



Chapter 6—Resources

Chapter 6 provides links to recovery resources. The resources are organized into the following categories:

- [General Resources](#)
- [Publications](#)
- [Mutual-Help Groups](#)
- [Online Boards and Chat Rooms](#)
- [Treatment Locators](#)
- [Advocacy Organizations and Resources](#)
- [Harm Reduction](#)
- [Health Equity](#)
- [Recovery-Oriented Systems of Care \(ROSC\)](#)
- [Counseling Approaches](#)
- [Psychoeducation](#)
- [Trauma-Informed Care](#)
- [Recovery Housing](#)
- [Employment Support](#)
- [Education](#)
- [Health and Wellness](#)
- [Digital Recovery Support Tools](#)
- [Telehealth](#)
- [Assessment and Screening](#)
- [Peer Support Services](#)
- [Funding](#)

General Resources

Substance Abuse and Mental Health Services Administration (SAMHSA):

- **Addressing Governing Board Requirements** (<https://www.samhsa.gov/section-223/governance-oversight/addressing-board-requirements>): This webpage provides detailed guidance for programs to meet the requirement of ensuring consumer participation.
- **Directory of Single State Agencies for Substance Abuse Services** (<https://www.samhsa.gov/sites/default/files/ssa-directory.pdf>): Some states use dedicated funds or general revenues for recovery support services. For more information, contact your state behavioral health authority using this directory.
- **FindSupport.gov** (<https://www.samhsa.gov/find-support>): This section of SAMHSA's website explains how people seeking recovery can find recovery support and treatment.
- **Mental Health and Substance Use Disorders** (<https://www.samhsa.gov/disorders>): This webpage provides basic information about co-occurring mental and substance use disorders and links to other resources.
- **Person-and Family-centered Care and Peer Support** (<https://www.samhsa.gov/section-223/care-coordination/person-family-centered>): The webpage highlights the importance of including clients in their treatment planning.
- **Recovery and Recovery Support** (<https://www.samhsa.gov/find-help/recovery>): Learn about the guiding principles of recovery and resilience as well as the four major dimensions of recovery on this SAMHSA webpage.

- **Recovery Support Tools and Resources** (<https://www.samhsa.gov/brss-tacs/recovery-support-tools-resources>): This webpage explains what recovery is and contains links to tools and resources that behavioral health professionals, peers, parents, and families can use to help support recoverees.
 - **SAMHSA's Working Definition of Recovery** (<https://store.samhsa.gov/product/SAMHSA-s-Working-Definition-of-Recovery/PEP12-RECDEF>): This brochure provides a working definition and 10 guiding principles for recovery from mental and substance use disorders.
 - **Shared Decision-Making Tools** (<https://www.samhsa.gov/brss-tacs/recovery-support-tools/shared-decision-making>): This webpage defines shared decision making and provides links to resources that can help patients make informed decisions about their care.
 - **Substance Abuse Confidentiality Regulations** (<https://www.samhsa.gov/about-us/who-we-are/laws-regulations/confidentiality-regulations-faqs>): This webpage contains information about confidentiality laws surrounding records management for clients receiving substance use treatment.
 - **Welcome to the Center for Behavioral Health Statistics and Quality (CBHSQ)** (<https://www.samhsa.gov/data/>): This webpage contains the latest federal reports on the prevalence and treatment of substance use and mental disorders.
 - **What Are Peer Recovery Support Services?** (https://store.samhsa.gov/product/What-Are-Peer-Recovery-Support-Services-/SMA09-4454?referer=from_search_result): This manual explains peer recovery support services designed and delivered by people in recovery from SUDs. It discusses types of peer support for recovery, the adaptability and value of peer recovery support services, and cross-cutting core principles.
- Addiction Recovery Guide** (<https://www.addictionrecoveryguide.org/>): This website provides information about and links to recovery support groups, including groups that are not based on the 12 Steps, such as SMART Recovery, Women for Sobriety, and mobile apps, along with a state-by-state recovery resource locator.
- Addiction Technology Transfer Center Network (ATTC)** (<http://attcnetwork.org>): This network of 10 SAMHSA-funded training and technical assistance centers facilitates the implementation of evidence-based addiction treatment and recovery-oriented practices and services.
- All Rise** (<https://www.nadcp.org/>): Formerly the National Association of Drug Court Professionals, this agency is a training, membership, and advocacy organization for the treatment court model.
- American Society of Addiction Medicine (ASAM)** (<https://www.asam.org/>): ASAM is a professional medical society representing over 6,000 physicians, clinicians, and associated professionals dedicated to increasing access to and improving the quality of addiction treatment, educating physicians and the public, supporting research and prevention, and promoting the appropriate role of physicians in the care of patients with addiction.
- MentalHealth.gov** (<https://www.mental-health.gov/>): This federal website provides a brief introduction to mental health, describes common mental disorders, and features resources and other information on caring for people who have mental illness.
- National Association of Peer Supporters** (<https://www.peersupportworks.org>): This nonprofit organization was founded in 2004. Its membership includes mental health and addiction peer specialists, recovery coaches, recovery educators and trainers, researchers, family supporters, administrators of consumer-operated or peer-run organizations, state and federal policymakers, and licensed professionals.

National Council for Mental Wellbeing

(<https://www.thenationalcouncil.org/program/center-of-excellence/>): The National Council is a membership organization that drives policy and social change on behalf of more than 3,100 mental health and substance use treatment organizations.

National Institute of Mental Health

(NIMH) (<https://www.nimh.nih.gov/>): NIMH is the lead federal agency for research on mental disorders. Its website provides facts and information on a wide range of mental health categories and conditions.

National Institute on Alcohol Abuse and Alcoholism—Alcohol’s Effects on Health

(<https://www.niaaa.nih.gov/alcohol-effects-health>): This federal webpage provides research-based information on alcohol and its impact on individuals and families.

National Institute on Drug Abuse (NIDA)

(<https://www.drugabuse.gov/>): NIDA provides facts and information about different drugs and related topics.

National Library of Medicine’s DailyMed

Database (<https://dailymed.nlm.nih.gov/dailymed/>): The database includes information about the most common side effects reported for medications that can be taken to support recovery from opioid use disorder (OUD) and alcohol use disorder.

National Quality Forum (www.qualityforum.org/Topics/Health_and_Well-Being.aspx)

: Visit the National Quality Forum website and the **National Committee for Quality Assurance** (www.ncqa.org) for behavioral health quality measures to help program administrators evaluate their services and make funding decisions.

Peer Recovery Center of Excellence

(<https://www.peerrecoverynow.org/>): The Center provides training and technical assistance related to substance use disorder (SUD) recovery. Areas of focus include integrating peer support workers into nontraditional settings, building the capacity of recovery community organizations, developing the peer workforce, and providing evidence-based and practice-based resources.

Providers Clinical Support System

(PCSS) (<https://pcssnow.org/>): PCSS is a SAMHSA-funded program, created in response to the opioid overdose epidemic to train primary care providers in the evidence-based prevention and treatment of OUD and treatment of chronic pain.

Recovery Research Institute (<https://www.recoveryanswers.org/>)

: The Recovery Research Institute is a leading nonprofit research institute of Massachusetts General Hospital, an affiliate of Harvard Medical School, dedicated to the advancement of addiction treatment and recovery.

State & Territorial Health Department

Websites (<https://www.cdc.gov/publichealthgateway/healthdirectories/healthdepartments.html>): CDC hosts this resource for licensed behavioral health service providers to determine their state’s scope of practice.

Publications

SAMHSA:

- **Addictions and Mental Health Recovery Dialogue: Similarities and Differences in Our Communities** (<https://www.samhsa.gov/sites/default/files/similarities-differences-dialogue.pdf>): This report captures discussion among mental health and addiction recovery stakeholders about addiction recovery insights, congruencies, differences, and proposed next steps.



- **Advisory: Comprehensive Case Management for Substance Use Disorder Treatment** (<https://store.samhsa.gov/product/advisory-comprehensive-case-management-substance-use-disorder-treatment/pep20-02-02-013>): This Advisory surveys the underlying principles and models of case management, discusses reasons SUD treatment providers might consider implementing or expanding the use of case management, and lists case management-related resources and tools.
- **Advisory: Using Technology-Based Therapeutic Tools in Behavioral Health Services** (<https://store.samhsa.gov/product/advisory-using-technology-based-therapeutic-tools-behavioral-health-services/pep20-06-04-001>): This Advisory summarizes key issues in telehealth for behavioral health services, including access to technology, licensing and regulation, reimbursement, privacy, informed consent, training and support, and best practices.
- **Alcohol Use: Facts & Resources** (https://www.samhsa.gov/sites/default/files/alcohol_use_facts_and_resources_fact_sheet_2018_data.pdf): This fact sheet includes statistics on alcohol use, indicators of risky or excessive drinking, tips for reducing alcohol use, and an alcohol use assessment tool.
- **Civil Commitment and the Mental Health Care Continuum: Historical Trends and Principles for Law and Practice** (<https://www.samhsa.gov/sites/default/files/civil-commitment-continuum-of-care.pdf>): This report provides an overview of civil commitment and practical tools to help policymakers and others responsible for reforming or implementing civil commitment laws or systems.
- **Creating a Healthier Life: A Step-by-Step Guide to Wellness** (<https://store.samhsa.gov/sites/default/files/d7/priv/sma16-4958.pdf?msclkid=daf046f-ba6e611ecbca8c52e6eb4f405>): This guide offers a broad approach for things recoverees can do at their own pace to feel better and live longer.
- **Drug-Free Workplace Toolkit** (<https://www.samhsa.gov/workplace/toolkit>): The Drug-Free Workplace Toolkit provides information to help employers develop and sustain successful drug-free workplace programs.
- **Guidelines for Successful Transition of People with Mental or Substance Use Disorders from Jail and Prison: Implementation Guide** (<https://store.samhsa.gov/sites/default/files/d7/priv/sma16-4998.pdf>): This guide offers behavioral health, correctional, and community stakeholders with successful implementation strategies for transitioning people with mental or substance use disorders from institutional correctional settings into the community.
- **Know Your Rights. Rights for Individuals on Medication-Assisted Treatment** (https://www.samhsa.gov/sites/default/files/programs_campaigns/medication_assisted/Know-Your-Rights-Brochure.pdf): This brochure explains the Federal laws that prohibit discrimination against individuals with disabilities and how they protect people who take medication for OUD.
- **Medication for the Treatment of Alcohol Use Disorder: A Brief Guide** (<https://store.samhsa.gov/product/Medication-for-the-Treatment-of-Alcohol-Use-Disorder-A-Brief-Guide/SMA15-4907>): This manual provides guidance on the use of medication for alcohol use disorder. It discusses approved medications, screening and assessment, treatment planning, and patient monitoring.

- **National Framework for Quality Improvement in Behavioral Health Care** (<https://www.nasmhpd.org/sites/default/files/SAMHSA%20Quality%20Improvement%20Initiative.pdf>): This SAMHSA document outlines quality measures to help programs evaluate their services and make funding decisions. It includes goals relevant to a recovery orientation, such as promoting person-centered care.
- **National Guidelines for Behavioral Health Crisis Care: Best Practice Toolkit** (<https://www.samhsa.gov/sites/default/files/national-guidelines-for-behavioral-health-crisis-care-02242020.pdf>): These guidelines are intended to assist states and communities with the development and implementation of effective crisis services and systems.
- **Results from the 2021 National Survey on Drug Use and Health: Graphics from the Key Findings Report** (https://www.samhsa.gov/data/sites/default/files/reports/rpt39443/2021_NNR_figure_slides.pdf): Using data from the 2021 National Survey on Drug Use and Health (NSDUH), this 2022 presentation spotlights usage trends among individuals 12 years and older related to alcohol, nicotine, prescription medications, and illicit drugs.
- **Substance Use Disorders Recovery with a Focus on Employment** (<https://store.samhsa.gov/product/Substance-Use-Disorders-Recovery-with-a-Focus-on-Employment/PEP21-PL-Guide-6>): This guide helps healthcare providers, systems, and communities support recovery from SUDs via employment. It describes relevant research, examines emerging and best practices, identifies knowledge gaps and implementation challenges, and offers resources.
- **TIP 26, Treating Substance Use Disorder in Older Adults** (<https://store.samhsa.gov/product/treatment-improvement-protocol-tip-26-treating-substance-use-disorder-in-older-adults/PEP20-02-01-011>): This TIP helps providers better understand how to identify, manage, and prevent problematic substance use in older adults. It includes screening tools, assessments, and treatments tailored for older clients as well as the interaction between SUDs and cognitive impairment.
- **TIP 33, Treatment for Stimulant Use Disorders** (<https://store.samhsa.gov/product/treatment-for-stimulant-use-disorders/PEP21-02-01-004>): This TIP reviews the medical, psychiatric, and SUD-related problems associated with the use of cocaine and methamphetamine as well as the problematic use of prescription stimulants. It offers recommendations on treatment approaches and maximizing treatment engagement and retention, and strategies for initiating and maintaining abstinence.
- **TIP 35, Enhancing Motivation for Change in Substance Use Disorder Treatment** (<https://store.samhsa.gov/product/TIP-35-Enhancing-Motivation-for-Change-in-Substance-Use-Disorder-Treatment/PEP19-02-01-003>): This TIP includes the latest evidence on motivation-enhancing approaches and strategies. It describes how SUD treatment providers can use these approaches and strategies to increase participation and retention.
- **TIP 38, Integrating Substance Abuse Treatment and Vocational Services** (<https://store.samhsa.gov/product/TIP-38-Integrating-Substance-Abuse-Treatment-Vocational-Services/SMA12-4216>): This TIP offers practice guidelines and recommendations for integrating employment services into SUD treatment. It also provides information about funding, policy, and legal issues.



- **TIP 39, Substance Use Disorder Treatment and Family Therapy** (https://store.samhsa.gov/product/treatment-improvement-protocol-tip-39-substance-use-disorder-treatment-and-family-therapy/PEP20-02-02-012?referer=from_search_result): This TIP offers information about how to work with families, how families are affected by problematic SUDs, and describes a variety of family counseling approaches.
- **TIP 42, Substance Use Treatment for People With Co-Occurring Disorders** (<https://store.samhsa.gov/product/tip-42-substance-use-treatment-persons-co-occurring-disorders/PEP20-02-01-004>): This TIP summarizes the latest science in the screening, assessment, diagnosis, and management of co-occurring disorders.
- **TIP 51, Substance Abuse Treatment: Addressing the Specific Needs of Women** (<https://store.samhsa.gov/product/TIP-51-Substance-Abuse-Treatment-Addressing-the-Specific-Needs-of-Women/SMA15-4426>) and **TIP 56, Addressing the Specific Behavioral Health Needs of Men** (<https://store.samhsa.gov/product/TIP-56-Addressing-the-Specific-Behavioral-Health-Needs-of-Men/SMA14-4736>): These TIPs review gender-specific research and best practices, such as common patterns of substance use among women and men and specific treatment issues and strategies.
- **TIP 52, Clinical Supervision and Professional Development of the Substance Abuse Counselor** (<https://store.samhsa.gov/sites/default/files/d7/priv/sma14-4435.pdf>): This publication explains how to conduct clinical supervision in substance use treatment settings.
- **TIP 55, Behavioral Health Services for People Who Are Homeless** (<https://store.samhsa.gov/product/TIP-55-Behavioral-Health-Services-for-People-Who-Are-Homeless/SMA15-4734>): This manual offers skills and resources to service providers working with people who are experiencing homelessness or at risk of homelessness. It outlines types of homelessness and stages of recovery, including substance use screening and supportive treatment.
- **TIP 57, Trauma-Informed Care in Behavioral Health Services** (<https://store.samhsa.gov/sites/default/files/d7/priv/sma14-4816.pdf>): This TIP helps behavioral health professionals understand the impact of trauma. It discusses patient assessment and treatment planning strategies to support recovery as well as the development of a trauma-informed care workforce.
- **TIP 59, Improving Cultural Competence** (<https://store.samhsa.gov/product/TIP-59-Improving-Cultural-Competence/SMA15-4849>): This TIP helps professional care providers and administrators understand the role of culture in the delivery of mental health and substance use services. It describes cultural competence and discusses racial, ethnic, and cultural considerations.
- **TIP 60, Using Technology-Based Therapeutic Tools in Behavioral Health Services** (<https://store.samhsa.gov/product/TIP-60-Using-Technology-Based-Therapeutic-Tools-in-Behavioral-Health-Services/SMA15-4924>): This manual highlights the importance of using technology-based assessments and interventions in behavioral health treatment services.

