

# RECOVERY MONTH TOOLKIT

JOIN THE VOICES FOR RECOVERY:  
**TOGETHER WE ARE STRONGER**



***SAMHSA***  
Substance Abuse and Mental Health  
Services Administration



NATIONAL  
**RECOVERY  
MONTH 2019**  
30th Anniversary



# JOIN THE VOICES FOR RECOVERY

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**“Today, I can see the difference I am making in the lives of many people. This recovery adventure has taken me to places I could never have imagined myself going. Today, the song in my heart is one of gratitude and beauty.”**

**- Donald Roberts**

**FOREWORD**



## JOIN THE VOICES FOR RECOVERY: **TOGETHER WE ARE STRONGER**

# FOREWORD

In 2019, the Substance Abuse and Mental Health Services Administration (SAMHSA) celebrates the 30th anniversary of **National Recovery Month (Recovery Month)**. This marks three decades of spreading the message that treatment is effective, and people can and do recover—every day. Through the years, **Recovery Month** has promoted and supported new evidence-based treatment and recovery practices, the strong and proud recovery community, and dedication of service providers and community members across the nation who make recovery in all its forms possible.

As part of the 30th anniversary, **Recovery Month** is introducing a new logo that signifies the true meaning and values of the **Recovery Month** observance. The new **Recovery Month** logo features an “r” symbol, representing r is for Recovery and the need to support the millions of individuals who are proudly living their lives in recovery, as well as their family members and loved ones.

Community members, event planners, recovery supporters, and others are encouraged to use the [new logo](#) to signify support for recovery, educate others and spread awareness about the effectiveness of treatment and recovery. Your efforts can help reduce the stigma around the impact of mental and substance use disorders, and support individuals living in recovery.

The 2019 **Recovery Month** theme, “*Join the Voices for Recovery: Together We Are Stronger*,” emphasizes the need to share resources and build networks across the country to support the many paths to recovery. It reminds us that mental and substance use disorders affect all of us and that we are all part of the solution. The **Recovery Month** observance will highlight inspiring stories to help thousands of people from all walks of life find the path to hope, health, and overall wellness.

During the 30th anniversary of **Recovery Month**, communities across the nation will reflect on their positive strides and their plans to make recovery support services more accessible so people can live meaningful and productive lives. Over the years, recovery-oriented organizations have also played an essential role in states, cities, towns, and neighborhoods to help countless people start and sustain their recovery.

In an effort to make connections with key audiences, the 2019 observance focuses on the healthcare community, youth and emerging leaders, first responders, and community members. The **Recovery Month** toolkit provides information, resources, and ideas on how to get involved. With your help, the millions of Americans affected by mental and substance use disorders, including co-occurring disorders, will be lifted up into a life in recovery; filled with hope, health, and personal growth.



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**TARGETED OUTREACH (COMMUNITY MEMBERS)**

# JOIN THE VOICES FOR RECOVERY

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**“I began to realize, early in my career, that care needed to be appropriate for the person receiving it and that family and community were of the utmost importance for health and wellness.”**

**Sade Ali**



## JOIN THE VOICES FOR RECOVERY: TOGETHER WE ARE STRONGER

# COMMUNITY MEMBERS

Strong communities make for strong recovery. Community members—including families, neighbors, employers, educators, charitable organizations, and faith-based institutions—are the backbone of communities that foster recovery among its residents. Research shows that peer support services can provide a valuable approach to guide individuals as they work to maintain recovery.

Each September, the Substance Abuse and Mental Health Services Administration (SAMHSA) (<https://www.samhsa.gov>), within the U.S. Department of Health and Human Services (HHS) (<https://www.hhs.gov/>), sponsors **National Recovery Month (Recovery Month)** (<https://recoverymonth.gov>). This observance celebrates the millions of Americans who are in recovery from mental and substance use disorders, reminding us that treatment is effective and that people can and do recover. It also serves to help reduce the stigma and misconceptions that cloud public understanding of mental and substance use disorders, potentially discouraging others from seeking help. The 2019 **Recovery Month** theme, “*Join the Voices for Recovery: Together We Are Stronger*,” emphasizes the need to share resources and build networks across the country to support the many paths to recovery—engaging passionate community members along the way. It reminds us that mental and substance use disorders affect all of us and that we are all part of the solution.

The **Recovery Month** observance will highlight inspiring stories to help thousands of people from all walks of life find the path to hope, health, and overall wellness.

During the 30th anniversary of **Recovery Month**, communities across the nation will reflect on their positive strides and their plans to make recovery support services more accessible so people can live meaningful and productive lives. Over the years, recovery-oriented organizations have also played an essential role in states, cities, towns, and neighborhoods to help countless people start and sustain their recovery.

The 2019 observance underscores the importance of relying on one another, recognizing what brings us together rather than what drives us apart, and promotes the overall goals of health and well-being for all Americans. Mental and substance use disorders have left their mark on every American in one way or another. They affect individuals from all walks of life—and community members must band together to show that recovery is possible for everyone. Mental and substance use disorders do not come from outside of the community. They emerge from within it. Communities, therefore, have a central role in helping address their impact.

## The Issue

Our nation's communities are seeing the effects of mental and substance use disorders every day. According to SAMHSA's National Survey on Drug Use and Health ([NSDUH](#)), among the 19.7 million adults in the U.S. who experienced a substance use disorder, 8.5 million adults, had a co-occurring mental illness in 2017. At the same time, countless American communities have suffered because of the opioid crisis. [NSDUH](#) also found that approximately 11.4 million or 4.2 percent of the population aged 12 or older in the U.S. misused opioids in 2017.

Many people who need treatment are not seeking the help they need to begin their path to recovery as shown by these [NSDUH](#) data statistics:

- In 2017, an estimated 13.5 million adults aged 18 or older had a perceived unmet need for mental health care at any time in the past year, including 6.5 million adults who did not receive any mental health services in the past year.<sup>ii</sup>
- About half of the adults with a co-occurring mental illness and substance use disorder in the past year did not receive either type of service. An estimated 8.3 percent of adults with these co-occurring disorders received both mental health care and specialty substance use treatment, 38.2 percent received only mental health care, and 4.4 percent received only specialty substance use treatment.<sup>iii</sup>
- Suicide remains the 10th leading cause of death according to the Centers for Disease Control and Prevention. American Indian/Alaska Natives (AI/AN) have the highest rates of suicide of any racial/ethnic group in the United States.<sup>iv</sup> According to [NSDUH](#), the number of American Indians or Alaska Natives who attempted suicide ranged from 4,000 to 12,000 from 2016 to 2017. In 2016, 4,000 American Indians and/or Alaska Natives attempted suicide; this number jumped to 12,000 in 2017.

### National Survey on Drug Use and Health



**19.7 million**

adults in the U.S. experienced a **substance use disorder**

**11.4 million**

people misused **opioids** in 2017

- Cocaine use is on the rise in American communities. According to [NSDUH](#), approximately 1 million people aged 12 or older used cocaine for the first time in the past year in 2017. This number averages to approximately 2,800 cocaine initiates per day.

Substance use disorder treatment and recovery support services can help people find pathways to sustained recovery, permitting them to lead active and meaningful lives while contributing to their communities. By engaging individuals with substance use disorders, helping them access the treatment, recovery support, and other services they need, and by welcoming them back to the community as they embark upon the pathway to recovery, we can build healthier, more resilient communities and reduce the public health and public safety costs of unchecked addiction. Supportive interpersonal relationships and positive messages are often the catalyst that people hope they can find in recovery, and these factors are often what move them to seek help.

## Recovery Spotlight

Social media enables people to engage with the world around them, both near and far. Thanks to technology, it's easier than ever for community members to influence recovery efforts via their social networks.

One way to help your community rally around treatment and recovery is to encourage social media user-generated content. Encourage people to show off the most creative or heartwarming display of the new [r is for Recovery symbol](#). Urge participants to use hashtags like #RecoveryMonth, #RisforRecovery, #Recovery, and #RecoveryIn[insert location]. Encourage them to share their personal stories about recovery and to tag their friends, family, and other members of their community. A local social media campaign is something easy for people to participate in and can foster a positive, collaborative spirit among community members.

## What You Can Do

Communities can bolster the possibility of recovery in a meaningful way. Help them reach their full potential by promoting recovery through these pathways:

- Host an event for recovery leaders and local stakeholders to advocate for community-based approaches to mental and substance use disorder treatment and recovery support.
- Share the **Recovery Month** [public service announcements](#) and ways to promote them.
- Write to representatives and local government officials, encouraging them to sign [proclamations](#) in support of **Recovery Month**. Remind them that this simple act demonstrates a common commitment to improving access to treatment programs.

- Organize a walk or run in your neighborhood to raise awareness around the mental and substance use disorder issues impacting your community. Post your event to the **Recovery Month** [website](#) to increase visibility and participation.
- Connect with local schools to provide messaging and resources for students, teachers, and administrators.
- Share information on innovative products that people can easily access to deter substance use in their home. For instance, prescription pill bottles that have a timer on the lid to deter misuse and locations of safe medication disposal sites in your area.
- Apply for SAMHSA [grant funding](#) to financially support programs for mental and substance use disorders.
- Reach out to faith-based organizations to encourage them to support recovery efforts through donations, member trainings, and community counseling initiatives.
- Engage local representatives of the organized recovery community as partners in your efforts. Recovery Community Organizations and Consumer Organizations are key allies who can help change the conversation about substance use and mental disorders in your community.

Leverage social media to engage local and national community members. You can use these sample social media posts to get started:

- #MentalIllness and #SubstanceUse disorders impact more than the individual. Communities can support those who are struggling by coming together to show that #recovery is for everyone.
- Social connection is a key ingredient for #recovery. Celebrate 30 years of #RecoveryMonth and spread the word that recovery is possible!



- Your community can help support #recovery in all its forms. Start by engaging other community members to share resources and build support networks. The more people who get involved in celebrating the power of recovery, the better!
- Socially inclusive societies can support people in #recovery and provide an improved quality of life. You can help your recovering neighbors through community support efforts like meetups and resource sharing.

The process of recovery often occurs via intersecting pathways that can include evidence-based, medicated-assisted treatment, faith-based approaches, recovery support services, and family support. Because every person's path to recovery is unique, it is important to provide individualized treatment approaches and a collective community-wide effort.

