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- ▶ Available treatment services often are not culturally competent enough to adequately treat specific racial, ethnic, or cultural populations.
- ▶ Health and illness beliefs and attitudes, including folk remedies, cultural stigma, and differing views on what constitutes abnormal behavior, may also present obstacles to help-seeking behavior.
- ▶ Racial/ethnic minorities disproportionately rely on emergency rooms as their primary health care providers. As a result, individuals within these groups who need alcohol and drug abuse treatment often fall through the cracks.

## Drug and Alcohol Problems Within Other Special Populations

Overcoming culturally relevant barriers to treatment is not a challenge that is limited to racial/ethnic populations. Other special populations, including youth; older individuals; people with disabilities; people with co-occurring mental illnesses; and lesbian, gay, bisexual, and transgender (LGBT) populations also face additional hurdles that can reduce the likelihood they will seek or receive appropriate help for their drug or alcohol problems.

For instance, while it is true that issues regarding lowered self-esteem, relationships with others, isolation, and alienation are of great relevance to many people with drug and alcohol problems, they must be specifically addressed with lesbian, gay, bisexual, and transgender individuals throughout the recovery process, if it is to be successful. One resource for the LGBT population is the Center for Substance Abuse Treatment's *A Provider's Introduction to Substance Abuse Treatment for Lesbian, Gay, Bisexual, and Transgender Individuals*, publication number (SMA) 01-3498, printed 2001. The guide can be ordered through the Substance Abuse and Mental Health Services Administration's (SAMHSA) National Clearinghouse for Alcohol and Drug Information (NCADI) by calling 1-800-729-6686, or on the Internet at [www.health.org](http://www.health.org).

## Making a Difference: What Can I Do?

Organizations that serve various racial, ethnic, and cultural groups have a rare opportunity to speak to their members and the communities that they serve in very relevant and specific ways that other more mainstream organizations do not. Information regarding sensitive subjects, such as drug and alcohol addiction, treatment, and family recovery, is much more likely to be recognized and accepted when it comes from a familiar and trusted source as opposed to one with which the population group does not identify. These organizations not only have a tremendous amount of influence with their members and those that they serve, but they can represent a united voice for change in their communities, cities, counties, and states. Specifically, they can be a powerful influence in the effort to reduce drug and alcohol problems, encourage recovery, and ensure culturally relevant treatment services are available for those who need them. Here are some thoughts on how these organizations can get started:

1. Know the facts about addiction and recovery. Learn all that you can about how drug and alcohol problems are affecting the lives of your members and those you serve. Get all the facts about treatment and its effectiveness, so that you are armed with the information you need to promote recovery and become a viable resource. Enlist the aid of local treatment providers, schools, other community-based organizations, and public sector agencies to help you in your quest for information.

In addition, SAMHSA's NCADI provides an outstanding array of educational and informational materials related to drug and alcohol issues and treatment for various racial, ethnic, and cultural groups, most of them free-of-charge. To talk with an information specialist who can advise you on what information is available and to get you what you need, contact them toll-free as mentioned above.

2. Find out what resources are currently available. Make a concerted effort to learn about treatment options and self-help programs in your area, especially those that are designed to meet the specific needs of the populations you serve. If culturally appropriate and age- and gender-specific treatment and recovery options do not currently exist, get involved in the effort to develop effective programs to address these needs.
3. Become an advocate for cultural competence. Advocate the development of a culturally competent continuum of treatment and recovery services for individuals with drug and alcohol problems in your community. Treatment services that are culturally responsive provide:<sup>9</sup>
  - Staff members who know the native language of the population being treated
  - Staff members who are sensitive to cultural norms, traditions, and practices
  - Staff members whose backgrounds are similar to those they serve
  - Treatment modalities that reflect the cultural values and treatment needs of the population being served
  - Representation by those being served in decision-making and policy implementation.
4. Reach out to reduce stigma and encourage recovery. Do not be afraid to address issues related to drug and alcohol problems and the recovery process with your members or within your community. Unfortunately, much like the mainstream population, many people of various racial, ethnic, or cultural backgrounds view addiction to drugs or alcohol as a moral failing, rather than the complex, relapsing disease we now know it to be. Reinforce the message with your constituents that treatment can work, and that seeking help for drug and alcohol problems is not a sign of weakness. Assure them that, in fact, it is a sign of strength and character, and that your organization supports recovery, not only for individuals with drug and alcohol problems, but for their families and friends as well.
5. Keep talking. Make drug and alcohol problems and treatment a standard part of your organization's ongoing communication with the population you serve. Remember, addiction is a way of life for millions of Americans, their loved ones, and friends. If we are to have any hope of ending the epidemic of addiction consuming our country, we need to talk about it often and fight it with words and actions every day. Whatever you do, do not stop talking about it. Keep it out in the open. Make sure drug and alcohol problems are regarded among individuals in the population that you serve for what they really are — a fact of life. Do all you can to increase acceptance for individuals in treatment and recovery programs.

