

## Chapter 7—Resources

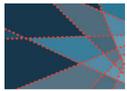
### Resources for Counselors, Providers, and Programs

**Substance Abuse and Mental Health Services Administration (SAMHSA), Addiction Technology Transfer Center (ATTC) Network** (<https://attcnetwork.org>): The ATTC Network is a multidisciplinary resource for professionals in the substance use disorder (SUD) treatment and recovery services field. The network's 10 U.S.-based centers, 2 national focus area centers (the National American Indian & Alaska Native ATTC [<https://attcnetwork.org/centers/national-american-indian-and-alaska-native-attc/home>] and National Hispanic and Latino ATTC [<https://attcnetwork.org/centers/national-hispanic-and-latino-attc/home>]), and Network Coordinating Office provide news, tools and other resources, and free and low-cost training programs. The training includes a new series on contingency management (CM). Access the CM series at <https://attcnetwork.org/centers/northwest-attc/news/new-online-course-contingency-management-healthcare-settings> for Part 1 and <https://attcnetwork.org/centers/network-coordinating-office/contingency-management-part-2-founding-principles> for Part 2.

**SAMHSA, Lesbian, Gay, Bisexual, and Transgender (LGBT) Behavioral Health Equity** (<https://www.samhsa.gov/behavioral-health-equity/lgbt>): This webpage provides information on SAMHSA's programs related to the LGBT community and SAMHSA resources for providers and programs working with the LGBT population, as well as links to other federal initiatives that seek to expand services and improve behavioral health outcomes for these individuals.

**SAMHSA, Mental Health Technology Transfer Center (MHTTC) Network** (<https://mhttcnetwork.org>): The MHTTC Network supports resource development and dissemination, training and technical assistance, and workforce development for the mental health field. The network includes 10 Regional Centers, a National American Indian and Alaska Native Center ([https://mhttcnetwork.org/sites/default/files/2020-12/AIAN\\_MHTTC\\_Year2\\_TwoPager%20edited.pdf](https://mhttcnetwork.org/sites/default/files/2020-12/AIAN_MHTTC_Year2_TwoPager%20edited.pdf)), a National Hispanic and Latino Center (<https://mhttcnetwork.org/sites/default/files/2020-12/NHL%20MHTTC%20Year%202020%20pager.pdf>), and a Network Coordinating Office (<https://mhttcnetwork.org/centers/mhttc-network-coordinating-office/network-coordinating-office>). These centers work with healthcare systems, organizations, and treatment practitioners involved in the delivery of mental health services to strengthen their capacity to deliver effective evidence-based practices to individuals.

**SAMHSA, Prevention Technology Transfer Center (PTTC) Network** (<https://pttcnetwork.org>): The PTTC Network seeks to improve implementation and delivery of effective substance abuse prevention interventions and provides training and technical assistance services to the substance abuse prevention field. The network is comprised of 10 Domestic Regional Centers; 2 National Focus Area Centers, one focused on American Indians and Alaska Natives (<https://pttcnetwork.org/centers/national-american-indian-alaska-native-pttc/home>) and another focused on Hispanic and Latino populations (<https://pttcnetwork.org/centers/national-hispanic-latino-pttc/home>); and a Network Coordinating Office (<https://pttcnetwork.org/centers/pttc-network-coordinating-office/about-network-coordinating-office>). Together the network serves the 50 U.S. states, the District of Columbia, Puerto Rico, the U.S. Virgin Islands, and the Pacific Islands of Guam, American Samoa, Palau, the Marshall Islands, Micronesia, and the Mariana Islands.



**SAMHSA, Providers Clinical Support System (PCSS)** (<https://pcssnow.org>): The PCSS program was created in response to the opioid overdose epidemic to train primary care providers in the evidence-based prevention and treatment of opioid use disorder (OUD) and treatment of chronic pain. A coalition of major healthcare organizations, including the American Academy of Addiction Psychiatry, the American Medical Association, and the American Psychiatric Association (APA), the PCSS program provides a variety of trainings and clinical mentoring, with the goal of increasing healthcare providers' knowledge and skills in the prevention, identification, and treatment of SUDs, with a focus on OUD.

**SAMHSA, Recovery Support Tools and Resources** (<https://www.samhsa.gov/brss-tacs/recovery-support-tools-resources>): This webpage provides SAMHSA's working definition of recovery and links to information, tools, and video trainings relevant to shared decision-making, peer workers, and programs led by parents, families, and youth and young adults.

**SAMHSA/National Center on Substance Abuse and Child Welfare, Research on Methamphetamine** (<https://ncsacw.samhsa.gov/resources/methamphetamine/literature-review.aspx>): This webpage provides citations for peer-reviewed research on topical areas related to methamphetamine (MA), including prenatal exposure; children and family affected by MA use; prevalence, intervention, and treatment; criminal justice and legislation; and special populations and how they have been impacted by MA.

**APA Presidential Task Force to Address Structural Racism Throughout Psychiatry** (<https://www.psychiatry.org/psychiatrists/structural-racism-task-force>): This resource provides psychiatric clinicians with information about structural racism and mental health services. It includes continuing medical education programs for psychiatrists, recommended reading, and video recordings of town hall gatherings that address structural racism.

**Association of Lesbian, Gay, Bisexual, Transgender Addiction Professionals and Their Allies (NALGAP)** ([www.nalgap.org](http://www.nalgap.org)): NALGAP's mission is to confront oppression and discriminatory practices in the delivery of services to all people and to advocate for programs and services that affirm all genders and sexual orientations. NALGAP provides information, training, networking, and advocacy about addiction and related issues, and support for health professions and individuals in recovery.

**Colorado Meth Project, Resources** (<https://coloradomethproject.org/resources/#:~:text=Ask%20MethProject.org%20is%20an%20integrated%20campaign%20to%20reduce,radio%2C%20print%2C%20online%2C%20mobile%2C%20and%20social%20media%20campaigns>): The Colorado Meth Project seeks to reduce the use of MA through public service messaging, community outreach, and public policy. A key component of the program is [MethProject.org](http://MethProject.org), which features TV, radio, print, online, mobile, and social media campaigns that communicate the risks of MA use.

**Generation Rx, Educational Toolkits for Safe Medication Practices** (<https://generationrx.org/toolkits/>): The mission of Generation Rx is to educate people of all ages about the dangers of prescription medication misuse. Developed through a partnership between The Ohio State University College of Pharmacy and the Cardinal Health Foundation, the Generation Rx website provides open-source, ready-to-use resources designed to help educators and providers make presentations or develop prevention programs in communities or academic environments.

**Methamphetamine Research Center (MARC)** (<https://www.ohsu.edu/methamphetamine-research-center>): Part of the Oregon Health & Science University, MARC is funded by the National Institute on Drug Abuse (NIDA) to study genetic factors in human and animal responses to MA, with the goal of identifying new approaches to treatment.

