
SELECT RESOURCES FOR FAMILIES DEALING WITH ACTIVE SUBSTANCE USE

Books on Addiction

- *Beyond Addiction: How Science and Kindness Help People Change* by Jeffrey Foote ***Recommend starting with this book***
- *Beautiful Boy: A Father's Journey Through His Son's Addiction* by David Sheff
- *The Weight of Air: A Story of the Lies About Addiction and the Truth About Recovery* by David Poses
- *Clean: Overcoming Addiction and Ending America's Greatest Tragedy* by David Sheff
- *Slaying the Dragon: The History of Addiction Treatment and Recovery in America* by William White
- *Inside Rehab: The Surprising Truth About Addiction Treatment—and How to Get Help That Works* by Anne M. Fletcher
- *Unbroken Brain: A Revolutionary New Way of Understanding Addiction* by Maia Szalavitz
- *In the Realm of Hungry Ghosts: Close Encounters with Addiction* by Gabor Mate
- *Tweak: Growing Up On Methamphetamines* by Nick Sheff
- *Memoirs of an Addicted Brain: A Neuroscientist Examines his Former Life on Drugs* by Marc Lewis
- *Recovery Rising* by William L. White
- *Dream Land* by Sam Quinones
- *Get Your Loved One Sober: Alternatives to Nagging, Pleading, and Threatening* by Robert J. Meyers and Brenda L. Wolfe
- *The Journey of the Heroic Parent: Your Child's Struggle & The Road Home* by Brad M. Reedy

- *Parents to PhDs: 28 interviews with people who share heartache, wisdom and healing from first-hand experience with substance use disorder* by Cathy Taughinbaugh
- *When a Family Is in Trouble* by Marge Heegaard (Children's Book)

Additional Reading for Family Members

- *Welcome to Holland* by Emily Perl Kingsley:
<https://www.emilyperlkingsley.com/welcome-to-holland>
- *Fighting Heroin Addiction With My Mother on My Side* by Tracey Helton Mitchell:
<https://well.blogs.nytimes.com/2016/04/08/fighting-heroin-addiction-with-my-mother-on-my-side/>
- *Why I Abandoned Tough Love Instead of My Child:*
<https://www.womansday.com/health-fitness/wellness/a55379/help-for-parents-of-drug-addicts/>

Evidence-based or educational resources for parents/families/caregivers

- Empowering Loved Ones of People with Addiction: An Educational Group: [Empowering Loved Ones Welcome Packet](#) – free educational group designed to provide loved ones impacted by addiction with education, skill-building, and new methods for dealing with issues they currently face. The group only teaches information based in science, that has been shown to help family members and their loved ones. To sign up for this group you must email EmpoweringFamilies@bmc.org
- Partnership for Drug-Free Kids: <https://drugfree.org/> - lots of information plus online support and coaching available by professionally trained parents with similar experience
- Family Resource Center <https://live-familyresourcectr.pantheonsite.io/> offers evidence-based information and guidance for families
- Parent CRAFT (Community Reinforcement and Family Training) Online: <http://www.cadenceonline.com>
- SMART Recovery: <http://www.smartrecovery.org> - also offers information, online support specific to families and parents
- The Center for Motivation and Change's *20 Minute Guide*: <https://the20minuteguide.com/>
- Changing the Narrative, Northeastern Health in Justice Action Lab: <https://www.healthinjustice.org/changing-the-narrative>

How to find quality addiction treatment

- U.S. Substance Abuse and Mental Health Administration Treatment Locator: <https://findtreatment.gov/> or call 24-hour helpline (1-800-662-4357). The website features a list of treatment facilities searchable by zip code.
- Safe Locator: <https://safelocator.org> is a tool to quickly and easily find treatment and resources for people who use substances problematically and family members
- Partnership to End Addiction, Treatment eBook: <https://drugfree.org/download/treatment-ebook/>
- U.S. Substance Abuse and Mental Health Administration, TIP-63 Medications for Opioid Use Disorder: <https://store.samhsa.gov/product/TIP-63-Medications-for-Opioid-Use-Disorder-Full-Document/PEP21-02-01-002>
- U.S. Substance Abuse and Mental Health Administration, Treating Concurrent Substance Use Among Adults: https://store.samhsa.gov/product/treating-concurrent-substance-use-among-adults/PEP21-06-02-002?referer=from_search_result
- U.S. Substance Abuse and Mental Health Administration, Advisory: Prescribing Pharmacotherapies for Patients With Alcohol Use Disorder: https://store.samhsa.gov/product/prescribing-pharmacotherapies-patients-with-alcohol-use-disorder/pep20-02-02-015?referer=from_search_result
- The Addiction Resource Hub: <https://www.recoveryresourcehub.org/>
- ATLAS (Addiction Treatment Locator, Assessment, and Standard) Platform: <https://www.treatmentatlas.org/>
- National Institute on Drug Abuse: <https://nida.nih.gov/download/675/principles-drug-addiction-treatment-research-based-guide-third-edition.pdf?v=74dad603627bab89b93193918330c223>
- National Institute on Alcohol Abuse and Alcoholism, Alcohol Treatment Navigator®: <https://alcoholtreatment.niaaa.nih.gov/>
- Massachusetts Treatment Locator: <https://helplinema.org/> Phone: 800-327-5050 (to locate similar resources in other states contact your state department of public health or visit their website)
- HAMS: Harm Reduction for Alcohol: <https://hams.cc/>

Information on Medication Treatment for Addiction for Family Members

- Providers Clinical Support System: MAT FAQs for Family Members:
<https://pcssnow.org/wp-content/uploads/2021/06/MAT-FAQs-for-Family-Members.pdf>

Other support groups

- Learn to Cope: <https://www.learn2cope.org>
- Al-Anon & Alateen: <https://al-anon.org>
- Nar-Anon: <https://www.nar-anon.org>

Advocacy groups for families (also offer support and resources)

- Faces and Voices of Recovery: <https://facesandvoicesofrecovery.org//> national advocacy group for people with SUDs and family, friends – tons of links to resources and online supports
- Moms Stop the Harm: <http://www.momsstoptheharm.com/> network of Canadian families whose loved ones have died due to substance use or who have loved ones coping with addiction
- Broken no more: <http://broken-no-more.org/> harm-reduction focused group provides support and guidance and info on advancing policy

For questions or additional information please email
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