



A PRACTICAL TOOLKIT FOR

Preventing Drug Overdose and Supporting Recovery in Faith and Community Settings



The Partnership Center

Center for Faith-based and Neighborhood Partnerships
U.S. Department of Health and Human Services

Introduction

The COVID-19 pandemic was experienced with particular hardship among those with substance use disorders. In 2020, the rate of drug overdose deaths accelerated and increased 31% from the year before – usually from opioids – but also increasingly from the use of more than one drug at the same time, or poly substance use.ⁱ

Between the stats and the headlines and, for too many of us, the personal experiences in our homes and communities, the crisis of drug addiction can easily look like a downward, out-of-control spiral.

BUT every day we witness something new and hopeful in the smart, compassionate, and innovative efforts happening in congregations and communities around the country – where people live, work, and worship.

Community members are saving people from dying of overdoses, connecting them to treatment and recovery support programs, bringing restoration to the lives of individuals and families who have suffered the consequences of addiction, and are strengthening the resilience of younger generations.

This toolkit, segmented into six general areas, is intended as a framework for practical actions your community can take to support those in treatment and recovery and lean into the hope of primary prevention efforts- both those that may save a person from overdose or prevent a young person from future misuse.ⁱⁱ

Our hope is that this resource will be useful to your community as it discerns how to best respond to this critical public health crisis.

This toolkit has been informed by conversations and dialogue with faith and community leaders who have, over the years, shared their wisdom and experience with the HHS Partnership Center. The HHS Partnership Center wishes to express our thanks and appreciation to those leaders and their organizations.

*Thank you and your community's willingness to support the journey of recovery.
We are so grateful for your partnership!*

To further complement this toolkit, we recommend:

1. **Signing up** for our monthly e-newsletter or breaking news alerts.
2. **Connecting** with us on social media (Facebook® and Twitter®)
3. **Viewing and sharing** HHS Partnership Center educational videos (YouTube®).
4. **Emailing Partnerships@hhs.gov** with comments, questions, and success stories!



FIND HELP FOR YOUR COMMUNITY

NATIONAL HELPLINE

1-800-662-HELP (4357)

Confidential, free, 24/7 information service, in English and Spanish, providing referrals to local treatment facilities, support groups, and community-based organizations.

FINDTREATMENT.GOV

Find a treatment facility near your community.

NATIONAL SUICIDE PREVENTION LIFELINE

1-800-273-TALK (8255)

Free and confidential support for people in distress, 24/7.

*“We try to keep it simple. Communities need to learn the three R’s: **Recognize** that a person has substance use disorder, **Respond** with informed compassion, and **Refer** them to appropriate support or treatment.” **Pastor Greg Delaney, Recovery Ohio***

PRACTICAL TOOLKIT OVERVIEW

INCREASE AWARENESS

- Substance Use Disorders (SUDs) occur when the recurrent use of alcohol and/or drugs causes clinically significant impairment, including health problems, disability, and failure to meet major responsibilities at work, school, or home.ⁱⁱⁱ Invite local experts to educate your community and diminish the stigma that may prevent a compassionate and supportive response to those with SUDs.
- 62.6 percent of Americans misuse opioids for pain. Promote an understanding of [pain treatment options](#) and management.
- Engage community-based providers of [harm reduction services](#) to help educate community members on these life-saving approaches.
- Invite willing individuals in recovery to share their stories with your community.



OPEN DOORS TO SUPPORT AND COMMUNITY

- Increase the number of “lifelines” in your community by hosting or connecting people to mutual-aid community-based, in-person, or virtual recovery support programs (e.g., NA, AA, Celebrate Recovery, etc.).
- Refer people to [existing](#) recovery support programs in your local community or those offering virtual fellowship and peer support on apps (e.g. [12stepMe.org](#), [In the Rooms](#), [Sober Grid](#), [Rtribe](#), or [WeConnectRecovery](#)).*
- Promote [SAMHSA’s National Helpline](#), 1-800-662-HELP (4357), and [FindTreatment.gov](#) in your newsletters, community calendars, websites, and social media outlets.
- Offer the same welcoming and supportive environment your community would for anyone experiencing a medical and/or chronic condition.



