

# Youth

- ✓ **The Cool Spot:** <http://www.thecoolspot.gov/>  
Young teens place for information on alcohol and resisting peer pressure.
- ✓ **NIDA for Teens:** [www.teens.drugabuse.gov](http://www.teens.drugabuse.gov)  
The National Institute on Drug Abuse (NIDA) created this site for Teens to educate adolescents, parents and teachers on the science of addiction.
- ✓ **Above the Influence:** [www.abovetheinfluence.com](http://www.abovetheinfluence.com)  
Helps teens to be more aware of the influences around them, and to carefully consider their risks when faced with tough decisions.
- ✓ **Just Think Twice:** [www.justthinktwice.com/](http://www.justthinktwice.com/)  
A Drug Enforcement Agency (DEA) resource for teens.



# Adults / DATA

- ✓ **Natl. Institute on Health (NIH):** <http://nih.gov/>  
A part of the US Dept. of Human Services, NIH is the nation's medical research agency.
  - **Natl. Institute on Drug Abuse (NIDA):** [www.drugabuse.gov/](http://www.drugabuse.gov/)  
Bringing the power of science to bear on drug abuse and addiction.
  - **National Institute on Alcohol Abuse & Alcoholism:** <http://www.niaaa.nih.gov/>  
Understanding the impact of alcohol on human health and well-being.
  - **Rethinking Drinking:** [www.rethinkingdrinking.niaaa.nih.gov](http://www.rethinkingdrinking.niaaa.nih.gov)  
Developed by NIAAA and provides evidence based information and support for making a change.
- ✓ **Natl. Council on Alcoholism & Drug Dependence (NCADD):** <http://www.ncadd.org/>  
A voluntary health organization dedicated to fighting alcoholism & drug addiction.
- ✓ **Subst. Abuse & Mental Health Svcs. Admin. (SAMHSA):** [www.samhsa.gov](http://www.samhsa.gov)  
Publications, statistics, programs, grants, and treatment locators.
- ✓ **Addiction Technology Transfer Center (ATTC):** <http://attcnetwork.org/home/>  
A multidisciplinary resource for professionals in the substance use disorders treatment and recovery support services field.
- ✓ **CDC Vital Signs Monthly Reports:** <http://www.cdc.gov/vitalsigns/index.html>  
The *CDC Vital Signs* monthly report was launched in 2010. It includes a MMWR Early Release, a graphic fact sheet and website, a media release, and social media tools.
- ✓ **DEA Drugs of Abuse Resource Guide:** [https://www.dea.gov/pr/multimedia-library/publications/drug\\_of\\_abuse.pdf](https://www.dea.gov/pr/multimedia-library/publications/drug_of_abuse.pdf)  
This comprehensive guide provides important information about the harms and consequences of drug use by describing a drug's effects on the body and mind, overdose potential, origin, legal status, and other key facts

# Older Adults

- ✓ **National Institute on Aging:** <http://www.nia.nih.gov/>  
NIA leads a broad scientific effort to understand the nature of aging and to extend the healthy, active years of life.
- ✓ **NCADD—SUD and Seniors:**  
<https://www.ncadd.org/about-addiction/seniors/alcohol-drug-dependence-and-seniors>

## C o - O c c u r r i n g

- 🔗 **National Alliance on Mental Illness:** <https://www.nami.org/>  
The nations largest grassroots mental health org. dedicated to building better lives for Americans affected by mental illness.
- 🔗 **National Institute on Mental Health:** <https://www.nimh.nih.gov/index.shtml>  
The National Institute of Mental Health (NIMH) is the lead federal agency for research on mental disorders.

## M . A . T .

- 🔗 **Decisions in Recovery:** <http://archive.samhsa.gov/MAT-Decisions-in-Recovery/Default.aspx>  
Information about treatment options; ways to locate a provider who can help; videos of people in recovery; and a wide variety of resources on recovery, recovery support and treatment.
- 🔗 **MAT Advocacy—Legal Action Center:** <https://lac.org/mat-advocacy/>  
The Legal Action Center is the only non-profit law and policy organization in the US whose sole mission is to fight discrimination against people with histories of addiction, HIV/AIDS, or criminal records, and to advocate for sound public policies in these areas

## R e c o v e r y

- 🔗 **Alcoholics Anonymous:** <http://www.aa.org/>   **Narcotics Anonymous:** <http://www.na.org/>
- 🔗 **Heroin Anonymous** (*find a meeting*): <http://heroinanonymous.org/meetings/>
- 🔗 **SMART Recovery:** <http://www.smartrecovery.org/>  
SMART Recovery is a self-empowering addiction recovery support group. (not a 12-step program)
- 🔗 **True Stories:** [www.phoenixhouse.org/news-and-views/true-stories/](http://www.phoenixhouse.org/news-and-views/true-stories/)  
This diverse group of people share one experience in common: finding the road to recovery at Phoenix House
- 🔗 **Faces and Voices of Recovery:** [www.facesandvoicesofrecovery.org/](http://www.facesandvoicesofrecovery.org/)  
A national network of over 20,000 individuals and organizations joining together to speak out and support recovery advocacy.
- 🔗 **Everyday Recovery:** <http://www.everydayrecovery.org/>  
Raising awareness and sharing recovery stories to decrease stigma surrounding addiction.
- 🔗 **Young People in Recovery:** <http://youngpeopleinrecovery.org/>  
A national advocacy organization, making it easier for our youth to find and maintain their recovery from addiction.
- 🔗 **G.R.A.S.P. (Grief Recovery After a Substance Passing):** <http://grasphelp.org/>  
A support community of peer-to peer interaction for people who have had family members and friends who have died as a result of drug misuse, overdose or addiction

## S e l f   S c r e e n i n g   T o o l s

- 🔗 **Self-screening for alcohol use:** [www.alcoholscreening.org](http://www.alcoholscreening.org)
- 🔗 **Self-screening for drug use:** [www.drugscreening.org](http://www.drugscreening.org)

## F i n d   T r e a t m e n t

- 🔗 **National Helpline:** 1-800-662-HELP (4357)
- 🔗 **SAMHSA Behavioral Health Treatment Locator:**  
<https://findtreatment.samhsa.gov/>