### **Making a Difference: How Can I Focus My Efforts During *Recovery Month*?**

*Recovery Month* is celebrated nationwide in September of each year. It is a time for all of us to work together to raise awareness about drug and alcohol problems and their devastating effects, to talk openly

about addiction treatment and to share the good news about recovery. This year's theme is, "We Recover Together: Family, Friends, and Community." Using the theme as a rallying cry, your organization is encouraged to undertake one or more of the following activities during the month to contribute to the national effort:

1. Train your staff and volunteers. Set up an in-service training opportunity for your staff members and volunteers during the month of September to educate them about drug and alcohol problems and their impact on the population you serve, as well as the options currently available to assist individuals and their families with these problems. Ask an appropriately trained treatment professional or member of a local support program to be a presenter and to talk about the special issues and needs associated with the racial, ethnic, or special populations that you serve. Have that person instruct the group on topics such as how to identify individuals and families with drug and alcohol problems and how to intervene and offer assistance where appropriate.
2. Foster discussion. *Recovery Month* provides just the "news hook" we all need to get the media and the public to pay attention to what we have to say. Write an article for your organization's member newsletter calling attention to the fact that September is *Recovery Month*, highlighting the magnitude of the drug and alcohol problem in your community or within the specific population that you serve, promoting the fact that treatment and self-help programs are effective solutions to these problems and that assistance is available. Or, write an op-ed for the local newspaper conveying your sense of alarm about the incidence of drug and alcohol use in your community, the lack of available treatment services in the community, or the need for more culturally appropriate treatment programs in your area. Reach out to local reporters to get them to do a story on how effective drug and alcohol treatment is among members of the population you serve and their families. Ask them to cover the story from any number of angles, such as the inadequacy of treatment program funding in your area, the importance of providing culturally sensitive programs to enhance success in recovery, or the overall effectiveness of treatment.
3. Become a resource and a safe haven. Use the month of September to launch a year-long program to help families with drug and alcohol problems, even if it is just on a monthly or bi-monthly basis. After-school and mentoring programs for kids; parenting classes; peer support groups; workshops on topics such as coping with a substance-abusing parent/child or how to know if someone you love has a drug or alcohol problem or needs a family recovery program are all opportunities to encourage individuals who are drug- and alcohol-free to stay that way. Help those who are in recovery, as well as their families by encouraging them to seek continuing care. Use these events as an opportunity to distribute literature on drug- and alcohol-related issues, as well as a brief guide to locally available treatment and recovery options.
4. Work with faith-based and spiritual organizations. Recognize that faith-based and spiritual organizations are key contact points in many racial/ethnic communities where individuals are in need of assistance. Consider meeting with the leaders of these groups to plan a joint program they can host to highlight existing community services, such as support groups for children and families or peer-support 12-step programs. Try reaching out to a local treatment center or recovery organization that serves racial, ethnic, or cultural populations to facilitate a "get to know you" meeting with key faith/spirituality-based organizations in the community so they can explore areas for collaboration and potential support. Undertake other ongoing activities during *Recovery Month*

2001 that create awareness among members of faith or spiritual communities about the need for more culturally competent treatment programs and services in the community.

5. Educate. During *Recovery Month* 2001, create opportunities to share your knowledge about addiction and its effects on the population you serve and to share ideas with community partners on how to solve related problems. Host an informational dinner to talk to your members, local policymakers, other community groups, area health care professionals, faith-based and spiritual groups, and representatives from other appropriate organizations about these issues. As an organization that serves a particular racial, ethnic, or cultural population, you know more about their health and wellness needs than anyone else. You also know how those needs, if left unaddressed, can ultimately affect not only the population in question, but the entire community. Use your credibility to influence public opinion, to reduce the stigma associated with addiction and recovery, and to rally support for your cause.