- **TIP 61, Behavioral Health Services for American Indians and Alaska Natives** (<https://store.samhsa.gov/product/TIP-61-Behavioral-Health-Services-For-American-Indians-and-Alaska-Natives/SMA18-5070>): This TIP discusses the demographics, social challenges, and behavioral health concerns of Native Americans, including background on Native American history, historical trauma, and cultural perspectives.
 - **TIP 63, Medications for Opioid Use Disorder** (<https://store.samhsa.gov/product/TIP-63-Medications-for-Opioid-Use-Disorder-Full-Document/PEP21-02-01-002>): This TIP provides an indepth review of the U.S. Food and Drug Administration (FDA)-approved medications for OUD: buprenorphine, naltrexone, and methadone. It also discusses prescribing guidelines and how to become an approved prescriber.
 - **TIP 64, Incorporating Peer Support Into Substance Use Disorder Treatment Services** (<https://store.samhsa.gov/product/tip-64-incorporating-peer-support-substance-use-disorder-treatment-services/pep23-02-01-001>): This TIP provides an indepth look at peer support services in SUD treatment settings, including discussion specific to administrators and supervisors.
 - **Treatment Considerations for Youth and Young Adults with Serious Emotional Disturbances and Serious Mental Illnesses and Co-occurring Substance Use** (https://store.samhsa.gov/sites/default/files/SAMHSA_Digital_Download/pep20-06-02-001.pdf): This evidence-based resource guide includes a comprehensive set of modules with resources to improve health outcomes for people at risk for, experiencing, or recovering from mental and/or substance use disorders. It is designed for clinicians, administrators, community leaders, and others considering an intervention for their organization, community, client, or loved one.
- Community Listening Forum Toolkit: Taking Action to Support Recovery in Your Community** (<https://facesandvoicesofrecovery.org/wp-content/uploads/2020/02/Community-Listening-ForumToolkitHR-1.pdf>): This toolkit provides practical steps and sample resources, such as flyers, agendas, evaluations, and training materials for speakers to help you organize a forum in your community.
- NIDA:**
- **Common Comorbidities with Substance Use Disorders Research Report** (<https://nida.nih.gov/download/1155/common-comorbidities-substance-use-disorders-research-report.pdf?v=5d6a5983e0e9353d46d01767fb20354b>): This research report provides information on the state of the science in the comorbidity of SUDs with mental illness and physical health conditions.
 - **Drugs, Brains, and Behavior: The Science of Addiction** (<https://nida.nih.gov/sites/default/files/soa.pdf>): This publication discusses brain chemistry and how it is affected by substance use. It also includes illustrations, brain imagery, and links to NIDA initiatives appropriate for clinicians, researchers, educators, students, and parents.
 - **Principles of Drug Addiction Treatment: A Research-Based Guide (Third Edition)** (<https://www.drugabuse.gov/publications/principles-drug-addiction-treatment-research-based-guide-third-edition/preface>): Designed for healthcare providers, family members, and other stakeholders, this resource presents a basic primer on addiction, different approaches to treatment, evidence-based approaches, friends and family advice/resources, and unique populations, such as pregnant women, adolescents, and older adults.

- **Understanding Drug Use and Addiction DrugFacts** (<https://nida.nih.gov/publications/drugfacts/understanding-drug-use-addiction>): This publication provides an overview of what addiction is, the brain “reward” circuitry, and the impact of genetics and environment on substance use.

Peer Recovery Center of Excellence’s Comparative Analysis of State Requirements for Peer Support Specialist Training and Certification in the United States (<https://peerrecoverynow.org/about/coe-products.aspx>): The “State Website Data Sources” section of this publication contains information on your state’s training and certification requirements for peer specialists.

State of the New Recovery Advocacy Movement (<https://www.chestnut.org/resources/5cd82f5d-f9cb-4e50-8391-7eadb9700e34/2013-State-of-the-New-Recovery-Advocacy-Movement.pdf>): Written by William White, this presentation shares his perspectives on the recovery movement’s accomplishments, current and anticipated threats, and the movement’s next stages, strategies, kinetic ideas, and frontier issues.

Surgeon General, Facing Addiction in America: The Surgeon General’s Report on Alcohol, Drugs, and Health (<https://store.samhsa.gov/product/Facing-Addiction-in-America-The-Surgeon-General-s-Report-on-Alcohol-Drugs-and-Health-Full-Report/SMA16-4991>): Published in 2016, this report discusses the wide-ranging impact of problematic substance use. It also summarizes what is known about what works in prevention, treatment, and recovery.

What is the evidence on the role of the arts in improving health and well-being? (<https://www.ncbi.nlm.nih.gov/books/NBK553773/>): This report by the World Health Organization synthesizes the global evidence on the role of the arts in improving health and well-being.

Mutual-Help Groups

AA Agnostica (<https://aaagnostica.org/>): AA Agnostica meetings are 12-Step meetings for agnostics, atheists, and freethinkers who feel uncomfortable with the religious focus of traditional Alcoholics Anonymous® meetings.

Adult Children of Alcoholics® and Dysfunctional Families (<https://adultchildren.org/>): This is a 12-Step program of men and women who experienced abuse, neglect, and/or trauma in the home while growing up.

Al-Anon Family Groups (<https://www.al-anon.org/>): Al-Anon offers group meetings where friends and family members of people with substance use issues share their experiences and learn how to apply the principles of the Al-Anon program to their individual situations. Sponsorship gives members the chance to get personal support from more experienced individuals in the program.

Alateen (<https://al-anon.org/for-members/group-resources/alateen/>): Alateen is geared toward younger family members and friends of people with problematic alcohol use.

Alcoholics Anonymous® (A.A.) (<https://www.aa.org/>): A.A. is a fellowship of individuals who are focused primarily on supporting people who identify as having difficulties resolving problematic alcohol use and achieving sobriety.

Anorexics and Bulimics Anonymous (ABA) (<http://aba12steps.org/about/>): ABA is a fellowship of individuals whose primary purpose is to find and maintain recovery in their eating practices, and to help others gain recovery.

Celebrate Recovery® (<https://www.celebraterecovery.com/>): Celebrate Recovery® is a Christian-focused 12-Step recovery program for anyone struggling with hurt, pain, or addiction of any kind. Celebrate Recovery® is a safe place to find community and freedom from the issues that are controlling your life.

Co-Anon Family Groups® (<https://co-anon.org/>): Co-Anon Family Groups offer support for family members of people with cocaine use disorder.

Cocaine Anonymous® (CA) (<https://ca.org/>): CA provides affiliational support to individuals who have problematic cocaine use. While the name implies a drug-specific focus, today's CA is for anyone wishing to resolve cocaine and all other problematic drug and alcohol use; however, individuals who have problematic cocaine use may identify more strongly with the culture of CA.

Co-Dependents Anonymous (CoDA) (<https://coda.org/>): The CoDA program encourages members to follow the 12 Steps and 12 Traditions for developing honest and fulfilling relationships with themselves and others.

Crystal Meth Anonymous® (CMA) (<https://crystalmeth.org/index.php>): CMA describes itself as a fellowship of people who share their experience, strength, and hope with each other, so they may solve their common problem and help others to recover from addiction to crystal meth. The only requirement for membership is a desire to stop using.

Drug Addicts Anonymous® (<https://daausa.org/>): Drug Addicts Anonymous is a fellowship of people who have recovered from addiction and are committed to helping those who have not yet recovered. This organization is not allied with any organization but does use the 12 Steps outlined by A.A.

Dual Recovery Anonymous™ (<http://www.draonline.org/>): Dual Recovery Anonymous is a mutual-help support program that follows 12-Step principles in supporting men and women in recovery from drug and alcohol addiction and emotional or mental illness. The group focuses on preventing relapse and actively improving the quality of members' lives through a community of mutual support.

Eating Disorders Anonymous (EDA) (<https://eatingdisordersanonymous.org/>): EDA is a 12-Step fellowship of individuals who share their experience, strength, and hope with each other that they may solve their common problems and help others to recover from their eating disorders.

Emotions Anonymous® (EA) (<https://emotionsanonymous.org/>): The EA membership is composed of people who come together in weekly meetings for the purpose of working toward recovery from emotional difficulties.

Faces & Voices of Recovery (<https://facesandvoicesofrecovery.org/>): Faces & Voices of Recovery is a national recovery advocacy organization that promotes recovery from SUDs and advocates for social and policy changes to reduce stigma and discrimination against people in recovery.

Families Anonymous (<https://www.familiesanonymous.org/>): Families Anonymous is a 12-Step fellowship for the family and friends of individuals with drug, alcohol, or related behavioral issues.

Gamblers Anonymous® (<https://gamblersanonymous.org/ga/content/about-us>): Gamblers Anonymous® is a fellowship of men and women who share their experience, strength, and hope with each other that they may solve their common problem and help others to recover from a gambling problem.

Gay & Sober® (<https://www.gayandsober.org/>): Gay & Sober's mission is simple—to provide a safe, fun, and enriching experience to the sober LGBTQI+ community. The primary purpose is to encourage unity and enhance sobriety. The website includes online and in-person meetings, events in all U.S. states as well as international meetings and events.

Grief Recovery After a Substance

Passing (GRASP) (<http://grasphelp.org/>): GRASP was created to offer understanding, compassion, and support for those who have lost someone they love from problematic substance use and overdose. GRASP provides a directory of free, in-person support meetings and tools for coping with loss.

HAMS: Harm Reduction for Alcohol

(<https://hams.cc/>): HAMS is a peer-led, free-of-charge support and informational group for anyone who wants to change their drinking habits for the better. HAMS offers support via an online forum, a chat room, an email group, a Facebook group, and live meetings. Participants choose their own goal—safe drinking, reduced drinking, or quitting alcohol altogether.

Harm Reduction Works (<https://linktr.ee/hrw>):

Everyone is welcome in these meetings, especially people who aren't sure what harm reduction is or whether it can help them. People who embrace abstinence or choose moderation or take medications for OUD or are just beginning to wonder if alcohol and drugs are a problem are welcome. Friends, families, and allies are also encouraged to attend.

Heroin Anonymous (<http://www.heroinanonymous.org>):

Heroin Anonymous is a nonprofit fellowship of individuals in recovery from heroin addiction committed to helping each other stay sober. This organization holds local support meetings, a directory of which can be found on its website.

In the Rooms® (ITR) (<https://www.intherooms.com/home/>):

ITR is a free, membership-based platform designed to give people in recovery access to a diverse menu of live, digital, mutual-support meetings.

Learn to Cope (<https://www.learn2cope.org/>):

Learn to Cope is a secular mutual-help support group that offers education, resources, and peer support for the family of people with SUDs (although they are primarily focused on OUD). They also maintain an online forum, but groups are only available in a few states.

LifeRing® Secular Recovery (<https://lifering.org/>):

LifeRing® Secular Recovery is an organization of people who share practical experiences and sobriety support. Many LifeRing® members attend other kinds of meetings or recovery programs, and members honor those decisions. LifeRing® respectfully embraces what works for each individual.

Live Another Day (<https://liveanotherday.org/bipoc/>):

This website offers substance use and mental disorder recovery resources to support Black, Indigenous, and People of Color communities.

Marijuana Anonymous (MA) (<https://marijuana-anonymous.org/>):

MA is a fellowship of people who share their experience, strength, and hope with each other as part of their recovery from problematic marijuana use. It is based on the 12 Steps of A.A.

Medication-Assisted Recovery**Anonymous (MARA®)** (<https://www.mara-international.org/>):

MARA® supports the idea that medication is a therapeutic tool of recovery that may or may not be discontinued in time, dependent on the needs of the individual.

Medication-Assisted Recovery Services**(MARS™)** (<https://marsproject.org/>):

MARS™ is a peer-initiated and peer-based recovery support project of the National Alliance of Medication-Assisted Recovery that offers online peer support to recoverees.

Millati Islami (<http://www.millatiislami.org/>): Millati Islami is an Islam-focused 12-Step recovery program where people share experiences, strengths, and hopes while recovering from active addiction to mind- and mood-altering substances.

Moderation Management™ (MM) (<https://moderation.org/>): MM is a lay-led nonprofit dedicated to reducing the harm caused by problematic alcohol use. MM provides support through face-to-face meetings, video and phone meetings, chats, and its private online support communities: the MM Forum, the MM Listserv, and the MM Private Facebook Group.

Mutual-Aid Resources (<https://facesand-voicesofrecovery.org/?s=mutual+aid+>): This webpage provides resources pertaining to mutual aid and recovery.

Nar-Anon Family Groups (<https://www.nar-anon.org/>): This organization offers group meetings where friends and family of people with drug use problems can share their experiences and learn to apply the 12-Step Nar-Anon program to their lives. Nar-Anon groups also offer more individualized support from experienced individuals in the program who act as sponsors. **Narateen** (<https://www.nar-anon.org/what-is-narateen?rq=narateen>) provides support to teenage family members and friends of people with problematic narcotics use.

Narcotics Anonymous (NA®) (<https://na.org/>): NA® is a global, community-based organization focused on supporting people who identify as having difficulties resolving problematic drug use, including alcohol. NA® members use a 12-Step program that includes regular attendance at meetings to help individuals achieve and sustain recovery.

Nicotine Anonymous® (NicA) (<https://www.nicotine-anonymous.org/>): NicA is a nonprofit 12-Step fellowship of people helping each other live nicotine-free lives.

Overeaters Anonymous® (OA) (<https://oa.org/>): OA is a community of people who support each other in order to recover from compulsive eating and food behaviors.

Parents of Addicted Loved Ones (<https://palgroup.org/>): This is a secular support group for parents who have a child with an SUD. They only have meetings in some states but also meet via telephone.

The Phoenix (<https://thephoenix.org/>): The Phoenix takes an innovative approach to recovery by fostering healing through fitness and personal connection. The Phoenix offers activities for everyone, from weightlifting and boxing to running, hiking, and yoga. The mission of The Phoenix is to help people grow stronger together, overcome stigma of addiction, and rise to their full potential. The program is free, and the only requirement for membership is 48 hours of sobriety.

Recovering Couples Anonymous (<https://recovering-couples.org/>): This 12-Step organization is focused on restoring healthy communication, caring, and greater intimacy to relationships.

Recovery Dharma (<https://recoverydharma.org/>): Recovery Dharma is a grassroots, democratically structured organization whose mission is to support individuals on their paths of recovery from addiction, using Buddhist practices and principles.

Refuge Recovery (<https://refugerecovery.org/>): Refuge Recovery is a peer-led movement that combines Buddhist-inspired practices and principles with successful recovery community structures to overcome addiction.

Secular Organizations for Sobriety (<http://www.sossobriety.org/>): This is a nonprofit, nonreligious network of autonomous, nonclinical local groups that support people in achieving and maintaining abstinence from alcohol and drug addiction.

Seek Healing (<https://www.seekhealing.org/>): Seek Healing provides social health programs to rebuild disconnected communities—healing loneliness, systemic shame, trauma, and addiction. It believes that connection is medicine. Along with in-person mutual support based in western North Carolina, Seek Healing also offers a full calendar of digital meetings, focused on active listening and free from advice.

Self-Management and Recovery Training (SMART Recovery®) (<https://www.smartrecovery.org/>): SMART Recovery® is an international self-empowering recovery group that supports multiple pathways to a life beyond addiction. The website provides links to online and in-person meeting information and access to 24/7 chats, discussion forums, YouTube videos, and publications. Using science-based recovery tools, participants learn how to design their own plans for change from addictive behaviors.

Sex Addicts Anonymous (SAA) (<https://saa-recovery.org/our-program/>): SAA is a fellowship of individuals who share their experience, strength, and hope with each other so they may overcome their sexual addiction and help others recover from sexual addiction or dependency.

Sexaholics Anonymous (SA) (<https://www.sa.org/>): SA is a 12-Step recovery peer support program based on the same model as A.A. but with a focus on addressing sexual addiction.

Sex and Love Addicts Anonymous (S.L.A.A.) (<https://slaafws.org/>): S.L.A.A. is a 12-Step, 12-Tradition-oriented fellowship based on the model pioneered by A.A. Services are supported entirely through the contributions of its membership and are free to all who need them.

Sexual Compulsives Anonymous (SCA) (<https://sca-recovery.org/WP/>): SCA has adapted the 12 Steps of A.A. to recovery from sexual compulsion to create a safe space for members to discuss their compulsive sexual behaviors without shame and to work toward recovery.

Wellbriety (<https://www.wellbriety.com/map.html>): These mutual support circles follow the Red Road, Medicine Wheel Journey to Wellbriety to become sober and well in a Native American cultural way. The indigenous experience adds a dimension of acknowledging sociopolitical causes of addiction without removing an individual's need to do the hard work it takes to heal.

Women for Sobriety (<https://womenforsobriety.org/>): This is an abstinence-based mutual-help support program that helps women find their individual paths to recovery by addressing their unique needs. It offers tools to help women in recovery develop coping skills focused on emotional growth, spiritual growth, self-esteem, and a healthy lifestyle.