**Motivational Interviewing Network of Trainers (MINT)** (<https://motivationalinterviewing.org>): MINT works to establish and promote good practice in the use, research, and training of motivational interviewing (MI). The MINT website provides users with a library of MI publications, as well as references, articles, videos, and links to training opportunities in the theory and practice of MI.

**NAADAC, The Association for Addiction Professionals** (<https://www.naadac.org/resources>): NAADAC provides free training and low-cost continuing education credits for SUD professionals. Topics covered include SUD treatment, supervision, workforce development, veterans, families, trauma, and peer recovery support.

**National Institute on Alcohol Abuse and Alcoholism (NIAAA), Professional Education Materials** (<https://www.niaaa.nih.gov/alcohol-effects-health/professional-education-materials>): This NIAAA webpage is for clinicians, physicians, social workers, and other providers who work with people who misuse alcohol. It offers access to screening, brief intervention, treatment planning, and general information.

**NIDA, Division of Therapeutics and Medical Consequences** (<https://www.drugabuse.gov/about-nida/organization/divisions/division-therapeutics-medical-consequences-dtmc/research-programs>): This resource supports and conducts studies to evaluate the safety and efficacy of pharmacotherapies, behavioral therapies, and devices to treat SUDs.

**NIDA, Motivational Incentives Package** (<https://www.drugabuse.gov/nidamed-medical-health-professionals/ctn-dissemination-initiative/motivational-incentives-package-proven-approach-to-treatment>): This NIDA webpage provides behavioral healthcare practitioners with access to motivational incentive tools for engaging clients in behavioral health therapy.

**NIDAMED, Clinical Resources** (<https://www.drugabuse.gov/nidamed-medical-health-professionals>): The NIDAMED website provides healthcare professionals with science-based information about the effects of substance misuse on clients' health, such as how to identify substance use early and prevent it from turning into misuse or addiction.

**NIDA, Quick Screen V1.0** (<https://www.drugabuse.gov/sites/default/files/pdf/nmassist.pdf>): Clinicians can use this tool to screen patients age 18 or older for general substance misuse. This resource also includes questions from the NIDA-Modified Alcohol, Smoking, and Substance Involvement Screening Test V2.0 that inquire about recent and lifetime use of specific substances.

**NIDA/SAMHSA, Motivational Incentives Suite** (<https://collaborativeforhealth.org/bettertxoutcomes/>): The Motivational Incentives Suite is a collection of tools and resources to help organizations understand and implement CM into practice.

**Self-Management Resource Center** (<https://www.selfmanagementresource.com/>): The center's website offers a range of small-group, self-management programs for chronic illness. Programs are available online or through licensed local organizations. In addition to the core program for groups with multiple chronic illnesses, several condition-focused programs are offered, including diabetes, chronic pain, and HIV.

**Trauma Informed Oregon, Trauma Informed Urine Drug Screenings** (<https://traumainformedoregon.org/wp-content/uploads/2019/05/Urine-Drug-Screen-tip-sheet.pdf>): Urine drug screens (UDS) can be triggering experiences for some people, especially those with a history of trauma. This tip sheet can be used to inform the UDS procedure, with the goals of preventing re-traumatization of patients and facilitating their safety. Included are guiding considerations, tips, and examples offered by service users and experts in the substance use treatment field.



U.S. Department of Veterans Affairs (VA), National Center for PTSD (<https://www.ptsd.va.gov/professional/index.asp>): VA offers training materials, information, and tools to assess and treat trauma-related disorders. This website contains links to continuing education on posttraumatic stress disorder (PTSD), free training in prolonged exposure therapy for providers who treat veterans, and links to VA benefits.

## Publications

### SAMHSA Publications

**After Incarceration: A Guide to Helping Women Reenter the Community** (<https://store.samhsa.gov/product/After-Incarceration-A-Guide-To-Helping-Women-Reenter-the-Community/PEP20-05-01-001>): This guide provides an overview of topics and resources for supporting women who are reentering the community after involvement with the criminal justice system. It was created for individuals who provide or coordinate reentry services (e.g., corrections staff, reentry organizations, substance use disorder and mental health treatment providers, reentry specialists, peer specialists).

**Advisory: Hepatitis C Screening in the Behavioral Healthcare Setting** (<https://store.samhsa.gov/product/Advisory-Hepatitis-C-Screening-in-the-Behavioral-Healthcare-Setting/sma15-4917>): Part of SAMHSA's *Advisory* series, this brief guide gives an overview of hepatitis C and discusses approaches to testing, treatment, and counseling.

**Advisory: Integrating Vocational Services Into Substance Use Disorder Treatment** ([https://store.samhsa.gov/product/integrating-vocational-services-substance-use-disorder-treatment/pep20-02-01-019?referer=from\\_search\\_result](https://store.samhsa.gov/product/integrating-vocational-services-substance-use-disorder-treatment/pep20-02-01-019?referer=from_search_result)): This *Advisory* is directed to programs serving clients who are unemployed, underemployed, or struggling in workplace settings. It presents strategies and resources for SUD treatment counselors and clinic directors to improve outcomes for clients in recovery by helping them find and keep employment and manage workplace stressors.

**Anger Management for Substance Use Disorder and Mental Health Clients: A Cognitive—Behavioral Therapy Manual** (<https://store.samhsa.gov/product/PEP19-02-01-001>): This treatment manual describes the concept of cognitive—behavioral therapy (CBT) and its use of social learning theory for treating clients in a variety of clinical settings. CBT teaches clients with substance use and mental disorders how to control their anger and disrupt the aggression cycle. The manual may be used with the companion *Participant Workbook* (see entry below).

**Anger Management for Substance Use Disorder and Mental Health Clients: Participant Workbook** (<https://store.samhsa.gov/product/PEP19-02-01-002>): This workbook was developed for use with *Anger Management for Substance Use Disorder and Mental Health Clients: A Cognitive—Behavioral Therapy Manual*. Participants refer to the workbook during anger management group treatment and use it to complete homework assignments.

**Clinical Guidance for Treating Pregnant and Parenting Women With Opioid Use Disorder and Their Infants** (<https://store.samhsa.gov/product/Clinical-Guidance-for-Treating-Pregnant-and-Parenting-Women-With-Opioid-Use-Disorder-and-Their-Infants/SMA18-5054>): This guide recommends standard and feasible approaches to the care of pregnant and parenting women with OUD and their infants. These approaches can be adopted in a variety of care settings.

**Finding Quality Treatment for Substance Use Disorders** (<https://store.samhsa.gov/product/PEP18-TREATMENT-LOC>): This resource is for people seeking behavioral health services and treatment for SUDs. It provides guidance on how to find a quality treatment center and the steps to complete before accessing treatment.