BUILD COMMUNITY CAPACITY

- Connect with local experts to offer [Mental Health First Aid](#)[®], [Question, Persuade, Refer \(QPR\)](#)[®], or [Screening, Brief Intervention, Referral to Treatment \(SBIRT\)](#)[®].
- Coordinate trainings for community members to respond in an emergency and [administer naloxone](#), an FDA- approved opioid overdose-reversal drug.
- Learn the critical connection between recovery and resiliency for people affected by trauma and how to prevent future generations from harm.
- Lift up and train members of your community with lived experience to become [peer coaches](#) that support and guide others seeking recovery.



REBUILD AND RESTORE

- Support individuals and families in restoring their lives by helping to meet basic needs (food, transportation, or hygiene).
- Partner with the local business sector to support people in recovery get back to work or school.
- Offer financial literacy courses or assistance with job readiness that includes reading, writing, and communication skills, or help with securing their GEDs.
- Learn about and use the [SAMHSA's National Helpline](#) and [FindTreatment.gov](#) to refer to treatment or other recovery support services and communities.



SUPPORT A HEALTHY AND RESILIENT FUTURE

- Take CDC's [free on-line curriculum](#) to educate your community and family members on the impact of Adverse Childhood Experiences (ACEs) on future behavior and actions.
- Create or volunteer for mentoring and tutoring programs that help to strengthen the resilience of younger generations.
- Encourage the involvement of teens in your community's response to SUDs, behavioral health issues, and prevention.
- Offer [Youth Mental Health First Aid](#) to raise awareness and identify a youth in crisis—and know how to respond.
- Host youth support programs, such as Smart Recovery Teen & Youth Support Program® or Young People in Recovery.



CONNECT AND COLLABORATE

- Contact your [state or local health department](#)^{iv} to find out when, where, and how to support local efforts.
- Reach out to your local [Community Health Center \(CHC\)](#)^{iv}. CHCs may serve as trusted, long-term partners in addressing the health needs of your community.
- [Find a Drug-Free Communities \(DFC\) Coalition](#) closest to your community to join efforts that address youth substance use and implement local solutions that will build a safe, healthy, and drug-free community.
- Partner with your local residential treatment or recovery programs like Adult and Teen Challenge, Salvation Army, or [others in your community](#) to support residents.
- Join with local social enterprise employers to support employees rebuilding livelihoods and careers.
- Use the [Rural Community Toolbox](#) to access tools, resources for building Drug-free communities in rural America.



FEDERAL RESOURCES

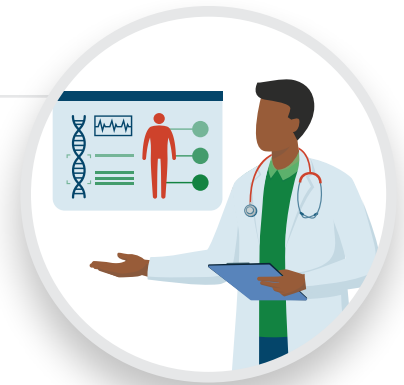
- Share the federal resources in the final section of this toolkit.
- Sign up for our monthly newsletters: Partnerships@HHS.gov and follow us on Twitter®

“Far too often, shame and stigma fuel addiction and prevent treatment. But replacing judgment with compassion can save lives.”^{viii}

Nora Volkow, MD, director of the National Institute on Drug Abuse

Increase Awareness

A West Virginia pastor wisely said, Churches are not neutral bystanders: What they don't say is just as important as what they do say. Silence is not an option.”^{vii}



Finding a supportive community is essential to recovery from Substance Use Disorders (SUDs). However, misunderstandings about SUDs and other behavioral health conditions, can too often stand in the way of a community's willingness to provide the critical support and connections people need to get treatment, find recovery, and even prevent an overdose.

