



**TREATMENT AND RECOVERY  
SUPPORT SERVICES**



**“I AM INDEBTED TO MY WIFE FOR ALL SHE HAS DONE TO HELP ME WITH MY ALCOHOLISM, DRUG ADDICTION, AND MY MENTAL ILLNESS.”**

— AUGUSTO

### **RECOVERY IS POSSIBLE**

Recovery is defined as a process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential.<sup>1</sup> There are numerous treatment and recovery options for mental and/or substance use disorders, and each recovery journey is unique. If you, a family member, or a friend needs help, resources are available. You are not alone.

Each September, the Substance Abuse and Mental Health Services Administration (SAMHSA) ([www.samhsa.gov](http://www.samhsa.gov)), within the U.S. Department of Health and Human Services (HHS) ([www.hhs.gov](http://www.hhs.gov)), sponsors **National Recovery Month**

(**Recovery Month**) ([www.recoverymonth.gov/](http://www.recoverymonth.gov/)) to increase awareness of behavioral health conditions. This observance promotes the knowledge that behavioral health is essential to overall health, prevention works, treatment is effective, and people can and do recover from mental and/or substance use disorders.

This year’s **Recovery Month** theme of “*Join the Voices for Recovery: Our Families, Our Stories, Our Recovery!*” encourages people to share real-life experiences about the power of recovery from mental and/or substance use disorders.

# 9.8 MILLION



AMONG ADULTS AGED 18 OR OLDER, 9.8 MILLION (4.1% OF ADULTS) HAD A **SERIOUS MENTAL ILLNESS IN THE PAST YEAR.**

Center for Behavioral Health Statistics and Quality, Behavioral Health Trends in the United States: Results from the 2014 National Survey on Drug Use and Health, NSDUH Series H-50, HHS Publication No. (SMA) 15-4927. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2015, p. 33.

## CONNECTING THOSE IN NEED TO TREATMENT SERVICES

A person with a mental and/or substance use disorder may find it difficult to initiate getting help alone, but families and support networks can help the individual connect to appropriate resources. Most people who seek help for a mental and/or substance use disorder experience reduced or eliminated symptoms and are able to manage the disorder. Similarly, research shows that treatment for substance use disorders can help people stop substance use, avoid relapse, and lead active lives engaged with their families, workplaces, and communities.<sup>2</sup> Researchers also have found that treating alcohol dependence and addiction reduces the burden on the family budget and improves life for those who live with the alcohol-dependent individual.<sup>3</sup>

## TREATMENT AND RECOVERY SUPPORT SERVICES

Intervening early, before mental illness or substance use disorders progress, is among the best and most cost-effective ways to improve overall health. Mental and/or substance use disorders that are allowed to progress become more complex, and, therefore, more difficult to treat. Treatment can be provided in different settings—including outpatient, residential, and inpatient—based on the disorder and the intensity of care required. Examples of proven and effective treatments include behavioral therapy, medication-assisted therapy (MAT), and others. Introduction to recovery supports should begin while the individual is receiving treatment. Effective treatment methods are directed at all aspects of the illness (for example, biological, psychological, and social). For more information about various types of treatment and the benefits of each, visit SAMHSA's Behavioral Health Treatments and Services webpage at [www.samhsa.gov/treatment](http://www.samhsa.gov/treatment).

Most communities have trained professionals who can help individuals with behavioral health conditions. For additional information about recovery, visit SAMHSA's Recovery and Recovery Support webpage at [www.samhsa.gov/recovery](http://www.samhsa.gov/recovery).

The “Resources” section below 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 seek treatment and sustain recovery. Whichever path a person chooses, it is important to find the treatment and recovery support that works best for him or her. A variety of organizations that provide information and resources on mental and/or substance use disorders, as well as prevention, treatment, and recovery support services, are described below. The list includes toll-free numbers and websites where people can find help, obtain information, share experiences, and learn from others.

- **SAMHSA's website** ([www.samhsa.gov](http://www.samhsa.gov)): Provides numerous resources and helpful information related to mental and/or substance use disorders, prevention, treatment, and recovery.
- **SAMHSA's Recovery and Recovery Support webpage** ([www.samhsa.gov/recovery](http://www.samhsa.gov/recovery)): Provides information on how recovery-oriented care and recovery support systems help people with mental and/or substance use disorders manage their conditions.
- **SAMHSA's Behavioral Health Treatments and Services webpage** (<http://www.samhsa.gov/treatment>): Contains information on common mental and/or substance use disorders and explains how SAMHSA helps people access treatments and services.
- **SAMHSA's Find Help webpage** ([www.samhsa.gov/find-help](http://www.samhsa.gov/find-help)): Provides links and phone numbers to locators of mental and/or substance use disorder treatment and recovery services.
- **SAMHSA's National Helpline, 1-800-662-HELP (4357) or 1-800-487-4889 (TDD)** ([www.samhsa.gov/find-help/national-helpline](http://www.samhsa.gov/find-help/national-helpline)): Provides 24-hour, free, and confidential treatment referral and information in English and Spanish on mental and/or substance use disorders, prevention, treatment, and recovery.

