



TREATMENT AND RECOVERY SUPPORT SERVICES

JOIN THE VOICES FOR RECOVERY

“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



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.

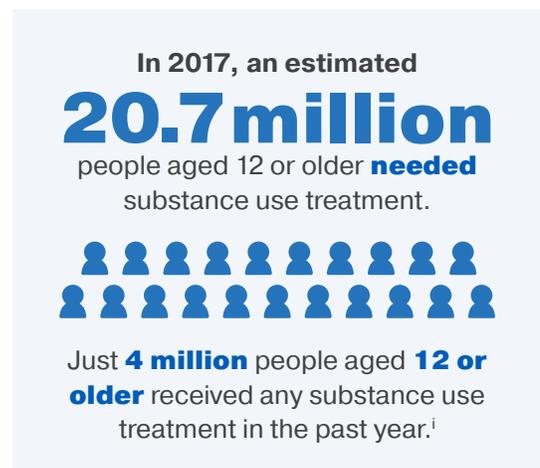
During the 30th anniversary of **Recovery Month**, communities across the nation will reflect on their positive strides and their plans to make recovery support services more accessible so people can live meaningful and productive lives. Over the years, recovery-oriented organizations have also played 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.



- 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): 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 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 (PSTD) 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.
- **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.*

¹ 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>