**Resources for Women and Girls in Substance Recovery Programs in Correctional Settings**



*Source: Jacob’s Institute of Women’s Health*

Encouraging workforce development through integrated, gender-specific behavioral healthcare information across disciplines…

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Appendix

General Peer and Recovery Support and Recovery Oriented Resources for Women

# Introduction

Research demonstrates that women and girls benefit when data on their specific prevention, intervention, and treatment needs informs behavioral healthcare planning, programming and practice. The Corrections field recognizes the need to develop additional training resources for program administrators, clinical supervisors and staff for support the workforce that serves women and girls, through collaboration and technical assistance. This document highlights existing information on women’s behavioral health across disciplines that can help the correctional workforce expand its capacity to provide rehabilitative and transition service to the increasing number of women in custody and under community supervision.

Making this annotated listing of integrated information and training resources on women and girls accessible to administrators, program managers, training departments, security staff, case managers and parole and probation departments can have an immediate positive effect. It can assist them in locating additional resources relevant to women and girls that exist across human service disciplines.

## Audience- The primary audiences for this information are training managers and supervisors who work with existing staff and train new employees entering the correctional workforce. It is intended to support integrating continuing education resources across disciplines to build workforce capacity with justice involved women and girls. Program managers, coordinators, counselors, case managers and collaborating agencies providing transitional support or alternatives to incarceration for justice-involved women may also find the guide useful.

Many other stakeholders can benefit from access to specific data and training on women and girls. Leadership, education and advocacy across systems produces strong advocates and valued champions and can result in better data collection, sound policies and more comprehensive training.

# Organizing the Information

The document is organized to correspond with the seven basic content areas listed below. In some content areas, training and education resources are notably scarce. Although a single resource may offer information in a number of content areas, resources are listed the sections where applicable training resources are most relevant. Resources specific to correctional issues or incorporated throughout.

* Sex and Gender Differences
* Relational Approaches in Working with Women and Girls
* Understanding Trauma in Women and Girls
* Family-Centered Needs of Women and Girls
* Special Considerations During Pregnancy
* Women’s Health and Health Care
* Collaboration and Interdisciplinary Skills
* Culturally Responsive Information

This document is not intended to substitute for workforce development, but rather to provide some immediate options for supervisors wishing to plan and implement, trauma-informed recovery services for justice involved women and girls. Supervisors, trainers and educators can use it to direct staff to resources available in subject areas they need to strengthen. At the very least, they will have access to foundational information, contacts for further training, and in some cases, fully accredited online courses that have already been developed by content experts across diciplines.

Types of information include:

**National Centers-** A listing ofnational agencies with summaries of relevant training and educational materials they offer. These are both government agencies serving the public and private sector and established non-governmental organizations such as foundations and academic institutions devoted to policy, research and workforce development.

**E-Learning-** Consists of actual courses and other online professional training, which usually offer continuing education units (CEUs) for one or more professional discipline. Costs are reasonable and many are available at no charge.

**List serves and Webinars-** Subscribe links to national and regional electronic newsletters, updates and notifications for online training opportunities, webinars, conferences and presentations. Some sites offer links to archived webinars, videos and conference materials online.

### Reference Materials- Annotated Bibliographies- and other - (pertaining to various disciplines, initiatives or projects); Research centers, national surveys, briefs, reports and policy papers; information, research and training on model programs and evidence-based practices.

# Culturally Responsive Materials – That highlight best practices with specific groups of women, racially, ethnically and culturally specific resources and information on programs tailored to the needs of underserved communities.

# Appendix- Lastly, a compilation of recovery community and family-based recovery oriented resources are included that support re-entry. Some are general resources and organizations families of justice involved men and women may utilize; and others are geared more specifically towards recovering women. As contact information and sites are community-based and often grassroots, some information may change over time and may, in some cases, no longer be available at URL’s listed. In these instances -- apologies in advance.

#  Sex and Gender Differences

###  National Centers and Offices

National Council for Research on Women (NCRW)

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

NCRW is a non-profit network of 120 leading research, policy, and advocacy centers dedicated to improving the lives of women and girls. It provides the latest news, analysis and strategies needed to ensure fully informed debates, effective policies and inclusive practices. In partnership with business, academic, nonprofit and philanthropic organizations, NCRW advances collaborative and transformative change, both nationally and globally. A notable publication is *The Girls Report: What We Know & Need to Know About Growing Up Female*. <http://www.ncrw.org/reports-publications/girls-report-what-we-know-need-know-about-growing-female>

Member Agencies Listing: <http://www.ncrw.org/member-organizations/list>

**National Institute of Corrections**

<http://nicic.gov>

NIC is an agency within the U.S. Department of Justice, Federal Bureau of Prisons. The Institute is headed by a Director appointed by the U.S. Attorney General. A 16-member Advisory Board, also appointed by the Attorney General, was established by the enabling legislation to provide training, technical assistance, information services, and policy/program development assistance to federal, state, and local corrections agencies.

The Women Offender’s Project offers technical assistance, training (see interdisciplinary skills section-e-Learning) and research as well as a registry of programs for women offenders (see programs and practices below). <http://nicic.gov/WomenOffenders>

Subscribe for email alerts at: [http://nicic.gov/#](http://nicic.gov/)

###  E-Learning

Addiction Technology Transfer Center’s Online Learning Portal

[ATTCnetwork.org](http://www.attcnetwork.org/index.asp)

The Addiction Technology Transfer Center (ATTC) Network, funded by the Substance Abuse and Mental Health Services Administration (SAMHSA), provides continuing education units through high-quality, inexpensive courses offered either as self-paced, on-demand modules or instructor-led classes. The e-Learning Course, *Introduction to Women with Substance Use Disorders*, addresses sex and gender differences, trauma, co-occurring disorders, health care issues, pregnancy issues, and family issues.

**-*Introduction to Women with Substance Use Disorders***

[www.attconlinecourses.org](http://www.attconlinecourses.org/)

Office of Research on Women’s Health (OWRH) at the National Institutes of Health

<http://orwh.od.nih.gov/>

ORWH serves as a focal point for women's health research at the **Office of women’s Health** at

Activities of ORWH include research on the roles of sex and gender in health and disease; working with the NIH Institutes and Centers to ensure that women's health research is part of the scientific framework and that research conducted and supported by NIH adequately addresses issues regarding women's health. Women's Health Scientific Interest Group (WHSIG) offers a lecture series <http://orwh.od.nih.gov/news/whsig.html>

Two courses were developed in collaboration with the Food and Drug Administration (FDA) Office of Women’s Health (OWH).

***-Sex and Gender Differences in Health and Behavior***

***-The Basic Science and the Biological Basis for Sex- and Gender-Related Differences***

<http://sexandgendercourse.od.nih.gov/courses.aspxincluding>

**Office of Juvenile Justice and Delinquency Prevention**

**National Training & Technical Assistance Center**

<https://www.nttac.org/index.cfm?event=onlineUniversity.Homepage>

The early onset of psychiatric disorders; the use or abuse of drugs and alcohol; negative socio-cultural and environmental pressures; educational deficits; sexual victimization; trauma and abuse; poverty; race/ethnicity; sexual orientation; parental involvement in the criminal justice system; dysfunctional parenting paradigms; early motherhood; and, peer pressure are the correlates that are often cited in the research as the key pathways into delinquency and crime for young girls. OJJDP NTTAC is a comprehensive resource for training and technical assistance, providing innovative support to meet the diverse needs of juvenile justice and delinquency prevention field. The Online University offers training for a wide array of juvenile justice audiences.

### List serves and Webinars

## Office of Women’s Health, U.S. Department of Health and Human Services

 <http://www.womenshealth.gov/publications/our-publications/>

Office of Women’s Health publication page and subscribe link can be accesses at the URL above and offers many publications related to sex and gender differences. The Healthy People report, 2011 Office of Women’s Health Strategic plan and a map of all 10 regions with contacts for each region’s women’s health coordinator.

National Institute on Drug Abuse (NIDA)

<http://drugabuse.gov/nidahome.html>

NIDA’s Women and Sex/Gender Differences Research Program, supported by the Women and Sex/Gender Differences Research Group, promotes, conducts, translates, and disseminates drug abuse research on sex/gender differences and issues specific to women. The program provides information on NIDA’s findings and findings and links to NIH’s courses on the science of sex and gender in human health.

<http://www.drugabuse.gov/WHGD/whgdmembers.htmlv>

###  Programs and Practices

 **National Institute of Corrections Registry of Women’s Programs - In Partnership with**

 **the Women’s Prison Association**

The purpose of this database is to provide a place where practitioners, policymakers, and community members can find information on programs and services for women in the criminal justice system. The database includes programs and services for women at all stages of criminal justice involvement, both in correctional facilities and in the community.

 <http://nicic.gov/WODP/>

**Office of Juvenile Justice and Delinquency Prevention**

**Girls Delinquency and Crime Initiative**

<https://www.nttac.org/index.cfm?event=gsg.Homepage>

**OJJDP National Center for Training and Technical Assistance** Girls Study Group (GSG) conducted a study to systematically examine the extent to 146 existing instruments designed for adolescents and used in the juvenile justice system are equally effective for girls and boys. Assessments rating and listing are available at: <https://www.nttac.org/index.cfm?event=gsg.WebtoolHomepage>

**OJJDP Model Programs Guide (Gender Specific Section)**

Contains summary information on evidence-based delinquency prevention and intervention programs. Programs are categorized into exemplary, effective, and promising, based on a set of methodological criteria and the strength of the findings. The database can be queried by type of program which includes a gender specific category. <http://www.ojjdp.gov/mpg/programTypesDefinitions.aspx>

###  Reference Materials

**National Survey on Drug Use and Health (NSDUH)** <http://www.oas.samhsa.gov/NSDUH/2k9NSDUH/2k9Results.htm>

NSDUH is an annual survey sponsored by the Substance Abuse and Mental Health Services Administration (SAMHSA and is the primary source of information on the use of illicit drugs, alcohol, and tobacco in the civilian, non-institutionalized population of the United States aged 12 years old or older. In 2009, the NSDUH revealed that adolescent females reported significantly higher rates of illicit drug use (in the past month) than boys, with the exception of marijuana. Data on women and girls and various detailed data tables are available, but not all data is broken out with a gendered analysis in mind.