- **National Suicide Prevention Lifeline, 1-800-273-TALK (8255)** ([www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)): Provides a free, 24-hour helpline available to anyone in suicidal crisis or emotional distress.
- **SAMHSA’s Opioid Overdose Prevention Toolkit** ([store.samhsa.gov/product/Opioid-Overdose-Prevention-Toolkit/SMA13-4742](http://store.samhsa.gov/product/Opioid-Overdose-Prevention-Toolkit/SMA13-4742)): 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 Addiction Technology Transfer Center Network** ([www.nattc.org/home/](http://www.nattc.org/home/)): Provides research and information for professionals in the addictions treatment and recovery services field.
- **HealthCare.gov** ([www.healthcare.gov/index.html](http://www.healthcare.gov/index.html)): Provides information on how to find health insurance options, compare providers, and enroll in a health plan. The site lists prevention and wellness resources.
- **National Alliance on Mental Illness** ([www.nami.org](http://www.nami.org)): Provides education programs to ensure hundreds of thousands of families, individuals and educators affected by mental illness get the support and information they need.
- **Loveisrespect.org (formerly National Dating Abuse Helpline)** ([www.loveisrespect.org](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.
- **National Sexual Assault Hotline** ([www.rainn.org](http://www.rainn.org)): Connects callers to a local sexual assault crisis center so they can receive information and support.
- **The Addiction Recovery Guide’s Mobile App Listing** ([www.addictionrecoveryguide.org/resources/mobile\\_apps](http://www.addictionrecoveryguide.org/resources/mobile_apps)): Contains online recovery options, including self-evaluation, recovery programs, online treatment, and chat rooms.
- **Alcoholics Anonymous** ([www.aa.org](http://www.aa.org)) and **Narcotics Anonymous** ([www.na.org](http://www.na.org)): Contain resources for those experiencing alcohol or drug dependence, helps individuals to find and join a local chapter.
- **Al-Anon/Alateen Family Groups** ([www.al-anon.alateen.org](http://www.al-anon.alateen.org)): Provides support groups for families and friends of people with alcohol problems.
- **Faces & Voices of Recovery** ([www.facesandvoicesofrecovery.org](http://www.facesandvoicesofrecovery.org)): Organizes and mobilizes Americans in recovery from addiction to alcohol and other drugs by geographic region,

so they can promote their rights and obtain the resources they need.

- **Mental Health America (MHA)** ([www.mentalhealthamerica.net](http://www.mentalhealthamerica.net)): Offers resources about mental illness. Through its affiliates, MHA provides America’s communities and consumers with direct access to a broad range of self-help and professional services.
- **National Council on Alcoholism and Drug Dependence, Inc.** ([ncadd.org](http://ncadd.org)): Provides numerous resources and services dedicated to fighting alcoholism and drug addiction.
- **Psychology Today’s Therapy Directory** ([therapists.psychologytoday.com/rms](http://therapists.psychologytoday.com/rms)): Allows users to locate, by city or ZIP Code, a therapist, psychologist, or counselor who specializes in mental illness.
- **SMART Recovery®** ([www.smartrecovery.org](http://www.smartrecovery.org)): Offers a self-empowering addiction recovery support group network with face-to-face and daily online meetings.
- **Young People in Recovery** ([youngpeopleinrecovery.org](http://youngpeopleinrecovery.org)): Mobilizes the voices of young people in recovery.

This is not an exhaustive list 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> SAMHSA Blog. (2012). SAMHSA’s Working definition of recovery updated. Retrieved from [blog.samhsa.gov/2012/03/23/defintion-of-recovery-updated](http://blog.samhsa.gov/2012/03/23/defintion-of-recovery-updated).

<sup>2</sup> National Institute on Drug Abuse. (2009). DrugFacts: Treatment Approaches for Drug Addiction. Retrieved from [www.drugabuse.gov/publications/drugfacts/treatment-approaches-drug-addiction](http://www.drugabuse.gov/publications/drugfacts/treatment-approaches-drug-addiction).

<sup>3</sup> Salize, H. J, Jacke, C., Kief, S., Franz, M., & Mann, K. (2013). Treating alcoholism reduces financial burden on caregivers and increases quality-adjusted life years. *Addiction*, 108, 62–70.