

APPENDIX C.

RESOURCE GUIDE



U.S. Department of Health and Human Services Resources and Publications: 2013-2016

Topic	Title	Description	Target Audience
ADHD and Substance Use Disorders	<u>SAMHSA Advisory: Adults With Attention Deficit Hyperactivity Disorder and Substance Use Disorders</u>	This <i>Advisory</i> defines ADHD in adults. It discusses the interaction and relationship between ADHD and substance use disorders and provides information on screening for ADHD in adults, treatment of co-occurring ADHD and substance use disorders, and prevention of stimulant abuse in clients with ADHD.	Primary Care Doctors, Nurses, Drug and Alcohol Counselors, Mental Health Clinicians
Complementary Health Approaches	<u>SAMHSA Advisory: Complementary Health Approaches: Advising Clients About Evidence and Risks</u>	This <i>Advisory</i> provides behavioral health practitioners a brief overview of complementary health approaches, gives examples of the types of practices and products considered complementary, and discusses how practitioners can offer guidance to clients regarding the benefits and risks of adopting such approaches.	Prevention Professionals, Public Health Professionals, People with Substance Use or Misuse Problems, People with Alcohol Use or Misuse Problems, People with Mental Health Problems, Patients

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Cultural Competence	<u>TIP 59: Improving Cultural Competence</u>	This <i>Treatment Improvement Protocol (TIP)</i> uses a multidimensional model for developing cultural competence. Adapted to address cultural competence across behavioral health settings, this model serves as a framework for targeting three organizational levels of treatment: individual counselor and staff, clinical and programmatic, and organizational and administrative. The chapters target specific racial, ethnic, and cultural considerations along with the core elements of cultural competence highlighted in the model. These core elements include cultural awareness, general cultural knowledge, cultural knowledge of behavioral health, and cultural skill development.	Professional Care Providers, Program Planners, Administrators, Project Managers
Disaster Planning	<u>TAP 34: Disaster Planning Handbook for Behavioral Health Treatment Programs</u>	This <i>Technical Assistance Publication (TAP)</i> offers guidance in creating a disaster preparedness and recovery plan for programs that provide treatment for mental illness and substance use disorders. It also covers the planning process, preparing for disaster, roles and responsibilities, training, and testing.	Professional Care Providers, Disaster Response Workers, Program Planners, Administrators, Project Managers
Gambling	<u>SAMHSA Advisory: Gambling Problems: An Introduction for Behavioral Health Services Providers</u>	This <i>Advisory</i> provides an introduction to pathological gambling, gambling disorder, and problem gambling; it also explores their links with substance use disorders. It describes tools available for screening and diagnosis of gambling disorder as well as strategies for treating people with gambling problems.	Drug and Alcohol Counselors, Mental Health Clinicians, Peer Counselors
Homelessness	<u>TIP 55: Behavioral Health Services for People Who Are Homeless</u>	This <i>TIP</i> is for behavioral health service providers and program administrators who want to work more effectively with people who are homeless or at risk of homelessness and who need, or are currently in, substance use disorder or mental health treatment. The <i>TIP</i> addresses treatment and prevention issues. The approach advocated by the <i>TIP</i> is integrated and is aimed at providing services to the whole person to improve quality of life in all relevant domains.	Public Officials, Public Health Professionals, Program Planners, Administrators, Project Managers, Professional Care Providers, Non-Profits & Faith-Based Organizations, Community Coalitions

