

# JOIN THE VOICES FOR RECOVERY

## Treatment and Recovery Support Services

*"I believe there are many pathways to recovery. Faith has been my pathway to recovery. You have to have will. You have to want to change things. Recovery is possible."*

*- Evan Figueroa-Vargas*





# Treatment and Recovery Support Services

## 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 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) (<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>) 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 substance use disorders.

The 2018 **Recovery Month** theme, “*Join the Voices for Recovery: Invest in Health, Home, Purpose, and Community,*” explores how integrated care, a strong community, sense of purpose, and leadership contributes to effective treatments that sustain the recovery of persons with mental and substance use disorders. The observance will work to highlight inspiring stories that help thousands of people from all walks of life find the path to hope, health, and wellness. In addition, the materials support SAMHSA’s message that prevention works, treatment is effective, and people can and do recover.

## Connecting Those in Need to Treatment Services

SAMHSA’s 2016 National Survey on Drug Use and Health showed:

- About 1 in 13 people (7.8 percent) needed substance use treatment.<sup>2</sup>
- An estimated 44.7 million adults aged 18 or older had any mental illness (AMI) in the United States, representing 18.3 percent of all adults in the United States.<sup>3</sup>
- About half of the adults with co-occurring AMI and a substance use disorder (SUD) in the past year did not receive either type of service.<sup>4</sup>
- Approximately 11.8 million aged 12 or older – 4.4 percent of the total U.S. population aged 12 or older – misused opioids in the past year.<sup>5</sup>

A person with a mental or substance use disorder may find it difficult to reach out for help alone, but families and support networks can help make the connection to appropriate resources. Getting help may improve the chances of managing a behavioral health condition, and reduce or eliminate associated symptoms, and save a life. For example:

- Treatment for depression improves not only psychiatric symptoms, but also a person’s quality of life.<sup>6</sup>
- 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>7</sup>
- 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>8</sup>

Data show that in 2016, individuals with mental



and substance use disorders accessed care to begin the recovery process:

- In 2016, 7.2 percent of young adults aged 18 to 25 (or 383,000 individuals) who needed substance use treatment received it in a specialty facility in the past year.<sup>9</sup>
- In 2016, 1.8 million adults aged 26 or older who needed substance use treatment received treatment in a specialty facility in the past year (12.1 percent of this population).<sup>10</sup>
- Among the 44.7 million adults with AMI, 19.2 million (43.1 percent) received mental health services in the past year.<sup>11</sup>
- An estimated 6.9 percent of adults with co-occurring disorders received both mental health care and specialty substance use treatment in the past year.<sup>12</sup>

## Treatment and Recovery Support Services

When mental and substance use disorders go unaddressed, they become more complex and more difficult to treat. Intervening early, before behavioral health conditions progress, is among the best and most cost-effective ways to improve overall health. Addressing the mental and substance use disorders in the impacted family members is also a cost-effective way to improve health and will support whole family recovery. Most communities have trained professionals who can help individuals with behavioral health conditions. 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 Cognitive-Behavioral Therapy, Community Reinforcement Approach, and medication-assisted treatment (MAT) for opioid or alcohol use disorder using an FDA-approved medication in combination with counseling and other services. Effective approaches to treatment address all aspects of the illness (for example, biological, psychological, and social). 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/treatment> and the Recovery and Recovery Support webpage at <https://www.samhsa.gov/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 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 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. It also includes mobile applications that support treatment and recovery.

## Hotlines & Helplines

- **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.
- **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 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.
- **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.

## Online Resources

- **Al-Anon/Alateen Family Groups** (<https://al-anon.org/>): Provides support groups for families and friends of people who struggle with alcohol use.
- **Alcoholics Anonymous** (<https://www.aa.org/>) Lists resources for those experiencing alcohol dependence; helps individuals find and join a local chapter.
- **Association of Recovery High Schools** (<https://recoveryhighschools.org/?reqp=1&reqr>): 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 support for those in recovery through summits, groups, and church-centered meetings.
- **Depression and Bipolar Support Alliance** (<http://www.dbsalliance.org>): Serves as the leading peer-directed national organization focusing on the two most prevalent mental health conditions, depression and bipolar disorder.
- **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.
- **Facing Addiction** (<https://www.facingaddiction.org/>): Creates campaigns and conducts research to change perceptions about addiction and find solutions for recovery across the nation.
- **Hable. Ellos escuchan.** (<https://www.samhsa.gov/hable-ellos-escuchan>): Provides Spanish language resources to help families prevent drug use and underage drinking.
- **Life Ring** (<https://lifering.org/>): Offers peer-to-peer support and personal strategies to fight addiction to alcohol and drugs.
- **Mental Health America** (<https://www.mentalhealthamerica.net/>): Offers resources about mental disorders. Through its affiliates, MHA provides America's communities and consumers with direct access to a broad range of self-help and professional services.
- **Narcotics Anonymous** (<https://www.na.org/>): Lists resources for those experiencing drug dependence; helps individuals find and join a local chapter.
- **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 Council on Alcoholism and Drug Dependence, Inc.** (<https://ncadd.org/>): Provides numerous resources and services dedicated to fighting alcoholism and drug addiction.