## Annotated Bibliography on Women Offenders: Prisons, Jails, Community Corrections, and Juvenile Justice: Web-Accessible Items from 2001 through March 2006 (NIC Library; Author: Ritchey, P.)

 <http://nicic.gov/Library/021385>

NIDA Women and Sex/Gender Differences Research (annotated bibliography contained in report to Congress) <http://www.drugabuse.gov/WHGD/BiRep01-02.html>

**Office of Research on Women’s Health,** Moving into the Future with New Dimensions and Strategies: A Vision for 2020 for Women’s Health Research. Institutes of Health U.S. Department of Health & Human Services. <http://orwh.od.nih.gov/ORWH_Strategic-Plan_Vol_1_508.pdf>

 **Jacobs Institute of Women’s Health**

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

Jacobs Institute of Women’s Policy Implications of a New National Institutes of Health Agenda for Women’s Health Research, 2010–2020.

## Relational Approaches in Working with Women and Girls

###  National Centers and Offices

**Center for Gender and Justice** and the **Institute for Relational Development**

<http://www.stephaniecovington.com/ird.php>

Co-founded by Dr. Covington and Dr. Anne Dosher in 1994, the Institute for Relational Development seeks to develop caring, compassionate, and empowering environments. Through consultation and organizational development, the Institute assists in strategic planning, program development and staff training for agencies interested in creative growth and system change. The Center for Gender and Justice which seeks to develop gender-responsive policies and practices for women and girls who are under criminal justice supervision. Stephanie Covington and Barbara Bloom co-direct the center. The site lists articles, research papers and an assessment tool developed for facilities serving women in the criminal justice system. <http://www.centerforgenderandjustice.org/>

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###  List serves and Webinars

**Faces & Voices of Recovery (FAVOR)**

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

Faces & Voices of Recovery promotes the grassroots engagement and involvement of the recovery community – people in recovery, their families, friends and allies –peer to peer recovery services and networks of recovery community organizations. FAVOR is a forum for connections among recovering people and training and education for professionals and communities. Resources include electronic newsletter/list serve, feature webinars and archive webinars, training and presentation tools.

<http://www.facesandvoicesofrecovery.org/about/trainings_events/index.php>

Wellesley Centers for Women (WCW)

<http://www.wcwonline.org>

WCW is the largest social science organization in the U.S. dedicated to gender research.. WCW’s international collaborations strive to improve the lives of women and girls across the globe. Features the Jean Baker Miller Training Institute offer leadership and skills training on Relational CulturalTheory including a summer institute and a fall monthly Webinar posted through a calendar of events and a quarterly newsletter -E- Connections. <http://www.jbmti.org/News-Events-Extra-Info/econnections>

Five home study courses are available <http://www.jbmti.org/Trainers-Information/home-study-courses>

###  E-Learning

**American Psychological Association’s**

**APA Online Academy Interactive Classroom Continuing Education Program**

<http://search.apa.org/continuing_education?query=&facet=ceformat:Online%20Course&offset=2&sort>=

APA provides continuing education opportunities for psychologists to expand their skills while earning CE credits. In addition, organizations can obtain approval as APA-approved sponsors of psychology continuing education programs. This program explores the intriguing implications of the "relational self" for a wide range of human interactions, including marital relationships, therapeutic relationships, and broader social, cultural and political relationships,

***-***[***Relational Self***](http://www.apa.org/education/ce/1360266.aspx)[*http://www.apa.org/education/ce/1360266.aspx*](http://www.apa.org/education/ce/1360266.aspx)

###  Reference Materials

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**Borderline Personality Disorder and Childhood Abuse: Revisions in Clinical Thinking and Treatment Approach.** Saunders, E. & Arnold, F. (1991).

**The Relational Model of Women's Psychological Development: Implications for Substance Abuse.** Covington, S. & Surrey, J. (2000).

**Understanding Trauma in Women and Girls**

###  National Centers and Offices

National Center for Trauma-Informed Care

SAMHSA's National Center for Trauma-Informed Care (NCTIC) is a technical assistance center dedicated to building awareness of trauma-informed care and promoting the implementation of trauma-informed practices in programs and services. The NCTIC represents people and organizations who: recognize the damage that interpersonal violence does to individuals and to society, want to do something about it, and are committed to working in partnership with people who have experienced trauma.

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

###  List serves and Webinars

**National Center for Victims of Crime**

[**http://www.ncvc.org**](http://www.ncvc.org)

**Online Training: Free Webinar Series**

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| The National Center is bringing its victim-centered, practice-based, and research-informed training to an even broader audience through a series of free online Webinars. These Webinars are designed for victim service providers, law enforcement officers, prosecutors, and allied professionals serving crime victims.  |

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<http://www.ncvc.org/ncvc/main.aspx?dbID=DB_Training_Institute1160>

 **The Cutting Edge**

The final paper issue was published in 2008 of this publication that served as unique resource for those seeking information on this often-misunderstood issue. They made the transition to the web. Selected articles, commentaries, written and artistic contributions from the readership, and reviews of various resources for those who live with SIV, originally published in The Cutting Edge, are found. In 2006, Sidran Institute hired Ruta Mazelis, the publisher of The Cutting Edge newsletter for people living with SIV, to head its new program, Healing Self Injury.

<http://healingselfinjury.org/>

### E-Learning

**Witness Justice**

<http://www.witnessjustice.org/index.cfm>

Witness Justice’s advocacy program focuses on the gaps in services felt by survivors of violence and trauma throughout the United States. On-going initiatives include fostering trauma education and awareness; address trauma-specific concerns (i.e. veterans, domestic violence, survivors of disaster), and meeting the needs of survivors with mental illness or disabilities. Focus is on veterans and family violence; establishing a national crime reporting system; improving and coordinating interagency crisis communications and collaboration. **Tainingforums.org** is dynamic e-learning for the domestic violence victim service provider community. Funded by Office of Violence Against Women, offers timely courses on topics, trends and issues relevant to service providers serving domestic violence victims. Three online trainings are available.

**-*Trauma Informed Care***

***-Cultural Competency***

***-Working with Undocumented Survivors***

<http://www.trainingforums.org/lms/index.php>

**Violence Against Women National Online Resource Center**

<http://www.vawnet.org/domestic-violence/summary.php?doc_id=2562&find_type=web_desc_SC>

This collection provides a sampling of available Online Learning Tools with subject matter related to violence against women prevention and intervention. Materials included in this collection have four key components: they are 1) free, 2) available online, 3) interactive, and 4) self-guided.

**Online Learning Tools on Violence Against Women include:** <http://www.vawnet.org/training-tools/>

[Online Toolkits (9)](http://www.vawnet.org/training-tools/?type=Online%20Toolkits)

[Online Learning (67)](http://www.vawnet.org/training-tools/?type=Online%20Learning)

[Curricula (52)](http://www.vawnet.org/training-tools/?type=Curricula) [Webinars & Web Conferences (32)](http://www.vawnet.org/training-tools/?type=Webinars)

[Audio (15)](http://www.vawnet.org/training-tools/?type=Audio)

[Videos (28)](http://www.vawnet.org/training-tools/?type=Videos)

### Programs and Practices

**List of Trauma Interventions Adapted from:** Models for Developing Trauma-Informed Behavioral Health Systems and Trauma- Specific Services (2004). <http://www.theannainstitute.org/MDT.pdf>

**Women**

**Addictions and Trauma Recovery Integration Model (ATRIUM)**

Developed by Dusty Miller, Ed.D., and Laurie Guidry, Psy.D., ATRIUM is a manualized, sequentially organized, 12-week curriculum designed for people who are survivors of sexual and physical abuse, those with substance abuse and other addictive behaviors, those who are actively engaged in harmful relationships, who self-injure, have serious psychiatric diagnoses, and for those who enact violence and abuse against others. ATRIUM is designed to work as a peer-led (as well as professionally led) group model.. To obtain the manual, and for information on training and technical assistance (in English and Spanish), visit www.dustymiller.org, e-mail dustymi@valinet.com, or call Dusty Miller at 413-584-8404.

**Beyond Trauma: A Healing Journey for Women**

Developed by Stephanie S. Covington, Ph.D., L.C.S.W., co-director of the Institute for Relational Development and the Center for Gender and Justice, Beyond Trauma: A Healing Journey for Women (Covington, 2003) Based on theory, research, and clinical practice, the materials are trauma-specific and the connection between trauma and substance abuse is integrated throughout. The program is designed for use in outpatient, residential, and criminal justice settings. The curriculum includes a facilitator manual, participant workbook, and three instructional videos (two for facilitators, one for clients). Also….

**Helping Women Recover (HWR ): A Program for Treating Addiction** A Program for Treating Substance Abuse is an integrated, manualized curriculum for treating women with histories of addiction and trauma. It is designed for use in a variety of settings including outpatient and residential substance abuse treatment programs, domestic violence shelters, and mental health clinics, as well as jails, prisons, and community correction and has a participant’s workbook. The therapeutic strategies include psycho-educational, cognitive-behavioral, expressive arts, and relational approaches. The facilitator’s manual for the 17-session program is a step-by-step guide is organized into four modules: self, relationships, sexuality, and spirituality

**Seeking Safety Model**

Developed by Lisa Najavits, Ph.D., at Harvard Medical/McLean Hospital, Seeking Safety is a manualized 25-topic, flexible, integrated treatment designed to address safety and recovery for persons with the dual diagnosis of PTSD and substance abuse (as well as persons with a trauma history who do not meet clinical criteria for PTSD). Seeking Safety is designed to be used in a wide variety of settings including substance abuse treatment correctional facilities, health and mental health centers, etc., as well as for both group and individual format, females and males. Flexible and adaptable, topics can be conducted in any order, the number of topics covered can be changed depending on a client’s length of stay, and groups can be facilitated by a wide variety of counselors. Seeking Safety recognizes establishing safety as the most urgent clinical need for persons with PTSD and substance abuse problems, and teaches a range of more than 80 “safe-coping” skills to work toward discontinuing substance use, letting go of dangerous relationships, and gaining control over dissociation and self-harm. The treatment manual includes client handouts and clinician guidelines. www.seekingsafety.org or e-mail info@seekingsafety.org or call Lisa Najavits, Ph.D. at 617-855-2305, McLean Hospital, 115 Mill Street, Belmont, MA 02478.