**Guidance Document for Supporting Women in Co-ed Settings** ([www.samhsa.gov/resource/ebp/guidance-document-supporting-women-co-ed-settings](http://www.samhsa.gov/resource/ebp/guidance-document-supporting-women-co-ed-settings)): Most women in SUD treatment receive services in co-ed treatment and recovery centers where men outnumber women, yet women and men with SUDs differ in many ways. This guide explores the ways in which treatment providers can better understand these differences and meet women's specific treatment needs.

**In Brief: Rural Behavioral Health: Telehealth Challenges and Opportunities** (<https://store.samhsa.gov/product/SMA16-4989>): This guide for behavioral healthcare providers describes the barriers associated with implementing telehealth services in rural and frontier communities and offers tips on how to overcome these challenges and improve patient outcomes.

**In Brief: Treating Sleep Problems of People in Recovery From Substance Use Disorders** (<https://store.samhsa.gov/product/SMA14-4859>): This publication explains how healthcare providers can help clients in recovery from SUDs who have sleep problems. It discusses the potential impact of poor sleep on recovery and offers recommendations on screening and treatment.

**Matrix Intensive Outpatient Treatment for People With Stimulant Use Disorders: Client's Handbook** (<https://store.samhsa.gov/product/SMA15-4154>): This handbook contains checklists and other recovery tools based on the Matrix model, including tips for managing emotions, substance use triggers, and other impediments to achieving and maintaining recovery from stimulant misuse.

**Matrix Intensive Outpatient Treatment for People With Stimulant Use Disorders: Counselor's Treatment Manual** (<https://store.samhsa.gov/product/SMA13-4152>): This manual is one of five components of the Matrix model's intensive outpatient treatment package that provides structured, evidence-based treatment strategies for helping clients who misuse or are dependent on stimulant drugs, such as MA and cocaine.

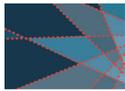
**Preventing the Use of Marijuana: Focus on Women and Pregnancy** (<https://www.samhsa.gov/resource/ebp/preventing-use-marijuana-focus-women-pregnancy>): This guide examines the scientific literature on the risk factors for, and the adverse health consequences of, marijuana use during pregnancy. It also discusses emerging and best practices to prevent or reduce this use.

**Prevention and Treatment of HIV Among People Living with Substance Use and/or Mental Disorders** (<https://store.samhsa.gov/product/Prevention-and-Treatment-of-HIV-Among-People-Living-with-Substance-Use-and-or-Mental-Disorders/PEP20-06-03-001>): This guide provides an overview of interventions for people living with substance use and/or mental health issues who are at risk for, or are living with, HIV. The interventions addressed are in alignment with the goals of the federal "Ending the HIV Epidemic: A Plan for America" initiative.

**Principles of Community-based Behavioral Health Services for Justice-involved Individuals: A Research-based Guide** (<https://store.samhsa.gov/product/Principles-of-Community-based-Behavioral-Health-Services-for-Justice-involved-Individuals-A-Research-based-Guide/SMA19-5097>): This guide, intended for behavioral health service providers in community settings, shares foundational principles for sound clinical practice and community-based case management when helping criminal justice-involved individuals with mental disorders and SUDs.

**A Provider's Introduction to Substance Abuse Treatment for Lesbian, Gay, Bisexual, and Transgender Individuals** (<https://store.samhsa.gov/product/Providers-Introduction-Substance-Abuse-Treatment-Lesbian-Gay-Bisexual-Transgender/SMA12-4104>): This manual assists behavioral health clinicians in providing services that are sensitive to transgender and other clients from LGBT communities.

**Recovery-Oriented Systems of Care (ROSC) Resource Guide** ([www.samhsa.gov/sites/default/files/rosc\\_resource\\_guide\\_book.pdf](http://www.samhsa.gov/sites/default/files/rosc_resource_guide_book.pdf)): This resource guide explains what a ROSC is and the planning and implementation steps necessary to establish one. The guide also includes links to studies, white papers, presentations, manuals, practice guides, checklists, regulations, and other resources that can help with the formation of a ROSC.



SAMHSA and the National Association of State Alcohol and Drug Abuse Directors, *Addressing the Substance Use Disorder (SUD) Service Needs of Returning Veterans and Their Families* ([https://www.samhsa.gov/sites/default/files/veterans\\_report.pdf](https://www.samhsa.gov/sites/default/files/veterans_report.pdf)): This resource addresses the training needs of state alcohol and drug agencies and treatment providers responsible for administering behavioral health services to returning veterans and their families. It includes a collection of case studies, a discussion guide, and a list of provider resources organized by state.

**SAMHSA's Concept of Trauma and Guidance for a Trauma-Informed Approach** (<https://store.samhsa.gov/product/SMA14-4884>): This manual provides a working concept of trauma and key principles of a trauma-informed treatment approach that can be used by behavioral health workers and an array of service systems. It also suggests methods for implementing a trauma-informed approach.

**Take Action Against Hepatitis C** (<https://store.samhsa.gov/product/Take-Action-Against-Hepatitis-C/sma14-4853>): Using a comic book format and plain language, this publication covers basic information about what hepatitis is, how to reduce infection risk, and screening and treatment processes and options.

**Tips for Teens: The Truth About Cocaine** (<https://store.samhsa.gov/product/PEP18-01>): This resource is a concise presentation of cocaine's harmful effects on the brain and body. It features a question-and-answer section on trend data and risks, the outward signs of cocaine use, and information on how to access treatment from SAMHSA.

**Treatment of Stimulant Use Disorders** (<https://store.samhsa.gov/product/PEP20-06-01-001>): This guide discusses effective practices to treat SUDs, clinical challenges associated with these disorders, and implementation strategies to address those challenges.

## SAMHSA Treatment Improvement Protocols (TIPs)

**TIP 26: Treating Substance Use Disorders in Older Adults** (<https://store.samhsa.gov/product/treatment-improvement-protocol-tip-26-treating-substance-use-disorder-in-older-adults/PEP20-02-01-011>): TIP 26 helps providers and others better understand how to identify, manage, and prevent substance misuse in older adults. It describes the unique ways in which the signs and symptoms of SUD manifest in older adults; drug and alcohol use disorder screening tools, assessments, and treatments specifically tailored for older clients' needs; the interaction between SUDs and cognitive impairment; and strategies to help providers improve their older clients' social functioning and overall wellness.

**TIP 27: Comprehensive Case Management for Substance Abuse Treatment** (<https://store.samhsa.gov/product/SMA15-4215>): TIP 27 describes case management as an interdisciplinary approach to SUD treatment that includes coordination of health care, substance use, mental health, and social services. It provides guidance and resources to keep clients engaged in treatment and moving toward recovery.

