “Publicity Tips.”
- **Ensure that all online features** are working properly the day and hour before your event starts. Have a protocol in place for participants should a technical error occur, and have someone on hand to tend to all technical issues.
- **Have your host open the event with a few remarks** and introduce the 2009 **Recovery Month** theme, “*Join the Voices for Recovery: Together We Learn, Together We Heal.*” Ensure that the importance of open and accurate communication and education is conveyed in their introduction. Express appreciation to those who supported and participated in your **Recovery Month** efforts.
- **After your event, direct participants to additional resources and tools.** Post an article on your Web site following your event that summarizes the forum’s questions, discussion, and purpose. Continue to follow up with participants through regular e-mail communications that include news, events, and any new resources you may have on substance use disorders.

Publicity Tips

When planning your **Recovery Month** activities, devote a portion of your time to media outreach well in advance of the event, alerting members of the media and inviting them to participate. The timeliness of your outreach is essential, as you want your event to be a success. Identify local reporters who have covered addiction and recovery-related issues in the past, and localize and tailor your outreach to accommodate their interests. Promote your **Recovery Month** events through a variety of channels – print, broadcast, and online – to help spur media interest and attention. Specific tips for each promotion type can be found later in this document or by referring to the “**Media Outreach**” section of this toolkit.

To help make your event newsworthy, your event must let reporters know that your organization is participating in the **Recovery Month** nationwide initiative, which improves upon the well-being of your community. Events that highlight the achievements of your organization and **Recovery Month** include:

- Scheduling a conference or forum to discuss methods for combating addiction in your community
- Holding a ribbon-cutting ceremony and open house celebrating the establishment of a new treatment facility in your area
- Hosting a sporting event such as a **Recovery Month** run or walk
- Having your city’s mayor sign a **Recovery Month** proclamation in a public venue

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When inviting the media to cover your event, encourage broadcast outlets to air portions of it, whether live or taped, during their news reports. Read, watch, or listen to the media outlet you wish to target ahead of time to customize and regionalize your pitch. When conducting your outreach, ask yourself:

- Who and how large is my target audience?
- Does my topic have community-wide interest?
- Is this a unique occasion or has it been done before?

Also, brainstorm with other groups in the area to create a community and media-friendly event. For tips on how to partner with other organizations, please refer to the “[Building Community Coalitions](#)” piece in the “[Resources](#)” section of this toolkit.

Online Media Publicity Tips

Tap into interactive methods to promote your events and encourage your community’s participation in **Recovery Month**. A number of print, television, and radio networks host online chats with experts and prominent journalists. Contact the online editors of your local paper to see if you can have your expert messages included in their program, or if you can participate in a **Recovery Month** chat during the month of September.

Additionally, take advantage of the credible health discussions being held on online blogs, forums, and message boards. Use these channels to deliver your message to the people who can best disseminate it to the wider public, serving as ambassadors to carry your message forward. One example is [WebMD’s Mental Health and Addiction and Substance Abuse: Support Group](#) message boards.

Post event announcements on the Web sites of your supporters, sponsors, and partners, providing a link whenever your event is referenced.

Traditional Media Publicity Tips

Present information about your **Recovery Month** event and organization to reporters in the days and weeks before your event. This allows them to create a more detailed and well-rounded story. Use the following tools to help the media with their stories:

- [Tips for speaking with the media](#)
- [Press release and media advisory](#)
- [Substance use disorder background information, also known as a backgrounder](#)
- Biographical information for featured event speakers, honorees, and people with personal stories of recovery

Get to know your media outlets: each has submission deadlines and preferences; alert them well in advance of your activities. With most local television news, story decisions are usually made by managers, producers, and assignment editors during a newsroom morning meeting. Make sure your information gets to them at least a week before your **Recovery Month** celebration date.

Use large search engines, such as [Yahoo!](#) and [Google News](#), to find recent coverage of your event. Vendors such as [360 Media Watch](#) also can monitor news for a charge. Be sure to check with them well in advance of your event.

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Additionally, many news stations and newspapers have community calendars that alert the public and media of your upcoming events. Most of these Web sites have instructions on how to submit your event for posting. Announce it prior to your event date on the outlet's Web site.

Remember the importance of accuracy and be sure to keep **Recovery Month** messages in mind to ensure that you adequately convey the reality of substance use disorders when connecting with the media. For tips on developing your messages, please refer to the "Media Tips" section and consider distributing the "Guide to Help Media Accurately Cover Substance Use Disorders" document to local media outlets as a reference as they develop their stories. Accurate information helps counteract myths surrounding the disease, treatment, and recovery.

After Your Recovery Month Event

After your **Recovery Month** celebration, track the amount of media coverage your event has garnered by collecting news, audio, and broadcast clips online. Feature them in future promotional materials and post them on your organization's Web site. Before doing so, ask the media outlets and authors for permission to reprint or post any materials.

Share Your Activities and Successes

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

- Posting your **Recovery Month** plans on <http://www.recoverymonth.gov> to generate momentum for the campaign, which touches millions of people affected by substance use disorders.
- Completing the "Customer Satisfaction Form" to share your stories and other outreach efforts during **Recovery Month**.
- **Sending your promotional materials 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

Various resources exist about **Recovery Month** and substance use disorders:

- All materials from this planning toolkit and an extensive array of relevant information are available electronically on the **Recovery Month** Web site, <http://www.recoverymonth.gov>.
- Substance use disorder, treatment, and recovery information is available at SAMHSA's Web site, <http://www.samhsa.gov>, and by calling SAMHSA's 24-hour national helpline, **1-800-662-HELP**, for information in English and Spanish.
- Information on treatment options in your area and the special services available can be found at <http://www.samhsa.gov/treatment>, a portal that includes a searchable database of more than 11,000 U.S. treatment facilities and additional treatment resources.

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Connecting With the Media

Promoting your **National Alcohol and Drug Addiction Recovery Month (Recovery Month)** activities will lead to opportunities to speak with the media. The 2009 theme, **“Join the Voices for Recovery: Together We Learn, Together We Heal,”** emphasizes the need to use all available resources, in our communities and on the Internet, to educate people and their families about the disease and to help those with substance use disorders, and those close to them, get support. The theme asks all of us to teach others about the realities of treatment and recovery for those currently in or seeking it, and to educate others to dispel the common misconceptions people have.

In this document, you will find tips for preparing for interviews and delivering key messages that resonate with the 2009 **Recovery Month** theme and the milestone of the initiative’s 20th anniversary.

How to Prepare for an Interview With the Media

Interviews are a great way to share your message with both traditional media and online outlets. To secure interviews, identify and contact reporters in your local area who have covered addiction or health-related topics in the past, using the tips provided in the **“Media Advisory and Press Release”** document and **“Promotional Event Ideas and Publicity Tips”** document. Tailor your outreach to the reporter’s interests, mentioning how this public health issue affects the well-being of your local community.

Use the following tips to prepare for and conduct interviews that you have secured.

- **Enter the interview armed with knowledge of the audience.** Research the media outlet and the reporter to learn what subjects have been previously covered. This information will help you determine the types of questions the reporter will likely ask and what aspects of your story you may want to highlight for each specific audience.
- **Know what points you want to emphasize.** Focus on three to four talking points during the interview and keep them short. Avoid using jargon, confusing terms, or acronyms to explain your story. Instead, briefly explain the basic landscape of substance use disorders, treatment, and recovery. Talking points and examples of **Recovery Month** key messages are provided at the end of this document.
- **Practice before your interview.** Anticipate what the reporter will ask you and rehearse your answers so they communicate your message in a clear and concise manner.

Seek out online media outlets in your area and celebrate the power of community understanding and support for those in and seeking sustained recovery. Many local newspapers and community groups have Web sites that keep readers up to date on current events and activities in the area. Search online for sites in your community and contact them with information about **Recovery Month** and your specific event.

At the Interview

Whether your interview is in person or on the phone, engage reporters in a friendly manner and pique their interest in what you are discussing. The following tips can help:

- **Be emphatic.** Repeat your three or four talking points so the reporter walks away remembering your messages. This is your interview – use it to get your message across to your community.
- **Be an expert.** Offer background information about **Recovery Month**, substance use disorders, treatment, recovery, and the impact they have on your community's well-being. Provide the reporter with factual evidence supporting your statements and do not worry if there is a question you cannot answer. Instead, promise to research the answer promptly and provide additional evidence or sources after the interview, and follow through on that promise.
- **Be mindful of privacy issues** and inform the media about the reasons for “anonymity.” People willing to come forward about their experiences in long-term recovery can speak with the media without violating the anonymity clause of some mutual support groups. Many groups permit sharing stories as long as membership in the group is not mentioned.
- **Be local.** Reporters know their audiences will connect to relevant local stories that feature specific information related to your community. Local information is available for many metropolitan areas; only if you do not have access to local statistics, use national numbers to make your case. Consult the following sources:
 - Your Single-State Agency (SSA) – In the “**Resources**” section of this planning toolkit
 - The Substance Abuse and Mental Health Services Administration's (SAMHSA's) **National Survey on Drug Use and Health (NSDUH)** – <http://oas.samhsa.gov/nsduh.htm>
 - SAMHSA's **National Survey of Substance Abuse Treatment Services (N-SSATS)** – <http://oas.samhsa.gov/DASIS.htm#NSSATS2>
 - SAMHSA's **Treatment Episode Data Set** – <http://www.oas.samhsa.gov/DASIS.htm#TEDS2>
 - SAMHSA's Drug Abuse Warning Network – <http://dawninfo.samhsa.gov>

Other important resources are SAMHSA's 24-hour national helpline for information and treatment referrals in English and Spanish, **1-800-662-HELP**, and SAMHSA's “Find Substance Abuse and Mental Health Treatment Web site,” <http://www.samhsa.gov/treatment>, which helps find a treatment facility or support group for people in need.

Key Messages to Convey When Speaking With the Media

- **For a Specific Event:** On [date] at [time], [organization] is hosting [event or activity] at [location] to [help the community understand addiction and address the myths associated with this disease through education / demonstrate support for people suffering from addiction, their treatment providers and family and friends, and those in treatment and recovery]. Addiction affects everyone, including people in [city], and it is imperative that our community makes resources available for confronting this treatable disease, as only [10.4 percent of those needing treatment nationwide for a substance use disorder / (local number) of those needing treatment in (city)] received it at a special facility in 2007.
- **To Promote *Recovery Month*:** [Organization]'s activities mark the 20th anniversary of ***National Alcohol and Drug Addiction Recovery Month***. For 20 years, the Substance Abuse and Mental Health Services Administration's Center for Substance Abuse Treatment, part of the U.S. Department of Health and Human Services, has supported this month-long celebration of people in recovery from substance use disorders, as well as the people who have helped them and those still in need of treatment. Supporting families in recovery and local treatment facilities is another important aspect of ***Recovery Month***. This year, [organization] will be observing ***Recovery Month*** by [name and briefly describe one or two activities being held in relation to ***Recovery Month***].
- **To Provide Information and Sources:** The Internet is limitless with information about addiction, treatment, and recovery, but communities do not always turn to it for information. According to one study, only 10 percent of the 80 percent of Americans using the Internet to search for health information were seeking information about drugs and alcohol. [Local organization names / local treatment facility names / local recovery support program names] all have useful Web sites with more information about substance use disorders in our community.

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Developing a Media Advisory and Press Release

Part of putting together a successful **National Alcohol and Drug Addiction Recovery Month (Recovery Month)** event involves effective promotion – attracting an array of community leaders, groups, members, and targeted media. Spread the word through multiple mediums, such as print, broadcast, and online outlets, to showcase the **Recovery Month** campaign in its 20th year and raise awareness of the issues surrounding substance use disorders.

Distribute traditional media tools, such as a media advisory and press release, to spark media interest and generate public attention. Following is information about efficiently developing, targeting, and distributing such materials, with media advisory and press release templates included for your adaptation.

Definition of a Media Advisory and Press Release

Media advisories and press releases complement each other. A media advisory is a one-page invitation to your event. It is typically constructed in an easy-to-read bulleted format and sent a week before your event. Advisories serve to invite the media to the event by providing basic facts: **who, what, when, where, and why**. Highlighting any local celebrities or policymakers who will be involved adds recognition and strengthens your media advisory. As timely communication is important, you need to follow up with a phone call to reporters closer to your event day.

In contrast, a press release is a more detailed, personalized announcement developed to encourage media to write or broadcast a story about an event, performance, or newsworthy item, whether or not they attend your event. It can announce breaking news and is written just like a story you would read in the newspaper. On average, a press release is roughly 500 words, organized into short paragraphs. Highlight key spokespeople's opinions in quotes to convey your organization's messages without editorializing. A good press release can make the difference in getting your **Recovery Month** story published. Again, timeliness is key. Distribute your press release the morning of your event. Refer to the "**Promotional Event Ideas and Publicity Tips**" page for additional tips on how to make an event newsworthy.

The templates at the end of this document are sample formats for each of these media tools. Use your organization's letterhead or the **Recovery Month** letterhead found under the "**Media Outreach**" section when crafting these materials.

Distributing Media Advisories and Press Releases

Before distributing your media advisory and press release, create a list of publications, key reporters, their titles, and contact information, as well as any notes about what they cover and how they prefer to be contacted:

- **Research** popular news outlets and recent coverage to see which reporters have been covering issues surrounding substance use, treatment, and recovery. You want to reflect their interests in your outreach by showing you are well versed in their work.

Use large search engines, such as **Yahoo!** and **Google News**, to find recent coverage on addiction in your community.

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- **Visit** the Web site of the reporter's publication or outlet to find the reporter's contact details or a newsroom number you can call for that information.
- **Include** members of all media types – broadcast, print, and online – and reach out to diverse populations, such as Hispanic communities, highlighting issues specific to these audiences.

Continually update your media list and use it in all your outreach efforts. To offer a customized approach, your **Recovery Month** media advisories and press releases should be targeted and sent to reporters individually. When you contact reporters via e-mail, send photographs and supplemental information files in the body of the e-mail, since many do not open attachments from unfamiliar e-mail addresses.

There are a number of available services to help with the distribution of both your media advisory and press release. Some of these distribution resources require a fee, so research their costs and guidelines before submitting your materials. Remember that a media advisory is sent about a week before your event and a press release is usually sent the morning of your event.

Research community calendars, daybooks, and "week-ahead" columns on your local area's media Web sites and send your media advisory to the contacts closest to your city; they often publish event listings. In addition, please share your media advisory and press release with community newsletters, local school and university publications, and local organizations and businesses to increase the visibility of your event. After distributing your materials, follow up with a phone call to reporters. This helps to ensure that they have received your information and enables you to gauge their interest in your **Recovery Month** effort.

Several resources for publishing releases and advisories on media distribution sites:

- **Business Wire** – <http://www.businesswire.com/portal/site/home>
- **PR Newswire** – <http://www.prnewswire.com>
- **PRWeb Direct Press Release Newswire** – <http://www.prwebdirect.com>
- **24/7 Press Release** – <http://www.24-7pressrelease.com>
- **PR Leap** – <http://www.prleap.com>

When contacting these sites, or similar services, ask about any special rates available for nonprofits.

Tools to Make Your Outreach More Efficient

Many resources are available that will help you localize and customize your press materials and underscore why the local media should be interested in **Recovery Month**. Please note that local information is available for many metropolitan areas; use national numbers to make your case only if you do not have access to local statistics. Resources include:

- Your Single-State Agency (SSA) – Found in the "Resources" section of this planning toolkit
- The Substance Abuse and Mental Health Services Administration's (SAMHSA's) **National Survey on Drug Use and Health (NSDUH)** – <http://oas.samhsa.gov/nsduh.htm>
- SAMHSA's **National Survey of Substance Abuse Treatment Services (N-SSATS)** – <http://oas.samhsa.gov/DASIS.htm#NSSATS2>
- SAMHSA's **Treatment Episode Data Set** – <http://www.oas.samhsa.gov/DASIS.htm#TEDS2>
- SAMHSA's Drug Abuse Warning Network – <http://dawninfo.samhsa.gov>

Share Your Activities and Successes

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

- Posting your **Recovery Month** plans on <http://www.recoverymonth.gov>. This will help generate momentum for the campaign, which touches millions of people affected by substance use disorders
- Completing the “Customer Satisfaction Form” to share your stories and other outreach efforts during **Recovery Month**
- **Sending your promotional materials and media clips to:**
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- Substance use disorder, treatment, and recovery information is available at SAMHSA’s Web site, <http://www.samhsa.gov>, and by calling SAMHSA’s 24-hour national helpline, **1-800-662-HELP**, for information in English and Spanish.
- Information on treatment options in your area and the special services available can be found at <http://www.samhsa.gov/treatment>, a portal that includes a searchable database of more than 11,000 U.S. treatment facilities and additional treatment resources.

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SAMPLE MEDIA ADVISORY

[Date]

**[ORGANIZATION] TO HOST TOWN-HALL MEETING WITH [LOCAL LEGISLATOR/SPECIAL GUEST]
TO INCREASE AWARENESS OF SUBSTANCE USE DISORDERS IN [TOWN/CITY]**

More than 23 million people aged 12 or older needed treatment for a substance use disorder in the United States in 2007, and in [state/community] alone, [number] people and their families are affected by this disease. Many people do not understand that addiction is a treatable disease, and this misconception can keep people from getting help. In 2007, as many as 20.8 million people nationwide needed but did not receive treatment at a specialty facility.

To help alleviate this issue and overcome barriers to long-term recovery, [organization name] will host a town-hall meeting on [date]. This community event is intended to increase public awareness of substance use disorders and what local leaders are doing about it. It also will educate people about the positive effect that treatment and recovery can have on loved ones and the community's well-being, and celebrate people in recovery – as well as those who help them.

The meeting, featuring [name of special guest or local representative], is part of *National Alcohol and Drug Addiction Recovery Month (Recovery Month)*'s 20th anniversary and will address this year's theme, *"Join the Voices for Recovery: Together We Learn, Together We Heal."* For 20 years, *Recovery Month*, supported by the U.S. Department of Health and Human Services' Substance Abuse and Mental Health Services Administration, through its Center for Substance Abuse Treatment, has celebrated people in recovery from addiction and the treatment providers who help them.

Recovery Month applauds their individual achievements and encourages access to treatment services for all those in need. By alerting people to the recovery services available, we can help community members and their families find a path of recovery and lead productive, healthy lives once again.

WHO: [participants]
WHEN: [date and time]
WHERE: [address of location]
CONTACT: [name and phone number of primary contact for event]

###

SAMPLE PRESS RELEASE

[Please adapt as needed for your event, including modifying the type of event, date, etc.]
FOR IMMEDIATE RELEASE

Contact: [Name – Must be a person who is available to answer questions from the media]
[Phone Number – Include cell phone number if the person is not always available at the office]
[E-mail Address]

**[ORGANIZATION]'S TOWN-HALL MEETING [OR OTHER EVENT] URGES [CITY]'S RESIDENTS
TO RECOGNIZE THE LOCAL IMPACT OF SUBSTANCE USE DISORDERS**

[Number] people aged 12 to 18 have a substance use disorder in the [city/state] area

[City, state], [date] – At a town-hall meeting today hosted by **[organization]**, **[city official]** called for improved recovery services for **[city's]** citizens who suffer from substance use disorders, along with their families.

Citing recent research that showed that only a small fraction of the more than 23 million people aged 12 or older who needed treatment in the United States in 2007 had received some form of treatment, **[city official]** is calling on the community to help raise awareness about this gap. "It's time for **[city's]** citizens to start helping their friends and neighbors by noticing the signs of addiction and offering places to turn for help," said **[city official]**.

[Number] people in **[state, city, or community]** are affected by substance use disorders, according to details provided at **[organization's]** town-hall meeting today **[or your event day]**.

[Organization]'s event, which featured an appearance by **[name of local legislator/special guest or expert]**, is part of a national initiative known as **National Alcohol and Drug Addiction Recovery Month (Recovery Month)**. As it celebrates its 20th anniversary, **Recovery Month**, supported 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, recognizes people in recovery from substance use disorders, as well as their families, friends, and treatment providers.

The campaign acknowledges the importance of community awareness and encourages those in need to seek treatment. This year, the **Recovery Month** theme, **"Join the Voices for Recovery: Together We Learn, Together We Heal,"** promotes the need for better awareness about addiction and educates the entire community about the importance of access to treatment and recovery tools.

With the support of guests, local businesses, and families, including **[name of sponsor or business]**, **[organization]** encouraged people to raise public awareness of substance use disorders and sought to change the perceptions associated with treatment. In fact, fewer than 20 percent of Americans say that they would think less of a family member or friend who is in recovery from addiction to drugs or alcohol.

“This issue warrants immediate action. It’s important to showcase the value of long-term recovery, because increased knowledge can help improve our community’s health and safety, as well as alleviate addiction’s damaging effects on our residents,” said **[name of organization’s spokesperson]**. “Every September, **Recovery Month** reminds us about the reality of this disease, the importance of making treatment accessible, and the advantages of communication and education, which can open doors to treatment, support, and long-term recovery.”

Town-hall meeting participants endorsed **[organization]**’s effort to help the **[number]** people in **[city, state, or community]** in need of treatment and support from others. Participants discussed what is being done at the local level to address this public health issue and highlighted the ways our community is touched by the substance use disorders of loved ones, friends, colleagues, and neighbors. Nationally in 2006 and 2007, an annual average of 5 million people aged 12 or older participated in a self-help group, and one-third (32.7 percent) of them received specialty treatment.

“By working together as a community, we can foster awareness of addiction, treatment, and recovery and encourage those in **[city, state, or community]** to seek the services they need,” said **[name of organization’s spokesperson]**.

[Organization name] Urges Residents to Recognize People in Recovery

[Organization name] also has planned an additional **Recovery Month** event. **[An online forum or other Web event]**, with leading and expert guest panelists, including **[names of experts]**, will be held on **[date / time]** on **[Web site / social network and address]** to foster discussion about addiction, treatment services, and recovery. It will educate participants about treatment and support programs available to people in need and their loved ones and friends. The event will answer questions from members of the community and address the ways to fight the misconceptions people may face during recovery.

The National *Recovery Month* Initiative

During **Recovery Month** each September, communities across the country join together to help people recognize that substance use disorders are treatable diseases. Treatment and other recovery support programs are as effective as treatment for other chronic conditions. **Recovery Month** aims to ensure that all those affected by addiction are aware of and can seek treatment so they can reclaim their lives in recovery.

###

OFFICIAL PROCLAMATIONS

Writing and Promoting Proclamations

Gather attention and support for your **National Alcohol and Drug Addiction Recovery Month (Recovery Month) events**, and the milestone of the nationwide campaign's 20th anniversary, from key leaders in your community to elevate the general public's and media's attention to the issue. The easiest way to involve government officials and agencies in your celebration is to ask them to issue a proclamation. An official proclamation recognizes **Recovery Month** as a cause that positively affects individuals and families throughout the region and warrants a call to action. This type of effort has paid off, with hundreds of **Recovery Month** proclamations issued in previous years.

Federal government officials, governors, state legislators, or city, county, and town officials can all issue proclamations. For the last several years, the President of the United States has endorsed **Recovery Month** by signing a proclamation, recognizing that this public health problem requires support, recognition, and access to a solution.

Visit the **Recovery Month "Highlights and Accomplishments"** page for proclamations issued in previous years.

This document details the different types of proclamations, steps for getting your **Recovery Month** proclamation signed, and suggested activities that draw the media and community's attention to your effort. Use the templates provided at the end of this document to develop a proclamation that reflects your community's needs and goals.

Types of Proclamations

Traditional proclamations begin with a series of "whereas" statements, meaning since or inasmuch, which state the problem or issue. These are followed by a "therefore" statement, which is the heart of the proclamation and requests specific calls to action. More **modern proclamation** writing also is acceptable. These proclamations are written more like a letter. Both types proclaim September as **National Alcohol and Drug Addiction Recovery Month**, but inquire about which form your local official prefers.

Samples of the two types of proclamations can be found at the end of this document, and past signed proclamations are posted on the **Recovery Month** Web site at <http://www.recoverymonth.gov> under "Proclamations." Modify the templates provided by including information specific to your area – such as statistics about the prevalence of substance use disorders, treatment, and recovery services, and online resources for people looking for help.

Getting a Signature

The following steps will assist you in developing your **Recovery Month** proclamation:

- **Write your proclamation** before reaching out to government officials. You should reflect the 2009 theme, **"Join the Voices for Recovery: Together We Learn, Together We Heal"** throughout the proclamation and highlight the 20th anniversary of the national **Recovery Month** campaign. Doing so allows you to convey what you want local officials to support and provides them with a sufficient amount of background information about your event.

JOIN THE VOICES FOR RECOVERY

- **Research** local officials and find out who has been a friend of treatment and recovery efforts in the past, or select an official who is willing to discuss the value of recovery and access to treatment. Use this background information to customize your outreach. Remember that some legislatures are not in session during the summer, so build in extra time to schedule your time with a local official.
- To inquire about a local official's interest in issuing a proclamation, contact a member of the official's communications office three to four months in advance **to determine the appropriate process** to get a proclamation signed. At this time, introduce your organization, the details of your **Recovery Month** effort, and why this issue is significant to your community's welfare.
- Be **persistent and timely in your communication** and express your appreciation for the official's participation.
- **Continue to follow up.** After you submit your proclamation, maintain regular contact with the staff member to receive regular status updates and to see if there is anything else the official needs.

Proclamation Publicity

Once an official – or his or her staff – decides to issue a proclamation, publicize and maximize its effectiveness by:

- **Sending** copies of the signed proclamation to the "Local" or "Metro" desks of local newspapers and placing copies in community, school, and business news bulletins.
- **Alerting** people of interest by e-mailing signed proclamations to partner organizations and other groups and reporters you know. Remember, it is best to include all information in the body of an e-mail and not as an attachment, as many reporters will not open attachments.
- **Organizing** a press briefing for the signing of the proclamation and working with the official's press or communications department to combine efforts and resources; this allows you to reach a broader audience.
- **Displaying** copies of the signed proclamation on the **Recovery Month** Web site, as well as in the lobbies of public places, such as government buildings and community centers. Ask public libraries, welcome centers, civic centers, and similar venues to post a copy on their Web sites or include a copy in their bulletins.

Share Your Activities and Successes

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

- Posting your **Recovery Month** plans on <http://www.recoverymonth.gov> to generate momentum for the campaign, which touches millions of people affected by substance use disorders.
- Completing the “**Customer Satisfaction Form**” to share your stories and other outreach efforts during **Recovery Month**.
- **Sending your promotional materials to:**
Office of the Director, Consumer Affairs
SAMHSA’s Center for Substance Abuse Treatment
1 Choke Cherry Road, Second Floor
Rockville, MD 20857

Scan and post proclamations on your own and partnering organizations’ Web sites, especially <http://www.recoverymonth.gov>.

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

Various resources exist about **Recovery Month** and substance use disorders:

- All materials from this planning toolkit and an extensive array of relevant information are available electronically at the **Recovery Month** Web site, <http://www.recoverymonth.gov>.
- Substance use disorder, treatment, and recovery information is available at the Substance Abuse and Mental Health Services Administration’s (SAMHSA’s) Web site, <http://www.samhsa.gov>, and by calling SAMHSA’s 24-hour national helpline, **1-800-662-HELP**, for information in English and Spanish.
- Information on treatment options in your area and the special services available can be found at <http://www.samhsa.gov/treatment>, a portal that includes a searchable database of more than 11,000 U.S. treatment facilities and additional treatment resources.

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SAMPLE PROCLAMATION 1: TRADITIONAL FORMAT

WHEREAS, treatment and recovery improve the community's welfare and provide a renewed outlook on life for those who struggle with substance use disorders and their family and friends; and

WHEREAS, 23.2 million people aged 12 or older in the United States needed treatment for a substance use disorder in 2007, and 5.4 million adults also suffered from a concurrent mental illness; and

WHEREAS, studies have indicated that 8.9 percent of people who made an effort to get treatment, but did not receive it, were concerned that receiving treatment might cause neighbors or community members to have negative opinions of them. However, most say they would not have a negative opinion of a relative or friend in recovery from an addiction; and

WHEREAS, resources exist online and in our community to increase people's awareness about how substance use disorders affect children, families, and our society; and

WHEREAS, such education is essential to overcoming misconceptions and achieving long-term recovery; and

WHEREAS, to help achieve this goal, 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 a treatment organization in your state or region]** invite all residents of **[city or state]** to participate in the 20th anniversary of ***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 2009 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: Together We Learn, Together We Heal."***

IN WITNESS WHEREOF, I have hereunto set my hand this **[day of the month]** day of September, in the year of our Lord two thousand nine, and of the Independence of the United States of America the two hundred and thirty-fourth.

Signature

[Insert City/State or Other Official Seal]

SAMPLE PROCLAMATION 2: MODERN FORMAT

As indicated by the latest national statistics, in 2007, as many as 23.2 million people aged 12 or older in the United States needed treatment for a substance use disorder. Additionally, 5.4 million adults also were living with a concurrent mental illness. Of those with a substance use disorder, 3.9 million have courageously opted to seek some form of treatment, and we need to recognize their achievements, support them and their families, and reach out to those still in need.

Substance use disorder treatment and recovery can improve the community's welfare. For the past 20 years, **National Alcohol and Drug Addiction Recovery Month (Recovery Month)** has tried to do just that. **Recovery Month** offers people and their families the necessary treatment and recovery support services to assist them in regaining a positive place in their community.

Research shows that substance use disorders are medical conditions that can be effectively treated. Yet, studies have consistently found that a successful recovery for many suffering from substance use disorders is impeded by the general public's misconceptions about the disease and treatment. However, most people say that they would *not* think less of a relative or friend in recovery from addiction to drugs or alcohol. By offering a forum where people can learn about the myths surrounding substance use disorders, treatment, and recovery, we can encourage, educate, and help improve the lives of family, friends, and the community as a whole.

For the above reasons, I am asking all citizens of **[city or state]** to join me in celebrating this September as **National Alcohol and Drug Addiction Recovery Month (Recovery Month)**. This year's **Recovery Month** theme, **"Join the Voices for Recovery: Together We Learn, Together We Heal,"** encourages us all to educate one another about the issues surrounding addiction, treatment, and recovery, learn how to help those who are suffering, and access available resources in our communities and online.

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 the **[name of a treatment organization in your state or region]** welcome your participation in **Recovery Month**.

I, **[name and title of elected official]**, do hereby proclaim the month of September 2009 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: Together We Learn, Together We Heal."**

Signature

[Insert City/State or Other Official Seal]

PUBLIC SERVICE ANNOUNCEMENTS

Promoting *Recovery Month* With Public Service Announcements

Public service announcements (PSAs) are advertisements placed for free on television and radio stations. Use them to generate media coverage for **National Alcohol and Drug Addiction Recovery Month (Recovery Month)** and the milestone of its 20th anniversary. There are many ways to promote existing **Recovery Month PSAs** without investing the time and resources to create your own. In this document, scripts are provided for you to share with local and online radio disc jockeys (DJs) to read on air to raise awareness about **Recovery Month**. Also included are tips to customize and promote the pre-recorded **Recovery Month** TV and radio PSAs in your community.

This year's **Recovery Month** theme, *"Join the Voices for Recovery: Together We Learn, Together We Heal,"* emphasizes the need to use all available resources, in our communities and on the Internet, to educate people and their families about the disease and to help those with substance use disorders, and those close to them, to get help. Together as communities, we can better help those struggling with substance use disorders embark on a successful journey of sustained recovery. The **Recovery Month PSAs** reflect this year's theme; use them to disseminate the **Recovery Month** messages through local and online TV and radio stations.

Distributing Live-Read Radio Scripts

Two 30-second and two 15-second radio PSA scripts to distribute to local and online radio stations are provided at the end of this document. The scripts include a Web address and a toll-free national helpline, **1-800-662-HELP**, a 24-hour treatment referral resource managed by the Substance Abuse and Mental Health Services Administration (SAMHSA), a division of the U.S. Department of Health and Human Services.

In addition to following traditional media channels, nearly 75 percent of Americans are consulting the Internet. Check with local radio stations to see if they will place a downloadable or streaming version of your PSA on their Web sites. This is a great way to make your PSAs available to more people in your area, especially since they can listen to it whenever they stop by their radio station's site.