**TRIAD Women’s Group Model**

Manualized, 16-session (2-hours a week for 16 weeks) cognitive behavioral group model is based on the perspective that complex disorders arise from trauma and that particular fundamental issues must be addressed for long-term recovery to occur (Herman, 1992). It is designed for and takes an integrated approach to women who experience challenges around the three issues of trauma, mental health, and substance abuse. TRIAD is structured into four phases: Mindfulness, Interpersonal Effectiveness Skills, Emotional Regulation, and Distress Tolerance, with four weekly sessions in each phase. A leaders manual, TRIAD’s primary treatment goals are to reduce psychiatric and trauma-related symptoms associated with histories of violence/abuse and substance use. This cognitive behavioral model is based, in part, on Linehan’s Cognitive-Behavioral Treatment model, Evans and Sullivan’s work on substance abuse and trauma and Harris’ work on trauma and serious mental illness. To obtain the manual and for information on training and consultation, contact Colleen Clark, Ph.D., at 813-974-90

**Trauma, Addictions, Mental Health and Recovery (TAMAR) Trauma Treatment Group Model**

A structured, manualized 14-week, 13-module trauma-specific group intervention combining psychoeducational approaches with expressive therapies. It is designed for women and men with histories of trauma in correctional systems. Groups are run inside detention centers, in state psychiatric hospitals, and in the community. Group sessions meet twice weekly for 90 minutes, an interval that fits smoothly into the daily schedules of county detention centers and provides basic education on trauma, its developmental effects on symptoms and current functioning, symptom appraisal and management, the impact of early chaotic relationships on health care needs, the development of coping skills, preventive education concerning pregnancy and sexually transmitted diseases, sexuality, and help in dealing with role loss and parenting issues. To obtain the manual and for information on training and technical assistance, contact Joan Gillece, Ph.D., at 410-724-3238 or gillecej@dhmh.state.md.us, or contact Jenny Howes, L.G.S.W. at 410-724-3180 or howesj@dhmh.state.md.us

**Trauma Recovery and Empowerment Model (TREM)**

Developed by Maxine Harris, Ph.D., and the Community Connections Trauma Work Group, TREM is a manualized, sequentially organized, 24–33 session group approach to healing from the effects of trauma. It is designed for women with major mental health, PTSD, and/or substance abuse problems. TREM combines elements of recovery skills training, psychoeducation, and other cognitive-behavioral techniques, and emphasizes peer support, which has proven to be a highly effective approach with survivors. TREM is co-facilitated by female clinicians. Also…**Trauma Recovery and Empowerment Profile (TREP**) and Menu of Strategies for Improving a Woman’s Trauma Recovery and Empowerment Profile Developed by Maxine Harris, Ph.D., and Roger D. Fallot, Ph.D., this skills rating scale and menu of skill building strategies may be used in conjunction with the TREM group program or individually as clinical tools for clinicians and survivors to evaluate skill levels and work toward development of skills. TREP is a rating instrument with eleven dimensions. Completed by a clinician who knows the consumer/survivor well, or by the survivor him/herself, the TREP is designed to provide an assessment of the consumer/survivor’s recovery skills at a particular point in time. The manual contains interventions designed to develop skills in the eleven domains of trauma recovery. Exercises may also be useful for individuals who are not trauma survivors but who desire skill development to deal with addictions or mental health problems. To obtain copies of TREP and the Menu of Strategies, visit www.ccdc1.org or contact Aisha Meertins, M.S.W., at 202-608-4734 or ameertins@ccdc1.org

information, or contact Rebecca Wolfson Berley, M.S.W., director of Trauma Training, at 202-608-4735 or rwolfson@ccdc1.org

**Healing the Trauma of Abuse: A Women’s Workbook**

Mary Ellen Copeland, M.A., M.S. and Maxine Harris, Ph.D. Used by women participants in conjunction with their work in the TREM group, this workbook can also be used by a woman on her own, or with a therapist or supportive friend. The manual assists women recovering from the effects of physical, sexual, and emotional abuse. It is divided into four parts: Empowerment, Trauma Recovery, Creating Life Changes, and Closing Rituals. Each part has a number of topics to work on, helps women develop individual goals for the recovery work, and addresses self-care while doing recovery work. To obtain the workbook and for more information, visit [www.mentalhealthrecovery.com](http://www.mentalhealthrecovery.com)

**Spirituality and Recovery Curriculum**

This is a 7-session group manual and curriculum that helps women in recovery from addiction and trauma explore their spiritual roots, assess the impact of religion and spirituality in their lives and make choices about how to grow and develop their chosen spiritual traditions to support recovery and healing from trauma. The curriculum was developed by the Boston Consortium of Services for Families in Recovery, Boston Public Health Commission, the Institute on Urban Health Research, Northeastern University. For more information or copies of these materials, please contact Dr. Hortensia Amaro at h.amaro@neu.edu or Rita Nieves, R.N., M.P.H., at Rita\_Neives@bphc.org

**Spirituality in Trauma Recovery Group**

This manualized group intervention of 11 sessions addresses spiritual and religious resources for empowerment and recovery from physical and sexual abuse. Group topics include: What It Means To Be Spiritual; Spiritual Gifts; Spiritual Coping Strategies;

Anger; Fear and Powerlessness; Shame and Guilt; Loneliness; Despair; Forgiveness and Letting Go; Hope and Vision; and Continuing the Journey of Healing. To obtain a manual and for training and consultation information, visit www.ccdc1.org or contact Aisha Meertins, M.S.W., at 202-608-4734 or via e-mail at ameertins@ccdc1.org

**Cognitive-Behavioral Treatment for PTSD among People with Severe Mental Illness**

Developed by B. Christopher Frueh, Ph.D., and colleagues, this is a manualized, multicomponent Cognitive-behavioral treatment model appropriate for chronic and severe PTSD among people with serious mental illness who are treated in public-sector mental health clinics. All components are designed for administration in a group format with the exception of Exposure Therapy which takes place in 6-12 individual therapy sessions. Group work takes place in 10–14 (1-hour) sessions. The exact sequencing, implementation, and dose of components may vary across settings and among clients, but clinicians and investigators may use this model as a starting point. For information about the model and obtaining a draft manual and materials, contact B. Christopher Frueh, Ph.D. at 843-789-7967 or via e-mail at fruehbc@musc.edu

**Eye Movement Desensitization and Reprocessing (EMDR)**

EMDR is an integrative structured treatment for Posttraumatic Stress Disorder (PTSD) during which the client is asked to hold in mind a disturbing image, an associated negative cognition, and bodily sensations associated with a traumatic memory while tracking the clinician’s moving finger in front of his or her visual field. Variations of the procedure are repeated until distressing aspects of the traumatic memory are reduced and more adaptive cognitions emerge regarding the trauma. Similar procedures are used to install alternate positive cognitions, coping strategies, and adaptive behaviors. EMDR processes historical events, current incidents that elicit distress, and future scenarios that will require different responses. The overall goal is to produce the most comprehensive and profound treatment effects in the shortest period of time, while simultaneously maintaining a stable client. To obtain information and materials on EMDR and training and consultation in this model, contact: EMDR Institute, Inc. at 831-761-1040 or online at www.emdr.com or via e-mail at inst@emdr.com

**Growing Beyond Survival: A Self Help Toolkit for Managing Traumatic Stress**

Created by Elizabeth G. Vermilyea, M.A., this manualized approach teaches skills that empower survivors to take control of and de-escalate their most distressing trauma related symptoms. The workbook is intended for use in therapist-run symptom management therapy groups. It can also be used effectively by survivors for managing trauma symptoms for individual survivor self-help. Developed in part and extensively field tested at Trauma Disorders Programs at Sheppard Pratt Hospital in Baltimore, it offers tools enabling survivors who suffer from trauma-related symptoms to find relief. It also examines the relation between trauma and self-harming behaviors, difficulties with sexuality, and substance abuse. For additional information, contact the Sidran Institute at 410- 825-8888 or online at www.sidran.org/catalog/vegb.html or via e-mail at orders@sidran.org

**Trauma Adaptive Recovery Group Education and Therapy (TARGET)**

Developed by Julian Ford, Ph.D., TARGET is a manualized gender-specific group or individual treatment that begins with 3 to 12 sessions of self-regulation skills based on the neurobiology of complex trauma, and may continue for up to 26 sessions. The model is more commonly implemented in versions of different lengths: 3 to 5 sessions, 12 sessions for groups in addiction treatment programs, and 26 sessions for groups in community mental health or inpatient/residential psychiatric programs, and 16 sessions for one-to-one outpatient psychotherapy. TARGET teaches a practical 7-step sequence of skills for processing and managing the trauma-related components of current stressful experiences (e.g., PTSD symptoms, rage, traumatic grief, survivor guilt, shame, interpersonal rejection, and existential/spiritual alienation). To obtain a manual and for information on training and consultation, contact Eileen Russo, M.A., L.A.D.C., at Russo@psychiatry.uchc.edu or online at [www.ptsdfreedom.org](http://www.ptsdfreedom.org)