Online Boards and Chat Rooms

SAMHSA's Staying Connected Is Important: Virtual Recovery Resources (<https://www.samhsa.gov/sites/default/files/virtual-recovery-resources.pdf>): SAMHSA compiled a handy list of recovery groups that offer virtual recovery support.

12-Step forums: A variety of NA® and A.A. meetings are available online, each with their own attitude toward medication:

- 12Step.org (<https://12step.org/social/online-meetings/>) contains links to meetings for all types of 12-Step fellowships and other recovery groups.
- Online Intergroup of Alcoholics Anonymous (<https://www.aa-intergroup.org/>): The directory lists numerous online A.A. meetings, which occur at specific times.

Facebook Forums and Groups: A handful of co-occurring disorders and drug and alcohol addiction recovery organizations are on Facebook. They include:

- Clean and Sober Today (<https://www.facebook.com/groups/1822841161286327/>).
- Dual Diagnosis Co-occurring Mental Illness & Substance Disorders First Treatment (<https://www.facebook.com/FirstDualDiagnosisTreatmentandPrograms1984/>).
- Recovery Group for Dual Diagnosis (<https://www.facebook.com/events/139669280229645/>).
- Living with Dual Diagnosis (<https://www.facebook.com/groups/202446319860866/>).
- Methadone Anonymous (<https://www.facebook.com/MethadoneAnonymous/>).
- Secular Organizations for Sobriety (<https://www.facebook.com/groups/251215211975/>).
- Social Media 4Recovery (<https://www.facebook.com/groups/748016625286020/>).

Faces & Voices of Recovery Guide to Mutual-Aid Resources (<https://facesandvoicesofrecovery.org/?s=mutual+aid+>): This website provides a listing of mutual-help support programs for people in recovery and their family members.

In The Rooms[®] (<https://www.intherooms.com/>): This is an online social network for people in recovery, families, friends, and allies. Membership is free. Members have access to live online recovery support meetings.

LifeRing[®] **Secular Recovery Dual Diagnosis Recovery Online Support Groups** (<https://www.lifering.org/post/lifering-offers-dual-diagnosis-recovery-support-group-online>): This online group offers a safe place for people with mental and substance use disorders to discuss struggles and concerns.

SMART Recovery[®] **Online Forum** (<https://www.smartrecovery.org/community/forum.php>): This online mutual-help resource allows people in recovery to share their own recovery stories in a virtual community environment. The site offers 24/7 access to a chat room and message board for individuals who cannot dedicate 60 to 90 minutes to a meeting, but who still need access to recovery support resources and individuals.

Unity Recovery (<https://unityrecovery.org/digital-recovery-meetings>): The website contains a full calendar of free digital recovery meetings that are nondenominational, agnostic to any specific recovery pathway, and are open to anyone.

Women for Sobriety Online Community (<https://womenforsobriety.org/community/>): This forum for women includes a 24/7 message board where women can share and seek recovery support and participate in daily online chat meetings.

Treatment Locators

SAMHSA:

- **Buprenorphine Practitioner Locator** (<https://www.samhsa.gov/medication-assisted-treatment/find-treatment/treatment-practitioner-locator>): This online resource provides contact information, by state, for practitioners who treat opioid dependency with buprenorphine. Please note that this list is not inclusive of all practitioners and contains only the names of practitioners who have consented to releasing their practice information.
- **FindTreatment.Gov** (<https://findtreatment.gov/>): People seeking treatment for SUDs can use this federal locator maintained by SAMHSA to find treatment facilities based on location, availability of treatment for co-occurring mental disorders, availability of telemedicine care, payment option, age, languages spoken, and access to medication for OUD.

- **National Helpline** (<https://www.samhsa.gov/find-help/national-helpline>): SAMHSA's National Helpline provides free treatment referral and relevant information for individuals who need help dealing with problematic substance use or mental illness. The phone lines (1-800-662-HELP [4357]; 1-800-487-4889 [TTY]) are staffed 24 hours a day by information specialists who can respond in English or Spanish.
- **Opioid Treatment Program Directory** (<https://dpt2.samhsa.gov/treatment/directory.aspx>): This online resource provides information about programs offering medication to treat OUD.
- **State Opioid Treatment Authorities (SOTAs)** (<https://www.samhsa.gov/medications-substance-use-disorders/sota>): This list provides contact information for currently designated SOTAs in each state, the District of Columbia, Puerto Rico, and the Virgin Islands. These individuals can potentially help individuals access treatment resources in their area.

Advocacy Organizations and Resources

All Rise (<https://www.nadcp.org/>): Formerly the National Association of Drug Court Professionals, this agency is a training, membership, and advocacy organization for the treatment court model.

American Association for the Treatment of Opioid Dependence, Inc. (AATOD) (<http://www.aatod.org/>): AATOD was founded in 1984 to enhance the quality of patient care in treatment programs by promoting the growth and development of comprehensive opioid treatment services throughout the United States.

American Society of Addiction Medicine (ASAM), State Advocacy Resources (<https://www.asam.org/advocacy/state-advocacy/state-advocacy-resources>): ASAM provides both internal and external resources to support advocacy efforts in substance use treatment and recovery services.

Bringing Recovery Supports to Scale Technical Assistance Center Strategy (BRSS TACS) (<https://www.samhsa.gov/brss-tacs>): In 2011, SAMHSA initiated BRSS TACS to promote the widespread adoption of recovery-oriented supports, services, and systems for people in recovery from SUDs and mental disorders. BRSS TACS offers resources to a wide audience, including recovery supervisors and recovery support workers.

Buddhist Recovery Network (<https://www.buddhistrecovery.org/>): The Buddhist Recovery Network is a nonprofit organization that promotes the use of Buddhist teachings and practices to help people recover from the effects of addictive behaviors. It is open to people of all backgrounds and is respectful of all recovery paths.

Dual Diagnosis Recovery Network (<https://www.dualdiagnosis.org/resource/ddrn/>): Part of Foundations Recovery Network, the Dual Diagnosis Recovery Network is an advocacy group for people with co-occurring disorders. It offers information on mutual-help support programs, outreach, and education.

Faces & Voices of Recovery (<http://facesandvoicesofrecovery.org/>): This national recovery advocacy organization promotes recovery from SUDs, and advocates for social and policy changes to reduce stigma and discrimination against people in recovery. It offers the following resources:

- **Advocacy Toolkit** (<https://facesandvoicesofrecovery.org/wp-content/uploads/2020/02/ADVOCACY-TOOLKIT.pdf>): This toolkit provides tips on how to build relationships with elected officials and their staff as part of your advocacy efforts.
- **Advocacy With Anonymity** (<https://facesandvoicesofrecovery.org/wp-content/uploads/2019/06/Advocacy-with-Anonymity.pdf>): This resource offers tips on how someone in a 12-Step program can advocate for recovery while still observing the 12-Step tradition of keeping membership in the program private.

- **Directory of Recovery Community Organizations (RCOs)** (<https://facesandvoicesofrecovery.org/arco/arco-members-on-the-map/>): This directory includes RCOs that are members of the Association of Recovery Community Organizations. Click on the map locations to visit RCOs and Recovery Community Centers throughout the United States.
- **Recovery Advocacy Movement** (<https://facesandvoicesofrecovery.org/?s=Recovery+Advocacy+Movement+>): Faces & Voices of Recovery provides this overview of the Recovery Advocacy Movement, a nationwide grassroots effort led by individuals in recovery that seeks to change public and professional attitudes toward addiction and promote recovery-oriented services, while reducing the stigmatization historically suffered by individuals experiencing problematic substance use.
- **Recovery Voices Count** (<https://facesandvoicesofrecovery.org/resource/recovery-voices-count-guide/>): This resource provides a complete guide on how to organize the recovery community through activities like voter registration, education, and participation.

Legal Action Center (<https://www.lac.org/>): This organization offers information about the rights of people with criminal records, HIV and AIDS, and SUDs.

National Alliance for Recovery Residences (NARR) (<https://narronline.org/>): NARR's mission is to support recoverees from addiction by improving their access to quality recovery residences through standards, support services, placement, education, research, and advocacy.

National Association of State Alcohol and Drug Abuse Directors (NASADAD) (<https://nasadad.org/>): NASADAD is a private, not-for-profit educational, scientific, and informational organization. Its basic purpose is to foster and support the development of effective alcohol and other drug use prevention and treatment programs throughout every state.

National Association of State Mental Health Program Directors (NASMHPD) (www.nasmhpd.org): NASMHPD represents the \$41 billion public mental health service delivery system serving 7.5 million people annually in all 50 states, 4 territories, and the District of Columbia. It works with states, federal partners, and stakeholders to promote wellness, recovery, and resiliency for individuals with mental conditions or co-occurring mental and substance use-related disorders across all ages and cultural groups.

National Council for Mental Wellbeing (<https://www.thenationalcouncil.org/program/center-of-excellence/>): The National Council is a membership organization that drives policy and social change on behalf of over 3,100 mental and substance use treatment organizations.

The National Council on Alcoholism and Drug Dependence, Inc. (NCADD) (<https://ncadd.us/>): NCADD has a nationwide network of nearly 100 affiliates that provide information and referrals to local services, including counseling and treatment. NCADD also offers a variety of publications and resources.

National Empowerment Center (<https://power2u.org/>): The National Empowerment Center has an extensive resource listing, including a directory of consumer-run organizations, recovery support, and webinars.

National Federation of Families (<https://www.ffcmh.org/resources-familyorg>): This nationwide advocacy organization focuses on bringing lived experience to family support and provides resources on family-run organizations.

National Harm Reduction Coalition (<https://harmreduction.org/>): The National Harm Reduction Coalition is a national advocacy and capacity-building organization that promotes the health and dignity of individuals and communities impacted by problematic drug use by advancing harm reduction policies, practices, and programs that address the adverse effects of drug use.

Oxford House™ (<https://www.oxfordhouse.org>): Oxford Houses are democratically run, self-supporting, and drug-free homes. This publicly supported nonprofit is the umbrella organization that provides the network connecting all Oxford Houses and allocates resources to duplicate the Oxford House™ concept where needs arise.

Utah Support Advocates for Recovery Awareness (www.myusara.com/advocacy/speak): This Utah-based organization provides multiple resources, including specific insights, tasks, and steps to become an effective recovery community advocate.

Young People in Recovery (<https://youngpeopleinrecovery.org/>): Young People in Recovery was founded in 2010 by a group of young people (ages 18–30) in recovery who wanted to help others. Its programs are designed for young people but serve individuals of every age. Chapters are usually led by a young person in recovery.

Harm Reduction

SAMHSA:

- **A Collaborative Approach to the Treatment of Pregnant Women with Opioid Use Disorders** (<https://store.samhsa.gov/product/A-Collaborative-Approach-to-the-Treatment-of-Pregnant-Women-with-Opioid-Use-Disorders/SMA16-4978>): This manual offers best practices to states, tribes, and local communities on collaborative treatment approaches for pregnant women living with OUD, and the risks and benefits associated with medication-assisted treatment.
- **Clinical Guidance for Treating Pregnant and Parenting Women With Opioid Use Disorder and Their Infants** (<https://store.samhsa.gov/product/Clinical-Guidance-for-Treating-Pregnant-and-Parenting-Women-With-Opioid-Use-Disorder-and-Their-Infants/SMA18-5054>): The guide provides comprehensive, national guidance for optimal management of pregnant and parenting women with OUD and their infants.
- **Harm Reduction** (<https://www.samhsa.gov/find-help/harm-reduction>): This webpage provides an overview of harm reduction services, their benefits, and links to funding opportunities and the National Harm Reduction Technical Assistance Center.
- **Healthy Pregnancy Healthy Baby Fact Sheets** (<https://store.samhsa.gov/product/Healthy-Pregnancy-Healthy-Baby-Fact-Sheets/SMA18-5071>): This series of four fact sheets emphasizes the importance of continuing a mother's treatment for OUD throughout pregnancy.
- **Medications To Treat Opioid Use Disorder During Pregnancy** (<https://store.samhsa.gov/product/medications-to-treat-opioid-use-during-pregnancy-an-info-sheet-for-providers/SMA19-5094-IS>): This information sheet explains the importance of concurrent treatment of OUD with prenatal/postpartum care and the importance of providing the materials to clients.
- **Naloxone** (<https://www.samhsa.gov/medication-assisted-treatment/medications-counseling-related-conditions/naloxone>): This webpage provides basic information about naloxone, good candidates for its use, side effects, signs of overdose, links to naloxone training, and more.
- **Pregnancy Planning for Women Being Treated for Opioid Use Disorder** (<https://store.samhsa.gov/product/pregnancy-planning-for-women-treated-for-opioid-use-disorder/SMA19-5094-FS>): This fact sheet provides information for women with an OUD who are pregnant or of childbearing age.
- **Resources for Older Adults** (<https://www.samhsa.gov/resources-serving-older-adults>): This webpage links to products for serving older adults with mental and substance use disorders that can be useful to clinicians, other service providers, older adults, and caregivers.

- **SAMHSA Opioid Overdose Prevention Toolkit** (<https://store.samhsa.gov/product/Opioid-Overdose-Prevention-Toolkit/SMA18-4742>): This toolkit offers strategies to healthcare providers, communities, and local governments to develop practices and policies to help prevent opioid-related overdoses and deaths. Reports are available for community members, prescribers, patients and families, and those recovering from opioid overdose.
- **TIP 26, Treating Substance Use Disorder in Older Adults** (<https://store.samhsa.gov/product/treatment-improvement-protocol-tip-26-treating-substance-use-disorder-in-older-adults/PEP20-02-01-011>): This TIP helps providers better understand how to identify, manage, and prevent problematic substance use in older adults. It includes screening tools, assessments, and treatments tailored for older clients as well as the interaction between SUDs and cognitive impairment.
- **TIP 59, Improving Cultural Competence** (<https://store.samhsa.gov/product/TIP-59-Improving-Cultural-Competence/SMA15-4849>): This TIP helps professional care providers and administrators understand the role of culture in the delivery of mental health and substance use services. It describes cultural competence and discusses racial, ethnic, and cultural considerations.

American College of Obstetricians and Gynecologists (ACOG), Substance Use Disorder in Pregnancy (<https://www.acog.org/advocacy/policy-priorities/substance-use-disorder-in-pregnancy>): ACOG's statement provides guidance on problematic substance use and pregnancy.

American Society of Addiction Medicine (ASAM), Opioid Use and Opioid Use Disorder in Pregnancy (<https://www.asam.org/quality-care/clinical-recommendations/OD-in-Pregnancy>): This joint opinion of ACOG's Committee on Obstetric Practice and ASAM provides clinical recommendations for managing opioid use and OUD in pregnant individuals.

Centers for Disease Control and Prevention (CDC) (<https://www.cdc.gov>): CDC offers a number of resources dedicated to reducing harm associated with substance use. They include information on the following topics:

- Condom Distribution Structural Intervention (CDSI) (<https://www.cdc.gov/hiv/effective-interventions/prevent/condom-distribution-programs/index.html>)
- Contraception (<https://www.cdc.gov/reproductivehealth/contraception/index.htm>)
- Fentanyl Facts (<https://www.cdc.gov/stopoverdose/fentanyl/>)
- HIV Prevention Services (<https://npin.cdc.gov/search/organization/prevention/HIV>)
- Opioids Fact Sheets (<https://www.cdc.gov/opioids/naloxone/factsheets/index.html>): This webpage contains fact sheets on Naloxone for opioid overdoses.
- Syringe Services Programs (SSPs) (<https://www.cdc.gov/ssp/index.html>)
- **Syringe Services Programs: A Technical Package of Effective Strategies and Approaches for Planning, Design, and Implementation** (<https://www.cdc.gov/ssp/docs/SSP-Technical-Package.pdf>): Designed as a resource for use by health departments, community-based organizations, and diverse stakeholders, this technical package provides strategies and approaches for supporting successful planning, design, implementation, and sustainability of SSPs.

- **What You Should Know About Xylazine** (<https://www.cdc.gov/drugoverdose/deaths/other-drugs/xylazine/faq.html>)

Campus Drug Prevention (<https://www.campusdrugprevention.gov>): The U.S. Drug Enforcement Administration provides this website containing substance use prevention resources for college professionals, providers, and students.

Connecticut Department of Public Health, Fentanyl Testing To Prevent Overdose: Information for Healthcare Providers and People Who Use Drugs (https://portal.ct.gov/-/media/Departments-and-Agencies/DPH/AIDS--Chronic-Diseases/Prevention/DPH_FentanylTestStrips.pdf): This two-pager provides step-by-step instructions on how to use fentanyl test strips. It also provides straightforward strategies for substance users on how to avoid overdosing.