Fax or e-mail copies of the PSA scripts to the radio station's PSA director for consideration. When you send the scripts, include a cover letter explaining the PSAs, the annual campaign, and your contact information. The letter should summarize the main themes of the PSA and should be clear about your appreciation of the station's support in disseminating the message of **Recovery Month** to the community.

Promoting Pre-Recorded TV and Radio PSAs

Every year, SAMHSA produces **two PSAs** in both English and Spanish in 30- and 15-second lengths for TV, and 20- and 15-second lengths for radio. Use them as is or customize these PSAs with local information at the end.

To do so, work with a local production studio who can insert a voiceover and logo with your local information into the PSA. For additional information on how to receive and customize the open-ended versions, contact recoverymonth@samhsa.hhs.gov. If you include only local resources, alert them so they can anticipate and be prepared for an influx of calls.

Do your part to help promote SAMHSA's PSAs, which are sent to more than 1,000 television and 3,000 radio stations nationwide, as well as shared through additional distribution channels. Promote them by:

- **Embedding** or linking to the **Recovery Month PSAs** on your Web site. You can find electronic copies in the "Multimedia" section at <http://www.recoverymonth.gov>.
- **Creating** a list of local TV and radio outlets (you can use any online search engine). Call the main number and ask for the public service or PSA director and request that they play the **Recovery Month PSAs** that were sent to them. E-mail recoverymonth@samhsa.hhs.gov or call 617-520-2576 to request additional copies if a station requests it.
- **Playing** a copy of the PSAs at your **Recovery Month** events in September.

Tools to Make Your Outreach More Efficient

Use the following resources to localize your PSAs, as well as to customize your outreach to justify why local media should play the **Recovery Month PSAs** and support this nationwide effort. Please note that local information is available for many metropolitan areas; use national numbers to make your case only if you do not have access to local statistics. Resources include:

- Your Single-State Agency (SSA) – In the "Resources" section of this planning toolkit
- SAMHSA's **National Survey on Drug Use and Health (NSDUH)** – <http://oas.samhsa.gov/nsduh.htm>
- SAMHSA's **National Survey of Substance Abuse Treatment Services (N-SSATS)** – <http://oas.samhsa.gov/DASIS.htm#NSSATS>
- SAMHSA's **Treatment Episode Data Set** – <http://www.oas.samhsa.gov/DASIS.htm#TEDS2>

More Resources on *Recovery Month* and Substance Use Disorders

Various resources exist about *Recovery Month* and substance use disorders:

- All materials from this planning toolkit and an extensive array of relevant information are available electronically at the *Recovery Month* Web site, <http://www.recoverymonth.gov>.
- Substance use disorder, treatment, and recovery information is available at SAMHSA's Web site, <http://www.samhsa.gov>, and by calling its national helpline, **1-800-662-HELP**, for information in English and Spanish.
- Information on treatment options in your area and the special services available can be found at <http://www.samhsa.gov/treatment>, a portal that includes a searchable database of more than 11,000 U.S. treatment facilities and additional treatment resources.

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2009 Live-Read Radio Public Service Announcement Scripts

:30

Are you living a life full of color or do you find yourself simply going through the motions each day?

If you are struggling with a drug or alcohol problem, life doesn't have to be this way. There are real solutions that bring color to your life.

This September, celebrate the 20th anniversary of ***National Alcohol and Drug Addiction Recovery Month*** with loved ones and treatment providers, and help yourself or someone you know live life again.

For drug and alcohol information and treatment referral for you or someone you know, call **1-800-662-H-E-L-P (or replace this number with a local treatment provider's)**.

:15

If you are struggling with a drug or alcohol problem, know there is treatment and learn to live in color again.

Find solutions and celebrate recovery during ***National Alcohol and Drug Addiction Recovery Month***'s 20th anniversary this September.

For more information for you or someone you know, call **1-800-662-H-E-L-P (or replace this number with a local treatment provider's)**.

:30

Life is confusing as it is. But, when you suffer from the disease of addiction, your whole world stops making sense.

If you or someone you know is struggling with a drug or alcohol problem, understand that there are real solutions.

Help life make sense again this September, and celebrate ***National Alcohol and Drug Addiction Recovery Month***'s 20th anniversary.

For drug and alcohol information and treatment referral for you or someone you know, call **1-800-662-H-E-L-P (or replace this number with a local treatment provider's)**.

:15

When you suffer from a drug or alcohol problem, your whole world stops making sense.

There are real solutions that can help.

Find yourself again during ***National Alcohol and Drug Addiction Recovery Month***'s 20th anniversary this September.

For more information for you or someone you know, call **1-800-662-H-E-L-P (or replace this number with a local treatment provider's)**.

Drafting and Submitting an Op-Ed

Secure an op-ed, placed opposite the editorial page of your local newspaper, to help people with substance use disorders, their family and friends, and your community. Op-eds educate people about the disease, inspire them to rally for treatment options, and promote recovery. Articles celebrating **National Alcohol and Drug Addiction Recovery Month (Recovery Month)** and its 20th anniversary can be written by local experts and leaders, people affected by substance use disorders, or other concerned community members.

This section provides op-ed writing and placement tips. Showcase this year's **Recovery Month** theme, ***"Join the Voices for Recovery: Together We Learn, Together We Heal,"*** to educate people and their families about the realities of addiction and the positive effects that treatment and recovery have on individuals and their loved ones. Use your op-ed to highlight the power and value of community support for those in recovery and the many who are still in need of treatment.

Tips for Writing Your Op-Ed

Plan your op-ed around a single point to generate the most impact; emphasize that main idea throughout the op-ed, advancing the message with additional, localized information to back up your point. Do not be afraid to reiterate your main idea – if you think you over-emphasized it, you probably wrote a convincing op-ed.

- **Take a side** on the topic. Make strong statements about your beliefs on the issue.
- **Support your case and make it relevant** with evidence. Strengthen your op-ed by referencing current facts and news events that illustrate the force this issue has on your town or community. Check for recent stories in your local paper about issues related to addiction, and consult the **Recovery Month** planning partners at **"Planning Partners,"** listed under the **"Resources"** tab on <http://www.recoverymonth.gov>, for resources that are pertinent to your local area.
- **Liven it up** using short, compelling words. Newspapers are written at a fifth-grade reading level. Keep the piece focused by picking your words carefully. Ideally, an op-ed should be under 700 words.
- **Include your areas of expertise** at the end of the op-ed. At the end, note your full name and a brief description of yourself and what you do. These details explain why you are an expert on the subject. Also, include your personal contact information with your submission, as many papers call to verify your information before printing an op-ed.
- Refer to the **op-ed template** at the end of this document and adapt it to fit your topic and position. Remember to modify the template to address your experiences and expertise.

Tools to Make Your Outreach More Efficient

Take advantage of the resources available to help you localize and customize your op-ed and underscore why local media should run your op-ed during **Recovery Month**. Please note that local information is available for many metropolitan areas; if you do not have access to local statistics, use national numbers to make your case. Consult the following sources:

- Your Single-State Agency (SSA) – Found in the “Resources” section of this planning toolkit
- The Substance Abuse and Mental Health Services Administration’s (SAMHSA’s) **National Survey on Drug Use and Health (NSDUH)** – <http://oas.samhsa.gov/nsduh.htm>
- SAMHSA’s **National Survey of Substance Abuse Treatment Services (N-SSATS)** – <http://oas.samhsa.gov/DASIS.htm#NSSATS>
- SAMHSA’s **Treatment Episode Data Set** – <http://www.oas.samhsa.gov/DASIS.htm#TEDS2>
- SAMHSA’s **Drug Abuse Warning Network** – <http://www.dawninfo.samhsa.gov>

Getting It Published in Traditional Media Outlets

- **Practice makes perfect.** Have some key points ready and practice your conversation before calling the editorial page editor to encourage the publication of your op-ed. When you do call, start by saying that you want to submit an op-ed to be published during **Recovery Month** in September. Ask for the specific guidelines for submissions, such as word count and deadlines, as well as suggestions on topics of interest that may improve the likelihood of your op-ed being published.
- **Follow the guidelines.** Newspapers have preferences for op-ed submissions, such as receiving them via e-mail or fax. Note these guidelines and follow them strictly. With your submission, include a cover letter detailing the importance of the op-ed, explaining how the topic relates to the readers and to the well-being of your community as a whole. In the cover letter, refer to any previous contact you made with the editor or to recent news stories the paper has published about substance use disorders.
- **Follow up.** Call the editor about one week after you submit your op-ed. This week will allow the editor time to review the piece, and your call will confirm they received it. Offer to answer any questions the editor has and be willing to modify the piece if the editor has reservations about publishing it.

Submitting Your Op-Ed to Online Media

- **Contact the Web site editors of local media outlets.** In addition to speaking with the editorial page editor at your local publications, reach out to the Web site's managing editor. Occasionally, newspaper Web sites will publish content that is not in the newspaper, giving you an additional forum to deliver your point of view and an opportunity to link to the *Recovery Month* Web site.
- **Search for online news sites about civic events.** Many towns, cities, and communities have Web sites dedicated to what is going on around them. Check your local newspaper's Web site to see if they link to other community sites that provide information about area events. E-mail those sites to introduce yourself first, then offer your op-ed as a guest article to highlight your *Recovery Month* events for the community.

Share Your Activities and Successes

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

- Posting your *Recovery Month* plans on <http://www.recoverymonth.gov> to generate momentum for the campaign, which touches millions of people affected by substance use disorders.
- Completing the "Customer Satisfaction Form" to share your stories and other outreach efforts during *Recovery Month*.
- **Sending your promotional materials to:**
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SAMHSA's Center for Substance Abuse Treatment
1 Choke Cherry Road, Second Floor
Rockville, MD 20857

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Approximately 559 words

Let's Learn Together How to Help and Heal People With Substance Use Disorders

Substance use disorders are treatable diseases, and when they are properly addressed, those affected can lead productive, healthy lives. Yet people in our community mistakenly believe that abusing alcohol or drugs is a personal weakness, not a medical illness.

The truth is that addiction is a medical condition that should be treated like any other illness. The 2008 expansion of the **Mental Health Parity Act of 1996**, which provides equity in the coverage of mental health and substance use disorders, proves we have made many strides. We must continue to collaborate to educate people about addiction and the benefits of treatment and recovery by sharing this message online and offline.

Having **[been in recovery for X years / worked in the recovery field for X years / other statement of personal experience]**, I have firsthand knowledge of this reality. Addiction is a real issue, with an estimated 23.2 million people needing treatment for an alcohol or illicit drug use problem in 2007. Locally, **[number]** people needed treatment last year in **[city/state]**. Yet not enough enter treatment or access recovery services. In fact, only 3.9 million people nationwide received some kind of treatment for an alcohol- or drug-related problem in 2007; millions of others did not get help, partly due to shame relating to their addiction.

This September in celebration of the 20th annual ***National Alcohol and Drug Addiction Recovery Month (Recovery Month)***, an initiative of the U.S. Department of Health and Human Services' Substance Abuse and Mental Health Services Administration (SAMHSA) and its Center for Substance Abuse Treatment, I call on everyone in **[community]** to educate others about this disease and encourage access to treatment and recovery services in our area. We can give teachers resources to support children who need help for their own or a family member's addiction; open communication lines through our everyday social and work interactions; and provide the media with up-to-date, accurate scientific information about addiction, treatment, and recovery to dispel the myths.

We also can do this online. According to the **Pew Internet & American Life Project**, approximately 75 percent of adult Americans use the Internet to search for health information online and indicate that the Internet is a great medium for educating our community about substance use disorders, treatment, and recovery. 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>.



JOIN THE VOICES FOR **RECOVERY**

The Internet can help people find treatment and recovery resources. Some useful sites include SAMHSA's Treatment Locator, <http://www.samhsa.gov/treatment>, the SAMHSA **Access to Recovery** program, <http://www.atr.samhsa.gov>, and the Recovery Community Services Program, <http://www.rcsp.samhsa.gov>.

Additionally, the Internet provides a safe haven for people who may be afraid to publicly voice their struggle with a substance use disorder. They may find support and treatment services through social networking sites, chat rooms, and organization listserves: resources that remind them that they are not alone. These online tools also may direct people to valuable face-to-face support meetings. Another important resource is SAMHSA's 24-hour national helpline for information and treatment referrals in English and Spanish, **1-800-662-HELP**.

Addiction affects our entire community. Together we can help people, families, and our community – together we can learn about addiction and begin to heal.

CELEBRATING 20 YEARS



JOIN THE
VOICES FOR

RECOVERY

TOGETHER WE **LEARN**, TOGETHER WE **HEAL**

September
National Alcohol
& Drug Addiction
Recovery Month 2009



CAMERA - READY LOGO SHEET

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

September
National Alcohol
& Drug Addiction
Recovery Month 2009

September
National Alcohol
& Drug Addiction
Recovery Month 2009

September
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& Drug Addiction
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Targeted Outreach

JOIN THE
VOICES FOR

RECOVERY

TARGETED OUTREACH



CELEBRATING 20 YEARS



“Recovery is a life that’s second to none. Today, anything is possible.”

Kevin Young

Of the 23.2 million people who needed treatment for a substance use disorder, only 3.9 million people received it in 2007.

SOURCE: *Results From the 2007 National Survey on Drug Use and Health: National Findings*, pp. 77, 80.

OVERVIEW

Together We Learn, Together We Heal

After 20 years of educating communities nationwide about the urgent need to address addiction in this country, 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, is taking **National Alcohol and Drug Addiction Recovery Month (Recovery Month)** to new audiences. This year's theme, "**Join the Voices for Recovery: Together We Learn, Together We Heal**," encourages people to educate themselves and others about the new tools available on the Internet that can help people who suffer from substance use disorders and their families. The following guide will give you an overview of addiction, recovery, and how to get help.

The addiction, treatment, and recovery landscape has changed since the inception of **Recovery Month**. Positive developments include:

- Medication-assisted treatment options are better understood today and are used more widely to help people heal.¹
- People are recognizing that addiction is a disease and not a character flaw.²
- People in recovery have become open about their experiences with substance use disorders.³

A Common Problem

In 2007, an estimated 23.2 million people aged 12 or older needed treatment for a substance use disorder in the United States.⁴ Even though the rate of current illicit drug use among youths aged 12 to 17 has declined significantly from 2002 to 2007, it is startling to see how many young people start using substances at an early age.⁵ For example, in 2007:

- 85.9 percent of people aged 12 or older who initiated alcohol use in the past year did so before they reached the legal age of 21.⁶
- Among people aged 12 to 49 who initiated inhalant use in the past year, the average age at first use was 17.1 years. For marijuana, the average age at first use was 17.6 years, and it was 20.2 years for cocaine, 20.2 years for Ecstasy, and 21.2 years for the nonmedical use of pain relievers.⁷

Healing a Disease Through Recovery

Addiction is a disease, and just like any other chronic illness, it can be recovered from:

- Treatment and recovery support services are as effective as treatments for other diseases, such as asthma or diabetes.⁸
- Recovery positively affects individuals, families, and communities.

A holistic and recovery-oriented approach to overcome substance use disorders uses a wide range of age-, gender-, culturally, faith-based, and drug-appropriate services designed to help people recover physically, mentally, and spiritually.





JOIN THE VOICES FOR RECOVERY

The recovery process is specific to the person and his or her family and friends. Elements may include:

- Receiving medical attention through detoxification and individual and/or group therapy in an inpatient treatment setting
- Focusing on improving overall health and redefining oneself
- Exploring spirituality through faith-based communities
- Changing social interactions and expanding social networks – particularly to include others in recovery and participate in mutual support groups
- Empowering oneself by helping others⁹

The Internet – A Recovery Resource

The Internet is becoming an increasingly effective tool for spreading recovery information. Studies show:

- About three-quarters of all adults in America use the Internet. Most (75 percent) search for health information online.^{10, 11}
- People of all ethnic and age groups within the United States take advantage of the more than 70 different online recovery programs and services available.¹²

Online forums offer a community for people to share their experiences, challenges, and questions about recovery. Treatment services that are offered online can help people in rural areas and cities who may have problems with transportation to in-person treatment services. SAMHSA is taking notice of this new trend, and in 2008 devoted one of its *Road to Recovery* Webcast episodes to “Accessing Prevention, Treatment, and Recovery Online,” which can be viewed at <http://www.recoverymonth.gov>.¹³

Another important resource is SAMHSA’s National Helpline, **1-800-662-HELP**, for toll-free information and treatment referrals in English and Spanish, 24 hours a day.

Together We Learn, Together We Heal

When celebrating **Recovery Month** this September, teach people and their families who may be affected about how the Internet can help them support their loved ones in their treatment and recovery process. Addiction is a health problem, so do your part to let those who suffer from it know that help exists. By supporting someone who is affected, you are making a positive change in the way substance use disorders, treatment, and recovery are perceived in your community.

For a longer version that expands on this overview, please visit <http://www.recoverymonth.gov>, locate the “*Recovery Month Kit*,” and click on the “*Targeted Outreach*” link. Information about treatment options and services in your area can be found at <http://www.samhsa.gov/treatment>, a portal that includes a database of more than 11,000 U.S. treatment options and additional treatment resources, as well as by calling 1-800-662-HELP. Web sites or event examples mentioned in this document and on the *Recovery Month* Web site are solely the responsibility of the authors and do not necessarily represent the official views of HHS, SAMHSA, or CSAT.


Online Treatment and Recovery Support

- SAMHSA's "Find Substance Abuse and Mental Health Treatment" Web site – <http://www.samhsa.gov/treatment> – Lists resources about mental health, substance abuse, and treatment
- The Sober Recovery Community – <http://www.soberrecovery.com/forums> – Offers support forums for people in recovery, as well as family and friends
- Sober.com – <http://www.sober.com/forums/default.html> – Provides message boards for people in recovery and also provides recovery coaching from professional counselors
- eGetGoing – <http://www.egetgoing.com> – Helps people new to recovery through online support groups led by certified counselors
- Shouting Inside – <http://www.shoutinginside.com> – Helps young adults who misuse substances share their stories and struggles with like-minded people

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- 12 Hall, Margery J, Ph.D. and Tidwell, Wendell C., B.S. "Internet recovery for substance abuse and alcoholism: an exploratory study of service users." *Journal of Substance Abuse Treatment*, Volume 24, Issue 2, March 2003, pp. 161-167.
- 13 Torres, I., et al. "Accessing Prevention, Treatment, and Recovery Online." Rockville, MD: U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration, Center for Substance Abuse Treatment, *Road to Recovery* Webcast Series, August 6, 2008.





“This journey has given me a life beyond my wildest dreams. I’ve come from a place of loneliness, shame, fear, and chaos to one of love, joy, purpose, and skills to be of service in addiction prevention, treatment, and recovery.”

Elizabeth Currier

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.

TREATMENT AND RECOVERY

Finding Help for Substance Use Disorders

Substance use disorders are a reality for many people. In 2007, an estimated 23.2 million people aged 12 or older needed treatment for a substance use disorder in the United States.¹ Fortunately, treatment is effective and recovery is possible. Studies indicate that in the last 25 years, treatment and recovery services have worked to reduce drug use.²

National Alcohol and Drug Addiction Recovery Month (Recovery Month) is supported 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. It is in its 20th year of showcasing the success of recovery. The 2009 **Recovery Month** theme, **"Join the Voices for Recovery: Together We Learn, Together We Heal,"** emphasizes the need to use all available resources, in our communities and on the Internet, to educate people about the disease and to help those with substance use disorders and their families, and those close to them, get support.

In the past 20 years, the field has evolved. In place of the traditional idea of "rehab," many who are getting help for an addiction are doing so on their own terms. From support groups and therapeutic communities to online programs, there is a solution for anyone who needs treatment and recovery support, including family members.

Many Paths to Recovery

People experience recovery in different ways.³ Some recover on their own; others recover through treatment and/or the assistance of self-help, mutual-aid groups, or medication-assisted therapies. Over the past five years, policymakers, community service workers, and researchers have focused on holistic and recovery-oriented approaches that use a wide range of age-, gender-, culturally, faith-, and drug-appropriate services to help people recover not just physically, but mentally and spiritually as well.

Elements of the recovery process may include:

- Receiving medical attention through detoxification and individual and/or group therapy in an inpatient treatment setting
- Focusing on improving overall health and redefining oneself
- Exploring spirituality through faith-based communities
- Changing social interactions and expanding social networks – particularly to include others in recovery and participate in mutual support groups
- Empowering oneself by helping others

A well-rounded recovery support network complements this process and is central for successful rehabilitation from substance use disorders. The support of family, friends, employers, and other concerned community members can help make recovery lifelong.⁴



Treatment: On the Road to Recovery

Treatment programs are designed to help people and their families cope with the physical and psychological pressures of their dependency. There are more than 11,000 specialized drug treatment facilities in the United States that provide rehabilitation, behavioral therapy, counseling, medications, and other services.⁵ Keep in mind that:

- Treatment embodies a variety of forms and approaches; it can occur in a number of settings and is most effective when catered specifically to the individual.^{6, 7, 8}
- No single treatment is appropriate for everyone.⁹
- Behavioral and medication therapies are central elements of the overall therapeutic recovery process that can be used alone or in combination with each other.¹⁰
- Treatment can be long or short term. Like a chronic disorder characterized by occasional relapses, addiction can involve multiple interventions and attempts at abstinence.^{11, 12}

Common Types of Treatment and Recovery Services

Below are some common services that many people access as part of their recovery process.

- **Outpatient treatment** emphasizes individual or group counseling for people who visit a clinic at regular intervals. It also can include family therapy.
- **Medication-assisted treatment** is an outpatient clinical program focused on individualized patient care.¹³ Medications help suppress a drug craving and are often used in conjunction with counseling and other behavioral therapies.^{14, 15}
- **Short-term residential treatment** is a 3- to 6-week treatment program followed by participation in mutual-support groups or extended outpatient therapy.^{16, 17}
- **Long-term residential treatment** offers care 24 hours a day and entails an average stay of 6 to 12 months.¹⁸
- **Self-help/mutual aid groups** or recovery support services are 12-step programs, support groups, and peer counseling groups that meet on a regular basis.¹⁹

For a longer version of this treatment and recovery 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 at <http://www.samhsa.gov/treatment>, a portal that includes a database of more than 11,000 U.S. treatment options and additional treatment resources, as well as by calling 1-800-662-HELP. Web sites or event examples mentioned in this document and on the *Recovery Month* Web site are solely the responsibility of the authors and do not necessarily represent the official views of HHS, SAMHSA, or CSAT.

Online Treatment and Recovery Support


The following resources can help identify treatment and recovery resources for people in need:

- SAMHSA's "Find Substance Abuse and Mental Health Treatment" Web site – <http://www.samhsa.gov/treatment> – Lists a range of resources about mental health, substance abuse, and treatment
- SAMHSA's "Accessing Prevention, Treatment, and Recovery Online" Webcast – <http://www.recoverymonth.gov/2008/multimedia/w.aspx?ID=503> – Examines how technology has revamped the field of substance use disorder prevention and addiction treatment
- Addiction and Recovery Guide – <http://www.addictionrecoveryguide.org/index.html> – Offers treatment and recovery information online
- The Sober Recovery Community – <http://www.soberrecovery.com/forums> – Offers support forums for people in recovery, as well as family and friends
- eGetGoing – <http://www.egetgoing.com> – Helps people new to recovery through online support groups led by certified counselors
- Shouting Inside – <http://www.shoutinginside.com> – Helps young adults who misuse substances share their stories and struggles with like-minded people

SOURCES

- 1 *Results From the 2007 National Survey on Drug Use and Health: National Findings*. DHHS Publication No. (SMA) 08-4343. Rockville, MD: U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration, Office of Applied Studies, September 2008, p. 80.
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- 4 *National Summit on Recovery Conference Report*. DHHS Publication No. (SMA) 07-4276. Rockville, MD: U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration, September 2007, pp. 6, 7, 8, 9, 10, 49.
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- 9 *Principles of Drug Addiction Treatment, A Research-Based Guide*, p. 3.
- 10 *NIDA InfoFacts – Treatment Approaches for Drug Addiction*. NIDA Web site: <http://www.nida.nih.gov/PDF/InfoFacts/Treatment08.pdf>. Accessed August 16, 2008.
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- 12 *NIDA InfoFacts – Treatment Approaches for Drug Addiction*. NIDA Web site: <http://www.nida.nih.gov/PDF/InfoFacts/Treatment08.pdf>. Accessed August 16, 2008.
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- 14 *Principles of Drug Addiction Treatment, A Research-Based Guide*, p. 4.
- 15 *Treatment Methods for Drug Addiction*. Connecticut Clearinghouse, A Program of the Wheeler Clinic by the Department of Mental Health & Addiction Services, July 2004. Connecticut Clearinghouse Web site: <http://www.ctclearinghouse.org/topics/customer-files/Treatment-Methods-for-Drug-Addiction.pdf>. Accessed August 16, 2008.
- 16 Ibid.
- 17 *NIDA InfoFacts – Treatment Approaches for Drug Addiction*. NIDA Web site: <http://www.nida.nih.gov/PDF/InfoFacts/Treatment08.pdf>. Accessed August 16, 2008.
- 18 Ibid.
- 19 *National Summit on Recovery Conference Report*, pp. 5, 7.





“In a matter of four years, I lost everything, including my son and my freedom.”

Erin Bludworth

More than 50 percent of adults suffering from a dependence on alcohol are children of alcoholics themselves.¹

SOURCE: *Children of Alcoholics: A Kit for Educators*. National Association for Children of Alcoholics, 2001, p. 3.

An estimated 2.7 million people aged 12 or older used an illicit drug for the first time in the past year.²

SOURCE: *Results From the 2007 National Survey on Drug Use and Health: National Findings*, p. 50.

EDUCATORS

Helping Educators Address Substance Use Disorders

Substance use disorders affect millions of Americans – young and old. With 69 percent of people in America saying that either their own or a loved one's alcohol or drug problem has had some negative impact on them, it is more crucial than ever to understand substance use disorders, treatment, and recovery.¹

As **National Alcohol and Drug Addiction Recovery Month (Recovery Month)** celebrates its 20th anniversary, it is dedicated to expanding its reach and providing tools to even more people than ever before. Educators play a central role in this year's theme, ***"Join the Voices for Recovery: Together We Learn, Together We Heal."*** The Substance Abuse and Mental Health Services Administration (SAMHSA), within the U.S. Department of Health and Human Services, urges educators to offer support and guidance to students and family members who may be affected by substance use disorders. Due to their daily involvement with children, young adults, and parents, educators are uniquely positioned to make a difference.

Youths Are at Risk

Many young people experience a curiosity or pressure from friends to use alcohol and/or drugs. In fact, in 2007:^{2,3,4}

- 9.5 percent of youths aged 12 to 17 were current illicit drug users.
- 10.7 million people aged 12 to 20 had used alcohol within the past month.
- 85.9 percent of people aged 12 or older who initiated alcohol use in the past year did so before they reached the legal age of 21.
- As many as 4.7 million teens said they had misused a prescription drug at some point in their lives. "Pharming" parties are becoming popular among junior high and high school students, where students trade and misuse controlled prescription drugs.

Students With Addiction

Signs that may be red-flag indicators of drug or alcohol use among students include:

- A drop in grades at school, or skipping or being late for school
- Difficulty paying attention or remembering things
- Changes in friends, sudden avoidance of old crowd, or hesitancy to talk about new friends
- Slow or staggering walk, poor physical coordination
- Red, watery eyes; pupils larger or smaller than usual; blank stare
- Smell of substance on breath, body, or clothes
- Tremors or shakes in the hands, feet, or head⁵

For a more comprehensive list of signs, please visit the American Council for Drug Education Web site at <http://www.acde.org/parent/signs.htm>.



Students Who Have Family Members With a Problem

More than 50 percent of adults suffering from a dependence on alcohol are children of alcoholics themselves, and millions of others have problems that stem from alcoholism or drug addiction in their families.⁶ To help break the cycle, watch for the following signs that a student may have a relative with a problem:

- Evidence of physical illness or abuse
- Emotional disturbances
- Difficulty in school, such as absenteeism and lower grades⁷

How to Help Students

Educators should recognize certain behaviors or changes in students' attitudes. Doing so could help young people successfully overcome a crisis and develop more effective coping skills, often preventing further problems.⁸ If you believe a student, or someone in his or her home, is suffering from a substance use disorder:

- Engage a student assistance program or social worker and offer support to help the student.
- Take the time to speak with his or her parents, or directly with the student if the parent is suspected of having a problem, and help develop a plan of action.
- Come prepared with different options for treatment, such as mutual support groups and inpatient or outpatient facilities. For teens, encourage them to become involved with Alateen, at <http://www.alateen.org>, which offers support for teens who have a family member or friend suffering with an alcohol or drug problem.

When helping students in recovery from their own or a family member's addiction, remember that:

- Recovery is a life-long process and requires commitment, introspection, and most importantly, courage.
- During the initial stages of recovery, supportive adult influences, including teachers, parents, and others, will make the most difference.
- Identifying healthy strengths, values, goals, and interests is an important step. Educators can help young people figure out what concrete actions they can take to reach their life goals.⁹

For a longer version of this guide for educators, 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 at <http://www.samhsa.gov/treatment>, a portal that includes a database of more than 11,000 U.S. treatment options and additional treatment resources, as well as by calling 1-800-662-HELP. Web sites or event examples mentioned in this document and on the *Recovery Month* Web site are solely the responsibility of the authors and do not necessarily represent the official views of HHS, SAMHSA, or CSAT.

Online Resources for Educators


Recovery Month's Web site at <http://www.recoverymonth.gov> is filled with resources to help students and parents learn about substance use disorders. Other resources include:

- The Office of Applied Studies, SAMHSA – <http://oas.samhsa.gov> – Provides the latest national data on alcohol, tobacco, and other drug abuse, as well as information on treatment
- The National Council on Patient Information and Education (NCPIE) – <http://www.talkaboutrx.org> – Educates parents and teenagers about the importance of appropriate medicine use
- The National Institute on Drug Abuse (NIDA) – <http://www.drugabuse.gov/parent-teacher.html> – Educates people ages 11 through 15, as well as their teachers and parents, about the science behind addiction
- Check Yourself – <http://www.checkyourself.org> – Helps young adults understand issues related to addiction
- The American Council for Drug Education – <http://www.acde.org> – Offers educational programs and services designed to engage teens and address the needs of parents and other concerned adults
- The American Counseling Association – <http://www.counseling.org/Resources> – Features downloadable resources and online classes
- The American School Counselor Association – <http://www.schoolcounselor.org> – Provides professional development, publications, research, and advocacy to more than 24,000 professional school counselors around the globe

SOURCES

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- 3 U.S. Drug Enforcement Agency Web site: <http://www.usdoj.gov/dea/index.htm>. Accessed August 18, 2008.
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- 5 "Signs and Symptoms of Drug Use." American Council for Drug Education Web site: <http://www.acde.org/parent/signs.htm>. p. 1. Accessed August 12, 2008.
- 6 *Children of Alcoholics: A Kit for Educators.* Rockville, MD: National Association for Children of Alcoholics (NACoA), 2001, p. 3.
- 7 Ibid, p. iv.
- 8 "Signs and Symptoms of Drug Use." American Council for Drug Education Web site: <http://www.acde.org/parent/signs.htm>. p. 1. Accessed August 12, 2008.
- 9 "Recovery Support." Drug Rehab Treatment Web site: <http://www.drugrehabtreatment.com/recovery-support.html>, p. 1. Accessed August 12, 2008.





“Recovery has not always been
easy, but it was always worth it!”

Tonya Wheeler

Between 1992 and 2006, a total of 15.8 million people reported misusing controlled prescription drugs – more than the number of people who reported misusing cocaine, hallucinogens, inhalants, and heroin **combined**.

SOURCE: *You've Got Drugs! Prescription Drug Pushers on the Internet*. National Center on Addiction and Substance Abuse at Columbia University, July 2008, p. 2

YOUNG ADULTS

How Young Adults Can Help Themselves or Loved Ones Heal From Addiction

Substance use disorders affect almost 69 percent of people in this country, whether it is their own or someone else's problem.¹ To raise awareness, 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, is celebrating the 20th annual **National Alcohol and Drug Addiction Recovery Month (Recovery Month)** this September. This year's theme is ***"Join the Voices for Recovery: Together We Learn, Together We Heal."***

To promote advances in the field over the past 20 years since **Recovery Month** began, this year's campaign is focusing on young adults. They often are living away from their families for the first time and rely on their friends for support. They have a higher prevalence of alcohol or drug use than any other age group. In 2007:

- 35.7 percent of people aged 18 to 20 and 45.9 percent of 21- to 25-year-olds had five or more drinks on the same occasion at least once in the past 30 days (also known as binge drinking).²
- Young adults aged 18 to 25 used drugs at a significantly higher rate than youths aged 12 to 17 (19.7 percent versus 9.5 percent).³

If you suspect that a close friend or someone you know has an alcohol or drug problem, help him or her on a path of treatment and recovery and begin your own journey to heal.