**The Trauma and Recovery Group: Cognitive Behavioral Therapy Approach for PTSD in People with Serious Mental Illness**

Developed by Stanley Rosenberg, Ph.D., and Kim Mueser, Ph.D. of the New Hampshire Dartmouth Psychiatric Research Institute, the Trauma and Recovery Group model is a manualized, 16-session one-to-one psychoeducation intervention for women or men with chronic and persistent mental illness and PTSD. It is intended for use in community mental health or inpatient psychiatric settings. Offered individually and in groups, the model contains relaxation exercises, video facilitated psychoeducation about trauma and its effects, and cognitive restructuring to address unhelpful thoughts, beliefs and

Behaviors. Stress Inoculation Training (SIT) instills skills for actively managing stress reactions. Focuses on here-and-now coping skills to n manage intrusive memories. To obtain the manual, The Trauma and Recovery Group, the educational videotape, Recovery From Trauma, and for training and consultation, contact Kim.T.Mueser@Dartmouth.edu or Stan.Rosenberg@Dartmouth.edu

**Trauma Safety Drop-In Group: A Clinical Model of Group Treatment for Survivors of Trauma**

Designed by Pat Gilchrist of Ulster County Mental Health and Peri Rainbow of Women’s Studies at New Paltz State University of New York, this model provides trauma survivors with basic safety skills. A low-intensity group requires no commitment from participants, is open to all survivors regardless of diagnosis, level of functioning, and place in the healing process. Goals of the group include increasing safety , to learn about the healing process and the after-affects of trauma, and to assess readiness for

further treatment. The drop-in nature of the group is helpful to Survivors who are beginning trauma-specific treatment and often not prepared to attend as much as required by traditional group therapy. Manuals are available from the New York State Office of Mental Health Trauma Unit at nominal - NYS OMH Printing and Design Services. Their fax number is 518-473-2684.

**Girls**

**The Triad Girl’s Group** was developed for adolescent girls who 1) have used or abused substances, 2) have experienced emotional problems, and 3) have experienced violence, trauma, or abuse (Triad, 2003). It is not appropriate for girls without trauma issues, but is appropriate for girls who have not yet initiated drug and alcohol use. <http://www.nationaltraumaconsortium.org/documents/FinalTeenManualwithCover5-18-04.pdf>

**Trauma Recovery Empowerment Model (G-TREM)** integrated group intervention for addiction and trauma recovery has been adapted for adolescent girls. TREM has also been used in a pilot program prevention program in Washington DC for at-risk girls. This clinical intervention is designed to address the trauma and thereby reduce the likelihood and severity of drug and alcohol involvement. Groups are 75-90 minutes long and meet for 18 sessions. visit www.ccdc1.org or contact Aisha Meertins, M.S.W., at 202-608-4734 or ameertins@ccdc1.org information, or contact Rebecca Wolfson Berley, M.S.W., director of Trauma Training, at 202-608-4735 or rwolfson@ccdc1.org

**Voices** -Stephanie Covington empowerment curriculum for girls. This curriculum is great for both prevention and intervention programs. Four modules with each contain four sessions.

## Family-Centered Needs of Women and Girls

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###  National Centers and Offices

**National Children’s Traumatic Stress** Network (NCTSN)

Established by Congress in 2000 through a unique collaboration of academic and community-based service centers, NCTSN’s mission is to raise the standard of care and increase access to services for traumatized children and their families across the United States. Combining knowledge of child development, expertise in the full range of child traumatic experiences, and attention to cultural perspectives, the NCTSN serves as a national resource for developing and disseminating evidence-based interventions, trauma-informed services, and professional education. Funded by the Center for Mental Health Services, Substance Abuse and Mental Health Services Administration, through a congressional initiative: the Donald J. Cohen National Child Traumatic Stress Initiative. [www.nctsn.org](http://www.nctsn.org/).

**National Indian Child Welfare Association**

NICWA is the only national American Indian organization focused on child abuse and neglect issues that impact American Indian children and families. NICWA helps tribes provide community-based, culturally appropriate services that help American Indian children grow up safe, healthy, and spiritually strong—free from abuse, neglect, sexual exploitation, and the damaging effects of substance abuse. NICWA programs have touched almost all of the 561 federally recognized tribes in the United States, and these programs have improved the lives of tens of thousands of American Indian children.[www.nicwa.org/children\_families/](http://www.nicwa.org/children_families/)

 **E-Learning**

**National Center on Substance Abuse and Child Welfare**

[http://www.ncsacw.samhsa.gov/default.aspx](http://www.ncsacw.samhsa.gov/default.aspx%20)

The National Center on Substance Abuse and Child Welfare (NCSACW) is an initiative of the Department of Health and Human Services and jointly funded by the Substance Abuse and Mental Health Services Administration's (SAMHSA) Center for Substance Abuse Treatment (CSAT) and the Administration on Children, Youth and Families (ACYF), Children's Bureau's Office on Child Abuse and Neglect (OCAN). In addition to webinars, distance training series, (which are archived available at the website) technical assistance and a variety of excellent handbooks and publications, NCSACW offers the following e-Learning courses at no charge:

## -Understanding Child Welfare and the Dependency Court: A Guide for Substance Abuse Treatment Professionals

***-Understanding Substance Use Disorders, Treatment and Family Recovery: A Guide for Child Welfare Professionals***

***-Understanding Substance Use Disorders, Treatment and Family Recovery: A Guide for Legal Professionals***

<http://www.ncsacw.samhsa.gov/training/default.aspx>

***-Helping Child Welfare Workers Support Families with Substance Use, Mental, and Co-Occurring Disorders***

<http://www.ncsacw.samhsa.gov/training/toolkit/>

**Child Welfare Information Gateway (of the Administration of Children and Families)**

<http://www.childwelfare.gov/>

Child Welfare Information Gateway promotes the safety, permanency, and well-being of children, youth, and families by connecting child welfare, adoption, and related professionals as well as the general public to information, resources, and tools covering topics on child welfare, child abuse and neglect, out-of-home care, adoption, and more. Print and electronic publications, websites, databases, and online learning tools for improving child welfare practice. They offer an e-Learning course, a subscribe link and many useful toolkits and resources.

*-****Introduction to Parent and Child Visits***

<http://www.childwelfare.gov/learningcenter/>

**National Clearing House on Families and Youth (of the Administration of Children and Families)** <http://ncfy.acf.hhs.gov/>

The core of FYSB’s mission is to provide quality social services for youth at risk of adolescent pregnancy, victims of family violence and their children, children of prisoners and runaway and homeless youth. Print and electronic publications, websites, databases, and online learning tools for families, youth and those who work with them. They offer an e-Learning course, a subscribe link and many useful toolkits and resources.

***-Introduction to Positive Youth Development***

<http://ncfy.acf.hhs.gov/tools/online-training>

###  List serves and Webinars

**Centers for Disease Control Training and Education on Fetal Alcohol Syndrome**

<http://www.cdc.gov/ncbddd/fasd/training.html>

The CDC has collaborated with **the** [**National Organization on Fetal Alcohol Syndrome (NOFAS)**](http://www.nofas.org/) to develop and disseminate FASD prevention and education resources for parents and family members, educators, students, professionals, and the public. This link list information on [**FASD Education and Prevention Curriculum**](http://www.nofas.org/about/K-12Curriculum.htm) for services for individuals with FASDs,[**Curriculum for Families and Professionals**](http://www.thearc.org/NetCommunity/Page.aspx?pid=1541)**, Fetal Alcohol Syndrome Awareness Curriculum for Tribal Justice Systems Personnel** and

**Regional Training Centers (RTCs).** Subscribe to receive email updates.

###  Programs and Practices

**Family Justice**

Family Justice has developed and refined methods and tools for engaging families that have loved ones involved in the juvenile or criminal justice system. To improve outcomes for families living in poverty, we provide tools and techniques to government, community-based, and faith-based organizations. Tools of the Bodega Model include: Supportive Inquiry, [Genogram](http://www.familyjustice.org/index.php?option=com_content&view=article&id=107:genogram&catid=51:general&Itemid=183), [Ecomap](http://www.familyjustice.org/index.php?option=com_content&view=article&id=108:ecomap&catid=51:general&Itemid=184), Family Action Plans <http://www.familyjustice.org/index.php?option=com_content&view=article&id=90&Itemid=161>

**Girl Power**

Center for Substance Abuse Treatment’s program and kit for community prevention girl’s 9-14. “Traditionally, prevention programs—programs that seek to avoid the onset of substance abuse or other problems—have been geared more toward boys.  These include afterschool programs, sports programs, anti-violence programs, and so on.  The purpose of Girl Power! is not to deny boys’ needs for these important programs, but rather to ensure that girls’ unique needs for prevention programs are not overlooked.” <http://www.girlpower.gov/press/research/gpresearch.htm>

**Girl Talk**

Nationally recognized student-to-student mentoring program that offers fun, positive weekly meetings, community service projects, and friendship-building activities for middle school girls. The Century Council sponsors Girl Talk. The program is started and led by high school girls who serve as mentors, and in turn, Girl Talk leaders develop leadership skills that they will carry with them throughout life. The website also includes a guide for mothers that informs them about girls and alcohol and has tips for daughter and mother discussions. [www.desiretoinspire.org](http://www.desiretoinspire.org)

**List of Parenting Interventions Adapted from*:*** Models for Developing Trauma-Informed Behavioral Health Systems and Trauma- Specific Services (2004). <http://www.theannainstitute.org/MDT.pdf>

**Impact of Early Trauma on Parenting Roles**

A 14-session group intervention for women whose traumatic experiences of early sexual and/or physical abuse have created symptoms and responses that make parenting tasks difficult, designed to address the connections between trauma sequelae and parenting. To obtain the manual Non-Traditional Parenting Interventions, which contains this group intervention, contact www.ccdc1.org or Aisha Meertins, M.S.W., at 202-608-4734 or ameertins@ccdc1.org For information on training or consultation, call Rebecca Wolfson Berley, M.S.W., director of Trauma Training, at 202-608-4735 or rwolfson@ccdc1.org