**TIP 31: Screening and Assessing Adolescents for Substance Use Disorders** (<https://store.samhsa.gov/product/SMA12-4079>): TIP 31 describes strategies, procedures, and screening and assessment instruments that are appropriate for the initial detection of substance use among adolescents, the comprehensive assessment of their problems, and subsequent treatment planning. It summarizes each instrument in the appendixes.

**TIP 34: Brief Interventions and Brief Therapies for Substance Abuse** (<https://store.samhsa.gov/product/SMA12-3952>): TIP 34 documents the components of and criteria for using CBT, brief strategic and interactional therapies, brief humanistic and existential therapies, brief psychodynamic therapy, short-term family therapy, and time-limited group therapy.

**TIP 35: *Enhancing Motivation for Change in Substance Use Disorder Treatment*** (<https://store.samhsa.gov/product/PEP19-02-01-003>): TIP 35 describes the elements of motivational interventions, the five principles of MI, catalysts for changing behavior, and the stages of change that clients go through while working toward recovery from SUDs.

**TIP 38: *Integrating Substance Abuse Treatment and Vocational Services*** (<https://store.samhsa.gov/product/TIP-38-Integrating-Substance-Abuse-Treatment-Vocational-Services/SMA12-4216>): TIP 38 offers practice guidelines and recommendations for integrating employment services into SUD treatment. It also provides information about funding, policy, and legal issues.

**TIP 39: *Substance Use Disorder Treatment and Family Therapy*** (<https://store.samhsa.gov/product/treatment-improvement-protocol-tip-39-substance-use-disorder-treatment-and-family-therapy/PEP20-02-02-012>): TIP 39 helps providers and administrators better understand how to include families in SUD treatment and services.

**TIP 42: *Substance Use Disorder Treatment for People With Co-Occurring Disorders*** (<https://store.samhsa.gov/product/PEP20-02-01-004>): TIP 42 provides guiding principles and strategies for working with people who have co-occurring mental disorders and SUDs.

**TIP 44: *Substance Abuse Treatment for Adults in the Criminal Justice System*** (<https://store.samhsa.gov/product/SMA13-4056>): TIP 44 addresses both clinical and programmatic areas of treatment for men and women involved in the criminal justice system. It guides counselors and administrators on best practices for intervening throughout the justice process. The 2017 Editor's Note features legislative, literature, and clinical updates.

**TIP 51: *Substance Abuse Treatment: Addressing the Specific Needs of Women*** (<https://store.samhsa.gov/product/SMA15-4426>): TIP 51 considers the complex and unique facets of women's social, socioeconomic, cultural, and health needs that should be considered when providing treatment services for SUD.

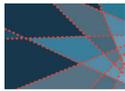
**TIP 55: *Behavioral Health Services for People Who Are Homeless*** (<https://store.samhsa.gov/product/SMA15-4734>): TIP 55 focuses on proven approaches for providing screening/assessment, treatment planning, and continuing care to clients who are homeless or at risk of being homeless. Vignettes based on role-played interactions feature techniques that can be applied in a variety of settings.

**TIP 57: *Trauma-Informed Care in Behavioral Health Services*** (<https://store.samhsa.gov/product/SMA14-4816>): TIP 57 covers trauma awareness, the impact of trauma, trauma-informed screening and assessment, implementation of trauma-informed care, and development of a trauma-informed workforce.

**TIP 59: *Improving Cultural Competence*** (<https://store.samhsa.gov/product/SMA15-4849>): TIP 59 provides an introduction to cultural competence in behavioral health services. The TIP is written for treatment counselors, clinical and programmatic staff, and program administrators and discusses racial, ethnic, and cultural considerations.

**TIP 60: *Using Technology-Based Therapeutic Tools in Behavioral Health Services*** (<https://store.samhsa.gov/product/SMA15-4924>): TIP 60 introduces behavioral health service providers to technology-based treatment and prevention tools and interventions that can be used in various behavioral health service settings. The TIP includes guidelines for implementation, as well as ethical, programmatic, and regulatory considerations for counselors and administrators.

**TIP 61: *Behavioral Health Services for American Indians and Alaska Natives*** (<https://store.samhsa.gov/product/TIP-61-Behavioral-Health-Services-For-American-Indians-and-Alaska-Natives/SMA18-5070>): TIP 61 provides guidance to behavioral health program clinicians and administrators about the importance of cultural awareness, cultural competence, and culture-specific knowledge when working with American Indian and Alaska Native clients.



**TIP 63: Medications for Opioid Use Disorder** (<https://store.samhsa.gov/product/PEP20-02-01-006>): TIP 63 introduces the three U.S. Food and Drug Administration (FDA)-approved medications for OUD treatment and explains their use in general medical settings. It includes practical guidelines and clinical tools for OUD screening, assessment, diagnosis, treatment planning, and referral to recovery support services.

### Other Agency Publications

**American Academy of Pediatrics, Substance Use Screening, Brief Intervention, and Referral to Treatment** (<https://pediatrics.aappublications.org/content/138/1/e20161211>): This resource provides policy and clinical guidance to help pediatricians incorporate screening, brief intervention, and referral to treatment for substance misuse among adolescent patients.

**American Addiction Centers, How to Help a Meth Addict** (<https://drugabuse.com/methamphetamine/how-to-help-an-addict/>) and **Meth Addiction, Abuse, and Treatment** (<https://americanaddictioncenters.org/meth-treatment>): These guides offer an overview of the nature and signs of MA misuse, discuss effective ways to approach a loved one who may be misusing MA, discuss the types of treatment available, and provide resources for individuals and families who are seeking help for SUD.

**Boston Public Health Commission's Needle Exchange Program, Access Harm Reduction Overdose Prevention and Education (AHOPE), Program Participant Guide** (<https://www.bphc.org/whatwedo/Recovery-Services/services-for-active-users/Documents/Client%20Manual%20FINAL.pdf>): The AHOPE Needle Exchange Program was created to reduce the spread of infectious diseases like HIV/AIDS, hepatitis C, and tuberculosis among individuals who inject illicit drugs, as well as their sexual and drug use partners. The guide focuses on "safer" drug use and injection practices and provides information about the health risks of injecting illicit drugs, overdose prevention, and services available to people who use illicit drugs.

**Centers for Disease Control and Prevention (CDC), Viral Hepatitis Webpage** (<https://www.cdc.gov/hepatitis/index.htm>): This webpage provides a broad range of information on viral hepatitis, including a definition of all strains (A through E), hepatitis trends in the United States, national and global prevalence statistics, and resources for treatment and prevention.