## Resources

Community members looking to support their peers in recovery have many resources available to them. The following materials provide useful information for families, friends, and neighbors:

- **Alcoholics Anonymous**  
(<https://www.aa.org/>): Lists resources for those experiencing alcohol dependence; helps individuals find and join a local chapter.
- **American Public Health Association**  
(<https://www.apha.org/topics-and-issues/mental-health>): Discusses mental health as a topic area, offering an overview of the issue along with recommendations for improving access to care.
- **Faces and Voices of Recovery**  
(<https://facesandvoicesofrecovery.org/>): Serves as a leading national addiction recovery advocacy organization promoting policies that are grounded in science, compassion, and health.
- **Facing Addiction with NCADD**  
(<https://www.facingaddiction.org/>): Provides education on misperceptions surrounding addiction; recently merged with the National Council on Alcohol and Drug Dependence (NCADD).
- **Get Smart About Drugs**  
(<https://www.getsmartaboutdrugs.gov/>): Provides information about substance use from the Drug Enforcement Administration for parents, educators, and caregivers.
- **MentalHealth.gov**  
(<https://www.mentalhealth.gov/>): Offers guidance for recognizing mental health issues and starting conversations with friends and family members, educators, and faith and community leaders, among others.
- **National Alliance on Mental Illness**  
(<https://www.nami.org/>): Provides education and advocacy programs for those affected by mental disorders, including a toll-free helpline for families in communities throughout the United States.
- **Narcotics Anonymous**  
(<https://www.na.org/>): Lists resources for those experiencing substance use disorders; helps individuals find and join a local chapter.
- **National Institute on Alcohol Abuse and Alcoholism**  
(<https://www.niaaa.nih.gov/>): Offers tools and training materials for community, school, and family interventions related to alcohol use and misuse.
- **National Institute on Alcohol Abuse and Alcoholism, Alcohol Treatment Navigator®**  
(<https://AlcoholTreatment.niaaa.nih.gov/>): Offers a comprehensive, easy-to-use strategy for finding evidence-based alcohol treatment services for an adult loved one.

- **National Institute on Drug Abuse (NIDA)** (<https://www.drugabuse.gov/>): Offers tools and training materials for community, school, and family interventions and other substance use programming.
- **NIDA Treatment Page** (<https://www.drugabuse.gov/related-topics/treatment>): Details a step-by-step guide on what to do if you or a loved one has a problem with drugs.
- **Recovery Research Institute** (<https://www.recoveryanswers.org/>): Conducts research for the advancement of addiction treatment and recovery.
- **Rural Health Information Hub** (<https://www.ruralhealthinfo.org/>): Contains resources on evidence-based substance use prevention programs in rural communities.
- **SAMHSA's Behavioral Health Treatment Services Locator** (<https://findtreatment.samhsa.gov>): Provides a confidential and anonymous source of information for persons seeking treatment facilities in the United States or U.S. Territories for mental and substance use disorders.
- **SAMHSA's Faith-Based and Community Initiatives** (<https://www.samhsa.gov/faith-based-initiatives/about>): Provides information and best practices on programs in mental health services, substance use prevention, and addiction treatment at the national, state, and local levels.
- **SAMHSA's National Family Dialogue** (<https://www.samhsa.gov/homelessness-programs-resources/hpr-resources/network-supports-families-recovery>): Connects families of young people with substance use disorders to resources and support.
- **SAMHSA's National Helpline** 1-800-662- HELP (4357) or 1-800-487-4889 (TDD): Provides a 24/7, 365-day-a-year information and treatment referral service (in English and Spanish) for individuals and families facing mental and substance use disorders.
- **Urban Mental Health Alliance** (<http://www.urbanmentalhealthalliance.org/>): Advocates for the mental health and wellness of urban families and communities.

**This list is not exhaustive of all available resources. Inclusion of websites and resources in this document and on the *Recovery Month* website does not constitute official endorsement by the U.S. Department of Health and Human Services or the Substance Abuse and Mental Health Services Administration.**

<sup>i</sup> Center for Behavioral Health Statistics and Quality. (2018). *Key substance use and mental health indicators in the United States: Results from the 2017 National Survey on Drug Use and Health*, NSDUH Series H-53, HHS Publication No. (SMA) 18- 5068, p. 3. Rockville, MD: Substance Abuse and Mental Health Services Administration. Web. 28 September 2018. Retrieved from: <https://www.samhsa.gov/data/sites/default/files/cbhsq-reports/NSDUHFFR2017/NSDUHFFR2017.pdf>

<sup>ii</sup> Center for Behavioral Health Statistics and Quality. (2018). *Key substance use and mental health indicators in the United States: Results from the 2017 National Survey on Drug Use and Health*, NSDUH Series H-53, HHS Publication No. (SMA) 18- 5068, p. 54. Rockville, MD: Substance Abuse and Mental Health Services Administration. Web. 28 September 2018. Retrieved from: <https://www.samhsa.gov/data/sites/default/files/cbhsq-reports/NSDUHFFR2017/NSDUHFFR2017.pdf>

<sup>iii</sup> Center for Behavioral Health Statistics and Quality. (2018). *Key substance use and mental health indicators in the United States: Results from the 2017 National Survey on Drug Use and Health*, NSDUH Series H-53, HHS Publication No. (SMA) 18- 5068, p. 3. Rockville, MD: Substance Abuse and Mental Health Services Administration. Web. 28 September 2018. Retrieved from: <https://www.samhsa.gov/data/sites/default/files/cbhsq-reports/NSDUHFFR2017/NSDUHFFR2017.pdf>

<sup>iv</sup> Leavitt RA, Ertl A, Sheats K, Petrosky E, Ivey-Stephenson A, Fowler KA. (2018). *Suicides Among American Indian/Alaska Natives — National Violent Death Reporting System, 18 States, 2003–2014*. MMWR Morb Mortal Wkly Rep 2018;67:237–242. DOI: <http://dx.doi.org/10.15585/mmwr.mm6708a1>. Retrieved from: [https://www.cdc.gov/mmwr/volumes/67/wr/mm6708a1.htm?s\\_cid=mm6708a1\\_e&c\\_cid=journal\\_search\\_promotion\\_2018](https://www.cdc.gov/mmwr/volumes/67/wr/mm6708a1.htm?s_cid=mm6708a1_e&c_cid=journal_search_promotion_2018)



# JOIN THE VOICES FOR RECOVERY

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**“I am so grateful to all of those who stuck by my side and didn’t give up on me, even after I had given up on myself. Every day is a new opportunity to learn and grow, and I do not take any of it for granted. I am so grateful to be on this journey and to have found this new way of life.”**

**Jenna**

**TARGETED OUTREACH (FIRST RESPONDERS)**



# FIRST RESPONDERS

First responders are often the first line of defense to handle challenging, life threatening, and complex situations. Police officers, firefighters, paramedics, and search and rescue personnel provide crisis interventions for individuals with mental and substance use disorders and can direct them to the emotional and physical supports they need. Now more than ever, emergency service personnel need the tools to communicate with people in crisis, identify symptoms of an issue, and administer life-saving medications, like naloxone.

Each September, the Substance Abuse and Mental Health Services Administration (SAMHSA) (<https://www.samhsa.gov>), within the U.S. Department of Health and Human Services (HHS) (<https://www.hhs.gov/>), sponsors **National Recovery Month (Recovery Month)** (<https://recoverymonth.gov>). This observance celebrates the millions of Americans who are in recovery from mental and substance use disorders, reminding us that treatment is effective and that people can and do recover. It also serves to help reduce the stigma and misconceptions that cloud public understanding of mental and substance use disorders, which potentially discourage others from seeking help.

The 2019 **Recovery Month** theme, “*Join the Voices for Recovery: Together We Are Stronger*,” emphasizes the need to share

resources and build networks across the country to support the many paths to recovery—and sheds light on the crucial role first responders play in doing so. It reminds us that mental and substance use disorders affect all of us and that we are all part of the solution. The **Recovery Month** observance will highlight inspiring stories to help thousands of people from all walks of life find the path to hope, health, and overall wellness.

During the 30th anniversary of **Recovery Month**, communities across the nation will reflect on their positive strides and their plans to make recovery support services more accessible so people can live meaningful and productive lives. Over the years, recovery-oriented organizations have also played an essential role in states, cities, towns, and neighborhoods to help countless people start and sustain their recovery.

The following portion of this toolkit will provide the necessary materials and information for educating first responders about providing quality care and acting with sensitivity toward people living with mental and/or substance use disorders, especially people in crisis.

## The Issue

The effects of mental and substance use disorders are impacting communities every day—especially the opioid crisis. According to the National Survey on Drug Use and Health ([NSDUH](#)), an estimated 2.1 million people aged 12 or older had an opioid use disorder in 2017. First responders are on the front lines of helping their communities, and they need the proper training and tools to promote long-term recovery and help people live healthier lives. Appropriately responding to those in need requires an understanding of common mental disorders and misused substances, a knowledge of effective strategies for de-escalation when necessary, and an awareness of community networks and available resources.

- A rising number of emergency calls are from people dealing with opioid overdoses. In 2017, from July 2016 through September 2017, a total of 142,557 emergency room visits (15.7 per 10,000 visits) from 52 jurisdictions in 45 states were suspected opioid-involved overdoses. This rate increased on average by 5.6 percent per quarter.<sup>i</sup>
- According to SAMHSA's Treatment Episode Data Set, in 2016 the number of admissions to substance use treatment for alcohol use aged 12 or older was 552,990.
- Further, in 2016 the number of admissions to substance use treatment for methamphetamine use aged 12 or older was 178,547.
  - » This number has steadily increased since 2011, when there were just 115,244 admissions for methamphetamine use.
  - » Additionally, there were 114,653 outpatient hospital discharges for patients who received medication-assisted opioid therapy in 2016.
- According to [NSDUH](#), an estimated 1.4 million adults aged 18 or older attempted suicide in 2017.
- The 2017 NSDUH report also found that about 3.1 million adults aged 18 or older had co-occurring serious mental illness and a substance use disorder the past year.
- Kratom—a plant consumed for its stimulant effects and as an opioid substitute—is on the rise, according to the Centers for Disease Control and Prevention ([CDC](#)). The CDC also says that published case reports have associated kratom exposure with psychosis, seizures, and deaths.
  - » A [CDC](#) study found that from 2010 to 2015, cases of kratom exposure rose from 26 to 263. The [FDA](#) has reported that at least 44 deaths can be tied to exposure to kratom in the U.S.
- According to the [National Highway Traffic Safety Administration](#), in 2017, there were 37,133 alcohol-impaired driving fatalities, accounting for 29 percent of the 2017 overall crash fatalities. First responders will undoubtedly see the effects of alcohol-impaired driving when responding to crashes on our roadways.