## Additional Resources

CSAT National Helpline  
Center for Substance Abuse Treatment  
Substance Abuse and Mental Health  
Services Administration  
U.S. Department of Health and Human Services  
800-662-HELP (Toll-Free)

American Indian Community House  
708 Broadway, 8th Floor  
New York, NY 10003  
212-598-0100  
www.aich.org

American Psychological Association  
Office of Ethnic Minority Affairs  
Public Interest Directorate  
750 1st Street, NE  
Washington, DC 20002-4242  
202-336-6029  
www.apa.org

Asian & Pacific Islander American  
Health Forum (APIAHF)  
942 Market Street, Suite 200  
San Francisco, CA 94102  
415-954-9988  
www.apiahf.org

ASPIRA Association, Inc.  
1444 I Street, NW, Suite 800  
Washington, DC 20005  
202-835-3600  
www.aspira.org

Indian Health Service  
5600 Fishers Lane  
Parklawn Building  
Rockville, MD 20857  
301-443-1083  
www.ihs.gov

Latin American Youth Center  
1419 Columbia Road, NW  
Washington, DC 20009  
202-319-2225  
www.layc-dc.org

National Alliance for Hispanic Health  
1501 16th Street, NW  
Washington, DC 20036-1401  
202-387-5000  
www.hispanichealth.org

National Asian Pacific American  
Families Against Substance Abuse  
340 East 2nd Street, Suite 409  
Los Angeles, CA 90012  
213-625-5795  
www.napafasa.org

National Association of Black  
Social Workers (NABSW)  
8436 West McNichols  
Detroit, MI 48221  
313-862-6700  
www.nabsw.org

National Association of Hispanic Nurses  
1501 16th Street, NW  
Washington, DC 20036  
202-387-2477  
www.nahnhq.org

National Association of Puerto  
Rican/Hispanic Social Workers  
P.O. Box 651  
Brentwood, NY 11717  
631-864-1536  
www.naprsw.bizland.com

National Black Alcoholism and  
Addiction Council (NBAAC)  
1000 16th Street, Suite 702  
Washington, DC 20036  
202-296-2696  
[www.ndpl.org/nbaac.html](http://www.ndpl.org/nbaac.html)

National Council of La Raza  
1111 19th Street, NW, Suite 1000  
Washington, DC 20036  
800-311-NCLR (Toll-Free)  
[www.nclr.org](http://www.nclr.org)

National Latino Council on Alcohol  
and Tobacco Prevention  
1875 Connecticut Avenue, NW, Suite 732  
Washington, DC 20009  
202-265-8054  
[www.nlcatp.org](http://www.nlcatp.org)

National Directory of Drug Abuse  
and Alcoholism Treatment Programs  
[www.samhsa.gov](http://www.samhsa.gov)

National Indian Health Board  
1385 South Colorado Boulevard, #A707  
Denver, CO 80222  
303-759-3075  
[www.nihb.org](http://www.nihb.org)

National Institute on Alcohol Abuse and Alcoholism  
National Institutes of Health  
6000 Executive Boulevard  
Willco Building  
Bethesda, MD 20892-7003  
301-496-4000  
[www.niaaa.nih.gov](http://www.niaaa.nih.gov)

National Institute on Drug Abuse  
National Institutes of Health  
Office of Science Policy and Communication  
6001 Executive Boulevard, Room 5213 MSC 9561  
Bethesda, MD 20892-9561  
301-443-1124  
Telefax fact sheets: 888-NIH-NIDA (Voice) (Toll-Free)  
or 888-TTY-NIDA (TTY) (Toll-Free)

Office of Minority Health Resource Center (OMHRC)  
P.O. Box 37337  
Washington, DC 20013-7337  
Phone: 800-444-6472 (Toll-Free)  
301-230-7199 (TDD)  
[www.omhrc.gov](http://www.omhrc.gov)

Substance Abuse and Mental Health  
Services Administration  
Center for Mental Health Services Clearinghouse  
P.O. Box 42490  
Washington, DC 20015  
800-789-2647 (Toll-Free)  
[www.mentalhealth.org](http://www.mentalhealth.org)

Substance Abuse and Mental Health  
Services Administration  
Center for Substance Abuse Treatment  
National Helpline  
800-662-HELP (800-662-4357) (Toll-Free)  
800-487-4889 (TDD) (Toll-Free)  
877-767-8432 (Spanish) (Toll-Free)  
(for confidential information on substance  
abuse treatment and referral)  
[www.samhsa.gov/centers/csat/csat.html](http://www.samhsa.gov/centers/csat/csat.html)