**Nurturing Families Affected by Substance Abuse, Mental Illness and Trauma**

This is a parenting curriculum offered in groups for women and children in recovery from substance abuse, mental illness, and trauma that provides a first step in repairing fractured parent-child relationship. Developed and piloted by the Institute for Health and Recovery , the curriculum builds upon IHR’s Nurturing Program for Families in Substance Abuse Treatment and Recovery, which was recognized by the Center for Substance Abuse Prevention as a model program for best practices in strengthening families. Also…..**Parenting at a Distance** -A 10-session group intervention to address issues of parenting for women who are involved in some form of partial parenting, but who do not have full-time residential

custody of their children. To obtain the manual on Non-Traditional Parenting Interventions, which contains both of these group intervention, visit www.ccdc1.org or contact Aisha Meertins, M.S.W., at 202-608-4734 or ameertins@ccdc1.org For training or consultation, call Rebecca Wolfson Berley, M.S.W., director of Trauma Training, at 202-608-4735-- rwolfson@ccdc1.org

**Pathways to Family Reunification and Recovery**

(Caminos Para la Reunificacion y la Recuperacion): An educational group curriculum for women in recovery The manual focuses on scenarios that women in recovery may encounter in the process of reuniting with their children. Curriculum explores the different stages of reunification, reactions and emotions children and mothers might experience and tools for parents to develop nurturing relationships with children. Available in Spanish and English, this multi-session group intervention was developed by the Boston Consortium of Services for Families in Recovery, Boston Public Health Commission and the Institute on Urban Health Research, Northeastern University. To obtain the manual and for further information, contact Dr. Hortensia Amaro at h.amaro@neu.edu or Rita Nieves, R.N., M.P.H., at Rita\_Nieves@bphc.org

**Recovering Families Parenting Curriculum**

This curriculum is a standard service offered in many substance abuse treatment programs throughout San Joaquin County, California. Developed as a part of the SAMHSA Women Co-Occurring Disorders and Violence Study (WCDVS) Allies project, Recovering Families builds on a prior existing parenting curriculum based on the work of Bavolek and Dellinger-Bavolek and the Nurturing Program for Families in Substance Abuse Treatment and Recovery curriculum developed by the Institute for Health and Recovery. The it is a 13-week intervention that blends discussions and activities for parents with co-occurring disorders and trauma histories, with each session focusing on specific parenting skills. To obtain the curriculum and for information Frances Hutchins, division director of San Joaquin County Office of Substance Abuse, at fhutchins@sjgov.org

**Strengthening Multi-Ethnic Families and Communities: A Violence Prevention** **Parent Training Program**

A CSAP model for ethnic and culturally diverse parents of children ages 3 to 18 years, this program addresses violence against the self (drugs/alcohol), violence in the family (child abuse, domestic violence), and violence against the community (juvenile delinquency, crime, gangs). Information is presented within a “cultural framework” in 12 weekly 3-hour sessions or Parent Workshops (organized by component areas). The importance of ethnic/cultural/family/spiritual roots and five major components: Cultural/Spiritual Focus; Rites of Passage; Positive discipline; Enhancing Relationships; and community Involvement. The program is used with high-risk and hard-to-reach groups, including teens, foster parents, court-ordered parents, grandparents, parents of teens, migrant families, gay parents, single parents, fathers, etc., from a variety of ethnic/cultural backgrounds. Facilitator Training Workshops and materials in six languages can be obtained (US English, Spanish, Vietnamese, Korean, Cambodian, Russian, UK English) from Dr. Marilyn Steel, Ph.D., at 323-936-0343 or dr\_mls@earthlink.net

**Trauma and Triumph: Parenting Abused and Neglected Children**-This is a 6-hour training from the Foster and Adoptive Parent Toolbox: Child Welfare Training Institute, Institute for Public Sector Innovation, Muskie School of Public Service. It is part of a series of six core topics designed for foster and adoptive parents new to parenting abused and maltreated children and youth for whom a continuous series of traumatic moments have become a regular part of the child’s existence. Parents are taught the short and long-term impacts of trauma on the child’s development, interventions for working with these children, how to create a home environment that promotes emotional and physical safety for the children, and how to access community resources. For more information, contact Leslie Rozeff, C.W.T.I., co-director, at 207-626-5218 or Leslie.Rozeff@maine.

###  Reference Materials

**United Nations Office of Drug Control Policy**

**Compilation of Evidence-Based Family Skills Training Programmes**

<http://www.unodc.org/docs/youthnet/Compilation/10-50018_Ebook.pdf>

**Incarcerated Women, Their Children, and the Nexus with Foster Care.** George, S., Holst, R., Jung, H., LaLonde, R. & Varghese, R. (2011). This study shows how state administrative data can be used to assess the relationships between the criminal justice and child welfare systems. After matching corrections data on female offenders from Illinois to the state’s child welfare records, the incidence of childhood foster care spells among incarcerated women, the incidence of female prisoners having their own children in foster care, and how time in prison or jail is associated with different foster care outcomes, such as the loss of parental rights. <https://www.ncjrs.gov/pdffiles1/nij/grants/234110.pdf> (NIC Database)

**Special Considerations during Pregnancy**

National Centers and Offices

Health Resources and Services Administration, Maternal and Child Health Bureau

<http://www.mchcom.com/index.asp>

The Health Resources and Services Administration (HRSA) Maternal and Child Health Bureau (MCHB) is designed to support communication, education, and collaboration between State and Federal maternal and child health professionals who serve the nation's mothers, families, and children.

The British Columbia BC Perinatal Health Program

[www.healthypregnancyBC.ca](http://www.healthypregnancyBC.ca/)

The British Columbia BC Perinatal Health Program works in collaboration with health authorities, professional organizations and care providers and other key stakeholders in achieving our initiatives. The Program provides consultation, education, and reporting of information in support of health professionals working with pregnant or parenting women.

National Advocates for Pregnant Women (NAPW)

[http://advocatesforpregnantwomen.org](http://advocatesforpregnantwomen.org/)

National Advocates for Pregnant Women (NAPW) works to secure the human and civil rights, health and welfare of all women, focusing particularly on pregnant and parenting women, and those who are most vulnerable — low income women, women of color, and drug-using women.

National Center on Birth Defects and Developmental Disabilities

<http://www.cdc.gov/ncbddd/pregnancy_gateway/index.html>

The National Center on Birth Defects and Developmental Disabilities, a branch of the Centers for Disease Control and Prevention (CDC), provide information for pregnant women or women intending to become pregnant, and can be useful for professionals who work with these women.

###  E-Learning

Health Resources and Services Administration, Maternal and Child Health Bureau

The Health Resources and Services Administration (HRSA) Maternal and Child Health Bureau (MCHB) provides live Webcasts and allows access to archived presentations relating to maternal and child health.

The National Abandoned Infants Assistance Resource Center at UC Berkeley

<http://aia.berkeley.edu/>

The National Abandoned Infants Assistance Resource Center's mission is to enhance the quality of social and health services delivered to children who are abandoned or at-risk of abandonment due to the presence of drugs and/or HIV in the family. AIA offers a 1 hour tutorial on substance use among pregnant women, various factors that often contribute to substance abuse and the potential impact of prenatal exposure to various legal and illegal drugs on infant development and well-being. Includes interventions for the prevention and treatment of drug use during pregnancy, family based services, family treatment drug courts, father involvement and federal and state policies.

***-Substance Use During Pregnancy***

<http://aia.berkeley.edu/training/tutorials/onlinetutorials.php>

**American Psychological Association’s**

**APA Online Academy Interactive Classroom Continuing Education Program**

APA provides continuing education opportunities for psychologists to expand their skills while earning CE credits. This INTERMEDIATE applied workshop will address clinical approaches to women coping with common pregnancy related complications.

<http://search.apa.org/continuing_education?query=&facet=ceformat:Online%20Course&offset=2&sort>=

# *-Clinical Approaches to Women Coping with Pregnancy Loss and Perinatal Depression*

###  Programs and Practices

 Motherisk

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

The Motherisk Program, at The Hospital for Sick Children in Toronto, Ontario, Canada is a clinical research and teaching program dedicated to antenatal drug, chemical, and disease risk counseling. Motherisk provides evidence-based information and guidance about the safety or risk to the developing fetus or infant of maternal exposure to drugs.

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###  Reference Materials

National Birth Defects Prevention Study

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

The National Birth Defects Prevention Study is the largest study in the U.S. looking at the causes of birth defects. The study began in 1996 when Congress directed the Centers for Disease Control and Prevention (CDC) to establish the Centers for Birth Defects Research and Prevention (CBDRP). The Centers have interviewed more than 35,000 women who have had babies or pregnancies affected by birth defects as well as mothers of healthy babies.

March of Dimes

<http://www.marchofdimes.com>

The March of Dimes champions the needs of moms and babies in local communities and across the nation. The March of Dimes Data Book for Policy Makers provides national and state data highlighting infant mortality, birth defects, preterm and low birthweight births, health insurance coverage, and prevention strategies. It is an easy-to-use guide aimed at those seeking quick facts at their fingertips. <http://www.marchofdimes.com/Databookforpolicymakers.pdf>

The Rebecca Project for Human Rights and The National Women’s Law Center Mothers, *Behind Bars*

This resource, published in 2010, is a state-by-state report card and analysis of federal policies on conditions of confinement for pregnant and parenting women and the effect on their children. <http://www.nwlc.org/sites/default/files/pdfs/mothersbehindbars2010.pdf>

Screening, Brief Intervention, Referral and Treatment (SBIRT) Annual Report, Louisiana Office of Public Health

This report describes how a State implemented SBIRT in conjunction with prevention measures for fetal alcohol syndrome (FAS). <http://www.1800251baby.org/files/general-uploads/SBIRT_report_09_30_2010b.pdf>

**Postpartum Women (RWC/PPW) Demonstration Program Evaluation**

Report on the cross site evaluation of SAMHSA’s Center for Substance Abuse Treatment grantees for Residential Women and Children (RWC) and Pregnant and Postpartum Women (PPW) Demonstration Program. (<http://womenandchildren.treatment.org/media/factsheets/pdf/factsheet01.pdf>)

##  Perinatal HIV Resources from the American Congress of Obstetrics and Gynecology

-Prenatal and Perinatal Human Immunodeficiency Virus Testing: Expanded

Recommendations

 -Scheduled Cesarean Delivery and the Prevention of Vertical Transmission of HIV

 Infection

 -Joint Statement on Human Immunodeficiency Virus Testing

(#75, reaffirmed 7/06) by ACOG and the American Academy of Pediatrics (AAP) outlines the joint ACOG/AAP policy on prenatal HIV testing.