In 2016, the number of admissions to substance use treatment for **methamphetamine** use aged 12 or older totaled **178,547**.

## Recovery Spotlight

Consider promoting a Mental Health First Aid for Public Safety training for local first responders. The courses are designed for public safety professionals and focus on warning signs and risk factors, de-escalation techniques, and early intervention options. [Find a local course](#) and encourage first responders in your area to attend by sharing the information, along with relevant facts and figures, on your social media channels:

- **SAMPLE Tweet:** These 8-hour trainings on Mental Health First Aid can help you support your neighbors #RisforRecovery. Check out upcoming courses nearby: [LINK TO TRAINING LOCATOR - <https://www.mentalhealthfirstaid.org/take-a-course/find-a-course/>]
- **SAMPLE Facebook Post:** The National Council for Behavioral Health offers Mental Health First Aid for Public Safety—this 8-hour course is designed to help police officers and first responders better understand mental illnesses and addictions. If you're a public safety professional looking for tools to better serve your neighbors, check out upcoming courses nearby: [LINK TO TRAINING LOCATOR - <https://www.mentalhealthfirstaid.org/take-a-course/find-a-course/>]

Additionally, [SAMHSA's](#) Treatment Improvement Protocol (TIP) 63 is a go-to resource for healthcare professionals and caregivers supporting individuals in recovery from opioid use disorder. This evidence-based best-practice guidance also has shareable facts and figures for both formal trainings and social media outreach. Consider sharing this information on social media:

- **SAMPLE Tweet:** An estimated 1.9 million Americans have opioid use disorder related to opioid pain relievers. First responders, refresh your knowledge on the signs and

strategies for safe and effective response here: [LINK TO TIP 63 - <https://store.samhsa.gov/product/TIP-63-Medications-for-Opioid-Use-Disorder-Full-Document-Including-Executive-Summary-and-Parts-1-5-/SMA18-5063FULLDOC>]

### #RecoveryMonth

- **SAMPLE Facebook Post:** An estimated 1.9 million Americans have opioid use disorder related to opioid pain relievers. Identifying patients who may have conditions related to substance use often begins with the emergency responders. Support recovery and know the signs and strategies for safe and effective response: [LINK TO TIP 63 - <https://store.samhsa.gov/product/TIP-63-Medications-for-Opioid-Use-Disorder-Full-Document-Including-Executive-Summary-and-Parts-1-5-/SMA18-5063FULLDOC>] #RecoveryMonth

## What You Can Do

Recovery advocates can share tips with first responders on how best to incorporate support strategies for individuals with mental and substance use disorders, including:

- Law enforcement agencies can establish opioid overdose response programs to train officers in the handling and use of life-saving medication, like naloxone. Trainings can often be provided by local departments of health, community-based organizations, or healthcare facilities, which can prepare officers to carry and administer naloxone to local residents.
- Public servants and emergency response personnel can familiarize themselves with the basics of recovery and recovery-oriented care, managing expectations for positive outcomes in encounters with persons experiencing co-occurring or substance use conditions. For example, the “Treatment and Recovery Support Services” section of the **Recovery Month** toolkit offers an overview of the various treatment options available for people



experiencing these conditions and those who care for them.

- Public officials can publicize treatment resources, like [SAMHSA's Behavioral Treatment Services Locator](#) and [SAMHSA's National Helpline](#), 1-800-662-HELP (4357). These free and confidential and anonymous information sources are essential self-help and peer support offerings that can assist in recovery even before first responders are called to the scene.
- First responders should remain constantly aware of these at-risk populations in their daily work. According to the CDC, suicide is the tenth leading cause of death in the U.S. Some populations—such as American Indians and Alaska Natives, people in justice and child welfare settings, and members of the military—are at higher risk than others for suicide. For example, according to the 2017 NSDUH findings, the number of American Indians or Alaska Natives who attempted suicide tripled from 2016 to 2017.

## Resources

First responders who are interested in supporting recovery have many resources. The following materials provide useful information and trainings for emergency response personnel:

- **Get Naloxone Now** (<https://www.getnaloxonenow.org/>): Contains interactive trainings on naloxone administration for professional first responders.
- **Harm Reduction Coalition** (<https://harmreduction.org/>): Provides resources on naloxone distribution and partnering with law enforcement to advocate for individuals and communities affected by drugs.
- **Mental Health First Aid** (<https://www.mentalhealthfirstaid.org/>): Lists training resources for supporting people with substance abuse and co-occurring disorders.
- **National Council For Behavioral Health** (<https://www.thenationalcouncil.org/>): Details guidance on policy action, consulting, and best practices in behavioral health.
- **National Institute on Drug Abuse's Brief on Naloxone for Opioid Overdose** (<https://www.drugabuse.gov/publications/naloxone-opioid-overdose-life-saving-science/naloxone-opioid-overdose-life-saving-science>): Includes information and resources for those who may use naloxone to combat opioid overdoses in their work.
- **National Training and Technical Assistance Center: Naloxone Toolkit** (<https://bjatta.bja.ojp.gov/tools/naloxone/Naloxone-Background>): Offers information and resources for law enforcement agencies to establish a naloxone program.
- **Office of National Drug Control Policy's Fentanyl Safety Recommendations for First Responders** (<https://www.whitehouse.gov/ondcp/key-issues/fentanyl/>): Provides a fact sheet with evidence-based recommendations for first responders when they encounter fentanyl during their daily activities.
- **Police-Mental Health Collaboration** (<https://pmhctoolkit.bja.gov/>): Offers a toolkit with resources for law enforcement agencies to partner with mental healthcare providers.
- **Police, Treatment, and Community Collaborative** (<https://ptaccollaborative.org/>): Serves as an alliance of practitioners in law enforcement, behavioral health, community, advocacy, research, and public policy, whose mission is to strategically widen community behavioral health and social service options available through law enforcement diversion.



- **Prescription Drug Abuse Policy System** (<http://www.pdaps.org/>): Contains information on policies to promote the safe use of controlled medications and reduce the impact of overdose.
- **SAMHSA's Crisis Intervention Team Methods for Using Data to Inform Practice** (<https://store.samhsa.gov/product/Crisis-Intervention-Team-CIT-methods-for-Using-Data-to-Inform-Practice-/SMA18-5065>): Helps local systems use data to implement Crisis Intervention Team programs that can improve the safety and effectiveness of law enforcement response to people experiencing crises related to mental or substance use disorders.
- **SAMHSA's Disaster Technical Assistance Center (DTAC) Supplemental Research Bulletin for First Responders** (<https://www.samhsa.gov/sites/default/files/dtac/supplementalresearchbulletin-firstresponders-may2018.pdf>): Explores protective factors and interventions to reduce behavioral health risk in first responders.
- **SAMHSA's DTAC Training Courses** (<https://www.samhsa.gov/dtac/education-training>): Lists free online trainings designed to improve awareness and understanding of the behavioral effects of disasters and emergency response.
- **SAMHSA's Opioid Overdose Prevention Toolkit** (<https://store.samhsa.gov/product/Opioid-Overdose-Prevention-Toolkit/SMA18-4742>): Offers strategies to healthcare providers, communities, and local governments for developing practices and policies to help prevent opioid-related overdoses and deaths.
- **Stop Overdose** (<http://stopoverdose.org/>): Contains information for both professionals and non-professionals on opioid use disorders and overdose, including police-directed resources.
- **Suicide Prevention Resource and Training Center** (<http://training.sprc.org/>): Provides resources for training in preventing suicide and emergency response.

**This list is not exhaustive of all available resources. Inclusion of websites and resources in this document and on the *Recovery Month* website does not constitute official endorsement by the U.S. Department of Health and Human Services or the Substance Abuse and Mental Health Services Administration.**

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<sup>1</sup> Vivolo-Kantor AM, Seth P, Gladden RM, et al. Vital Signs: Trends in Emergency Department Visits for Suspected Opioid Overdoses — United States, July 2016–September 2017. MMWR Morb Mortal Wkly Rep 2018;67:279–285. DOI: <http://dx.doi.org/10.15585/mmwr.mm6709e1>



# JOIN THE VOICES FOR RECOVERY

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**“I’m now a psychiatric nurse practitioner with a master’s degree. I’m the psychiatric medical provider for a 10-bed youth inpatient unit at a large community mental health organization. I get to work with adolescents who have chemical dependency and psychiatric disorders. I have a husband who is on his own recovery journey, a daughter who has never seen either of her parents drunk or high, a son who still lives with his father, but he’s proud of me and he loves me. I am grateful for the gifts sobriety has given me, and I hope that through telling my story I can pass some of those gifts on to others.”**

**Lisa**



## JOIN THE VOICES FOR RECOVERY: TOGETHER WE ARE STRONGER

# HEALTHCARE COMMUNITY

The healthcare community plays a vital role in maintaining the well-being of people across the nation. Primary care practitioners, clinicians, community health workers, and others screen, diagnose, and treat individuals with mental and substance use disorders. We also turn to experts such as psychologists, psychiatrists, addiction medicine specialists, advanced practice nurses, and therapists for specialized treatment and to trained recovering peers for recovery support, including helping those with co-occurring mental and substance use disorders. Members of the healthcare community also include public health professionals, researchers, pharmacists, and health educators, among many more. In the context of the national opioid crisis, physicians, nurse practitioners, physician assistants, and selected other health professionals can play a critical role by becoming trained and certified to prescribe buprenorphine and other medication-assisted treatment options for the treatment of opioid use disorder.

Each September, the Substance Abuse and Mental Health Services Administration (SAMHSA) (<https://www.samhsa.gov>), within the U.S. Department of Health and Human Services (HHS) (<https://www.hhs.gov/>), sponsors **National Recovery Month (Recovery Month)** (<https://recoverymonth.gov>). This observance celebrates the millions of Americans who are in recovery from mental and substance use disorders, reminding

us that treatment is effective and that people can and do recover. It also serves to help reduce the stigma and misconceptions that cloud public understanding of mental and substance use disorders, which potentially discourage others from seeking help.

The 2019 **Recovery Month** theme, “*Join the Voices for Recovery: Together We Are Stronger*,” emphasizes the need to share resources and build networks across the country to support the many paths to recovery and gives healthcare workers the information they need to be active participants in the effort. It reminds us that mental and substance use disorders affect all of us and that we are all part of the solution. The **Recovery Month** observance will highlight inspiring stories to help thousands of people from all walks of life find the path to hope, health, and overall wellness.