Substance Abuse and Mental Health  
Services Administration  
National Clearinghouse for Alcohol  
and Drug Information  
P.O. Box 2345  
Rockville, MD 20847-2345  
800-729-6686 (Toll-Free)  
800-487-4889 (TDD) (Toll-Free)  
877-767-8432 (Spanish) (Toll-Free)  
[www.health.org](http://www.health.org)

White Bison, Inc.  
6145 Lehman Drive, Suite 200  
Colorado Springs, CO 80918  
719-548-1000  
[www.whitebison.org](http://www.whitebison.org)

## Sources

- 1 "Current" refers to at least one use within the past month. "Binge" use refers to five or more drinks on the same occasion at least once in the past 30 days. Heavy use refers to five or more drinks on the same occasion at least five different days in the past 30 days. *Summary of Findings from the 1999 National Household Survey on Drug Abuse*. DHHS Publication No. (SMA) 00-3466. Rockville, MD: Office of Applied Studies, Substance Abuse and Mental Health Services Administration, 2000.
- 2 *ibid.*
- 3 *Cultural Issues in Substance Abuse*. DHHS Publication No. (SMA) 99-3278. Rockville, MD: Substance Abuse and Mental Health Services Administration, Public Health Service, U.S. Department of Health and Human Services, 1999, p. 40.
- 4 *Summary of Findings from the 1999 National Household Survey on Drug Abuse*. DHHS Publication No. (SMA) 00-3466. Rockville, MD: Office of Applied Studies, Substance Abuse and Mental Health Services Administration, 2000.
- 5 *ibid.*
- 6 Dependence is defined by the Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition (DSM-IV), which uses seven criteria to define this state, such as emotional problems, attempts to cut down on use, tolerance, withdrawal and other symptoms associated with substance use. *Summary of Findings from the 1999 National Household Survey on Drug Abuse*. DHHS Publication No. (SMA) 00-3466. Rockville, MD: Office of Applied Studies, Substance Abuse and Mental Health Services Administration, 2000, p. 36.
- 7 *Ibid.*
- 8 *Cultural Issues in Substance Abuse Treatment*. DHHS Publication No. (SMA) 99-3278. Rockville, MD: Substance Abuse and Mental Health Services Administration, Public Health Service, U.S. Department of Health and Human Services, 1999.
- 9 *ibid.*

## Sample Press Release

### For Immediate Release

**Contact:** (Name of person within your organization who is available to answer questions from the press. Add contact's phone number.)

### **(Name of local official) and (your organization) Call for Support of Drug and Alcohol Treatment Services in the Community**

(City and state where your organization is located; date you want press release published.) (Name and title of your local official) joined with (your organization's name) today to proclaim September *National Alcohol and Drug Addiction Recovery Month (Recovery Month)*. During the month of September, communities nationwide are encouraged to join together to help people with drug and alcohol problems, their families, and friends gain access to treatment services in an effort to heal themselves and the communities in which they live.

*Recovery Month* celebrates the great strides taken by individuals who have undergone successful treatment and recognizes those in the treatment field who dedicate their lives to helping them. This initiative is part of a national campaign to promote the benefits of substance abuse treatment and embrace the 2001 theme: *We Recover Together: Family, Friends, and Community*.

"While we have made gains in reducing illicit drug use in our country, we still have far too many people using and abusing drugs and alcohol. In 1999, about 14.8 million Americans were illicit drug users and 12.4 million were considered heavy drinkers," said (name of local official). "Drug and alcohol use is one of the leading causes of family dysfunction and disintegration. As such, its repercussions are great. Because we do not exist in a vacuum, friends of individuals with drug and alcohol problems and the communities in which they live also suffer greatly. *Recovery Month* is the right time to highlight the benefits of treatment and encourage individuals with drug and alcohol problems to enter treatment and begin their journeys of recovery." (Work with your local official to develop a quote such as the one above.)

According to (add the spokesperson, title, and your organization's name), "When you consider the nation's drug and alcohol problems in terms of dollars and cents, it adds up that treatment benefits everyone. By one estimate, untreated addiction in the U.S. carries a price tag of \$276 billion — that is the equivalent of roughly \$1,050 per year for every man, woman, and child in the country. Yet, we could treat all those in need of treatment for as little as \$45 per year, a mere fraction of the cost. Of course, the return on investment in terms of restored lives, families, and communities is incalculable."

Several important awareness activities will take place throughout the month of September:

- ▶ A community forum will take place on (date/time). At the forum, many drug/alcohol and treatment-related topics will be discussed and solutions to associated problems will be presented and addressed.