SUDs affect people from all walks of life and all age groups. Helping community members understand that SUDs are common, recurrent, and often serious, but that they are treatable and many people do recover, can be the first step in creating a culture of compassion and support.^{iv}

GETTING STARTED

To help increase awareness, you can partner with local public health departments, community health centers, law enforcement agencies, hospitals, and other local experts to increase your community's understanding of:

- **The Science of Addiction**, often referred to as the “brain talk.”: Experts can help your community understand that drug addiction is a chronic, relapsing brain disorder. Also that substance use disorders are a lot like other diseases, such as heart disease, and is, in many cases, preventable and treatable.
- **Harm Reduction Approaches**: Evidence-based strategies, such as syringe services programs, overdose reversal medication distribution, fentanyl test strips, and other services help to keep people alive. These strategies are often a pathway to prevention, treatment, and recovery services.

- **Medications for Opioid Use Disorder (MOUD)**: MOUD is the use of medications for the treatment of Opioid Use Disorders (OUD), that reduce cravings and risk of overdose, usually in combination with counseling and behavioral therapies.
- **Adverse Childhood Experiences (ACEs)**: Learn how traumatic events experienced in childhood can increase a person’s risk for substance misuse and challenge their recovery efforts—and how to buffer or prevent them. See also page 12.
- **Alternative Approaches to Pain Management**: A growing body of evidence suggests that complementary approaches, such as acupuncture, hypnosis, massage, mindfulness meditation, spinal manipulation, tai chi, and yoga, may help to manage some painful conditions.
- **Safe Drug Disposal**: More than half of those who misused prescription painkillers actually obtained them from friends or family. Learn how to prevent a supply of prescription drugs from getting into the wrong hands.
- **Good Samaritan Laws**: Laws in your state that may protect those who are providing and/or calling for help when someone has overdosed.



WHAT IS HARM REDUCTION?

Harm reduction strategies are keeping people who use drugs alive and as healthy as possible by reducing the negative effects of substance use, and reducing stigma related to substance use and overdose.

They may include reversing an opioid overdose with naloxone, the use of fentanyl strips, or safe syringe service programs.

Harm reduction efforts seek to meet people “where they are” on their own terms, and can serve as a pathway to prevention, treatment, and recovery services. [Read more here.](#)

Open Doors to Support and Community

“Loneliness is bigger than addiction... [It] increases our risk of anxiety and depression, dementia, cardiac disease, and a host of other conditions. However you cut it, addressing social isolation and loneliness is an important public-health issue if we care about addiction, if we care about mental health—if we care about the physical wellbeing of people in our country.”^{viii} U.S. Surgeon General Vivek Murthy



Offering connection to a community and recovery support services can be a lifeline to people with SUDs and seeking a life in recovery.

To foster connection, communities can provide space or refer people to local 12-step and other mutual aid support groups, such as [Alcoholics Anonymous \(AA\)](#), [Narcotics Anonymous \(NA\)](#), and [Celebrate Recovery](#), peer coaches in the community, [Recovery Community Centers](#), or even virtual recovery support groups.*

GETTING STARTED

Here are just a few ways to open doors that may foster connection, lead to support and even treatment:

- **Offer space in your facility** for weekly self-help recovery support groups, e.g. AA.org, NA.org, CelebrateRecovery.com, or other [mutual aid support group](#) for people with substance-use disorders, as well as their families who may also need support.
- **Refer community members** to existing recovery support services programs in your community.
 - [FacesandVoicesofRecovery.com](#)* offers a helpful directory of mutual-aid groups and [Recovery Community Organizations](#).
 - Virtual recovery communities including apps and websites such as [12stepMe.org](#), [In the Rooms](#), [Sober Grid](#), [Rtribe](#), or [WeConnectRecovery](#)* offer 24/7 peer connection and recovery support meetings.
 - **Promote SAMHSA’s National Helpline, 1-800-662-HELP (4357)**, a confidential, free, 24/7 information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders.
- **Offer free transportation** to treatment services and/or recovery support programs.
- **Create a welcoming environment** by including people in recovery from SUDs in your community’s prayers for healing—or by echoing the same care and concern your community would for anyone experiencing a medical and/or chronic condition.
- **Befriend someone who struggles** with substance use issues. Having a compassionate, listening ear can be therapeutic.