- **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).
- **National Institute on Drug Abuse's (NIDA's) What to Do If Your Adult Friend or Loved One Has a Problem with Drugs** (<http://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 drug misuse as well as resources and information to help someone who might have a drug use problem.
- **NIDA's What to Do If Your Teen or Young Adult Has a Problem with Drugs** (<http://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 drug misuse situations.
- **Office of the Surgeon General's 2016 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 health care systems.
- **Patient and Family Opiate Treatment Guide** (<https://eguideline.guidelinecentral.com/i/706017-asam-opioid-patient-piece>): Offers facts about treatment related to opiates and provides resources for responding to an opioid overdose.
- **Phoenix Multisport** (<https://thephoenix.org>): Fosters a supportive, physically active community for individuals who are recovering from a substance use disorder.
- **Psychology Today's Therapy Directory** (<https://therapists.psychologytoday.com/rms>): Allows individuals to locate, by city or ZIP Code, a therapist, psychologist, or counselor who specializes in mental disorders.
- **SAMHSA's Addiction Technology Transfer Center Network** (<http://www.nattc.org/home>): Provides research and information for professionals in the addictions treatment and recovery services field.
- **SAMHSA's Behavioral Health Treatments and Services webpage** (<https://www.samhsa.gov/treatment>): Contains information on common mental and substance use disorders and explains how SAMHSA helps people access treatments and services.
- **SAMHSA's Decisions in Recovery: Treatment for Opioid Use Disorder** (<https://archive.samhsa.gov/MAT-Decisions-in-Recovery>): Helps families make informed decisions about treatment for addiction to pain medication or other opioids, such as heroin or fentanyl.
- **SAMHSA's Find Help webpage** (<https://www.samhsa.gov/find-help>): Provides links and phone numbers to locators of 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>): Provides resources for families and family-run organizations supporting behavioral health recovery and resilience for children, youth, and adults.
- **SAMHSA's Medication-Assisted Treatment (MAT) page** (<https://www.samhsa.gov/medication-assisted-treatment>): Offers resources for providers on MAT.
- **SAMHSA's Opioid Overdose Prevention Toolkit** (<https://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 Recovery and Recovery Support webpage** (<https://www.samhsa.gov/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.
- **Schizophrenia and Related Disorders Alliance of America** (<https://sardaa.org>): Promotes improvement in lives affected by schizophrenia and schizophrenia spectrum disorders (mental disorders involving psychosis) and promotes hope and recovery through support programs, education, collaboration, and advocacy.
- **Secular Organizations for Sobriety** (<https://www.sossobriety.org/>): Offers resources to help individuals achieve and maintain sobriety and abstinence from alcohol and drug addiction.
- **SMART Recovery®** (<http://smartrecovery.org>): Offers a self-empowering addiction recovery support group network with face-to-face and daily online meetings.
- **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.
- **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.

### 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 health care 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\*

- **Dialectical Behavior Therapy Diary Card and Skills Coach:** Provides individuals with self-help skills, reminders of therapy principles, and coaching tools for coping.
- **I Am Sober:** Allows individuals to track their recovery process. It includes features such as a tracker and notifications for new milestones.
- **PTSD Coach:** Provides useful resources for those suffering from 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. It also offers relaxation skills, positive self-talk, anger management, and other coping skills for symptoms of PTSD. This app was developed by the Department of Veterans Affairs' National Center for PTSD.
- **Reachout:** Provides social support for people with various health conditions, including mental and substance use disorders. Individuals can share their stories, read others' stories, and interact with one another.
- **SAM Self-Help for Anxiety Management:** Encourages individuals to record their anxiety levels and identify triggers. It includes over 20 self-help options for individuals to deal with the physical, emotional, and mental symptoms of anxiety.
- **Sober Grid:** Provides support and information to help those in recovery. This app provides 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 individuals 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.**

\*Mobile applications can be found by searching for the name in Apple or Android app stores online.