Drugs, Stigma, and Policy: How Language Drives Change (<https://pcssnow.org/wp-content/uploads/2020/06/Language-and-Stigma-FINAL.pdf>): This presentation by Dr. John Kelly covers stigma associated with problematic substance use, including the importance of language in treating SUDs, the history and context of changing language around SUD, the evidence demonstrating the impact of stigmatizing language on the provision, quality, and allocation of resources for SUD care, and strategies for addressing stigma in policy and practice settings.

Harm Reduction Strategies for People Who Inject Drugs: Considerations for Pharmacists (https://www.opioidlibrary.org/wp-content/uploads/2019/06/CPNP_HarmReductPharmacists.pdf): This document highlights how pharmacists can participate in harm reduction through reducing stigma and providing access to naloxone, safer injection supplies, and medications used to treat SUDs. The report also addresses barriers to participation.

HCV Medications (<https://www.hepatitis.cuw.edu/page/treatment/drugs>): This site provides comprehensive guidance on current and discontinued medications to address HCV, including prescribing information.

How To Stay Sober in College: Tips and Resources (<https://www.addictionresource.net/tips-on-college-sobriety/>): This article provides suggestions on maintaining recovery on campus and provides links to organizations, resources, and podcasts that can be helpful.

National Harm Reduction Coalition:

- **All Resources** (<https://harmreduction.org/all-resources/#hepatitis-c>): This webpage provides direct links to hepatitis education fact sheets, brochures, webinars, and training guides for people who use drugs and providers.
- **Fentanyl** (<https://harmreduction.org/issues/fentanyl/>): This webpage highlights evidence-based harm reduction strategies for people who use drugs, such as safety planning and access to a safe supply of fentanyl test strips.
- **Getting Off Right: A Safety Manual for Injection Drug Users** (<https://harmreduction.org/issues/safer-drug-use/injection-safety-manual/>): As characterized by the website authors, "This manual reflects NHRC's commitment to providing accurate and unbiased information about the use of illicit drugs with the goal of reducing harm and promoting individual and community health."
- **Pregnancy and Substance Use: A Harm Reduction Toolkit** (<https://harmreduction.org/issues/pregnancy-and-substance-use-a-harm-reduction-toolkit/>): The National Harm Reduction Coalition publishes this pregnancy and substance use harm reduction toolkit with information about sexual health as well as other resources.

- **Why Should I Know About Xylazine?** (<https://harmreduction.org/issues/xylazine/>): Xylazine is a veterinary tranquilizer that produces sedative-like effects. It is becoming more frequently found in the street drug supply.

NEXT Distro (<https://www.naloxoneforall.org/>): This website provides information about community-based naloxone programs.

NIDA:

- **Naloxone DrugFacts** (<https://nida.nih.gov/publications/drugfacts/naloxone>): Revised in 2022, this document provides an overview of what naloxone is, how it is administered, its delivery systems, precautions, costs, and how to obtain it.
- **Syringe Services Programs** (<https://nida.nih.gov/drug-topics/syringe-services-programs>): This webpage provides information about what syringe services programs are, their benefits, and their impact on the community.

North America Syringe Exchange Network (NASEN) (<https://www.nasen.org/map/>): NASEN distributes harm reduction materials, including syringes. The site features a search mechanism for locating syringe exchange services at the local level.

North Carolina Harm Reduction Coalition (NCHRC), Safer Injection Drug Use (<https://www.nchrc.org/harm-reduction/safer-injection-drug-use/>): The NCHRC is a grassroots advocacy organization dedicated to the implementation of harm reduction interventions, public health strategies, drug policy transformation, and justice reform. This link provides step-by-step instructions to reduce harm from injection drug use.

Post-Exposure Prophylaxis (<https://www.hiv.gov/hiv-basics/hiv-prevention/using-hiv-medication-to-reduce-risk/post-exposure-prophylaxis>): This HIV.gov webpage explains how PEP can prevent HIV when taken within 72 hours (3 days) after a possible exposure.

Pre-Exposure Prophylaxis (<https://www.hiv.gov/hiv-basics/hiv-prevention/using-hiv-medication-to-reduce-risk/pre-exposure-prophylaxis>): This HIV.gov webpage explains how PrEP can prevent infection in people who may be at risk for contracting HIV. The FDA has approved two daily oral medications for PrEP and a long-acting injectable form.

Prescribe To Prevent (<http://prescribetoprevent.org/>): This resource provides basic information on how to start prescribing and dispensing naloxone (Narcan) rescue kits, information on overdose prevention, and links to educational handouts and videos.

The Safer Injecting Handbook (https://www.exchangesupplies.org/pdf/P303_9.pdf): This handbook is written for people who inject drugs. It candidly addresses topics such as vein care, proper cleaning of injection tools, ways to avoid bacterial and viral infections, how to protect others, overdose myths, and more.

U.S. Department of Health and Human Services (HHS):

- **Overdose Prevention Strategy: Harm Reduction** (<https://www.hhs.gov/overdose-prevention/harm-reduction>): This webpage highlights current federal activities for increasing availability and access to high-quality harm reduction services, decreasing the negative effects of substance use, and reducing stigma related to substance use and overdose.
- **Suicide Prevention Reports and Publications** (<https://www.hhs.gov/surgeongeneral/reports-and-publications/suicide-prevention/index.html>): For these materials, the Surgeon General draws on suicide prevention experts across the nation to help prevent suicide and related problems.

Health Equity

SAMHSA:

- **Behavioral Health Equity** (<https://www.samhsa.gov/behavioral-health-equity>): This SAMHSA program offers resources about health equity, including population-specific information, data sources, and workforce development opportunities.
- **Central East Addiction Technology Transfer Center (ATTC) Network, *Anti-Stigma Toolkit: A Guide to Reducing Addiction-Related Stigma*** (<https://attcnetwork.org/sites/default/files/2019-04/Anti-Stigma%20Toolkit.pdf>): The Central East ATTC produced this guide to help the treatment and recovery communities engage in activities to reduce the stigma related to substance use.
- **Culturally Competent Care in Recovery Oriented Settings** (www.youtube.com/watch?v=L7E9B_k7S8k): In this video, the presenters use a social work lens to discuss culturally sensitive care as a central theme in recovery-oriented practice.
- **DEI Resources** (<https://soarworks.samhsa.gov/article/dei-resources-overview>): This SAMHSA webpage provides resources associated with the content found on its SSI/SSDI Outreach, Access, and Recovery (SOAR) guidance page.
- **GAINS Center for Behavioral Health and Justice Transformation** (<https://www.samhsa.gov/gains-center>): The Gains Center focuses on expanding access to services for people with mental and/or substance use disorders who are involved with the criminal justice system.
- **Improving African-American Retention in Substance Abuse Treatment: Implicit Racial Bias and Microaggression** (https://attcnetwork.org/sites/default/files/2019-12/SE%20ATTC%20Brochure%20IRB%26M_final.pdf): This resource, from the ATTC Network Southeast, defines implicit racial bias and microaggression, and offers evidence-based strategies for addressing them, as both have been shown to negatively affect patient-provider interactions, treatment decisions, quality of care, treatment adherence, and health outcomes.
- **SOAR Guidance for Improving Staff Engagement** (<https://soarworks.samhsa.gov/article/guidance-for-improving-staff-engagement>): This webpage provides guidance for engaging with Black, Indigenous, and People of Color staff members around the issues of race and injustice in the workplace. It also includes links to assessments of implicit bias.

Advancing Health Equity Through Community Health Workers and Peer Providers: Mounting Evidence and Policy Recommendations (https://familiesusa.org/wp-content/uploads/2019/11/HEV_PCORI-CHW-Report_11-04-19.pdf): This report reviews results from nine studies that provide further support for including community health workers and peer providers as important components of healthcare delivery that are particularly effective in addressing health and healthcare inequities.

CDC:

- **Social Determinants of Health at CDC** (<https://www.cdc.gov/socialdeterminants/tools/index.htm>): This webpage features links to resources that can help providers address social determinants of health and improve health equity.

- **What Are Social Determinants of Health?** (<https://www.cdc.gov/socialdeterminants/about.html>): This resource provides an overview of the five key areas of social determinants of health defined by Healthy People 2030: healthcare access and quality, education access and quality, social and community context, economic stability, and neighborhood and the built environment.

HHS:

- **Agency for Healthcare Research and Quality (AHRQ)** (<https://www.ahrq.gov/sdoh/index.html>): This webpage discusses social determinants of health from research, data, and practice perspectives, and provides links to related resources.
- **Centers for Medicare & Medicaid Services (CMS)** (<https://www.cms.gov/about-cms/agency-information/omh/health-equity-programs/cms-framework-for-health-equity>): The CMS Framework for Health Equity lays out priorities for increasing health equity over the next decade, the steps CMS is taking to address those priorities.
- **Office of Equal Employment Opportunity, Diversity & Inclusion** (<https://www.hhs.gov/about/agencies/asa/eo/index.html>): The office is responsible for administering and compliance with the laws, regulations, policies, and guidance that prohibit discrimination in the federal workplace for employees and applicants.
- **Office on Minority Health's National Standards for Culturally and Linguistically Appropriate Services (CLAS) in Health and Health Care** (<https://thinkculturalhealth.hhs.gov/CLAS/>): The National CLAS Standards comprise 15 action steps designed to promote health equity, improve quality, and help end healthcare disparities by providing a blueprint for individuals and healthcare organizations to implement culturally and linguistically sensitive services.
- **Office of the Assistant Secretary for Planning and Evaluation (ASPE)** (<https://aspe.hhs.gov/topics/health-health-care/social-drivers-health-addressing-social-determinants-health-federal-programs>): This webpage links to several ASPE publications that highlight the importance of increasing the focus on social determinants of health in federal programs.

Multidimensional Inventory of Recovery Capital (MIRC) (<https://www.recoveryanswers.org/research-post-reflections-from-asking-recovering-individuals-about-how-best-measure-recovery-capital/>): Items in the pilot measure were developed with feedback from service providers and people in recovery from problematic alcohol use, with significant participation by people identifying as LGBTQI+ and by people in recovery who were of color or low-income. The inventory can capture information about the effect on recovery outcomes of poverty, discrimination, and other disadvantages.

NAADAC's Cultural Humility Series, Part II: Social Class Bias and the Negative Impact on Treatment Outcomes (<https://www.naadac.org/cultural-humility-social-class-bias-webinar>): This presentation examines the role a counselor's implicit socioeconomic status bias may play in treatment disparities and whether training can effectively reduce a clinician's personal biases.

National Association of Addiction Treatment Providers (NAATP), Diversity, Equity, & Inclusivity, and Belonging Resources (<https://www.naatp.org/resources/dei>): This website provides links to webinars, videos, manuals, a blog, research, and other publications to help your organization learn and implement best practices related to DEI.

National Network to Eliminate Disparities in Behavioral Health (<https://nned.net/>): This network of community-based organizations offers resources and information to facilitate sharing, training, and technical assistance with the aim of promoting behavioral health equity.

NIDA:

- **Words Matter—Terms to Use and Avoid When Talking About Addiction** (<https://nida.nih.gov/nidamed-medical-health-professionals/health-professions-education/words-matter-terms-to-use-avoid-when-talking-about-addiction>): This webpage offers background information for providers to keep in mind while using person-first language as well as terms to avoid to reduce stigma and negative bias when discussing substance-related issues.
- **Your Words Matter—Language Showing Compassion and Care for Women, Infants, Families, and Communities Impacted by Substance Use Disorder** (<https://nida.nih.gov/nidamed-medical-health-professionals/health-professions-education/words-matter-language-showing-compassion-care-women-infants-families-communities-impacted-substance-use-disorder>): This resource offers tips for providers on how to use person-first language, and which terms to avoid using to reduce stigma and negative bias when discussing addiction or SUD with pregnant women and mothers.

Stimulant Overamping Basics Training Guide (<https://harmreduction.org/issues/overdose-prevention/overview/stimulant-overamping-basics/what-is-overamping/>): This guide provides information about harm reduction and preventing stimulant overamping.

Structural Competency (<https://structuralcompetency.org/>): This resource, whose organizers include the researcher who first wrote about structural competency, explores the politics for understanding relationships among race, class, and symptom expression. It includes links to structural competency-related training, publications, and webinars.

Structural Competency Working Group (<https://www.structcomp.org/>): This group develops open-use structural competency curricula and offers half-day structural competency training. The website provides a link to training materials and videos about structural competency and structural intervention.

Substance Use Recovery Evaluator (SURE) (<https://www.kcl.ac.uk/research/sure-substance-use-recovery-evaluator>): SURE is a brief, easy-to-complete, validated assessment that can help clients monitor and reflect on their recovery journey or their treatment outcomes. SURE collects information on 21 items within these categories: substance use, material resources, outlook on life, self-care, and relationships.

Recovery-Oriented Systems of Care (ROSC)

SAMHSA:

- **Criminal and Juvenile Justice** (<https://www.samhsa.gov/criminal-juvenile-justice>): This webpage includes a wealth of resources for stakeholders in the criminal justice system, including grantees.
- **The Crisis Intercept Mapping for Service Members, Veterans, and Their Families (SMVF) Suicide Prevention** (<https://www.samhsa.gov/smvf-ta-center/activities/crisis-intercept-mapping>): This mapping process is designed to support service members, veterans, and their families, and can be used to help communities strengthen the delivery of evidence-based suicide prevention policies and practices.

- **Practice Implementation: Assessing Strengths and Priorities** (<https://www.samhsa.gov/sites/default/files/implementing-recovery-oriented-practices-presentation.pdf>): This presentation is a product of the Recovery to Practice program, which supports the expansion and integration of recovery-oriented behavioral health care delivered in multiple service settings.
- **Recovery & ROSC Resources** (<https://attcnetwork.org/centers/global-attc/recovery-oriented-systems-care-rosc/>): This webpage includes links to ROSC-focused resources, including a best practices webinar, an anti-stigma toolkit, a recovery capital video series, a public service announcement, and a PowerPoint presentation about building relationships with faith-based community organizations.
- **Recovery-Oriented Systems of Care (ROSC), Related Reading** (<https://attcnetwork.org/centers/great-lakes-attc/recovery-oriented-systems-care-rosc-2/>): This recommended reading list includes works by ROSC pioneers such as William L. White, Mark Sanders, Mike Flaherty, and Ijeoma Achara.
- **The Sequential Intercept Model (SIM)** (<https://www.samhsa.gov/criminal-juvenile-justice/sim-overview>): The SIM tool helps communities find resources and identify gaps for individuals who are justice involved, while also linking various agencies to help these people recover from mental and substance use disorders and successfully reenter society.

Connecticut State Department of Mental Health and Addiction Services (www.ct.gov/dmhas/cwp/view.asp?a=2913&q=460024): Connecticut maintains an extensive website of behavioral health organizational resources with access to a compendium of program policies and procedures, including media relations, codes of conduct, nondiscrimination, promotion of a ROSC, integrated services for people with substance use and other co-occurring disorders, and involvement of family and significant others in treatment.

Faces & Voices of Recovery:

- **Association of Recovery Community Organizations (ARCO)** (<https://facesandvoicesofrecovery.org/services/arco/>): ARCO is a membership organization that supports the growing network of local, regional, and statewide Recovery Community Organizations (RCOs). It provides support via networking opportunities and resource sharing, while also advocating for policy changes and funding enhancements to strengthen RCOs.
- **National Standards for Recovery Community Organizations (RCOs)** (<https://facesandvoicesofrecovery.org/resource/national-standards-for-recovery-community-organizations/>): This resource identifies and explains the 10 best practices that RCOs must use to ensure fidelity to the recovery community organization model.
- **Recovery Community Organization Toolkit** (<https://facesandvoicesofrecovery.org/wp-content/uploads/2019/06/RCO-Toolkit.pdf>): This online resource discusses strategies that organizations around the country have used to develop strong local and statewide recovery communities.

Friends of Recovery New York's Recovery Community Organization (RCO) Toolkit (https://for-ny.org/wp-content/uploads/2017/08/RCO_Toolkit_HIGHRES.pdf): This toolkit offers guidance for developing an RCO and is based on lessons learned from local and national partners in the Recovery Movement, including the National Council on Alcoholism and Drug Dependence, Faces & Voices of Recovery, noted recovery researcher William White, and RCO partnerships around the state of New York.

National Council for Mental Wellbeing:

- **Center of Excellence for Integrated Health Solutions** (<https://www.thenationalcouncil.org/program/center-of-excellence/>): This Center is focused on integrating primary and behavioral health care and features links to the newest evidence-based resources, tools, and support for organizations working toward this goal.
- **The Comprehensive Healthcare Integration (CHI) Framework** (<https://www.thenationalcouncil.org/resources/the-comprehensive-healthcare-integration-framework/>): The CHI framework for guiding the integration of physical and behavioral health care can help providers, payers, and population managers measure progress in organizing delivery of integrated services and demonstrate the value produced by progress in integrated service delivery.