During the 30th anniversary of **Recovery Month**, communities across the nation will reflect on their positive strides and their plans to make recovery support services more accessible so people can live meaningful and productive lives. Over the years, recovery-oriented organizations have also played an essential role in states, cities, towns, and neighborhoods to help countless people start and sustain their recovery.

## The Issue

Approximately 8.5 million adults aged 18 or older had both a mental and substance use disorder in 2017, according to the National Survey on Drug Use and Health ([NSDUH](#)). Moreover, drug overdose took more than 72,000 American lives in 2017, according to a report from the Centers for Disease Control and Prevention ([CDC](#)). That's more than 1,300 deaths per week. By working to promote recovery, not only would the healthcare community save lives, but it would also benefit from a lower cost burden. With millions of Americans experiencing mental and substance use disorders, all components of the healthcare community must work toward recovery. We need an integrated and collaborative system of care now more than ever.

Just as we work to identify and treat heart disease, cancer, or diabetes, it is equally as important that people are screened and treated for mental and substance use disorders. This requires the healthcare community to collaborate and coordinate care and—to treat these disorders as the serious health issues that they are. Areas of focus include:

- The nation is facing a devastating opioid crisis—according to [NSDUH](#), in 2017, 11.4 million people aged 12 or older misused opioids in the past year, the vast majority of whom misused prescription pain relievers. The healthcare community will play a key role in addressing this crisis by helping prevent, treat, and promote recovery from opioid use disorders.



**11.4 million**  
people misused **opioids**

- In addition to opioids, the healthcare community faces alarming rates of mental and other substance use disorders. According to [NSDUH](#), this includes:
  - » In 2017, approximately 774,000 people aged 12 or older used methamphetamines in the past month—which ranged from 667,000 people aged 12 or older who used methamphetamines in 2016.
  - » An estimated 16.7 million people aged 12 or older in 2017 reported heavy alcohol use (binge drinking on five or more days in the past 30 days). This represents 6.1 percent of adults aged 12 or older in the U.S.
  - » About 11.2 million American adults—or 4.5 percent of all adults—experienced a serious mental illness in 2017.
- Studies show that untreated mental and substance use disorders—especially opioid use—can lead to expensive and resource intensive healthcare services including emergency department visits and hospitalizations.
  - » Prolonged substance use also increases the likelihood of acute and chronic preventable disease. This is similarly true for persons with serious mental disorders where chronic disease has been estimated to contribute to early mortality for this population, according to the 2017 [Interdepartmental Serious Mental Illness Coordinating Committee's](#) Report to Congress.
- Because mental health and physical health are linked, problems in one area can impact the other.<sup>1</sup>

- The healthcare community can prioritize wellness by incorporating screenings for mental and substance use disorders into primary care practice; ensuring health educators are knowledgeable about signs and symptoms of these conditions; and making early intervention techniques and medication-assisted treatment available at doctors' offices, treatment centers, and other healthcare facilities.

With dedicated, engaged members of the healthcare community, we can help those in need recover from mental and substance use disorders, saving lives and reducing unnecessary healthcare costs related to repeat visits and conditions caused or exacerbated by substance use or mental disorders.

## Recovery Spotlight

Consider reaching out to local hospitals or community health systems, specialty substance use disorder treatment providers, community mental health centers, recovery community organizations, and consumer organizations to host a panel on identification and treatment of mental and substance use disorders and recovery from them. This provides an opportunity for healthcare professionals and experts to talk about their experiences with recovery, to share resources for treating patients and to build the relationships necessary to effectively address mental and substance use disorders in the communities you serve. Encourage them to discuss:

- What strategies have worked for them in the past and areas in need of improvement.
- Best practices around the most current and effective prevention and treatment techniques, such as medication-assisted treatment.
- How mental and substance use disorders affect their practice area.
- How to coordinate with and receive support from mental and substance use disorder specialty treatment and recovery support services providers.
- How to identify any [continuing education](#) resources that have helped or may be of future benefit in supporting their ability to effectively address changes and advances in the mental or substance use disorder treatment fields.
- Advice on addressing co-occurring disorders—1.3 percent of all adults in 2017 had a co-occurring serious mental illness and substance use disorder in the past year, according to NSDUH.
- How patients can access specialty treatment and recovery support services in their communities.

## What You Can Do

A coordinated system of care that includes screening, early intervention, and linkage to specialty treatment and peer recovery support services can help the healthcare community address mental and substance use disorders in a more comprehensive and effective manner and improve overall outcomes. It can also reduce the burdens general healthcare practitioners can encounter related to mental and substance use disorders in their patient populations. You can encourage healthcare community members to get involved by promoting the following actions:

- Physicians, nurses, and clinicians can practice a “whole person” approach to prevention and treatment—meaning caring for an individual’s physical and mental health simultaneously. Visit [SAMHSA’s Training and Continuing Education for Professionals](#) page to learn more.
- Physicians, nurse practitioners, physician assistants, and selected other health professionals can secure training and certification to prescribe buprenorphine for the treatment of opioid use disorders. More information is available from SAMHSA. Training, support, coaching, and mentoring is available to interested prescribers free of charge through the Providers’ Clinical Support System.
- Primary care providers can familiarize themselves with effective strategies for allocating time and attention to their patients’ mental health. For example, [SAMHSA and HRSA’s Center for Integrated Health Solutions](#) provides guidance on including behavioral health screenings and counseling into standard care.
- Under current law, many mental healthcare services—such as screening anyone age 18 and older for alcohol misuse—are covered by most private insurance plans as well as Medicare and Medicaid. Healthcare providers can help bolster prevention by promoting this information and ensuring all eligible patients are screened and referred to treatment for covered conditions. In addition, substance use disorder screening and provision of medication-assisted treatment for opioid use disorder are covered by many private insurers, Medicare, and Medicaid plans.
- Prescribers can adhere to safe prescribing practices. Learn more through [SAMHSA’s 2018 Treatment Improvement Protocol 63](#), which offers guidance for those supporting recovery for people with an opioid use disorder.
- Public health professionals, community health workers, and recovery support specialists can promote [SAMHSA’s National Helpline](#), 1-800-662-HELP (4357), which is a free, confidential, 24/7, 365-day-a-year treatment referral and information service in English and Spanish, and [SAMHSA’s Behavioral Health Treatment Services Locator](#), an online resource.
  - » During times of crisis, such as a natural disaster or a mass shooting, members of the healthcare community can also access additional resources through [SAMHSA’s Disaster Distress Helpline](#).
- People in need of mental healthcare may experience ongoing challenges of prejudice and discrimination. It’s important to abide by and respect the person’s wishes for confidentiality in accordance with the law. For more information, visit [SAMHSA’s Medical Records Privacy and Confidentiality](#) page.

You can also use social media to engage with the healthcare community. Following are draft social media posts to reach out and connect with healthcare community members:

- Many people turn to experts such as psychologists, psychiatrists, and therapists for #recovery support, including for help with co-occurring mental and substance use disorders. Connect people in need with



local treatment and recovery resources to keep their recovery journey moving.

- Just as we work to identify and treat heart disease, cancer, or diabetes, it's just as important to screen and treat people for #MentalDisorders and #SubstanceUse disorders. Members of the #healthcare community, join together with local recovery groups and commit to recovery!
- In 2017, approximately 8.5 million adults aged 18 or older had both a mental and substance use disorder. Now more than ever, members of the #healthcarecommunity must work together toward recovery.
- Do you know of any continuing education materials that can help #healthcare professionals keep up with changes and advances in the treatment and recovery fields? Pass them along to your peers to spread the wealth! #RecoveryMonth
- Physicians, nurses, and clinicians: do you practice a "whole person" approach to prevention and treatment? This means caring for an individual's physical and #MentalHealth simultaneously. Visit @SAMHSA's Training and Continuing Education to learn more: <https://www.samhsa.gov/practitioner-training>.

## Resources

Members of the healthcare community who are interested in supporting recovery have many resources available to them. These include:

- **A Primer on Opioids: The Critical Role of Health Education in Preventing Addiction and Saving Lives** (<https://www.sophe.org/resources/primer-opioids-critical-role-health-education-preventing-addiction-saving-lives/>): The Society for Public Health Education's fact sheet to promote understanding of the health education approach to the opioid epidemic.
- **American Academy of Family Physicians – Mental Health Clinical Recommendations & Guidelines** (<http://www.aafp.org/patient-care/browse/topics.tag-mental-health.html>): Provides guidelines for family doctors on treating and preventing behavioral health conditions.
- **American College of Emergency Physicians E-QUAL Network Opioid Initiative** (<https://www.acep.org/administration/quality/equal/e-quality-opioid-initiative/#sm.001vb48w4195qegnzz91ui8xdtyhg>): Provides training and a wide variety of free online resources on reducing opioid prescribing, and on supporting the adoption of evidence-based interventions, such as naloxone prescribing and buprenorphine induction, in emergency departments.
- **American Psychiatric Association's Practice page** (<https://www.psychiatry.org/psychiatrists/practice>): Lists resources and information on practice management and professional development for psychiatrists.
- **American Public Health Association Substance Misuse page** (<https://www.apha.org/topics-and-issues/substance-misuse>): Gives public health professionals information and resources on how to address substance use and substance use disorders.
- **American Society of Addiction Medicine Clinical Resource page** (<https://www.asam.org/resources/guidelines-and-consensus-documents/>): Provides useful tools for clinicians treating substance use disorders.
- **American Society of Hospital Pharmacists Resource Centers** (<https://www.ashp.org/Pharmacy-Practice/Resource-Centers>): Provides information, tools, and resources for hospital pharmacists on topics including opioid management and substance use.