<http://www.acog.org/departments/dept_notice.cfm?recno=39&bulletin=3529>

## Women’s Health and Health Care

###  National Centers and Offices

SAMHSA Co-Occurring Disorders

<http://www.samhsa.gov/co-occurring/>

The Building Blocks Webinar Series, located on SAMHSA’s Co-Occurring Disorders Web site, is designed to address SAMHSA's Strategic Initiatives through providing expert guidance on co-occurring disorders systems, services integration, and implementing evidence-based practices. The Series includes current and archived webinars. <http://www.samhsa.gov/co-occurring/events/building-block.aspx>

**The Siteman Cancer Center**

Offers risk factors screening, genetic counseling and a Calendar of Events and is committed to helping our community – and the nation – move toward better health and a lower risk of cancer through education, screening and research. The website allows visitors use interactive self-screening (including for breast cancer and cancers of the reproductive organs for women). The screener then shows prevention guidelines that allow women to lower their risk. Podcasts of physicians and researchers discussing the latest developments in cancer prevention and screening can be accessed.

<http://www.siteman.wustl.edu/SectionFront.aspx?id=200&mid=60>

**MedlinePlus at the National Institutes of Health** <http://www.nlm.nih.gov/medlineplus/aboutmedlineplus.html>

The web site is for patients and their families and friends. Produced by the National Library of Medicine, it has information about diseases, conditions, and wellness issues in language that is easy to understand. MedlinePlus to learn about the latest treatments, look up information on a drug or supplement, find out the meanings of words, or view medical videos or illustrations and get the most up to date research. Online tutorials are offered on hundreds of topics including health conditions effecting women at the link below.

<http://www.nlm.nih.gov/medlineplus/women.html>

**Anorexia Nervosa and Associated (Eating)** Disorders (ANAD)

[www.anad.org](http://www.anad.org/)

The National Association of Anorexia Nervosa and Associated Disorders, Inc. is a non-profit (501 c 3) corporation that seeks to prevent and alleviate the problems of eating disorders, especially including anorexia nervosa, bulimia nervosa and binge eating disorder. The offer information and training and the ***Student Bodies*** online prevention course for women at risk for developing an eating disorder. The eight week course combines an understanding of body image and self-esteem with self-assessment and self-improvement tools. It is an interactive, web-delivered prevention program developed and studied at Stanford University and Washington University in St. Louis. <http://www.anad.org/get-help/online-program/>

A discussion board is offered along a wealth of information including treatment approaches. To subscribe to online newsletter <http://www.anad.org/email-sign-up/>

**Women’s Mental Health Resources**

**At Women’s Health.Gov**

<http://www.womenshealth.gov/mental-health/resources/>

The National Institute of Mental Health reports that 1 in 4 U.S. adults has a mental disorder. With the high number of people affected by mental illness, a number of organizations are trying to spread the word about this serious problem. This listing has resources that lead to information on a variety of mental health topics.

###  E-Learning

The National Abandoned Infants Assistance Resource Center at UC Berkeley

<http://aia.berkeley.edu/>

The National Abandoned Infants Assistance Resource Center's mission is to enhance the quality of social and health services delivered to children who are abandoned or at-risk of abandonment due to the presence of drugs and/or HIV in the family. **Now offering on line HIV course.**

**HIV Online Tutorials at HIV WebStudy**

**Developed by the University of Washington for HRSA**

<http://depts.washington.edu/hivaids/>

Offers three online tutorials pertaining to newly recommended routine screening for women as part of obstetrical care and online case study based learning on pregnant women and HIV.

***-Routine HIV Screening***

***-Oraquick Advance Rapid HIV Test***

***-HIV Integration***

**American Psychological Association’s**

**APA Online Academy Interactive Classroom Continuing Education Program**

APA provides continuing education opportunities for psychologists to expand their skills while earning CE credits. Introductory workshop on chronic fatigue syndrome (CFS) and fibromyalgia (FM) are controversial and poorly understood illnesses without clearly defined causes or well-established treatments.

***-***[***Chronic Fatigue Syndrome and Fibromyalgia: Theory, Assessment, and Treatment***](http://www.apa.org/education/ce/aoa0004.aspx)<http://www.apa.org/education/ce/aoa0004.aspx>

**National Center for PTSD**

**At the Veterans Administration**

<http://www.ptsd.va.gov/>

Leading Research Center for Trauma Information and research offers an online course on PTSD and scores of other resources. Subscribe to PTSD info or use the online databases including comprehensive assessments and screening listing.

***-PTSD 101***

<http://www.ptsd.va.gov/professional/ptsd101/ptsd-101.asp>

**Addictions Foundation of Canada**

<http://www.afm.mb.ca/index.htm>

This is a public foundation committed to the physical, emotional, spiritual and mental wellness of women whose lives have been affected by their misuse of or dependency on alcohol or other drugs. Enhancing the health and well-being of Manitobans through a collaborative continuum of services through leadership in education, prevention, and treatment associated with the negative impact of alcohol, other drugs and gambling. They offer free non-credit courses in basics like motivational interviewing and group facilitation and several credit courses for a reasonable fee.

***-Families and Addiction***

***-*Women and Addictions**

**-Family Violence and Addictions**

<http://www.afm.mb.ca/Education/index.php#11>

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### List serves and Newsletters

**American College of Obstetrics and Gynecology** Clinical Updates in Women's Health Care list serve is designed to educate obstetrician-gynecologists in primary and preventive care issues that relate to office practice. Each peer-reviewed monograph provides a clinically oriented overview of a topic that includes how a disorder presents differently in women than in men, information on women’s risk for certain conditions, and appropriate interventions <http://www.clinicalupdates.org/otherResources.cfm>

**National Institute of Health** holds forum on enrolling pregnant women in trials (PDF) News and Events News Releases Announcements Upcoming Events

<http://orwh.od.nih.gov/news.html>

**NIH Seniors Online Health tutorials with trainer packet**

<http://nihseniorhealth.gov/alcoholuse/toc.html>

###  Reference Materials

Institute of Medicine Report and Behavioral Health Transformation <http://www.iom.edu/Reports/2005/Improving-the-Quality-of-Health-Care-for-Mental-and-Substance-Use-Conditions-Quality-Chasm-Series.aspx>

**Mental Health: Culture, Race, and Ethnicity a Supplement to Mental Health:** **A Report of the Surgeon General**-- Documented Mental Health Disparities from the Surgeon General’s Report <http://www.surgeongeneral.gov/library/mentalhealth/cre/execsummary-1.html>

**The Center for Mental Health Services Consumer/Survivor-Operated Self Help Programs: A Technical Report:** <http://akmhcweb.org/docs/selfhelp.pdf>

## Collaboration and Interdisciplinary Skills

###  National Centers and Offices

**Comprehensive Community Initiative** is an effort to better the lives of children, youth, and families through systems-change work. People also refer to CCIs as Community Change Initiatives. The CCI toolkit was developed through the Coordinating Council of the Office of Juvenile Justice and Delinquency. FindYouthInfo is also a project of the Coordinating Council and include a registry of effective programs for your across disciplines (see below).

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

###  E-Learning

**Office of Victims of Crime Training and Technical Assistance Center of the Office of Justice Programs**

Offers customized training assistance and consulting services and develops and produces workshops held across the United States throughout the year as well as the biannual National Victim Assistance Academy, an intensive one-week curriculum with separate tracks to meet the needs of service providers at all levels. They offer a host of other online tools <http://www.ovc.gov/sites.html>. Two online training opportunities and one downloadable video training with training PowerPoint are currently available.

OVC has added two online courses and video trainings

[*Identity Theft Victim Assistance Online Training: Supporting Victims' Financial and Emotional Recover*y](https://www.ovcttac.gov/views/TrainingMaterials/dspOnline_IdentityTheft.cfm) 3-4 hours

<https://www.ovcttac.gov/views/TrainingMaterials/dspOnlineTraining.cfm>

[*Victim Assistance Training Online (VAT Online)*](https://www.ovcttac.gov/views/TrainingMaterials/dspOnline_VATOnline.cfm)

<https://www.ovcttac.gov/views/TrainingMaterials/dspVideoTraining.cfm>

**American Psychological Association’s**

**APA Online Academy Interactive Classroom Continuing Education Program**

APA provides continuing education opportunities for psychologists to expand their skills while earning CE credits. This INTERMEDIATE workshop is designed to introduce participants to fast- evolving best practices of supervision and to enhance supervisory competence through experiential exercises.

***-***[***Competency-Based Clinical Supervision: State of the Art***](http://www.apa.org/education/ce/aoa0018.aspx)

<http://www.apa.org/education/ce/aoa0018.aspx>

**National Institute of Corrections**

NIC is an agency within the U.S. Department of Justice, Federal Bureau of Prisons. The Institute is headed by a Director appointed by the U.S. Attorney General. A 16-member Advisory Board, also appointed by the Attorney General, was established by the enabling legislation to provide training, technical assistance, information services, and policy/program development assistance to federal, state, and local corrections agencies.