Understanding the Risks: Prescription Drug Misuse

Prescription drug misuse has been on the rise among young adults:

- The 2006 National Drug Control Strategy issued by the White House Office of National Drug Control Policy identified the illegal use of pharmaceuticals as one of the fastest-growing forms of drug abuse.⁴
- In 2007, 6 percent of young adults aged 18 to 25 were current nonmedical users of prescription drugs, greater than the percentage using any illicit drug except marijuana.⁵
- By their sophomore year in college, about half of all students had the chance to try prescription stimulants nonmedically.⁶
- People often get these medicines from a friend or relative for free.⁷
- Mixing them with alcohol, other prescription drugs, and illegal drugs can be particularly dangerous.⁸

To be safe, store your medicines out of sight and away from predictable places, such as the bathroom, and know that sharing your prescription drugs with someone else is illegal and dangerous.⁹



Knowing the Signs, Taking Action

If a friend or loved one has a substance use disorder, he or she may experience changes in appearance and mood, episodes of chronic dishonesty, have difficulty at work, or hang out with new friends.¹⁰ If you notice a potential problem, you can help. A trusted friend or relative can provide support and help you approach someone you suspect has a substance use disorder.

To speak with your friends about a problem:

- **Sit them down** individually in a private place.
- **Start with positive reinforcement** and explain that you are talking to them because you care.
- **Offer a solution** and ideas on how they can get help, such as identifying treatment and recovery support resources in your area (see the resources listed at the end of this piece).
- **End with a plan of action.** If they resist help, keep trying.¹¹

For additional guidance, use the resources at the end of this document.

Understanding the Possibilities of Treatment and Recovery

Addiction is a disease that can be recovered from; treatment and recovery support services are as effective as treatments for other diseases.¹² Each person and his or her family can find their own path of recovery, which may include:

- Receiving medical attention through detoxification in an inpatient setting
- Focusing on improving overall health and redefining themselves
- Exploring spirituality through faith-based communities
- Changing social interactions and expanding social networks – including participating in mutual support groups
- Empowering themselves by helping others¹³

Helping Yourself Through a Friend's Addiction

Even though a friend might be the one with a problem, you may experience some psychological or health stresses – all because someone you care about suffers from an addiction.¹⁴ The following resources can help families through this time:

- Al-Anon or Alateen – <http://www.al-anon.alateen.org> – Offers support for friends and family members who know someone with an alcohol dependence
- Families Anonymous – <http://www.familiesanonymous.org> – Helps concerned relatives and friends whose lives have been adversely affected by a loved one's addiction; also offers online support meetings

For a longer version of this guide for friends of those with a substance use disorder, please visit <http://www.recoverymonth.gov>, locate the “Recovery Month Kit,” and click on the “Targeted Outreach” link. Information about treatment and special services in your area can be found at <http://www.samhsa.gov/treatment>, a portal that includes a database of more than 11,000 U.S. treatment options and additional treatment resources, as well as by calling 1-800-662-HELP. Web sites or event examples mentioned in this document and on the *Recovery Month* Web site are solely the responsibility of the authors and do not necessarily represent the official views of HHS, SAMHSA, or CSAT.

Online Treatment and Recovery Support

- SAMHSA’s “Find Substance Abuse and Mental Health Treatment” Web site – <http://www.samhsa.gov/treatment/> – Lists a range of resources about mental health, substance abuse, and treatment
- SAMHSA’s “Accessing Prevention, Treatment, and Recovery Online” Webcast – <http://www.recoverymonth.gov/2008/multimedia/w.aspx?ID=503> – Examines how technology has revamped the field of substance use disorder prevention and addiction treatment
- Check Yourself – <http://www.checkyourself.org> – Designed to help young adults on issues related to addiction
- The Sober Recovery Community – <http://www.soberrecovery.com/forums> – Offers support forums for people in recovery, as well as family and friends
- eGetGoing – <http://www.egetgoing.com> – Helps people new to recovery through online support groups led by certified counselors
- SAMHSA’s National Helpline – **1-800-662-HELP** – A 24-hour service, available in English and Spanish, which helps people suffering from addiction and their families find available treatment support and other resources in local areas

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“I truly believe that the resources that were made available to me should be available to anyone...”

Aaron Kucharski

Approximately five times more people look for information online about alcohol and drug problems than those who receive in-person specialty treatment.

SOURCE: Fox, Susannah. *Online Health Searches 2006*. Pew Internet and American Life Project, October 29, 2006, pp. i, 4.

SOURCE: *Results From the 2007 National Survey on Drug Use and Health: National Findings*, p. 77.

THE INTERNET

The Internet's Role in Substance Use Disorders and Recovery Support

Two decades ago, when **National Alcohol and Drug Addiction Recovery Month (Recovery Month)** first began, the world was a different place. The Internet had not yet emerged as a common resource for information on any topic, much less about substance use disorders. Additionally, barriers such as a lack of transportation in rural areas were more likely to keep people from accessing treatment services than they are today, thanks in part to the emergence of the Internet.¹

With this in mind, this guide will help you, your friends, family, and members of your community take better advantage of the resources available online. The following sections outline how the Internet can be a helpful tool, the steps you can take to use it most effectively to find support, and the challenges it presents – and what you can do to help.

This information is provided as part of **Recovery Month**, which is supported 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. Each September, **Recovery Month** asks communities nationwide to encourage improved access to treatment services, support people with substance use disorders and their families and celebrate those in recovery, along with their families, friends, and treatment providers.

The Opportunities: How the Internet Can Help People in Need

As you use the Internet as a resource to help yourself or someone in need, remember that:

- Addiction is a disease that should be treated like any other health problem, and recovery can come in many forms.^{2,3}
- The Internet can help foster a holistic and recovery-oriented approach to overcome substance use disorders that uses a wide range of age-, gender-, culturally, faith-based, and drug-appropriate services to help people recover physically, mentally, and spiritually.

However, many people who need treatment do not receive it, sometimes because they are afraid others in their community or workplace would have a negative opinion of them.⁴ Yet in reality, less than one-fifth of people said in a recent survey that they would think less of a friend or relative if they discovered that person is in recovery from addiction.⁵ In light of these misconceptions, many people find comfort in the anonymity of the Internet:

- Approximately five times more people look for information online about alcohol and drug problems than those who receive in-person specialty treatment.^{6,7}
- Research suggests that treatment satisfaction is the same whether treatment is provided via Internet-based counseling or through on-site group counseling. In fact, some people prefer Internet-based services because of convenience and increased confidentiality.⁸



How to Use the Internet to Get Help

Ask yourself the following questions before jumping into a particular online community or recommending it to others:

- **What kind of information is required to join the community?** Carefully review a Web site's privacy policy to ensure that information is not distributed to third parties.
- **Can I see my loved one or myself fitting in?** Look at the types of responses and support provided by others in the group.
- **What kind of oversight does the group have?** Check to see if licensed treatment and recovery counselors actively oversee the conversation and participate in it.
- **Does the Web site offer additional, offline resources?** Some sites offer helplines or other resources where you can interact with people offline as well.

Online resources to help cope with a substance use disorder can be found at the end of this document.

The Challenges of the Online World for People With Substance Use Disorders

Although the Internet can be a positive resource, some people are using it to share new trends and methods of substance use and to obtain drugs; prescription drugs are among the most popular substances discussed online. In 2008, 365 Web sites advertised or offered controlled prescription drugs for sale online; 85 percent of these did not require a prescription.⁹

Videos and other online resources specifically draw attention to how to misuse over-the-counter (OTC) medicines:

- In 2006, about 3.1 million people aged 12 to 25 (or 5.3 percent of the population) said they had used OTC cough and cold medications to get high during their lifetimes.¹⁰
- People use social networking sites, such as MySpace, <http://www.myspace.com>, YouTube, <http://www.youtube.com>, LiveJournal, <http://www.livejournal.com>, and Facebook, <http://www.facebook.com>, to post detailed instructions, conversations, and videos of youths misusing cough medicine.¹¹

If you suspect that someone you know has a problem with alcohol and/or drugs, talk with that person about any online habits. If you share a computer, look at your Web browser's history to find out if the sites visited include ideas about how to misuse various substances. Even if you do not share a computer, raise the subject and encourage them to be open with you about their experiences. Do your part to help them get the treatment and support they need.

At the same time, if you are planning **Recovery Month** events, use the Internet to help you promote this initiative. Add a link to the **Recovery Month** Web site at <http://www.recoverymonth.gov> to your electronic "signature," use online forums to organize **Recovery Month** events, and link to the **Recovery Month** site from your own.

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 on treatment options and special services in your area can be found at <http://www.samhsa.gov/treatment>, a portal that includes a database of more than 11,000 U.S. treatment facilities and additional treatment resources, as well as by calling 1-800-662-HELP. Web sites or event examples mentioned in this document and on the **Recovery Month** Web site are solely the responsibility of the authors and do not necessarily represent the official views of HHS, SAMHSA, or CSAT.

Online Treatment and Recovery Support


- SAMHSA's "Find Substance Abuse and Mental Health Treatment" Web site – <http://www.samhsa.gov/treatment> – Lists a range of resources about mental health, substance abuse, and treatment
- SAMHSA's "Accessing Prevention, Treatment, and Recovery Online" Webcast – <http://www.recoverymonth.gov/2008/multimedia/w.aspx?ID=503> – Examines how technology has revamped the field of substance use disorder prevention and addiction treatment
- The Sober Recovery Community – <http://www.soberrecovery.com/forums> – Offers support forums for people in recovery, as well as family and friends
- Sober.com – <http://www.sober.com/forums/default.html> – Provides message boards for people in recovery and also provides recovery coaching from professional counselors
- Cyber Recovery Fellowship – <http://www.cyberrecovery.net/forums> – Offers faith-based forums for people in recovery
- eGetGoing – <http://www.egetgoing.com> – Helps people new to recovery through online support groups led by certified counselors
- Shouting Inside – <http://www.shoutinginside.com> – Helps young people who misuse substances share their stories and struggles with like-minded young people

Another important resource is SAMHSA's National Helpline, **1-800-662-HELP**, for toll-free information and treatment referrals in English and Spanish, 24 hours a day.

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“I am someone with a lot to offer.
Through recovery, I was given the
chance to prove that.”

Charlie Yetman

Nearly three-quarters of the population believe that recovery from addiction to marijuana, prescription drugs, and alcohol is possible and 58 percent view recovery from addiction to other illicit drugs, such as heroin or cocaine, as attainable.

SOURCE: CARAVAN® Survey for SAMHSA on Addictions and Recovery Fact Sheet, 2008, p. 2.

GUIDE TO HELP MEDIA

A Guide to Help Media Accurately Cover Substance Use Disorders

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, recognizes that today's media environment is pressured by tight deadlines and a reduced number of staff members who are covering several beats.¹ Journalists often lack the time to adequately research some topics, such as addiction, before finalizing stories – and it may be hard to keep up with the advances that have been made over the last 20 years in understanding the disease and how to read it.

At the same time, failing to report the serious issues surrounding alcohol and drug use inadvertently contributes to myths about addiction, treatment, and recovery, and potentially influences risky behavior.² The media plays a critical role in shaping perceptions about the risks and realities of addiction.³ By conveying the truth about addiction and the reality of effective treatment and recovery support, the media can serve as a catalyst for people and their families who are seeking support, and diminish the misconceptions associated with addiction and treatment.

In light of the 20th anniversary of **National Alcohol and Drug Addiction Recovery Month (Recovery Month)** and its 2009 theme, **“Join the Voices for Recovery: Together We Learn, Together We Heal,”** we are providing the following basic facts about substance use disorders, treatment, and recovery. These facts will support the media

in dispelling the most common misconceptions about addiction.

MYTH: Addiction is a personal choice, a character flaw.

FACT: Drug addiction is a brain disease. Each drug changes how the brain functions in a specific way, and these changes have a powerful influence on all aspects of a person's behavior. A person's drug use can go from voluntary to compulsive – making alcohol or drugs the greatest motivator in his or her existence.

SOURCE: Myths About Drug Abuse & Treatment, The Partnership for Drug-Free America Web site: http://www.drugfree.org/Intervention/WhereStart/13_Myths_About_Drug_Abuse.

The Truth About Substance Use Disorders, Treatment, and Recovery

A substance use disorder, like many chronic illnesses – diabetes, high blood pressure, asthma – is a disease that can affect anyone.⁴ There is no one-size-fits-all approach to treatment, but addiction can be successfully managed.⁵ Like

other conditions, it can require more than one round of treatment.⁶

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. Over the past few years, providers, researchers, and others have focused on holistic and recovery-oriented approaches to overcome substance use disorders. These use a wide range of age-, gender-, culturally, faith-, and drug-appropriate services to help people recover not just physically, but mentally and spiritually as well.⁷ Whether in a hospital, rehabilitation facility, self-help support group, or other treatment and recovery center, 3.9 million people aged 12 or older received some form of treatment for a problem related to alcohol or drug use in the past year.^{8,9}



JOIN THE VOICES FOR RECOVERY

MYTH: The public's attitudes toward people with substance use disorders have no effect on whether they get help.

FACT: Some of the top reasons people gave during the years 2004 through 2007 for not receiving treatment for alcohol or illicit drug dependence included worries about possible negative effects on one's job (11.6 percent) and concerns that receiving treatment might cause neighbors and the community to have a negative opinion of the person (11.1 percent).

SOURCE: Myths About Drug Abuse & Treatment, The Partnership for Drug-Free America Web site: http://www.drugfree.org/Intervention/WhereStart/13_Myths_About_Drug_Abuse.

However, people sometimes encounter barriers to obtaining treatment and recovery support services. During the years 2004 through 2007, 35.9 percent of people who made an effort to obtain treatment did not receive it due to a lack of health insurance coverage and the inability to afford it.¹⁰ Nearly three-quarters of the population believe that recovery from addiction to marijuana, prescription drugs, and alcohol is possible and 58 percent view recovery from addiction to other illicit drugs, such as heroin or cocaine, as attainable. With this in mind, media should convey the value of support and treatment to help communities acknowledge the power of recovery.¹¹

Reporting About Substance Use Disorders and Recovery

Keep the following points in mind when reporting about a person's story or the general issues that surround substance use disorders, treatment, and recovery:

- Despite some of the myths around addiction, it is a real disease – similar to asthma or diabetes – and can be treated and successfully managed over time.
- Addiction ripples throughout the country. It is a multi-faceted disease that affects not only the individual, but one's family, friends, and the community at large.
- Stories about addiction, treatment, and recovery are real, and such issues can cause families and loved ones personal, emotional, and health struggles.
- There is no silver-bullet approach to treatment and recovery. Each person's treatment and recovery process is unique to his or her individual needs.
- Help is available, and media should remind readers and listeners about SAMHSA's 24-hour National Helpline, **1-800-662-HELP**, for information and treatment referrals in English and Spanish.

Include these angles in your coverage to reduce the number of myths associated with addiction, treatment, and recovery.

For a longer version of this guide for media, 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 at <http://www.samhsa.gov/treatment>, a portal that includes a database of more than 11,000 U.S. treatment options and additional treatment resources, as well as by calling 1-800-662-HELP. Web sites or event examples mentioned in this document and on the *Recovery Month* Web site are solely the responsibility of the authors and do not necessarily represent the official views of HHS, SAMHSA, or CSAT.

Resources for Reporters

The following resources can be used as a reference when constructing articles or broadcast stories about this health topic.

- **Information about substance use and treatment** – The “Overview,” “Treatment and Recovery,” and “Commonly Misused Substances” documents at <http://www.recoverymonth.gov>
- **Personal treatment and recovery stories and experiences** – The *Recovery Month* Web site, <http://www.recoverymonth.gov>, or Faces and Voices of Recovery at <http://www.facesandvoicesofrecovery.org>

For additional facts, please refer to the following government sources:

- SAMHSA’s *National Survey on Drug Use and Health* – <http://www.oas.samhsa.gov/nsduh.htm>
- SAMHSA’s Center for Substance Abuse Treatment – <http://www.csat.samhsa.gov>
- SAMHSA’s “Accessing Prevention, Treatment, and Recovery Online” Webcast – <http://www.recoverymonth.gov/2008/multimedia/w.aspx?ID=503>
- National Institute on Drug Abuse (NIDA) – <http://www.nida.nih.gov>

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- 8 *Principles of Drug Addiction Treatment, A Research-Based Guide*, p. 23.
- 9 *Results From the 2007 National Survey on Drug Use and Health: National Findings*. DHHS Publication No. (SMA) 08-4343. Rockville, MD: U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration, Office of Applied Studies, September 2008, p. 77.
- 10 Ibid, p. 82.
- 11 *Summary Report: CARAVAN® Survey for SAMHSA on Addictions and Recovery*. Rockville, MD: U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration, Office of Communications, 2008, p. 2.



“It was residential treatment that started me on this life learning process...I’ve changed how I act and perceive myself.”

Jared Hamre

In 2007, an estimated 93.6 percent of people with substance use disorders who needed treatment did not receive it *because they felt they did not need it.*

SOURCE: *Results From the 2007 National Survey on Drug Use and Health: National Findings*, p. 81, Figure 7.7.



WWW.RECOVERYMONT.H.GOV

Overview: *Together We Learn, Together We Heal*

Across the country, millions of people suffer from the disease known as addiction. Fortunately, many people who once suffered from substance use disorders, as well as their families and friends, have seen their lives improve through treatment and recovery. Every September, **National Alcohol and Drug Addiction Recovery Month (Recovery Month)** works to help more people benefit from a life-changing recovery process.

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 campaign takes advantage of new developments to support people who suffer from substance use disorders and their families.

In this document, you will read about the current landscape of addiction, treatment, and recovery, as well as new resources available online to help people with substance use disorders and their families. The last section outlines what you can do to bring healing to your community.

Recovery Month: Helping to Advance the National Dialogue

The addiction, treatment, and recovery landscape has changed drastically since the inception of **Recovery Month**. A detailed list of milestones can be found in the sidebar on page 3, and below are some larger-scale achievements over the past 20 years since **Recovery Month** began:

- Medication-assisted treatment options such as methadone are better understood today and are used more widely than in the past to help people heal.¹
- People are recognizing that addiction is a disease and not a character flaw, though some myths still persist.²
- There are more resources available than ever – both in communities and online – to offer solace and treatment services to people with substance use disorders.
- Some people in recovery have become open about sharing their experiences with substance use disorders, treatment, and their own path of healing.³

Although these improvements offer people in need of treatment and recovery services more options, there is still more work to be done, and it continues with **Recovery Month** this September.

Jared Hamre

September 13, 2008, marked my third year of recovery. I am grateful for this process. That doesn't mean life struggles have not come my way, but recovery has given me the tools to now cope with challenges.

It was residential treatment that started me on this life-learning process. With the help of the staff and residents, I've learned that practicing positive behavior changes has enabled me to become a good, dependable person – I've changed how I act and perceive myself.

About six months into my recovery I decided to start giving back by speaking at my former high school. Helping others, owning my history, and sharing the value of my experience have taken away the unnecessary shame of this disease. My drug addiction would have ruined my life, but in a matter of three years, recovery has brought me positive friendships, a house, a dog, and a loving girlfriend who is not ashamed of my past, but proud and interested in my recovery.

I'm saddened that too many of my friends have passed away from using drugs. I could be one of them and I'm so grateful to be alive and living in recovery. I do not take recovery for granted. Through **Massachusetts Organization for Addiction Recovery (MOAR)**, I'm learning how to be a voice, helping to ensure that residential treatment can expand to help even more people to live in recovery. Learning how to make positive changes in recovery has given me the skills to be an advocate for positive public policy changes. Joined with others in recovery, families, and friends, voices like mine are making a positive difference in the treatment and recovery landscape.

This year's **Recovery Month** theme is ***"Join the Voices for Recovery: Together We Learn, Together We Heal."*** It emphasizes the need to use all available resources, in our communities and on the Internet, to educate people about the disease and to help those with substance use disorders, and those close to them, to get help and recover. It also celebrates the power of community support and understanding. By opening a dialogue about the harmful effects of alcohol and drug addiction on families, friends, and communities, we can provide hope, healing, and better help those struggling with substance use disorders embark on a successful journey of long-term recovery.

Where We Are Today

Each year, millions of people suffer from substance use disorders, and countless more are affected by someone else's problem. A substance use disorder is defined as a dependence on or abuse of alcohol and/or drugs, including prescription drugs.⁴

Specifically, in 2007, an estimated 23.2 million people aged 12 or older needed treatment for a substance use disorder in the United States.⁵ Even though the rate of current illicit drug use among youths ages 12 to 17 has declined significantly from 2002 to 2007, it is startling to see how many young people start using substances at an early age.

JOIN THE VOICES FOR RECOVERY

For example, in 2007:⁶

- 85.9 percent of people aged 12 or older who initiated alcohol use in the past year did so before they reached the legal age of 21. Of those people, the average age they began misusing alcohol was 15.8 years.⁷
- An estimated 2.7 million people aged 12 or older used an illicit drug for the first time within the past year; 60.1 percent were younger than 18 at the time.⁸ Among people aged 12 to 49, the average age of first use was:
 - **Inhalants** – 17.1 years
 - **Marijuana** – 17.6 years
 - **Cocaine** – 20.2 years
 - **Ecstasy** – 20.2 years
 - **Nonmedical use of pain relievers** – 21.2 years⁹
- Many young Americans began their drug use by taking pain relievers nonmedically or using marijuana. In 2007:¹⁰
 - 2.1 million people had misused pain relievers for the first time within the past year, with an average age at first use of 21.2 years.
 - 2.1 million people had used marijuana for the first time within the past year (approximately 6,000 people per day). Most (62.2 percent) were younger than age 18 when they first used it.
 - Most people aged 12 and older who had used any illicit drug for the first time within the past year reported that their first drug was marijuana (56.2 percent). Nearly 31 percent started with the nonmedical use of prescription drugs.

20 Years of Progress

- 1986** The Office of Substance Abuse Prevention (OSAP) is created.
- 1989** The United States celebrates its first *Treatment Works! Month*, later to become *National Alcohol and Drug Addiction Recovery Month*.
- 1990** The Americans with Disabilities Act passes and includes protections for people with mental health problems, including substance use disorders.
- 1992** President George H.W. Bush signs the Alcohol, Drug Abuse and Mental Health Administration Reauthorization Act, creating the Substance Abuse and Mental Health Services Administration (SAMHSA).
- 2000** The Drug Addiction Treatment Act passes, allowing physicians to treat opioid addiction with certain narcotic medications.
- 2003** The New Freedom Commission on Mental Health is created and calls for the transformation of mental health care in the United States, including substance use disorders, to a focus on recovery.
- 2003** SAMHSA launches the *Access to Recovery (ATR)* grant program to increase access to treatment.
- 2005** The Center for Substance Abuse Treatment within SAMHSA hosts 100 stakeholders to discuss a renewed emphasis on recovery. The word “recovery” is given a formative definition for the first time.
- 2007** SAMHSA’s *Report to Congress on Co-Occurring Mental and Substance Use Disorders* identifies barriers to appropriate treatment and support services and proposes a system in which co-occurring disorders are addressed and treated as primary illnesses.
- 2008** The Paul Wellstone and Pete Domenici Mental Health Parity and Addiction Equity Act passes in Congress to provide equal coverage of mental health and addiction compared with traditional medical coverage.

JOIN THE VOICES FOR RECOVERY

A substance use disorder does not discriminate against its victims based on age, race, gender, ethnicity, socio-economic status, or community. This disease controls people's lives and has devastating effects on their friends and families. Substance use disorders are one of the most deadly ailments, with **one in four deaths each year attributed to alcohol, tobacco, or illicit drug use**.¹¹ The following substances contribute to numerous negative health issues:

- **Heavy drinking** contributes to illnesses associated with each of the top three causes of death: heart disease, cancer, and stroke.
- **Cocaine** has been shown to contribute to deaths from heart attacks, respiratory failure, strokes, and seizures. In extremely rare occasions, sudden death can occur on the first use of cocaine.¹²
- **Heroin** is associated with fatal overdoses and infectious diseases such as HIV/AIDS and hepatitis – particularly in people who inject the drug.¹³
- **Methamphetamine**, known to many as speed or meth, can cause psychotic behavior, hallucinations, and stroke when used over a long period of time.¹⁴

These tragedies concern all of us. All Americans, not just those directly affected by substance use disorders, must commit to helping people with the disease. Raise awareness in your community to help break down the myths associated with this powerful disease and encourage support and healing.

Accepting the Problem Exists

Sadly, only a small number of people received the help they needed in 2007:¹⁵

- Of the 23.2 million people (9.4 percent of people aged 12 or older) who needed treatment for a substance use disorder, only 3.9 million people (1.6 percent of the population) received some kind of treatment for a problem related to alcohol or drug use in 2007. Specifically, an estimated 2.2 million people had received treatment at a self-help group within the last year.
- However, as many as 20.8 million people needed but did not receive treatment at a specialty facility in the past year.

MYTH: If you have an alcohol or drug problem, you are probably unemployed.

FACT: More than three-quarters of the estimated 17.4 million current illicit drug users aged 18 or older in 2007 (13.1 million people) were employed either full or part time.

MYTH: This problem only happens among less-educated people.

FACT: Among adults aged 18 or older, the rate of past-month alcohol use in 2007 increased with higher levels of education. Young adults aged 18 to 22 enrolled full time in college were more likely than part-time college students and people not currently enrolled in college to use alcohol in the past month, binge drink, and drink heavily.

SOURCE: *Results From the 2007 National Survey on Drug Use and Health: National Findings*, pp. 27, 34.

There are multiple barriers to receiving treatment, including:

- **Perceptions and consequences** – Many people do not get treatment because they are concerned about what their families, friends, community, or employers may think. During 2004 through 2007, 8.9 percent of people who made an effort to get treatment, but did not receive it at a specialty facility, were concerned that getting help might cause neighbors or their community to have negative opinions of them, and 7 percent thought it might have a negative consequence on their jobs.¹⁶ Despite these perceptions, fewer than 20 percent of people in America actually would think less of a friend or relative who is in recovery from addiction.¹⁷ Family and friends can break through these barriers by encouraging the person to access services and by supporting others in their community who have taken steps to get treatment.
- **Denial** – While it can be challenging to help people even if they have admitted they need treatment or recovery services, it can be even more difficult to help people who are in denial about their addiction. In 2007, an estimated 93.6 percent of people with substance use disorders who needed treatment did not receive it **because they felt they did not need it**.¹⁸ With your help, this number could be lower in 2009. People's acceptance of their problem often motivates them to change their behaviors, which is a key factor in a successful recovery process.

In addition, the cost of treatment is sometimes a barrier, although recent changes have made insurance coverage for treatment and recovery services more accessible. The October 2008 passage of the **Paul Wellstone and Pete Domenici Mental Health Parity and Addiction Equity Act**, which expanded the Mental Health Parity Act of 1996, provides equity in the coverage of mental health and substance use disorders compared with traditional medical coverage. It does so by ensuring that group health care plans do not charge higher co-payments, coinsurance, or deductibles than those used for other diseases, and do not impose out-of-pocket limits and lower day and visit limits.¹⁹

Treatment is Effective and Recovery From the Disease is Attainable

The pain and suffering caused by a substance use disorder can resonate through entire families and communities – often over extended periods of time. Undergoing and fully committing to a process of treatment and recovery can help heal the damages – physical and emotional – caused by substance use disorders.

Fortunately, substance use disorders are treatable diseases from which a person can recover.²⁰ Recovery is not always easy, and it is a process that continues long after someone stops misusing alcohol and/or drugs.

MYTH: The only reason people with a substance use disorder do not get help is because they are not ready to stop using.

FACT: While some people do avoid treatment because they are in denial about their addiction, many make an effort to get help. During 2004 through 2007, many people did not receive specialty treatment because they:

- Had no health coverage and could not afford the cost of treatment (35.9 percent)
- Had no transportation and getting to treatment was inconvenient (10.5 percent)
- Did not know where to go for treatment (6.9 percent)

SOURCE: Results From the 2007 National Survey on Drug Use and Health: National Findings, p. 82.

With the chronic and recurring nature of substance use disorders, people might experience several cycles of relapse and intensive treatment over multiple years.²¹ Although these setbacks may be discouraging, especially for their loved ones, remaining supportive despite the challenges that arise is critical for success. Treatment and recovery help people and their families restore and rebuild their lives.

The Recovery Process Heals

A successful recovery journey hinges on an individualized, comprehensive, and integrated approach to the healing process. A variety of methods exist to help people in their process of recovery.²² Some people recover on their own; others recover through treatment and/or the assistance of self-help, mutual-aid groups, or medication-assisted therapies. A holistic and recovery-oriented approach to overcome substance use disorders uses a range of age-, gender-, drug-, faith-, and culturally appropriate services to help people recover physically, mentally, and spiritually. By working with a person's physical, environmental, and spiritual background and any mental health issues surrounding a person's addiction to provide individualized care, we have an opportunity to improve a person's success in recovery.²³

In particular, for some people, substance use might be a coping mechanism for other serious emotional and health issues. Addressing any underlying problem can repair the deeper problems associated with addiction. For example, in 2007, 22.1 percent of adults aged 18 or older with serious psychological distress also were dependent on or abused illicit drugs or alcohol.²⁴

The recovery process should be specific to the person, and should involve families and friends, if possible. Elements may include:

- Receiving medical attention through detoxification and individual and/or group therapy in an inpatient treatment setting
- Focusing on improving overall health and redefining oneself
- Exploring spirituality through faith-based communities
- Changing social interactions and expanding social networks – particularly to include others in recovery and participate in mutual support groups
- Empowering oneself by helping others

A well-rounded recovery support network complements this process and is central for successful rehabilitation from addiction. Family, friends, employers, and other concerned community members must be supportive, as recovery and resilience involve a lifelong process of healing.²⁵

The Internet – A Recovery Resource

Much has changed since **Recovery Month** first began 20 years ago, including the advent of the Internet, which offers a unique opportunity to teach, foster knowledge, and provide support. The number of people turning to the Internet for information and connections to other people has skyrocketed over the last decade. According to the Pew Internet & American Life Project, approximately 75 percent of adult Americans use the Internet. Most of these Internet users (75 percent) search for health information online.^{26, 27, 28}

Specifically, people experiencing addiction, and their loved ones, can take steps toward recovery by visiting online message boards and forums. Online resources offer guidance for those thinking about getting help, those in recovery, and anyone trying to help a loved one into recovery. They provide a community for people to share their experiences, challenges, and questions about treatment and recovery. In addition to discussions between people in recovery, some online forums also feature recovery counselors or other providers who can offer help, support, and advice. A safe and non-threatening environment, such as one on the Web, can motivate people and help them find clarity in their situation.

Treatment services, too, have evolved with the online world. People can now find services online, which is helpful if they live in rural communities or in cities without access to public transportation, or if they are otherwise unable to access standard treatment services. Online services change how people receive help – instead of a once-a-week counseling session, for example, people can access support every day, which can help prevent relapses. People of all ethnic groups and age levels within the United States take advantage of the more than 70 different online recovery programs and services available.²⁹

Research suggests that treatment satisfaction is the same whether treatment is provided via Internet-based counseling or through on-site group counseling. In fact, some people prefer Internet-based services because of convenience and increased confidentiality.³⁰

Some online resources include:

- **SAMHSA's "Find Substance Abuse and Mental Health Treatment" Web site** – Lists resources about mental health, substance abuse, and treatment
- **SAMHSA's "Accessing Prevention, Treatment, and Recovery Online" Webcast** – Examines how technology has revamped the field of substance use disorder prevention and addiction treatment
- **The Sober Recovery Community** – Offers support forums for people in recovery, as well as family and friends

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- **Sober.com** – Provides message boards for people in recovery and also provides recovery coaching from professional counselors
- **Cyber Recovery Fellowship** – Offers faith-based forums for people in recovery
- **eGetGoing** – Helps people new to recovery through online support groups led by certified counselors
- **The Sober Village** – Offers online community forums for people in recovery
- **Shouting Inside** – Helps young adults who misuse substances share their stories and their struggles with like-minded people.