- **CDC Guidance on Non-Opioid Treatments for Chronic Pain**  
([https://www.cdc.gov/drugoverdose/pdf/nonopioid\\_treatments-a.pdf](https://www.cdc.gov/drugoverdose/pdf/nonopioid_treatments-a.pdf)): Lists out alternatives to opioid medications for treating chronic pain.
- **CDC Guideline for Prescribing Opioids for Chronic Pain**  
(<http://www.cdc.gov/media/modules/dpk/2016/dpk-pod/rr6501e1er-ebook.pdf>): Details information for providers and patients, and a mobile app to support use of the guideline.
- **CDC Information on Syringe Services Programs (SSPs)**  
(<http://www.cdc.gov/hiv/risk/ssps.html>): Offers information for those interested in partaking in SSPs.
- **Centers for Medicare and Medicaid Services' Best Practices Memorandum for Addressing Prescription Opioid Overdoses, Misuse and Addiction**  
(<https://www.medicaid.gov/federal-policy-guidance/downloads/cib-02-02-16.pdf>): Provides details on addressing the opioid crisis in an informational memorandum.
- **Facing Addiction in America: The Surgeon General's Report on Alcohol, Drugs, and Health**  
(<https://addiction.surgeongeneral.gov/sites/default/files/surgeon-generals-report.pdf>): Reviews facts and information about substance use and substance use disorders, and provides guidance for members of the healthcare community aiming to address these conditions.
- **Facing Addiction in America: The Surgeon General's Spotlight on Opioids**  
([https://addiction.surgeongeneral.gov/sites/default/files/Spotlight-on-Opioids\\_09192018.pdf](https://addiction.surgeongeneral.gov/sites/default/files/Spotlight-on-Opioids_09192018.pdf)): Provides research, facts, and resources about the opioid epidemic and lists recommended actions to address it.
- **National Association of Social Workers' Certified Clinical Alcohol, Tobacco & Other Drugs Social Worker (C-CATODSW) Credential**  
(<https://www.socialworkers.org/Careers/Credentials-Certifications/Apply-for-NASW-Social-Work-Credentials/Certified-Clinical-Alcohol-Tobacco-Other-Drugs-Social-Worker>): Recognizes clinical social workers who have met national standards of knowledge, skills, and experience in the field of clinical social work and ATOD and agreed to abide by the NASW Code of Ethics, the NASW Standards for Social Work Practice in Substance Use Disorders, and the NASW Standards for Continuing Professional Education.
- **National Association of Social Workers' Mental Health Specialty Practice Section**  
(<https://www.socialworkers.org/Careers/Specialty-Practice-Sections/Mental-Health>): Details resources and guidance for social workers aiming to address behavioral health conditions.
- **National Institute on Alcohol Abuse and Alcoholism**  
(<https://niaaa.nih.gov>): Provides resources for health professionals on screening to identify alcohol problems, brief intervention guides, and the Alcohol Treatment Navigator to assist patients in finding evidence-based treatment options.
- **National Institute on Drug Abuse: Medical & Health Professionals**  
(<https://www.drugabuse.gov/nidamed-medical-health-professionals>): Lists strategies for health care professionals on treating and preventing substance use disorders.



- **Provider's Clinical Support System for Medication Assisted Treatment (PCSS-MAT)**  
(<https://pcssnow.org/>): Offers training, consultation, and mentoring to physicians and other healthcare providers (including nurse practitioners and physician assistants) who desire to prescribe and/or dispense FDA-approved products approved for the treatment of opioid use disorders.
  - **SAMHSA's Early Serious Mental Illness Treatment Locator**  
(<https://www.samhsa.gov/esmi-treatment-locator>): Provides a confidential and anonymous source of information for persons and their family members seeking treatment in the U.S.
  - **SAMHSA's Power of Perceptions and Understanding webcast series**  
(<https://www.samhsa.gov/power-perceptions-understanding>): Four-part webcast series educates healthcare professionals about the importance of using approaches that are free of discriminatory attitudes and behaviors in treating individuals with substance use disorders.
  - **SAMHSA's Programs page**  
(<https://www.samhsa.gov/programs-campaigns>): Helps behavioral health and general health care practitioners improve delivery of recovery-oriented services, supports, and treatment via training and education.
  - **SAMHSA-HRSA Center for Integrated Health Solutions**  
(<https://www.integration.samhsa.gov/>): Promotes the development of integrated primary and behavioral health services to better address the needs of individuals with mental health and substance use conditions, whether seen in behavioral health or primary care provider settings.
  - **Suicide Prevention Resource and Training Center**  
(<http://training.sprc.org/>): Provides resources for training in preventing suicide and emergency response.
  - **The ALTO® (Alternatives to Opioids) pain management model**  
(<https://www.stjosephshealth.org/home-page-articles/item/1908-alto-alternatives-to-opioids>): Details how to use targeted non-opioid medications, trigger-point injections, nitrous oxide, and ultrasound-guided nerve blocks to tailor acute and chronic pain management strategies to meet patient needs while eliminating the risks associated with opioid prescribing.
- This list is not exhaustive of all available resources. Inclusion of websites and resources in this document and on the *Recovery Month* website does not constitute official endorsement by the U.S. Department of Health and Human Services or the Substance Abuse and Mental Health Services Administration.**

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<sup>i</sup> Store.SAMHSA.gov. "Learn the Eight Dimensions of Wellness." 2018. Retrieved from: <https://store.samhsa.gov/product/Learn-the-Eight-Dimensions-of-Wellness-Poster-/SMA16-4953>.



# **JOIN THE VOICES FOR RECOVERY**

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**“Sometimes I feel like this fight is endless. And if we’re being totally blunt about it, it is...addiction is a disease that I’ve battled since I was 13 years old and will continue to battle for the rest of my life. The difference is that, today, I know I don’t have to suffer anymore.”**

**Maya Friedrich**



## YOUTH & EMERGING LEADERS (AGES 12 TO 25)

School, friends, family, sports, work, technology, peer pressure, social media, intimate relationships—at any given moment, this is just a fraction of what young people may have on their minds. Add to that list factors like alcohol, marijuana, opioids, depression, and anxiety, and it's clear that our nation's youth are facing one of the most challenging periods of their lives. An estimated 345,000 adolescents aged 12 to 17 had a substance use disorder and a major depressive episode (MDE) in the past year.<sup>i</sup> Additionally, in 2017, 13.3 percent of adolescents aged 12 to 17 (3.2 million adolescents) and 13.1 percent of young adults aged 18 to 25 (4.4 million) had a MDE during the past year.<sup>ii</sup>

While these statistics are eye-opening, youth (ages 12 to 25) and emerging leaders— young people who show passion, drive, innovative thinking, and a commitment to their communities—represent a key population that can promote fresh, creative ideas in the prevention, treatment, and recovery from mental and substance use disorders, including co-occurring disorders. Not only does this age group have the resilience to recover, but they are also building blocks for the future.

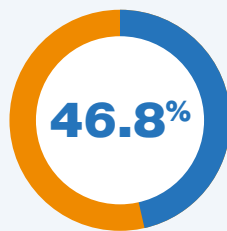
Each September, the Substance Abuse and Mental Health Services Administration (SAMHSA) (<https://www.samhsa.gov>), within the U.S. Department of Health and Human Services (HHS) (<https://www.hhs.gov/>), sponsors **National Recovery Month (Recovery Month)** (<https://recoverymonth.gov>). This observance celebrates the millions of Americans who are in recovery from mental

and substance use disorders, reminding us that treatment is effective and that people can and do recover. It also serves to help reduce the stigma and misconceptions that cloud public understanding of mental and substance use disorders, potentially discouraging others from seeking help.

The 2019 **Recovery Month** theme, “*Join the Voices for Recovery: Together We Are Stronger*,” emphasizes the need to share resources and build networks across the country to support the many paths to recovery affirms the vital role that young people play in this effort. By providing a platform and voice for the nation's emerging leaders, we show that investing in the future is just as important as honoring the past for **Recovery Month's** 30th anniversary in 2019. Mental and substance use disorders have affected all Americans in one way or another—and we must stand together as a nation in support of this unifying call to action. The observance will highlight inspiring stories from all walks of life to help more Americans find the path to hope, health, and overall wellness.

## The Issue

The period from middle school to early adulthood means change, growth, and uncertainty. Vulnerable to outside influences, many young people start to experiment with dangerous substances like alcohol or begin misusing prescription drugs. Factors like schoolwork, peer pressure, and bullying can also cause stress and negative feelings in young people's lives. This puts youth at risk for developing mental illness and substance use disorders. For example:



of the **5.1 million** young adults with a substance use disorder had any mental illness in the past year.

- In 2017, among the 5.1 million young adults aged 18 to 25 with a past year substance use disorder, 2.4 million (46.8 percent) had any mental illness in the past year.<sup>iii</sup>
- According to a 2018 Centers for Disease Control and Prevention (CDC) report, in 2017, almost 1 in 5 students were bullied in school, and the proportion of students who consistently felt sad or hopeless increased from 29 percent in 2007 to 32 percent in 2017.



**1 in 5 students**

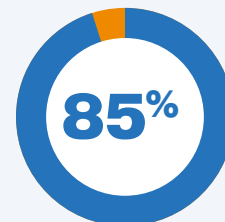
were bullied in school in 2017.<sup>8</sup>

- According to the [CDC's](#) 2018 National Youth Tobacco Survey, the number of U.S. high school students who reported being e-cigarette users increased 78 percent between 2017 and 2018, and numbers among middle school students rose 48 percent in the same time period.
- According to the National Institute on Drug Abuse's ([NIDA](#)) 2018 Monitoring the Future Survey, America's teens report a dramatic increase in their use of vaping devices in just a single year, with 37.3 percent of 12th graders reporting "any vaping" in the past 12 months, compared to just 27.8 percent in 2017.



adolescents aged 12 to 17 **used alcohol for the first time** in the past year.

- Many young people take their first sip of alcohol while underage. In 2017, an estimated 2.3 million adolescents aged 12 to 17 used alcohol for the first time in the past year.<sup>iv</sup>
  - » Further, more than 85 percent of high school seniors say that it is easy or very easy to gain access to alcohol, according to [NIDA's](#) 2018 Monitoring the Future Survey.



of high-school seniors say that it is **fairly easy or very easy to gain access to alcohol**.

- According to the 2017 National Survey on Drug Use and Health ([NSDUH](#)), about 769,000 adolescents aged 12 to 17 and about 2.5 million young adults aged 18 to 25 misused opioids in the past year.
- The same report identifies this period of life as fraught with depression and that number of young people who take their lives continues to increase.
- According to the National Highway Traffic Safety Administration ([NHTSA](#)), in 2016, there were 4,514 young drivers involved in fatal crashes. Over 20 percent of these drivers were alcohol-impaired.
- According to the 2017 [NSDUH](#) findings, about 1.6 million adolescents aged 12 to 17 currently used marijuana in the past year.



adolescents aged 12 to 17  
**misused opioids** in the past year.<sup>4</sup>

### Recovery Spotlight

Young people are constantly being shaped by the values, ideas, and themes presented in the media. Their favorite television shows, movies, music, news sources, blogs, apps, and podcasts can influence their actions and perceptions of addiction, mental illness, and recovery.