<sup>1</sup> The Substance Abuse and Mental Health Services Administration. *SAMHSA's Working Definition of Recovery*. N.p.: Substance Abuse and Mental Health Services Administration, n.d. SAMHSA Store. SAMHSA, Feb. 2012. Web. 3 October 2017

<sup>2</sup> Center for Behavioral Health Statistics and Quality. (2017). *Key substance use and mental health indicators in the United States: Results from the 2016 National Survey on Drug Use and Health*, NSDUH Series H-52, HHS Publication No. (SMA) 17-5044, p. 32. Rockville, MD: Substance Abuse and Mental Health Services Administration. Web. 3 October 2017. Retrieved from <https://www.samhsa.gov/data/sites/default/files/NSDUH-FFR1-2016/NSDUH-FFR1-2016.pdf>

<sup>3</sup> Center for Behavioral Health Statistics and Quality. (2017). *Key substance use and mental health indicators in the United States: Results from the 2016 National Survey on Drug Use and Health*, NSDUH Series H-52, HHS Publication No. (SMA) 17-5044, p. 2. Rockville, MD: Substance Abuse and Mental Health Services Administration. Web. 3 October 2017. Retrieved from <https://www.samhsa.gov/data/sites/default/files/NSDUH-FFR1-2016/NSDUH-FFR1-2016.pdf>

<sup>4</sup> Center for Behavioral Health Statistics and Quality. (2017). *Key substance use and mental health indicators in the United States: Results from the 2016 National Survey on Drug Use and Health*, NSDUH Series H-52, HHS Publication No. (SMA) 17-5044, p. 47. Rockville, MD: Substance Abuse and Mental Health Services Administration. Web. 3 October 2017. Retrieved from <https://www.samhsa.gov/data/sites/default/files/NSDUH-FFR1-2016/NSDUH-FFR1-2016.pdf>

<sup>5</sup> Center for Behavioral Health Statistics and Quality. (2017). *Key substance use and mental health indicators in the United States: Results from the 2016 National Survey on Drug Use and Health*, NSDUH Series H-52, HHS Publication No. (SMA) 17-5044, p. 20. Rockville, MD: Substance Abuse and Mental Health Services Administration. Web. 12 October 2017. Retrieved from <https://www.samhsa.gov/data/sites/default/files/NSDUH-FFR1-2016/NSDUH-FFR1-2016.pdf>

<sup>6</sup> Gelenber AJ, et al. (2006). "The State of Knowledge of Chronic Depression." *Primary Care Companion to Journal of Clinical Psychiatry*, 8;2, 60-65 Web. 3 October 2017. Retrieved from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1470657/>

<sup>7</sup> National Institute of Drug Abuse. (2016). "DrugFacts: Treatment Approaches for Drug Addiction." Web. 3 October 2017. Retrieved from <https://www.drugabuse.gov/publications/drugfacts/treatment-approaches-drug-addiction>

<sup>8</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. *Institute of Alcohol Studies*, 108, 62–70. Web. 3 October 2017. Retrieved from <http://www.ias.org.uk/What-we-do/Publication-archive/The-Globe/Issue-1-2013/Treatment-for-alcohol-dependence-dramatically-reduces-the-financial-burden-of-addiction-on-families.aspx>.

<sup>9</sup> Center for Behavioral Health Statistics and Quality. (2017). *Key substance use and mental health indicators in the United States: Results from the 2016 National Survey on Drug Use and Health*, NSDUH Series H-52, HHS Publication No. (SMA) 17-5044, p. 33. Rockville, MD: Substance Abuse and Mental Health Services Administration. Web. 3 October 2017. Retrieved from <https://www.samhsa.gov/data/sites/default/files/NSDUH-FFR1-2016/NSDUH-FFR1-2016.pdf>



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<sup>10</sup> Center for Behavioral Health Statistics and Quality. (2017). *Key substance use and mental health indicators in the United States: Results from the 2016 National Survey on Drug Use and Health*, NSDUH Series H-52, HHS Publication No. (SMA) 17-5044, p. 33. Rockville, MD: Substance Abuse and Mental Health Services Administration. Web. 3 October 2017. Retrieved from <https://www.samhsa.gov/data/sites/default/files/NSDUH-FFR1-2016/NSDUH-FFR1-2016.pdf>

<sup>11</sup> Center for Behavioral Health Statistics and Quality. (2017). *Key substance use and mental health indicators in the United States: Results from the 2016 National Survey on Drug Use and Health*, NSDUH Series H-52, HHS Publication No. (SMA) 17-5044, p. 2. Rockville, MD: Substance Abuse and Mental Health Services Administration. Web. 3 October 2017. Retrieved from <https://www.samhsa.gov/data/sites/default/files/NSDUH-FFR1-2016/NSDUH-FFR1-2016.pdf>

<sup>12</sup> Center for Behavioral Health Statistics and Quality. (2017). *Key substance use and mental health indicators in the United States: Results from the 2016 National Survey on Drug Use and Health*, NSDUH Series H-52, HHS Publication No. (SMA) 17-5044, p. 47. Rockville, MD: Substance Abuse and Mental Health Services Administration. Web. 3 October 2017. Retrieved from <https://www.samhsa.gov/data/sites/default/files/NSDUH-FFR1-2016/NSDUH-FFR1-2016.pdf>