NIATx (formerly the acronym for the Network for the Improvement of Addiction Treatment) (<https://niatx.wisc.edu/>): This program, centered at the University of Wisconsin–Madison, offers tools and guidance for administrators who want to enact positive change in a substance use treatment organization.

Participatory Asset Mapping—A Community Research Lab Toolkit (www.communityscience.com/knowledge4equity/AssetMappingToolkit.pdf): This toolkit explains participatory asset mapping, methods and tools for identifying assets, guidance on planning mapping events, and a mapping event facilitation guide.

Recovery Café Network (<https://recoverycafenetwork.org/about/>): This website offers information and resources about the Recovery Café model of recovery communities, including its history as well as links to ongoing programs and success stories.

The Role of Clinical Supervision in Recovery-oriented Systems of Behavioral Healthcare (<https://www.yumpu.com/en/document/view/33775669/the-role-of-clinical-supervision-in-recovery-oriented-systems-of-care>): This resource provides detailed information on the changing role of clinical supervisors in recovery-oriented organizations.

Texas Christian University Institute of Behavioral Research, Organizational (Staff) Assessments (<http://ibr.tcu.edu/forms/organizational-staff-assessments>): These assessment tools measure organizational readiness to change. One version is designed for counseling staff (TCU CJ-ORC-S) and another for program directors or supervisors (TCU CJ-ORC-D). These instruments evaluate staff needs, program needs, training needs, and pressures for change.

Treatment Alternatives for Safe Communities (TASC) (<https://www.tasc.org/tascweb/home.aspx>): TASC is a nonprofit organization that provides or facilitates access to community-based treatment and recovery support services for individuals who are involved in public systems such as criminal and juvenile justice, corrections, child welfare, public aid, and public housing.

The University of Kansas, Community Toolbox, SWOT Analysis: Strengths, Weaknesses, Opportunities, and Threats (<http://ctb.ku.edu/en/table-of-contents/assessment/assessing-community-needs-and-resources/swot-analysis/main>): This webpage provides comprehensive guidance on conducting a SWOT analysis. It includes an overview of what SWOT analyses are and how to use them, a checklist for developing and conducting a SWOT analysis, examples, and a SWOT grid with prompts to drive assessment.

Counseling Approaches

SAMHSA:

- **Contingency Management for Healthcare Settings** (<https://attcnetwork.org/centers/northwest-attc/product/contingency-management-healthcare-settings-online-training>): This online training course describes the core elements of contingency management (CM), three scientifically supported systems, and how it can be used in healthcare settings. The course includes separate modules for administrators, clinical supervisors, and direct care staff.
- **Contingency Management Part 1: An Evidence-Based Approach to Positive Change** (<https://attcnetwork.org/centers/attc-network-coordinating-office/contingency-management-part-1-evidenced-based-approach>): This article discusses the clinical use of motivational incentives.
- **Contingency Management Part 2: The Founding Principles** (<https://attcnetwork.org/centers/attc-network-coordinating-office/contingency-management-part-2-founding-principles>): This article discusses the seven core principles of CM.
- **Contingency Management Principles** (<https://attcnetwork.org/centers/new-england-attc/product/contingency-management-principles>): This webinar presents CM theory and the supporting empirical literature; types of CM programs; features of effective CM interventions and reinforcement schedules; and common deviations from evidence-based protocols and how to avoid them.

- **TIP 35, *Enhancing Motivation for Change in Substance Use Disorder Treatment*** (<https://store.samhsa.gov/product/TIP-35-Enhancing-Motivation-for-Change-in-Substance-Use-Disorder-Treatment/PEP19-02-01-003>): This TIP includes the latest evidence on motivation-enhancing approaches and strategies. It describes how SUD treatment providers can use these approaches and strategies to increase participation and retention.

The ACT Matrix, With Sue Knight

(<https://www.youtube.com/channel/UCmjttdtoTt25d0DWKudacnA>): This three-part video series features an ACT trainer and facilitator demonstrating the use of the ACT Matrix specifically with individuals who are seeking to stop or reduce substance use, walking the viewer through each of the four quadrants and the kinds of questions to consider when using the Matrix.

American Mindfulness Research

Association (<https://goamra.org>): This organization's website provides open access to reviews and meta-analyses for mindfulness research and practice, measurement tools, a podcast, mindfulness-related articles in popular media, and a list of programs in the United States and internationally that conduct mindfulness research and/or have an ongoing mindfulness teacher training program.

Association for Contextual Behavioral Science (ACBS)

(<https://contextualscience.org/act>): ACBS is an international community of researchers, practitioners, and educators working in a variety of contextual behavioral science fields. Its website contains an overview of the Acceptance & Commitment Therapy (ACT) model, along with free video and audio links to learn more about ACT and practice sample exercises. The site also includes a search tool for finding an ACT therapist.

Boston Center for Treatment Development and Training. Module 3: Functional Analysis and Treatment Planning (<https://www.mass.gov/doc/module-3-functional-analysis-and-treatment-planning-0/download>): This is a comprehensive training module that helps identify the functional relationship between events that trigger substance use and the desired effects of substance use, and how to develop an appropriate treatment plan. Includes sample dialogue and sample sessions materials.

Community Reinforcement and Family Training Support and Prevention (CRAFT-SP) (https://www.mirecc.va.gov/vsn16/docs/CRAFT-SP_Final.pdf): This training manual guides a practitioner through a series of modules for using CRAFT, including sample treatment sessions and the theoretical framework. It also provides a downloadable certificate of successful training completion.

Hazelden Betty Ford Foundation, 5 Mindfulness Practices to Step Up Your Recovery (<https://www.hazeldenbettyford.org/articles/5-mindfulness-practices-to-step-up-your-recovery>): This article includes an overview of meditation and mindfulness, and offers some simple practices such as breathing, stillness, and compassion.

Mindfulness Based Relapse Prevention (MBRP): This website provides an overview of the MBRP model and the following resources:

Client Resources (<https://www.mindfulrp.com/for-clients>): This webpage provides a list of mindfulness-trained therapists in the United States and around the world, along with audio tracks of mindfulness exercises and the practiceMBRP web tool, which helps individuals who have been through mindfulness training or therapy to continue practicing these activities in daily life.

- **Clinician Training and Resources** (<https://www.mindfulrp.com/for-clinicians>): This webpage provides information on upcoming MBRP trainings and links to print and multimedia guides to MBRP facilitation.
- **Research on Mindfulness and Substance Use** (<https://www.mindfulrp.com/research>): This webpage spotlights published literature on the efficacy of mindfulness-based practices for recovery promotion.

Mindfulness Exercises: The following audio files feature facilitator-guided mindfulness exercises:

- **Body scan**, female facilitator (<http://depts.washington.edu/abrc/mbrp/recordings/mbrp-recordings-output/sess1-bodyscan.mp3>); male facilitator (https://depts.washington.edu/abrc/mbrp/recordings/1_Body_Scan.mp3)
- **Breath Meditation**, female facilitator (https://depts.washington.edu/abrc/mbrp/recordings/Short_Sit_2013.mp3); male facilitator (<https://depts.washington.edu/abrc/mbrp/recordings/Short%20Sit,%20male.mp3>)
- **Leaves on the Stream Meditation** (<https://www.youtube.com/watch?v=YKFyceG4OB0>)
- **Mountain Meditation**, female facilitator (https://depts.washington.edu/abrc/mbrp/recordings/Mountain_2013.mp3); male facilitator (<http://depts.washington.edu/abrc/mbrp/recordings/mbrp-recordings-output/sess2-mountain.mp3>)
- **Sitting Meditation**, female facilitator (https://depts.washington.edu/abrc/mbrp/recordings/Longer_sit_2013.mp3); male facilitator (https://depts.washington.edu/abrc/mbrp/recordings/5_Mindfulness_of_Breath.mp3); male facilitator, longer (https://depts.washington.edu/abrc/mbrp/recordings/6_Mindfulness_of_Sound_Breath_Sensation_Thought.mp3)

- **SOBER Space**, female facilitator (<https://depts.washington.edu/abrc/mbrp/recordings/SOBER%20space.mp3>); male facilitator (https://depts.washington.edu/abrc/mbrp/recordings/3_Breathing_Space_SOBER.mp3)
- **Urge Surfing**, female facilitator (<https://depts.washington.edu/abrc/mbrp/recordings/Urge%20Surfing.mp3>); male facilitator (http://depts.washington.edu/abrc/mbrp/recordings/urge_surf_devin.mp3)
- **Walking Meditation**, male facilitator (https://depts.washington.edu/abrc/mbrp/recordings/7_Mindful_Walking_Guidance.mp3)

MultiDimensional Family Therapy (www.mdft.org): This website features information about the MDFT method, summaries of its effectiveness, and training resources.

Praxis (<https://www.praxiscet.com/our-courses/#courses-tabs-0>): Praxis offers evidence-based continuing education and training in ACT. Courses are available online, in-person (California and Nevada), or on-demand. Note: These courses are not specific to substance use recovery.

University of California—San Diego, Center for Mindfulness (<https://cih.ucsd.edu/mindfulness>): This center provides a broad range of mindfulness practices, training, and consultation for individuals, organizations, and healthcare professionals, along with print and audiovisual resources and practice tools.

University of Massachusetts Memorial Health, Mindfulness Programs (<https://www.ummhealth.org/umass-memorial-medical-center/services-treatments/center-for-mindfulness/mindfulness-classes>): The UMass Center for Mindfulness provides a variety of training programs on mindfulness techniques. Note: These trainings cover mindfulness and a range of health issues, and are not specific to substance use recovery.

University of Southern California, Center for Mindfulness Science (<https://mindfulness.usc.edu>): This collaborative hub links extensively to published and active research on mindfulness-related topics.

Virginia Commonwealth University, College Behavioral and Emotional Health Institute, Mindfulness-based Practices for Effective Prevention and Sustainable Recovery (<https://www.youtube.com/watch?v=MhYlq4dsHrQ&t=1733s>): This presentation provides an overview of the role of mindfulness in recovery promotion and the science of how it can improve decision making related to urges, cravings, and stress.

Psychoeducation

SAMHSA:

- **Crisis Intercept Mapping for Service Members, Veterans and their Families (SMVF) Suicide Prevention** (<https://www.samhsa.gov/smvf-ta-center/activities/crisis-intercept-mapping>): This process was designed and developed to help communities strengthen the delivery of evidence-based suicide prevention policies and practices.
- **Healthy Pregnancy Healthy Baby Fact Sheets** (<https://store.samhsa.gov/product/Healthy-Pregnancy-Healthy-Baby-Fact-Sheets/SMA18-5071>): This series of four fact sheets emphasizes the importance of continuing a mother's treatment for OUD throughout pregnancy.
- **Medications To Treat Opioid Use Disorder During Pregnancy** (<https://store.samhsa.gov/product/medications-to-treat-opioid-use-during-pregnancy-an-info-sheet-for-providers/SMA19-5094-IS>): This information sheet explains the importance of concurrent treatment of OUD with prenatal/postpartum care and the importance of providing the materials to clients.

- **Naloxone** (<https://www.samhsa.gov/medication-assisted-treatment/medications-counseling-related-conditions/naloxone>): This webpage provides basic information about naloxone, good candidates for its use, side effects, signs of overdose, links to naloxone training, and more.
 - **Pregnancy Planning for Women Being Treated for Opioid Use Disorder** (<https://store.samhsa.gov/product/pregnancy-planning-for-women-treated-for-opioid-use-disorder/SMA19-5094-FS>): This fact sheet provides information for women with an OUD who are pregnant or of childbearing age.
 - **Recovery Support Tools and Resources** (<https://www.samhsa.gov/brss-tacs/recovery-support-tools-resources>): This webpage explains what recovery is and contains links to tools and resources that behavioral health professionals, peers, parents, and families can use to help support recoverees.
 - **SAMHSA's Working Definition of Recovery** (<https://store.samhsa.gov/product/SAMHSA-s-Working-Definition-of-Recovery/PEP12-RECDEF>): This brochure provides a working definition and 10 guiding principles for recovery from mental and substance use disorders.
 - **Shared Decision-Making Tools** (<https://www.samhsa.gov/brss-tacs/recovery-support-tools/shared-decision-making>): This webpage defines shared decision making and provides links to resources that can help patients make informed decisions about their care.
 - **Treatment Considerations for Youth and Young Adults with Serious Emotional Disturbances and Serious Mental Illnesses and Co-occurring Substance Use** (https://store.samhsa.gov/sites/default/files/SAMHSA_Digital_Download/pep20-06-02-001.pdf): This evidence-based resource guide includes a comprehensive set of modules with resources to improve health outcomes for people at risk for, experiencing, or recovering from mental and/or substance use disorders. It is designed for clinicians, administrators, community leaders, and others considering an intervention for their organization, community, client, or loved one.
- ASAM's Opioid Addiction Treatment: A Guide for Patients, Families and Friends** (<http://eguideline.guidelinecentral.com/i/1275542-asam-opioid-patient-guide-2020/0?>): This booklet explains the assessment and treatment process for people experiencing problematic opioid use, including the medications available to treat it.
- Connecticut Department of Public Health, Fentanyl Testing To Prevent Overdose: Information for Healthcare Providers and People Who Use Drugs** (https://portal.ct.gov/-/media/Departments-and-Agencies/DPH/AIDS--Chronic-Diseases/Prevention/DPH_FentanylTestStrips.pdf): This two-pager provides step-by-step instructions on how to use fentanyl test strips. It also provides straightforward strategies for substance users on how to avoid overdosing.
- Harm Reduction Strategies for People Who Inject Drugs: Considerations for Pharmacists** (https://www.opioidlibrary.org/wp-content/uploads/2019/06/CPNP_HarmReductPharmacists.pdf): This document highlights how pharmacists can participate in harm reduction through reducing stigma and providing access to naloxone, safer injection supplies, and medications used to treat SUDs. The report also addresses barriers to participation.

HCV Medications (<https://www.hepatitisc.uw.edu/page/treatment/drugs>): This site provides comprehensive guidance on current and discontinued medications to address HCV, including prescribing information.

National Harm Reduction Coalition:

- **All Resources** (<https://harmreduction.org/all-resources/#hepatitis-c>): This webpage provides direct links to hepatitis education fact sheets, brochures, webinars, and training guides for people who use drugs and providers.
- **Fentanyl** (<https://harmreduction.org/issues/fentanyl/>): This webpage highlights evidence-based harm reduction strategies for people who use drugs, such as safety planning and access to a safe supply of fentanyl test strips.
- **Getting Off Right: A Safety Manual for Injection Drug Users** (<https://harmreduction.org/issues/safer-drug-use/injection-safety-manual/>): As characterized by the website authors, “This manual reflects NHRC’s commitment to providing accurate and unbiased information about the use of illicit drugs with the goal of reducing harm and promoting individual and community health.”
- **Pregnancy and Substance Use: A Harm Reduction Toolkit** (<https://harmreduction.org/issues/pregnancy-and-substance-use-a-harm-reduction-toolkit/>): The National Harm Reduction Coalition publishes this pregnancy and substance use harm reduction toolkit with information about sexual health as well as other resources.
- **Why Should I Know About Xylazine?** (<https://harmreduction.org/issues/xylazine/>): Xylazine is a veterinary tranquilizer that produces sedative-like effects. It is becoming more frequently found in the street drug supply.

NEXT Distro (<https://www.naloxoneforall.org/>): This website provides information about community-based naloxone programs.

NIDA:

- **Drugs, Brains, and Behavior: The Science of Addiction** (<https://nida.nih.gov/publications/drugs-brains-behavior-science-addiction/preface>): This resource explains the scientific research behind substance use and addiction.
- **Naloxone DrugFacts** (<https://nida.nih.gov/publications/drugfacts/naloxone>): Revised in 2022, this document provides an overview of what naloxone is, how it is administered, its delivery systems, precautions, costs, and how to obtain it.
- **Preventing Drug Misuse and Addiction: The Best Strategy** (<https://nida.nih.gov/publications/drugs-brains-behavior-science-addiction/preventing-drug-misuse-addiction-best-strategy>): This chapter of *Drugs, Brains, and Behavior: The Science of Addiction* focuses on why adolescence is a critical time for preventing drug addiction and the value of substance use prevention.
- **Syringe Services Programs** (<https://nida.nih.gov/drug-topics/syringe-services-programs>): This webpage provides information about what syringe services programs are, their benefits, and their impact on the community.
- **Understanding Drug Use and Addiction DrugFacts** (<https://nida.nih.gov/publications/drugfacts/understanding-drug-use-addiction>): This publication provides an overview of what addiction is, the brain “reward” circuitry, and the impact of genetics and environment on substance use.
- **North America Syringe Exchange Network (NASEN)** (<https://www.nasen.org/map/>): NASEN distributes harm reduction materials, including syringes. The site features a search mechanism for locating syringe exchange services at the local level.