Consider the positive impact of television and film productions that portray recovery constructively and provide models for how to talk about recovery. Parents and members of the recovery community can use TV shows, movies, documentaries, and public service announcements to help educate young people about mental and substance use disorders. This could take many different forms—from a weekly family “TV night,” to a recovery organization sponsoring a film screening at a local school with a follow-up discussion.

Resources that can point you to these programs include the [National Alliance on Mental Illness’s](#) list of movies (for various ages) that accurately portray mental disorders. In addition, the Ad Council partnered with [Seize the Awkward](#), a campaign that aims to encourage young adults to reach out to a friend who may be experiencing mental or substance use disorders, to produce educational videos and web content. Further, SAMHSA’s Voice Awards Program recognized shows, movies, and documentaries that gave a positive and honest portrayal of mental and substance use disorders.

The 2018 Voice Award winners included:

#### Television Shows:

- “9-1-1” (FOX) for addressing addiction and serious mental illness
- “GIANTS” (YouTube) for addressing mental illness, resilience, and recovery
- “Hawaii Five-O” (CBS) for addressing suicide prevention and recovery
- “Mom” (CBS) for addressing suicide prevention, addiction, resilience, and recovery
- “One Day at a Time” (Netflix) for addressing mental illness, trauma, and recovery
- “This is Us” (NBC) for addressing addiction, resilience, and recovery

#### Movies and Documentaries:

- *Loving Vincent* for addressing depression and suicide
- *Battlefield: Home—Breaking the Silence* for addressing PTSD, addiction, and recovery support
- *Heaven is a Traffic Jam* on the 405 for addressing mental illness, trauma, and recovery
- *Heroin(e)* for addressing addiction, resilience, and recovery

#### What You Can Do

To effectively engage youth and emerging leaders, the recovery community must understand the world in which this population is growing up—in 2019, this means a world saturated with media and technology, where life moves at an extremely fast pace. To reach youth and emerging leaders, the recovery community must:

- Reach out to youth and young adults with empathy and understanding. Make it clear

they are not alone, and that recovery is possible and *happens every day*.

- Let honesty and compassion drive conversations about recovery, not shame or fear. Reward and congratulate young people for being honest and encourage their peers to be supportive and helpful.
- Point them to resources that feel accessible and relatable to them. Someone in high school or college is likely going to be impacted positively by a digital tool, such as an inspirational YouTube video or social media campaign.
- Encourage college students to seek help through peer support groups or campus health services. [SAMHSA's](#) 2016 Annual Mental Health Report notes that 99 percent of individuals aged 17 and younger who received mental health services in 2016 received them in community-based programs.
- Help families bolster their children and adolescents' recovery efforts; make it clear that recovery is possible when families hold strong together and support one another.

Youth and emerging leaders also live in a world where opportunities for activism and advocacy are abundant. Young people are eager to get involved in causes they care about, and the recovery community can help them make it happen. To support and cultivate youth as potential leaders in the recovery effort, you can:

- Make recovery known throughout your community including on school and college campuses. Use the free [Recovery Month promotional materials](#) on the [Recovery Month](#) website to help spread the message and create recovery-related materials, send out emails to interested students, advocate for faculty and staff training, and arrange for speakers or presentations on campuses.

- Get in touch with student health organizations such as [Active Minds](#) to organize potential **Recovery Month** events and help spread the word.
- Connect with and create networks in positive environments outside of school that cater to young people such as youth groups, recreational centers, faith-based organizations, and extracurricular programs such as sports leagues or theater groups.
- Have resources and information about recovery readily available for parents and guardians to use in places like schools, doctors' offices, and faith-based organizations.

The world of social media is a primary source of information and connections for youth and emerging leaders. You can use the following sample social media posts to engage with this group and get them thinking about recovery:

- #College students: did you know that many campuses offer peer support groups and campus health services? If you're struggling with #recovery, ask student services what your school offers.
- Need inspiration for starting the journey to recovery? Check out the "Voices for Recovery" section of the **Recovery Month** website for stories of #recovery from people just like you.
- Know a young person who may be struggling on their path to #recovery? Reach out to remind them they are not alone and recovery is possible.
- Are you struggling with #MentalIllness, a #SubstanceUse disorder, or both? It's okay to reach out for help! Talk to a parent, a teacher, a friend or call [SAMHSA's](#) National Helpline, 1-800-662-HELP (4357).

## Resources

There are many tools for youth and emerging leaders and those who want to involve them in the recovery movement. Help engage this audience with the following resources:

- **Active Minds**  
(<http://activeminds.org/>): Provides awareness campaigns, outreach, advocacy, and events catering to mental health needs of students on college campuses.
- **AdolescentHealth.org Mental Health Resources page**  
(<https://www.adolescenthealth.org/Resources/Clinical-Care-Resources/Mental-Health/Mental-Health-Resources-For-Adolesc.aspx>): Provides a list of resources, apps, and clinical information sources for preventing, treating, and recovering from mental and substance use disorders in youth and adolescents.
- **American Academy of Pediatrics' Clinical Report on Screening Youth for Mental and Substance Use Disorders**  
(<http://pediatrics.aappublications.org/content/pediatrics/135/2/384.full.pdf>): Provides information and best practices on when and how to prevent and screen youth for mental and substance use disorders.
- **Association of Recovery in Higher Education**  
(<https://collegiaterecovery.org/>): Supports collegiate recovery programs and collegiate recovery communities, the faculty and staff who support them, and the students who represent them.
- **Department of Transportation's NHTSA**  
(<https://www.nhtsa.gov/>): Contains information on alcohol- and substance-impaired driving.



- **Mental Health First Aid – Youth**  
(<https://www.mentalhealthfirstaid.org/take-a-course/course-types/youth/>): Teaches parents, family members, health workers, peers, school staff, and other community members how to help an adolescent who is experiencing a mental or substance use disorder.
- **National Association of Mental Illness' Teens and Young Adults page** (<https://www.nami.org/Find-Support/Teens-and-Young-Adults>): Provides information for teens, adolescents, and young adults experiencing mental and co-occurring disorders.
- **National Institute on Alcohol Abuse and Alcoholism's College AIM resource** (<https://www.collegedrinkingprevention.gov/collegeaim/>): Assists college and university administrators in identifying and choosing evidence-based, cost-effective prevention strategies to reduce drinking on campus.
- **NIDA's National Drug and Alcohol Facts Week web page**  
(<https://teens.drugabuse.gov/national-drug-alcohol-facts-week>): Provides information about NIDA's annual campaign to promote the science behind alcohol and substance use disorder treatment and recovery.
- **NIDA's Teen web page**  
(<https://teens.drugabuse.gov/>): Provides information on how substances affect the brain and body in adolescence.
- **OK2Talk**  
(<http://ok2talk.org/about>): Offers youth and adolescents a safe space to discuss their experiences with mental and substance use disorders.
- **SAMSHA's Talk. They Hear You. App**  
(<https://www.samhsa.gov/underage-drinking/mobile-application>): Prepares parents and guardians to talk to their kids about the dangers of alcohol and underage drinking.
- **SAMHSA's Underage Drinking Resource Page**  
(<https://www.samhsa.gov/underage-drinking>): Helps parents and caregivers start talking to their children early about the dangers of alcohol.
- **StopBullying.gov**  
(<https://www.stopbullying.gov/>): Federal government website managed by SAMHSA and HHS that aims to educate youth and their parents on the harms of bullying and how they can put an end to it.
- **TeenMentalHealth.org**  
(<http://teenmentalhealth.org/>): Aims to improve mental health of youth by the effective translation and transfer of scientific knowledge into digestible information.
- **U.S. Department of Health and Human Services' Adolescent Mental Health Page**  
(<https://www.hhs.gov/ash/oah/adolescent-development/mental-health/how-adults-can-support-adolescent-mental-health/resources/index.html>): Offers a detailed list of links and tools for addressing adolescent mental health.
- **ULifeline**  
(<http://www.ulifeline.org/>): Provides databases, newsrooms, and a helpline for college students who are or have peers who are experiencing or curious about mental and substance use disorders.
- **Youth Move National**  
(<https://www.youthmovenational.org/>): Provides resources and advocacy information for young people with mental health disorders.
- **Young People in Recovery**  
(<http://youngpeopleinrecovery.org/>): Provides training and networks to individuals, families, and communities to help them promote recovery and reach their full potential.



**This list is not exhaustive of all available resources. Inclusion of websites and resources in this document and on the *Recovery Month* website does not constitute official endorsement by the U.S. Department of Health and Human Services or the Substance Abuse and Mental Health Services Administration.**

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<sup>i</sup> Center for Behavioral Health Statistics and Quality. (2018). *Key substance use and mental health indicators in the United States: Results from the 2017 National Survey on Drug Use and Health*, NSDUH Series H-53, HHS Publication No. (SMA) 18- 5068, p. 40. Rockville, MD: Substance Abuse and Mental Health Services Administration. Web. 28 September 2018. Retrieved from <https://www.samhsa.gov/data/sites/default/files/cbhsq-reports/NSDUHFRR2017/NSDUHFRR2017.pdf>

<sup>ii</sup> Center for Behavioral Health Statistics and Quality. (2018). *Key substance use and mental health indicators in the United States: Results from the 2017 National Survey on Drug Use and Health*, NSDUH Series H-53, HHS Publication No. (SMA) 18- 5068, p. 2. Rockville, MD: Substance Abuse and Mental Health Services Administration. Web. 28 September 2018. Retrieved from <https://www.samhsa.gov/data/sites/default/files/cbhsq-reports/NSDUHFRR2017/NSDUHFRR2017.pdf>

<sup>iii</sup> Center for Behavioral Health Statistics and Quality. (2018). *Key substance use and mental health indicators in the United States: Results from the 2017 National Survey on Drug Use and Health*, NSDUH Series H-53, HHS Publication No. (SMA) 18- 5068, p. 42. Rockville, MD: Substance Abuse and Mental Health Services Administration. Web. 28 September 2018. Retrieved from <https://www.samhsa.gov/data/sites/default/files/cbhsq-reports/NSDUHFRR2017/NSDUHFRR2017.pdf>

<sup>iv</sup> Center for Behavioral Health Statistics and Quality. (2018). *Key substance use and mental health indicators in the United States: Results from the 2017 National Survey on Drug Use and Health*, NSDUH Series H-53, HHS Publication No. (SMA) 18- 5068, p. 23. Rockville, MD: Substance Abuse and Mental Health Services Administration. Web. 28 September 2018. Retrieved from <https://www.samhsa.gov/data/sites/default/files/cbhsq-reports/NSDUHFRR2017/NSDUHFRR2017.pdf>



# **JOIN THE VOICES FOR RECOVERY**

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**“Today I am stable and able to live the life I always wanted. I help others navigate the mental health system and advocate for themselves, stand up for their rights to be treated properly and live a healthy productive life.”**

**- Richard**



## JOIN THE VOICES FOR RECOVERY: TOGETHER WE ARE STRONGER

# RECOVERY IS POSSIBLE

Each September, the Substance Abuse and Mental Health Services Administration (SAMHSA) (<https://www.samhsa.gov>), within the U.S. Department of Health and Human Services (HHS) (<https://www.hhs.gov/>), sponsors **National Recovery Month (Recovery Month)** (<https://recoverymonth.gov>). This observance celebrates the millions of Americans who are in recovery from mental and substance use disorders, reminding us that treatment is effective and that people can and do recover. It also serves to help reduce the stigma and misconceptions that cloud public understanding of mental and substance use disorders, which potentially discourage others from seeking help.