Check the Web sites of local treatment facilities and mutual support groups in your area, as they may have their own, localized message boards to turn to for support. Another important resource is SAMHSA's National Helpline, at **1-800-662-HELP**, for toll-free information and treatment referrals in English and Spanish, 24 hours a day.

Together We Learn, Together We Heal: What You Can Do

Celebrate **Recovery Month** this September by teaching people with substance use disorders – as well as your broader community – about the disease, how it affects them, and opportunities for supporting others through treatment and recovery. Also, offer assistance to people you think may have a problem and are not yet in treatment, or help them understand and cope with addiction if it is in the family. Addiction is a health problem, so do your part to let those who suffer from it know that help exists. By supporting someone who is affected, you are making a positive change in the way substance use disorders, treatment, and recovery are perceived in your community.

For more information and organizations that can help provide treatment and other resources, visit the **Recovery Month Web site** at <http://www.recoverymonth.gov>. Information on treatment options in your area and the special services available can be found at SAMHSA's "**Find Substance Abuse and Mental Health Treatment**" Web site, a portal that includes a searchable database of more than 11,000 U.S. treatment facilities and additional treatment resources. For additional **Recovery Month** materials, visit <http://www.recoverymonth.gov> or call 1-800-662-HELP.

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COMMONLY MISUSED SUBSTANCES

The Current Landscape of Alcohol and Drug Use

Millions of people who once suffered from a substance use disorder, as well as their family and friends, have seen their lives improve through treatment and recovery. With the increasing number of online and community resources available, we all need to educate each other about how to help people in need and their families who are affected by this disease. This is the focus of this year's theme for **National Alcohol and Drug Addiction Recovery Month (Recovery Month)**, *"Join the Voices for Recovery: Together We Learn, Together We Heal."*

This theme emphasizes the need to use all available resources, in our communities and on the Internet, to educate people about the disease and to help those with substance use disorders, and those close to them, get support. It also celebrates the power of community support and understanding. By opening a dialogue about the harmful effects of alcohol and drug addiction on families, friends, and communities, we can provide hope, healing, and better help those struggling with substance use disorders embark on a successful journey of long-term recovery.

A substance use disorder is when a person is dependent on alcohol and/or drugs, including prescription drugs.¹ These disorders affect people nationwide, regardless of a person's background, race, class, gender, ethnicity, or employment status. Like other chronic diseases, substance use disorders are treatable medical conditions.^{2,3}

While young adults aged 18 to 25 have historically experienced the highest rates of substance use, significant reductions were seen in 2007.⁴ Young adults aged 18 to 25 experienced a decrease in cocaine use (from 2.2 percent to 1.7 percent) and methamphetamine use (from 0.6 percent to 0.4 percent) in the past year. Youths aged 12 to 17 have seen an overall decline in the rate of current (past-month) illicit drug use since 2002 (from 11.6 percent to 9.5 percent).^{5,6}

Although positive trends in substance use are emerging, there are still areas of concern, and efforts to fight substance use disorders must continue. This includes addressing the increase in prescription pain reliever misuse among those aged 18 to 25 (to 4.6 percent in 2007) and the current use of illicit drugs among adults aged 55 to 59, which more than doubled (to 4.1 percent) since 2002.⁷ With the variety of substances that are being misused and readily available today, including prescription and over-the-counter (OTC) remedies, raising awareness about available treatment and recovery tools can break down the barriers to treatment and influence the millions who are struggling with addiction.⁸

People should support recovery by increasing their awareness of the various types of substances that are commonly misused and how they affect the body. Alcohol and drug use creates chemical changes in the brain that make drug use compulsive and the cycle of addiction hard to stop.^{9,10} When people openly discuss addiction, they can take action to help others who might be suffering and ultimately reduce the number of people who currently have an addiction. The following chart can be shared with friends, family, and other members of your community as an educational resource to demonstrate the sweeping reach of alcohol and drug use in our society today.

Substance Use Disorders: A Snapshot of Addiction and Treatment in the United States^{11, 12, 13}

| Substance | Other Names ¹⁴ | Intoxication Effects ¹⁵ | Negative Health Effects ^{16, 17} | Average Age of First Use in 2007 ¹⁸ | Number of People Who Used it in the Past Month in 2007 ¹⁹ |
|--|---|--|---|--|--|
| Stimulants: Affect the nervous system by increasing alertness and mental and motor activity²⁰ | | | | | |
| Cocaine | Coke, snow, toot, white lady, C, blow | Feelings of exhilaration, increased energy, mental alertness | Rapid or irregular heartbeat, insomnia, strokes, abdominal pain | 20.2 years | 2.1 million people |
| Crack cocaine (a rock-crystal form that is heated and smoked) | Rock, crack | Feelings of exhilaration, increased energy, mental alertness | Rapid or irregular heartbeat, insomnia, strokes, abdominal pain | 20.2 years for cocaine | 610,000 people |
| Ecstasy (MDMA) | XTC, adam, eve, decadence, M&M, X | Mild hallucinogenic effects, increased sensitivity, empathic feelings | Impaired memory and learning; sharp increase in body temperature (hyperthermia); liver, kidney, cardiovascular system failure | 20.2 years | 503,000 people |
| Methamphetamine | Meth, crank, speed, chalk, ice | Aggression, violence, psychotic behavior, increased physical activity | Impaired memory and learning, neurological and cardiac damage, high blood pressure, anxiety, delusions | 19.1 years | 529,000 people |
| Tobacco products | Cigarettes, cigars, smokeless tobacco, snuff, spit tobacco, bidis, chew | Increased adrenaline and metabolism, feelings of increased alertness and concentration | Breathing paralysis, damaged lungs and cardiovascular system, cancer, high blood pressure, pneumonia, chronic bronchitis | 16.9 years for cigarette use | 70.9 million people |
| Depressants: Affect the central nervous system by decreasing awareness and capacity to function; used to treat anxiety and sleep disorders²¹ | | | | | |
| Tranquilizers A class of drugs used to relax or calm, relieve anxiety, or relax muscle spasms (benzodiazepines) | Benzos (Xanax®, Ativan®, Valium®, Librium®) | Reduced anxiety, lowered inhibitions, feeling of well-being | Seizure, respiratory depression, decreased heart rate | 24.5 years | 1.8 million people used tranquilizers nonmedically |

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| Substance | Other Names ²² | Intoxication Effects ²³ | Negative Health Effects ^{24, 25} | Average Age of First Use in 2007 ²⁶ | Number of People Who Used it in the Past Month in 2007 ²⁷ |
|--|---|---|--|--|--|
| Depressants: Affect the central nervous system by decreasing awareness and capacity to function; used to treat anxiety and sleep disorders | | | | | |
| Sedatives A class of drugs used to help with sleep or relaxation | Haldol®, Thorazine®, Navane®, Prolixin®, Mellaril®, Trilafon® | Reduced anxiety, lowered inhibitions, feeling of well-being | Seizure, respiratory depression, decreased heart rate, reduced mental alertness | 24.2 years | 346,000 people used sedatives nonmedically |
| Alcohol | Booze, sauce, drink | Reduced sensitivity to pain, taste, and odor; impaired vision; decreased attention and memory; interference with REM sleep | Damaged vital organs (such as the liver, heart, pancreas, and brain), high blood pressure, gastrointestinal irritation | 16.8 years | 126.8 million people |
| Opioids: Includes drugs derived from morphine; most often prescribed to treat pain^{28, 29} | | | | | |
| Pain relievers (hydrocodone, oxycodone, morphine, codeine, fentanyl) | Vike (Vicodin®), Oxy, O.C. (Oxycontin®), M (roxanol), Captain cody, Schoolboy (empirin with codeine), China white, dance fever (Actiq®) | Pain relief, feeling of sedation, euphoria, drowsiness | Seizure, respiratory depression, decreased heart rate | 21.2 years | 5.2 million people used pain relievers nonmedically |
| Heroin | Big H, dope, smack, white horse | Feeling of euphoria, flushing of the skin, dry mouth, feeling of heavy extremities, fluctuation between awake and drowsy states | Collapsed veins, infection of the heart lining and valves, abscesses, liver disease, pulmonary complications | 21.8 years | 200,000 people |
| Cannabinoids: Hemp plant drugs made from shredded leaves, stems, seeds, and flowers^{30, 31} | | | | | |
| Marijuana | Pot, weed, hash, Mary Jane, grass, reefer, ganja | Euphoria, slowed thinking and reaction time, impaired balance and coordination | Respiratory infections, increased heart rate, impaired memory, anxiety | 17.6 years | 14.4 million people |
| Hallucinogens: Cause changes in a person's perception of reality³² | | | | | |
| LSD | Acid, boomers, yellow sunshines | Altered state of perception and feeling; changes in senses, mood, body temperature | Persistent mental disorders, increased blood pressure and heart rate | 18.3 years | 145,000 people |
| Inhalants: Volatile substances that produce chemical vapors that can be inhaled to induce a psychoactive, or mind-altering, effect³³ | | | | | |
| Gases, nitrites, aerosols | Ether, chloroform, nitrous oxide, isobutyl, isoamyl (poppers, snappers, whippets, laughing gas) | Stimulation, loss of inhibition, loss of motor coordination, slurred speech | Memory impairment, muscle weakness, depression, cardiovascular and nervous system damage | 17.1 years | 616,000 people |

JOIN THE VOICES FOR RECOVERY



R.F. Maldonado

I am a married Latino author and songwriter, a former teenage street-gang leader, and a former 25-year heroin/cocaine addict from New York City. Even after living a clean, sober lifestyle for the past 22 years, I am actually amazed to be here today. Nearly 99 percent of everyone I got high with growing up in New York's Spanish Harlem passed away long ago. I shared my first bottle of cheap liquor with my neighborhood friends when I was 14, and that same summer, I smoked marijuana. I immediately knew that I liked both, and that would eventually lead me to sniffing heroin at 16 and then straight into my horrible 25-year heroin/cocaine addiction.

After going to jail once or twice a year, I tried going to rehab centers, but my biggest obstacle was actually believing that I could ever change my life and world. I'd start getting high within a day or two of leaving a program. My whole world changed when I entered a 30-day, 12-step rehab program on October 14, 1986, in New York. Since then, I've been completely committed to my personal recovery. One of the many wonders has been being a pillar of strength for my family when death claimed both my sister and mom. I never even considered using those painful times as an excuse to derail my recovery and get high.

I'm very grateful to be alive and sincerely hope that the "can-do" message of my own recovery in my book, *Dancing on Broken Glass*, touches at least one life, changing it for the better. As an addict in recovery, I continue to wish to spread my genuine message of hope and recovery!

Sustaining a Path of Recovery

The effects of substance use disorders extend beyond monetary burden, causing stress on one's family, self respect, and health. Though addiction to alcohol and/or drugs causes numerous short- and long-term health problems, it is important to recognize the power and influence of treatment and recovery support services.³⁴

Remember that with the support of families, friends, and coworkers, and through the help of treatment, communities can assist those battling addiction and work to reduce the prevalence of alcohol and drug use. By emphasizing the value of community support, awareness, and treatment, we can improve the health and well-being of families and communities throughout the country.

In 2007, there were 23.2 million people aged 12 or older in need of treatment for an alcohol and/or drug use problem, yet only 3.9 million received some form of treatment.³⁵ More than 11,000 U.S. specialized drug treatment facilities provide rehabilitation, behavioral therapy, counseling, medications, and other types of services. Recovery can and does help people develop meaningful lifestyles and become more productive in their families, schools, workplaces, and society.^{36, 37}

For more resources and organizations that can help provide treatment, visit the *Recovery Month* Web site at <http://www.recoverymonth.gov>. Information on treatment options in your area and the special services available can be found at SAMHSA's "Find Substance Abuse and Mental Health Treatment" Web site, a portal that includes a searchable database of more than 11,000 U.S. treatment facilities and additional treatment resources. For additional *Recovery Month* materials, visit <http://www.recoverymonth.gov> or call 1-800-662-HELP.

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TREATMENT AND RECOVERY

Finding Help for Substance Use Disorders

Substance use disorders are a reality for many people in America. As many as 23.2 million people aged 12 or older needed treatment for a substance use disorder in the United States in 2007.¹ The disease ripples throughout communities and families across the country, causing families and loved ones emotional, personal, and health-related struggles.

Treatment and recovery have seen an evolution since **National Alcohol and Drug Addiction Recovery Month (Recovery Month)** began 20 years ago. In place of the traditional idea of “rehab,” many who are getting support for an addiction are doing so on their own terms. From support groups and therapeutic communities to online programs, there is a solution for anyone who needs treatment and recovery support, including family members.

This year’s **Recovery Month** theme is **“Join the Voices for Recovery: Together We Learn, Together We Heal.”** It emphasizes the need to use all available resources, in our communities and on the Internet, to educate people and their families about the disease and to help those with substance use disorders, and those close to them, get support. It also celebrates the power of community support and understanding. By opening a dialogue about the harmful effects of alcohol and drug addiction on families, friends, and communities, we can provide hope, healing, and better help those struggling with substance use disorders embark on a successful journey of long-term recovery.

Raising awareness about the success people can achieve through recovery is a main goal of **Recovery Month**, now in its 20th year. Supported 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** showcases the true meaning of recovery.

This document walks through the various elements of common treatment avenues and recovery support and offers resources to connect with programs in your community.

What is Recovery?

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.^{2,3}

To understand addiction, you need to understand the complexity of the disease and its influence on the brain. Addiction is a chronic illness, like any other disease, and living a life free from alcohol and drugs is not just a matter of willpower. As with other chronic diseases, such as diabetes or asthma, it can be successfully managed.⁴ Recovery requires commitment and courage by the person with a substance use disorder, as well as the person’s family, friends, and loved ones. It is a process that happens over a period of time and requires a range of interventions and support to address the unique needs of each person and his or her loved ones.



Tonya Wheeler

I'm a person in long-term recovery and have not used drugs or alcohol in more than 18 years. As a result of my long-term recovery, I have an amazing relationship with my family and community, and I get the honor of sharing my story with others to show the reality of recovery.

I began using drugs and alcohol at age 12, and by 18 my addiction had progressed to daily use. The consequences of my addiction, which included legal problems, being estranged from my family, and loss of custody of my daughter, began shortly after I started using drugs. The internal consequences of my addiction were worse than the external, including my loss of self-esteem, the inability to feel emotions, lack of personal integrity, and the loss of who I was prior to my addiction.

To my surprise, when I was ready for help, I was turned away from treatment due to lack of insurance coverage. I reached out to my parents who, thankfully, were able to help me enter treatment. There, I began to attend 12-step meetings and learned about the necessity of support from others who had lived in addiction too and have recovery today.

Recovery has not always been easy, but it was always worth it! For the last 18 years, I have continued to attend meetings and have the support of others who are in recovery. I am so grateful for the work I get to do in my community – I get to share the message of miracles that happen in recovery. Today, my life is amazing and I know recovery is a possibility for all!

Many Paths of Recovery

People experience recovery in different ways.⁵ Some people recover on their own; others recover through treatment and/or the assistance of self-help, mutual-aid groups, or medication-assisted therapies. As with most other health conditions, decreasing stress and increasing one's psychological resilience and immunity helps a person – mentally and physically – to better cope and heal.⁶

Over the past five years, policymakers, community service workers, and researchers have focused on holistic and recovery-oriented approaches that use a wide range of age-, gender-, culturally, faith-, and drug-appropriate services to help people recover not just physically, but mentally and spiritually as well. Addressing the mental, physical, and co-occurring issues of a person's addiction can help improve the chances of success.^{7,8} Once people stop using alcohol and/or drugs, they begin the process of learning to live life without it, which often means confronting old temptations and repairing relationships damaged through alcohol and drug use.

Elements of the recovery process may include:

- Receiving medical attention through detoxification and individual and/or group therapy in an inpatient treatment setting
- Focusing on improving overall health and redefining oneself
- Exploring spirituality through faith-based communities
- Changing social interactions and expanding social networks – particularly to include others in recovery and participate in mutual support groups
- Empowering oneself by helping others

A well-rounded recovery support network complements the entire process and is central for successful rehabilitation from addiction. The support of family, friends, employers, and other concerned community members can help make recovery lifelong.⁹

Treatment: On the Road of Recovery

One way to help someone achieve successful long-term recovery is to find a treatment program designed to help a person cope with the physical and psychological pressures of dependency. More than 11,000 specialized drug treatment facilities in the United States provide rehabilitation, behavioral therapy, counseling, medications, and other types of services.¹⁰ Keep in mind that:

- **Treatment occurs in a number of settings.** The most valuable, well-designed plans provide a combination of therapies and services to target the needs of the individual, recognizing the widespread effect substance use has on a person's well-being, family, and friends.^{11, 12, 13, 14}
- **No single treatment is appropriate for everyone.** Issues such as age, employment, health, society, culture, and the substance being used shape a person's addiction and eventual treatment plan.^{15, 16}
- **Behavioral and medication therapies are among the central elements of the overall recovery process.** They can be used alone or in combination with each other.¹⁷
- **Treatment can be long or short term.** Like a chronic disorder characterized by occasional relapses, addiction can involve multiple interventions and attempts at abstinence.^{18, 19}

Common Types of Treatment and Recovery Services

Outlined below are some common treatment options that many access as part of their long-term recovery process.

- **Outpatient treatment** is an environment consisting of a range of programs, which typically emphasize individual or group counseling, for people who visit a clinic at regular intervals. Other programs are commonly offered, such as family therapy.
- **Medication-assisted treatment** is an outpatient clinical program with a focus on individualized patient care.²⁰ For example, medications such as methadone and buprenorphine, which suppress withdrawal and craving symptoms, are effective for those battling heroin and other opiate addictions.²¹ Medications help suppress drug cravings and are often used in conjunction with counseling and other behavioral therapies.^{22, 23}
- **Short-term residential treatment** provides an abbreviated, yet intense, 3- to 6-week treatment program that is followed by participation in mutual-support groups or extended outpatient therapy.^{24, 25}
- **Long-term residential treatment** consists of highly structured programs that offer care 24 hours a day, with an average stay of 6 to 12 months. A therapeutic community is the best-known example of residential treatment. These programs aim to help people return to a drug-free, crime-free lifestyle.^{26, 27}
- **Self-help/mutual aid groups** are recovery support programs that people can participate in with or without the aid of standard treatment. These include 12-step programs, support groups that meet on a regular basis, and peer counseling.²⁸ Self-help groups often are used in conjunction with specialty treatment; one-third (32.7 percent) of people who attended a self-help group for their substance use during the past year also received specialty treatment for a substance use disorder during that time.²⁹
- **Recovery support services** consist of programs that help people get their lives back on track, such as employee-based support services, faith-based groups, and health care support.^{30, 31}

Additional Resources

The following resources can help identify treatment and recovery resources for people in need:

- **SAMHSA's "Find Substance Abuse and Mental Health Treatment" Web site** – Lists resources about mental health, substance use, and treatment
- **SAMHSA's "Accessing Prevention, Treatment, and Recovery Online" Webcast** – Examines how technology has revamped the field of substance use disorder prevention and addiction treatment
- **Addiction and Recovery Guide** – Offers treatment and recovery information online
- **The Sober Recovery Community** – Offers support forums for people in recovery, as well as family and friends

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- **eGetGoing** – Helps people new to recovery through online support groups led by certified counselors
- **Shouting Inside** – Helps young adults who misuse substances share their stories and their struggles with like-minded people.

Another important resource is SAMHSA's National Helpline, **1-800-662-HELP**, for toll-free information and treatment referrals in English and Spanish, 24 hours a day.

For more information and organizations that can help provide treatment and other resources, visit the *Recovery Month* Web site at <http://www.recoverymonth.gov>. Information on treatment options in your area and the special services available can be found at SAMHSA's "Find Substance Abuse and Mental Health Treatment" Web site, a portal that includes a searchable database of more than 11,000 U.S. treatment facilities and additional treatment resources. For additional *Recovery Month* materials, visit <http://www.recoverymonth.gov> or call 1-800-662-HELP.

Web sites or event examples mentioned in this document and on the *Recovery Month* Web site are solely the responsibility of the authors and do not necessarily represent the official views of the U.S. Department of Health and Human Services, the Substance Abuse and Mental Health Services Administration, or the Center for Substance Abuse Treatment.

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JOIN THE VOICES FOR RECOVERY

Stories of Hope and Healing

Each year 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), within the U.S. Department of Health and Human Services, highlights the many voices of those who have experienced their own substance use disorder story, allowing them to share their personal journeys of addiction, treatment, and recovery.

Celebrating the power of community support and understanding, this year's **Recovery Month** theme is **"Join the Voices for Recovery: Together We Learn, Together We Heal."** It emphasizes the need to use all available resources, in our communities and on the Internet, to educate people and their families about the disease and to help those with substance use disorders, and those close to them, get support. The following stories illustrate unique personal experiences and the ways addiction, treatment, and recovery can affect everyone. Learn from these voices and share these stories to raise awareness of substance use disorders. Most importantly, spread the word that recovery is possible.

Tonya Wheeler

Denver, CO

President of Advocates for Recovery, Colorado



I have not used drugs or alcohol in more than 18 years. As a result of my long-term recovery, I have an amazing relationship with my family and community, and I get the honor of sharing my story with others to show the reality of recovery.

I began using drugs and alcohol at age 12, and by 18 my addiction had progressed to daily use. The consequences of my addiction, which included legal problems, being estranged from my family, and loss of custody of my daughter, began shortly after I started using drugs. The internal consequences of my addiction were worse than the

external, including my loss of self-esteem, the inability to feel emotions, lack of personal integrity, and the loss of who I was prior to my addiction.

To my surprise, when I was ready for help, I was turned away from treatment due to lack of insurance coverage. I reached out to my parents who, thankfully, were able to help me enter treatment. There, I began to attend 12-step meetings and learned about the necessity of support from others who had lived in addiction too and have recovery today.

Recovery has not always been easy, but it was always worth it! For the last 18 years, I have continued to attend meetings and have the support of others who are in recovery. I am so grateful for the work I get to do in my community – I get to share the message of miracles that happen in recovery. Today, my life is amazing and I know recovery is a possibility for all!

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Erin Bludworth

Denver, CO
Counselor



I am a 35-year-old survivor who has been clean and sober for almost 7 years. My drug of choice was methamphetamine, and I would stop at nothing to get my next hit. I was ill, both mentally and physically, from not eating or caring for myself. In a matter of four years, I lost everything, including my son and my freedom. In 2001, I was arrested and charged with many crimes, all due to my addiction.

In 2002, I was given the gift of being able to enter a long-term treatment facility. I was determined to save my life. I had to learn how to be productive and goal-oriented, how to have a positive self-esteem, and how to fight for my life. They taught me how to be proud of my accomplishments and of who I am. In 2004, I graduated from the program.

Sobriety has brought so much back to me, including my son. I have found a new love for life and others. I now work as a counselor, helping people to overcome and cope with their disease. I enjoy helping others to help themselves. I assist in guiding those who are in the same position I was more than seven years ago.

Sobriety and life are worth fighting for. We just have to be shown the way.

Aaron Kucharski

Providence, RI
National Field Organizer, Recovery Voices Count Project



I'm a person in long-term recovery, meaning that I haven't had a drink or a drug since September 6, 2003. Recovery has given me a new life, a new direction, and has helped me to find the passions in my life that were absent before I came into recovery.

Maintaining my recovery has been a constant focus, as I find new tools and resources to help me keep the life I now enjoy. I've been able to stay involved with activities I care about, such as writing music and participating in the political process. I was recently introduced to the growing recovery advocacy movement and had the honor of working with *Faces and Voices of Recovery* for the *Recovery Voices Count* project, which works with organizations and advocates from all levels to increase awareness of the recovery community as a political constituency.

I truly believe that the resources that were made available to me should be available to anyone. Recovery housing, mutual support groups, advocacy opportunities, and drug therapy are all a part of my recovery story. I'll continue to fight to get help for those who need it most!

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I have been fortunate to travel and expand my view of what recovery is all about. I know that millions of people in recovery are serving as productive members of society – they are those who have fought the barriers themselves, and are real human beings rather than just a statistic.

I encourage everyone in recovery to tell their recovery and success stories to anyone who will listen. The more we put a face and a voice on an issue, the more real it becomes to others.

Elizabeth Currier

Cooperstown, NY

Director of the Council on Addictions of New York State, Inc.



The day my world began to crumble, January 6, 1976, I had my last drink. Until then, I had no idea that my drinking was a problem. After all, I was a social drinker – or so I thought. On that night, my 15-year-old daughter overdosed on a combination of phenobarbital and brandy and almost died. I met with a counselor at the hospital to talk about my daughter, but the first words he said were, “Your daughter says you drink too much. Do you?” Thus began a series of “higher powered” events – there are no coincidences – that started me on an incredible journey. That first year was a rollercoaster ride of hating myself, having my eyes opened and then questioning again whether I really had a problem, but all the time, being loved unconditionally until finally I began to get it.

This journey has given me a life beyond my wildest dreams. I’ve come from a place of loneliness, shame, and fear to one of love, joy, and purpose. I have the skills to be of service in addiction prevention, treatment, and recovery. The greatest blessing has been my family. My four children, raised in the chaos of addiction and manifesting addiction in their own ways, have found their own pathways to recovery. The addiction cycle, I truly believe, has been broken for this family.

Now, I have the privilege of devoting all my time to living, promoting, and supporting recovery. I am active in the recovery movement at the federal, state and local level, serving on the boards of *Faces and Voices of Recovery*, *Friends of Recovery New York*, and my local recovery community organization. I am proud to say, “I am a woman in long-term recovery from alcoholism.”

R.F. Maldonado

New York, NY

Author and Songwriter



I am a married Latino author and songwriter, a former teenage street-gang leader, and a former 25-year heroin/cocaine addict from New York City. Even after living a clean, sober lifestyle for the past 22 years, I am actually amazed to be here today. Nearly 99 percent of everyone I got high with growing up in New York’s Spanish Harlem passed away long ago. I shared my first bottle of cheap liquor with my neighborhood friends when I was 14, and that same summer, I smoked marijuana. I immediately knew that I liked both, and that would eventually lead me to sniffing heroin at 16 and then straight into my horrible 25-year heroin/cocaine addiction.

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After going to jail once or twice a year, I tried going to rehab centers, but my biggest obstacle was actually believing that I could ever change my life and world. I'd start getting high within a day or two of leaving a program. My whole world changed when I entered a 30-day, 12-step rehab program on October 14, 1986, in New York. Since then, I've been completely committed to my personal recovery. One of the many wonders has been being a pillar of strength for my family when death claimed both my sister and mom. I never even considered using those painful times as an excuse to derail my recovery and get high.

I'm very grateful to be alive and sincerely hope that the "can-do" message of my own recovery in my book, *Dancing on Broken Glass*, touches at least one life, changing it for the better. As an addict in recovery, I continue to wish to spread my genuine message of hope and recovery!

Kevin Young
Trenton, ME
Recovery Advocate



I am in long-term recovery, meaning that I haven't used opiates, alcohol, and other drugs for more than 20 years. I am very committed to recovery, as it has given my family back the hope and trust in me they used to have. I speak out now because I believe that long-term recovery is possible for all, and I would like to help make that possible.

Like many, I had a tough time before I found recovery. I had isolated myself from my family and anyone who wanted me to be healthy. I knew what it was like to sleep behind the same dumpster I was eating from and to smoke cigarette butts that I would pick up off the ground. I did not think there was any hope. I was numb to the world around me and believed I was living the only life I was capable of.

Six months after moving to Maine to pursue a woman I was in love with, I finally found recovery on Thanksgiving Day 1988, with the help of some very supportive people already in recovery. I started attending support group meetings and learned that I had to change my behaviors to change my attitudes and thinking processes. I discovered that by surrounding myself with others who had long-term recovery, the recovery road was possible for me.

Today, long-term recovery has taught me to hold my head high and deal with life as it comes. I'm respected by my family and others; I'm able to maintain a good job, make and keep friendships, and have relationships with those close to me. Two and a half years into my recovery, I married the woman I loved. We've been in a devoted, fulfilling relationship for more than 17 years.

I had no material possessions when I first found recovery, and today I have a wonderful house and a life that's second to none. Today, anything is possible, and my dream is that this way of life is available for all those who've suffered like I have.

Charlie Yetman

Boston, MA

Recovery Advocate



I am one of the luckiest people in the world! It is truly how I feel. I am in my second decade of recovery from substance abuse. Through my recovery, I have opened numerous programs to help people like me. In one program, men coming out of prison can be assessed and evaluated for further treatment. I am able to provide hope by my example of recovery and peer mentoring. The trust that is given to me by others in recovery is inspirational.

I am someone with a lot to offer. Through recovery, I was given the chance to prove that. Now I get to do what I love, all while making a living and proving to others that recovery is possible. I feel like the luckiest man in the world, and there are many men and women who will feel the same way if given the chance.

Christina Thompson

Belton, SC

Recovery Advocate



I no longer do the things I used to when I was obsessed with using. I have learned to respect myself and others. I genuinely love my family and contribute to society by helping others who are addicted find a new way of life. In fact, after years of mutually discordant communication, my mother now receives weekly calls from me with love and gratitude.

I've long since been identified as suffering from untreated bipolar disorder, but for many years in recovery, I had difficulty with stability. I was a tornado in peoples' lives. I couldn't sleep well, had auditory hallucinations, over-reacted to most emotional stimuli, was unpredictable in behavior and speech – shocking myself at times – irresponsibly spent money, and was occasionally suicidal. Eventually, I was diagnosed with bipolar disorder, but was discouraged from taking medicine by well-meaning people in recovery who said that taking any medication would be the same as “using.” I had tried medication only twice and quit because of the stigma. It wasn't until I made a series of wrong, life-changing decisions and wound up having a breakdown in a public place that I got the help I needed.

So I have been willing to take medication – as any diabetic or high blood pressure patient would – and, after about 12+ years of trying to find the right medication, have finally found an effective one. I still take medication to remain emotionally and mentally stable. I've been contentedly married for more than 10 years and have two healthy, happy children who know they are loved. I don't consider myself cured; I continue with my meetings and practice recovery to give back to others and to maintain my spiritual growth.

Woody Giessmann

Boston, MA

Founder of Right Turn



As someone living in recovery, I know that music can be an outlet for people's feelings. In 2003, I founded **Right Turn**, an organization that helps artists to enhance their creativity by learning to live free of alcohol and drugs.

My own recovery helped me to become a drug addiction clinician. I believe that a treatment approach that incorporates creative expression and brings people together into a safe haven to preserve their creative gifts can be successful.

I am committed to spreading the value of addiction recovery through this program and want to help others the same way I was helped. **Right Turn** is how and where the healing begins.

Timothy Harrington

Manhattan Beach, CA

Recovery Advocate



I started drinking at 12 and managed to *not* cross the imaginary line of no return until I was about 18. It was a period that included moves around the country, sordid relationships, several DUIs, a thousand lies, some thievery, and umpteen "never again" promises, not to mention a sense of loneliness and despair I never want to repeat.

Intervention came in 1997, as I sat hung-over next to some guy smoking a joint by my pool. Something in me shattered when my brother Chris, whom I hadn't spoken to in quite a while, asked if I would come inside to talk. I wanted nothing to do with anything serious, but not wanting to be rude, I went inside and there they were: the intervention team.

After 28 days at a treatment center and several months of roughly a meeting a week and being with old friends, I moved to Aspen, opened a bar and proceeded to almost kill myself. I decided Aspen was the problem, so I moved to Austin for five long days and then went back to California, where I stayed with my brother and some friends, who both kicked me out. It was standing on a corner somewhere in Manhattan Beach that my journey began and the seed was planted. I called my mother in hopes of getting her to send me to rehab, but my stepfather, who was 12 years clean at the time, answered the phone. I pleaded for a specific program, but he did me the greatest favor and instead, lovingly said, "Go to 90 meetings in 90 days," and that was that.

I went to a meeting and began my continuing journey in recovery. I attended nearly 270 meetings in my first 90 days, and eventually knew I wanted to work in treatment. I began working at a residential treatment center and quickly learned it was a tough gig, but I really liked the one-on-one work. I was lucky to experience training for a sober companion, a position I later entered and a role I love very much. Today, I have a beautiful wife and two beautiful daughters, and I know that they are miracles for a guy like me.