**Government of South Australia, SA Health, Acute Presentations Related to Methamphetamine Use: Clinical Guideline for Adults** (<https://www.sahealth.sa.gov.au/wps/wcm/connect/b1f536a1-eb41-469c-997c-ed5a67fd4a29/+Guideline+Management+acute+methamphetamine+v2.0+03.06.2019.pdf?MOD=AJPERES&mp;CACHEID=ROOTWORKSPACE-b1f536a1-eb41-469c-997c-ed5a67fd4a29-nqXZ1er>): This statewide guideline aims to promote best practice management of adult patients who present to urgent care in an agitated state. It promotes the use of a standardized assessment for the possible use of MA or related substances, while using the AGRO+ approach for safely and respectfully de-escalating the agitated behavior of the patient.

**National Harm Reduction Coalition, Getting Off Right: A Safety Manual for Injection Drug Users** (<https://harmreduction.org/issues/safer-drug-use/injection-safety-manual/>): This step-by-step guide to safer drug injection focuses on how to avoid disease, reduce accident and injury, and recognize and respond to overdose. It also covers the potential health complications of injecting drugs.

**Minnesota Department of Health, Opioids: Social Determinants of Substance Use & Overdose Prevention** (<https://www.health.state.mn.us/communities/opioids/prevention/socialdeterminants.html>): This webpage provides an overview of social determinants of health, and discusses the ways in which individual, interpersonal, community, and societal determinants can influence an individual's use or misuse of substances.

**NAADAC, the Association for Addiction Professionals: Counseling African Americans With Substance Use Disorders** ([https://www.naadac.org/assets/2416/2015-06-04\\_counseling\\_african\\_americans\\_with\\_suds\\_webinarslides.pdf](https://www.naadac.org/assets/2416/2015-06-04_counseling_african_americans_with_suds_webinarslides.pdf)):

This PowerPoint presentation showcases tools that can help practitioners work more effectively with African American clients who are dealing with chemical dependency and other SUDs.

**National Center on Substance Abuse and Child Welfare, Children Affected by Methamphetamine Program: Implementation Progress and Performance Measurement Report** (<https://ncsacw.samhsa.gov/topics/methamphetamine.aspx>):

This page offers resources and guidelines for meeting the needs of parents and children affected by MA use, including this summary report for a grant program focused on providing services to children ages 0–17 and their families.

**NIDA, Methamphetamine Resource Report** (<https://www.drugabuse.gov/download/37620/methamphetamine-research-report.pdf?v=f6a96a8721a56a0f765889a3d3e678c7>):

Revised in October 2019, this report provides an overview of the latest scientific findings on MA, including short- and long-term health consequences, effects on pregnancy, and prevention and treatment options.

**NIDA, Mind Matters: The Body's Response to Prescription Stimulants** (<https://teens.drugabuse.gov/teachers/lessonplans/mind-matters-bodys-response-prescription-stimulants>):

This colorful booklet is designed for educators of fifth- through ninth-graders, to help teach students about the uses of prescription stimulants and the dangers of misusing these drugs.

**NIDA, Prescription Stimulant Medications (Amphetamines)** (<https://teens.drugabuse.gov/drug-facts/prescription-stimulant-medications-amphetamines>):

This publication provides an overview of prescription stimulants, how misuse of these drugs can occur, the risks of overdose, and how to find treatment for misuse, as well as links to resources for educators.

**NIDA, Prescription Stimulants DrugFacts** (<https://www.drugabuse.gov/publications/drugfacts/prescription-stimulants>):

This publication provides an overview of prescription stimulants, how they can be misused, the risks of overdose, and how to get treatment for misuse of these drugs.

**NIDA, Principles of Drug Addiction Treatment: A Research-Based Guide (Third Edition), Community Reinforcement Approach**

**Plus Vouchers (Alcohol, Cocaine, Opioids)**

(<https://www.drugabuse.gov/publications/principles-drug-addiction-treatment-research-based-guide-third-edition/evidence-based-approaches-to-drug-addiction-treatment/behavioral-therapies/community-reinforcement-approach-vouchers>):

This resource describes the Community Reinforcement Approach (CRA) Plus Vouchers, an intensive 24-week outpatient therapy that combines counseling, vocational services, recreational and social activities, and material incentives to help patients maintain abstinence.

**NIDA, Principles of Drug Addiction Treatment: A Research-Based Guide (Third Edition), Contingency Management Interventions/**

**Motivational Incentives (Alcohol, Stimulants, Opioids, Marijuana, Nicotine)**

(<https://www.drugabuse.gov/publications/principles-drug-addiction-treatment-research-based-guide-third-edition/evidence-based-approaches-to-drug-addiction-treatment/behavioral-therapies/contingency-management-interventions-motivational-incentives>):

This resource briefly summarizes how to implement two approaches to CM, Voucher-Based Reinforcement and Prize Incentives CM.

**Oregon Post Adoption Resource Center, Parenting Children Who Have Been Exposed to Methamphetamine: A Brief Guide for**

**Adoptive, Guardianship, and Foster Parents**

(<https://www.ohsu.edu/sites/default/files/2019-06/Parenting-Children-Who-Have-Been-Exposed-to-Methamphetamine.pdf>):

This guide provides an overview of MA and its pre- and postnatal effects on children. It also offers guidance to parents who are caring for children who were exposed to MA.



**Rural Health Information Hub, *Substance Use and Misuse in Rural Areas* Webpage** (<https://www.ruralhealthinfo.org/topics/substance-use>):

This webpage answers frequently asked questions regarding substance use and misuse in rural areas, addresses prevalence and usage trends in these areas, and provides links to prevention and treatment resources.

**UCLA, Integrated Substance Abuse Programs, *A Treatment Manual for Implementing Contingency Management*** ([http://www.uclaisap.org/assets/documents/Manual%20for%20Implementing%20Contingency%20Management\\_11-8-2011%20clean.pdf](http://www.uclaisap.org/assets/documents/Manual%20for%20Implementing%20Contingency%20Management_11-8-2011%20clean.pdf)): This online treatment manual describes how to implement a CM program for individuals who were recently paroled and are seeking SUD treatment in the community.

**United Nations Office on Drugs and Crime, *Treatment of Stimulant Use Disorders: Current Practices and Promising Perspectives*** ([https://www.unodc.org/documents/drug-prevention-and-treatment/Treatment\\_of\\_PSUD\\_for\\_website\\_24.05.19.pdf](https://www.unodc.org/documents/drug-prevention-and-treatment/Treatment_of_PSUD_for_website_24.05.19.pdf)): This discussion paper describes the physical and behavioral consequences of using stimulants for both medical and illicit purposes, explains stimulant use disorder, and provides information on evidence-based treatment interventions.

**U.S. Department of Health and Human Services, *Facing Addiction in America: The Surgeon General's Report on Alcohol, Drugs, and Health*** (<https://addiction.surgeongeneral.gov/sites/default/files/surgeon-generals-report.pdf>):

This report alerts the American public about the burden of substance misuse in communities, the effects of government policies on prevention and treatment, and opportunities for increasing access to treatment for all those affected by SUDs.