The 2019 **Recovery Month** theme, “Join the Voices for Recovery: Together We Are Stronger,” emphasizes the need to share resources and build networks across the country to support the many paths to recovery. It reminds us that mental and substance use disorders affect all of us and that we are all part of the solution. The **Recovery Month** observance will highlight inspiring stories to help thousands of people from all walks of life find the path to hope, health, and overall wellness.

During the 30th anniversary of **Recovery Month**, communities across the nation will reflect on their positive strides and their plans to make recovery support services more accessible so people can live meaningful and productive lives. Over the years, recovery-oriented organizations have also played an essential role in states, cities, towns, and neighborhoods to help countless people start and sustain their recovery.

There are numerous treatment options and recovery pathways for mental and substance use disorders. Each recovery journey is unique. If you, a family member, or a friend needs help, resources are available. You are not alone.

### Connecting Those in Need to Treatment Services

According to SAMHSA’s 2017 National Survey on Drug Use and Health ([NSDUH](#)):

- 20.7 million people aged 12 or older needed substance use treatment. Just 4 million people aged 12 or older received any substance use treatment in the past year.

In 2017, an estimated  
**20.7 million**  
people aged 12 or older **needed**  
substance use treatment.



Just **4 million** people aged **12 or older** received any substance use treatment in the past year.<sup>i</sup>

- About half of the adults with co-occurring AMI and a SUD in the past year did not receive either type of service or specialty substance use treatment.
- Approximately 2.1 million people aged 12 or older had an opioid use disorder, or 0.8 percent of that population.
- An estimated 964,000 people aged 12 or older had a methamphetamine use disorder.
- About 26.0 million Americans aged 12 or older currently used marijuana, meaning they used the substance in the past month at the time of the survey.

- 10.6 million adults aged 18 or older (4.3 percent) had seriously thought about attempting suicide.

People in need of services may find it difficult to reach out for help, but families and support networks can help make the connection to appropriate resources. Getting help will improve the chances of managing a mental illness or recovering from a substance use disorder, including a co-occurring disorder. It can also reduce or eliminate associated symptoms and save a life. For example:

- [SAMHSA](#) research shows that treatment and recovery for mental disorders such as depression can help a person develop resilience, increasing the ability to cope with adversity and adapt to challenges or change.
- The National Institute on Drug Abuse ([NIDA](#)) states that treatment for substance use disorders can help people modify their attitudes and behaviors related to substance use, increase healthy life skills, and persist with other forms of treatment, such as medication.
- A study from the Institute of Alcohol Studies ([IAS](#)) found that after 12 months of treatment for alcohol use disorders, average costs to individuals and their families attributable to alcohol dependence decreased from 20.2 percent to 4.3 percent of total pretax family income.

In 2017, individuals who accessed care began the recovery process:

- According to 2017 [NSDUH](#) data, approximately 4.0 million people aged 12 or older received any substance use treatment in the past year, or 1.5 percent of all people aged 12 or older in the U.S.
- An estimated 8.3 percent of adults with co-occurring disorders received both mental health care and specialty substance use treatment in the past year.

## **Treatment and Recovery Support Services**

Early intervention is among the best and most cost-effective ways to improve overall health. Addressing the mental and substance use disorders among the impacted family members is also a cost-effective way to improve family health and support family recovery. Most communities have trained professionals who can help. Most in need may benefit from psychotherapeutic or pharmacological approaches, or some combination of the two. For example, medication-assisted treatment (MAT) is a proven and effective form of treatment that can help address a large array of different health issues. MAT consists of FDA-approved medications in combination with counseling and other services. Effective treatment addresses all aspects of the illness (for example, biological, psychological, and social) and helps build wellness and resilience. For more information about various types of treatment and recovery support services and the benefits of each, visit SAMHSA's Behavioral Health Treatments and Services webpage at <https://www.samhsa.gov/find-help/treatment> and the Recovery and Recovery Support webpage at <https://www.samhsa.gov/find-help/recovery>.

The "Resources" section of this document provides a list of national and local resources, including toll-free numbers that can connect you to prevention, treatment, and recovery support services.

## Resources

Many options are available to help people find treatment and achieve sustained recovery. Whichever path you or your loved one chooses, it is important to find the treatment and recovery support that works best for your situation. The resource lists below offer links and telephone numbers for a variety of organizations that provide information and resources on mental and substance use disorders, as well as prevention, treatment, and recovery support services. The list includes toll-free numbers and websites where people can find help, obtain information, share experiences, and learn from others. It also includes mobile applications that support treatment and recovery.

## Hotlines & Helplines

- **HHS' Administration for Children & Families Family & Youth Services Bureau Hotline List**  
(<https://www.acf.hhs.gov/fysb/help#chapter-1>): Provides a list of helpful services and hotlines specifically for families and youth.
- **Crisis Text Line**  
(<https://www.crisistextline.org/>): Provides 24/7 support for individuals experiencing a crisis via text message.
- **Loveisrespect.org (formerly National Dating Abuse Helpline)**  
(<http://www.loveisrespect.org/>): Provides an opportunity for teens and young adults to receive support when dealing with an unhealthy or abusive relationship. The site offers online chats, telephone support, and texting with a peer advocate.
- **Partnership for Drug-Free Kids**  
(<https://drugfree.org/>): Serves as a support network for families of children struggling with substance misuse.
- **National Sexual Assault Hotline**  
(<https://www.rainn.org/>): Connects callers to a local sexual assault crisis center so they can receive information and support.

- **SAMHSA's National Helpline, 1-800-662-HELP (4357) or 1-800-487-4889 (TDD)**  
(<https://www.samhsa.gov/find-help/national-helpline>): Provides 24-hour, free, and confidential information and treatment referral for mental and substance use disorders in English and Spanish.
- **SAMHSA's National Suicide Prevention Lifeline, 1-800-273-TALK (8255)** (<https://www.suicidepreventionlifeline.org/>): Provides a free, 24-hour helpline available to anyone in suicidal crisis or emotional distress.

**“Instead of letting someone else drive, I am my own designated driver at all times and it feels good. I don't pretend that I have control, but I do manage. And I'm happy to say I'm five years sober, a college graduate, and on the right track.”**

**– Derek**

## Online Resources General

- **Association of Recovery Community Organizations**  
(<https://facesandvoicesofrecovery.org/programs/>): Links recovery-oriented organizations and their leaders with local and national allies and provides training and technical assistance to groups.
- **Association of Recovery High Schools**  
(<https://recoveryhighschools.org/>): Connects recovery high schools with training, expertise, resources, and best practices to assist every student who is in recovery.

- **Association of Recovery in Higher Education**  
(<https://collegiaterecovery.org/>): Provides the education, resources, and community connection needed to help recovering students in higher education.
- **Celebrate Recovery®**  
(<https://www.celebraterecovery.com/>): Provides Christian faith-based support for those in recovery through summits, groups, and church-centered meetings.
- **Faces & Voices of Recovery**  
(<http://facesandvoicesofrecovery.org/>): Supports the 23 million Americans living in recovery to ensure their rights and access to needed services as well as demonstrates the power and proof of obtaining long-term recovery.
  - » It also provides a mutual directory:  
<https://facesandvoicesofrecovery.org/resources/mutual-aid-resources/mutual-aid-resources.html>.
- **National Alliance for Recovery Residences**  
(<https://narronline.org/>): Dedicates time and resources to expanding the availability of well-operated, ethical, and supportive recovery housing.
- **National Domestic Violence Hotline, 1-800-799-SAFE (7233)**  
(<http://www.thehotline.org/>): Provides confidential, one-on-one support for women, men, children, and families affected by domestic violence. Crisis intervention and support are offered 24/7, 365 days a year with well-trained, compassionate advocates via phone, online chat, text, or video phone (for victims who are deaf or hard of hearing).
- **Oxford House, Inc.**  
(<http://www.oxfordhouse.org/userfiles/file/>): Provides a national network of over 2,400 chartered self-run recovery residences.
- **SAMHSA's Addiction Technology Transfer Center Network**  
(<https://attcnetwork.org/>): Provides research and information for professionals in the addiction treatment and recovery services field.
- **SAMHSA's Behavioral Health Treatment Services Locator**  
(<https://findtreatment.samhsa.gov/>): Provides a confidential source of information for persons seeking treatment facilities in the United States or U.S. territories for mental and substance use disorders.
- **SAMHSA's Find Treatment Webpage**  
(<https://www.samhsa.gov/find-treatment>) Provides links and phone numbers to locators for mental and substance use disorder treatment and recovery services.
- **SAMHSA's Information and Resources for Families and Family-Based Organizations**  
(<https://www.samhsa.gov/brss-tacs/recovery-support-tools/parents-families>): Resources for families and family-run organizations supporting recovery and resilience for children, youth, and adults.
- **SAMHSA's Recovery and Recovery Support Webpage**  
(<https://www.samhsa.gov/find-help/recovery>): Provides information on how recovery-oriented care and recovery support systems help people with mental and substance use disorders manage their conditions.
- **SAMHSA's Website**  
(<https://www.samhsa.gov/>): Provides numerous resources and helpful information related to mental and substance use disorders, prevention, treatment, and recovery.

- **The National Child Traumatic Stress Initiative**  
(<https://www.samhsa.gov/child-trauma>): Provides information and resources to help identify and address traumatic stress in children, which increases the risk of behavioral health challenges and for a range of medical conditions.
- **Wellbriety Movement**  
(<https://wellbriety.com/>): Provides an interconnected online resource across Native Nations about recovery for individuals, families, and communities.
- **Young People in Recovery**  
(<http://youngpeopleinrecovery.org/>): Mobilizes the voices of young people in recovery.