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Medication-Assisted Treatment	<u>CMCS Informational Bulletin: Medication Assisted Treatment for Substance Use Disorders</u>	This <i>Bulletin</i> highlights the use of FDA-approved medications in combination with evidence-based behavioral therapies, commonly referred to as “Medication Assisted Treatment” (MAT), to help persons with substance use disorders (SUD) recover in a safe and cost-effective manner. Specifically, the <i>Bulletin</i> provides background information about MAT, examples of state-based initiatives, and useful resources to help ensure proper delivery of these services.	People with Substance Use or Misuse Problems, People in Recovery, People in Treatment
Medication-Assisted Treatment	<u>DrugFacts: Treatment Approaches for Drug Addiction</u>	This website describes research findings on effective medication and behavioral treatment approaches for drug addiction and discusses special considerations for the criminal justice setting.	General public
Medication-Assisted Treatment	<u>In Brief: Adult Drug Courts and Medication-Assisted Treatment for Opioid Dependence</u>	This <i>In Brief</i> highlights the use of MAT for opioid dependence in drug courts. It reviews effective medications, including methadone, buprenorphine, and naltrexone and provides strategies to increase the use of MAT in drug court programs.	Public Health Professionals, Program Planners, Administrators, Project Managers, Policymakers, Public Officials
Medication-Assisted Treatment	<u>MATx Mobile App</u>	This mobile app supports the practice of health care practitioners who provide MAT. MATx features include resources to support ongoing MAT practices, guidance on attaining a Drug Addiction Treatment Act of 2000 (DATA) waiver for treatment with buprenorphine, and tips for conducting effective patient assessments.	Physicians
Medication-Assisted Treatment	<u>Medication-Assisted Treatment of Opioid Use Disorder Pocket Guide</u>	This pocket guide offers guidelines for physicians using MAT for patients with opioid use disorder. It includes a checklist for prescribing medication, approved medications in the treatment of opioid use disorder, screening and assessment tools, and best practices for patient care.	Physicians
Medication-Assisted Treatment	<u>Medication for the Treatment of Alcohol Use Disorder: A Brief Guide</u>	This guide provides evidence on the effectiveness of available medications for the treatment of alcohol use disorder and guidance for the use of medications in clinical practice.	Physicians

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Opioid Prevention	CMCS Informational Bulletin: Best Practices for Addressing Prescription Opioid Overdoses, Misuse and Addiction	This <i>Bulletin</i> highlights emerging Medicaid strategies for preventing opioid-related harms and provides background information on overdose deaths involving prescription opioids, describes several Medicaid pharmacy benefit management strategies for mitigating prescription drug abuse and discusses strategies to increase the provision of naloxone to reverse opioid overdose, thereby reducing opioid-related overdose deaths. Wherever possible, the <i>Bulletin</i> provides examples of methods states can use to target the prescribing of methadone for pain relief, given the disproportionate share of opioid-related overdose deaths associated with methadone when used as a pain reliever.	People with Substance Use or Misuse Problems, People in Recovery, People in Treatment
Opioid Prevention	Opioid Overdose Prevention Toolkit (updated 2016)	This toolkit provides guidance to develop practices and policies to help prevent opioid-related overdoses and deaths.	Health Care Professionals, First Responders, Treatment Providers, Local Governments, Communities, Those Recovering from Opioid Overdose
Opioid Prevention	Opioid and Pain Management CMEs/ CEs: Safe Prescribing for Pain and Managing Pain Patients Who Abuse Rx Drugs	These CME courses developed by NIDA and Medscape Education, with funding from the White House Office of National Drug Control Policy provide practical guidance for physicians and other clinicians in screening pain patients for substance use disorder risk factors before prescribing, and in identifying when patients are abusing their medications.	Health Care Professionals
Recovery	Motivation for Change: John's Story—Consequences of His Heavy Drinking and His Recovery	This comic book/fotonovela uses photographs with captions to help the reader recognize the dangers people face when they have a substance use disorder. It tells the troubles of a family as the son, John, faces his substance use problem, enters treatment, and moves into recovery.	People with Alcohol Use or Misuse Problems, People With Substance Use or Misuse Problems