**U.S. Department of Housing and Urban Development (HUD), *Housing First in Permanent Supportive Housing Brief*** (<https://www.hudexchange.info/resource/3892/housing-first-in-permanent-supportive-housing-brief/>): This brief for supportive housing providers is a high-level summary of the Housing First approach and offers some initial steps for providers interested in adopting it.

**U.S. Department of Justice/Drug Enforcement Administration, *Drug Fact Sheet—Methamphetamine***

([https://www.dea.gov/sites/default/files/2020-06/Methamphetamine-2020\\_0.pdf](https://www.dea.gov/sites/default/files/2020-06/Methamphetamine-2020_0.pdf)): This fact sheet provides an overview of MA, including its origin, common names, effects on the brain and body, and the risks of misuse and overdose.

**HUD, *The 2019 Annual Homeless Assessment Report (AHAR) to Congress*** (<https://www.huduser.gov/portal/sites/default/files/pdf/2019-AHAR-Part-1.pdf>): This report outlines key findings of the 2019 Point-In-Time count and Housing Inventory count, which provides national, state, and local estimates of overall homelessness and subgroup-specific data.

**World Health Organization, *International Classification of Diseases, Clinical Modification (ICD–CM)*** (under “Coding” at <https://www.cms.gov/Medicare/Medicare>): Providers can use criteria from this publication to confirm patient diagnoses and to determine treatment codes for proper reimbursement. (The current version at the time of this TIP update’s publication was ICD-10-CM.)

**Yale University Psychotherapy Development Center, *Contingency Management: Using Motivational Incentives to Improve Drug Abuse Treatment*** (<http://lib.adai.washington.edu/ctnlib/PDF/CMmanual.pdf>): Research on the use of CM interventions shows the efficacy of providing tangible incentives to clients who are targeting distinct behaviors on their journey to achieving recovery from SUDs. This publication provides an overview of research findings and guides practitioners on applying CM strategies across clinical settings.

## Treatment Locators

**SAMHSA's Behavioral Health Treatment Services Locator** (<https://findtreatment.samhsa.gov/>): This confidential and anonymous information source is for people seeking facilities for treating mental disorders and/or SUDs in the United States or U.S. territories. It also offers information about treatment options and how to pay for treatment.

**SAMHSA's National Directory of Drug and Alcohol Abuse Treatment Facilities, 2019** (<https://www.samhsa.gov/data/report/national-directory-drug-and-alcohol-abuse-treatment-facilities-2019>):

This directory provides a comprehensive list of state-certified substance use and mental disorder treatment facilities that responded to the 2018 National Survey of Substance Abuse Treatment Services. It lists SUD agencies and individual treatment facilities by city and state.

**NIAAA Alcohol Treatment Navigator** (<https://alcoholtreatment.niaaa.nih.gov/>): This resource provides information about treatment for alcohol misuse and how to choose a high-quality treatment provider, center, or program for alcohol use disorder.

**VA SUD Program Locator** (<https://www.va.gov/directory/guide/SUD.asp>): This webpage lets users search by state for VA medical centers that offer specialized SUD treatment.

## Client and Family Resources

### Organizations

**SAMHSA's National Helpline** (<https://www.samhsa.gov/find-help/national-helpline>; 1-800-662-HELP [4357]; 1-800-487-4889 [TTY]): This helpline provides free treatment referral and relevant information for individuals who need help dealing with substance misuse or mental illness. Phone lines are staffed 24 hours a day by information specialists who can respond in English or Spanish. All calls to the helpline are free and confidential.

**Anxiety & Depression Association of America (ADAA)** (<https://adaa.org>): ADAA promotes awareness of anxiety disorders and depression and supports scientific innovation in treatment. The website contains information and links to education, treatment, resources, and support for consumers, the public, and treatment providers.

**Association of Recovery Community Organizations (ARCO)** (<https://facesandvoicesofrecovery.org/arco/>): ARCO supports a growing network of local, regional, and statewide recovery community organizations (RCOs). It links RCOs with local and national allies and provides training and technical assistance to recovery groups.

**Attention Deficit Disorder Association (ADDA)** (<https://add.org>): ADDA is an international nonprofit organization founded to help adults with attention deficit/hyperactivity disorder (ADHD) lead better lives. ADDA brings together scientific perspectives and lived experiences to generate hope, awareness, empowerment, and connections in the field of ADHD.

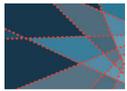
**Defense Health Agency (DHA)** (<https://www.health.mil/About-MHS/OASDHA/Defense-Health-Agency>): DHA is a joint, integrated combat support agency and the healthcare delivery arm of the Military Health System (<https://www.health.mil>). It supports the delivery of integrated, affordable, and high-quality health services and manages a global healthcare network of military hospitals and clinics.

**Learn to Cope** (<https://www.learn2cope.org/>): This secular mutual-support group offers education, resources, and peer support for families of people with SUDs, focusing on OUD. It maintains an online forum and convenes groups in several states.

**Legal Action Center (LAC)** (<https://www.lac.org>): LAC offers information about the rights of people with criminal records, HIV/AIDS, and SUDs.

**Mental Health America** (<https://www.mhanational.org/>): This nonprofit, community-based organization aims to improve public knowledge of mental disorders and enhance prevention and treatment strategies. It is composed of more than 200 affiliates in 41 states, 6,500 affiliate staff members, and more than 10,000 volunteers.

**National Alliance on Mental Illness (NAMI)** (<https://www.nami.org/Home>): NAMI is the largest grassroots educational, peer support, and mental health advocacy organization in the United States. Founded in 1979 by a group of family members of people with mental disorders, it has grown to become an association of hundreds of local affiliates, state organizations, and volunteers.



**National Coalition Against Prescription Drug Abuse (NCAPDA)** ([www.ncapda.org](http://www.ncapda.org)): NCAPDA is a nonprofit, volunteer-based organization established to prevent prescription SUD and overdose deaths through community education and policy change at the local, state, and national levels. Its goal is to network with similar organizations and like-minded agencies throughout the country to share best practices, develop and share useful material resources, and establish and implement a cohesive, nationwide education campaign around medication safety.

**National Council on Alcoholism and Drug Dependence of the Central Mississippi Area (NCADD)** (<https://ncaddms.org>): NCADD offers a variety of publications and resources and has a nationwide network of nearly 100 affiliates. These affiliates provide information and referrals to local services, including counseling and treatment.

**National Empowerment Center** (<https://power2u.org/>): The center has an extensive resource list that includes a directory of consumer-run organizations, peer support, and webinars.

**National Suicide Prevention Lifeline** (<https://suicidepreventionlifeline.org/>; 1-800-273-8255): Funded by SAMHSA, this national network of local crisis centers offers free and confidential support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week.

