

## TREATMENT AND RECOVERY SUPPORT SERVICES

### Introduction

According to the 2013 *National Survey on Drug Use and Health (NSDUH)* data, 34.6 million adults aged 18 or older received mental health treatment or counseling during the past 12 months.<sup>1</sup> Additionally, of the 22.7 million individuals aged 12 or older who needed treatment for an illicit drug or alcohol use problem in the past year,<sup>2</sup> only 2.5 million received treatment at a specialty facility in the past year.<sup>3</sup>

Each September, the Substance Abuse and Mental Health Services Administration (SAMHSA) (<http://www.samhsa.gov>), within the U.S. Department of Health and Human Services (HHS) (<http://www.hhs.gov>), sponsors **National Recovery Month (Recovery Month)** to increase awareness of behavioral health conditions. This observance promotes the belief that behavioral health is essential to health, prevention works, treatment is effective, and people recover from mental and/or substance use disorders.

The 2015 **Recovery Month** theme, “**Join the Voices for Recovery: Visible, Vocal, Valuable!**” highlights opportunities for recovery education, support, and celebration. The theme encourages communities to: be visible by knowing the prevalence of mental and/or substance use disorders; be vocal by noticing warning signs and symptoms; and, be valuable by raising awareness of the resources available to help.

### *Visible: Support Systems Make a Difference*

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>4</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. In the community, there are trained professionals who provide help to individuals with behavioral health conditions. For additional information about recovery, visit SAMHSA's Recovery and Recovery Support Webpage at <http://www.samhsa.gov/recovery>. At the end of this document, under “Resources,” is a list of national and local resources, as well as toll-free numbers that can connect you to prevention, treatment, and recovery support services.

### *Vocal: Connect Those in Need to Treatment Services*

A person with a mental and/or substance use disorder may find it difficult to take the first step toward finding help, but being vocal about supporting the individual can make a positive impact. Recognizing the signs and symptoms of a mental health and/or substance use disorder is the first step toward getting help. The “Targeted Outreach” section of this toolkit provides a list of common signs and symptoms of behavioral health conditions to assist in this process.

Most people who seek help for a mental and/or substance use disorder experience reduced or eliminated symptoms, and they are able to manage their diseases. For example, treatment for borderline personality disorder not only improves psychiatric symptoms, but also the quality of life.<sup>5</sup> 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>6</sup> Researchers have found that treating alcohol addiction reduces burden on the family budget and improves life for those who live with the alcohol dependent individual.<sup>7</sup>

### *Valuable: Treatment and Recovery Support Services*

Intervening early, before behavioral health problems progress, is among the best and most cost-effective ways to improve health. Mental and/or substance use conditions that progress are complex and have several dimensions. Treatment for mental and/or substance use disorders is provided in different settings—including outpatient, residential, and inpatient settings—based on the nature and intensity of care required. Proven and effective treatments include behavioral treatments, medication assisted therapy, and recovery support services. Effective treatment methods are directed to the various aspects (biological, psychological, and social) of the illness.

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For more information about various types of treatments, what they do, and the benefits of each, visit SAMHSA's Behavioral Health Treatments and Services Webpage at <http://www.samhsa.gov/treatment>.

## Resources

Many options are available to help people seek treatment and sustain recovery. Whichever path a person chooses, it is important that each individual finds the treatment and recovery support that works best for him or her. To assist individuals in reaching out, 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 included below. Toll-free numbers and websites are also available for people to find help, obtain information, share, and learn from others. Services and supports are available in-person, via telephone and online. Through these resources, individuals can interact with others and find support on a confidential basis.

- **SAMHSA's Recovery and Recovery Support Webpage** (<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 how SAMHSA helps people access treatments and services.
- **SAMHSA's Recovery Month Website** (<http://www.recoverymonth.gov>): Provides resources, tools and materials, including print, web, television, radio and social media assets, to help communities reach out and encourage individuals in need of help, and their friends and families, to seek treatment and recovery services.
- **SAMHSA's Website** (<http://www.samhsa.gov>): Provides numerous resources and helpful pieces of information related to mental and/or substance use disorders, prevention, treatment, and recovery.
- **SAMHSA's Find Help Webpage** (<http://www.samhsa.gov/find-help>): Provides various links and phone numbers to mental and/or substance use disorder treatment and recovery services locators.
- **SAMHSA's National Helpline, 1-800-662-HELP (4357) – or 1-800-487-4889 (TDD)** (<http://www.samhsa.gov/find-help/national-helpline>): Provides 24-hour, free, and confidential treatment referral and information about mental and/or substance use disorders, prevention, treatment, and recovery in English and Spanish.
- **National Suicide Prevention Lifeline, 1-800-273-TALK (8255)** (<http://www.suicidepreventionlifeline.org>): Provides a free, 24-hour helpline available to anyone in suicidal crisis or emotional distress.
- **SAMHSA's "Co-Occurring Disorders" Webpage** (<http://www.samhsa.gov/co-occurring>): Contains information on co-occurring mental and/or substance use disorders and treatment options for these conditions.
- **SAMHSA's National Prevention Week** (<http://www.samhsa.gov/prevention-week>): A SAMHSA-supported annual health observance dedicated to increasing public awareness of, and action around, substance abuse and/or mental health issues. The National Prevention Week 2015 theme is The Voice of One, The Power of All.
- **SAMHSA's Opioid Overdose Prevention Toolkit** (<http://store.samhsa.gov/product/Opioid-Overdose-Prevention-Toolkit/SMA13-4742>): Helps communities and local governments develop policies and practices to help prevent opioid-related overdoses and deaths. Addresses issues for first responders, treatment and service providers, and those recovering from opioid overdose.
- **SAMHSA's Addiction Technology Transfer Center Network (ATTC)** (<http://www.nattc.org/home/>): Provides research and information for professionals in the addictions treatment and recovery services field. The ATTC Network is a SAMHSA-funded resource.