- Information will be distributed to educators, faith leaders, local employers, and others in the community addressing the effectiveness and cost benefits of treatment and instructing them on how to get involved in ensuring those in need have access in their community.
- Fundraising events will be held to raise money to support existing substance abuse treatment programs and services, or to create new ones.

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## Helpful Hints for Writing a Press Release

Many news stories are triggered by a timely, well-written press release. While small newspapers may run the release word-for-word or with minor changes, most media will use it as background information. Following are some tips to help you in writing your own release to promote your organization's news that you want published or aired.

- ▶ Always have a good reason for developing a release. To be useful, a release must be newsworthy. For example, you might issue a release if your organization:
  - Announces the results of a poll, survey, or study on alcohol and drug abuse and addiction
  - Launches a new public education program
  - Begins a new type of service or makes significant changes to existing services
  - Hires a new director or high-level staff person
  - Receives a grant or donation
  - Wants to publicize the local impact of a national news event
  - Forms a special task force
  - Conducts seminars or workshops featuring a local or national celebrity speaker
  - Honors an individual or organization
  - Plans local activities to tie into a well-known day, week, or month
  - Plans an event to issue a *Recovery Month* proclamation
- ▶ Keep it short. A release should be no more than two pages, double-spaced, and contain short sentences and paragraphs.
- ▶ Stick to the format. Releases should be typed on organization letterhead. At the top of the page, include the name and phone number of a contact for more information. The release should begin with the name of your city and the date. If the release is longer than one page, type "-more-" at the bottom of each page, except the last. Signify the end of the release by typing "###" or "-30-" centered after the last sentence.
- ▶ Give the most important details first. Begin with a headline that summarizes the release. The first paragraph should answer the five basic questions — who, what, where, when, and why.
- ▶ Be careful with language. Avoid using slang or technical terms. If necessary, explain terms.
- ▶ Check for accuracy. Be sure to verify all spelling, statistics, names, and titles.
- ▶ Write factually. Opinions should be expressed in direct quotes only. When quoting an individual, get consent before publishing.
- ▶ Seek placement. Distribute your release to local print, broadcast, and Internet reporters. Follow up to encourage them to write or air a story. Try to schedule an interview with an official of your organization. Collect samples of any resulting coverage to document your outreach efforts.

## Sample Op-Ed Article

[Begin by writing a brief anecdote about a person in your community who has been through treatment and whose recovery has had a positive impact on his/her family and community.]

September is *National Alcohol and Drug Addiction Recovery Month*, a time to celebrate the stories of people like [name]. Thanks to community-based substance abuse treatment programs, support groups, and the encouragement of family and friends, tens of thousands of people find the road to recovery each year. Although addiction is a chronic, relapsing illness that involves a number of brain chemistry disorders, treatment for addiction is as effective as treatments for other chronic medical conditions, such as diabetes and high blood pressure.

A national study of publicly-funded, community-based treatment programs showed that clients served by those programs reduced drug use by about 50 percent as much as a year after treatment. The benefits of treatment accrue not only to individuals and their friends and families, but to society as well. The same national study found that a year after treatment, participants' criminal activity declined by as much as 80 percent, employment increased, and homelessness and dependence on public assistance decreased.

Substance abuse treatment is also cost-effective. Research shows that for every dollar spent on treatment, three to seven dollars are saved in social, health, and criminal justice costs. Blue Cross/Blue Shield found that families' health care costs dropped by 87 percent after treatment.

All of this is good news and timely because millions of Americans need treatment. The *1999 National Household Survey of Drug Abuse* showed that 3.6 million people were dependent on drugs, 8.2 million on alcohol, and 1.5 million on both. Overall, 10.3 million were dependent on one substance or the other and in need of help. And, the problem is not going away. Every day there are about 6,400 new users of marijuana, which is often considered a gateway drug to other substances. About two-thirds of these new users are under 18 years of age.

Studies show that no area of the country is untouched by addiction. But help is available, and recovery is possible. You can learn about treatment programs through local health departments, hospitals, clinics, employee assistance programs and school district staff such as nursing staff, psychologists, or addiction counselors. (Provide local referral numbers or websites for people to contact.)

*National Alcohol and Drug Addiction Recovery Month* is a good time to get involved and actively support drug and alcohol treatment programs and services in your community. We can all join together to help remove the stigma of addiction and encourage those in need to seek treatment. The theme of this year's observance is, *"We Recover Together: Family, Friends, and Community."* I hope you will join me in encouraging policies to fund substance abuse treatment programs and support individuals in their recovery.