The e-Learning course on women offenders is available to volunteers and collaborators as well as correctional staff.

 ***-Workforce Development and Women Offenders***

<http://nicic.gov/Training/WBT2006002>

 **Centre for Addiction and Mental Health**

<http://www.camh.net/>

Based in Toronto and networked around the world, CAMH, Canada’s largest mental health and addictions teaching hospital, also educates thousands of mental health professionals each year and develops informed public policy and health prevention strategies and offers online cross training for mental health and substance abuse professionals. A menu of current online course can be found at the link below, including mental health for addiction professionals and addiction education for mental health professionals and several others. <http://www.camh.net/education/Online_courses_webinars/index.html>

###  Programs and Practices

**FindYouthInfo Program Directory of Evidence-based Interventions**

<http://www.findyouthinfo.gov/ProgramSearch.aspx>

Features cross disciplinary evidence-based programs whose purpose is to prevent and/or reduce delinquency or other problem behaviors in young people (under age 18). Two sets of programs are included:

**The Teen Pregnancy Prevention program directory-** Based on a contracted independent systematic review of the evidence base for programs to prevent teen pregnancy, sexually transmitted infections, and/or sexual risk behaviors.

**The Substance Abuse, Violence, and Other Risk Behavior** program directory. Through a partnership with the U.S. Department of Justice, programs are assessed by an external review panel and reviews are completed by Development Services Group, Inc.

**Culturally Responsive Resources**

[**Working with Latinos in Addiction Treatment**](http://www.browndlp.org/dlpannouncement.php?course=153) **online course from the ATTC**

[The Addiction Technology Transfer Center of New England](http://www.attcnetwork.org/regcenters/index_newengland.asp), funded by the Substance Abuse and Mental Health Services Administration (SAMHSA), Center for Substance Abuse Treatment (CSAT) in collaboration with the Brown University Distance Learning Program, is offering a credited, on-line course on working with Latinos in addiction treatment. This four-week course will explore key cultural characteristics of the Latino community. Also, the course will explore how culture plays a role in how Latinos/as view addiction and treatment, and will provide practical strategies to engage and retain Latino/a clients in the addiction treatment process. The course is intended for those currently working with addicted Latinos/as, or anyone that is interested in gaining more knowledge and improving their skills.

<http://www.browndlp.org/dlpannouncement.php?course=153>

Learn more about partnering with initiatives for Latino families:

**Programs in the Hispanic Healthy Marriage Initiative Implementation Evaluation** <http://www.acf.hhs.gov/programs/opre/strengthen/hispanic_healthy/reports/brief_his_healthy/hhmi_practict_brief_1_final.pdf>

[**National Center for Latino**](http://www.latinochildresearch.org/) **Child & Family Research**

<http://www.latinochildresearch.org/index.php?option=com_content&view=article&id=10&Itemid=4>

Meeting the Needs of Latino Youth <http://www.promoteprevent.org/publications/prevention-briefs/meeting-needs-latino-youth-part-ii-resilience>

Learn more about resources for working with African Americans in Addictions Treatment:

**African American Women and Substance Abuse: Current Findings**: This presentation developed by the University of North Carolina School of Social Work provides a general overview of relevant data. <http://ssw.unc.edu/RTI/presentation/PDFs/AfricanAmericanfinal_with%20cite.pdf>

**The African American TA & Training Project is managed by ONTRACK Program Resources, Inc. ONTRACK** offers cost-free consulting services and training on issues related to improving access, decreasing disparities and increasing successful treatment and recovery outcomes for African Americans. For more information on available services visit: [www.getontrack.org](http://www.getontrack.org)

**Cultural Considerations in AOD Treatment for African Americans**

By: Roland Williams, MA, NCACII, CADCII, SAP Support for this report and the African American Treatment & Recovery TA & Training Project has been provided by the State of California, Department of Alcohol & Drug Programs. The opinions, findings and conclusions herein stated are those of the authors and not necessarily those of the Department. <http://www.adp.ca.gov/TA/pdf/Cultural_Consid.pdf>

### Appendix – Community and Recovery Support Resources

TWELVE STEP LINKS & MUTUAL AID RESOURCES

Chemical Dependency and Addiction

Alcoholics Anonymous, 212-870-3400; [www.alcoholics-anonymous.org](http://www.alcoholics-anonymous.org/)

[Online Intergroup of Alcoholics Anonymous](http://www.aa-intergroup.org/)—directory of discussion boards (using email) and real time online meetings (using the chat feature); includes listings for the U.S. and other countries.

AANot the Only Way—if you've been frustrated with a lack of information about alternatives to AA (Alcoholics Anonymous and other 12 step programs); [www.aanottheonlyway.com](http://www.aanottheonlyway.com/)

Cocaine Anonymous (CA), 800-347-8998; [www.ca.org](http://www.ca.org/)

Crystal Meth Anonymous (CMA), 213-488-4455; [www.crystalmeth.org](http://www.crystalmeth.org/)

Dual Recovery Anonymous, 877-883-2332; <http://www.draonline.org/>

Marijuana Anonymous (MA) [www.marijuana-anonymous.org](http://www.marijuana-anonymous.org/)

Narcotics Anonymous (NA), 818-773-9999; [www.wsoinc.com](http://www.wsoinc.com/)

Nicotine Anonymous (NICA), 800-TRY-NICA; [www.nicotine-anonymous.org](http://www.nicotine-anonymous.org/)

Eating Disorders

Anorexic & Bulimics Anonymous (ABA) [www.anorexicsandbulimicsanonymousba.com](http://www.anorexicsandbulimicsanonymousba.com/)

Anorexia Nervosa and Associated (Eating) Disorders (ANAD), 847-831-3438; [www.anad.org](http://www.anad.org/)

Eating Disorders Anonymous (EDA) [www.eatingdisordersanonymous.org](http://www.eatingdisordersanonymous.org/)

Food Addicts in Recovery Anonymous <http://www.foodaddicts.org/>

Overeaters Anonymous (OA), 505-891-2664; [www.oa.org](http://www.oa.org/)

Compulsive Gambling

Debtors Anonymous (DA), 781-453-2743; [www.debtorsanonymous.org](http://www.debtorsanonymous.org/)

Gamblers Anonymous (GA), 213-386-8789; [www.gamblersanonymous.org](http://www.gamblersanonymous.org/)

Sexual Addiction

Love Addicts Anonymous (LAA) [www.loveaddicts.org](http://www.loveaddicts.org/)

Sex Addicts Anonymous (SAA), 800-477-8191; [www.sexaa.org](http://www.sexaa.org/)

Sex & Love Addicts Anonymous (SLAA), 781-255-8825; [www.slaafws.org](http://www.slaafws.org/)

Sexaholics Anonymous (SA), 615-331-6230; [www.sa.org](http://www.sa.org/)

Sexual Compulsives Anonymous (SCA), 800-977-HEAL; [www.sca-recovery.org/](http://www.sca-recovery.org/)

Survivors of Incest/Childhood Sexual Abuse (SIA) [www.siawso.org](http://www.siawso.org/)

Other Addiction Support

Clutterers Anonymous [www.clutterersanonymous.net](http://www.clutterersanonymous.net/)

Dual Recovery Anonymous World Service (DRA) 1-877-883-2332

Emotions Anonymous [emotionsanonymous.org](http://emotionsanonymous.org/)

Nicotine Anonymous [www.nicotine-anonymous.org](http://www.nicotine-anonymous.org/)

Ritualistic Abuse, Mind Control & Torture, Survivor Support [www.survivorship.org](http://www.survivorship.org/)

Self-Injury Support [www.selfmutilatorsanonymous.org](http://www.selfmutilatorsanonymous.org/)

Workaholics Anonymous (WA) [workaholics-anonymous.org](http://workaholics-anonymous.org/)

Mental Health Support

Co-Dependents Anonymous (CODA), 602-277-7991; [www.codependents.org](http://www.codependents.org/)

Emotions Anonymous (EA), 651-647-9712 [www.emotionsanonymous.org](http://www.emotionsanonymous.org/)

Obsessive Compulsive Anonymous (OCA), 516-739-0062 [hometown.aol.com/west24th/](http://hometown.aol.com/west24th/)

Family Support

Adult Children of Alcoholics (ACA), 310-534-1815 [www.adultchildren.org](http://www.adultchildren.org/)

Adult Survivors of Child Abuse [www.ascasupport.org](http://www.ascasupport.org/)

Al-Anon/Alateen, 888-4AL-ANON [www.al-anon.org](http://www.al-anon.org/)

Co-Anon (Cocaine Addicts' Family Groups), 520-513-5088 [www.co-anon.org](http://www.co-anon.org/)

Co-Dependents Anonymous (CODA), 602-277-7991 [www.codependents.org](http://www.codependents.org/)

Co-Dependents of Sex Addicts (COSA) [www.cosa-recovery.org](http://www.cosa-recovery.org/)

Families Anonymous, 800-736-9805 **[Error! Hyperlink reference not valid.](http://www.familiesanonymous.org%20/%22%20%5Ct%20%22_blank)**

Parents Anonymous, 909-621-6184 [www.parentsanonymous.org](http://www.parentsanonymous.org/)

Recovering Couples Anonymous (RCA), 314-397-0867 [www.recovering-couples.org](http://www.recovering-couples.org/)

Other Mutual Help Resources

[Women for Sobriety—](http://www.womenforsobriety.org/)Gender-specific self-help support program based on a Thirteen Statement Program of positivity that encourages emotional and spiritual growth.

[Rational Recovery—](http://www.rational.org/)An approach for self-recovery that can be learned only through printed materials or from the web site. Opposes recovery groups of any kind; teaches a lifetime commitment to abstinence.

[SMART Recovery](http://www.smartrecovery.org/) (Self Management and Recovery Training)—Uses cognitive-behavioral principles to help members recognize environmental and emotional triggers for addictive behaviors. Offers face-to-face and online mutual help groups (launched by people who were originally part of Rational Recovery).

