

UNIVERSITY of WASHINGTON

ADAI Alcohol &
Drug Abuse
Institute

INFO BRIEF

Resources for Addiction Recovery Support August 2012

September is National Recovery Month in the U.S., sponsored by the Substance Abuse and Mental Health Services Administration (SAMHSA). This information brief presents a variety of resources selected especially for and about people in recovery. It includes online organizations; support groups; books, videos and other media; and Washington state-specific services.

Organizations and Information

Addiction Recovery Guide

<http://www.addictionrecoveryguide.org/>

Provides resources covering a wide range of recovery stages. Includes a message board and information about pharmacotherapies, behavior therapies, and holistic approaches to treatment. Produced by a psychiatrist who lost her son to addiction, with the assistance of a medical librarian at Beth Israel.

Addictions and Recovery.org

<http://addictionsandrecovery.org>

Developed and maintained by Steven M. Melemis, MD, PhD, this site includes information about specific drugs of abuse, withdrawal, tools of recovery, a recovery checklist, and resources for family members. See also his book *I Want to Change My Life: How to Overcome Anxiety, Depression and Addiction*. Toronto, ON: Modern Therapies, 2010, 276p.

The Association of Lesbian, Gay, Bisexual, Transgender Addiction Professionals and Their Allies (NALGAP)

<http://www.nalgap.org>

Membership-based organization providing information, training, networking, and advocacy about addiction and related problems for the LGBTQ community, as well as support for those engaged in the health professions, individuals in recovery, and others concerned about the health of gender and sexual minorities.

Faces & Voices of Recovery

<http://www.facesandvoicesofrecovery.org/>

Recovery advocates seeking to change public perceptions about the nature of, and solutions to, alcohol and other drug addiction. See also: International Recovery Resources Guide: <http://www.facesandvoicesofrecovery.org/resources/international/International.php>

Helping Others Live Sober

<http://www.helpingotherslivesober.org/>

Developed by Case Western Reserve University School of Medicine, this site aims to improve the quality of life for youth, families, and communities by providing scientific information, education, and personal experiences on the role of service in addiction recovery.

National Alliance for Medication Assisted Recovery

<http://methadone.org>

Organization composed of patients and health care professionals supporting quality opiate agonist treatment with the objective of advocating for patients by destigmatizing and empowering medication assisted treatment patients.

National Association of Recovery Residences (NARR)

<http://narronline.com>

NARR promotes a recovery-oriented continuum of care for those with substance use disorders by credentialing recovery



Washington Recovery Help Line

24-hour anonymous and confidential crisis intervention and referral services for Washington State residents struggling with substance abuse, gambling, or mental health issues.

866-789-1511

Teen Link - 866-833-6546

Confidential, teen-answered helpline for Washington state teens. Every evening, 6-10 PM.

residences that implement empirically-based recovery principles and practice standards.

National Council on Alcoholism and Drug Dependence, Inc. (NCADD): Recovery Support

<http://ncadd.org/index.php/recovery-support/overview>

Includes information on finding local resources (US), links to major mutual aid/support groups, details on upcoming recovery events, the ROAR database (for people in recovery who want to volunteer as speakers for NCADD), and more.

Substance Abuse and Mental Health Services Administration (SAMHSA): Recovery Support

<http://www.samhsa.gov/recovery/>

Site includes a definition of the concept of "recovery," information about co-occurring disorders, resources about homelessness and disability insurance, and links to SAMHSA recovery-focused products and projects.

- **Partners for Recovery:** <http://partnersforrecovery.samhsa.gov/>
SAMHSA-sponsored collaboration of communities and organizations mobilized to help individuals and families achieve and maintain recovery and lead fulfilling lives. Includes resources on social inclusion, workforce development, partner & state activities, and more.
- **National Recovery Month:** <http://www.recoverymonth.gov/>
Promotes the societal benefits of prevention, treatment, and recovery for mental and substance use disorders, celebrates people in recovery, lauds the contributions of treatment and service providers, and promotes the message that recovery in all its forms is possible. Site includes resources, local event calendars, banners, toolkits, and online videos about a variety of recovery-related issues.

