

Resources on Addiction

Information on Substance Use Disorders

National Institute on Drug Abuse (NIDA): <https://www.drugabuse.gov/>

- The NIDA website includes a wealth of information and resources on drug and alcohol abuse including a list of commonly used drugs, emerging drug use trends, articles on the science of addiction and addiction treatment, and several free informational booklets on substance use disorder topics.

National Institute on Alcoholism and Alcohol Abuse (NIAAA): <https://www.niaaa.nih.gov/>

- A government organization dedicated to the study and treatment of alcohol use disorder. The website contains information on the effects of alcohol misuse on health and well-being, articles on the science of alcohol addiction and treatment, and tools to evaluate and reduce potentially problematic alcohol use.

Substance Abuse and Mental Health Services Administration (SAMHSA): <https://www.samhsa.gov/>

- SAMHSA includes information and resources on both substance use disorders and mental disorders. You can read their reports on the National Surveys on Drug Use and Health, some of the largest epidemiological studies on drug use, to find out more details about annual and lifetime prevalence rates of substance use disorders among various population groups in the U.S. Their National Registry of Evidence-Based Programs and Practices (NREPP) is a valuable resource in identifying evidenced based treatments for substance use and mental disorders.

Books

Fletcher, A. (2001). *Sober for good: New solutions for drinking*. New York, NY: Houghton Mifflin.

Fletcher, A. (2013). *Inside rehab: The surprising truth about addiction treatment and how to get help that works*. New York, NY: Penguin.

Foote, J., Wilkens, C., Kosanke, N., & Higgs, S. (2014). *Beyond addiction: How science and kindness help people change*. New York, NY: Scribner.

Meyers, R. J. & Wolfe, B. L. (2003). *Get your loved one sober: Alternatives to nagging, pleading, and threatening*. Center City, MN: Hazelden.

Miller, W. R. & Rollnick, S. (2002). *Motivational Interviewing: Preparing people for change* (2nd ed.). New York, NY: Guilford Press.

[Terry, Christine M.](#) (2017). Additional resources for the talk titled More than Al-Anon and Nar-Anon: Therapeutic approaches and techniques to help families of loved ones with addictions. Presented to WSPA Fall Convention, November 3, 2017.

Miller, W. R. & Rollnick, S. (2013). *Motivational Interviewing: Helping people change* (3rd ed.). New York, NY: Guilford Press.

Online Assessments

The Drinker's Checkup helps people better understand their relationships with alcohol including any risks associated with their alcohol use. It also includes tips on how people can change their drinking if they are interested in doing so: https://www.drinkerscheckup.com/pre_register/Overview1.aspx

The Alcohol Use Disorders Identification Test is a quick screening tool to identify problematic drinking and *possible* alcohol use disorder. It is available for free and in multiple languages: <http://auditscreen.org/>

The University of Washington's Alcohol and Drug Abuse Institute (ADAI) website contains brief descriptions and locations of assessments for problematic substance use: <http://lib.adai.uw.edu/instruments/>

Online Resources

Robert J. Meyers and CRAFT: www.robertjmeyersphd.com/craft.

- The website for Robert Meyers, Ph.D., the creator of CRAFT. The website includes a free video of him explaining CRAFT for the HBO documentary *Addiction*, as well as information and resources about CRAFT.

The Center for Motivation and Change: <https://motivationandchange.com/>.

- The Center for Motivation and Change is a comprehensive treatment program for Substance Use Disorders located in New York City and the Berkshires Mountains in Massachusetts. The website includes an informative blog about a variety of addiction topics, a free 20-minute course on CRAFT for family members, and a list of resources of CRAFT and other addiction treatments.

Online CRAFT Training through Cadence Online: <http://www.cadenceonline.com/>

- Cadence online is a website that includes an online CRAFT training for parents of teens who are abusing drugs/alcohol. Their program, "Parent CRAFT," is a video-based program for parents that teaches them skills used in CRAFT. The program was developed in collaboration with Robert Meyers, Ph.D. (the creator of CRAFT).

Stopoverdose.org: <http://stopoverdose.org>

- The website contains information about Naloxone (Narcan), a drug that can reverse the effects of an opiate overdose. It includes a video tutorial on how to use Naloxone, a FAQ about Naloxone, and a tool where you can find the nearest pharmacy that sells Naloxone.

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Treatment Resources

The Substance Abuse and Mental Health Services Administration Center website has a treatment locator that helps individuals find substance use disorder treatment, mental health treatment, and providers and agencies that offer Methadone or Buprenorphine: <https://findtreatment.samhsa.gov/>

American Academy of Addiction Psychiatry has a database where you can find psychiatrists who have been trained to treat substance use disorders: <https://www.aaap.org/patient-resources/find-a-specialist/>

Buprenorphine Doctors is website where you can search for physicians who provide Buprenorphine (Suboxone) to treat Opioid Use Disorder: <http://www.buprenorphine-doctors.com/>

The Association of Intervention Specialists (AIS) has a website that contains resources on interventions and a database of interventionists who abide by the AIS code of ethics: <https://www.associationofinterventionspecialists.org/>

The University of Washington's Alcohol and Drug Abuse Institute (ADAI) website includes a section where you can locate substance use treatment providers and agencies in WA State: <http://adai.uw.edu/hotlines.htm>

Association for Behavioral and Cognitive Therapies (ABCT) is a professional organization dedicated to research, teaching, and treatment based on Cognitive Behavioral Therapies. The website has a directory where you can locate Cognitive Behavioral Therapy practitioners and a list of Cognitive Behavioral Therapy self-help books that they recommend: <http://www.abct.org/Help/?m=mFindHelp&fa=dFindHelp>

Psychology Today Find a Therapist is a database of mental health professionals. You can search by location, problem or diagnosis, and type of therapy. To help limit the results to those that are more likely to be relevant and useful, I suggest searching for the terms "addiction" or "substance use" and limiting selections to "cognitive behavioral therapy," a treatment that has been shown by research to be effective in treating substance use disorders: <https://therapists.psychologytoday.com/rms/>

SMART Recovery is a self-help organization for individuals with and family members of loved ones with addiction. It is based on Cognitive Behavioral Therapy and groups are led by peers who have been trained in Cognitive Behavioral Therapy for addictions: <http://www.smartrecovery.org/>

Al-Anon, Nar-Anon are self-help organizations for people with loved ones with addictions and are based on the 12-step philosophy of addiction. There are several Al-Anon and Nar-Anon meetings throughout the U.S. <https://al-anon.org/> <http://www.nar-anon.org/>

Moderation Management is a self-help organization based on helping individuals moderate their drinking or drug use: <http://www.moderation.org/>

Faces and Voices of Recovery is a recovery advocacy organization. The website includes information and resources for people interested in advocating for policies for individuals in recovery from substance use disorders: <http://facesandvoicesofrecovery.org/about/>

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