## Alcohol

- **Al-Anon/Alateen Family Groups**  
(<https://al-anon.org/>): Provides support groups for families and friends of people with alcohol problems.
- **Alcoholics Anonymous**  
(<https://www.aa.org/>): Lists resources for those experiencing alcohol use disorders; helps individuals find and join a local chapter.
- **Hable. Ellos escuchan.**  
(<https://www.samhsa.gov/hable-ellos-escuchan>): Provides Spanish language resources to help families prevent drug use and underage drinking.
- **Moderation Management**  
(<https://www.moderation.org/>): Promotes self-management, balance, moderation, and personal responsibility for people who struggle with alcohol use who are able to manage and moderate their use and wish to do so.
- **The Alcohol Treatment Navigator, from the National Institute on Alcohol Abuse and Alcoholism**  
(<https://AlcoholTreatment.niaaa.nih.gov>): Provides a step-by-step strategy to inform a search for evidence-based alcohol treatment.

## Opioids

- **Decisions in Recovery: Treatment for Opioid Use Disorder**  
(<https://store.samhsa.gov/product/Decisions-in-Recovery-Treatment-for-Opioid-Use-Disorders/SMA16-4993>): Helps families make informed decisions about treatment for addiction to pain medication or other opioids, such as heroin or fentanyl.
- **Facing Addiction in America: The Surgeon General's Spotlight on Opioids** ([https://addiction.surgeongeneral.gov/sites/default/files/Spotlight-on-Opioids\\_09192018.pdf](https://addiction.surgeongeneral.gov/sites/default/files/Spotlight-on-Opioids_09192018.pdf)): Provides research, facts, and resources about the opioid epidemic and lists recommended actions to address it.
- **NIDA's "Opioids: Facts for Teens" Booklet**  
(<https://www.drugabuse.gov/publications/opioid-facts-teens/letter-to-teens>): Provides information on opioids for teenagers and adolescents who want to know more.
- **Patient and Family Opiate Treatment Guide**  
(<http://eguideline.guidelinecentral.com/i/706017-asam-opioid-patient-piece/1?>): Offers facts about treatment related to opiates and provides resources for responding to an opioid overdose.
- **SAMHSA's Medication-Assisted Treatment (MAT) page**  
(<https://www.samhsa.gov/medication-assisted-treatment>): Offers resources for providers of MAT.



- **SAMHSA's Opioid Overdose Prevention Toolkit**  
(<https://store.samhsa.gov/product/Opioid-Overdose-Prevention-Toolkit/SMA18-4742>): Helps communities and local governments develop policies and practices to prevent opioid-related overdoses and deaths. The toolkit addresses issues of interest to first responders, treatment and service providers, and those recovering from an opioid overdose.
- **SAMHSA's Treatment Improvement Protocol 63**  
(<https://store.samhsa.gov/product/TIP-63-Medications-for-Opioid-Use-Disorder-Full-Documents-Including-Executive-Summary-and-Parts-1-5-/SMA18-5063FULLDOC>): Reviews the use of the three FDA-approved medications used to treat opioid use disorders (methadone, naltrexone, and buprenorphine) and other strategies and services needed to support people in recovery.
- **Nar-Anon**  
(<https://www.nar-anon.org/>): Provides family groups for those who have a loved one experiencing a substance use disorder.
- **National Institute on Alcohol Abuse and Alcoholism (NIAAA) Treatment and Support Resource Page**  
(<https://www.niaaa.nih.gov/alcohol-health/support-treatment>): Provides resources for those who are in need of treatment and support for alcohol-related substance use disorders.
- **National Institute on Drug Abuse's (NIDA's) What to Do If Your Adult Friend or Loved One Has a Problem with Drugs**  
(<https://www.drugabuse.gov/related-topics/treatment/what-to-do-if-your-adult-friend-or-loved-one-has-problem-drugs>): Includes a list of the warning signs of substance misuse as well as resources and information to help someone who might have a substance use disorder.

## Other Substance Use

- **Facing Addiction with NCADD**  
(<https://www.facingaddiction.org/>): Creates campaigns and conducts research to rebrand addiction and find solutions for recovery across the nation.
- **Facing Addiction in America: The Surgeon General's Report on Alcohol, Drugs, and Health**  
(<https://addiction.surgeongeneral.gov/sites/default/files/surgeon-generals-report.pdf>): Details substance use statistics and the impacts on American citizens and healthcare systems.
- **Life Ring**  
(<https://lifering.org>): Offers peer-to-peer support and personal strategies to fight addiction to alcohol and drugs.
- **Narcotics Anonymous**  
(<https://www.na.org/>): Lists resources for those experiencing substance use disorders and helps individuals join local chapters.
- **NIDA's What to Do If Your Teen or Young Adult Has a Problem with Drugs**  
(<https://www.drugabuse.gov/related-topics/treatment/what-to-do-if-your-teen-or-young-adult-has-problem-drugs>): Provides parents of teens/young adults with information on how to identify and handle possible substance misuse situations.
- **Phoenix Multisport**  
(<https://thephoenix.org>): Fosters a supportive, physically active community for individuals who are recovering from a substance use disorder.
- **Secular Organizations for Sobriety**  
(<https://www.sossobriety.org/>): Offers resources to help individuals achieve and maintain sobriety and abstinence from alcohol and substance use disorders.
- **SMART Recovery®**  
(<http://smartrecovery.org>): Offers a self-empowering addiction recovery support group network with face-to-face and daily online meetings.



## Mental Disorders

- **Depression and Bipolar Support Alliance** (<http://www.dbsalliance.org>): Serves as the leading peer-directed national organization focusing on the two most prevalent mental disorders, depression and bipolar disorder.
- **Mental Health America** (<https://www.mentalhealthamerica.net/>): Offers resources about mental disorders; through affiliates, provides America's communities and consumers with direct access to a broad range of self-help and professional services.
- **National Alliance on Mental Illness** (<https://www.nami.org/>): Serves as the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.
- **National Center on Domestic Violence, Trauma, and Mental Health** (<http://www.nationalcenterdvtraumamh.org/>): Provides training, support, and consultation to advocates, mental health and substance abuse providers, legal professionals, and policymakers working to improve agency and systems-level responses to survivors of domestic violence.
- **National Institute of Mental Health** (<https://www.nimh.nih.gov/index.shtml>): Serves as the lead Federal agency for research on mental disorders.
- **Psychology Today's Therapy Directory** (<https://www.psychologytoday.com/us/therapists>): Allows users to locate, by city or ZIP code, a therapist, psychologist, or counselor who specializes in mental disorders.
- **Schizophrenia and Related Disorders Alliance of America** (<https://sardaa.org>): Promotes improvement in lives affected by schizophrenia and schizophrenia spectrum disorders (mental illnesses involving psychosis) and promotes hope and recovery through support programs, education, collaboration, and advocacy.

## SAMHSA Mobile Applications\*

- **KnowBullying:**  
Provides parents and caregivers with information and guidance on ways to prevent bullying and build resilience in children.
- **MATx (Medication-Assisted Treatment):**  
Offers healthcare practitioners support with medication-assisted treatment for opioid use disorder.
- **SAMHSA's Behavioral Health Disaster Response App:**  
Provides responders with access to critical resources, including the Behavioral Health Treatment Services Locator to identify substance use and mental health treatment facility locations.
- **Suicide Safe:**  
Helps providers integrate suicide prevention strategies into their practice, address suicide risk among their patients, and make referrals to treatment and community resources.
- **Talk. They Hear You:**  
Helps parents and caregivers talk to kids (9-15 years old) about the dangers of underage drinking.

## Additional Mobile Applications\*

- **Connections: A-CHESS Platform:**  
An evidence-based mobile application that provides ongoing support and relapse prevention for people recovering from substance use disorders. Available through mobile app stores, but only accessible through participating specialty substance use disorder treatment providers.
- **Dialectical Behavior Therapy Diary Card and Skills Coach:**  
Provides users with self-help skills, reminders of therapy principles, and coaching tools for coping.
- **I Am Sober:**  
Allows users to track their recovery process. It includes features such as a tracker and notifications for new milestones.

- **In the Rooms:**  
Links users to a network of online mutual aid meetings, supporting video and text-based chat. Primarily 12-step oriented mutual aid, but does support other recovery pathways as well.
  - **PTSD Coach:**  
Provides useful resources for those suffering from post-traumatic stress disorder (PTSD) or PTSD symptoms. The app offers education about the signs and symptoms of PTSD, self-care, and how to find support and emergency access to a suicide hotline or to personal contacts.
  - **Reachout:**  
Provides social support for people with various conditions, including mental and substance use disorders. Users can share their stories, read others' stories, and interact with one another.
  - **reSET and reSET-O:**  
Provides the first and only FDA-approved mobile applications used to help treat opioid use disorders.
  - **SAM Self-Help for Anxiety Management:**  
Encourages users to record their anxiety levels and identify triggers. It includes over 20 self-help options for users to deal with the physical, emotional, and mental symptoms of anxiety.
  - **Sober Grid:**  
Provides support and information to help those in recovery, including a social network among people who are in recovery.
  - **The Addiction Recovery Guide's Mobile App Listing:**  
Provides descriptions and links to other apps that support recovery, including self-evaluation, recovery programs, online treatment, and chat rooms. The guide is available at: [https://www.addictionrecoveryguide.org/resources/mobile\\_apps](https://www.addictionrecoveryguide.org/resources/mobile_apps).
  - **Twelve Steps – The Companion:**  
Provides resources, information, and stories to help users through the 12 steps of Alcoholics Anonymous.
- This is not an exhaustive list of all available resources.**
- Inclusion of websites, mobile applications, and resources in this document and on the *Recovery Month* website does not constitute official endorsement by the U.S. Department of Health and Human Services or the Substance Abuse and Mental Health Services Administration.**
- \*Other commercially available mobile applications can be found by searching for the name in Apple or Android app stores online.*

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<sup>1</sup> Center for Behavioral Health Statistics and Quality. (2018). Key substance use and mental health indicators in the United States: Results from the 2017 National Survey on Drug Use and Health, NSDUH Series H-53, HHS Publication No. (SMA) 18- 5068, p. 57. Rockville, MD: Substance Abuse and Mental Health Services Administration. Web. 28 September 2018. Retrieved from <https://www.samhsa.gov/data/sites/default/files/cbhsq-reports/NSDUHFFR2017/NSDUHFFR2017.pdf>