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- **SAMHSA's Wellness Initiative and Wellness Week** (<http://www.samhsa.gov/wellness>): Promotes the importance of the mental, emotional, physical, occupational, intellectual, and spiritual aspects of a person's life for well-being. Offers tools to incorporate wellness into recovery and life.
- **Healthcare.gov** (<http://www.healthcare.gov/index.html>): Contains information on how to find health insurance options, compare providers, enroll in a health plan, and on prevention and wellness resources.
- **National Dating Abuse Helpline** ([www.loveisrespect.org](http://www.loveisrespect.org)): Provides an opportunity for teens and young adults to receive support for dealing with an unhealthy or abusive relationship by offering online chat, 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 the information and support that they need.
- **Addiction Recovery Guide's Mobile App Listing** ([http://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** (<http://www.aa.org>) and **Narcotics Anonymous** (<http://www.na.org>): Contains resources for individuals suffering from alcohol or drug dependence and allows them to find and join a local chapter.
- **Al-Anon/Alateen Family Groups** (<http://www.al-anon.alateen.org>): Provides support groups for families and friends of people with alcohol problems.
- **Faces and Voices of Recovery** (<http://www.facesandvoicesofrecovery.org>): Offers resources on recovery from addiction to alcohol and other drugs. Through nationwide regions, organizes and mobilizes Americans in recovery from addiction to alcohol and other drugs to promote their right and resources to recover.
- **Mental Health America (MHA)** (<http://www.mentalhealthamerica.net>): Offers resources about mental illness. Through their affiliates, MHA provides America's communities and consumers direct access to a broad range of self-help and professional services.
- **National Alliance on Mental Illness** (<http://www.nami.org>): Works in local communities across the country to raise awareness and provide essential and free education, advocacy, and support group programs.
- **National Council on Alcoholism and Drug Dependence, Inc. (NCADD)** (<http://ncadd.org>): Provides, through NCADD and its affiliate network, numerous resources and services dedicated to fighting alcoholism and drug addiction.
- **National Association for Children of Alcoholics (NACoA)** (<http://www.nacoa.org>): Works on behalf of children of alcohol and drug dependent parents. NACoA provides information on its website about the ways to help children of alcoholics and other drug-dependent parents and maintains a toll-free phone number available to all.
- **Psychology Today's Therapy Directory** (<http://therapists.psychologytoday.com/rms>): Allows users to locate a therapist, psychologist, or counselor who specializes in mental illness by city or zip code.
- **Racing for Recovery** (<http://www.racingforrecovery.org>): Helps people sustain recovery and improve their quality of life by promoting a healthy lifestyle, fitness, and sobriety.
- **SMART Recovery** (<http://www.smartrecovery.org>): Is a self-empowering addiction recovery support group. SMART Recovery sponsors face-to-face meetings and daily online meetings.
- **SSI/SSDI Outreach, Access, and Recovery (SOAR)** (<http://soarworks.prainc.com>): Increases access to Supplemental Security Income and Social Security Disability Income for eligible adults who are homeless or at risk of homelessness and have a mental and/or substance use disorder.

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- **StopAlcoholAbuse.gov** (<https://www.stopalcoholabuse.gov/default.aspx>): Provides a comprehensive portal of Federal resources for information on underage drinking and ideas for combating this issue.
- **T2 Mood Tracker** (<http://t2health.org/apps/t2-mood-tracker>): Allows users to self-monitor, track, and reference their emotional experiences through a mobile application over a period of days, weeks, and months. The tool can be useful in self-help as well as when the person is interacting with a therapist or other health care professional.
- **Young People in Recovery** (<http://youngpeopleinrecovery.org>): Educates, recommends, and collaborates to mobilize the voices of young people in recovery.

**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> Substance Abuse and Mental Health Services Administration, *Results from the 2013 National Survey on Drug Use and Health: Mental Health Findings*, NSDUH Series H-49, HHS Publication No. (SMA) 14-4887. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2014, p. 1.

<sup>2</sup> Substance Abuse and Mental Health Services Administration, *Results from the 2013 National Survey on Drug Use and Health: Summary of National Findings*, NSDUH Series H-48, HHS Publication No. (SMA) 14-4863. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2014, p. 93.

<sup>3</sup> Substance Abuse and Mental Health Services Administration, *Results from the 2013 National Survey on Drug Use and Health: Summary of National Findings*, NSDUH Series H-48, HHS Publication No. (SMA) 14-4863. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2014, p. 93.

<sup>4</sup> SAMHSA Blog. (2012). SAMHSA's Working Definition of Recovery Updated. Retrieved on January 14, 2015, from <http://blog.samhsa.gov/2012/03/23/definition-of-recovery-updated>.

<sup>5</sup> IsHak W.W., Elbau I., Ismail A., Delaloye S., Ha K., Bolotaulo N.I., Nashawati R., Cassmassi B., Wang C. (2013). Quality of Life in Borderline Personality Disorder. *Harvard Review of Psychiatry*, 21(3): 138-50.

<sup>6</sup> National Institute on Drug Abuse. (2009). DrugFacts: *Treatment Approaches for Drug Addiction*. Retrieved on January 14, 2015, from <http://www.drugabuse.gov/publications/drugfacts/treatment-approaches-drug-addiction>.

<sup>7</sup> Salize, J.H., et al (2012). *Treating alcoholism reduces financial burden on care-givers and increases quality-adjusted life years*. *Addiction*, 108: 62-70.