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Recovery	<u><i>You Can Manage Your Chronic Pain To Live a Good Life: A Guide for People in Recovery from Mental Illness or Addiction</i></u>	This consumer brochure equips people who have chronic pain and mental illness or addiction with tips for working with their health care professional to decrease their pain without jeopardizing their recovery. It also explores counseling, exercise, and alternative therapy, as well as medications.	People in Recovery, People in Treatment
Screening and Brief Intervention	<u><i>Alcohol Screening and Brief Intervention for Youth: A Practitioner's Guide</i></u>	This Guide helps health care professionals who manage the health and well-being of children and adolescents conduct fast, effective alcohol screens and interventions with patients ages 9-18.	Health Care Professionals
Screening and Referral to Treatment	<u><i>SAMHSA Advisory: Hepatitis C Screening in the Behavioral Healthcare Setting</i></u>	This Advisory explains why behavioral health services programs should consider screening clients for Hepatitis C if clients have known risk factors for Hepatitis C viral infection or if they have signs and symptoms of liver disease. The Advisory explains how onsite screening, or referral to screening, can be incorporated into existing intake and monitoring procedures. It also offers guidance on providing clients with viral hepatitis prevention education, counseling, and referral to follow-up evaluation and medical treatment as needed.	Public Health Professionals, Program Planners, Administrators, Project Managers, Health Care Professionals
Screening and Referral to Treatment	<u><i>NIDA Drug Use Screening Tool</i></u>	This tool features a one-question Quick Screen as well as the full NIDA-Modified Alcohol, Smoking and Substance Involvement Screening Test.	Health Care Professionals
Screening, Brief Intervention, and Referral to Treatment	<u><i>TAP 33: Systems-Level Implementation of Screening, Brief Intervention, and Referral to Treatment (SBIRT)</i></u>	This TAP describes core elements of SBIRT programs for people with or at risk for substance use disorders and also describes SBIRT services implementation, covering challenges, barriers, cost, and sustainability.	Public Health Professionals, Program Planners, Administrators, Project Managers, Professional Care Providers, Grant Seekers and Grantees, Public Officials
Substance Misuse and Mental Health	<u><i>In Brief: An Introduction to Co-Occurring Borderline Personality Disorder and Substance Use Disorders</i></u>	This <i>In Brief</i> introduces professional care providers to borderline personality disorder. It covers signs and symptoms, with or without co-occurring substance use disorder; monitoring clients for self-harm and suicide; and referrals to treatment.	Professional Care Providers, Public Health Professionals

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Substance Misuse and Mental Health	National Prevention Week	National Prevention Week is an annual health observance dedicated to increasing public awareness of, and action around, substance use and mental health issues.	Businesses, Communities, Educators, Health Care Professionals, Law Enforcement, Parents and Caregivers, Prevention Specialists, Youth
Substance Misuse and Mental Health	No Longer Alone (A Story About Alcohol, Drugs, Depression, and Trauma): Addressing the Specific Needs of Women	This comic book tells the stories of three women with substance misuse and mental health problems who have received treatment and improved their quality of life. Featuring flashbacks, the fotonovela is culturally relevant and dispels myths around behavioral health disorders.	Adolescents, Young Adults, Mature Adults
Substance Misuse Prevention	Alcohol Overdose: The Dangers of Drinking Too Much	This fact sheet provides information about the signs and symptoms of alcohol overdose.	Individuals
Substance Misuse Prevention	Center for the Application of Prevention Technologies (CAPT)	SAMHSA's CAPT is a national training and technical assistance (T/TA) system committed to strengthening prevention systems and building the nation's behavioral health workforce.	SAMHSA Substance Use Prevention Grantees and Prevention Professionals
Substance Misuse Prevention	CMCS Informational Bulletin: Prevention and Early Identification of Mental Health and Substance Use Conditions	This Bulletin helps inform states about resources available to help them meet the needs of children under Early and Periodic Screening, Diagnostic, and Treatment (EPSDT), specifically with respect to mental health and substance use disorder services.	Public Officials
Substance Misuse Prevention	Harmful Interactions	This resource provides information about medications that can cause harm when taken with alcohol and describes the effects that can result.	Adolescents, Young Adults, Mature Adults, Health Care Professionals
Substance Misuse Prevention	Health Education Curriculum Analysis Tool (HECAT) and HECAT Module AOD	This tool can help school districts, schools, and others conduct a clear, complete, and consistent analysis of health education curricula based on the National Health Education Standards and CDC's Characteristics of an Effective Health Education Curriculum. Results of the HECAT can help schools select or develop appropriate and effective health education curricula and improve the delivery of health education. The HECAT can be customized to meet local community needs and conform to the curriculum requirements of the state or school district.	Educators