**Parents of Addicted Loved Ones (PAL)** (<https://palgroup.org/>): This organization provides secular support group meetings for parents who have a child with an SUD. PAL hosts in-person meetings in some locations, as well as online and phone meetings.

## Mutual-Help Programs

**Al-Anon Family Groups** (<https://al-anon.org/>): Al-Anon meetings allow friends and family members of people who misuse substances to share their experiences and learn how to apply the principles of the Al-Anon program to their individual situations.

**Alcoholics Anonymous® (AA)** (<https://www.aa.org/>): The AA website offers information about alcohol misuse and links to local resources that list AA meetings for people who misuse alcohol and want to stop. AA sponsors provide personal support from individuals with lived experience following 12-Step principles.

**Cocaine Anonymous® (CA) World Services, Inc.** (<https://ca.org/>): CA is a mutual-help program for people with cocaine use disorder. It follows the 12-Step principles and offers meetings worldwide.

**Crystal Meth Anonymous® (CM-Anon)** (<https://www.crystalmeth.org/>): CM-Anon is a fellowship program for people who use crystal meth and is based on the 12-Step principles. It includes a 24-hour helpline and has a directory of online and in-person meetings worldwide.

**Emotions Anonymous (EA)** (<http://emotionsanonymous.org/>): EA is a 12-Step fellowship based on AA principles for people with emotional difficulties (not only clinical mental disorders). Groups are located in more than 30 countries and are available through Skype and phone meetings.

**Faces & Voices of Recovery, Mutual Aid Resources** (<https://facesandvoicesofrecovery.org/resources/mutual-aid-resources/>): Faces & Voices of Recovery offers information on mutual-help organizations in the following categories: 12-Step groups; alcohol use; co-occurring health conditions; faith-based organizations; family-, friend-, and youth-focused groups; gender-specific meetings; medication-assisted treatment; and secular groups.

**Nar-Anon Family Groups** (<https://www.nar-anon.org/>): Nar-Anon group meetings are for friends and family members of people misusing narcotics and other substances. Group members share their experiences and learn to apply the 12-Step principles to their lives. Nar-Anon offers individualized support from experienced members acting as sponsors.

**Narcotics Anonymous (NA) World Services** (<https://www.na.org/>): NA is a global, community-based organization with a multilingual, multicultural membership that supports SUD recovery via a 12-Step program, including regular group meetings. This ongoing support network helps participants maintain a drug-free lifestyle.

**National Mental Health Consumers' Self-Help Clearinghouse** (<https://www.mhselfhelp.org/>): This clearinghouse offers a resource kit featuring the names and contact information of treatment and mutual-help support services that address SUDs and cooccurring disorders.

**Partnership to End Addiction** (<https://drugfree.org/>): Partnership to End Addiction is an online resource for families of individuals who use drugs, including stimulants. In addition to educational resources, the website includes a helpline, an online support community, peer-to-peer parent coaching, online skill-building courses, and a text message program that provides customized messages and resources. Resources are available in Spanish.

**Pills Anonymous World Service** (<https://www.pillsanonymous.org/>): This 12-Step mutual-help fellowship holds regular meetings for individuals in recovery from SUDs involving medication. Meeting participants share their experiences, build their strengths, and offer hope for recovery to one another.

**Recoveries Anonymous** (<https://www.r-a.org/>): This 12-Step mutual-help fellowship welcomes people with a broad range of problems, from SUDs to mental disorders to “problem behaviors” (e.g., compulsive spending, risk-taking, suicidal behaviors).

**Secular Organizations for Sobriety (SOS)** (<http://www.sossobriety.org/>): SOS is a nonprofit network of autonomous, nonprofessional local groups whose focus is on using a secular approach to maintaining abstinence from alcohol, other drugs, or other types of addictive behaviors.

**SMART Recovery®** (<https://www.smartrecovery.org/>): The SMART Recovery website provides information about the organization's science-based and self-empowering program, training opportunities, and a searchable database of local and online meetings in the United States and abroad.

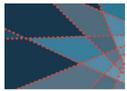
**The Trevor Project** (<https://www.thetrevorproject.org/>): The Trevor Project provides crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, and queer & questioning (LGBTQ) young people age 24 and younger. The organization offers no-cost, judgment-free, online, hotline, and chat/text services that are available 24/7 to young people who want to socially network, are in crisis, or have questions about sexual orientation, gender identity, and other topics.

**Women for Sobriety (WFS)** (<https://womenforsobriety.org/>): WFS is a recovery program based on women's unique emotional needs. It focuses on helping women with SUDs begin and maintain recovery. WFS has certified moderators and chat leaders who facilitate mutual-help groups online and in person, as well as phone volunteers available for one-on-one support.

## Laws and Regulations

**SAMHSA, Fact Sheet: SAMHSA 42 CFR Part 2 Revised Rule** (<https://www.hhs.gov/about/news/2020/07/13/fact-sheet-samhsa-42-cfr-part-2-revised-rule.html>): This resource provides a summary of changes to 42 CFR Part 2 (made in response to the opioid epidemic) pertaining to patient records in federally assisted SUD treatment programs.

**SAMHSA, Substance Abuse Confidentiality Regulations** (<https://www.samhsa.gov/about-us/who-we-are/laws-regulations/confidentiality-regulations-faqs>): This webpage provides information about consent and confidentiality regulations pertaining to release of patient records for SUD, as codified in 42 CFR Part 2 (revised).



CDC, Public Health Professionals Gateway, Health Insurance Portability and Accountability Act of 1996 (HIPAA) (<https://www.cdc.gov/phlp/publications/topic/hipaa.html#:~:text=The%20Health%20Insurance%20Portability%20and,the%20patient's%20consent%20or%20knowledge>): This webpage explains HIPAA standards, which require healthcare providers to protect sensitive patient health information from being disclosed without the patient's consent or knowledge.

**Comprehensive Addiction and Recovery Act of 2016** (<https://www.congress.gov/bill/114th-congress/senate-bill/524/text>): This legislation authorizes grant programs designed to expand SUD (especially OUD) prevention, education, treatment, and recovery efforts. The Act includes provisions explicitly aimed at supporting such efforts in communities facing sudden increases in MA use.

**Drug Addiction Treatment Act of 2000** (<https://www.congress.gov/bill/106th-congress/house-bill/2634>): This legislation, as amended, allows healthcare professionals who meet certain qualifications to offer FDA-approved narcotic medication treatment for OUD in settings other than opioid treatment programs. (At the time of this publication, buprenorphine is the only approved medication that meets the provisions of the Act.) This is relevant for patients with stimulant use disorder who are also using opioids and wish to initiate buprenorphine treatment. For statutory changes expanding buprenorphine prescribing, see <https://www.samhsa.gov/medication-assisted-treatment/statutes-regulations-guidelines>.