Building Community Capacity

“When I meet a Jewish person who is in active addiction, I do not suggest they go to a synagogue and pray. The first place I’m going to send them is to the appropriate 12-step group.”^x Rabbi Shais Taub, Chabad House, Milwaukee

Knowing when and where to refer someone to a support group or treatment for a drug addiction can be lifesaving. And it is one of many ways that faith and community leaders can build their capacity to support a community member with a substance use disorder.

People in the community can save lives by knowing how to prevent an overdose in real time, direct someone to a [trained peer](#) who can make connections to timely services or treatment, provide ongoing support for those in recovery, or prevent future generations from harm.



GETTING STARTED

There are many trainings —some free and others with low entry fees—intended to strengthen the knowledge of community members and build their capacity to respond in an emergency, provide timely guidance, connections, and support for those with SUDs including:

- **[Mental Health First Aid](#)** and **[Youth Mental Health First Aid](#)**: Teaches the basic skills to recognize and respond to person experiencing a mental or behavioral health crisis.*
- **[Screening, Brief Intervention and Referral to Treatment \(SBIRT\)](#)**: A public health approach to encourage early intervention and referral to the appropriate treatment and support.
- **[Peer-Recovery Core Competencies](#)**: The knowledge, skills, and attitudes important for peer support workers to help people become and stay engaged in the recovery process and reduce the likelihood of relapses.
- **[Preventing Adverse Childhood Experiences \(ACEs\)](#)**: This accredited, CDC online training can help you understand, recognize, and prevent ACEs from occurring in the first place. See also page 12.
- **[Motivational Interviewing](#)**: A counseling approach that seeks to explore and strengthen an individual’s motivation to change misuse of substances and other risky behaviors.
- **[Question, Persuade, Refer \(QPR\)](#)**: A national training that assists people in learning how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help.*
- **[Naloxone Training](#)**: Work with local law enforcement or pharmacies to train community members on administering the opioid reversal drug, naloxone.



LIFESAVING NALOXONE

One study found that bystanders were present in more than one in three overdoses involving opioids.^x With the right tools, bystanders can act to prevent overdose deaths, and potentially save a life.

Naloxone is a life-saving medication that can reverse an overdose from opioids, including heroin, fentanyl, and prescription opioid medications.[!]

Did you know that in most states [Good Samaritan laws](#) create immunities or other legal protections for people who call for help in an event of an overdose?



*Based on CDC Vital Signs report.

Rebuild and Restore

*“Whenever I ask people on the front lines of America’s drug crisis what more we can do to support and help their work, they remind me how essential it is to address the basic needs of individuals with addiction, such as stable and safe housing, food, basic medical care, and an opportunity for employment.”^{xi} **Nora Volkow, M.D., Director National Institute on Drug Abuse***



Recovery is a process of change through which people improve their health and wellness, live self-directed lives, and strive to reach their full potential. SAMHSA recognizes [four major dimensions that support recovery](#):

- **Health**—overcoming or managing one’s disease(s) or symptoms and making informed, healthy choices that support physical and emotional well-being.
- **Home**—having a stable and safe place to live.
- **Purpose**—conducting meaningful daily activities and having the independence, income, and resources to participate in society.
- **Community**—having relationships and social networks that provide support, friendship, love, and hope.

For decades, faith and community-based organizations have been meeting people where they are to provide the kinds of wrap-around services that help restore and rebuild lives and livelihoods.

Meeting basic needs is often a priority-- offering food, shelter, childcare, transportation, or other assistance in overcoming immediate challenges. For others, providing services that strengthen and accelerate their recovery, such as job readiness, tutoring, peer support services, and access to various treatments offer the right support at the right time.

GETTING STARTED

Consider ways your community might broaden its effort to:

Meet Basic Needs

- Provide access to nutritious and affordable food.
- Supply clothing and access to showers, grooming supplies, and laundry facilities.
- Connect to childcare support and resources.