(Close with an "authorship line," which should include your full name and a brief description of who you are and what you do that makes you an expert on the subject. You should also include your daytime telephone number.)

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## Allied Organizations

### **Addiction Psychiatry, Mayo Clinic**

200 1st Street, SW, Rochester, MN 55905, 507-284-2511

### **African American Family Services**

2616 Nicollet Avenue South, Minneapolis, MN 55408, 612-871-7878

### **Alcohol and Drug Problems Association of North America**

307 North Main Street, Saint Charles, MO 63301, 314-589-6702

### **Alcohol and Drug Services**

3900 Jermantown Road, Suite 200, Fairfax, VA 22030, 703-934-5477

### **Alcoholism and Substance Abuse Providers of New York State**

99 Pine Street, Suite 109, Albany, NY 12207, 518-426-3122

### **Aliviane NO-AD, Inc.**

7722 North Loop Road, El Paso, TX 79915, 915-782-4000

### **Alliance for Recovery**

P.O. Box 31451, Seattle, WA 98103, 206-783-8850

### **American Academy of Addiction Psychiatry**

7301 Mission Road, Suite 252, Prairie Village, KS 66208, 913-262-6161

### **American Alcoholism and Health Association**

c/o Utah Alcoholism Foundation, 2880 South Main Street, Suite 210, Salt Lake City, UT 84115, 801-487-3276

### **American Bar Association - Standing Committee on Substance Abuse**

740 15th Street, NW, Washington, DC 20005, 202-662-1785

### **American College of Occupational and Environmental Medicine**

Workwell/SMMC, One Medical Center Drive, Biddeford, ME 04005, 207-283-7600

### **American Correctional Association**

4380 Forbes Boulevard, Lanham, MD 20706-4332, 301-918-1800

### **American Council on Alcoholism**

3900 North Fairfax Drive, Suite 401, Arlington, VA 22203, 800-527-5344 (Toll-Free)

### **American Managed Behavioral Healthcare Association**

700 13th Street, NW, Suite 950, Washington, DC 20005, 202-434-4565

**American Medical Association - Office of Alcohol and Other Drug Abuse**

515 North State Street, Chicago, IL 60610, 312-464-4202

**American Medical Women's Association**

801 North Fairfax Street, Suite 400, Alexandria, VA 22314, 703-838-0500

**American Mental Health Counselors Association**

801 North Fairfax Street, Suite 304, Alexandria, VA 22314, 800-326-2642 (Toll-Free)

**American Psychiatric Association**

1400 K Street, NW, Washington, DC 20005, 202-682-6000

**American Psychological Association - Office of Substance Abuse**

750 1st Street, NE, Washington, DC 20002-4242, 202-336-5857

**American Public Health Association**

800 I Street, NW, Washington, DC 20001, 202-777-2742

**American Society of Addiction Medicine**

4601 North Park Avenue, Arcade Suite 101, Chevy Chase, MD 20815-4520, 301-656-3920

**Association of Halfway House Alcoholism Programs of North America**

Five Ridgeview Road, P.O. Box 610, Kerhonkson, NY 12446, 845-625-2684

**Association of Persons Affected by Addiction**

1605 Dorado, Garland, TX 75040, 214-476-6066

**Betty Ford Center**

39000 Bob Hope Drive, P.O. Box 1560, Rancho Mirage, CA 92270, 760-773-4100

**Brunoe Training and Consulting**

2461 Santa Monica Boulevard, Suite 440, Santa Monica, CA 90404, 602-795-6202

**Caron Foundation**

Box A, Galen Hall Road, Wernersville, PA 19565, 800-678-2332 (Toll-Free)