Jared Hamre

Boston, MA

Recovery Advocate

September 13, 2008, marked my third year of recovery. I am grateful for my recovery. That doesn't mean life struggles have not come my way, but recovery has given me the tools to now cope with challenges.

It was residential treatment that started me on this life-learning process. With the help of the staff and residents, I've learned that practicing positive behavior changes has enabled me to become a good, dependable person – I've changed how I act and perceive myself.

About six months into my recovery I decided to start giving back by speaking at my former high school. Helping others, owning my history, and sharing the value of my experience have taken away the unnecessary shame of this disease. My drug addiction would have ruined my life, but in a matter of three years, recovery has brought me positive friendships, a house, a dog, and a loving girlfriend who is not ashamed of my past, but proud and interested in my recovery.

I'm saddened that too many of my friends have passed away from using drugs. I could be one of them and I'm so grateful to be alive and living in recovery. I do not take recovery for granted. Through [Massachusetts Organization for Addiction Recovery \(MOAR\)](#), I'm learning how to be a voice, helping to ensure that residential treatment can expand to help even more people to live in recovery. Learning how to make positive changes in recovery has given me the skills to be an advocate for positive public policy changes. Joined with others in recovery, families, and friends, voices like mine are making a positive difference in the treatment and recovery landscape.

Kevin Hauschulz

Hartford, CT

Lead Telephone Recovery Support Coordinator, CT Community for Addiction Recovery (CCAR)



I am a person in long-term recovery, and have not used drugs or alcohol since June 25, 2006. I feel reconnected with my family and friends, and I'm truly living a life beyond my wildest dreams. My journey into addiction began during high school and evolved tremendously during college. I entered treatment in May 2005 and obtained support from various treatment centers and programs in my area – all of which were tremendous experiences that helped me realize that recovery was a reality for me. Unfortunately, I fell into the trap of prescription drug abuse in 2006, which is why my sobriety date is June 25, 2006.

Since then, I have been blessed with all the wonders that come along with sobriety. I began volunteering and was hired as a telephone recovery support coordinator. I now help to run a program for the entire state of Connecticut. The concept of telephone recovery support is simple: call someone once a week to simply check in and see how they are doing. The results are amazing. I feel honored and extremely lucky to be able to work at an organization that celebrates recovery and puts a positive face on recovery. Another blessing is all the wonderful, inspiring people I have met along this journey. I am now a homeowner and living with my girlfriend of three years, the light of my life. I am pursuing a master's degree in social work.

Dr. Tian Dayton

New York, NY

Director of Program Development for the Caron Foundation; Program Consultant to the Freedom Institute; Maintains a Private Practice



What brought me into this field was what brought so many of us in, a personal relationship with addiction. I watched my father's life, vitality, and faith in a happy future slip slowly into a bottle of scotch. "First the man took the drink, then the drink took the man." Living around addiction – and the pain and chaos it engendered – was traumatizing. It left most of my family with post-traumatic stress disorder. Even years after my dad and the alcohol were gone, the pain it had triggered in all of us was still there, making it hard to relate in a trusting, comfortable manner.

Living on an emotional edge, we were always looking over our shoulders and waiting for the other shoe to drop. I found recovery when I realized the pain from my childhood was interfering with my marriage and mothering. It was an emotional and psychological cancer that was spreading through my most cherished relationships and not getting any better on its own. In fact, it seemed hidden and getting worse, leaking out in overreactions, anger, frustration, and an odd cocktail of emotions, misunderstanding, and disconnections. I threw everything into treating it, as if my life depended on it, because it did and so did the lives of my loved ones. Along with lots of education on the subject of addiction as a family illness, I did one-to-one therapy, group therapy, 12-step programs and several treatment weeks. After 33 years of marriage, 2 thriving adult children, and a wonderful career, I can say that it worked. I've written 12 self-help books on addiction and trauma, and my most recent book, *Emotional Sobriety: From Relationship Trauma to Resilience and Balance*, helps people who have been addicted or lived around addiction to understand what happened to them – finding some answers to conflicts they carry from their past and a new, orderly direction for the future.

Web sites or event examples mentioned in this document and on the *Recovery Month* Web site are solely the responsibility of the authors and do not necessarily represent the official views of the U.S. Department of Health and Human Services, the Substance Abuse and Mental Health Services Administration, or the Center for Substance Abuse Treatment.

Helping Educators Address Substance Use Disorders

Substance use disorders affect millions of Americans – young and old. As many as 69 percent of people in the United States say that either their own or a loved one’s alcohol or drug problem has had some negative impact on them. Many advances have been made over the last 20 years in understanding the disease, how to treat it, and how to help those hurt by it, including students living in a family impacted by addiction. It is crucial for educators to understand the latest information so they can truly help their students in need.¹

For the past 20 years through **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), within the U.S. Department of Health and Human Services, has educated the public about these issues, celebrated people who have entered a path of recovery, and helped people with substance use disorders and their family members find treatment and recovery services. As **Recovery Month** embarks on its 20th anniversary, the campaign is dedicated to expanding its reach and providing tools to even more people than in years past.

Education plays a major role in this year’s **Recovery Month** theme, **“Join the Voices for Recovery: Together We Learn, Together We Heal.”** This theme emphasizes the need to use all available resources, in our communities and on the Internet, to educate people about the disease and to help those with substance use disorders, and those close to them, get support. It also celebrates the power of community support and understanding. By opening a dialogue about the harmful effects of alcohol and drug addiction on families, friends, and communities, we can provide hope, healing, and better help those struggling with substance use disorders embark on a successful journey of long-term recovery.

Educators **can** make a difference among youths; teens rank teachers among the most influential people in their lives.² Furthermore, teens with strong bonds at school are less likely to have a drug problem, particularly with prescription drugs.³ As the lives of children and families become more hectic, today’s educators can help people struggling with their own addiction or that of a loved one. Teachers touch the lives of people of all ages: young children just starting school, teenagers using alcohol and drugs for the first time, and kids of all ages coping with a family member’s addiction.

This document walks through the basics of addiction, treatment, and recovery. It also offers resources for educators to work with older students with addiction issues, as well as with children of parents who suffer from substance use disorders. Hopefully, with these tips in hand, you will be able to help more students confront addiction.

JOIN THE VOICES FOR RECOVERY



**Kevin
Hauschulz**

I am a person in long-term recovery, and have not used drugs or alcohol since June 25, 2006. I feel reconnected with my family and friends, and I'm truly living a life beyond my wildest dreams. My journey into addiction began during high school and evolved tremendously during college. I entered treatment in May 2005 and obtained support from various treatment centers and programs in my area – all of which were tremendous experiences that helped me realize that recovery was a reality for me. Unfortunately, I fell into the trap of prescription drug abuse in 2006, which is why my sobriety date is June 25, 2006.

Since then, I have been blessed with all the wonders that come along with sobriety. I began volunteering and was hired as a telephone recovery support coordinator. I now help to run the program for the entire state of Connecticut. The concept of telephone recovery support is simple: call someone once a week to simply check in and see how they are doing. The results are amazing. I feel honored and extremely lucky to be able to work at an organization that celebrates recovery and puts a positive face on recovery. Another blessing is all the wonderful, inspiring people I have met along this journey. I am now a homeowner and living with my girlfriend of three years, the light of my life. I am pursuing a master's degree in social work.

The Disease of Addiction

Addiction is a chronic, potentially relapsing brain disease. Through recent scientific advances, we now know that drugs (including alcohol) change the structure and operation of the brain. These modifications can be long-lasting and life-threatening, and the disease can create a compulsive need to obtain and use drugs, despite harmful consequences. Addiction often leads to dangerous and risky behavior, such as engaging in criminal activity, family violence, and driving under the influence of alcohol and/or drugs.^{4, 5, 6}

No single factor predicts whether a person will become addicted to alcohol or drugs. Risk for addiction is influenced by a person's biology, social environment, and age or stage of development. A combination of risk factors influences a person's susceptibility to addiction.⁷

MYTH: Addiction is a character flaw.

FACT: Addiction is a brain disease. All drugs, including alcohol, change how the brain functions. Different drugs can have similar effects on the brain and its abilities, including changes in the molecules and cells that make up the brain, mood changes, and changes in memory processes and motor skills. These changes have such a huge influence on a person's behavior that the substance becomes the single-most powerful motivator the person has.

SOURCE: *Children of Alcoholics: A Kit for Educators*. Rockville, MD: National Association for Children of Alcoholics (NACoA), 2001, pp. iv, 3.

Young People Are at Risk

Adolescence and young adulthood are times of growth and experimentation. Many young people experience a curiosity or pressure from friends to use alcohol and/or drugs. It is a time when the brain chemistry and structure are not fully developed, making the effects of substances on the developing brain particularly problematic. Heavy drinking during the teen years, for example, can lead to lasting impairments in memory, reasoning, and attention.^{8,9} The **2007 National Survey on Drug Use and Health: National Findings**, conducted by SAMHSA, found that in 2007:¹⁰

- 10.7 million people aged 12 to 20 had used alcohol within the past month.
- As many as 9.5 percent of people aged 12 to 17 were current illicit drug users.
 - 6.7 percent used marijuana
 - 1.2 percent used inhalants
 - 0.4 percent used cocaine
 - 0.7 percent used hallucinogens
- Even though the drinking age in the United States is 21, 85.9 percent of people aged 12 or older who initiated alcohol use in the past year did so before they reached the legal age of 21. The average age they began misusing alcohol was 15.8 years.

Teachers should be aware of the prevalence of prescription drug misuse among their students. “Pharming” parties are becoming popular among junior high and high school students, where students trade and misuse controlled prescription drugs.¹¹ In fact, 4.7 million teens said in 2007 that they had misused a prescription drug at some point in their lives.¹² Youths may even think that misusing certain medications will help them in school – but any misuse is dangerous, especially when misusing drugs occurs with drinking alcohol and other risky behaviors.¹³

Another recent trend is that teens sometimes use the Internet to spread information about how to use and obtain drugs. A search on [MySpace](#), a social networking site used by millions and popular among teens, turns up tens of thousands of people talking about marijuana.¹⁴ Countless pro-drug Web sites promote how to prepare and administer drugs, glamorizing their psychoactive traits and offering recommendations for managing their adverse effects.

Despite the wealth of negative influences online, educators can help teens learn to use the Internet in more constructive and positive ways. Some teachers already are doing so, and there are positive signs: nearly a quarter of Internet users aged 12 to 17 in the United States look for appropriate information online about a health topic that is hard to talk about, such as drug use.¹⁵

Students With Addiction

Students with alcohol or drug problems are different from adults in many ways. Young people often have other issues that compound their problems, including:

- Stronger peer influences
- Physical and mental development issues
- Other disorders, such as learning problems, that can make it harder to identify the problem
- Different values and priorities¹⁶

It can be difficult to distinguish between normal adolescent adjustments and drug- or alcohol-related activities. Educators must take an active interest in their students' daily lives to gain perspective on what's going on in a young person's life. This gives educators a better opportunity to help when a situation arises.¹⁷

Some indicators of alcohol or drug use among students include:

Physical Signs:¹⁸

- Unexplained weight loss or gain
- Slow or staggering walk, poor physical coordination
- Red, watery eyes; pupils larger or smaller than usual; blank stare
- Smell of substance on breath, body, or clothes
- Needle marks on lower arms, legs, or bottoms of feet
- Tremors or shakes in the hands, feet, or head

Behavioral Signs:¹⁹

- Drop in grades at school, skipping or being late for school
- Difficulty paying attention, forgetfulness
- Changes in friends, sudden avoidance of old crowd, hesitancy to talk about new friends
- Changes in eating habits
- Change in overall attitude/personality with no other identifiable cause
- General lack of motivation, energy, and self-esteem; an "I-don't-care" attitude
- Moodiness, irritability, or nervousness
- Extreme hyperactivity, excessive talking
- Paranoia
- Chronic dishonesty
- Change in personal grooming habits
- Possession of drug paraphernalia

MYTH: Alcohol is less dangerous than other drugs, and teachers should not be as concerned if teenagers are experimenting only with alcohol.

FACT: Alcohol misuse, drunk driving, and alcohol-related diseases take a major toll on our society. Children who begin drinking at a young age are at much higher risk of developing other problems, such as low self-esteem.

SOURCE: *Children of Alcoholics: A Kit for Educators*. Rockville, MD: National Association for Children of Alcoholics (NACoA), 2001, p. iv.

If a child shows any of these symptoms, it does not mean that he or she is using alcohol and/or drugs, but may mean that professional help is needed. The behaviors may be signs of stress, depression, or a host of other problems; therefore, it is important to have a trusting and open relationship with students. This helps educators identify problems so they can refer students to the appropriate assistance. For a more comprehensive list of signs, please visit the [American Council for Drug Education](#) Web site.

Students Who Have Family Members With a Problem

About one in four children in the United States under age 18 is affected by a family alcohol problem, and countless others are exposed to drug use in the family.²⁰ In every classroom in America, students are dealing with the physical, psychological, and emotional effects of familial addiction. Children in these families are at increased risk of a number of problems, including:

- Physical illness
- Emotional disturbances
- Difficulty in school, such as absenteeism and lower grades
- Susceptibility to alcoholism or other addictions
- Physical and emotional neglect or abuse²¹

It may be tough to immediately identify when a student's home life is affected by substance use disorders. Being aware of the signs and having a trusting relationship with your students can make it easier to notice. More than 50 percent of adults suffering from an addiction to alcohol are children of alcoholics themselves, and millions of others are battling other problems that stem from alcoholism or drug addiction in their families.²² To help break the cycle, educators must prepare themselves to respond when a child needs support and help prevent the suffering caused by addiction.^{23, 24}

Teachers should pay particular attention to children of veterans returning from deployment who may experience post-traumatic stress disorder and bring that stress to their home environment.²⁵ SAMHSA, the [Department of Veterans Affairs \(VA\)](#), and other federal agencies offer resources that parents, educators, and other concerned adults can use to help children through the challenges of a parent's deployment. Visit http://www.samhsa.gov/samhsaNewsletter/Volume_16_Number_5/HelpingChildren.aspx for resources on how to help children of veterans through tough times.

The [National Association for Children of Alcoholics \(NACoA\)](#), a national nonprofit organization that works on behalf of children of alcohol- and drug- dependent parents and their family members, has developed valuable tools to help educators learn how to support students who have a family member or guardian with a substance use disorder. These materials are available through its [Web site](#).

How to Help Students

Educators can use portions of their daily lessons to share age-appropriate information with students about substance use disorders and recovery, including how addiction affects family members. In addition, as caring and concerned adults, educators should recognize behaviors or changes in students' attitudes so they can help young people successfully overcome a crisis and develop more effective coping skills, often preventing further problems.²⁶

If you believe a student is suffering from a substance use disorder, engage a student assistance program or social worker and offer to support efforts to help the student. A teacher should work with the school counselor when speaking with a student's parents to offer a consistent presence and help develop a plan of action. Recognize that a professional assessment is advisable and appropriate support is available.

If you believe it is a parent who has a problem, speak directly with the student and bring your school's guidance counselor into the conversation. When speaking with the family and the student, come prepared with different options for treatment, such as mutual support groups and inpatient or outpatient facilities. For teens, encourage them to become involved with [Alateen](#), which offers support for teens who have a family member or friend suffering from an alcohol or drug problem. For more information on different types of treatment and how to locate a facility in your area, refer to the "[Treatment and Recovery](#)" document in this toolkit.

Treatment

No single method of treatment works for everyone, but the majority of Americans believe that treatment programs do work, and that people can recover and live productive lives.²⁷ Some people recover on their own; others recover through treatment and/or the assistance of self-help, mutual-aid groups, or medication-assisted therapies. Helping young people with a problem is different than approaching a parent, and educators are not expected to have all the answers. Even though each person is different and needs to be treated uniquely, it is helpful to know a little about the types of treatment and recovery support services that work best for young people. The science continues to evolve, and new treatment options have emerged over the last 20 years.²⁸

MYTH: It is easy to spot the child of someone with an alcohol or drug problem.

FACT: Children are often taught to hide their family problems and to pretend that everything is "normal." They may also believe that adults cannot be trusted, and they may not ask for help.

MYTH: You need to have special training to help children and families.

FACT: Anyone can help. It is easy to learn the basics so you can better help your students and their families. You can easily find what resources are available, how to listen, and what you should say and do to help children and families dealing with substance use disorders.

SOURCE: *Children of Alcoholics: A Kit for Educators*. Rockville, MD: National Association for Children of Alcoholics (NACoA), 2001, pp. iv, 3.

JOIN THE VOICES FOR RECOVERY

To produce the best outcomes, treatment and recovery programs need to be tailored to meet the unique needs of young people.²⁹ Nine key elements that determine effective adolescent drug treatment are:³⁰

1. **Assessment and treatment matching** – Determines whether a young person's needs match the services available, as well as the level of treatment intensity needed
2. **A comprehensive, integrated treatment approach** – Addresses the adolescent's problems broadly, and includes medical, mental health, and other issues, rather than focusing solely on the substance use disorder
3. **Family involvement in treatment** – Engages family members to continue to make progress with the young person after the treatment program has ended
4. **A developmentally appropriate program** – Addresses the many contexts that shape the teen's environment, such as school, recreation, peers, welfare, and medical care
5. **The ability to engage and retain teens in treatment** – Finds ways to make treatment resonate with adolescents to make them more motivated to change behavioral patterns
6. **Qualified staff** – Engages treatment providers with specialized training and experience in diverse areas
7. **Gender, cultural, and spiritual competence** – Recognizes personal differences in developing a treatment approach
8. **Continuing care** – Includes relapse prevention training and follow-up plans
9. **Measurable outcomes for treatment** – Evaluates treatment programs to offer crucial, in-depth insight into their effectiveness

To learn more about these elements and review other resources for educators and parents, visit the Web site companion to "Treating Teens: A Guide to Adolescent Drug Programs" by [Drug Strategies](#), a nonprofit research institute that promotes more effective approaches to our nation's drug problems.

Recovery from a substance use disorder is a life-long process and requires commitment, introspection, and most importantly, courage. During the initial stages of recovery, supportive adult influences, including teachers, parents, and others, will make the most difference in the lives of young people. To remain on a road of recovery, teens and their support networks should concentrate on finding a direction they wish to take in life. Identifying strengths, values, goals, and interests that are healthy is the first step, and educators are integral to determining what concrete steps young people can take to reach their life goals.³¹

Online Resources for Educators

There are more resources available online than ever to help teachers support students and their families who are dealing with substance use disorders. **Recovery Month's** Web site at <http://www.recoverymonth.gov> is filled with resources to help students and parents learn about substance use disorders. Online resources include:

- **The Office of Applied Studies, SAMHSA** – Provides the latest national data on alcohol, tobacco, and other drug abuse, as well as information about the nation's substance abuse treatment system
- **The National Council on Patient Information and Education (NCPIE)** – Educates parents and teenagers about the importance of appropriate medicine use
- **The National Institute on Drug Abuse (NIDA)** – Educates children aged 11 through 15, as well as their teachers and parents, about the science of addiction
- **Check Yourself** – Helps young adults understand issues of addiction and offers answers to questions about substance use, first-person experiences, quizzes, message boards, and addiction, treatment, and recovery information
- **The American Council for Drug Education** – Offers educational programs and services designed to engage teens and address the needs of parents
- **The American Counseling Association** – Features downloadable resources and online learning classes
- **The American School Counselor Association** – Provides professional development, publications and other resources, research, and advocacy support to more than 24,000 professional school counselors around the globe
- **The National Student Assistance Association** – Provides training, materials, and support for student assistance professionals across the country

How You Can Help During *Recovery Month*

Teachers, counselors, school administrators, and anyone who interacts with young people can contribute to the 20th annual **Recovery Month** this September. Below are some ideas to implement during this year's campaign. For more information, please visit <http://www.recoverymonth.gov>.

- **Invite young people** who have shown a long-term commitment to their recovery to share their recovery experiences with fellow students. Ask them to present the hope that recovery gives them for the future at an assembly or in an article for the school newspaper. Consult your school district's guidelines regarding sharing students' sensitive and personal information. If students are not of legal age, obtain the consent of a parent or legal guardian before pursuing these activities.

JOIN THE VOICES FOR RECOVERY

- **Set up educational tables or booths** at public areas frequented by young people and their families. This will educate parents, guardians, and young people in your community about substance use disorders, treatment effectiveness, and recovery. You can provide links and resources on your school's Web site to other sites that offer information on substance use disorders in young people or information on how students can get help if a parent suffers from a problem. For organizations in your area to collaborate with, please visit <http://www.recoverymonth.gov> and click on the "Resources" link.
- **Role play in health class** so students can experience what it would feel like if they had a substance use disorder and understand the issues they would face.
- **Create or join an existing task force**, community coalition, or a larger initiative to dispel myths and educate your community that substance use disorders are treatable conditions, treatment is effective, and recovery is possible. For more information, refer to "Building Community Coalitions" in this toolkit.
- **Plan a concert** or rally with local musicians to raise money for youth-focused recovery efforts.
- **Sponsor a community health fair** with other schools and youth organizations in your area. Set up booths for local treatment centers focused on young people with substance use disorders. Provide information on how your school works to prevent substance use and the help it provides to those who need it. If your community already sponsors an event of this kind, contact the organizers to get involved.

For more resources that can help educators, please consult the "Policy/Education" section of the "Recovery Month Resources" brochure at the *Recovery Month* Web site at <http://www.recoverymonth.gov>. Additional materials also are available on the Web site or by calling 1-800-662-HELP. Information on treatment options in your area and the special services available can be found at SAMHSA's "Find Substance Abuse and Mental Health Treatment" Web site, a portal that includes a searchable database of more than 11,000 U.S. treatment facilities and additional treatment resources.

Web sites or event examples mentioned in this document and on the *Recovery Month* Web site are solely the responsibility of the authors and do not necessarily represent the official views of the U.S. Department of Health and Human Services, the Substance Abuse and Mental Health Services Administration, or the Center for Substance Abuse Treatment.

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How Young Adults Can Help Themselves or Loved Ones Heal From Addiction

Addiction affects as much as 69 percent of the people in this country, whether it is their own or someone else's problem.¹ While people of all ages, races, and economic backgrounds can have an alcohol and/or drug use problem, many young adults are gripped by the power of addiction. One of your closest friends, loved ones, or colleagues may have a problem, and many others are affected by that one person's struggle.² Given the prevalence of these disorders, and the advances that have been made over the last 20 years in understanding the disease and how to treat it, everyone can learn about solutions to help their friends, and themselves, get better.

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, is celebrating the 20th annual **National Alcohol and Drug Addiction Recovery Month (Recovery Month)** this September. This year's theme is ***"Join the Voices for Recovery: Together We Learn, Together We Heal."*** It emphasizes the need to use all available resources, in our communities and on the Internet, to educate people and their families about the disease and to help those with substance use disorders, and those close to them, get support. It also celebrates the power of community support and understanding. By opening a dialogue about the harmful effects of alcohol and drug addiction on families, friends, and communities, we can provide hope, healing, and better help those struggling with substance use disorders embark on a successful journey of long-term recovery.

Close family members and other relatives each have a front-row seat to the damages caused by substance use disorders. However, as children grow up and naturally leave home – 73 percent of Americans ages 18 to 34 no longer live with their parents – close family is not always present to notice changes in day-to-day behavior.³ Families may not be completely aware of whether their relatives have an alcohol or drug problem after they leave home, and the effects may be felt primarily by others in a person's life, such as friends and colleagues.

This document is designed to help young adults, who often serve as the support system for their friends and colleagues. The following sections outline how addiction affects young adults and their families, including common trends such as prescription drug misuse. This piece also tells you the signs of a problem and how to get treatment for someone you know with an addiction – and how you can survive, too. If you suspect that someone has an alcohol or drug problem, you can help get him or her the support to heal. In fact, young adults ages 25 to 34 have the most positive beliefs about the possibilities for prevention, treatment, and recovery.⁴



**Timothy
Harrington**

I started drinking at 12 and managed to *not* cross the imaginary line of no return until I was about 18. It was a period that included moves around the country, sordid relationships, several DUIs, a thousand lies, some thievery, and umpteen “never again” promises, not to mention a sense of loneliness and despair I never want to repeat.

Intervention came in 1997, as I sat hung-over next to some guy smoking a joint by my pool. Something in me shattered when my brother Chris, whom I hadn’t spoken to in quite a while, asked if I would come inside to talk. I wanted nothing to do with anything serious, but not wanting to be rude, I went inside and there they were: the intervention team.

After 28 days at a treatment center and several months of roughly a meeting a week and being with old friends, I moved to Aspen, opened a bar and proceeded to almost kill myself. I decided Aspen was the problem, so I moved to Austin for five long days and then went back to California, where I stayed with my brother and some friends, who both kicked me out. It was standing on a corner somewhere in Manhattan Beach that my journey began and the seed was planted. I called my mother in hopes of getting her to send me to rehab, but my stepfather, who was 12 years clean at the time, answered the phone. I pleaded for a specific program, but he did me the greatest favor and instead, lovingly said, “Go to 90 meetings in 90 days,” and that was that.

I went to a meeting and began my continuing journey in recovery. I attended nearly 270 meetings in my first 90 days, and eventually knew I wanted to work in treatment. I began working at a residential treatment center and quickly learned it was a tough gig, but I really liked the one-on-one work. I was lucky to experience training for a sober companion, a position I later entered and a role I love very much. Today, I have a beautiful wife and two beautiful daughters, and I know that they are miracles for a guy like me.

A Brain Disease That Can Affect Anyone

To help anyone with an addiction, first recognize that it is a disease like any other chronic illness, such as diabetes, high blood pressure, or asthma. This may be contrary to the myths you may have heard in stories surrounding celebrities with a problem, but it’s important to remember. Through recent scientific advances, we now know that drugs (including alcohol) change the structure and operation of the brain; these adjustments can be long-lasting and life-threatening. Addiction can create a compulsive need to obtain and use drugs, despite harmful consequences.⁵

No single factor predicts whether you, or someone you know, will become addicted to alcohol or drugs. Your risk is influenced by your biology, social environment, when you began to use alcohol and other drugs, and your age or stage of development. A combination of these factors influence whether someone will develop an addiction.⁶ Young people are particularly at risk. A review of 140 studies concluded that teens may be more prone to alcohol, tobacco, and other drug addiction because of the changes their brains go through during adolescent development.⁷

JOIN THE VOICES FOR RECOVERY

According to the **2007 National Survey on Drug Use and Health**:

- 35.7 percent of people aged 18 to 20 and 45.9 percent of 21- to 25-year-olds had five or more drinks on the same occasion at least once in the past 30 days (also known as binge drinking).⁸
- Young adults aged 18 to 25 used drugs at a significantly higher rate than youths aged 12 to 17 (19.7 percent versus 9.5 percent).⁹

MYTH: Teenagers are the most at risk.

FACT: More than twice as many adults aged 18 to 25 were classified with a substance use disorder in 2007 than people aged 12 to 17 (20.7 percent versus 7.7 percent).

SOURCE: *Results From the 2007 National Survey on Drug Use and Health: National Findings*, p. 74.

There are many reasons why this may happen, but for some people, the transition from adolescence to adulthood can be stressful. It can be tempting to try to self-medicate through this time with alcohol and/or drugs.¹⁰ However, substance use disorders compound the stresses of other areas of your life by harming your self-esteem; making it hard to sustain meaningful relationships with family, friends, and your community; holding you back from professional success; and increasing your personal health costs.¹¹ These consequences can happen even with drugs that may “seem” safe – such as prescription drugs.

Prescription Drug Misuse

Prescription drug misuse has been on the rise over the past few decades. The 2006 National Drug Control Strategy issued by the **White House Office of National Drug Control Policy** identified the illegal use of pharmaceuticals as one of the fastest-growing forms of drug abuse and outlined a program to reduce the availability of such drugs for nonmedical use and get users into treatment. In addition, the director of the **National Institute on Drug Abuse** has called for further research to develop safe and effective pain management strategies and medications with less potential for abuse.¹² In 2007, 6 percent of young adults aged 18 to 25 were current nonmedical users of prescription drugs, greater than the percentage using any illicit drug except marijuana.¹³ In the past 12 months, among all those aged 12 or older, the number of people initiating the nonmedical use of prescription drugs was – at 2.5 million – higher than the number initiating marijuana use, which was 2.1 million.¹⁴

Your friends and loved ones may access these medications through a variety of channels, including you – whether you are aware of it or not. In both 2006 and 2007, more than half of people aged 12 or older who used prescription-type pain relievers, tranquilizers, stimulants, and sedatives nonmedically said they got the drugs from a friend or relative for free.¹⁵

Because prescription drugs are legal, it is easy to think you are helping friends if they have pain or an ailment. However, there are risks associated with taking prescription drugs that are not prescribed for you. Mixing them with alcohol, other prescription drugs, or illegal drugs can be particularly dangerous.¹⁶

To be safe, store your medicines out of sight and away from predictable places, such as the bathroom, and know that sharing your prescription drugs with someone else is illegal and dangerous.¹⁷

Also be aware of your friends' Internet use, because now people can turn to online sources to fuel a prescription drug problem. In 2008, the [National Center on Addiction and Substance Abuse at Columbia University](#) (CASA) identified 365 Web sites that either advertised or offered controlled prescription drugs for sale online. Of those:

- Only two were registered Internet pharmacy practice sites.
- 85 percent offered drugs for sale that required no prescription from a physician.
- Half of sites that **did** require a prescription asked that the prescription be faxed, increasing the chance of fraud and multiple use of the same prescription.¹⁸

If you notice a friend or loved one carrying around multiple bottles of pills, or witness any kind of substance use problem, consider having a conversation with the person. Below are tips about how to broach this difficult topic and help your friend get help with the appropriate treatment course and on a road of recovery.

How to Spot and Help a Friend With a Problem

Take note of the following signs and symptoms if you think a friend or loved one has a substance use disorder. People who have these symptoms as a result of substance use could have already developed a very serious, potentially life-threatening relationship with alcohol or drugs and may need help:

Physical Signs:

- Unexplained weight loss or gain
- Slow or staggering walk, poor physical coordination
- Red, watery eyes; pupils larger or smaller than usual; blank stare
- Smell of substance on breath, body, or clothes
- Needle marks on lower arms, legs, or bottoms of feet
- Tremors or shakes in the hands, feet, or head¹⁹

MYTH: If someone is able to hold down a job, he or she must be okay.

FACT: 60.4 percent of adults aged 18 or older with a substance use disorder in 2007 (or 12.3 million people) were employed full time.

SOURCE: *Results From the 2007 National Survey on Drug Use and Health: National Findings*, p. 76.

Behavioral Signs:

- Changes in eating habits
- Change in overall attitude/personality with no other identifiable cause
- Changes in friends, sudden avoidance of old crowd, hesitancy to talk about new friends
- Difficulty paying attention, forgetfulness
- General lack of motivation, energy, and self-esteem; an “I-don’t-care” attitude
- Moodiness, irritability, or nervousness
- Extreme hyperactivity, excessive talking
- Paranoia
- Chronic dishonesty
- Change in personal grooming habits
- Possession of drug paraphernalia²⁰

As difficult as it may be to have a conversation with someone about addiction, putting it off will only prolong the trouble. Even though the situation may get worse before it gets better, your friend needs to know that there are places to go for help. Remember that a trusted friend or relative can provide support and help you approach someone you suspect has a substance use disorder.

To speak with friends or those close to you about addiction:

- **Sit them down**, individually, in a private place.
- **Start with positive reinforcement** and explain that you are talking to them because you care.
- **Offer a solution** and ideas on how they can get help, such as identifying recovery support resources in your area (see the resources listed at the end of this document).
- **End with a plan of action.** If they resist help, seek professional help and keep trying.²¹

Refer to the resources near the end of this piece to get additional advice on how to help a friend admit to a problem. Convincing a friend that he or she has a problem in the first place can be a challenge. In 2007, of the 20.8 million people who needed but did not receive treatment or support at a specialty facility in the past year, only 1.3 million people (or 6.4 percent) actually felt that they needed treatment for their alcohol or drug problem.²² Regardless of whether your friend admits to having a problem, if you think there is one, encourage your friend to get help or see a doctor or a substance use disorder professional to assess a possible problem. In 2007, 3.9 million people aged 12 or older received treatment of some kind, indicating that people do seek help and work to get better.²³

Sometimes it takes as much as court-mandated treatment or simply just the urging of a trusted friend for a person to understand a problem in the face of denial. Those who enter substance use treatment programs while being encouraged by others do comparatively better in treatment, regardless of the reason they sought it in the first place.²⁴

More information to help you assess a person's substance use can be found at [Check Yourself](#). The site helps young adults understand issues related to addiction and offers factual answers to questions about substance use, first-person experiences, quizzes and message boards, as well as addiction, treatment, and recovery information and resources.