Women for Sobriety

<http://womenforsobriety.org>

A non-profit organization dedicated to helping women overcome alcoholism and other addictions. Their "New Life" self-help group program acknowledges the very special needs women have in recovery – the need to nurture feelings of self-value and self-worth and the desire to discard feelings of guilt, shame, and humiliation.

Books for People in Recovery

Self-Help Books

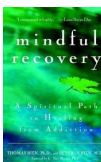


12 Stupid Things That Mess Up Recovery: Avoiding Relapse Through Self-Awareness and Right Action

Allen Berger, PhD. Center City, MN: Hazelden, 2008, 136p.
Explores the twelve most commonly confronted beliefs and attitudes that can sabotage recovery, providing tools for working through these problems in daily life.

See also Berger's follow-up book:

12 Smart Things to Do When the Booze and Drugs are Gone: Choosing Sobriety through Self-Awareness and Right Action -- Hazelden, 2010, 192p. ISBN: 159285821X



Mindful Recovery: A Spiritual Path to Healing from Addiction.

Thomas Bien, PhD. New York: John Wiley & Sons, 2002, 238p.

Drawing on Buddhism and other spiritual traditions, as well as the author's experience as a clinical psychologist, this book illustrates the practice of mindful recovery as an antidote to the addicted mind. Includes personal stories, practical exercises, instructions for meditation, and other strategies for change and healing.

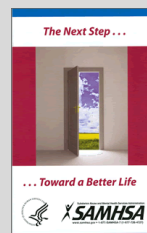


Relapse Prevention Workbook: For Recovering Alcohol and Drug Dependent Persons

Dennis C. Daley, PhD. (Interactive Recovery Workbook Series). Murrysville, PA: Daley Publications, 2011, 28p.

User-friendly workbook intended to help recovering alcohol and drug users reduce their risk of relapse by identifying and managing relapse risk factors and warning signs. Find others in the workbook series: http://drdenniscdaley.com/Category_SubstanceUse_Addiction.asp

Recommended Resource



The Next Step . . . Toward a Better Life

This free booklet from SAMHSA describes the stages of recovery from alcohol and drug abuse and what to expect after leaving detox. Offers guidance in adjusting to sobriety, discusses legal issues, and lists resources.

Download PDF or order in print:

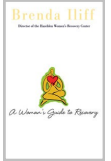
<http://store.samhsa.gov/product/The-Next-Step-Toward-a-Better-Life/SMA12-4474>



Sober for Good: New Solutions for Drinking Problems. Advice From Those Who Have Succeeded

Anne M. Fletcher. Boston: Houghton Mifflin, 2001, 324p.

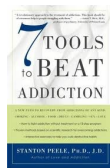
Includes success stories and strategies from former problem drinkers, suggestions on what to do if you're not ready to quit, advice for family and friends of problem drinkers, and a "Consumer Guide to Recovery Options."



A Woman's Guide to Recovery

Brenda Illiff. Center City, MN: Hazelden, 2008, 301p.

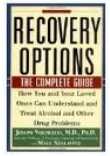
Illiff, director of the Women's Recovery Center at Hazelden, describes the basics of addiction and how addiction is different for women, with the goal of helping women build meaningful lives without alcohol and other drugs of abuse.



7 Tools to Beat Addiction

Stanton Peele, PhD, JD. New York: Three Rivers Press, 2004, 288p.

Psychologist and addiction therapist Peele argues that the best way to overcome addiction is not through treatment in rehab centers or in formal groups like AA, but rather through self-efficacy and self-reliance.

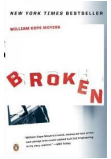


Recovery Options: The Complete Guide

Joseph Volpicelli, MD, PhD, and Maia Szalavitz. New York: Wiley, 2000, 320p.