**'Cause Children Count Coalition**

1875 Connecticut Avenue, NW, Washington, DC 20009, 202-884-8378

**Center for Science in the Public Interest**

1875 Connecticut Avenue, NW, Suite 300, Washington, DC 20009-5728, 202-332-9110

**Center on Addiction and Substance Abuse**

633 3rd Avenue, 19th Floor, New York, NY 10017, 212-841-5200

**Children of Alcoholics Foundation**

164 West 74th Street, New York, NY 10023, 212-595-5810, x7760

**Children's Defense Fund**

25 E Street, NW, Washington, DC, 20001, 202-628-8787

**Child Welfare League of America**

440 1st Street, NW, 3rd Floor, Washington, DC 20001, 202-638-2952

**Committee on Mental Health Services**

2700 Martin Luther King Jr. Avenue, SE, A-Building, Room 300, Washington, DC 20032, 202-645-9966

**Community Anti-Drug Coalitions of America**

901 Pitt Street, Suite 300, Alexandria, VA 22314, 703-706-0560

**Community Intervention**

529 South 7th Street, Suite 570, Minneapolis, MN 55415, 612-332-6537

**Connecticut Community for Addiction Recovery**

465 Silas Deane Highway, Wethersfield, CT 06109, 860-418-6816

**Drug Enforcement Administration**

700 Army Navy Drive, Arlington, VA 22202, 202-307-7936 (Office of Demand Reduction), 202-307-7977 (Public Affairs)

**Department of Juvenile Justice**

One Center Plaza, 120 West Fayette Street, Baltimore, MD 21201, 410-230-3100

**District of Columbia Commission on Mental Health Services**

4301 Connecticut Avenue, NW, Suite 310, Washington, DC 20008, 202-364-3422

**Drug Strategies**

1575 I Street, NW, Suite 210, Washington, DC 20005, 202-289-9070

**Employee Assistance Professional Association**

2102 Wilson Boulevard, Suite 500, Arlington, VA 22201, 703-522-6272

**Employee Health Program**

P.O. Box 2430, Bethesda, MD 20857, 301-571-0067

**Entertainment Industries Council, Inc.**

1760 Reston Parkway, Suite 415, Reston, VA 20190, 703-481-1414

**Fairview Recovery Services**

2450 Riverside Avenue South, Minneapolis, MN 55454, 612-672-2222

**Faith Partners Against Substance Abuse**

2525 Wallingwood Drive, Building 8, Suite 804, Austin, TX 78746, 512-451-9504

**George Bloom and Associates, Inc.**

10001 Wayzata Boulevard, Minnetonka, MN 55305, 952-582-2713

**Griffin Recovery Enterprises**

702 Holly Avenue, Suite 9, Saint Paul, MN 55104, 651-298-1463

**Harvard Medical School - Division on Addictions**

180 Longwood Avenue, Suite 330, Boston, MA 02115, 617-432-0058

**Hazelden**

P.O. Box 11, Center City, MN 55012, 651-257-4010

**International Community Corrections Association**

P.O. Box 1987, La Crosse, WI 54062, 608-785-0200

**Johnson Institute Foundation**

2314 University Avenue, Saint Paul, MN 55114, 651-659-9100

**Join Together**

441 Stuart Street, 7th Floor, Boston, MA 02116, 617-437-1500

**K.I.D.S. - Kids in a Drug-Free Society**

6515 GW Memorial Highway, Suite 105, Yorktown, VA 23692, 757-833-0833

**Latino Council on Alcohol and Tobacco**

1875 Connecticut Avenue, NW, Suite 700, Washington, DC 20009, 202-265-8054

**Legal Action Center**

236 Massachusetts Avenue, NE, Suite 505, Washington, DC 20002, 202-544-5478

**MA Organization for Addiction Recovery (Affiliate of NEAAR-CSAT RCSP Grantee)**

c/o Boston ASAP, 30 Winter Street, 3rd Floor, Boston, MA 02108, 612-423-6627

**McGovern Family Foundation - Brighton Hospital**

12851 East Grand River, Brighton, MI 48116, 810-225-2570

**Miami Coalition for a Safe and Drug-Free Community**

University of Miami/North South Center, 1500 Monza Avenue, Coral Gables, FL 33146, 305-284-6848