Understanding Treatment and Recovery

Treatment and recovery from substance use disorders requires a comprehensive plan designed to address all factors that contribute to the disease. Friends, colleagues, and loved ones of those with a substance use disorder need to understand the breadth of treatment and recovery support options available to find the most suitable plan.

A variety of methods can help, and in fact, new treatment options have emerged over the last 20 years.^{25, 26} Some people recover on their own; others recover through treatment and/or the assistance of self-help, mutual-aid groups, or medication-assisted therapies. If you are helping someone you know plot out a course in recovery, pay attention to traits such as age, race, employment status, religion, family issues, and drug of choice so care can be tailored to his or her needs. For example, if you have a friend with a full-time job, he or she might benefit from outpatient programs or mutual support groups. In contrast, someone who has lost his or her home or has other medical issues might find an inpatient treatment program more suitable.

You play an important role, too, as support networks are central for successful rehabilitation from addiction. The assistance of family, friends, employers, and other concerned community members can help someone achieve long-term recovery.

Helping Yourself Through a Friend or Loved One's Addiction

Even though a friend might be the one with a problem, his or her substance use disorder can weigh heavily on you. If you are living with someone who has a substance use disorder, you may experience some psychological stress, or even physical problems such as insomnia, headaches, or allergies.²⁷ Even if the person is just an acquaintance, the problem can take an emotional toll.

During this time, even though it is important for you to help your friend in their struggle, it is equally as necessary for you to maintain balance. To best help your friend or loved one, you need to deal with your frustrations and concerns about his or her situation. Support for people close to someone with an addiction can be found at:

- **Al-Anon or Alateen** – Offers support for friends and family members who know someone with alcohol dependence
- **Families Anonymous** – Helps concerned relatives and friends whose lives have been adversely affected by a loved one's addiction; also offers online support meetings
- **Nar-Anon** – A 12-step program designed to help relatives and friends of those with an addiction recover from the effects of living with an addicted relative or friend

Using the Internet to Find Support

An array of support is available online for you and your friends, families, and colleagues. Along with helping people with a substance use disorder speak with others going through similar experiences, message boards and forums offer support for anyone affected by someone else's addiction. A safe and non-threatening environment online can motivate people and help them find clarity in their situation. Some online resources include:

- **SAMHSA's "Find Substance Abuse and Mental Health Treatment" Web site** – Lists a range of resources about mental health, substance abuse, and treatment
- **SAMHSA's "Accessing Prevention, Treatment, and Recovery Online" Webcast** – Examines how technology has revamped the field of substance use disorder prevention and addiction treatment
- **The Sober Recovery Community** – Offers support forums for people in recovery, as well as family and friends
- **Sober.com** – Provides message boards for people in recovery and also provides recovery coaching from professional counselors
- **Cyber Recovery Fellowship** – Offers faith-based forums for people in recovery
- **eGetGoing** – Helps people new to recovery through online support groups led by certified counselors
- **Shouting Inside** – Helps young adults who misuse substances share their stories and their struggles with like-minded young people.

Another important resource is SAMHSA's National Helpline, **1-800-662-HELP**, for toll-free information and treatment referrals in English and Spanish, 24 hours a day.

How Friends Can Help During *Recovery Month*

This September, SAMHSA will celebrate the 20th anniversary of ***Recovery Month*** and encourages family, friends, colleagues, and other acquaintances of those with substance use disorders to participate. Make a difference by:

- **Getting educated** – Visit SAMHSA's Web site to find information and resources about substance use disorders, treatment, and recovery. As you learn about the illness of addiction, you will discover the reality of this disease and effective ways to help the people you know.
- **Getting vocal** – Talk to friends, family, and community members about your experiences with a close friend's alcohol or drug problem and ways to fight the common misconceptions people may hear about addiction.
- **Getting involved** – Go to the ***Recovery Month*** Web site at <http://www.recoverymonth.gov> to identify local event opportunities to participate in, such as volunteering your time as a mentor for children or helping to plan an event in collaboration with a local treatment facility or a recovery support center.

For more information and organizations that can help provide treatment and other resources, visit the ***Recovery Month*** Web site at <http://www.recoverymonth.gov>. Information on treatment options in your area and the special services available can be found at SAMHSA's "Find Substance Abuse and Mental Health Treatment" Web site, a portal that includes a searchable database of more than 11,000 U.S. treatment facilities and additional treatment resources. For additional ***Recovery Month*** materials, visit <http://www.recoverymonth.gov> or call 1-800-662-HELP.

Web sites or event examples mentioned in this document and on the ***Recovery Month*** Web site are solely the responsibility of the authors and do not necessarily represent the official views of the U.S. Department of Health and Human Services, the Substance Abuse and Mental Health Services Administration, or the Center for Substance Abuse Treatment.

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The Internet's Role in Substance Use Disorders and Recovery Support

Two decades ago, when **National Alcohol and Drug Addiction Recovery Month (Recovery Month)** first began, the world was a different place:

- The Internet had not yet emerged as a common resource for information on any topic, much less about substance use disorders.
- Barriers such as a lack of transportation in rural areas were more likely to keep people from accessing treatment services than they are today.¹
- The use of medication-assisted treatment options such as methadone, although they were available, was much more limited and less well understood.²

Today, all three of these examples are no longer the case. These changes in what we know and how we communicate about substance use disorders are the focus of this year's 20th anniversary **Recovery Month** theme, **"Join the Voices for Recovery: Together We Learn, Together We Heal."** **Recovery Month** is 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. This year's theme emphasizes the need to use all available resources, in our communities and on the Internet, to educate people about the disease and to help those with substance use disorders, and those close to them, get support.

This theme celebrates the power of community support and understanding. By opening a dialogue about the harmful effects of alcohol and drug addiction on families, friends, and communities, we can provide hope, healing, and better help those struggling with substance use disorders embark on a successful journey of long-term recovery.

With this in mind, this information will help you, your friends, family, and members of your community take better advantage of the resources available online. The following sections outline how the Internet can be a helpful tool, the steps you can take to use it most effectively to find support, and the challenges it presents – and what you can do to help. It also provides tips for using the Internet to promote and facilitate your **Recovery Month** activities.

The Opportunities: How the Internet Can Help People in Need

The online environment can be a positive resource. People of all ethnic groups and age levels within the United States take advantage of the more than 70 different online recovery programs and services available. The Web has provided information and referrals to licensed in-person treatment and recovery support programs, and the presence of online-based treatment and recovery is a relatively new phenomenon that is becoming more prevalent.³

JOIN THE VOICES FOR RECOVERY



**Aaron
Kucharski**

I'm a person in long-term recovery, meaning that I haven't had a drink or a drug since September 6, 2003. Recovery has given me a new life, a new direction, and has helped me to find the passions in my life that were absent before I came into recovery.

Maintaining my recovery has been a constant focus, as I find new tools and resources to help me keep the life I now enjoy. I've been able to stay involved with activities I care about, such as writing music and participating in the political process. I was recently introduced to the growing recovery advocacy movement and had the honor of working with *Faces & Voices of Recovery* for the *Recovery Voices Count* project, which works with organizations and advocates from all levels to increase awareness of the recovery community as a political constituency.

I truly believe that the resources that were made available to me should be available to anyone. Recovery housing, mutual support groups, advocacy opportunities, and drug therapy are all a part of my recovery story. I'll continue to fight to get help for those who need it most!

I have been fortunate to travel and expand my view of what recovery is all about. I know that millions of people in recovery are serving as productive members of society – they are those who have fought the barriers themselves, and are real human beings rather than just a statistic.

I encourage everyone in recovery to tell their recovery and success stories to anyone who will listen. The more we put a face and a voice on an issue, the more real it becomes to others.

Whether you seek help for yourself or someone you know through online or face-to-face resources, remember that:

- **Addiction is a disease that should be treated like any other health problem.**⁴ It can happen to anyone and affects people of all ages, races, and economic backgrounds.⁵ Some misconceptions about the disease persist; a recent survey found that 44 percent of the general public believe that people who are addicted to alcohol could stop using the substance if they had enough willpower, and 38 percent said the same about drugs. Yet the truth is that addiction is a brain disease, and just like other diseases, such as diabetes, it is treatable.^{6,7}
- **Recovery comes in many forms.**⁸ A successful recovery journey hinges on an individualized, comprehensive, and integrated approach. Some people recover on their own; others recover through treatment and/or the assistance of self-help, mutual-aid groups, or medication-assisted therapies.⁹

A holistic approach to overcoming substance use disorders uses a wide range of age-, gender-, culturally, and drug-appropriate services to help people recover physically, mentally, and spiritually.¹⁰ By working with people's unique physical, environmental, and spiritual background, along with any mental health issues surrounding their addiction to provide individualized care, we have an opportunity to improve on their success in recovery.¹¹

JOIN THE VOICES FOR RECOVERY

If you do go online for information about these topics, you will not be alone: 8 percent of all Internet users search for information related to alcohol or drug problems, and 14 percent of 18- to 29-year-olds do so – the most of any age group.¹² Interestingly, approximately five times **more** people look for information online about alcohol and drug problems than those who receive in-person specialty treatment. This indicates that the Internet can help people who are looking for information and support, but might not want to access traditional treatment and recovery support services.^{13, 14}

Online treatment services can help people in rural areas and cities who may have problems with transportation to in-person treatment services. They also change how people receive help – instead of a once-a-week counseling session, for example, people can access support at any time, which can be helpful in preventing relapses.¹⁵

Internet-based services such as an **alcohol self-scoring test** can reach people who are typically underserved by traditional programs, such as women. Additionally, reaching less-motivated populations may allow online programs to serve as a stepping stone, moving people into treatment at an earlier stage of their illness.¹⁶

Online recovery support also can:

- **Provide** anonymous support that enables people to be more open about their experiences
- **Enable** both empowerment and privacy, since people can disclose what they want, when they want, and how they want to
- **Offer** people an infinite number of targeted support options, connecting people from certain geographic locations and those with similar personal interests and careers¹⁷

The Internet also can provide peace of mind for people concerned about their friends' and family members' substance use disorders. Forty-eight percent of people seeking health information say the last time they went online for health or medical information, their search was related to someone else's situation. Almost 75 percent felt reassured that they could make appropriate health care decisions and 56 percent felt relieved or comforted based on what they found online.¹⁸

Read on to learn how to find support for your needs online.

MYTH: Internet-based counseling is not effective.

FACT: Research suggests that treatment satisfaction is the same whether treatment is provided via Internet-based counseling or through on-site group counseling. In fact, some people prefer Internet-based services because of convenience and increased confidentiality.

SOURCE: King, et al. "Assessing the effectiveness of an Internet-based video-conferencing platform for delivering intensified substance abuse counseling." *Journal of Substance Abuse Treatment*, September 2008, e-publication.

How to Use the Internet to Get Help

Your first step is to research the resources, providers, and services that are available online. Ask yourself the following questions before jumping into a particular online community or recommending it to others:

- **What kind of information is required to join the community?** Many Web sites require some personal information, such as names and e-mail addresses, to participate. Review their privacy policy to ensure that the information is not distributed to third parties. The anonymity of the Internet is important for many in recovery.
- **Can I see my loved one or myself fitting in?** Take some time first to read what others are saying on the Web site before taking action. Can you relate to the other participants? Can you see yourself or a loved one feeling comfortable with the response and support they will get from others in the group? Are the posted comments constructive, supportive, and helpful?
- **What kind of oversight does the group have?** Are there licensed treatment and recovery counselors who actively oversee the conversation and participate? Does the group have moderators who ensure that privacy and anonymity are preserved and the conversation sticks to the topics at hand?
- **Does the Web site offer additional, offline resources?** Some sites offer helplines or other resources where you can interact with people offline as well, which may be important for your needs.

MYTH: The Internet can help everyone in need of treatment and recovery services overcome their addictions.

FACT: Everyone is different, which means that everyone requires individualized treatment and recovery support. Although online support programs may be an important part of helping one person on a path of recovery, someone else might need more intensive in-person treatment.

SOURCE: *National Summit on Recovery Conference Report*, pp. 5, 7-9.

Some examples of online resources include:

- SAMHSA's "Find Substance Abuse and Mental Health Treatment" Web site – Lists a range of resources about mental health, substance abuse, and treatment
- SAMHSA's "Accessing Prevention, Treatment, and Recovery Online" Webcast – Examines how technology has revamped the field of substance use disorder prevention and addiction treatment
- The Sober Recovery Community – Offers support forums for people in recovery, as well as family and friends
- Sober.com – Provides message boards for people in recovery and also provides recovery coaching from professional counselors

- **Cyber Recovery Fellowship** – Offers faith-based forums for people in recovery
- **eGetGoing** – Helps people new to recovery through online support groups led by certified counselors
- **Shouting Inside** – Helps young adults who misuse substances share their stories and their struggles with like-minded people.

Another important resource, in addition to online recovery forums, is SAMHSA's National Helpline at **1-800-662-HELP** for toll-free information and treatment referrals in English and Spanish, 24 hours a day. As you explore these resources, remember that the Internet can present certain challenges, which are outlined in the next section.

How the Online World Can Promote Substance Use

The Internet has a wealth of positive resources to help people find treatment and recovery services, but it also provides information and resources for destructive behaviors. Unfortunately, people use the Internet to share new trends and methods of substance use, as well as to obtain drugs:

- More than half of teens believe that prescription drugs are easier to obtain than illicit drugs and that pain relievers are “available everywhere” – and in fact, many people use the Internet to obtain prescription drugs.¹⁹
- In 2007, almost 3 million people were addicted to legal substances that could be readily purchased online, including prescription pain relievers, tranquilizers, stimulants, and sedatives.²⁰

In 2008, the **National Center on Addiction and Substance Abuse at Columbia University (CASA)** identified 365 Web sites that either advertised or offered controlled prescription drugs for sale online. In particular:

- Only two were registered Internet pharmacy practice sites.
- 85 percent of those that offered drugs for sale required no prescription from a physician.
- Of those that did require a prescription, half only asked that the prescription be faxed, increasing the chance of fraud and multiple use of the same prescription.²¹

The Internet also can be an educational tool to promote harmful actions. Videos and other online resources draw particular attention to how to misuse over-the-counter (OTC) medicines. In 2006, about 3.1 million people aged 12 to 25 (or 5.3 percent of the population) said they had used OTC cough and cold medications to get high during their lifetimes, and nearly 1 million (1.7 percent) had done so in the past year.²² At the same time, people use social networking sites, such as **MySpace**, **YouTube**, **LiveJournal**, and **Facebook** to post detailed instructions, conversations, and videos of youths misusing cough medicine. Through these outlets and others, people can compare notes about misusing medicines that are legally available.²³

The same is true with *salvia divinorum*, regarded as the world's most hallucinogenic herb. About 1.8 million people aged 12 or older have used *salvia* in their lifetimes, and approximately 750,000 did so in the past year. While many may never have heard of *salvia*, this mind-altering herb is sold legally online, and more than 5,000 videos posted on YouTube show the experiences of people who have used the herb. Some of these videos have been viewed half a million times.^{24, 25}

If you suspect that someone you know has a problem with alcohol and/or drugs, talk with that person about any online habits. If you share a computer, look at your Web browser's history to find out if the sites visited include ideas about how to obtain or misuse various substances. If you don't, still raise the subject and encourage people to be open with you about their experiences. Do your part to get them the positive help they need – and as you will learn in the next section, use the Internet to draw attention to this issue during **Recovery Month**.

Using the Internet to Promote **Recovery Month**

The Internet can be an excellent tool to help you promote **Recovery Month**. Every September, **Recovery Month** encourages communities nationwide to support people with substance use disorders and celebrate those in recovery, their families and others who support them, and their treatment providers. To join the cause this year for the 20th anniversary celebration:

- **Promote the **Recovery Month** Web site** – When posting on online support forums, add a link to the **Recovery Month** Web site at <http://www.recoverymonth.gov> to your electronic “signature” to refer people to the extensive resources available.
- **Create your own Web site** – Create your own recovery-oriented Web site that discusses your experience with addiction and recovery. **Recovery Month's** Web site at <http://www.recoverymonth.gov> has a large amount of interactive content including events, stories of recovery, and multimedia products such as Webcasts and public service announcements – so link to it from your site.
- **Use the Internet to find ways to connect with others in person** – Investigate sites such as **Meetup**, which offers ways to identify others with similar interests and then arrange for offline meetings. Use **Meetup** to plan a meeting or event during **Recovery Month** for people in your online support group, should members wish to meet fellow participants.
- **Continue to learn** – Refer to the “**Online Voices for Recovery**” document in this toolkit for more ideas on how to learn more about real stories of addiction, treatment, and recovery on the Web.

For more information and organizations that can help provide treatment and other resources, visit the **Recovery Month** Web site at <http://www.recoverymonth.gov>. Information on treatment options in your area and the special services available can be found at SAMHSA's “**Find Substance Abuse and Mental Health Treatment**” Web site, a portal that includes a searchable database of more than 11,000 U.S. treatment facilities and additional treatment resources. For additional **Recovery Month** materials, visit <http://www.recoverymonth.gov> or call 1-800-662-HELP.

Web sites or event examples mentioned in this document and on the **Recovery Month** Web site are solely the responsibility of the authors and do not necessarily represent the official views of the U.S. Department of Health and Human Services, the Substance Abuse and Mental Health Services Administration, or the Center for Substance Abuse Treatment.

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A Guide to Help Media Accurately Cover Substance Use Disorders

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, encourages people nationwide, including the media, to understand the realities of substance use disorders, treatment, and recovery. The media plays a critical role in shaping perceptions about the risks and realities of addiction.¹ Because of the media's relevance in communicating information to the general public, CSAT is providing this guide for the first time to specifically help the media understand addiction, treatment, and recovery.

Today's media environment is pressured by tight deadlines and fewer staff members who each cover several beats, giving way to fewer experts in the fields of addiction and health.² Facing tight deadlines, journalists often lack the time to adequately research topics, such as addiction, before finalizing stories – and it may be hard to keep up with the advances that have been made over the last 20 years in understanding the disease and how to treat it.

Print and broadcast reporters are challenged by having to provide instant and continuous breaking news, making it difficult to provide complete coverage to readers and viewers.³ Unknowingly reporting inaccurately about the issues surrounding substance use can contribute to the misrepresentation of addiction, treatment, and recovery, and potentially influences risky behavior.⁴

Conveying the truth about substance use disorders and effective treatment and recovery can help diminish the misconceptions associated with addiction and treatment. It also can assist those battling with substance use disorders – as well as those close to them – so they better understand the problem and can seek help.

20 Years of Progress

- 1986** The Office of Substance Abuse Prevention (OSAP) is created.
- 1989** The United States celebrates its first *Treatment Works! Month*, later to become *National Alcohol and Drug Addiction Recovery Month*.
- 1990** The Americans with Disabilities Act passes and includes protections for people with mental health problems, including substance use disorders.
- 1992** President George H.W. Bush signs the Alcohol, Drug Abuse and Mental Health Administration Reauthorization Act, creating the Substance Abuse and Mental Health Services Administration (SAMHSA).
- 2000** The Drug Addiction Treatment Act passes, allowing physicians to treat opioid addiction with certain narcotic medications.
- 2003** The New Freedom Commission on Mental Health is created and calls for the transformation of mental health care in the United States, including substance use disorders, to a focus on recovery.
- 2003** SAMHSA launches the *Access to Recovery (ATR)* grant program to increase access to treatment.
- 2005** The Center for Substance Abuse Treatment within SAMHSA hosts 100 stakeholders to discuss a renewed emphasis on recovery. The word "recovery" is given a formative definition for the first time.
- 2007** SAMHSA's *Report to Congress on Co-Occurring Mental and Substance Use Disorders* identifies barriers to appropriate treatment and support services and proposes a system in which co-occurring disorders are addressed and treated as primary illnesses.

JOIN THE VOICES FOR RECOVERY

With nearly three-quarters of the population believing that recovery from addiction to marijuana, prescription drugs, and alcohol is possible and 58 percent viewing recovery from addiction to other illicit drugs, such as heroin or cocaine, as a real possibility, it is incumbent on the media to highlight these benefits throughout communities.⁵

We are working to help media better understand addiction for the 20th anniversary of **National Alcohol and Drug Addiction Recovery Month (Recovery Month)**. The 2009 theme, **“Join the Voices for Recovery: Together We Learn, Together We Heal,”** emphasizes the need to use all available resources, in our communities and on the Internet, to educate people and their families about the disease and to help those with substance use disorders, and those close to them, get support. It also celebrates the power of community support and understanding. By opening a dialogue about the harmful effects of alcohol and drug addiction on families, friends, and communities, we can provide hope, healing, and better help those struggling with substance use disorders embark on a successful journey of long-term recovery.

This document includes basic facts about substance use disorders, treatment, and recovery and will help dispel common misconceptions about addiction. You will find tips for reporting on these topics and information and resources to make the jobs of reporters and broadcasters easier and their coverage more accurate. For more information, refer to the **“Overview,”** **“Commonly Misused Substances,”** and **“Treatment and Recovery”** pieces of this toolkit.



**Elizabeth
Currier**

The day my world began to crumble, January 6, 1976, I had my last drink. Until then, I had no idea that my drinking was a problem. After all, I was a social drinker – or so I thought. On that night, my 15-year-old daughter overdosed on a combination of phenobarbital and brandy and almost died. I met with a counselor at the hospital to talk about my daughter, but the first words he said were, “Your daughter says you drink too much. Do you?” Thus began a series of “higher powered” events – there are no coincidences – that started me on an incredible journey. That first year was a rollercoaster ride of hating myself, having my eyes opened and then questioning again whether I really had a problem, but all the time, being loved unconditionally until finally I began to get it.

This journey has given me a life beyond my wildest dreams. I’ve come from a place of loneliness, shame, and fear to one of love, joy, and purpose. I have the skills to be of service in addiction prevention, treatment, and recovery. The greatest blessing has been my family. My four children, raised in the chaos of addiction and manifesting addiction in their own ways, have found their own pathways to recovery. The addiction cycle, I truly believe, has been broken for this family.

Now, I have the privilege of devoting all my time to living, promoting, and supporting recovery. I am active in the recovery movement at the federal, state, and local level, serving on the boards of *Faces and Voices of Recovery*, *Friends of Recovery New York*, and my local recovery community organization. I am proud to say, “I am a woman in long-term recovery from alcoholism.”

Basic Facts About Substance Use Disorders, Treatment, and Recovery

There were 23.2 million people aged 12 or older who needed treatment for a substance use disorder in the United States in 2007. Given this prevalence, the general public should understand the impact of addiction on people's lives, their family and friends, and the overall well-being of their communities.⁶ The effects of a person's struggle with alcohol and/or drug use reach beyond the individual person – influencing and encumbering relationships with loved ones and dismantling quality of life.

A substance use disorder, like many chronic ailments – diabetes, high blood pressure, asthma – is a disease that can affect anyone. There is no one-size-fits-all approach to treatment, and addiction can be successfully managed, but like other conditions, can require more than one round of treatment to be effective.^{7, 8} Recent studies indicate that over the past 25 years, treatment and recovery support services have worked to reduce drug use.⁹

People experience recovery in different ways. Some people recover on their own; others recover through treatment and/or the assistance of self-help, mutual-aid groups, or medication-assisted therapies. Over the past few years, policymakers, providers, community service workers, and researchers have focused on holistic and recovery-oriented approaches to overcome substance use disorders that use a wide range of age-, gender-, culturally, faith-, and drug-appropriate services to help people recover not just physically, but mentally and spiritually as well.¹⁰

In the United States today, there are more than 11,000 specialized drug treatment facilities that provide rehabilitation, behavioral therapy, counseling, medications, and other types of services to those with a substance use disorder. Whether treatment was obtained at a hospital, rehabilitation facility, doctor's office, self-help group, or other treatment and recovery center, 3.9 million people aged 12 or older received some form of treatment for a problem related to alcohol or drug use in the past year.^{11, 12}

Some people are in denial and others are concerned about misconceptions associated with their addiction; this makes it difficult to provide them with the support they need. In 2007, an estimated 93.6 percent of people who needed treatment did not receive it because they felt they did not need it.¹³

MYTH: Addiction is a personal choice, a character flaw.

FACT: Through recent scientific advances, we now know that drug addiction is a brain disease. Each drug changes how the brain functions in a specific way, which has a powerful influence on all aspects of a person's behavior. A person's drug use can go from voluntary to compulsive – making alcohol or drugs the greatest motivator in his or her existence.

As evidenced by the 2008 expansion of the Mental Health Parity Act of 1996, which provides equity in insurance coverage of mental health and substance use disorders, addiction is a medical condition that should be treated like any other illness.

SOURCES: *Myths About Drug Abuse & Treatment*, The Partnership for Drug-Free America
Web site: http://www.drugfree.org/Intervention/WhereStart/13_Myths_About_Drug_Abuse.
Congresswoman Shea-Porter Hails Passage of Mental Health Parity Act. Congresswoman Carol Shea-Porter (D-NH), news release. September 23, 2008.

MYTH: Treatment programs are not effective.

FACT: Studies indicate that drug treatment reduces drug use by 40 percent to 60 percent and can significantly decrease the amount of criminal activity during and after treatment. Treatment has been shown to improve one's prospects of employment, with gains at nearly 40 percent.

SOURCE: *Myths About Drug Abuse & Treatment*, The Partnership for Drug-Free America
Web site: http://www.drugfree.org/Intervention/WhereStart/13_Myths_About_Drug_Abuse.

People sometimes encounter barriers in their effort to obtain treatment and recovery support. From 2004 through 2007, 35.9 percent of people who made an effort to obtain treatment did not receive it due to a lack of health insurance coverage and the inability to afford it.¹⁴ Accurately conveying the value of support, treatment, and recovery in media coverage is essential to helping people acknowledge the power and reality of recovery.

Reporting About Substance Use Disorders and Recovery

The media shapes how the general public perceives substance use disorders. As you are a conduit to the general public, keep the following points in mind when reporting any story of a person dealing with an addiction, as well as when covering any general issues surrounding substance use disorders, treatment, and recovery:

- Despite some of the myths around addiction, **it is a real disease** – similar to asthma or diabetes – and can be treated and successfully managed over time.
- **Addiction ripples throughout the country.** It is a multi-faceted disease that affects not only the individual, but one's family, friends, and the community at large.
- **Stories about addiction, treatment, and recovery are real,** and such issues can cause families and loved ones personal, emotional, and health struggles.
- There is no silver-bullet approach to treatment and recovery. **Each person's treatment and recovery process is unique** to individual needs. But new treatment approaches continue to emerge as the recovery field has evolved over the years.
- **Help is available,** and media should remind readers and listeners about SAMHSA's 24-hour National Helpline, **1-800-662-HELP**, for information and treatment referrals in English and Spanish.

Include these angles in your coverage to reduce the number of myths associated with addiction and recovery and better support those affected by alcohol and drug use.

MYTH: The public's attitudes toward people with substance use disorders have no effect on whether a person gets help.

FACT: During 2004 through 2007, two of the top reasons people gave for not receiving treatment for an alcohol or illicit drug dependence included worries about possible negative effects on one's job (11.6 percent) and concern that receiving treatment might cause neighbors and the community to have a negative opinion of the person (11.1 percent).

SOURCE: *Results From the 2007 National Survey on Drug Use and Health: National Findings*, p. 81.

Resources for Reporters

The following resources provide additional information about substance use disorders, treatment, and recovery. Use them as references when constructing articles or broadcast stories about this health topic.

- **Information about substance use and treatment** – The “Treatment and Recovery” and “Commonly Misused Substances” documents in this toolkit
- **What people are saying in the treatment and recovery field** – The *Addiction and Recovery Guide* – a useful online tool offering treatment and recovery information, as well as a message board for sharing questions and experiences
- **Technical resources on the prevention and treatment of substance use and mental health disorders** – The Partners for Recovery Web site – a SAMHSA initiative
- **Personal treatment and recovery stories and experiences** – The *Recovery Month* Web site – <http://www.recoverymonth.gov> – and the *Faces and Voices of Recovery* Web site

For additional facts about the impact of substance use disorders and treatment in the United States, please refer to the following government sources:

- SAMHSA’s *National Survey on Drug Use and Health*
- SAMHSA’s Center for Substance Abuse Treatment
- SAMHSA’s “Accessing Prevention, Treatment, and Recovery Online” Webcast
- SAMHSA’s Drug Abuse Warning Network (DAWN)
- National Institute on Drug Abuse (NIDA)

For more information and organizations that can help provide treatment and other resources, visit the *Recovery Month* Web site at <http://www.recoverymonth.gov>. Information on treatment options in your area and the special services available can be found at SAMHSA’s “Find Substance Abuse and Mental Health Treatment” Web site, a portal that includes a searchable database of more than 11,000 U.S. treatment facilities and additional treatment resources. For additional *Recovery Month* materials, visit <http://www.recoverymonth.gov> or call 1-800-662-HELP.

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- 14 Ibid, p. 82.

Online Voices for Recovery

This year marks the 20th anniversary of **National Alcohol and Drug Addiction Recovery Month (Recovery Month)**, presented by the U.S. Department of Health and Human Services' Substance Abuse and Mental Health Services Administration's (SAMHSA's) Center for Substance Abuse Treatment. Since **Recovery Month** first began 20 years ago, the media landscape has changed significantly. Digital channels are expected to contribute to 80 percent of media usage by 2020. To continue to support all those affected by substance use disorders and people in the recovery community, it is necessary to adapt to the ways people are talking about substance use disorders and long-term recovery. We need to reach the millions of Americans who are discussing addiction, treatment, and recovery on the Internet.

The evolution of the Web has created a broader range of communication about these topics. There are many different conversations occurring online about various aspects of drug use, addiction, treatment options, and recovery. These conversations are happening in many different places; blogs, message boards, forums, and social networks all contribute to parts of the dialogue.

During this year's **Recovery Month**, we are encouraging everyone to take advantage of these new channels. You can read more about using the Internet to publicize your events and how to reach out to your local community in the "**Media Outreach**" section of this toolkit on the **Recovery Month** Web site at <http://www.recoverymonth.gov>. To complement those materials, this guide provides tools and resources to help you:

- Find and organize conversations and news posted online about addiction, treatment, and recovery
- Use online resources most appropriately to inform your work in helping others with substance use disorders

Glossary of Online Terms

Blog: Short for "Web log," a blog is a user-generated Web site. If you have a computer, you can create a personalized blog where you publish updates on special topics, your personal life, and just about everything else. It often is posted by date in reverse chronological order.

Search Engine: This is a resource designed to help you find other Web sites on the Internet by scanning pages and looking for keywords. The most popular are **Google**, **Yahoo!**, and **Ask**.

Message Boards and Forums: Built around a specific issue, these online communities allow registered members to post a brief message or ask a question of people with similar interests. Users can either start their own conversations or respond to another member's comment.

Social Networks: Similar to message boards and forums, these services allow people to register and build a profile about their interests. They can then network with others in the online community based on their likes, share notes and friends, and connect to build a network of contacts. Some are very general, such as **Facebook** and **MySpace**, but there are also many more designed for specific interests. Most of the addiction and recovery conversation takes place on message boards, which offer more anonymity compared with social networks.

Searching for Voices Online

Conversations about substance use disorders, treatment, and recovery abound on the Internet. With millions of blogs already in existence and new ones being created every day, finding the right dialogue to participate in can seem like a daunting task. In addition to the many resources available at the [Recovery Month Web site](#), you can read about addiction, treatment, and recovery on blogs and message boards. Many tools will help you uncover these Web sites. The most popular are search engines, such as [Google](#), which you have likely used before, but there also are tools designed to help you locate specific conversations on blogs and message boards. You can sort your searches by what is the most relevant or arrange the conversations by date posted. Some blog search engines to try are:

- [Google BlogSearch](#), which works in the same way as the main Google search engine
- [Technorati](#), which ranks blogs by their “authority” or “popularity.” This can tell you how widely read a specific blog is by gauging how many other sites link to it. The most reputable blogs are linked to the most.