North Carolina Harm Reduction Coalition (NCHRC), Safer Injection Drug Use

(<https://www.nchrc.org/harm-reduction/safer-injection-drug-use/>): The NCHRC is a grassroots advocacy organization dedicated to the implementation of harm reduction interventions, public health strategies, drug policy transformation, and justice reform. This link provides step-by-step instructions to reduce harm from injection drug use.

Post-Exposure Prophylaxis (<https://www.hiv.gov/hiv-basics/hiv-prevention/using-hiv-medication-to-reduce-risk/post-exposure-prophylaxis>): This HIV.gov webpage explains how PEP can prevent HIV when taken within 72 hours (3 days) after a possible exposure.

Pre-Exposure Prophylaxis (<https://www.hiv.gov/hiv-basics/hiv-prevention/using-hiv-medication-to-reduce-risk/pre-exposure-prophylaxis>): This HIV.gov webpage explains how PrEP can prevent infection in people who may be at risk for contracting HIV. The FDA has approved two daily oral medications for PrEP and a long-acting injectable form.

Research Recovery Institute:

- **Addiction 101** (<https://www.recoveryanswers.org/addiction-101/>): This webpage includes a comprehensive overview of addiction, including epidemiology, causes, impact, and terminology.
- **Addictionary®** (<https://www.recoveryanswers.org/addiction-ary/>): This online resource provides an A-to-Z list of commonly used terms in the addiction field, their definitions, and whether they can be perceived as stigmatizing.
- **Guide for Family Members** (<https://www.recoveryanswers.org/resource/guide-family-members/>): This online guide provides links to an array of resources on issues that affect the family members of people with SUDs, including stigma, the stages of coping, self-care, peer support, and measures for supporting their loved one.

- **The Neuroscience of Addiction Recovery** (<https://www.recoveryanswers.org/recovery-101/brain-in-recovery/>): This resource showcases how SUDs affect brain functioning and circuitry and the positive changes associated with recovery.

The Safer Injecting Handbook (https://www.exchangesupplies.org/pdf/P303_9.pdf): This handbook is written for people who inject drugs. It candidly addresses topics such as vein care, proper cleaning of injection tools, ways to avoid bacterial and viral infections, how to protect others, overdose myths, and more.

Trauma-Informed Care

SAMHSA:

- **SAMHSA's Concept of Trauma and Guidance for a Trauma-Informed Approach** (<https://www.samhsa.gov/resource/dbhis/samhsas-concept-trauma-guidance-trauma-informed-approach>): This manual defines trauma and highlights the need for a trauma-informed approach when providing services and support to communities that have survived trauma.
- **TIP 57, Trauma-Informed Care in Behavioral Health Services** (<https://store.samhsa.gov/sites/default/files/d7/priv/sma14-4816.pdf>): This SAMHSA TIP helps behavioral health professionals understand the impact of trauma. It discusses patient assessment and treatment planning strategies to support recovery as well as the development of a trauma-informed care workforce.
- **TIP 61, Behavioral Health Services for American Indians and Alaska Natives** (<https://store.samhsa.gov/product/TIP-61-Behavioral-Health-Services-For-American-Indians-and-Alaska-Natives/SMA18-5070>): This SAMHSA TIP discusses the demographics, social challenges, and behavioral health concerns of Native Americans, including background on Native American history, historical trauma, and cultural perspectives.

Center for Health Care Strategies, Screening for Adverse Childhood Experiences and Trauma (<https://www.chcs.org/resource/screening-for-adverse-childhood-experiences-and-trauma/>): This downloadable resource discusses when and how to screen for adverse childhood experiences and trauma and includes a widely used and validated questionnaire for measuring the impact of child abuse and neglect on health and well-being.

Key Ingredients for Successful Trauma-Informed Care Implementation (https://www.samhsa.gov/sites/default/files/programs_campaigns/childrens_mental_health/atc-whitepaper-040616.pdf): This brief draws on interviews with national experts on trauma-informed care to create a framework for organizational and clinical changes that can be used to address trauma.

Seek Healing (<https://www.seekhealing.org/>): Seek Healing provides social health programs to rebuild disconnected communities—healing loneliness, systemic shame, trauma, and addiction. It believes that connection is medicine. Along with in-person mutual support based in western North Carolina, Seek Healing also offers a full calendar of digital meetings, focused on active listening and free from advice.

Trauma-Informed Care Implementation Resource Center (<https://www.traumainformedcare.chcs.org/>): This website, developed by the Center for Health Care Strategies, provides resources from trauma-informed care leaders across the country to help improve patient outcomes, increase patient and staff resilience, and reduce avoidable healthcare service use and costs. The Center offers resources and materials for healthcare organizations to learn about and adopt best practices related to trauma-informed care.

U.S. Department of Veterans Affairs:

- **Trauma Informed Care** (<https://www.ptsd.va.gov/professional/treat/care/index.asp>): This webpage includes links to multiple resources on trauma-informed care and the treatment of trauma and PTSD, including a Community Provider Toolkit, types of trauma, manuals, and treatment tools.
- **Treatment of Co-Occurring PTSD and Substance Use Disorder in VA** (https://www.ptsd.va.gov/professional/treat/cooccurring/tx_sud_va.asp): This website provides key points, characteristics and prevalence, pharmacology insights, research insights, policy, and practice recommendations related to co-occurring posttraumatic stress disorder (PTSD) and problematic substance use in veterans. It also includes a link to a continuing education course, “Posttraumatic Stress and Substance Use Disorder Comorbidity.”
- **Types of Trauma** (<https://www.ptsd.va.gov/professional/treat/type/index.asp>): This webpage describes common traumas, their prevalence and potential impact on survivors, while also addressing treatment implications.

Recovery Housing

SAMHSA:

- **Homelessness Programs and Resources** (<https://www.samhsa.gov/homelessness-programs-resources>): This webpage describes how SAMHSA programs and resources are working to help prevent and end homelessness among people with behavioral health issues.

- **Permanent Supportive Housing: How to Use the Evidence-Based Practices (EBP KIT)** (<https://store.samhsa.gov/product/Permanent-Supportive-Housing-Evidence-Based-Practices-EBP-KIT/SMA10-4509>): This toolkit outlines the essential components for supportive housing services and programs for people living with mental disorders. It discusses how to develop and integrate evidence-based programs in mental health service systems. The toolkit includes eight booklets on program development.
- **Recovery Housing: Best Practices and Suggested Guidelines** (<https://www.samhsa.gov/sites/default/files/housing-best-practices-100819.pdf>): This report identifies 10 guiding principles that will assist states and federal policymakers in defining and understanding what comprises safe, effective, and legal recovery housing.

Corporation for Supportive Housing's Health Centers and Coordinated Entry: How and Why to Engage with Local Homeless Systems (<https://www.csh.org/wp-content/uploads/2017/05/Coordinated-Entry-and-Health-Centers-1.pdf>): This brief provides information for health center program grantees on what coordinated entry is meant to be and how and why to partner with these systems, and uses case examples to illustrate methods and effectiveness.

Housing First Fact Sheet (<https://endhomelessness.org/wp-content/uploads/2022/02/Housing-First-Fact-Sheet-Feb-2022.pdf>): Housing First programs remove barriers faced by households trying to attain permanent housing, and do not require prerequisites to access housing support beyond what is required in a tenant's lease.

National Alliance for Recovery Residences (NARR) (<https://narronline.org/>): This nonprofit is dedicated to expanding the availability of well-operated, ethical, and supportive recovery housing:

- **MAT-Capable Recovery Residences: How State Policymakers Can Enhance and Expand Capacity To Adequately Support Medication Assisted Recovery** (https://narronline.org/wp-content/uploads/2018/09/NARR_MAT_guide_for_state_agencies.pdf): NARR's policy brief discusses barriers that contribute to the limited supply of recovery residences that are capable of supporting residents who take medication for an SUD, and makes recommendations for overcoming these barriers.

National Alliance to End Homelessness, Rapid Re-Housing (https://endhomelessness.org/rapid-re-housing-works/?gclid=EAIaIQobChMIIs_7msKie-AIVaP_jBx-3PnwHgEAAYASAAEgI4mPD_BwE): This webpage offers print and video resources about rapid rehousing, including what it is, its core components, performance benchmarks and program standards, and a rapid rehousing toolkit.

National Association of Recovery Residences, A Primer on Recovery Residences: FAQs (<https://narronline.org/wp-content/uploads/2014/06/Primer-on-Recovery-Residences-09-20-2012a.pdf>): This publication answers frequently asked questions about recovery residences, including outcomes and the impact of recovery residences on the communities where they are located.

National Network to End Domestic Violence (<https://nnedv.org/>): The network is dedicated to creating a social, political, and economic environment in which violence against women no longer exists. It offers resources to support survivors of domestic violence, including information about programs and a transitional housing toolkit.

U.S. Department of Housing and Urban Development (HUD):

- **Find Shelter Tool** (<https://www.hud.gov/findshelter>): This search tool allows community members to search by state or ZIP Code to access a list of current homeless service providers. This resource can also help identify local food resources, health clinics, and clothing.
- **Housing Counseling Services Search Tool** (<https://hudgov-answers.force.com/housingcounseling/s/>): Individuals may use this online tool or call toll-free (800) 569-4287 to find a HUD-participating housing counseling agency.
- **HUD Office of Housing Counseling** (https://www.hud.gov/program_offices/housing/sfh/hcc): This website can be used to search for a housing counselor or access additional housing resources.
- **HUD's Definition of Homelessness: Resources and Guidance** (<https://www.hudexchange.info/news/huds-definition-of-homelessness-resources-and-guidance/>): This listserv reviews existing resources related to HUD's definition of homelessness and provides important reminders when documenting someone's homeless status.
- **Need Housing Assistance?** (<https://www.hudexchange.info/housing-and-homeless-assistance/>): This webpage provides links to a variety of housing assistance resources. Topics include homeless housing, finding affordable rental units, fair housing, tenant rights and responsibilities, and assistance for homeowners. Counselors can contact their local HUD grantees to learn more about how to make a referral to coordinated entry on behalf of their clients at <https://www.hudexchange.info/grantees/contacts/>.

- **Public Housing Agency Contact Information** (https://www.hud.gov/program_offices/public_indian_housing/pha/contacts): This webpage features a search tool that allows people to find contact information for state and local public housing agencies.
- **Rental Assistance** (https://www.hud.gov/topics/rental_assistance): This webpage provides information about rental assistance, including how to apply for the Housing Choice voucher program.
- **Resource Locator** (<https://resources.hud.gov/>): The HUD Resource Locator provides links that will help individuals find HUD offices and affordable housing opportunities near them, their local public housing authority, homeless resources, and affordable and special needs housing resources.

U.S. Department of Veterans Affairs:

- **Housing Navigator Toolkit** (https://www.va.gov/HOMELESS/nchav/docs/Housing_Navigator_Toolkit_PDF.pdf): This toolkit provides housing navigators, program managers, administrators, staff, and other stakeholders with resources, tools, and ideas that can be used to help develop or refine local navigator programming.
- **VA Homeless Programs** (https://www.va.gov/HOMELESS/about_homeless_programs.asp): This page provides a description of the agency's Homeless Programs Office and its mission to help veterans and their families obtain permanent and sustainable housing with access to high-quality health care and support services.

USA.Gov, Find Affordable Rental Housing (<https://www.usa.gov/finding-home>): This webpage provides information about government programs that help low-income people find affordable rental housing. The programs include subsidized housing, public housing, and Housing Choice vouchers, along with details on how they work, who is eligible, and how to apply.



Employment Support

SAMHSA:

- **Advisory: Integrating Vocational Services into Substance Use Disorder Treatment** (<https://store.samhsa.gov/product/integrating-vocational-services-substance-use-disorder-treatment/pep20-02-01-019>): This Advisory presents strategies and resources for SUD treatment counselors and clinic directors to improve outcomes for clients in recovery by helping them find and keep employment and deal with workplace stresses.
- **Drug-Free Workplace Toolkit** (<https://www.samhsa.gov/workplace/toolkit>): This toolkit provides information to help employers develop and sustain successful drug-free workplace programs.
- **Evidence-Based Resource Guide Series: Substance Use Disorders Recovery with a Focus on Employment** (https://store.samhsa.gov/sites/default/files/SAMHSA_Digital_Download/pep21-pl-guide-6-revised-2022-05-05%20%28003%29.pdf): This guide provides an overview of issues, challenges, policies, and practices related to employment for individuals in recovery. It summarizes the state of the science through an evidence review of the known effectiveness of programs providing employment supports to individuals with SUDs, and offers consensus recommendations of key program elements to support individuals with employment-related recovery.
- **Integrating Substance Abuse Treatment and Vocational Services** (<https://store.samhsa.gov/product/TIP-38-Integrating-Substance-Abuse-Treatment-Vocational-Services/SMA12-4216>): This TIP offers practice guidelines and recommendations for integrating employment services into SUD treatment. It also provides information about funding, policy, and legal issues.

Building Evidence-Based Strategies to Improve Employment Outcomes for Individuals With Substance Use Disorders

(https://www.acf.hhs.gov/sites/default/files/documents/opre/BEES_SUD_Paper_508.pdf): This HHS report examines the evidence on programs that integrate employment services with treatment and recovery services for people with SUDs. It discusses the important role that employment can play in recovery, factors that historically have limited the role of employment services in treatment programs, and the limited but promising evidence on the effectiveness of integrating SUD treatment and employment services.

California's Employment Development Department, Self-Assessment for Career Exploration

(https://www.labormarketinfo.edd.ca.gov/LMID/Self_Assessment_for_Career_Exploration.html): This webpage includes links to assessments to help job seekers identify their work skills and explore work opportunities that match their personalities and interests.

Department of Veterans Affairs, Educational and Career Counseling Program

(<https://www.va.gov/careers-employment/education-and-career-counseling/>): The VA offers free educational and career guidance, planning, and resources to veterans and their dependents who are eligible for a VA education benefit.

Legal Action Center, How to Gather Evidence of Rehabilitation

(<https://www.lac.org/assets/files/How-to-Gather-Evidence-of-Rehabilitation.pdf>): This fact sheet outlines how to compile convincing documentation to address employer concerns about having an arrest or conviction on record.

National H.I.R.E. (Helping Individuals with criminal records Re-enter through Employment) Network (<https://www.lac.org/major-project/national-hire-network>):

This website includes state-specific governmental agencies and community-based organizations that may assist people with criminal records as well as practitioners, researchers, and policymakers who seek information about laws, policies, or procedures that affect community reentry.

New Hampshire Recovery Friendly Workplace Initiative (<https://nhcenterforexcellence.org/resource/new-hampshire-recovery-friendly-workplace/#:~:text=Led%20by%20Governor%20Chris%20Sununu,recovering%20from%20substance%20use%20disorder>):

The initiative promotes individual wellness by empowering workplaces to provide support for people recovering from an SUD.

Recovery Friendly Workplace Toolkit

(<https://peerrecoverynow.org/product/recovery-friendly-workplace-toolkit/>): This toolkit, created by the Peer Recovery Center of Excellence at the University of Missouri–Kansas City, discusses the impact of SUD in the workplace and how to create and support a recovery-friendly workplace, including assessing health and safety practices, fighting stigma, and developing a recovery-friendly culture.

Recovery Works: The Recovery Friendly Workplace Toolkit

(<https://www.recoveryworksct.org/download-toolkit>): This toolkit, created by the Connecticut Departments of Labor, Public Health, and Health and Addiction Services, explains how employers can create a recovery friendly workplace, including policy writing and best practice implementation.

Rehabilitation Services Administration, State Vocational Rehabilitation Agencies

(<https://rsa.ed.gov/about/states>): This webpage includes contact information for the department of rehabilitation services in each state.

Social Security Administration (SSA):

- **How Work Affects Your Benefits** (<https://www.ssa.gov/pubs/EN-05-10069.pdf>): This brochure explains how clients can explore their work options without losing Supplemental Security Income (SSI)/Social Security Disability Insurance (SSDI) benefits until they can support themselves.
- **Retirement Benefits** (<https://www.ssa.gov/benefits/retirement/>): This section of the SSA website helps individuals better understand the program, the application process, and the online tools and resources available, including a retirement estimator and information about how to start saving for retirement.
- **Understanding Supplemental Security Income SSI Resources — 2022 Edition** (<https://www.ssa.gov/ssi/text-resources-ussi.htm>): This website provides information about allowable savings for clients receiving disability benefits.
- **Working While Disabled: How We Can Help** (<https://www.ssa.gov/pubs/EN-05-10095.pdf>): This brochure explains how individuals can continue working while also receiving Social Security disability benefits.