[Secular Organizations for Sobriety (SOS)](http://www.secularsobriety.org/)—also known as "Save Our Selves"; alternative recovery program for those who are uncomfortable with the spiritual content of 12-step; abstinence is the first priority.

[LifeRing Secular Recovery (LSR)](http://www.unhooked.com/)—Secular program similar to SOS; based on abstinence and peer group support; includes both alcoholics and addicts.

[Moderation Management—](http://www.moderation.org/)National nonprofit self-help group for people who want to quit or cut down on their drinking before they experience serious consequences. Not designed for alcohol-dependent people, formerly dependent people who are now abstaining, or for drug or food problems.

Other Resources

Mutual Aid & Advocacy Groups12-Step Programs

Double Trouble in Recovery—12-Step mutual aid group is for persons in recovery from both substance use and mental health problems; <http://www.doubletroubleinrecovery.org/>

Heroin Anonymous: <http://www.heroin-anonymous.org/haws/index.html>

Methadone Anonymous Support: <http://www.methadonesupport.org/>

Naranon—12-Step support groups for family members of addicted persons; <http://www.nar-anon.org/Nar-Anon/Nar-Anon_Home.html>

Nicotine Anonymous: <http://www.nicotine-anonymous.org/>

Pills Anonymous: <http://www.pillsanonymous.org/>

Sober 24—an online-only 12-step support group combined with 'Virtual Fellowship' and recovery management tools; <http://www.sober24.com/>

Other Approaches

16-Steps for Recovery: <http://www.charlottekasl.com/site/16-step-program>

Alcoholics Victorious—group for recovering people who recognize Jesus Christ as their "Higher Power; combines the 12 Steps and the Alcoholics Victorious Creed; <http://www.alcoholicsvictorious.org/>

Celebrate Recovery—Christian recovery program meets nationally; <http://www.celebraterecovery.com/>

Jewish Alcoholics, Chemically Dependent Persons and Significant Others; <http://www.jacsweb.org/>

LifeRing—an abstinence-oriented secular recovery program; <http://lifering.org/>

Secular Sobriety—group has anonymous secular recovery meetings; <http://www.sossobriety.org/>

Sinclair Method: <http://www.sinclairmethod.com/>

SMART—a 4-Point Recovery Program; <http://www.smartrecovery.org/>

White Bison—a Native American Recovery Program; <http://www.whitebison.org/>

Women for Sobriety: <http://www.womenforsobriety.org/>

Advocacy & Networking Organizations

Advocates for the Integration of Recovery and Methadone, Inc. (AFIRM)—organization promoting Methadone Anonymous, a 12-step program, and integrating a 12-step philosophy into traditional methadone treatment modalities; <http://www.afirmfwc.org/>

Buddhist Recovery Network: <http://www.buddhistrecovery.org/>

Faces and Voices of Recovery—a national advocacy organization; <http://www.facesandvoicesofrecovery.org/>

Gay & Lesbian Alcoholics Recovery Support—online social networking site is for those struggling with addiction, those seeking help for addiction, those in recovery, including their family and friends; <http://www.gayalcoholics.com/>

In the Rooms: <http://www.intherooms.com/>

National Alcohol and Drug Addiction Recovery Month—annual event for diverse communities and stakeholders to join and carry the message of recovery; <http://www.recoverymonth.gov/>

National Alliance for Medication Assisted Recovery: <http://www.methadone.org/>

National Association for Christian Recovery: <http://www.nacronline.com/>

National Council on Alcoholism and Drug Dependence (NCADD)—national advocacy organization with local chapters; <http://www.ncadd.org/>

Family & Community

[Gift From Within](http://www.giftfromwithin.org)—PTSD Resources for Survivors and Caregivers

[PTSD Gateway](http://www.ptsdinfo.org)—Gateway to Posttraumatic Stress Disorder Information

[PTSD Support](http://www.ptsdsupport.net)—PTSD Support Services offers information on what is ptsd and how it effects our personal lives

[Welcome to The Bright Side](http://www.the-bright-side.org)—Whether dealing with a crisis, coping with a mental disorder, or just feeling overwhelmed with life, we all go through difficult periods in our life. When life feels like it's too much of a strain, a little bit of support can go a long way towards helping us cope - that is what The Bright Side is all about.

[Scripps Alcohol Treatment Center](http://mcdonald-center.scripps.net) —nationally recognized organization dedicated to alcohol treatment.

NoEasyTask.com Health & Family Resources —blend of informational websites with contents on diseases, conditions, symptoms, treatments, forums, chats, living, everyday life, pets, personal stories, support, health news, The School Room and coloring pages to download for the kids. A great mix!

[Intervention Guide](http://www.interventionguide.com/) —step-by-step alcohol/addiction intervention plan for a family member or friend.

[Open-Mind.org](http://www.open-mind.org/) —site is intended to help those in or seeking recovery from various addictions, obsessions & compulsions such as drugs, alcohol, sex & food, as well as family, friends, anxiety sufferers & abuse survivors, to find information, support & resources.

[Love for Life](http://www.love4life.us/) —sober living houses for women and more...

[Families Anonymous (FA)](http://www.familiesanonymous.org/about.html) —12-step, self help, recovery and fellowship of support groups for relatives and friends of those who have alcohol, drug or behavioral problems. We share our 'experience, strength and hope' with each other and with new members. Many members have found peace and serenity, despite unsolved problems, by working the Twelve Steps. The change in us often helps our loved ones find recovery.

[NAAAAA](http://www.nvo.com/hypoism/thenationalassociationfortheadvancementandadvocacyofaddicts/) —the National Association for the Advancement and Advocacy of Addicts

[A Parent's Guide to Youth Culture](http://www.health.org/reality/publications/retro/)—from the Center for Substance Abuse Prevention

A Daily Recovery email including Daily Meditations, Recovery Poetry & Spiritual Readings—a spiritual adventure, a journey inwards, this daily recovery e-zine has a vision of opening and touching each and everyone with the Loving Power and Presence of the Spirit within."

[A Community Action Kit for a Drug-Free Youth](http://substanceabuse.region.halton.on.ca/)—a practical, easy-to-use tool kit for community action to prevent youth substance abuse. Your neighborhood is a perfect place to start substance abuse prevention. In communities, people care for and support each other. Communities work together on issues that will make their neighborhood a better place to live. Communities include people from various walks of life. Working together on a common issue brings different people together to create energy and get things done. Community people include parents, youth, schools, churches, businesses, constables, professionals, coaches, elected officials - the list can go on and on.

[National Families in Action (NFIA)](http://www.emory.edu/NFIA/)—NFIA is a national drug education, prevention, and policy center based in Atlanta, Georgia. The organization was founded in 1977. Its mission is to help families and communities prevent drug abuse among children by promoting policies based on science.

[Methadone Maintenance Treatment: A Community Planning Guide](http://sano.camh.net/methadone/)—methadone maintenance treatment is designed to reduce illegal and harmful opioid use (e.g. heroin, codeine, dilaudid, oxycodone) along with the many problems (e.g. crime, death, disease) associated with this addiction. The main outcome of this treatment intervention is to decrease and even eliminate opioid use to help stabilize the individual so that he/she will not return to previous substance abuse behaviour patterns.

["Health Info You Can Trust"](http://canadian-health-network.ca/)—dozens of addiction/substance-abuse related articles to browse.

[Getting Them Sober"](http://www.gettingthemsober.com)—site addresses the crazy-making issues and events that happen in tens of millions of alcohol and/or other drug-addicted families every day and every night.

[The Web of Addictions](http://www.well.com/user/woa/) —dedicated to providing accurate information about alcohol and other drug addictions, and we wanted to provide a resource for teachers, students and others who needed factual information about abused drugs.

[Addiction Help for Drunk Drivers, DUI, DWI](http://www.addictionz.com/drunk_driving.htm)

["Sober Recovery Resources"](http://soberrecovery.com/links/themeindex.html)—Alcoholism and Addiction, Abuse and Trauma, Twelve Step Programs, Treatment Centers and more. Over 2500 Recovery Resources in more than 75 unique recovery categories. Help for yourself, or a loved one, is right here.

[AADAC pamphlet](http://corp.aadac.com/alcohol/factsheets/addiction_family.asp)—addiction is a complex issue. It affects every member of the family and can have a lasting impact on their lives. The effect on family members varies from person to person and family to family.

[Recovering Couples Anonymous](http://www.recovering-couples.org/) –Twelve Step Fellowship for Couples

[Mothers Against Drunk Driving](http://www.madd.org/home/) "Twenty years of making a difference!"

[National Black Alcoholism and Addictions Council](http://www.borg.com/~nbac/)  Providing Leadership for the Prevention & Treatment of Alcohol Abuse, Alcoholism, and Other Drugs of Abuse

["Drug Facts"](http://www.webdezine.com/drugfact.htm) Substance Abuse Guide for Parents

[Growing Up Drug-Free](http://www.addictionalternatives.com/index2.html) A Parent's Guide to Prevention (1998)

[Recovering Mates](http://recoveringmates.com/) A site for singles in recovery

[The Women's Addiction Foundation of Canada](http://www.womenfdn.org/) A public foundation committed to the physical, emotional, spiritual and mental wellness of women whose lives have been affected by their misuse of or dependency on alcohol or other drugs.

[Adult Children of Alcoholics](http://www.adultchildren.org) —a 12-Step, 12-Tradition program of women and men who grew up in an alcoholic or otherwise dysfunctional homes.

[Al-Anon/Alateen Family Groups](http://www.al-anon.alateen.org/)  Hope and help for families and friends of alcoholics.

[Love First](http://www.lovefirst.net/)  Intervention for Alcoholism and Drug Addiction

Women’s Mental Health Resources at <http://www.womenshealth.gov/mental-health/resources/>