

# RESOURCE GUIDE

## FOR THOSE STRUGGLING WITH ADDICTION AND THEIR FAMILIES

### **Faces & Voices of Recovery**

1.202.737.0690

Email: [info@facesandvoicesofrecovery.org](mailto:info@facesandvoicesofrecovery.org)

<https://facesandvoicesofrecovery.org/resources/overview.html>

Educational, training, and advocacy resources to promote addiction recovery, including position papers, reports, toolkits, and information on other recovery resources.

### **MotherToBaby**

Toll-free helpline 866.626.6847, text line 855.999.3525

<http://www.mothersbaby.org/opioids>

MotherToBaby provides evidence-based information about exposures, like opioids, during pregnancy and breastfeeding. It has fifteen affiliates across the country that provide this service to all fifty states as well as the US territories. The site features resources for healthcare providers, addiction specialists, and women struggling with addiction to prescription and illicit drugs, and offers live chat and email-an-expert services.

### **Narcotics Anonymous**

General information: <http://www.na.org/>

To find an NA meeting: <https://www.na.org/meetingsearch/>

This website offers extensive information about NA local meetings, other resources, and support for people seeking support for recovery from addiction and maintaining a drug-free lifestyle.

### **#NotAnotherStat**

<http://www.notanotherstat.com>

This project, launched by author Harry Nelson to provide more information and support community about topics addressed in this book, offers resources for people in recovery as well as those continuing to struggle with addiction and pain, as well as friends and loved ones. The goal of #NotAnotherStat is to increase awareness and recognition of substance use disorders (SUDs), end shame and stigmatization around addiction and pain, and empower people to take a meaningful part in tackling the opioid crisis.

### **Opioid Treatment Program Directory**

<http://dpt2.samhsa.gov/treatment/directory.aspx>

SAMHSA provides a list of opioid treatment programs in each state.

### **Partnership for Drug-Free Kids Helpline**

1.855.DRUGFREE (378.4373)

<http://www.drugfree.org/get-help/helpline/>

Trained bilingual parent support specialists are available Monday–Friday, 9 a.m. to 5 p.m. ET, to take calls from concerned parents and loved ones about SUD-related challenges involving children.

### **SAMHSA National Helpline**

1.800.662.HELP (4357)

TTY 1.800.487.4889

Order free publications: [store.samhsa.gov](http://store.samhsa.gov)

Treatment facility finder: <https://www.findtreatment.samhsa.gov/>

The SAMHSA National Helpline is a confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations.

### **SAMHSA Opioid Overdose Prevention Toolkit**

<https://store.samhsa.gov/system/files/safety-advice-for-patients-family-members.pdf>

This downloadable publication and toolkit offers safety advice for patients and family members, as well as strategies for communities and local governments in developing practices and policies to help prevent opioid-related overdoses and deaths.

**Suicide Prevention Lifeline**

1.800.273.TALK (8255)

TTY: 1.800.799.4889

<http://www.suicidepreventionlifeline.org>

This 24-hour, toll-free, confidential suicide prevention hotline is available to anyone in suicidal crisis or emotional distress. Your call is routed to the nearest crisis center in the national network of more than 150 crisis centers.

**Veterans Crisis Line**

1.800.273.TALK (8255)

TTY: 1.800.799.4889

<http://www.veteranscrisisline.net>

This service connects veterans in crisis (and their families and friends) with qualified, caring Department of Veterans Affairs responders through a confidential, toll-free hotline, online chat, or text.

**FOR EMPLOYERS****Drug-Free Workplace**

1.800.WORKPLACE (967.5752)

<http://www.samhsa.gov/workplace/resources/drug-free-helpline>

This site assists employers and union representatives with policy development, drug testing, employee assistance, employee education, supervisor training, and program implementation.

**Fighting for Opioid Relief through Collaborative Effort (FORCE), a project of the Behavioral Health Association of Providers (BHAP)**

1.888.958.2282

Email: [help@bhap.us](mailto:help@bhap.us)

<http://www.bhap.us/force>

This project, spearheaded by the Behavioral Health Association of Providers (BHAP), provides resources and tools for employers to substance use disorders (SUDs) within the workplace through wellness programs and other means. (For more information about BHAP, see Resources for Healthcare Providers.)

## FOR COMMUNITY LEADERS AND FAITH-BASED ORGANIZATIONS

### **#NotAnotherStat**

1.888.958.2282

<http://www.notanotherstat.com>

Email: [help@bhap.us](mailto:help@bhap.us)

This campaign, launched by author Harry Nelson with the support of the Behavioral Health Association of Providers (BHAP), provides education, advocacy, and other tools for leaders and organizations to improve awareness and recognition of substance use disorders (SUDs) and other behavioral health issues within local communities.

### **Opioid Epidemic Practical Toolkit**

<https://www.hhs.gov/sites/default/files/hhs-partnership-ctr-opioid-practical-toolkit-unremediated.pdf>

This toolkit provides resources to help faith-based and community leaders bring hope and healing to communities.

## FOR FIRST RESPONDERS

### **SAMHSA Opioid Overdose Prevention Toolkit**

<https://store.samhsa.gov/system/files/five-essential-steps-for-first-responders.pdf>

Five Essential Steps for First Responders

## FOR HEALTHCARE PROVIDERS

### **Behavioral Health Association of Providers (BHAP)**

1.888.958.2282

<http://www.bhap.us>

This is the organization chaired by author Harry Nelson to provide education and advocacy resources to improve the quality of behavioral healthcare services. BHAP provides extensive resources for healthcare organizations and professionals to address opioid-related issues.

### **Centers for Disease Control and Prevention (CDC) Guideline for Prescribing Opioids for Chronic Pain**

<https://www.cdc.gov/drugoverdose/prescribing/guideline.html>

These recommendations for prescribing opioid pain medication for chronic pain in primary care settings offer a valuable starting point for assessing best practices in opioid prescribing.

### **SAMHSA Opioid Overdose Prevention Toolkit**

<https://store.samhsa.gov/system/files/information-for-prescribers.pdf>

This SAMHSA publication provides information for physicians and other prescribers in treating patients to reduce the risks of opioid use disorders (OUDs) and overdoses, as well as to bill claims for opioid-related services appropriately.