Connect to Treatment and Recovery Support

- Learn about [treatments for SUDs](#) and use the [SAMHSA’s National Helpline](#) and [FindTreatment.gov](#) to refer to treatment or other recovery support services.
- Post local community-based mutual aid support groups (Celebrate Recovery, AA, NA, etc.), as well as virtual recovery communities and peer support services on your community’s newsletters and social media.
- Work with the willing in your community with lived experience of SUDs as mentors or recovery coaches.

Access to Services and Resources

- Connect people to essential services- legal assistance, non-driver identification, phone, and internet access.
- Create and maintain a local service database or use United Way’s [211.org](#).
- Coordinate transportation for rides to work, medical appointments, and recovery support services.

- Establish a relationship with the local [Community Health Center](#) to connect people directly to health care, mental health services and/or substance use treatment. See page 13.
- Partner with a transitional housing or residential recovery support providers to assist with housing, furnishings, or supplies.

Tutoring and Mentorship

- Assist with reading, writing, and communication skill-building. Organizations like ProLiteracy provide volunteer tutors with the resources they need to read and write.
- Mentor people on managing finances and financial literacy. Visit the training opportunities at the Dept. of Education's [Financial Literacy for All](#) or the FDIC's [Money Smart](#) education program.
- Volunteer for or promote the [IRS' Volunteer Income Tax Assistance \(VITA\) Program](#) to help people file for benefits.
- Help people with math, science, English/language arts, or social studies as they prepare to complete a [high school equivalency exam](#).

Job Readiness

- Identify space and locations for skill development, certification, and vocational training, such as a kitchen for culinary arts programs.
- Assist with mock interviewing and communication techniques.
- Strengthen “soft skills” that include interpersonal skills, personal presentation, teamwork, time-management, or conflict resolution.
- Offer driving lessons, provide access to reliable transportation, or start a bike program.
- Provide access to employers such as social enterprise employers or through searches for recovery friendly workplaces on platforms like [Second Chance Jobs](#), [Towards Employment](#), or [Indeed](#).*
- Share the [Small Business Administration's Learning Platform](#) offering free courses designed to support small business owners and aspiring entrepreneurs.
- Encourage those willing to consider becoming peer coaches and support others in their recovery. Training and certification programs exist around the country.

Family/Caregiver Support

- Offer parenting classes or a foster-care support group for parents and families.
- Gather and provide housing or furnishings.
- Create access to personal and family counseling.
- Provide training on trauma-informed care and recognizing ACEs.
- Host a “foster closet” to provide clothing and much-needed necessities, including cribs and car seats for families and foster parents.

Companionship

Social support is one of the critical elements of treatment for substance use disorders. It is what helps keep people in recovery and will most often come from family, from friends, and from other community members.^{viii}

- Taking time to listen and fostering a relationship with an individual seeking or in recovery is a significant way that communities can offer support.
- Sending notes of encouragement and hope, as one would for anyone struggling with a chronic condition, are acts of hope and healing.



CONNECTING TO OPPORTUNITIES TO SERVE

Use the [AmeriCorps Seniors Pathfinder](#), [AmeriCorps Volunteer search tool](#) or explore [Volunteers of America \(VAO\)](#), [VolunteerMatch](#), and [JustServe](#) to connect members of your community to volunteer opportunities.

Also [Youth Engaged 4 Change](#) connects teens and youth to opportunities to make a difference in their lives and in the world around them.*

Support a Healthy and Resilient Future

A leader from the Boys & Girls Club of America said recently, “Children may make up 25 percent of our population, but they are 100 percent of our future.”

Children exposed to abuse, violence, neglect, mental illness, substance-use disorders in their household — or any other Adverse Childhood Experiences (ACEs) — may experience poorer health outcomes, learning problems, or be at higher risk for substance use disorders and other long-term harms.^{xii}

However, creating and sustaining safe, stable, nurturing relationships and environments for all children and families can prevent ACEs and help all children reach their full health and life potential.

Faith and community-based organizations are well positioned to increase protective factors for children and young adults, promote social norms that protect against violence and adversity, connect youths to caring adults and activities, and intervene to lessen immediate and long-term harms.

