
SELECT RESOURCES FOR FAMILIES DEALING WITH ACTIVE SUBSTANCE USE

Books on Addiction

- *Beyond Addiction: How Science and Kindness Help People Change* by Jeffrey Foote, Carrie Wilkins, Nicole Kosanke ***Recommend starting with this book***
- *The Beyond Addiction Workbook for Family and Friends: Evidence-Based Skills to Help a Loved One Make Positive Change* by Jeffrey Foote, Kenneth Carpenter, and Carrie Wilkins
- *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
- *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 Ghost: 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
- *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
- *If you Love Me* by Maureen Cavanaugh
- *Not My Family, Never My Child* by Tony
- *Dopesick: Dealers, Doctors, and the Drug Company that Addicted America* by Beth Macy

- *Over the Influence: The Harm Reduction Guide to Controlling Your Drug and Alcohol Use* by Patt Denning and Jeannie Little
- *Listening Well: The Art of Empathic Understanding* by William Miller
- *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/>
- "Bad Parents," "Codepenents," and Other Stigmatizing Myths About Substance Use Disorder in the Family:
https://link.springer.com/chapter/10.1007/978-3-030-02580-9_3
- *Harm Reduction Therapy with Families and Friends of People with Drug Problems:*
<https://onlinelibrary.wiley.com/doi/epdf/10.1002/jclp.20671>
- *All in the Family: Alcohol and Other Drug Problems, Recovery, Advocacy:*
<https://www.chestnut.org/resources/fac45312-bbb4-41a6-b2f5-5b4a12273011/2005-All-in-the-Family.pdf>
- *A Harm Reduction Journey: Connection, Family Support, and Engagement in Health Care:* [https://www.jsatjournal.com/article/S2949-8759\(23\)00230-8/fulltext](https://www.jsatjournal.com/article/S2949-8759(23)00230-8/fulltext)

Videos for Family Members

- *Information Impacts Action: Debunking Myths About the Family and Recovery:*
<https://youtu.be/pu3Nt6TS0Vk>
- *Changing Minds – How Addiction Changes the Brain:*
<https://youtu.be/TAzgw599Gyg>
- *One Size Does Not Fit All:*
<https://vimeo.com/cmcfcc/one-size>
- *It's Not About The Nail:*
<https://youtu.be/-4EDhdAHRoG>
- *Know Your Why | Michael Jr.*
<https://youtu.be/1ytFB8TrkTo>

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 science-based information, which has been shown to help family members and their loved ones. To sign up for this group, you must email empoweringfamilies@bmc.org
- Partnership to End Addiction: -lots of information plus online support and coaching from professionally trained parents with similar experience. <https://drugfree.org/>
- Recovery Research Institute. Guide for family members: <https://www.recoveryanswers.org/resource/guide-family-members/>
- Family Drug Support. Australian model used to help families impacted by substance use includes helpful videos, resources, and a mock online support group: <https://www.fds.org.au/>
- Parent CRAFT (Community Reinforcement and Family Training) Online: <http://www.cadenceonline.com>
- SMART Recovery: offers in person and online evidence-based groups for friends and family members as well as information and other online support. <http://www.smartrecovery.org>
- Shatterproof Educating Families: <https://www.shatterproof.org/our-work/educating-and-empowering-communities/educating-families>
- Center for Motivation and Change: Foundation for Change. Includes numerous resources, including videos, podcasts, blogs, and research. <https://cmcffc.org/>
 - Center for Motivation and Change's *20 Minute Guide*: <https://the20minuteguide.com/>
 - Invitation to Change (ITC) is an evidence-based method to provide skills to family and friends impacted by substance use. A directory of groups utilizing the ITC approach: <https://cmcffc.org/community-groups-hub/itc-support-group-directory>
- Changing the Narrative, Northeastern Health in Justice Action Lab: <https://www.healthinjustice.org/changing-the-narrative>

Mental health services for family members

- Finding mental health services using Psychology Today:
<https://www.psychologytoday.com/us/therapists>
 - The Psychology Today website has a tool for finding therapists, psychiatrists, treatment centers and support groups. You can sort by zip code, tele-therapy vs. in-person, insurance type, or issues you want to work on. All therapists are licensed; contact information is listed on the website to make it easy to reach out and see if they are taking new clients.
- *In Therapy: The Unfolding Story* by Susie Orbach
 - This book is a collection of therapy session transcripts which can be a helpful way to better understand what therapy is about for people who may have never tried it before.

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>
- SMART Recovery Family & Friends: <https://www.smartrecovery.org/family/>

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 EmpoweringFamilies@bmc.org or Alicia Ventura at alicia.ventura@bmc.org