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Substance Misuse Prevention	Marijuana Facts for Teens and Marijuana Facts Parents Need to Know	The teen booklet is presented in question-and-answer format and provides facts about marijuana and its potential harmful effects. The parent booklet provides important facts about marijuana and offers tips for talking with children about the drug and its potential harmful effects.	Teens, parents, caregivers, general public
Substance Misuse Prevention	National Drug & Alcohol Facts Week	This online guide gives organizers everything they need to plan, promote, and host their own National Drug & Alcohol Facts Week (NDAFW) event. NDAFW is a national health observance for teens to promote local events that use NIDA science to SHATTER THE MYTHS about drugs.	Teens, parents, educators, general public
Substance Misuse Prevention	Principles of Substance Abuse Prevention for Early Childhood	This guide begins with a list of 7 principles addressing the specific ways in which early interventions can have positive effects on development; these principles reflect findings on the influence of intervening early with vulnerable populations, on the course of child development, and on common elements of early childhood programs.	Parents, health care providers, and policymakers
Substance Misuse Prevention	Rethinking Drinking	This website is a tool for individuals who want to assess and/or change their drinking habits.	Individuals, Family Members
Substance Use Disorder Services	CMCS Informational Bulletin: Coverage of Behavioral Health Services for Youth with Substance Use Disorders	This <i>Bulletin</i> , based on evidence from scientific research and the results of a Substance Abuse and Mental Health Services Administration (SAMHSA)-supported technical expert panel consensus process, is intended to assist states to design a benefit that will meet the needs of youth with substance use disorders (SUD) and their families and help states comply with their obligations under Medicaid's Early and Periodic Screening, Diagnostic, and Treatment (EPSDT) requirements. The services described in this document are designed to enable youth to address their substance use disorders, to receive treatment and continuing care and to participate in recovery services and supports. This <i>Bulletin</i> also identifies resources that are available to states to facilitate their work in designing and implementing a benefit package for these youth and their families.	Public Officials

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Substance Use Disorder Services	New Service Delivery Opportunities for Individuals with a Substance Use Disorder	This State Medicaid Director Letter informs states of opportunities to design service delivery systems for individuals with substance use disorder (SUD), including a new opportunity for demonstration projects approved under section 1115 of the Social Security Act (Act) to ensure that a continuum of care is available to individuals with SUD.	Public Officials
Substance Use Disorder Treatment	In Brief: Treating Sleep Problems of People in Recovery From Substance Use Disorders	This <i>In Brief</i> discusses the relationship between sleep disturbances and substance use disorders and provides guidance on how to assess for and treat sleep problems for people in recovery. It also reviews nonpharmacological as well as over-the-counter and prescription medications.	Professional Care Providers
Substance Use Disorder Treatment	Principles of Adolescent Substance Use Disorder Treatment: A Research-Based Guide	This guide presents research-based principles of adolescent substance use disorder treatment; covers treatment for a variety of drugs including, illicit and prescription drugs, alcohol, and tobacco; presents settings and evidence-based approaches unique to treating adolescents.	Professional Care Providers, Administrators, Public Health Professionals, individuals and families
Substance Use Disorder Treatment	Principles of Drug Abuse Treatment for Criminal Justice Populations - A Research-Based Guide	This guide presents research-based principles of addiction treatment that can inform drug treatment programs and services in the criminal justice setting.	Professional Care Providers, Administrators, Public Health Professionals, individuals and families
Substance Use Disorder Treatment	SAMHSA Advisory: Diabetes Care for Clients in Behavioral Health Treatment	This <i>Advisory</i> reviews diabetes and its link with mental illness, stress, and substance use disorders, and it discusses ways to integrate diabetes care into behavioral health treatment, such as screening and intake, staff education, integrated care, and counseling support.	Professional Care Providers, Program Planners, Administrators, Project Managers, Public Health Professionals
Substance Use Disorder Treatment	SAMHSA Advisory: Spice, Bath Salts, and Behavioral Health	This <i>Advisory</i> equips professional health providers with an introduction to spice and bath salts in the context of treating people with substance use disorders and mental illness. It discusses adverse effects of use, patient assessment, and abstinence monitoring, among other issues.	Prevention Professionals, Professional Care Providers, Public Health Professionals, Public Officials