GETTING STARTED

- Encourage community and family members to take the CDC’s [free on-line curriculum](#) on ACEs.
- **Share CDC’s [Six Strategies for Preventing Adverse Childhood Experiences](#)** to discern ways your community strengthen protective factors for youth.
- **Strengthen families** by offering financial literacy courses for adults, parenting classes, or child-care.
- **Work with teens in your community** to create a place on your website, newsletters, or social media to promote resources in this toolkit.
- **Offer [Youth Mental Health First Aid](#)** to raise awareness and identify a youth in crisis—and know how to respond.
- **Connect youth to caring adults and activities** through after school programs, tutoring, or mentoring.
- **Host youth recovery support programs**, [Smart Recovery Teen & Youth Support Program®](#) or [Young People in Recovery](#).



Six Strategies for Preventing Adverse Childhood Experiences



Strengthen economic supports for families



Promote social norms that protect against violence and adversity



Ensure a strong start for children



Enhance skills to help parents and youths handle stress, manage emotions, and tackle everyday challenges



Connect youths to caring adults and activities



Intervene to lessen immediate and long-term harms



SUPPORTING MATERNAL HEALTH

Due to biological and cultural factors, women are particularly vulnerable to adverse outcomes associated with SUD and Opioid Use Disorder (OUD).^{xiii} Pregnant women have also been impacted by America’s SUD crisis—and a rise in the incidence of [neonatal abstinence syndrome \(NAS\)](#) in the U.S. is correlated with OUD among pregnant women. National data also revealed that in 2014 a baby was born every 15 minutes with signs of NAS.^{xiv}

Pregnancy is a critical time to address SUD for women. Women may be more receptive to cease or reduce substance use or seek treatment for SUD during pregnancy, and are more likely to have insurance coverage for SUD treatment during pregnancy.^{xv}

- Encourage members of your community pregnant or planning a pregnancy to see a health care provider.
- Community Health Centers provide maternal health care. Find a community health center [here](#).
- If a community member needs help finding treatment, connect them to [FindTreatment.gov](#).

Connect and Collaborate

“No single organization or person can address the multitude of services needed to help people affected by mental health or substance use conditions.”^{xi} SAMHSA’s “One Voice, One Community”

With lives being lost daily, the crisis of substance use disorders requires an all-hands-on-deck response. Across the U.S., treatment professionals, law enforcement, public health, faith communities, service providers, drug courts, schools, recreation centers, media, businesses, policymakers, families, and youth leaders are stepping forward to help



GETTING STARTED

- If your community or congregation doesn’t have a public health partner, now’s the time. Contact your [state or local health department](#)^v to find out when, where, and how to support local efforts.
- Reach out to your local [community health center](#).^{vi} CHCs may serve as trusted, long-term partners in addressing the health needs of your community.
- Join the [Drug-Free Communities \(DFC\) Coalition](#) closest to your community. A DFC Coalition has representation from diverse sectors of the community and organizes to address youth substance use and implement local solutions that will build a safe, healthy, and drug-free community. Find a [DFC Coalition near you](#).
- Partner with your local residential recovery programs like faith-based providers Adult and Teen Challenge and Salvation Army, [others in your community](#) and find ways to volunteer and support residents.
- Assist local social enterprise employers, who intentionally employ people with significant barriers to mainstream employment, by providing the wrap around services their employees may need while rebuilding livelihoods and careers.



CONNECTING WITH YOUR LOCAL COMMUNITY HEALTH CENTER

You can connect community members to essential primary, mental, behavioral, and maternal health through your local [Community Health Center](#) (CHCs).

- CHCs provide services regardless of patients’ ability to pay and charge for services on a sliding fee scale.
- Approximately 93% of CHC’s provide mental health counseling and treatment and 67% of health centers provide services for substance use disorders.
- They deliver primary and preventive care services, including screening, diagnosis, and management of chronic illnesses such as diabetes, asthma, heart and lung disease, depression, cancer, and HIV/AIDS.
- CHCs also offer services that reduce barriers to care such as transportation, translation, case management, and health education.