This book provides information about various kinds of problems and treatments to help potential recovery patients make informed choices that answer their specific, personal needs. Volpicelli is a senior research scientist in the field of addictions; Szalavitz, a Pulitzer-Prize-nominated journalist and recovering addict.

Memoirs of Recovery



Broken: My Story of Addiction & Redemption

William Cope Moyers and Katherine Ketcham. New York: Penguin, 2007, 372p.

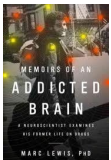
The eldest son of journalist Bill Moyers, William relates the story of how his deep spirituality allowed him to conquer his addiction to crack cocaine, transform his life, and dedicate himself to changing America's politics of addiction.



We All Fall Down: Living with Addiction

Nic Sheff. New York: Little, Brown, 2011, 368p.

Sheff's first book, *Tweak*, described his initiation into methamphetamine addiction. This follow-up focuses on his attempts at sobriety. See also his father David Sheff's memoir, *Beautiful Boy* (Mariner Books, 2009)



Memoirs of an Addicted Brain: A Neuroscientist Examines His Former Life on Drugs

Marc Lewis, PhD. Jackson, TN: PublicAffairs, 2012, 336p.

After an adolescence spent experimenting with drugs of all types, Lewis found himself addicted

and desperate. Ultimately, he was able to achieve sobriety, becoming a developmental psychologist and neuroscientist. This book illuminates the way addiction and recovery work at both the personal and chemical level.



Lit: A Memoir

Mary Karr. New York: Harper, 2009. 400p.

The author of *The Liars' Club* and *Cherry*, Karr's third memoir describes her battle with alcoholism, her recovery, and her spiritual journey along the way.

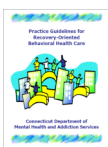


Dry: A Memoir

Augusten Burroughs. New York: Picador, 2004, 320p.

While living in New York as a young adult, Burroughs began to turn to booze to cope with stress. Soon his apartment contained thousands of empty beer and scotch bottles, and he was on his way to inpatient treatment for alcoholism. This book combines personal experience with Burroughs' famed humor (twice named one of the funniest people in America by *Entertainment Weekly*), to tell a powerful tale of recovery.

Books and Articles about Recovery for Professionals



Practice Guidelines for Recovery-Oriented Behavioral Health Care

Yale University Program for Recovery and Community Health. CT Dept. of Mental Health and Addiction Services. New Haven, CT: Yale University, 2006.

This guide introduces the concepts behind the notion of recovery in the mental health and addiction communities, and begin to operationalize the various components of a recovery-oriented system of care. Free online: <http://www.ct.gov/dmhas/lib/dmhas/publications/practiceguidelines.pdf>

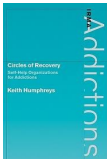


One AA Meeting Doesn't Fit All: 6 Keys to Prescribing 12-Step Programs

Robert Forman. *Journal of Family Practice* 2002;10(1):1-6.

In prescribing a 12-step program, Dr. Forman suggests considering these six patient factors: socioeconomic status, gender, age, attitude towards spirituality, smoking status, and drug of choice. Free online: <http://>

www.jfponline.com/Pages.asp?AID=551



Circles of Recovery: Self-Help Organizations for Addictions
Keith Humphreys. (International Research Monographs in the Addictions series). New York: Columbia University Press, 2011, 240p.

Provides an integrative, international review of research on self-help organizations, focusing on efficacy, how they affect individual members and whether self-help groups and formal health care systems can work together to combat substance abuse.



Addiction Recovery Management: Theory, Research and Practice

John F. Kelly and William L. White. New York: Humana Press, 2010, 338p.

Distinctive in combining theory, research, and practice within the same text, this book includes authors who are the major theoreticians, researchers, systems administrators, clinicians and recovery advocates who have developed the model for the recovery management approach to addiction treatment.