Gathering Information in One Place

When you begin searching for news, events, or discussions about addiction, treatment, and recovery support, you may read your local newspaper, other traditional outlets, a few online sites, and maybe even a blog or two. Each of these diverse resources may help keep you informed of news and opinions that affect your daily work. However, if you were trying to stay up to date on all of these sources, you would have to flip through dozens of different newspapers or Web sites each day. What if you could build one newspaper with only the articles that interest you? In a way, you can, using something called RSS, or Really Simple Syndication. It is a Web application designed specifically to make your information-gathering automatic and contained in one place – doing the heavy lifting for you so you, can spend more time reading the material instead of searching for it.



The RSS Symbol

RSS takes articles on topics that interest you and publishes them on a separate stream called a “feed,” which is updated automatically when a new article on the topic is posted. Instead of checking each Web site constantly to look for updates, you can download your personalized feed to an RSS reader. Examples of readers include:

- [FeedReader](#)
- [Google Reader](#)
- [Omea](#)

These Web sites combine streams of news from the sites you visit and put them all in one place – either in your e-mail box or on one of the password-protected sites listed above. Most sites that update content often, such as blogs and news sites, produce an RSS feed. Sites that have an RSS feed will have an orange icon with the image of a signal on it. Click it and you will be able to see the feed and download it to your RSS reader. After that, your RSS reader will have all the information you want in one place.

Using Online Resources Appropriately

As you are diving into the online world, think about what you want to get out of your research. You may find two different types of information online about substance use disorders, treatment, and recovery:

- News about people in recovery and research about addiction, treatment, and recovery. You may even find information about **Recovery Month** events in your own community.
- Firsthand accounts from people who are (or know someone who is) currently experiencing the hardship of addiction. These voices can give a realistic and honest perspective of addiction from someone experiencing the pain **right now**.

You can use this information in a number of ways:

- **Listen and learn** – Reading news articles and blogs about addiction, treatment, and recovery gives you an opportunity to hear directly from people who are affected by these issues. You will gain a lot of knowledge about their concerns by simply reading carefully. Ultimately, the best way to participate may be as a silent observer, keeping in mind the sensitivity of the issue.
- **Tailor your Recovery Month outreach** – The knowledge you can gain by following online conversations will help you tailor your outreach during **Recovery Month** and beyond. It can help you provide up-to-date, relevant resources and counsel to members of your community. For example, after you see what people are talking about today on a specific issue, you can identify trends or think about different topics to address tomorrow with your activities.

Online Support Forums and Message Boards

- **The Sober Recovery Community** – Offers support forums for people in recovery, as well as family and friends
- **The Sober Forums** – Provides message boards for people in recovery and also provides recovery coaching from professional counselors
- **Cyber Recovery Fellowship** – Offers faith-based forums for people in recovery
- **eGetGoing** – Helps people new to recovery through online support groups led by certified counselors
- **The Sober Village** – Offers online community forums for people in recovery

- **Find support** – Treatment services are sometimes offered online, which can be helpful especially when transportation or other barriers keep people from obtaining the help they need. Often, anonymous users may post messages about how their recovery is going or any struggles they have had. The message board community will respond with words of encouragement or other helpful information.

While this can be uplifting, you should be aware that the purpose of these forums is to guide those in recovery to find **another** support outlet offline. Message boards and support forums can help guide those with questions to resources that can help them. It is imperative to avoid making them a replacement for proper treatment or recovery services.

JOIN THE VOICES FOR RECOVERY

- **Connect with others, but respect their privacy** – In some cases, you may know who is writing a piece online, especially if it is on a newspaper Web site. But if it is a personal blogger or a message board, you are not necessarily going to be able to identify the writer. The online world reinforces the anonymity traditions of many mutual support groups, therefore offering an appropriate and familiar outlet for people in recovery.
- **Share your story** – Many people use the Internet to discuss substance use disorders because it is a safe and non-confrontational arena where they can openly talk about their problems.

Learning Online

As the Internet continues to evolve, new tools and resources will become available that will help you research, learn, and talk about addiction, treatment, and recovery. In your quest to provide the most appropriate information, treatments, and paths of recovery to people in your community, the open conversation of the online world will become more relevant in the future.

For the last 20 years, **Recovery Month** has focused on building resources designed to help you fulfill this goal. As new technologies develop, **Recovery Month** will continue to adjust to your needs in using these channels. In fact, in 2008, SAMHSA devoted one of its *Road to Recovery* Webcast episodes to “**Accessing Prevention, Treatment, and Recovery Online**,” which can be viewed at <http://www.recoverymonth.gov>.

Whether you are planning an event or looking to provide additional support for someone who is affected by a substance use disorder, use the resources on the **Recovery Month** Web site, <http://www.recoverymonth.gov>, as a guide. Another important resource is SAMHSA’s 24-hour national helpline for information and treatment referrals in English and Spanish, **1-800-662-HELP**.

Web sites or event examples mentioned in this document and on the *Recovery Month* Web site are solely the responsibility of the authors and do not necessarily represent the official views of HHS, SAMHSA, or CSAT.

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 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 in this toolkit 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 enclosed in this **planning toolkit**. Web sites or event examples mentioned in this document and on the **Recovery Month** Web site are solely the responsibility of the authors and do not necessarily represent the official views of HHS, SAMHSA, or CSAT.

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. Last year, with the help of National Council on Alcoholism and Drug Dependence, Faces and Voices of Recovery, the Partnership for a Drug-Free America, and the SAMHSA planning partners, A&E launched this initiative with the first Recovery Rally in New York City where more than 5,000 people joined together to form a human bridge of recovery on the historic Brooklyn Bridge.

<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.

860-269-4391

<http://www.addictionsurvivors.org>

Addiction Technology Transfer Center (ATTC) Network

The SAMHSA-/CSAT-funded Addiction Technology Transfer Center network is comprised of 14 regional centers and a national office that serves the 50 states, Washington, D.C., 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.

National Office: 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.

310-534-1815

<http://www.adultchildren.org>

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Advocates for Recovery Through Medicine (ARM)

ARM'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

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

<http://www.aliviane.org>

Alliance for Children and Families

This alliance provides services to nonprofit child and family sectors and economic empowerment organizations.

414-359-1040

<http://www.alliance1.org>

American Association for Marriage and Family Therapy (AAMFT)

AAMFT 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 of Pastoral Counselors

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.

703-385-6967

<http://www.aapc.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 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)

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.

718-222-6641

<http://www.acde.org>

JOIN THE VOICES FOR RECOVERY

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>

American Mental Health Counselors Association (AMHCA)

The AMHCA 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

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>

Arab Community Center for Economic and Social Services (ACCESS)

As the largest nonprofit Arab-American organization in North America, this organization provides services in many areas, such as social services, employment, public and mental health (including substance use prevention and treatment), environment, national outreach, and research.

313-842-7010

<http://www.accesscommunity.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 enhancing recovery support services.

214-634-APAA (2722)

<http://www.apaarecovery.org>

Association of Recovery Schools

This association brings together students and secondary and post-secondary schools, and helps professionals to support students in recovery from substance use disorders.

215-628-8600

<http://www.recoveryschools.org>

Behavioral Health Services

This nonprofit organization has provided a continuum of substance abuse, 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>

The Benevolent and Protective Order of Elks of the USA

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>

JOIN THE VOICES FOR RECOVERY

California Association of Addiction Recovery Resources

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

916-338-9460

<http://www.caarr.org>

Californians for Drug-Free Youth/Community Alliances for Drug-Free Youth, Inc. (CADFY)

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: Community Alliances for Drug-Free Youth.

619-230-7597

<http://www.cadfy.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.

800-678-2332

<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>

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.

949-609-8334

<http://www.celebraterecovery.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.

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.

<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.

<http://www.cplc.org>

COAF (Children of Alcoholics Foundation), Phoenix House's Center on Addiction and the Family

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.

646-505-2060

<http://www.coaf.org>

Community Anti-Drug Coalitions of America (CADCA)

CADCA 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.

800-54-CADCA

<http://www.cadca.org>

JOIN THE VOICES FOR RECOVERY

CRC Health Group

This group offers the most comprehensive network of specialized behavioral care services in the nation. It has provided healing and hope in the lives of patients and students and offers the largest array of personalized treatment services for individuals, families, and professionals.

866-549-5034

408-998-7260

<http://www.crchealth.com>

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/site/index.html>

D.C. Bar

This organization provides services to the profession, the courts, and the community in Washington, D.C.

202-737-4700

<http://www.dcbar.org>

The El Paso Alliance

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>

Employee Assistance Professionals Association, Inc.

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>

The Ensuring Solutions to Alcohol Problems Initiative, George Washington University

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

202-296-6922

<http://www.ensuringsolutions.org>

Entertainment Industries Council, Inc. (EIC)

EIC, a nonprofit organization, has offices in Los Angeles and the Washington, D.C., area. The 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 (East) and 818-333-5001 (West)

<http://www.eiconline.org>

EXECUTIVE OFFICE OF THE PRESIDENT (EOP)

White House Office of National Drug Control Policy (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>

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.

202-456-6708

<http://www.whitehouse.gov>

JOIN THE VOICES FOR RECOVERY

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>

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.

615-256-9005

<http://www.dualdiagnosis.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>

Get Smart About Drugs (DEA)

This DEA program is a resource for parents about how and why teens abuse prescription drugs.

202-307-7936

<http://www.getsmartaboutdrugs.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 its 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

<http://www.hazelden.org>

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 society offers information and education for nurses concerning prevention, intervention, treatment, and management of substance use disorders.

614-221-9989

<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>

JOIN THE VOICES FOR RECOVERY

Lawyers Assistance Program - D.C. Bar

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.dcbbar.org/for_lawyers/bar_services/counseling/index.cfm

The Legal Action Center

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>

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.

800-969-6MHA [6642]

<http://www.mentalhealthamerica.net>

Minnesota Department of Human Services

The Minnesota Department of Human Services touches the lives of one in four Minnesotans with a variety of services intended to help people live as independently as possible, including recovery treatment for substance use.

651-431-2000

<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.

310-392-3777

<http://www.musicares.com>

Narconon

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

866-822-8323

323-962-2404

<http://www.narconon.org>

National Alliance of Methadone Advocates (NAMA)

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

<http://www.methadone.org>

JOIN THE VOICES FOR RECOVERY

National Alliance to End Homelessness

This is a nationwide federation 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 (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 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 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 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.

888-554-2627

301-468-0985

<http://www.nacoa.org>

NAADAC, The Association for Addiction Professionals

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

800-548-0497

<http://www.naadac.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>

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 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>

JOIN THE VOICES FOR RECOVERY

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 Civic League (NCL)

This is a nonprofit, non-partisan 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>

National Conference of State Legislatures (NCSL)

The NCSL 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 America who suffer from mental illnesses, developmental disabilities, and substance abuse 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, 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 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>

JOIN THE VOICES FOR RECOVERY

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>

National Home Infusion Association (NHIA)

NHIA is a trade association that represents and advances the interests of organizations that provide infusion and specialized pharmacy services and products to the entire spectrum of home-based patients.

703-549-3740

<http://www.nhianet.org>

National Inhalant Prevention Coalition (NIPC)

The NIPC is a public-private effort to promote awareness and recognition of the under-publicized problem of inhalant use. The NIPC 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.

423-265-4662

<http://www.inhalants.org>

National Latino Council on Alcohol and Tobacco Prevention

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.

212-334-5378

<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.

630-285-1121

<http://www.nsc.org>

Network for the Improvement of Addiction Treatment (NIATx)

NIATx 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. NIATx 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>

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>

JOIN THE VOICES FOR RECOVERY

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>

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, PDFA has united communications professionals, scientists, and parents to reduce illicit drug use among teens.

212-922-1560

<http://www.drugfree.org>

<http://www.timetotalk.org>

The 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>

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 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 the hub for all recovery services.

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.

212-260-7210

<http://www.psychologytoday.com>

The RASE Project

This project in southern 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 supports for those in medication-assisted treatment for opioid addiction.

717-232-8535

<http://www.raseproject.org>

JOIN THE VOICES FOR RECOVERY

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

954-497-1771

<http://www.recoveryconnection.org>

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. RCA 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.

404-370-0123

<http://www.recoveryconsultants.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>

The Second Road

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>

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>

The Substance Abuse and Addiction Recovery Alliance (SAARA)

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

<http://www.saara.org>

Suicide Prevention Resource Center Education Development Center, Inc.

A national technical assistance center funded by SAMHSA, this program provides prevention support, training, and resource materials to strengthen suicide prevention networks.

877-438-7772

617-964-5448 (TTY)

<http://www.sprc.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>

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.

312-787-0208

<http://www.tasc.org>

JOIN THE VOICES FOR RECOVERY

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.

417-862-6969

<http://www.teenchallenge.com>

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.

202-296-3503

<http://www.therapeuticcommunitiesofamerica.org>

United for Recovery

This nonprofit organization is an advocacy group for people in treatment and in recovery. United for Recovery 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 organization offers faith-based substance use advocacy training for local churches and faith-based programs for people with 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>

U.S. DEPARTMENT OF DEFENSE (DOD)

The DOD provides a wide array of services to prevent substance use disorders, including worksite education, drug testing, early intervention, outpatient counseling, and inpatient treatment.

703-681-0064

<http://www.defenselink.mil>

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, Health Resources and Services Administration (HRSA), Poison Control Program

The mission of this program is to ensure that the residents of the United States and the territories it serves have access to high-quality poison control services. The program provides funding to stabilize and improve poison control centers (PCCs) across the United States, provide technical assistance to PCCs, and facilitate collaboration among PCCs and other health care partners.

301-443-0652

<http://www.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>

JOIN THE VOICES FOR RECOVERY

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 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.

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>.

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>

HHS, SAMHSA, Center for Substance Abuse Prevention (CSAP)

The mission of this organization 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 and communities, organizations and families to promote resiliency, promote protective factors, and reduce risk factors for substance use.

240-276-2420

<http://prevention.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>

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 Administration contributes its "street-smart" perspective and skills to the field and helps to link law enforcement with other providers.

202-307-7936

<http://www.dea.gov>

JOIN THE VOICES FOR RECOVERY

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 LABOR (DOL)

Working Partners for an Alcohol- and Drug-Free Workplace

This group helps to build a drug-free workforce by equipping businesses and communities with tools and information to effectively address alcohol and drug problems.

866-487-2365

<http://www.dol.gov/workingpartners>

U.S. DEPARTMENT OF TRANSPORTATION (DOT)

National Highway Traffic Safety Administration Impaired Driving Division

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.

202-493-2236

<http://www.nhtsa.gov/portal/site/nhtsa/menu.item.18e416bf1b09b6bbbf30811060008a0c>

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/aboutsba/sbaprograms/sbdc/sbdc_drug_free.html

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.

800-899-0089

703-341-5000

<http://www.volunteersofamerica.org>

The Watershed

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 offers learning resources to the Native American community nationwide on topics such as sobriety, recovery, prevention, and wellness/ Wellbriety (the inspiration to go on beyond sobriety and recovery, committing to a life of wellness and healing every day).

817-871-1495

719-548-1000

<http://www.whitebison.org>

September
National Alcohol
& Drug Addiction
Recovery Month 2009

JOIN THE VOICES FOR
RECOVERY

TOGETHER WE **LEARN**,
TOGETHER WE **HEAL**



RECOVERY MONTH RESOURCES

CELEBRATING 20 YEARS



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** 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.

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, D.C. 20502
202-456-6708

<http://www.whitehouse.gov>

White House Office of National Drug Control Policy (ONDCP) Information Clearinghouse

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>

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, D.C. 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, 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

The mission of this program is to ensure that the residents of the United States and the territories it serves have access to high-quality poison control services. The program provides funding to stabilize and improve poison control centers (PCCs) across the United States, provides technical assistance to PCCs, and facilitates collaboration among PCCs and other health care partners.

Parklawn Building
5600 Fishers Lane, Room 13-103
Rockville, MD 20857
301-443-0652

<http://www.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's Health Information Network

This clearinghouse provides comprehensive resources for alcohol and drug information.

P.O. Box 2345
Rockville, MD 20847-2345
877-726-4727 (English and Spanish)
800-487-4889 (TTY)

<http://www.SAMHSA.gov/SHIN>

Culture-Specific Resources

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, D.C. 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, D.C. 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, D.C. 20240-4000
202-208-3710

<http://www.doi.gov/bureau-indian-affairs.html>

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, D.C. 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 and local governments, or others to call and ask questions about general or specific ADA issues.

U.S. Department of Justice
950 Pennsylvania Avenue NW
Civil Rights Division
Disability Rights Section – NYA
Washington, D.C. 20530
800-514-0301
800-514-0383 (TTY)

<http://www.doi.gov/bia>

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, D.C. 20531
800-851-3420

<http://www.ojp.usdoj.gov/BJA>

DOJ, Bureau of Justice Statistics Clearinghouse

This clearinghouse 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, D.C. 20531
800-851-3420

<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, D.C. 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, D.C. 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 Administration 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 (Toll-Free)
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, D.C. 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, D.C. 20531
202-307-5911

<http://ojjdp.ncjrs.org>

U.S. DEPARTMENT OF TRANSPORTATION (DOT)

National Highway Traffic Safety Administration (NHTSA) Impaired Driving Division

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, D.C. 20590

202-493-2236

<http://www.nhtsa.gov/portal/site/nhtsa/menu.item.18e416bf1b09b6bbbf30811060008a0c>

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://cmhs.samhsa.gov>

HHS, SAMHSA

Suicide Prevention Resource Center Education Development Center, Inc.

A national technical assistance center funded by SAMHSA, this program provides prevention support, training, and resource materials to strengthen suicide prevention networks.

55 Chapel Street
Newton, MA 02458
877-438-7772
617-964-5448 (TTY)

<http://www.sprc.org>

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)

The DOD 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
Falls Church, VA 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, D.C. 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, D.C. 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://amsa.army.mil/AMSA/amsa_ns_home.htm

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 Forest 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)

SARP'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 (SARP)
National Naval Medical Center
8901 Rockville Pike
Building Seven, Fourth Floor
Bethesda, MD 20889
301-295-4611

[http://www.bethesda.med.navy.mil/patient/health_care/behavioral_health_care/substance_abuse_and_rehabilitation_program_\(sarp\).aspx](http://www.bethesda.med.navy.mil/patient/health_care/behavioral_health_care/substance_abuse_and_rehabilitation_program_(sarp).aspx)

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 individuals 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, D.C. 20420
VA Benefits: 800-827-1000
<http://www.va.gov>

VA, Suicide Prevention Hotline

This hotline 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 that can be reached by calling 1-800-QUIT-NOW (1-800-784-8669, TTY 1-800-332-8615).

1600 Clifton Road
Atlanta, GA 30333
800-232-4636
888-232-6348 (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

HHS, SAMHSA

Center for Substance Abuse Prevention (CSAP)

The mission of this organization 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 and 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://prevention.samhsa.gov>

DOJ, DEA, “Get it Straight! The Facts About Drugs”

The purpose of this drug prevention book is to help youth realize the truth about drugs.

Office of Diversion Control
2401 Jefferson Davis Highway
Alexandria, VA 22301
800-882-9539
202-307-7977
<http://www.dea.gov/pubs/straight/cover.htm>

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>

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, 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.toosmarttostart.samhsa.gov>

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>

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.freevibe.com>

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://dpt.samhsa.gov>

HHS, SAMHSA, CSAT, DPT

Patient Support and Community Education Project (PSCEP)

This project addresses the need for patient support and family education regarding the disease of opioid addiction and the highly effective medication-assisted treatments methadone and buprenorphine.

1 Choke Cherry Road, Room 2-1075
Rockville, MD 20857
240-276-2700

<http://www.dpt.samhsa.gov/patients/pscep>

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.

8630 Fenton Street, Suite 1200
Silver Spring, MD 20910
240-276-1572

<http://kap.samhsa.gov>

HHS, SAMHSA, CSAT

Partners for Recovery Web site

This Web site 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 20850
240-276-1566

<http://www.rcsp.samhsa.gov>

HHS, SAMHSA

Office of Applied Studies

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

National Helpline

The SAMHSA National Helpline offers information on substance use disorder issues and referral to treatment, in English and Spanish, 24 hours a day.

800-662-HELP (800-662-4357) (English and Spanish)
800-487-4889 (TDD)

<http://www.samhsa.gov>

HHS, SAMHSA

Substance Abuse Treatment Facility Locator

This is a searchable directory of 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, D.C. 20250-2225
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, D.C. 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, D.C. 20202-6123
202-260-3954

Get Smart About Drugs (DEA)

This DEA program is a resource for parents about how and why teens abuse prescription drugs.

2401 Jefferson Davis Highway
Alexandria, VA 22301
202-307-7936

<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 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>

HHS, NIH, NIDA

NIDA for Teens

NIDA created this Web site to educate 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>

Workplace

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, D.C. 20210
866-4-USA-DOL

<http://www.dol.gov>

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, D.C. 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, D.C. 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, D.C. 20416
800-827-5722

http://www.sba.gov/aboutsba/sbaprograms/sbdc/sbdc_drug_free.html

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, D.C. 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, D.C. 20210
202-487-2365
<http://www.dol.gov/asp/gils/records/000152.htm>

DOL, Working Partners for an Alcohol- and Drug-Free Workplace

This group helps to build a drug-free workforce by equipping businesses and communities with tools and information to effectively address alcohol and drug problems.

U.S. Department of Labor
200 Constitution Avenue NW, Room S-2312
Washington, D.C. 20210
866-487-2365
<http://www.dol.gov/workingpartners>

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>

SBA U.S. Business Advisor

The organization gives access to federal government information, services, and transactions.

<http://www.business.gov>

OTHER RESOURCES

Culture-Specific Resources

Arab Community Center for Economic and Social Services (ACCESS)

As the largest nonprofit Arab-American organization in North America, this organization provides services in many areas, such as social services, immigration, employment, public and mental health (including substance use prevention and treatment), environment, national outreach, and research.

2651 Saulino Court
Dearborn, MI 48120
313-842-7010

<http://www.accesscommunity.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 Minority AIDS Council

The Council supplies resources for minorities with AIDS.

1931 13th Street NW
Washington, D.C. 20009-4432
202-483-6622

<http://www.nmac.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, #201
San Diego, CA 92103
619-295-3995

<http://www.steppingstonesd.org>

African American

Association of Black Psychologists

This association addresses issues facing black psychologists and the black community.

P.O. Box 55999
Washington, D.C. 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, D.C. 20002
202-783-3714

<http://www.blackadministrators.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, D.C. 20020
202-678-4570

<http://www.nabsw.org>

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, D.C. 20003
202-552-3300

<http://www.nafeo.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
888-NBACORG
407-532-2747

<http://www.nbacinc.org>

National Council of Negro Women, Inc.

This organization offers information about issues affecting African-American women and their families.

633 Pennsylvania Avenue NW
Washington, D.C. 20004
202-737-0120

<http://www.ncnw.org>

National Medical Association

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, D.C. 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, D.C. 20036
202-466-7772

<http://www.apiahf.org>

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

<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, D.C. 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.

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, D.C. 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, D.C. 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, D.C. 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, D.C. 20036
202-387-5000

<http://www.hispanichealth.org>

National Hispanic Medical Association

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, D.C. 20005
202-628-5895

<http://www.nhmamd.org>

National Latino Children's Institute

This national institute conducts research and presents educational materials, programs, and services focused on Latino children.

1115 South St. Mary's Street
San Antonio, TX 78210
210-228-9997

<http://www.nlci.org>

National Latino Council on Alcohol and Tobacco Prevention

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
212-334-5738

<http://www.nlcatp.org>

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

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

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.

1301 Connecticut Avenue NW, Suite 200
Washington, D.C. 20036
202-466-7767

<http://www.ncai.org>

National Indian Child Welfare Association

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

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, D.C. 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

520-791-2711

<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 offers learning resources to the Native American community nationwide on topics such as sobriety, recovery, prevention, and wellness/Wellbriety (the inspiration to go on beyond sobriety and recovery, committing to a life of wellness and healing every day).

6145 Lehman Drive, Suite 200

Colorado Springs, CO 80918

817-871-1495

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

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>

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>

Church of Jesus Christ of Latter-Day Saints

This Mormon organization promotes strong family relationships.

2520 L Street NW, Second Floor

Washington, D.C. 20037

202-448-3333

<http://www.lds.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>

United Methodist Church – General Board of Church and Society of the United Methodist Church

This organization offers faith-based substance use advocacy training for local churches and faith-based programs for people with substance use disorders.

100 Maryland Avenue NE

Washington, D.C. 20002

202-488-5600

<http://www.umc-gbcs.org>

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)

ICAP is a network of 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

<http://www.jbbl.org>

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>

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. RCA 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.

1904 Glenwood Avenue SE
Atlanta, GA 30316
404-370-0123

<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.

38439 Fifth Avenue, #2705
Zephyrhills, FL 33542
866-306-1542
813-788-0286

<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/rths/sam.html>

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>

Seventh-Day Adventist Church

Through the Adventist Development and Relief Agency and other programs, the Adventist 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>

SOS Clearinghouse (Save Our Selves)

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>

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>

St. Paul's Episcopal Church

St. Paul's 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>

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.volunteersofamerica.org>

Family and Social Services

Alliance for Children and Families

This alliance provides services to 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>

The Benevolent and Protective Order of Elks of the USA

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>

COAF (Children of Alcoholics Foundation)

Phoenix House's Center on Addiction and the Family

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.

50 Jay Street
Brooklyn, NY 11201
646-505-2068

<http://www.coaf.org>

Children's Defense Fund

This fund provides child welfare and health programs.

25 E Street NW
Washington, D.C. 20001
202-628-8787

<http://www.childrensdefense.org>

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, D.C. 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, D.C. 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

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

410-837-5750

<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 school children 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.

1015 18th Street NW, Suite 1100

Washington, D.C. 20036

800-YWCA-US1

202-467-0801

<http://www.ywca.org>

Health Care

American Holistic Health Association

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>

**The Ensuring Solutions to Alcohol Problems Initiative
George Washington University**

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, D.C. 20006

202-296-6922

<http://www.ensuringsolutions.org>

Families USA

This organization provides resources on access to high-quality, affordable health care as well as senior citizen issues.

1201 New York Avenue, Suite 1100

Washington, D.C. 20005

202-628-3030

<http://www.familiesusa.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

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, D.C. 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.

4915 Saint Elmo Avenue, Suite 505

Bethesda, MD 20814-6082

301-656-8565

<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 Poison Control Hotline

The Hotline was established to respond to emergency calls from concerned citizens about poison prevention. This hotline is manned 24 hours a day, 7 days a week by registered nurses or pharmacists with backgrounds in critical care.

3201 New Mexico Avenue, Suite 310

Washington, D.C. 20016

202-362-3867

<http://www.poison.org>

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, D.C. 20005-1019

202-662-1000

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

American Correctional Association

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 9th Street

San Francisco, CA 94103

415-621-5661

<http://www.cjcj.org>

D.C. Bar

This organization provides services to the profession, the courts, and the community in Washington, D.C.

1250 H Street NW, Sixth Floor

Washington, D.C. 20005-5937

202-737-4700

<http://www.dcbbar.org>

Drug Court Clearinghouse

This group provides technical assistance for drug court programs.

Justice Programs Office, School of Public Affairs

American University

4000 Brandywine Building, Suite 100

4400 Massachusetts Avenue NW

Washington, D.C. 20016-8159

202-885-2875

<http://www.spa.american.edu/justice>

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.

1730 Rhode Island Avenue NW, Suite 403

Washington, D.C. 20036

202-828-5605

<http://www.iccaweb.org>

The Legal Action Center

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

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 TASC (Treatment Accountability for Safer Communities)

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, D.C. 20036
202-293-8657

<http://www.nationaltasc.org>

The Sentencing Project

This project conducts research on sentencing and incarceration.

514 10th Street NW, Suite 1000
Washington, D.C. 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>

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
2107 Wilson Boulevard, Suite 300
Arlington, VA 22201-3042
800-524-7600

<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>

Western Psychiatric Institute and Clinic

The institute provides behavioral health services for children, families, schools, and communities.

3811 O'Hara Street
Pittsburgh, PA 15213
412-624-2100

<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)

The million-member DAV 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. The DAV's national organization receives no government funds.

3725 Alexandria Pike
Cold Spring, KY 41076
877-426-2838

<http://www.dav.org>

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, D.C. 20003-1148
800-VET-HELP

<http://www.nchv.org>

National Veterans Foundation

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

16 Steps 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.

Box 1302
Lolo, MT 59847
406-273-6080

<http://www.charlottekasl.com/16steps.html>

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
310-534-1815

<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
888-4AL-ANON (888-425-2666)
757-563-1600

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

Alcoholics Anonymous (AA)

AA offers a support group that 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.

American Self-Help Sourcebook

This is a searchable database of more than 1,100 national, international, model, 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.

8233 Brookside Road
Elkins Park, PA 19027
215-635-0183
215-872-6821

<http://www.aana.com>

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 21146-0423
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>

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
<http://www.draonline.org>

Families Anonymous (FA)

This is a 12-step self-help, recovery, and 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)

FEN 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.

777 South Mills Street
Madison, WI 53715
800-752-3157
608-261-1419
<http://www.pregnancyandalcohol.org/index.asp?menuID=142&firstlevelmenuID=142&siteID=1>

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
253-531-2878
<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 alcoholics or have other chemical dependencies.

5030 State Road, Suite 2-600
Box 350
Drexel Hill, PA 19026
610-259-1500, ext. 2

<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>

Jewish Alcoholics, Chemically Dependent Persons and Significant Others

For a full description, refer to Faith-Based Organizations.

Lawyers Assistance Program – D.C. Bar

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.

1250 H Street NW, Sixth Floor
Washington, D.C. 20005-5937
202-737-4700

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

MADD (Mothers Against Drunk Driving)

The MADD 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>

MADD DADS Inc. (Men Against Destruction Defending Against Drugs and Social Disorder)

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>

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 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

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
310-392-3777

<http://www.musicares.com>

Nar-Anon/Narateen

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>

Narconon

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

7060 Hollywood Boulevard, Suite 220
Hollywood, CA 90028
866-822-8323
323-962-2404

<http://www.narconon.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 Association for Native American Children of Alcoholics (NANACoA)

For a full description, refer to Culture-Specific Resources.

National Family Partnership (NFP)

NFP 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

<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)

PA is a self-help, self-supporting, anonymous 12-step program based on Alcoholics Anonymous. It is designed for those who want to help themselves and others recover from chemical addiction.

5201 White Lane

New York, NY 10001

212-874-0700

Psychologists Helping Psychologists (PHP)

PHP is a mutual support group 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)

RRS is a program of self-recovery from addiction to alcohol and other drugs through planned, permanent abstinence using Addictive Voice Recognition Technique (AVRT).

Box 800

Lotus, CA 95651

530-621-2667

<http://www.rational.org>

RID (Remove Intoxicated Drivers)

RID'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

888-283-0034

<http://www.rid-usa.org>

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

SOS Clearinghouse (Save Our Selves)

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>

Veterinarians in Recovery (VIR)

VIR 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

<http://www.veterinariansinrecovery.info>

Policy/Education

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

800-787-9979

<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)

The APHSA develops, promotes, and implements public human service policies and practices that improve the health and well-being of families, children, and adults.

1133 Nineteenth Street NW, Suite 400

Washington, D.C. 20036

202-682-0100

<http://www.aphsa.org/Home/Contact.asp>

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 the area of health disparities. The newsletter **Alcohol and Health: Current Evidence** is published by BUMC and can be located at*

<http://www.bumc.bu.edu>

Boston University School of Public Health

715 Albany Street
Boston, MA 02118
617-638-4640
<http://www.sph.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, D.C. 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.

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, D.C. 20036
202-289-9070
<http://www.drugstrategies.org>

Entertainment Industries Council, Inc. (EIC)

EIC, a nonprofit organization, has offices in Los Angeles and the Washington, D.C. area. The organization works within the film, television, and music industries to promote the accurate depiction of health and social issues in entertainment productions.