**Fair Sentencing Act of 2010** (<https://www.congress.gov/bill/111th-congress/senate-bill/1789>): This Act reduced the 5- to 10-year "mandatory minimum" prison sentence for possession of low-level crack cocaine. It also removed the mandatory minimum for simple possession of cocaine.

U.S. Department of Justice, Drug Enforcement Administration, Diversion Control Division, Combat Methamphetamine Epidemic Act of 2005 (CMEA) (<https://www.deadiversion.usdoj.gov/meth/index.html>): This webpage interprets CMEA, the federal legislation that bans over-the-counter sales of cold medicines containing ingredients that are commonly used in the manufacture of MA, such as pseudoephedrine. It also limits the amount of these products that can be purchased at one time and tracks purchasers.

**21st Century Cures Act:** (<https://www.congress.gov/114/plaws/publ255/PLAW-114publ255.pdf>): Passed in 2016, this Act was intended to help increase the speed and efficiency of the discovery, development, and delivery of medical cures. It provides U.S. research and healthcare delivery institutions, such as FDA and the National Institutes of Health, with funding to improve clinical trials, enhance data sharing, increase the recruitment of participants in clinical trials, and launch innovative research projects. It also established the State Targeted Response to the Opioid Crisis grant program.

## Additional Resources

**SAMHSA, Suicide Safe Mobile App** (<https://store.samhsa.gov/product/suicide-safe>): Based on SAMHSA's "Suicide Assessment Five-Step Evaluation and Triage" (SAFE-T) card (<https://store.samhsa.gov/product/SAFE-T-Pocket-Card-Suicide-Assessment-Five-Step-Evaluation-and-Triage-for-Clinicians/sma09-4432>), the Suicide Safe mobile app is designed to help providers integrate suicide prevention strategies into their practice and address suicide risk among their patients. The app offers tips on how to communicate effectively with patients and their families, determine appropriate next steps, and make referrals to treatment and community resources. The app is free and can be downloaded from Google Play or the Apple App Store.

**American Journal of Psychiatry, Prevalence and Correlates of Prescription Stimulant Use, Misuse, Use Disorders, and Motivations for Misuse Among Adults in the United States** (<https://ajp.psychiatryonline.org/doi/10.1176/appi.ajp.2018.17091048>): Published in the April 2018 issue of *The American Journal of Psychiatry*, this article examines data from the 2015 and 2016 releases of the National Survey on Drug Use and Health to establish prevalence rates of prescription stimulant use and misuse, motivations and demographics underlying stimulant misuse, and common sources (other than a legitimate prescription) that users access to acquire stimulants.

**Authentic Happiness** (<https://www.authentichappiness.sas.upenn.edu>): Authentic Happiness is a University of Pennsylvania website developed by the Positive Psychology Center (<https://ppc.sas.upenn.edu>) to provide free learning resources about Positive Psychology, including readings, videos, research, conferences, questionnaires with feedback, and more. Positive Psychology is the scientific study of the strengths and virtues that enable individuals and communities to thrive.

**DHA Solution Delivery Division, T2 Mood Tracker Mobile App:** The T2 Mood Tracker mobile app allows users to monitor and track their emotional health. Developed as a tool for service members to record and review their behavior changes, particularly after combat deployments, it has become popular with civilian users, as well. The app allows users to record a range of emotions for anxiety, depression, head injury, stress, posttraumatic stress, and general well-being. An overview of the app is available from the DHA Solution Delivery Division's "Web and Mobile Technology" menu (<https://health.mil/About-MHS/OASDHA/Defense-Health-Agency/Information-Operations-J6/Solution-Delivery-Division>), and the app is available for download from Google Play (<https://play.google.com/store/apps/details?id=com.t2.vas>) or the Apple App Store (<https://apps.apple.com/us/app/t2-mood-tracker/id428373825>).

**DHA Solution Delivery Division, Virtual Hope Box Mobile App:** The Virtual Hope Box mobile app is designed for patients and their behavioral health providers as an accessory to treatment. The app contains simple tools to help patients with coping, relaxation, distraction, and positive thinking. Patients and providers can work together to personalize the app's content on the patient's smartphone according to the patient's specific needs. An overview of the app is available from the DHA Solution Delivery Division's "Web and Mobile Technology" menu (<https://health.mil/About-MHS/OASDHA/Defense-Health-Agency/Information-Operations-J6/Solution-Delivery-Division>), and the app can be downloaded from Google Play (<https://play.google.com/store/apps/details?id=com.t2.vhb&hl=en&gl=US>) or the Apple App Store (<https://apps.apple.com/us/app/virtual-hope-box/id825099621>).

**Physician Health Services, Inc., Risks of Stimulant Misuse** ([http://www.massmed.org/Physician\\_Health\\_Services/Education\\_and\\_Resources/Risks\\_of\\_Stimulant\\_Misuse/#.X8VOFUBfw2x](http://www.massmed.org/Physician_Health_Services/Education_and_Resources/Risks_of_Stimulant_Misuse/#.X8VOFUBfw2x)): This webpage discusses the use of prescription stimulants to manage ADHD, along with the clinical and personal reasons that may influence a young person or adult to misuse these drugs.

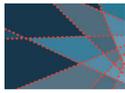
**Psychiatric Times, Issues Pertaining to Misuse of ADHD Prescription Medications** (<https://www.psychiatrictimes.com/view/issues-pertaining-misuse-adhd-prescription-medications>): Published in September 2018, this article discusses the use of prescription stimulants to manage ADHD, the characteristics and co-presenting conditions in both young people and adults that may predispose them to substance misuse, and how these factors impact diagnostic and prescribing decisions.

**VA, PTSD Coach Mobile App** ([https://www.ptsd.va.gov/appvid/mobile/ptsdcoach\\_app.asp#:~:text=PTSD%20Coach%20is%20a%20free%20and%20publicly%20available,is%20not%20intended%20to%20replace%20needed%20professional%20care](https://www.ptsd.va.gov/appvid/mobile/ptsdcoach_app.asp#:~:text=PTSD%20Coach%20is%20a%20free%20and%20publicly%20available,is%20not%20intended%20to%20replace%20needed%20professional%20care)): The PTSD Coach app can help individuals learn about and manage symptoms that often occur after trauma. Features include reliable information on PTSD and treatments that work, tools for screening and tracking symptoms, convenient, easy-to-use tools to help manage stress symptoms, and direct links to support and help.

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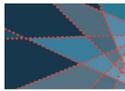
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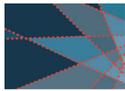
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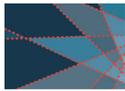
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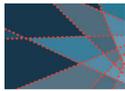
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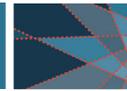


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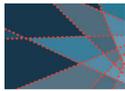


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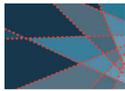
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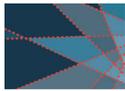
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