Find more self-help books, memoirs, and professional resources:

Addiction Recovery Guide's Suggested Recovery Books & CDs
http://www.addictionrecoveryguide.org/resources/books_media

Hazelden Bookstore
http://www.hazelden.org/OA_HTML/hazCCtpSctDspRte.jsp?section=10021&sitex=10020:22372:US

Substance Abuse and Mental Health Services Administration (SAMHSA) Publications
<http://store.samhsa.gov/home>

Recovery Magazines (Print and Electronic)



Addiction Treatment Magazine

<http://www.addictiontreatmentmagazine.com/>

This free online magazine published by Elements Behavioral Health features articles on a variety of addiction issues, including withdrawal, addiction in professional sports, types of addiction treatments, and recovery support. Also includes book reviews and information about the latest research and policy issues.



Drug & Alcohol Addiction Recovery Magazine

<http://www.drugalcoholaddictionrecovery.com/>

This free e-zine is sponsored by CRC Health Group, a treatment provider. Features news articles, real life stories, and a variety of resources for people trying to get sober or stay sober.



The Fix: Addiction and Recovery, Straight Up

<http://www.thefix.com/>

This online magazine from Recovery Media, LLC features a daily mix of breaking news, exclusive interviews, investigative reports, and essays on sober living from some of the top writers in the country. The site also features a comprehensive list of nationwide recovery services and a rehab helping (888-GET-FIXED).

Find a Support Group

12-Step/Spiritual Groups

Alcoholics Anonymous

<http://aa.org>

Cocaine Anonymous

<http://ca.org>

Crystal Meth Anonymous

<http://crystallmeth.org>

Gays & Lesbians in AA

<http://gal-aa.org>

Narcotics Anonymous

<http://na.org>

For Family Members

Al-Anon/Alateen

<http://www.al-anon.alateen.org>

Nar-Anon

<http://nar-anon.org>

Secular Groups

LifeRing Secular Recovery

<http://lifering.org/>

Moderation Management (MM)

<http://moderation.org>

Save Our Selves

<http://www.sossobriety.org>

SMART Recovery

<http://smartrecovery.org>

Women for Sobriety

<http://womenforsobriety.org>

(includes info about Men for Sobriety)

Religious Groups

Alcoholics Victorious

<http://alcoholicsvictorious.org>

Buddhist Recovery Network

<http://buddhistrecovery.org>

Jewish Alcoholics, Chem. Dependent Persons, and Significant Others

<http://jacsweb.org>

Latter-Day Saints Recovery

<http://addictionrecovery.lds.org>

Other

Dual Recovery Anonymous

<http://draonline.org>

White Bison (Native Americans)

<http://whitebison.org>



It's All in the Journey: A Magazine of Recovery

<http://www.itsallinthejourney.com/>

This print and electronic magazine is written "by, for, and about the recovery community." Published by Kicking & Screaming Inc., past issues are available for free on the web site, which also features directories for treatment/detox and sober living agencies and classified ads for employment.



Renew Magazine

<http://www.reneweveryday.com/magazine/>

Published by Renew Media, LLC, *Renew Magazine* and its companion site [RenewEveryDay.com](http://www.reneweveryday.com) feature articles written by health and recovery experts, as well as those facing the real-world challenges of recovery. Print subscription: \$25.95/year; Digital: \$19.95/year.

Videos and Other Media

Recovery Coast to Coast Radio



<http://recoverycoasttocoast.org>

Two hours of dialogue, news, and interviews around the topics of addiction, research, and recovery. Hosted by Neil Scott and featuring a variety of guests

including top addiction prevention and treatment professionals, best-selling authors, recovering celebrities, and more. Airs nightly in Seattle; past shows can be listened to online.

RECOVERY NOW TV



Recovery Now TV

<http://recoverynowtv.com>

Videos and interviews intended to inspire struggling addicts, alcoholics, and their families by presenting real-life stories of triumph over addiction. By Spencer Recovery Centers, Inc.