EIC East

1760 Reston Parkway, Suite 415
Reston, VA 20190-3303
703-481-1414
<http://www.eiconline.org>

EIC West

2600 West Olive Street, Suite 574
Burbank, CA 91505
818-333-5001
<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, D.C. 20005
202-737-0690
<http://www.facesandvoicesofrecovery.org>

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>

Health Policy Institute: Center on an Aging Society at Georgetown University

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.
3300 Whitehaven Street NW, Suite 5000
Washington, D.C. 20057-1485
202-687-0880
<http://ihcrp.georgetown.edu/agingsociety>

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>

Mothers Against Drunk Driving (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, D.C. 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.
1640 Logan Street
Denver, CO 80203
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)

PAL provides support, education, and advocacy around issues related to children's mental health.

48 Bromfield Street, 10th Floor
Boston, MA 02108
617-542-7860

<http://www.ppal.net>

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
410-863-6635

<http://www.plndp.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.

P.O. Box 8969
Briarcliff Manor
New York, NY 10510-8969
914-941-2863

<http://www.recoverynetworkfoundation.org>

Save Our Society from Drugs

This is a legislative and congressional affairs organization that fights against permissive drug policy that negatively impacts society.

2600 Ninth Street North, Suite 200
St. Petersburg, FL 33704
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 nongovernmental campaign works to protect children from tobacco use and exposure to secondhand smoke.

1400 Eye Street NW, Suite 1200
Washington, D.C. 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>

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
Espanola, NM 87532
505-747-1889

<http://www.hacc95.org>

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

For a full description, refer to State and Local Resources.

National Capital Coalition to Prevent Underage Drinking

The coalition offers educational materials to prevent underage drinking.

1616 P Street NW, Suite 430
Washington, D.C. 20036
202-265-8922

<http://www.nccpud.com>

National Center for Prevention and Research Solutions

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

This association offers resources on youth alcohol and drug use prevention.

1201 16th Street NW, Suite 521
Washington, D.C. 20036
202-822-7570

<http://www.neahin.org/programs/substance/index.htm>

National Inhalant Prevention Coalition (NIPC)

The NIPC is a public-private effort to promote awareness and recognition of the under-publicized problem of inhalant use. The NIPC 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
423-265-4662

<http://www.inhalants.org>

National Organization on Fetal Alcohol Syndrome

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

900 17th Street NW, Suite 910
Washington, D.C. 20006
202-785-4585

<http://www.nofas.org>

National 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 society offers advice for teens and parents on how to avoid alcohol and drug dependency.

1916 NW Copper Oaks Circle

Blue Springs, MO 64015

816-224-8010

<http://www.adolescenthealth.org>

Provider and Professional Organizations

The ACTION Campaign

This campaign is a cross-sector partnership among nongovernmental organizations, foundations, and government agencies, including SAMHSA/CSAT, 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

<http://www.actioncampaign.org>

Alcohol and Drug Services Institute

This organization educates physicians to prevent and treat substance use disorders.

3900 Germantown Road, Suite 200

Fairfax, VA 22030

703-324-7329

<http://www.fairfaxcounty.gov>

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.

1 Columbia Place, Suite 400

Albany, NY 12207

518-426-3122

<http://www.asapnys.org>

American Academy of Addiction Psychiatry

The academy offers continuing education for substance use disorder treatment professionals.

First Floor, Weld Building

Providence, RI 02906

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, D.C. 20016-3007

202-966-7300

<http://www.aacap.org>

American Academy of Pediatrics (AAP)

AAP serves as a forum for pediatricians to address children's health needs.

141 Northwest Point Boulevard

Elk Grove Village, IL 60007-1098

847-434-4000

<http://www.aap.org>

American Association for Marriage and Family Therapy (AAMFT)

AAMFT 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

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 22031-2303

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)

The AMHCA 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

This association offers mental health information for professionals, individuals, and families.

1000 Wilson Boulevard, Suite 1825

Arlington, VA 22209-3901

888-357-7924

703-907-7300

<http://www.psych.org>

American Psychological Association

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, D.C. 20002-4242

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, D.C. 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 20815-4520

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, HCI publishes several new titles per year for professionals and consumers. The company 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 society offers information and education for nurses concerning prevention, intervention, treatment, and management of substance use disorders.

P.O. Box 163635

Columbus, OH 43216

614-221-9989

<http://www.intnsa.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 17603-2748

717-392-8480

<http://www.naatp.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 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, D.C. 20002-4241
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 America 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, D.C. 20006
202-684-7457
<http://www.thenationalcouncil.org>

Network for the Improvement of Addiction Treatment (NIATx)

NIATx 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. NIATx 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 53726
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 97207-0751
503-725-4712
<http://www.ssw.pdx.edu>

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 enhancing recovery 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.

201 West Mill Street
San Bernardino, CA 92408
909-888-9282

eGetGoing

This Web site'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
408-998-3040
www.egetgoing.com

KeepComingBack.com

This Web site is an online network for addicts in recovery, and their friends and family.

<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)

NHIA is a trade association that 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 adults who misuse substances share their stories and their struggles with like-minded people.

<http://www.shoutinginside.com>

SMART Recovery®

For a full description, refer to Mutual Support Groups.

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>

The Sober Recovery Community

This Web site offers support forums for people in recovery, as well as their family and friends.

<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 60622

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.

9405 South Avenida del Yaqui

Guadalupe, AZ 85283

480-768-2025

claremcory@aol.com

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

520-791-2711

<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

janelatare@hotmail.com

<http://www.tonation-nsn.gov>

California

Council on Alcoholism and Drug Abuse

The council provides peer-led recovery support services in Santa Barbara, CA.

232 East Canon Perdido Street, Suite H

Santa Barbara, CA 93101

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.

104 South Barnes
Oceanside, CA 92054
760-439-1136

<http://www.welcomehomeministries.org>

Colorado

White Bison, Inc.: Circles of Recovery III

This organization conducts education, training, and development focused on Native American recovery communities on reservations and in urban areas.

6145 Lehman Drive, Suite 200
Colorado Springs, CO 80918-3440
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, CCAR 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>

Georgia

Recovery Consultants of Atlanta, Inc.

For a full description, refer to Faith-Based Organizations.

Hawaii

The Waianae Men in Recovery

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

RRCDontUse1@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
270-691-8183

<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

<http://www.wmtcinfo.org>

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.recovery4detroit.com>

Nevada

Center for the Application of Substance Abuse Technologies Frontier Recovery Network

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.

1492 Elm Street, Suite 1
Manchester, NH 03101
603-647-4629

neias@mva.net

New Jersey

NCADD-New Jersey, Inc.: 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
609-689-0121

<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. Exponents' 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>

The Fortune Society

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 of Methadone Advocates, Inc.

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.

20 Squadron Boulevard, Suite 650

New City, NY 10956

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-chokeee.com>

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.

RAP's strengths-based peer services available to other groups include 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 Nursery: 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

recovery@ezonline.com

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.

2612 Westwood Drive
Nashville, TN 37204
615-269-0029

<http://www.adcmt.org>

Texas

The Recovery Alliance

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

The Substance Abuse and Addiction Recovery Alliance (SAARA)

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.

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
860-269-4391

<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 comprehensive 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 group is a resource for educating medication-assisted-treatment patients and others about the disease and treatment of opiate addiction.

<http://www.readybb.com/watchdog/index.php>

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>

Advocates for Recovery Through Medicine (ARM)

ARM'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

The Alexandria Community Services Board (CSB)

The mission of this group is to provide 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
Alexandria, VA 22314
703-746-3400

<http://www.alexandriava.gov/mhmrta>

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 79927
915-858-6208

www.aliviane.org

The American Association of Poison Control Centers (AAPCC)

The AAPCC 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>

Association of Recovery Schools

This association brings together students and secondary and post-secondary schools, and helps professionals to support students in recovery from substance use disorders.

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>

The Benevolent and Protective Order of Elks of the USA

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 of clients.

39000 Bob Hope Drive
Rancho Mirage, CA 92270
800-434-7365
760-773-4100

<http://www.bettyfordcenter.org>

California Association of Addiction Recovery Resources (CAARR)

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

2921 Fulton Avenue
P.O. Box 214127
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.

P.O. Box 150
Wernersville, PA 19565-0150
800-678-2332

<http://www.caron.org>

CRC Health Group

This group offers the most comprehensive network of specialized behavioral care services in the nation. It has provided healing and hope in the lives of patients and students and offers the largest array of personalized treatment services for individuals, families, and professionals.

20400 Stevens Creek Boulevard, Suite 600
Cupertino, CA 95014
866-549-5034
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
615-256-9005

<http://www.dualdiagnosis.org>

Gateway Foundation

This private, not-for-profit organization provides substance use treatment; in 2004, over 32,000 clients were provided care in community-based and correctional settings in 7 states.

55 East Jackson Boulevard, #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>

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.

C03, P.O. Box 11
Center City, MN 55012
800-257-7810

<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

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

The addiction psychiatry unit offers chemical dependency programs for people with substance use disorders.

200 First Street SW
Rochester, MN 55905
507-284-2511

<http://www.mayoclinic.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.

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.mtstjohn.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

<http://www.naabt.org>

National Alliance of Methadone Advocates (NAMA)

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 94402-3801
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>

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 400
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, D.C. 20001
202-737-8167

Phoenix House

This is a nonprofit substance use disorder treatment organization.

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 18901-2465
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.

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
Smyrna, 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
406-248-3175
<http://www.rimrock.org>

The Second Road

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>

The Substance Abuse and Addiction Recovery Alliance (SAARA)

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
<http://www.saara.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, D.C. 20002
202-546-4600
<http://www.saasnet.org>

Therapeutic Communities of America

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, D.C. 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. United for Recovery 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

<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>

Veritas Villa, Inc.

This organization provides inpatient rehabilitation and wellness services.

5 Ridgeview Road
Kerhonkson, NY 12446
845-626-3555

<http://www.veritasvilla.com>

The Village

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.

3180 Biscayne Boulevard, Ninth Floor
Miami, FL 33137
800-443-3784
305-573-3784

<http://www.villagesouth.com>

The Watershed

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/CSAT-funded network is comprised of 14 regional centers and a national office that serves the 50 states, Washington, D.C., 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. Following is a list of regional centers, the states they serve, and contact information.

National Office

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, D.C., 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.mwattc.org>

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>

Southern Coast ATTC (serving FL, AL, MS)

Florida Certification Board
1715 South Gadsden Street
Tallahassee, FL 32301
850-222-6731
<http://www.scattc.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>

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, D.C. 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
<http://www.addictionresearch.com>

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>

The Journal of Global Drug Policy and Practice

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 center conducts research on the economic and social costs of substance use disorders.
633 Third Avenue, 19th Floor
New York, NY 10017
212-841-5200
<http://www.casacolumbia.org>

National Development and Research Institutes, Inc. (NDRI)

Founded in 1967 and a National Institute on Drug Abuse grantee, NDRI is a nonprofit research and educational organization 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.

The Robert Wood Johnson Foundation

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>

The Urban Institute

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, D.C. 20037

202-833-7200

<http://www.urban.org>

State and Local Resources

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. Last year, with the help of the National Council on Alcoholism and Drug Dependence, Faces and Voices of Recovery, the Partnership for a Drug-Free America, and the SAMHSA planning partners, A&E launched this initiative with the first Recovery Rally in New York City, where more than 5,000 people joined together to form a human bridge of recovery on the historic Brooklyn Bridge.

<http://www.therecoveryproject.com>

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.

1 Columbia Place, Suite 400

Albany, NY 12207

518-426-3122

<http://www.asapnys.org>

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, 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: Community Alliances for Drug-Free Youth.

1010 Second Avenue, Suite 1900

San Diego, CA 92101

619-230-7597

<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

713-862-1849

<http://www.cbhshouston.org>

Community Anti-Drug Coalitions of America (CADCA)

CADCA 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.

625 Slaters Lane, Suite 300

Alexandria, VA 22314

800-54-CADCA (22322)

<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

<http://www.ctclearinghouse.org>

Connecticut Community for Addiction Recovery (CCAR)

For a full description, refer to Recovery Support Programs under Connecticut.

The Recovery Alliance

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.

715 Albany Street, 580 – Third Floor

Boston, MA 02118

617-437-1500

<http://www.jointogether.org>

La Joya ISD

La Joya ISD is an independent school district in La Joya, Texas, that 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 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 33145

305-854-4515

<http://www.miamicoalition.org>

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

Washington, D.C. 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, D.C. 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, D.C. 20036

202-293-0090

<http://www.nasadad.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, D.C. 20036

202-682-0100

<http://www.nasmd.org>

National Conference of State Legislatures (NCSL)

The NCSL 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, D.C. 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, D.C. 20001-1512

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

518-473-3460

<http://www.oasas.state.ny.us/index.cfm>

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 MHPA

1414 North Cameron Street, First Floor

Harrisburg, PA 17103

717-346-0549

<http://www.openmindsopendoors.com>

Partnership for a Drug-Free NC, Inc.

The 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

800-758-6077

336-714-3399

<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.

Health and Welfare Building

Seventh and Forster Streets

Harrisburg, PA 17120

717-783-8200

<http://www.health.state.pa.us/bdap>

The RASE Project

This project in southern Pennsylvania provides recovery support services, events, training and education, supportive housing and intervention services. It 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.

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, D.C. 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."

P.O. Box 39083
Chicago, IL 60639-0083
312-372-3820

<http://www.asafehaven.com>

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 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, D.C. 20004
202-778-3200

<http://www.ahip.org>

American Federation of Government Employees (AFGE)

The AFGE is the largest federal employee union representing 600,000 federal and Washington, D.C., 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, D.C. 20001
202-737-8700

<http://www.afge.org>

American Federation of State, County and Municipal Employees (AFSCME)

AFSCME 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, D.C. 20036-5687
202-429-1000
202-659-0446 (TTY)

<http://www.afscme.org>

The Anti Drug@Work

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>

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.

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>

FADV's Employee Assistance Program

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.fadv.com/EmployerServices/emp_abuse_sub.html

Federation of State Physician Health Programs (FSPHP)

The FSPHP 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

<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)

The IBEW 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, D.C. 20001
202-833-7000

<http://www.ibew.org>

Labor Assistance Professionals (LAP)

LAP is composed of members of trade and industrial unions who are 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.wapeap.com/lap>

Laborers' Health and Safety Fund of North America (LHSFNA)

The LHSFNA 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 Assistance Program – D.C. Bar

For a full description, refer to Mutual Support Groups.

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 1501
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

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
630-285-1121

<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, D.C. 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. The WSLC's core programs are legislative advocacy, political action, communications and media relations, and assistance with organizing campaigns.

314 First Avenue West
Seattle, WA 98119
206-281-8901

<http://www.wslc.org>

Youth Programs**Augsburg College's StepUP Program**

The StepUP 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>

Californians for Drug-Free Youth, Inc.

For a full description, refer to State and Local Resources.

Camp Fire USA

Camp Fire USA 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>

D.A.R.E

D.A.R.E. 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>

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 is an international drug policy and prevention organization.

5999 Central Avenue, Suite 301
St. Petersburg, FL 33710
727-828-0211
<http://www.dfaf.org>

Five Moms Campaign

This campaign 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>

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
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
<http://www.nasap.org>

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://parents4achange.com>

Partnership for a Drug-Free America (PDFA)

For more than 20 years, PDFA 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>

<http://www.timetotalk.org>

Students Against Destructive Decisions

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.

2600 Ninth Street North, Suite 200
St. Petersburg, FL 33704
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.

P.O. Box 1015
Springfield, MO 65801
417-862-6969

<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.saara.org>



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

J. Kent Hunt, M.S.

Associate Commissioner for Substance Abuse

Substance Abuse Services Division
Alabama Department of Mental Health
and Mental Retardation

RSA Union Building
100 North Union Street, Suite 430
Montgomery, AL 36130-1410
TEL: 334-242-3953
FAX: 334-242-0759

Kent.Hunt@MH.alabama.gov

<http://www.mh.alabama.gov/SA/?sm=d>

Alaska

Melissa Witzler-Stone

Director

Division of Behavioral Health
Alaska Department of Health and Social Services
3601 C Street, Suite 934

Anchorage, AK 99503
TEL: 907-269-3410
FAX: 907-465-5864

melissa_stone@health.state.ak.us

<http://www.hss.state.ak.us/dbh>

Arizona

Rodgers M. Wilson, M.D.

Medical Director for Adult Services

Division of Behavioral Health Services
Arizona Department of Health Services
150 North 18th Avenue, Suite 200

Phoenix, AZ 85007
TEL: 602-364-1947
FAX: 602-542-1082

wilsonr@azdhs.gov

<http://www.azdhs.gov/bhs>

Arkansas

Joe M. Hill

Director

Office of Alcohol and Drug Abuse Prevention
Division of Behavioral Health Services
Arkansas Department of Health

and Human Services
4313 West Markham
Third Floor Administration

Little Rock, AR 72205
TEL: 501-686-9871
FAX: 501-686-9035

Joe.Hill@arkansas.gov

<http://www.arkansas.gov/dhhs/dmhs>

JOIN THE VOICES FOR RECOVERY

California

Renee Zito, L.M.S.U., C.A.S.A.C.

Director

California Department of Alcohol and Drug Programs

1700 K Street, Fifth Floor

Executive Office

Sacramento, CA 95814-4037

TEL: 916-445-1943

FAX: 916-324-7338

rzito@adp.ca.gov

<http://www.adp.cahwnet.gov>

Colorado

Janet Wood, M.B.A., M.Ed.

Director

Behavioral Health Services

Alcohol and Drug Abuse Division

Colorado Department of Human Services

3824 West Princeton Circle, Building 15

Denver, CO 80236-3111

TEL: 303-866-7486

FAX: 303-866-7428

janet.wood@state.co.us

<http://www.cdhs.state.co.us/adad>

Connecticut

Thomas A. Kirk, Jr., Ph.D.

Commissioner

Department of Mental Health and Addiction Services

P.O. Box 341431

Hartford, CT 06134

TEL: 860-418-6700

FAX: 860-418-6691

Overnight mail address:

410 Capitol Avenue, MS #14 COM

Hartford, CT 06134

thomas.kirk@po.state.ct.us

<http://www.dmhas.state.ct.us>

Delaware

Kevin Ann Huckshorn

Director

Division of Substance Abuse and Mental Health

Delaware Health and Social Services

1901 North DuPont Highway

Main Building, First Floor

New Castle, DE 19720

TEL: 302-255-9404

FAX: 302-255-4427

kevin.huckshorn@state.de.us

<http://www.dhss.delaware.gov/dhss/dsamh/index.html>

Florida

Stephenie W. Colston, M.A.

Director

Substance Abuse Program Office

Department of Children and Families

1317 Winewood Boulevard

Building Six, Room 300

Tallahassee, FL 32399-0700

TEL: 850-921-2495

FAX: 850-487-2627

stephenie_colston@dcf.state.fl.us

<http://www.dcf.state.fl.us/mentalhealth/sa>

Georgia

Onaje M. Salim

Director

Office of Addictive Diseases

Division of Mental Health, Developmental Disabilities
and Addictive Diseases

Georgia Department of Human Resources

2 Peachtree Street NW, Suite 22-293

Atlanta, GA 30303-3171

TEL: 404-657-2331

FAX: 404-657-2256

omsalim@dhr.ga.gov

<http://mhddad.dhr.georgia.gov/portal/site/DHR-MHDDAD>

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Hawaii

Keith Y. Yamamoto

Chief

Alcohol and Drug Abuse Division
Behavioral Health Administration
Hawaii State Department of Health
Kakuhihewa Building
601 Kamokila Boulevard, Room 360
Kapolei, HI 96707
TEL: 808-692-7506
FAX: 808-692-7521

keith.yamamoto@doh.hawaii.gov

<http://www.hawaii.gov/health/substance-abuse>

Idaho

Bethany Gadzinski

Substance Use Disorder Bureau Chief

Division of Behavioral Health
Idaho Department of Health and Welfare
450 West State Street, Fifth Floor
Boise, ID 83720-0036
TEL: 208-334-5756
FAX: 208-332-7305
gadzinsb@idhw.state.id.us
<http://www.healthandwelfare.idaho.gov>

Illinois

Theodora Binion-Taylor, Th.D., M.Div., C.A.D.C.

Associate Director

Illinois Department of Human Services
Division of Alcoholism and Substance Abuse
James R. Thompson Center
100 West Randolph Street, Suite 5-600
Chicago, IL 60601
TEL: 312-814-2300
FAX: 312-814-2419
DHSASA4@dhs.state.il.us
<http://www.dhs.state.il.us/oasa>

Indiana

Diana Williams

Deputy Director

Office of Addiction and Emergency Preparedness
Division of Mental Health and Addiction
Indiana Family and Social Services Administration
402 West Washington Street
Indiana Government Building, Room W353
Indianapolis, IN 46204
TEL: 317-232-7913
FAX: 317-233-3472

diana.williams@fssa.in.gov

<http://www.in.gov/fssa/dmha/index.htm>

Iowa

Kathy Stone, M.B.A., L.M.S.W.

Director

Division of Behavioral Health
and Professional Licensure
Iowa Department of Public Health
321 East 12th Street
Lucas State Office Building, Fourth Floor
Des Moines, IA 50319-0075
TEL: 515-281-8021
FAX: 515-281-4417
kstone@idph.state.ia.us
http://www.idph.state.ia.us/bh/admin_regulation.asp

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Kansas

Deborah Stidham

Acting Director

Addiction and Prevention Services
Division of Health Care Policy
Kansas Department of Social and Rehabilitation Services
Docking State Office Building
Ninth Floor SE
915 SW Harrison Street
Topeka, KS 66612-1570
TEL: 785-296-2873
FAX: 785-296-7275

deborah.stidham@srs.ks.gov

<http://www.srskansas.org>

Kentucky

Donna J. Hillman, M.Ed., N.C.C., L.P.C.C.

Director

Department of Mental Health and Substance Abuse
Kentucky Department of Mental Health
and Mental Retardation
100 Fair Oaks Lane, 4E-D
Frankfort, KY 40601-0001
TEL: 502-564-4456
FAX: 502-564-9010

donna.hillman@ky.gov

<http://mhmr.ky.gov/mhsas/default.asp?sub2/sub90>

Louisiana

Michael Duffy, B.S.N., R.N., C.D.

Assistant Secretary

Office for Addictive Disorders
Louisiana Department of Health and Hospitals
The Bienville Building
P.O. Box 2790, Bin #18
Baton Rouge, LA 70821-2790
TEL: 225-342-6717
FAX: 225-342-3875

Overnight mail address:

628 North Fourth Street, Fourth Floor
Baton Rouge, LA 70802

mduffy@dhh.la.gov

<http://www.dhh.state.la.us/offices/?ID=23>

Maine

Guy Cousins

Acting Director

Office of Substance Abuse
Maine Department of Health and Human Services
AMHI Complex
Marquardt Building, Third Floor
11 State House Station
Augusta, ME 04333-0111
TEL: 207-287-2595/6330
FAX: 207-287-4334

guy.cousins@maine.gov

<http://www.maine.gov/dhhs/osa>

Maryland

Kathleen Rebbert-Franklin, LCSW-C

Acting Director

Alcohol and Drug Abuse Administration
Maryland Department of Health
and Mental Hygiene
55 Wade Avenue
Catonsville, MD 21228
TEL: 410-402-8615
FAX: 410-402-8601

krebbert-franklin@dhmh.state.md.us

<http://maryland-adaa.org>

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Massachusetts

Michael Botticelli

Assistant Commissioner

Bureau of Substance Abuse Services
Massachusetts Department of Public Health
250 Washington Street, Third Floor
Boston, MA 02108
TEL: 617-624-5151
FAX: 617-624-5185

michael.botticelli@state.ma.us

<http://www.mass.gov/dph/bsas/bsas.htm>

Michigan

Deborah J. Hollis, MPA

Acting Director

Office of Drug Control Policy
Michigan Department of Community Health
Lewis Cass Building, Fifth Floor
320 South Walnut Street
Lansing, MI 48933
TEL: 517-241-2660
FAX: 517-241-2611

hollisd@michigan.gov

<http://www.michigan.gov/odcp>

Minnesota

Carol Falkowski

Director

Chemical Health Division
Minnesota Department of Human Services
P.O. Box 94977
St. Paul, MN 55164-0977
TEL: 651-431-2457
FAX: 651-431-7449

Overnight mail address:

444 Lafayette Road North
St. Paul, MN 55155-3823

Carol.Falkowski@state.mn.us

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

Mississippi

Herbert L. Loving

Director

Division of Alcohol and Drug Abuse
Mississippi Department of Mental Health
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Building Community Coalitions

Community-based coalitions have been an integral part of the success of **National Alcohol and Drug Addiction Recovery Month (Recovery Month)**. As you prepare for and celebrate **Recovery Month's** 20th anniversary this September, use this document to help you collaborate with other organizations to strengthen your **Recovery Month** efforts and expand the reach of your campaign.

Addressing complex public health problems such as substance use disorders requires an extensive amount of support and strategies. Unite with other local groups to expand your outreach and educate a wider range of community members about addiction, treatment, and recovery. Coalitions are an alliance of people representing diverse organizations who agree to work together to achieve a common goal. Bolster your **Recovery Month** campaign by creating a coalition to promote educational resources in your area.

This year's **Recovery Month** theme, **"Join the Voices for Recovery: Together We Learn, Together We Heal,"** emphasizes the need to use all available resources, in our communities and on the Internet, to educate people and their families about the disease and to help those with substance use disorders, and those close to them, to get help. Coalitions can support this effort by providing a comprehensive pool of resources available in their communities and encouraging those struggling with substance use disorders to seek treatment and recovery.

Achieving Common Goals

Coalitions bring together community leaders who represent different constituencies – such as political, business, educational, health services, social, and religious groups. They may also unite organized grassroots groups and individuals in the shared interest of achieving a mutual goal or need. Additionally, many coalitions include ordinary community members who have no official ties to any organization. Including concerned citizens ensures that a diverse group of people is involved and increases opportunities for success.

Use a well-organized, broad-based coalition to generate change, increase public knowledge, and create a network. This can lead to innovative solutions to complex problems, such as the emotional and societal tolls of substance use disorders.

Depending on your needs and goals, it might be more practical to form a task force instead of a broader coalition to focus on a single objective. The main difference between a coalition and a task force is that a task force is a temporary collaboration between individuals or organizations, usually formed around a specific issue, with a set objective and time frame in mind. Once the task force achieves its goal, it typically presents its findings and/or successes and then disbands.

Developing a Coalition

You can participate in coalitions by:

- Building one on your own if there is no active coalition already established in your community
- Joining the efforts of a coalition that already exists in your area

Creating a new coalition provides you more extensive control and the ability to implement your vision, rather than uniting with one that already has a mission and programming in place. Remember that coalition building takes time and effort; consider looking into pre-existing entities with related missions before beginning your own coalition.

Refer to the following tips to create a coalition that emphasizes the goals of ***Recovery Month***:

- **Decide specifically what issues related to substance use disorders you are trying to address in your community.** How are these problems currently being handled? For example, are local treatment and recovery facilities available that can address the specific needs of certain populations, such as the elderly or parents of young children?
- **Determine what resources are already available and what groups are currently involved in your community.** Consider people in the public and private sectors who might make influential and positive contributions to your ***Recovery Month*** coalition. Find local prevention services, treatment and recovery services, law enforcement, and other social and educational agencies to partner with. Other organizations that may have the resources and expertise needed to build a successful coalition around substance use disorders include:
 - Recovery support groups or individuals in recovery
 - Schools, universities, and educational centers
 - Drug and alcohol treatment centers and clinics
 - National and local media outlets, as well as local bloggers
 - Government officials and agencies
 - Mental health organizations
 - Child welfare organizations
 - Private companies/businesses
 - Faith-based organizations
 - Youth and civic groups
 - Health-related organizations
 - Foundations and volunteer groups

Find local groups involved with addiction, treatment, and recovery services by using online search engines such as **Google News**, **Yahoo! News**, and the Web sites of local news outlets. Additional information about groups in your community can be found in the “**Resources**” section of this toolkit and at the **Community Anti-Drug Coalitions of America Web site**.

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For a coalition to be most effective, each member must be committed to the problem and to the notion of collaboratively working with others. **Research organizations** before you invite them to join your coalition to be sure their missions are aligned with yours.

- **Recruit members to the coalition.** Contact your potential coalition allies and invite them to be a part of your coalition, taking advantage of any existing connections you may have with members of their organizations. You can reach people and organizations through:

Create a Web site for your coalition to showcase how community members can contribute to treatment and recovery efforts in your area by participating in your coalition. Sample coalition Web pages include:

- **Healthy Community Coalition**
- **National Inhalant Prevention Coalition**
- **The Coalition for Drug Abuse Prevention**

- Face-to-face meetings
- Phone calls or Webinars
- E-mail
- Personal letters
- Mass mailings
- Flyers and posters

When you recruit people to participate in your effort, have something substantive to offer them about your mission or to ask them to do.

- **Confirm the coalition participants** and evaluate whether you included a diverse selection of organizations that work with different groups in the community. Participation commitments can be informal verbal agreements or formal written contracts among the members. For the coalition to be successful, keep in mind these steps: set priorities and goals, communicate and meet regularly, have a main contact person to coordinate all members, and establish a process for how you will determine the coalition's leadership early in the coalition's development. Your leadership team should 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.indicatorshandbook.org/Indicators_Handbook-v1.pdf for tools on how to tell if your coalition is making a difference.

Examples to Follow

Community coalitions have helped combat alcohol and drug problems for nearly 20 years. The Center for Substance Abuse Treatment (CSAT), a part of the U.S. Department of Health and Human Services' Substance Abuse and Mental Health Services Administration, has its own coalition of more than 60 groups in the addiction, treatment, and recovery field. The group meets four times a year to determine goals and set priorities for **Recovery Month**. 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.

Recovery Month Coalition Resources

Community Anti-Drug Coalitions of America (CADCA)

CADCA 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.

625 Slaters Lane, Suite 300

Alexandria, VA 22314

800-54-CADCA (22322)

<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.

1010 Vermont Avenue NW, Suite 708

Washington, D.C. 20005

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.*

11426 Rockville Pike, Suite 301

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888-55-4COAS (2627)

301-468-0985

<http://www.nacoa.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, and advocacy, and have helped hundreds of thousands of individuals and families into recovery.

244 East 58th Street, Fourth Floor

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

212-269-7797

<http://www.ncadd.org>

For a more extensive list of *Recovery Month* coalition resources and organizations, refer to the “**Resources**” section of this toolkit on the *Recovery Month* Web site at <http://www.recoverymonth.gov>. Web sites or event examples mentioned in this document and on the *Recovery Month* Web site are solely the responsibility of the authors and do not necessarily represent the official views of HHS, SAMHSA, or CSAT.

CUSTOMER SATISFACTION FORM

National Alcohol and Drug Addiction Recovery Month
Customer Satisfaction Form

We 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 modifications to this toolkit for planning your activities. This information will be used in the development of future outreach materials distributed by the U.S. Department of Health and Human Services, Substance Abuse and Mental Health Services Administration, Center for Substance Abuse Treatment.

Your response is voluntary, but your input is essential so that the ***Recovery Month*** materials we provide in future years will continue to meet your needs. Please complete this form and return it by mail or fax to the address below by October 31, 2009. **We encourage you to include photographs and/or samples of supporting materials from your *Recovery Month* activities.**

| | |
|--|----------------------|
| Name: | |
| Title: | |
| Organization name & mailing address: | Phone & fax numbers: |
| Organization Web site address: | E-mail 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.) | |

JOIN THE VOICES FOR RECOVERY

| 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 | | | |
| Promotional Event Ideas and Publicity Tips | | | |
| Media Tips: Connecting with the Media | | | |
| Developing a Media Advisory and Press Release | | | |
| Drafting and Submitting an Op-Ed | | | |
| Official Proclamations | | | |
| Promoting Recovery Month with Public Service Announcements | | | |
| Letterhead and Logos | | | |
| Commonly Misused Substances | | | |
| Overview: Together We Learn, Together We Heal | | | |
| Treatment and Recovery | | | |
| Join the Voices for Recovery | | | |
| Helping Educators Address Substance Use Disorders | | | |
| How Young Adults Can Help Themselves or Loved Ones Heal from Addiction | | | |
| The Internet's Role in Substance Use Disorders and Recovery Support | | | |
| A Guide to Help Media Accurately Cover Substance Use Disorders | | | |
| 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 (Attn: Michele Monroe) | | |
| 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.