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Substance Use Disorder Treatment	<u>SAMHSA Advisory: Sublingual and Transmucosal Buprenorphine for Opioid Use Disorder: Review and Update</u>	This <i>Advisory</i> provides an overview of data on the use of sublingual (medicine that dissolves under the tongues) and transmucosal (medicine that dissolves between the cheeks and gums) buprenorphine to treat opioid use disorder and discusses the implications of using MAT as a recovery support.	Primary Care Doctors and Nurses, Drug and Alcohol Counselors
Substance Use Disorder Treatment	<u>Seeking Drug Abuse Treatment: Know What To Ask</u>	This guide offers guidance in seeking drug abuse treatment and lists five questions to ask when searching for a treatment program.	General Public
Substance Use Disorder Treatment	<u>TIP 56: Addressing the Specific Behavioral Health Needs of Men</u>	This <i>TIP</i> is a companion to TIP 51, <i>Substance Abuse Treatment: Addressing the Specific Needs of Women</i> . It examines how gender-specific treatment strategies can improve outcomes for men. It also covers differences between men and women in the effects of substance use and misuse and the implications these differences have in behavioral health services. It provides practical information based on available evidence and clinical experience that can help counselors more effectively treat men with substance use disorders.	Public Health Professionals, Program Planners, Administrators, Project Managers, Professional Care Providers, Prevention Professionals, Researchers
Substance Use Disorder Treatment	<u>TIP 51: Substance Abuse Treatment: Addressing the Specific Needs of Women</u>	This <i>TIP</i> assists treatment providers in offering treatment to adult women with substance use disorders. It reviews gender-specific research and best practices, such as common patterns of initiation of substance use among women and specific treatment issues and strategies.	Public Health Professionals, Program Planners, Administrators, Project Managers, Professional Care Providers, Prevention Professionals, Researchers
Substance Use Disorder Treatment	<u>Treatment for Alcohol Problems: Finding and Getting Help</u>	This guide is written for individuals, and their family and friends who are looking for options to address to address alcohol problems.	Individuals, Families, Friends
Suicide Prevention	<u>In Brief: Substance Use and Suicide: A Nexus Requiring a Public Health Approach</u>	This <i>In Brief</i> summarizes the relationship between substance use and suicide and provides state and tribal prevention professionals with information on the scope of the problem, an understanding of traditional barriers to collaboration and current programming, and ways to work together on substance use and suicide prevention strategies.	State and Tribal Prevention Professionals working in the fields of substance use and suicide prevention

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Suicide Prevention	Suicide Prevention Resource Center (SPRC)	SAMHSA’s SPRC provides technical assistance, training, and materials to increase the knowledge and expertise of suicide prevention practitioners and other professionals serving people at risk for suicide. While multiple factors influence suicidal behaviors, substance use—especially alcohol use—is a significant factor that is linked to a substantial number of suicides and suicide attempts.	Professionals in a variety of settings (e.g., tribal communities, schools, colleges and universities, primary care, emergency departments, behavioral health care, workplace, and faith communities)
Technology-Assisted Care	TIP 60: Using Technology-Based Therapeutic Tools in Behavioral Health Services	This TIP provides an overview of current technology-based behavioral health assessments and interventions, and it summarizes the evidence base supporting the effectiveness of such interventions. It also examines opportunities for technology-assisted care (TAC) in the behavioral health arena. It emphasizes use of TAC with clients who might not otherwise receive treatment or whose treatment might be impeded by physical disabilities, rural or remote geographic locations, lack of transportation, employment constraints, or symptoms of mental illness. The TIP covers programmatic, technological, budgeting, vendor selection, data management, privacy and confidentiality, and regulatory considerations likely to arise during adoption of technology-based interventions.	Program Planners, Administrators, Project Managers, Prevention Professionals, Professional Care Providers
Trauma-Informed Care	TIP 57: Trauma-Informed Care in Behavioral Health Services	This TIP presents fundamental concepts that behavioral health service providers and program administrators can use to initiate trauma-related screening and assessment, implement collaborative strengths-based interventions, learn the core principles and practices that reflect trauma-informed care, decrease inadvertent retraumatization, and evaluate and build a trauma-informed organization and workforce.	Professional Care Providers, Program Planners, Administrators, Project Managers
Underage Drinking	College Alcohol Intervention Matrix (CollegeAIM)	This matrix is a resource to help colleges and universities address harmful and underage student drinking. Developed with leading college alcohol researchers and staff, it is an easy-to-use and comprehensive tool to identify effective alcohol interventions.	Higher Education Officials, particularly alcohol and other drug program and student life staff