U.S. Department of Labor:

- **Apprenticeship Finder** (<https://www.apprenticeship.gov/apprenticeship-job-finder>): This website features a search tool that allows jobseekers to search for apprenticeship opportunities throughout the United States.
- **CareerOneStop** (<https://www.careeronestop.org/>): This resource page links to every state job bank and includes a Job Finder tool for searching four major general-purpose job listing sites: the National Labor Exchange, America’s Job Exchange, CareerBuilder, and Indeed.com. It includes sections on interviewing and negotiating (<https://www.careeronestop.org/JobSearch/Interview/interview-and-negotiate.aspx>) as well as assessments of interests, skills, and values (<https://www.careeronestop.org/ExploreCareers/Assessments/self-assessments.aspx>).

Education

Association of Recovery in Higher Education (ARHE) (<https://collegiaterecovery.org>): The ARHE represents collegiate recovery programs across the country and provides resources for faculty and staff as well as students. The website includes a search engine to find member colleges in your area.

Association of Recovery Schools (<https://recoveryschools.org>): This is a national association of secondary schools built around recovery principles and school-based recovery support. The website provides information about advocacy and a listing of recovery schools.

Campus Drug Prevention (<https://www.campusdrugprevention.gov>): The DEA provides this website containing substance use prevention resources for college professionals, providers, and students.

How To Stay Sober in College: Tips and Resources (<https://www.addictionresource.net/tips-on-college-sobriety/>): This article provides suggestions on maintaining recovery on campus and provides links to organizations, resources, and podcasts that can be helpful.

NAADAC, The Association for Addiction Professionals (www.naadac.org): This organization offers webinars, certificate programs (including a recovery-to-practice certificate program), and independent study courses on a variety of recovery-oriented care topics. Resources include:

- **Advances in Addiction & Recovery** (<https://www.naadac.org/advances-in-addiction-recovery>): This official publication of NAADAC is a quarterly digital magazine focused on providing useful, innovative, and timely information on trends and best practices in the profession that are beneficial for addiction professionals. The current issue of the magazine is now available to NAADAC members and nonmembers alike.

- **Recovery to Practice(RTP) Initiative** (<https://www.naadac.org/recovery-to-practice-initiative>): This initiative led to the development of educational products to help guide the practical application of recovery principles within the addictions workforce. These curriculums, along with a certification program and other recovery resources, can be found on the webpage.

Health and Wellness

SAMHSA:

- **Creating a Healthier Life: A Step-by-Step Guide to Wellness** (<https://store.samhsa.gov/sites/default/files/d7/priv/sma16-4958.pdf?msclkid=daf046f-ba6e611ecbca8c52e6eb4f405>): This guide offers a broad approach for things recoverees can do at their own pace to feel better and live longer.
- **In Brief: Treating Sleep Problems of People in Recovery From Substance Use Disorders** (<https://store.samhsa.gov/product/Treating-Sleep-Problems-of-People-in-Recovery-From-Substance-Use-Disorders/SMA14-4859>): This issue brief explains the relationship between sleep disturbances and SUDs among people in recovery and provides guidance on assessing and treating sleep issues.
- **Resources for Families Coping with Mental and Substance Use Disorders** (<https://www.samhsa.gov/families>): This webpage includes videos, fact sheets, and links to additional resources that family members can use to support a loved one experiencing problematic substance use.
- **What Individuals In Recovery Need to Know About Wellness** (https://store.samhsa.gov/product/What-Individuals-in-Recovery-Need-to-Know-About-Wellness/SMA16-4950?referer=from_search_result): This document explains to consumers the importance of wellness and how it affects overall quality of life, particularly for people living with mental illness. It also gives a brief overview of the eight dimensions of wellness.

Academy of Nutrition and Dietetics, Find A Nutrition Expert (<https://www.eatright.org/find-a-nutrition-expert/>): This tool allows you to search for registered dietary experts by ZIP Code, city, or state.

American Academy of Sleep Medicine™ (<https://aasm.org/>): This website offers practice guidelines, consensus statements and papers, provider fact sheets, and patient information about healthy sleep.

American Addiction Centers, Nutrition for Addiction Recovery (<https://recovery.org/treatment-therapy/nutrition/>): This article provides a concise overview of how alcohol and various drugs affect nutritional health, the value of nutrition in the recovery process, and ways to make nutrition education a part of a treatment or recovery plan.

American Association of Sexuality Educators, Counselors and Therapists (<https://www.aasect.org/>): The website has training, resources, and links to professionals who can help support understanding of human sexuality and healthy sexual behavior.

American Psychological Association, Resources for Parents (<https://www.apa.org/topics/parenting>): This resource center offers links to information about developing strong parent–child relationships. Topics include talking to children when they need help, parenting teenagers, single parenting, and fatherhood.

ASAM’s Opioid Addiction Treatment: A Guide for Patients, Families and Friends (<http://eguideline.guidelinecentral.com/i/1275542-asam-opioid-patient-guide-2020/0?>): This booklet explains the assessment and treatment process for people experiencing problematic opioid use, including the medications available to treat it.

Association for Financial Counseling & Planning Education, Financial Tools and Resource Center (<https://www.afcpe.org/career-and-resource-center/financial-tools/>): This online database of personal finance education resources includes PowerPay, a comprehensive set of tools that can be used with clients to develop a personalized, self-directed debt elimination plan.

The Balance (<https://www.thebalance.com/>): This site features information about how to open bank accounts (<https://www.thebalancemoney.com/how-can-i-easily-open-bank-accounts-315723>).

CDC:

- Birth Control Methods (<https://www.cdc.gov/reproductivehealth/contraception/index.htm>)
- HIV (<https://www.cdc.gov/hiv/default.html>)
- Sexual Health (<https://www.cdc.gov/sexualhealth/Default.html>)
- Sexually Transmitted Diseases (STDs) (<https://www.cdc.gov/std/default.htm>)
- Women’s Reproductive Health (<https://www.cdc.gov/reproductivehealth/womensrh/index.htm>)

Child Welfare Information Gateway, Parenting Resources to Promote Family Well-Being (<https://www.childwelfare.gov/topics/preventing/promoting/parenting/>): This webpage provides links to a variety of resources about parenting, child safety, and nutrition.

Children and Family Futures (<https://www.cffutures.org/>): This nonprofit organization provides consultation, training and technical assistance, strategic planning, and evaluation services focused on improving practice and policy at the intersections of child welfare, substance use and mental disorder treatment, and court systems.

Feeding America® (<https://www.feedingamerica.org/find-your-local-foodbank>): You can research local food banks through this online database.

Habitat for Humanity® (<https://www.habitat.org/>): When the client is ready, volunteering can present the opportunity to move beyond a recovery-oriented environment, pursue interests, and explore new areas.

Harmony, Hope, & Healing, Chicago (<https://www.harmonyhopeandhealing.org/>): This group is one of several “recovery choirs”—a singing group established specifically for people in recovery.

Health.Gov (<https://health.gov/our-work/nutrition-physical-activity/move-your-way-community-resources/campaign-materials/materials-professionals#fact-sheet-providers>): HHS offers resources on this website to help professionals understand and promote information about the importance of exercise for their clients.

HealthCare.Gov (<https://www.healthcare.gov/>): This resource provides access to the health insurance marketplace and includes information about health insurance plans, including costs and how to enroll.

Health Resources and Services Administration’s (HRSA) Find a Health Center Tool (<https://findahealthcenter.hrsa.gov/>): Individuals can use this tool to search for local health centers that allow them to pay what they can afford, based on their income.

Heart-Healthy Foods: Shopping List (<https://health.gov/myhealthfinder/health-conditions/heart-health/heart-healthy-foods-shopping-list>): This HHS webpage features guidance on foods that support heart health.

HHS:

- **Get Coverage** (<https://www.healthcare.gov/get-coverage/>): Providers can use this webpage to help clients identify and contact their state marketplace, which offers information about health insurance plans, including costs and how to enroll. Clients can also find local resources about health insurance, including people who can help them apply and enroll at <https://localhelp.healthcare.gov/#intro>.
- **Materials for Professionals** (<https://health.gov/our-work/nutrition-physical-activity/move-your-way-community-resources/campaign-materials/materials-professionals>): These resources are designed to help professionals promote the importance of exercise for their patients and clients.
- **Move Your Way**® (<https://health.gov/moveyourway#adults>): This webpage provides tools, videos, and fact sheets that make it easier to become more active.

Local Food Directories: National Farmers Market Directory (<https://www.ams.usda.gov/local-food-directories/farmersmarkets>): USDA’s Farmers Market Directory lists markets that feature two or more farm vendors selling agricultural products directly to customers at a common, recurrent physical location. The Directory provides market locations, directions, operating times, product offerings, accepted forms of payment, and more.

Malnutrition Universal Screening Tool (MUST) Free Toolkit (<https://www.bapen.org.uk/screening-and-must/must/must-toolkit/the-must-itself>): This site contains free links to the MUST nutritional assessment instrument, as well as guides on how to use it and alternative measurements that can be gathered if your treatment program doesn’t have certain assessment capabilities (e.g., lab testing).

MedLinePlus Sexual Health Resource Center (<https://medlineplus.gov/sexualhealth.html>): This online resource offers various resources on sexual health, including information tailored to men, women, and older adults.

Mini Nutritional Assessment–Short Form (MNA®-SF) Free Toolkit (<https://www.mna-elderly.com/sites/default/files/2021-10/mna-guide-english-sf.pdf>): This PDF contains the MNA-SF instrument, along with instructions for its use, processes for conducting measurements, and how to assess results.

Minnesota Adult & Teen Challenge Choir (<https://www.mntc.org/choir-page/>): This recovery choir serves a wide variety of churches throughout Minnesota and western Wisconsin.

MyPlate.Gov Tip Sheets (<https://www.myplate.gov/>): MyPlate features tip sheets for smart shopping and meal planning, including eating healthy on a budget.

NAADAC’s Recovery Support (Clinical) (<https://www.naadac.org/knowledge-center/>): This resource features links to free webinars, specialty online trainings, magazine articles, and blog posts on a variety of topics, including family and relationship support, individual and community capital, treatment coordination, community navigation, and integrating wellness practices into treatment.

National Alliance on Mental Illness: Reaching Out to a Loved One with Substance Use Disorder (<https://www.nami.org/Blogs/NAMI-Blog/February-2021/Reaching-Out-to-a-Loved-One-with-Substance-Use-Disorder>): This article provides guidance about how to reach out to loved ones who have problematic substance use.

National Center on Substance Abuse and Child Welfare: Family-Centered Approach (<https://ncsacw.acf.hhs.gov/topics/family-centered-approach.aspx>): This webpage provides links to policy and practice resources focused on the family-centered approach to SUD treatment.

National Foundation for Credit Counseling (<https://www.nfcc.org/>): This website offers basic information about saving and online financial tools, including calculators for credit card payments, budgeting, savings, and retirement.

National Institutes of Health (NIH):

- **Eating Disorders** (<https://www.nimh.nih.gov/health/topics/eating-disorders>): This article provides signs and symptoms to recognize common eating disorders such as anorexia nervosa, bulimia nervosa, binge eating, and food avoidance. The article also discusses risk factors and suggest possible treatments and therapies.
- **Food Shopping Tips** (<https://www.nhlbi.nih.gov/health/educational/wecan/eat-right/smart-food-shopping.htm>): This article provides guidance on how to effectively shop for healthy foods.

National Responsible Fatherhood Clearinghouse (<https://www.fatherhood.gov/>): The National Responsible Fatherhood Clearinghouse is a federally funded national resource for fathers and providers that features resources focused on supporting strong fathers and families. Resources include a blog, activities for fathers and children, and a search tool for local fatherhood programs.

Nutrition.Gov, Nutrition on a Budget (<https://www.nutrition.gov/topics/food-security-and-access/nutrition-budget>): This webpage provides links to a variety of resources about eating healthy on a budget and saving money when food shopping.

The Recovery Gym (<https://www.therecoverygym.org/about/background/>): Recovery gyms, now in communities around the country, promote recovery and wellness through physical activity.

Recovery Research Institute, Guide for Family Members (<https://www.recoveryanswers.org/resource/guide-family-members/>): This online guide provides links to an array of resources on issues that affect the family members of people with SUDs, including stigma, the stages of coping, self-care, peer support, and measures for supporting their loved one.

Sleep Foundation, Sleep Hygiene (<https://www.sleepfoundation.org/sleep-hygiene/>): This online article discusses sleep hygiene and offers tips to improve sleep quality.

Society for the Advancement of Sexual Health (<https://www.sash.net/>): The Society's website presents resources and connections to counselors who can help people with problematic sexual behavior.

Society for the Scientific Study of Sexuality (<https://www.sexscience.org/>): The website contains information about sexuality research and resources.

Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) (<https://www.fns.usda.gov/wic>): WIC provides supplemental foods, healthcare referrals, and nutrition education to low-income pregnant, breastfeeding, and nonbreastfeeding postpartum women, and to infants and children up to age 5.

The Straight & Narrow Choir (<https://www.ccpaterson.org/choir>): This recovery choir serves clients in Paterson, New Jersey.

Sunshine Behavioral Health: Addiction Resources for Family and Friends (<https://www.sunshinebehavioralhealth.com/family-friends/>): The website contains information and options for both children and adults who have substance use problems.

Supplemental Nutrition Assistance Program (SNAP) (<https://www.fns.usda.gov/snap/supplemental-nutrition-assistance-program>): SNAP is a federal program that provides support to families to purchase healthy food.

Uniformed Services University, Sample 7-Day Meal Plan (<https://www.hprc-online.org/nutritional-fitness/fighting-weight-strategies/sample-7-day-meal-plan>): This webpage features a sample healthy meal plan (breakfast, lunch, snack, and dinner) for 1 week.

University of Rochester Medical Center, Helping a Friend with an Addiction (<https://www.urmc.rochester.edu/encyclopedia/content.aspx?contenttypeid=1&contentid=2255>): This article offers guidance on how to help a friend who has problematic substance use, including the physical and psychological signs they may be misusing a substance, considerations when deciding whether to help, and how to discuss the issue.

USA.Gov, How to Apply for Medicaid and CHIP (<https://www.usa.gov/medicaid>): This website includes information about how to apply for Medicaid and the Children's Health Insurance Program. Note that eligibility differs by state.

U.S. Department of Veteran's Affairs, Weekly Meal Planner (<https://www.nutrition.va.gov/docs/EducationMaterials/WeeklyMealPlannerGroceryListandRecipes.pdf>): This webpage features a sample weekly meal planner (dinner) using items that people often have on hand, along with recipes and suggestions for building a healthy grocery list.

VolunteerMatch (<https://www.volunteermatch.org/>): This online resource can be used to search many organizations, by location, for their volunteer needs.

Wellness Recovery Action Plan (WRAP®) (www.mentalhealthrecovery.com): WRAP® is a self-designed prevention and wellness tool for people with substance use and mental disorders. The website also hosts a resource page for families at <https://www.wellnessrecoveryactionplan.com/wrap-can-help/wrap-and-families/>.

What is the evidence on the role of the arts in improving health and well-being? (<https://www.ncbi.nlm.nih.gov/books/NBK553773/>): This report by the World Health Organization synthesizes the global evidence on the role of the arts in improving health and well-being.

Digital Recovery Support Tools

988 Suicide & Crisis Lifeline (<https://www.samhsa.gov/find-help/988>): This dialing and texting number connects people anywhere in the United States to the 988 Suicide & Crisis Lifeline (formerly known as the National Suicide Prevention Lifeline). The Lifeline is staffed by trained crisis counselors who respond to calls and texts about substance use-related crises, as well as suicide and mental health-related crises. The 988 number connects to the network of centers that comprise the National Suicide Prevention Lifeline. The Lifeline also accepts online chats via 988lifeline.org/chat/.

BHMEDS-R3 Behavioral Health Medications (<https://attcnetwork.org/centers/mid-america-attc/product/bhmeds-r3-behavioral-health-medications>): The BHMEDS-R3 app offers information about medications prescribed for behavioral health conditions. It includes information about dose and frequency, side effects, emergency conditions, and cautions.

NOMO Sobriety Clocks (<https://saynomo.com/>): NOMO is a recovery app that allows recoverees to enter information about their recovery journey, including about substance use or substance-free activities. The app also includes an encouragement wall, accountability partner searching, and exercises.

OpiSafe (<https://opisafe.com/products/opirescue>): OpiSafe offers OpiRescue, a free smartphone app with interactive prompts for overdose rescue.

Sober Grid (<https://www.sobergrid.com/>): Sober Grid is an evidence-based app that combines peer support coaching, an online community, digital therapeutics, and a library of mental health resources to support long-term recovery.

Suicide Safe Mobile App (<https://store.samhsa.gov/product/suicide-safe>): Suicide Safe is a free mobile app that helps providers integrate suicide prevention strategies into their practice and address suicide risk among their patients. The app also offers information about crisis lines, fact sheets, educational opportunities, and treatment resources.