There are now over 1400 organizations, with 12,000 delivery sites that are part of the federally supported health center system offering affordable health care to more than 29 million people. [Find a Health Center](#) near your community.

Highlighted Federal Resources for Faith-Based and Community Leaders and Their Members

The following are highlighted federal resources from the Substance Abuse and Mental Health Services Administration (SAMHSA), the Centers for Disease Control and Prevention (CDC), the National Institute for Drug Abuse (NIDA), and other HHS and federal offices.

FEDERAL RESOURCES - GENERAL

→ [HHS Overdose Prevention Strategy](#)

Focuses on expanding primary prevention, harm reduction, evidence-based treatment, and recovery support services for all Americans

→ [CDC's Drug Overdose](#)

The CDC Injury Center's gateway website for information, latest data, and links to critical updates.

→ [CDC's Opioid Basics](#)

Comprehensive resource designed for non-health professionals. Includes helpful glossary of commonly used terms.

→ [SAMHSA's National Helpline 1-800-662-HELP \(4357\)](#)

SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders.

→ [SAMHSA's Resources on Harm Reduction](#)

An overview of harm reduction strategies that aim to keep people who use drugs alive as a pathway to treatment and recovery support.

→ [National Harm Reduction Technical Assistance Center](#)

[Technical assistance aimed at](#) strengthening the capacity and improve the performance of syringe services programs (SSPs) and other harm reduction efforts.

→ [NIDA's Q & A on Naloxone](#)

Information for community leaders on potentially lifesaving drugs and how they are being administered.

→ [Pain Management Information for Patients](#)

CDC portal for information on treatment and alternate approaches for treating chronic pain.

→ [Rural Community Toolbox](#)

Federal resources to address substance use disorders and help rural communities become strong, healthy, prosperous, and resilient places to live and work.

→ [NIDA on Treatment for Drug Addiction](#)

Learn more about the many options for treating drug addiction successfully, co-occurring mental health issues such as depression and anxiety, and long-term follow-up to prevent relapse.

→ [Peer Recovery Center of Excellence](#)

A technical assistance platform that exists to enhance the field of peer recovery support services and led by those with lived experience.

RESOURCES FOR YOUTH & FAMILIES

→ [NIDA for Teens](#)

Helps teens learn about drug use and the brain. This NIDA website features videos, games, blog posts and much more!

→ [AboveTheInfluence.com](#)

Partnership for Drug-Free Kids' "Above the Influence" website.

→ [JustThinkTwice.com](#); [GetSmartAboutDrugs.com](#); and [CampusDrugPrevention.com](#):

U.S. Drug Enforcement Administration (DEA) Programs

→ [Protecting Youth Mental Health: The U.S. Surgeon General's Advisory](#)

Calls for a whole-of-society effort to mitigate the mental health impacts of the pandemic, to address longstanding challenges, and to prevent future mental health challenges.

→ [CDC Adverse Childhood Experiences Prevention Strategy and Online Trainings](#)

Adverse childhood experiences, or ACEs, can impact long-term health, well-being, and opportunities across the lifespan. Learn how communities can prevent or mitigate them.

→ [Get Smart About Drugs](#)

Resource for parents, educators, and caregivers from the Drug Enforcement Administration (DEA).

→ ["Talk. They Hear You"](#)

A mobile app that helps parents and caregivers prepare for some of the most important conversations they may ever have with their kids

→ [National Children's Mental Health Awareness Day](#)

Awareness campaign focused on the importance of emphasizing positive mental health as part of a child's overall development.

→ [Kids, Teens, and Young Adults \(NAMI\)](#)

Resources for young people to get mental health support.*

*Please note: Links to non-federal sites are included for your convenience. HHS cannot attest to the accuracy of information provided by non-federal links. Linking to a non-federal site does not constitute an endorsement by HHS or any of its employees of the sponsors, information, or products presented on the site. Also, the linked content may not comply with all U.S. government guidance for websites.

ENDNOTES

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