SAMHSA's National Recovery Month Video, Radio, and Web Archive

<http://www.recoverymonth.gov/Multimedia.aspx>

Recovery Month produces a host of multimedia products each year to highlight

SAMHSA's mission that behavioral health is essential to overall health, prevention works, treatment is effective, and people can recover. Includes TV and radio PSAs, the Road to Recovery TV and radio series, and an Ask the Expert program.

Washington State Recovery Resources



ADAI Clearinghouse

<http://adaiclearinghouse.org>

A resource center for WA state residents, with both print and online resources about drugs and alcohol. Browse in person or search online for free materials. Includes a video collection that is available for borrowing in-state.



Calendar of Recovery Events in Seattle & Washington

<http://adai.uw.edu/training/recoveryevents.htm>

Compiled by the University of Washington Alcohol & Drug Abuse Institute's (ADAI) Library & Clearinghouse.



Sobriety Television (YouTube Channel)

<http://www.youtube.com/user/sobrietytelevision>

Voices about addiction, recovery and health featuring interviews with experts in the field and documentaries about addiction recovery, sober lifestyles, and more.



What to Expect at Your First AA Meeting

<http://video.about.com/alcoholism/What-to-Expect-at-AA-Meetings.htm>

Learn how to find a meeting near you and see some typical meeting set-ups. With J. J. Burkart for [About.com](http://www.about.com) (part of the New York Times Company).

Other Resources for Films, Videos, Etc.

Alcohol, Drinking & Recovery on Film

<http://gayalcoholics.com/dvd-movie.html>

A list of recent feature films featuring a theme of addiction or recovery.

PRISM Awards web site

<http://www.prismawards.com>

Each year, PRISM Awards are given to writers, actors, and others who have created TV shows, films, or music that include accurate portrayals of substance abuse. Check out the "Winners & Nominations" section for suggested films and television shows.



Dept. of Behavioral Health and Recovery (DBHR), WA State Dept. of Social & Health Services <http://www.dshs.wa.gov/DBHR>

State department assisting with assessment and treatment of co-occurring mental health and substance use disorders.



Access to Recovery (SAMHSA and DBHR collaboration)

<http://www.dshs.wa.gov/dbhr/daaccesstorecovery.shtml>

Three year grant that provides vouchers to clients in six WA counties (Clark, King, Snohomish, Pierce, Yakima, and Spokane) for purchase of substance abuse clinical treatment and recovery support services (including mental health counseling, preventive services, transportation, transitional housing, child care, and vocational counseling).



SAMA: Science and Management of Addiction

<http://samafoundation.org>

Privately funded, non-profit organization focused on effective treatment for addicted youth. Web site includes numerous print and video resources. Organization hosts a monthly *Young People in Recovery Night* (every third Friday in Seattle), as well as an annual *Recovery Summit*.



Washington Recovery Help Line

<http://www.waRecoveryHelpLine.org>

1-866-789-1511

24-hour help for substance abuse, problem gambling, and mental health. Site includes links to recovery resources, career opportunities, news & media, and more.



Teen Link

<http://866teenlink.org>

1-866-833-6546

A confidential, teen-answered help line (part of the WA Recovery Help Line). Every evening 6-10pm. Site features activities, a calendar of events, information about suicide prevention, and volunteer opportunities.

Recommended Resource

Are You In Recovery from Alcohol or Drug Problems? Know Your Rights.



Free booklet from SAMHSA helps people in recovery from alcohol and drug abuse understand their legal rights. Addresses legal consequences of substance abuse and what people can do to prevent or remedy rights violations and overcome barriers.

Download PDF:

<http://store.samhsa.gov/product/Are-You-in-Recovery-from-Alcohol-or-Drug-Problems-Know-Your-Rights/PHD1091>

Find AA Meetings in Washington State:

http://www.aa.org/lang/en/central_offices.cfm?origpage=373&cmd=getgroups&state=Washington&country=United%20States

Find NA Meetings in Washington State (type in city to find local meeting):

<http://portaltools.na.org/portaltools/MeetingLoc/>

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