Telehealth

SAMHSA:

- **Advisory: Using Technology-Based Therapeutic Tools in Behavioral Health Services** (<https://store.samhsa.gov/product/advisory-using-technology-based-therapeutic-tools-behavioral-health-services/pep20-06-04-001>): This Advisory summarizes key issues in telehealth for behavioral health services, including access to technology, licensing and regulation, reimbursement, privacy, informed consent, training and support, and best practices.
- **TIP 60, Using Technology-Based Therapeutic Tools in Behavioral Health Services** (<https://store.samhsa.gov/product/TIP-60-Using-Technology-Based-Therapeutic-Tools-in-Behavioral-Health-Services/SMA15-4924>): This manual highlights the importance of using technology-based assessments and interventions in behavioral health treatment services.

American Medical Association (AMA) Telehealth Quick Guide (<https://www.ama-assn.org/practice-management/digital/ama-telehealth-quick-guide>): This resource provides an overview of telehealth, practice implementation, and policy coding and payment.

Centers for Medicare & Medicaid Services (CMS):

- **List of Telehealth Services** (<https://www.cms.gov/Medicare/Medicare-General-Information/Telehealth/Telehealth-Codes>): This webpage provides access to a downloadable list of Medicare billing codes for telehealth services.
- **Medicaid State Plan Fee-for-Service Payments for Services Delivered Via Telehealth** (<https://www.medicaid.gov/medicaid/benefits/downloads/medicaid-telehealth-services.pdf>): This document is intended to assist states in understanding policy options for paying Medicaid providers that use telehealth technology to deliver services.
- **State Medicaid & CHIP Telehealth Toolkit** (<https://www.medicaid.gov/medicaid/benefits/downloads/medicaid-chip-telehealth-toolkit.pdf>): This toolkit includes resources to support state policymakers in their efforts to expand the use of telehealth services in Medicaid programs. It has been updated to reflect changes during the COVID-19 pandemic.
- **Telehealth** (<https://www.medicaid.gov/medicaid/benefits/telemedicine/index.html>): This webpage provides an overview of telehealth, telemedicine terms, reimbursement, and links to related Medicaid resources.

Drug Enforcement Administration (DEA):

- **DEA Information on Telemedicine** (https://www.samhsa.gov/sites/default/files/programs_campaigns/medication_assisted/dea-information-telemedicine.pdf): This document summarizes changes in prescribing guidelines for controlled substances in response to the COVID-19 pandemic.

- **Letter to Providers Regarding Prescribing During COVID-19** ([https://www.deadiversion.usdoj.gov/GDP/\(DEA-DC-022\)\(DEA068\)%20DEA%20SAMHSA%20buprenorphine%20telemedicine%20%20\(Final\)%20+Esign.pdf](https://www.deadiversion.usdoj.gov/GDP/(DEA-DC-022)(DEA068)%20DEA%20SAMHSA%20buprenorphine%20telemedicine%20%20(Final)%20+Esign.pdf)): This document summarizes changes in prescribing guidelines for buprenorphine in response to the COVID-19 pandemic. Per the guidance, providers will not be required to first perform an in-person evaluation.
- **Use of Telemedicine While Providing Medication Assisted Treatment (MAT)** (https://www.samhsa.gov/sites/default/files/programs_campaigns/medication_assisted/telemedicine-dea-guidance.pdf): This document outlines the laws governing the use of telemedicine while prescribing medications for OUD.

HHS Telehealth website (<https://www.telehealth.hhs.gov/>): This webpage provides links for both patients and providers to learn more about telehealth. Provider information includes policy changes effective during the COVID-19 pandemic, billing, and health equity.

HRSA Telehealth website (<https://www.hrsa.gov/rural-health/topics/telehealth>): This webpage provides links for providers to learn more about HRSA's efforts to increase access to telehealth through grant programs, licensure, technology expansion, and other avenues.

Assessment and Screening

Substance Use

American Association for Community Psychiatry, Level of Care Utilization System (LOCUS) for Psychiatric and Addiction Services (<https://www.communitypsychiatry.org/keystone-programs/locus>): LOCUS is an easy-to-understand tool to help clinicians evaluate client needs and recommend an appropriate level of services. The *LOCUS Guide for Patients, Families, and Providers* (https://drive.google.com/file/d/1Xs3P_CABJZ_poYcf1t1cmdiD3vIzWCNT/view) contains additional information.

American Psychiatric Association’s Diagnostic and Statistical Manual of Mental Disorders (DSM-5-TR) (<https://www.psychiatry.org/psychiatrists/practice/dsm>): The manual provides information about symptoms and diagnostic criteria for mental disorders and SUDs.

The ASAM Criteria® Assessment Interview Guide (<https://www.asam.org/asam-criteria/criteria-intake-assessment-form>): This free guide is the first publicly available standardized version of the ASAM Criteria® assessment. This downloadable tool, free to providers for use in many different clinical contexts, supports increased quality and consistency of patient assessments and care.

ATTC, Using The ASAM Criteria® to Modernize and Maximize Success in Addiction Treatment (<https://attcnetwork.org/centers/attc-network-coordinating-office/attc-messenger-using-asam-criteriar-modernize-and-maximize>): This article discusses *The ASAM Criteria®* and tools for effectively implementing it.

NIDA, Screening and Assessment Tools Chart (<https://nida.nih.gov/nidamed-medical-health-professionals/screening-tools-resources/chart-screening-tools>): This webpage provides links to evidence-based alcohol and drug screening and assessment tools and features a table showing which tools are appropriate based on substance and client age.

Oklahoma Department of Mental Health and Substance Abuse Services, ASAM Quick Reference (<https://oklahoma.gov/content/dam/ok/en/odmhsas/documents/a0003/asam-quick-reference.pdf>): This resource provides a brief overview of ASAM components and describes the relationships between the needs of a client in each dimension and the recommended level of care.

Recovery Self-Assessment (<https://portal.ct.gov/-/media/DMHAS/Recovery/RSAselfpdf.pdf>): This tool is intended for persons in recovery to gauge how well they feel about their substance-related treatment or recovery support. The family member/significant other version (<https://portal.ct.gov/-/media/DMHAS/Recovery/RSAfamilypdf.pdf>) provides another avenue for programs to gather structured feedback on how it is doing.

Video Assessment of Simulated Encounters—Revised (VASE-R) (https://adai.uw.edu/instruments/PDF/VASERScoringForm_145.pdf): The VASE-R administration and scoring form is used to assess counselors’ motivational interviewing skills.

Social Determinants of Health HealthBegins Upstream Risks Screening Tool & Guide (<https://www.aamc.org/media/25736/download>): This screening tool, which is appropriate for a variety of clinical settings, captures information about the social determinants of health.

Health Leads Social Needs Screening Toolkit (<https://healthleadsusa.org/resources/the-health-leads-screening-toolkit/>): This downloadable toolkit, validated by the Centers for Medicare & Medicaid Services and the CDC, can be used to screen for social needs in various clinical settings.

Protocol for Responding to & Assessing Patients’ Assets, Risks & Experiences (PRAPARE) (<https://prapare.org/>): This tool, which has been translated into more than 25 languages, is used to collect demographic information and information about a patient’s needs related to money and resources, family and home, and social and emotional health.

Recovery and Recovery Capital

Addiction Treatment Questionnaire

(<https://www.womensrecovery.com/addiction-treatment-resources/addiction-treatment-quizzes/addiction-treatment-questionnaire/>): This measure assesses attitudes toward treatment and recovery. The questionnaire includes questions about commitment to lifelong abstinence and is appropriate for use with clients who have abstinence as their recovery goal.

Alcohol Abstinence Self-Efficacy Scale

(AASE) (<https://alcoholrehab.com/alcoholism/signs-of-alcoholism/alcohol-abstinence-self-efficacy-aase/><https://store.samhsa.gov/product/TIP-35-Enhancing-Motivation-for-Change-in-Substance-Use-Disorder-Treatment/PEP19-02-01-003>):

This tool measures self-efficacy related to problematic alcohol use. The scale assesses both temptation to drink and confidence to abstain from alcohol use in 20 situations, using a 5-point Likert-type scale. The scale can be accessed in Appendix B of SAMHSA's TIP 35, *Enhancing Motivation for Change in Substance Use Disorder Treatment*.

Assessment of Recovery Capital (ARC): Properties and Psychometrics of a Measure of Addiction Recovery Strengths

(<https://facesandvoicesofrecovery.org/resource/the-assessment-of-recovery-capital-properties-and-psychometrics-of-a-measure-of-addiction-recovery-strengths/>): ARC is a brief and easy-to-administer measurement of recovery capital that may be a useful complement to deficit-based assessment and outcome monitoring instruments for substance-dependent individuals in and out of treatment.

The AWARE (Advance Warning of Relapse) Questionnaire

(https://adai.uw.edu/instruments/pdf/Advanced_Warning_of_Relapse_39.pdf): This tool assesses the potential for a recurrence based on certain warning signs. The self-reported questionnaire includes 28-items scored on a 7-point Likert scale. The higher the score, the higher the probability that the recoveree will recur to problematic alcohol use within the next 2 months. Counselors should use the current version only with people with problematic alcohol use who have abstinence as their recovery goal, and discuss results of the questionnaire with their clients in a nonjudgmental manner that offers neutral feedback about potential risk for a recurrence to use.

Brief Assessment of Recovery

Capital-10 (BARC-10)

(<http://www.recoveryanswers.org/assets/barc10.pdf> and <https://static1.squarespace.com/static/5cd33914797f74080d793b95/t/60678b620d8b4e517e4ca0b8/1617398627765/BARC-10+Information+Sheet.pdf>): BARC-10 is a short version of the ARC. This validated measure takes about a minute to complete and provides a single unified dimension of recovery capital. It is appropriate for use in diverse settings, such as recovery support service settings or health clinics. The following article (<http://shura.shu.ac.uk/15835/2/Best%20Development%20and%20validation%20of%20a%20Brief%20Assessment%20of%20Recovery%20Capital%20%28BARC-10%29%20%28Scale%29.pdf>) discusses the background and development of the BARC-10, and how it is used and scored.

Brief Situational Confidence

Questionnaire (BSCQ)

(https://www.nova.edu/gsc/forms/appendix_d_brief_situational_confidence_questionnaire.pdf): The BSCQ is a state-dependent measure that assesses self-confidence to resist the urge to drink heavily or use drugs in a variety of situations. A gambling version of the BSCQ also exists.

The Bull’s Eye Exercise (https://webster.uaa.washington.edu/asp/website/site/assets/files/2367/values_exercise_bulls_eye.pdf): This tool can be used to help recoverees assess values, values-action discrepancies, and barriers to value-based living.

Center for Health Care Strategies, Screening for Adverse Childhood Experiences and Trauma (<https://www.chcs.org/resource/screening-for-adverse-childhood-experiences-and-trauma/>): This downloadable resource discusses when and how to screen for adverse childhood experiences and trauma and includes a widely used and validated questionnaire for measuring the impact of child abuse and neglect on health and well-being.

Drug Avoidance Self-Efficacy Scale (DASE) (https://adai.uw.edu/instruments/pdf/Drug_Avoidance_Self_Efficacy_Scale_438.pdf): The DASE measures self-efficacy for multiple substances. The scale includes 16 questions rated from 1 to 7 (from “certainly yes” to “certainly no”) in relation to how likely people are to avoid or resist the urge to use substances.

Lawton-Brody Instrumental Activities of Daily Living Scale (<https://www.alz.org/careplanning/downloads/lawton-iadl.pdf>): This scale can be used to identify how a person is functioning and areas for improvement or deterioration over time. There are eight domains of function measured with the scale and clients are scored according to their highest level of functioning in that category.

Recovery Capital Assessment Plan and Scale (ReCAPS) (http://brauchtworks.com/assets/docs/Recovery_Capital_Assessment_Plan_and_Scale_-_ReCAPS_160717.3200420.pdf): This assessment and recovery planning tool provides a holistic assessment of recovery barriers and strengths. The tool also examines a client’s unmet needs related to SUD treatment, housing support, employment services, primary healthcare services, and family relationships. The REC-CAP includes an initial assessment and goal mapping related to a client’s strengths in four categories: personal, social, well-being and support, and commitment.

Stages of Change Readiness and Treatment Eagerness Scale (SOCRATES) (https://www.asam.org/docs/default-source/education-docs/10_socratesv8.pdf?sfvrsn=36134bc2_0): SOCRATES measures readiness to change and motivation to continue with treatment or recovery.

Strengths and Barriers Recovery Scale (SABRS) (<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7298842/>): SABRS is an index of recovery capital based on the Life in Recovery survey. SABRS assesses five domains—work, finances, legal status, family and social relations, and citizenship—and includes retrospective information about strengths and barriers in active addiction and in recovery.

Peer Support Services

SAMHSA:

- **Core Competencies for Peer Workers in Behavioral Health Services** (https://www.samhsa.gov/sites/default/files/programs_campaigns/brss_tac/core-competencies_508_12_13_18.pdf): This document provides a foundation for learning about and delivering effective peer-based services, and discusses 12 core competency areas for providing peer support services.
- **Incorporating Peer Support Into Substance Use Treatment Services** (<https://store.samhsa.gov/>): TIP 64 highlights how SUD treatment programs can incorporate peer workers directly into their workforce.
- **National Model Standards for Peer Support Certification** (<https://www.samhsa.gov/about-us/who-we-are/offices-centers/or/model-standards>): These model standards seek to accelerate universal adoption, recognition, and integration of the peer workforce across all elements of the healthcare system. They have been developed as guidance for states, territories, tribes, and others to promote quality and encourage alignment and reciprocity across often disparate state peer support certifications.

National Association of Peer Supporters' (2019) National Practice Guidelines for Peer Specialists and Supervisors

(<https://www.peersupportworks.org/wp-content/uploads/2021/07/National-Practice-Guidelines-for-Peer-Specialists-and-Supervisors-1.pdf>): In 2018, the Association convened a National Supervision Workgroup to examine key elements of managing and supervising peer support specialists, and combined those discussions with input from peer supervisors and specialists nationwide to develop this publication. The Guidelines divide peer provision skills into 12 core values that can guide effective supervision of their work.

National Certified Peer Recovery Support Specialist (NCPRSS) Code of Ethics

(<https://www.naadac.org/assets/2416/nccap-peer-recovery-support-specialist-code-of-ethics-final06-22-16.pdf>): Developed by NAADAC, this resource provides an overview of general values and principles associated with peer support.

Peer Recovery Center of Excellence

(<https://www.peerrecoverynow.org/>): The Center provides training and technical assistance related to recovery from problematic substance use. Areas of focus include integrating peer support workers into nontraditional settings, building organizational capacity, developing the peer workforce, and providing evidence-based and practice-based resources.

Peer Recovery Support Webinars

(<https://www.naadac.org/peer-recovery-support-webinars>): This page provides links to a six-part webinar series provided by NAADAC on the entire process of developing peer services, from conceptualization to hiring and onboarding to supervision. Watching the videos requires providing an email; PowerPoint slides can be downloaded for free.

Peer Support Toolkit

(https://dbhids.org/wp-content/uploads/1970/01/PCCI_Peer-Support-Toolkit.pdf): The city of Philadelphia's Department of Behavioral Health and Intellectual Disability Services developed this influential four-module toolkit that provides guidance on assessing your organizational culture's readiness to provide peer services, recruiting and hiring appropriate staff, delivering peer support services effectively, and supervising and retaining valued peer staff members.

Substance Use Disorder Peer Supervision Competencies

(<https://www.oregon.gov/oha/HSD/BHP/BHCDocuments/6-23-2017-PDS-Supervisor-SUD-Peer-Supervision-Competencies-April-2017.pdf>): Developed by the Regional Facilitation Center in Portland, Oregon, and funded by the Oregon Health Authority, this publication outlines 20 core competencies of effective peer support services. The report has four sections: Recovery-Oriented Philosophy, Providing Education and Training, Facilitating Quality Supervision, and Performing Administrative Duties. It also includes checklists to help assess supervisors' current level of competency in supervising peer specialists and determine additional training needs.

Funding

Federal Grant Funding Sources:

- SAMHSA (<https://www.samhsa.gov/grants>)
- CDC (<https://www.cdc.gov/grants/>)

- CMS (<https://www.cms.gov/About-CMS/Contracting-With-CMS/ContractingGeneralInformation/Grant-Information/CurrentGrantsFundingOpportunities>)
- Health Resources and Services Administration (HRSA) (<https://bhw.hrsa.gov/funding/apply-grant#behavioral-mental-health>)
- HHS (<https://www.hhs.gov/grants-contracts/index.html>)
- NIH (<https://www.nih.gov/grants-funding>)

Tribal Funding Opportunities (<https://www.samhsa.gov/tribal-affairs/funding-opportunities>): SAMHSA provides a list of grants and other funding resources available from a wide spectrum of government agencies and nongovernmental organizations for tribal populations.

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