**Mothers Against Drunk Driving**

1025 Connecticut Avenue, NW, Suite 1200, Washington, DC 20036, 202-974-2497

**National Alliance for Hispanic Health**

1501 16th Street, NW, Washington, DC 20036, 202-387-5000

**National Asian Pacific American Families Against Substance Abuse**

340 East 2nd Street, Suite 409, Los Angeles, CA 90012, 213-635-5795

**National Association for Children of Alcoholics**

11426 Rockville Pike, Suite 100, Rockville, MD 20852, 301-468-0985

**National Association for Native American Children of Alcoholics**

5721 Dolman Ridge Road, Gloucester, ON, Canada K1C7G4, 613-834-4413

**National Association of Addiction Treatment Providers**

501 Randolph Drive, Lititz, PA 17543, 717-581-1901

**National Association of Alcoholism and Drug Abuse Counselors**

1911 North Fort Myer Drive, Suite 900, Arlington, VA 22209, 703-741-7686

**National Association of Attorneys General**

750 1st Street, NE, Suite 1100, Washington, DC 20002, 202-326-6000

**National Association of Counties**

440 1st Street, NW, Washington, DC 20001, 202-393-6226

**National Association of School Psychologists**

4340 East-West Highway, Suite 402, Bethesda, MD 20814, 301-657-0270

**National Association of Social Workers**

750 1st Street, NE, Suite 700, Washington, DC 20002, 202-408-8600

**National Association of State Alcohol and Drug Abuse Directors**

808 17th Street, NW, Suite 410, Washington, DC 20006, 202-293-0090

**National Black Alcoholism and Addiction Council**

1000 16th Street, NW, Suite 702, Washington, DC 20036, 202-296-2696

**National Capitol Coalition to Prevent Underage Drinking**

1875 Connecticut Avenue, NW, Suite 732, Washington, DC 20009, 202-265-8922

**National Clearinghouse for Alcohol and Drug Information**

P.O. Box 2345, Rockville, MD 20847-2345, 800-729-6686 (Toll-Free), 800-487-4889 (TDD) (Toll-Free),  
877-767-8432 (Spanish) (Toll-Free)

**National Conference of State Legislators**

444 North Capitol Street, NW, Suite 515, Washington, DC 20001, 202-624-3570



**National Council for Community Behavioral Healthcare**

12300 Twinbrook Parkway, Suite 320, Rockville, MD 20852, 301-984-6200

**National Council of La Raza - Center for Health Promotion**

1111 19th Street, NW, Suite 1000, Washington, DC 20036, 202-785-1670

**National Council on Alcoholism and Drug Dependence**

12 West 21st Street, New York, NY 10010, 212-206-6770

**National Families in Action**

Century Plaza II, 2957 Clairmont Road, Suite 150, Atlanta, GA 30329, 404-248-9676

**National Institute on Alcohol Abuse and Alcoholism**

6000 Executive Boulevard, Willco Building, Bethesda, MD 20892-7003, 301-443-3860

**National Institute on Drug Abuse**

6001 Executive Boulevard, Room 5230, MS9591, Bethesda, MD 20892, 301-443-1124

**National Medical Association**

1012 10th Street, NW, Washington, DC 20001, 202-347-1895

**National Mental Health Association**

1021 Prince Street, Alexandria, VA 22314-2971, 800-969-6642 (Toll-Free)

**National Nurses Society on Addictions**

4101 Lake Boone Trail, Suite 201, Raleigh, NC 27607, 919-783-5871

**National Organization on Fetal Alcohol Syndrome**

216 G Street, NE, Washington, DC 20002, 202-785-4585

**National Partnership for Recovery and Prevention**

506 Santa Monica Boulevard, Suite 500, Santa Monica, CA 90401, 310-393-3979, ext. 225

**National Sheriffs' Association**

1450 Duke Street, Alexandria, VA 22314-3490, 800-424-7827 (Toll-Free)

**National Treatment Accountability for Safer Communities**

300 I Street, NE, Suite 207, Washington, DC 20001, 703-522-7212

**New England Alliance for Addiction Recovery**

1492 Elm Street, Manchester, NH 03101, 603-668-4115

**Office of National Drug Control Policy - Executive Office of the President**

750 17th Street, NW, Washington, DC 20005, 202-737-0100

**Partnership for Recovery**

333 Adams Street, Denver, CO 80206, 303-320-1213

**Partnership for a Drug-Free America**

405 Lexington Avenue, 16th Floor, New York, NY 10174, 212-922-1560

**Phoenix House**

164 West 74th Street, New York, NY 10023, 212-595-5810

**Physicians Leadership on National Drug Policy**

National Project Office, Center for Alcohol and Addiction Studies,  
Brown University, Box G-BH, Providence, RI 02910, 401-444-1817

**Pima Prevention Partnership**

345 East Toole Avenue, Suite 104, Tucson, Arizona 85701, 520-884-1300

**Public Relations Society of America**

33 Irving Place, New York, NY 10003, 212-995-2230

**Recovery Network**

506 Santa Monica Boulevard, Suite 500, Santa Monica, CA 90401, 310-393-3979

**Research Society on Alcoholism**

314 Medical Parkway, Suite 12, Austin, TX 78756, 512-454-0022

**Restorative Justice Institute**

143 Canal Street, New Smyrna Beach, FL 32168, 904-424-9200

**Ridgeview Institute**

3995 South Cobb Drive, Smyrna, GA 30080, 800-329-9775 (Toll-Free)

**Rimrock Foundation**

1231 North 29th Street, Billings, MT 59101, 406-248-3175

**Step One**

665 West 4th Street, Winston Salem, NC 27101, 336-714-2116

**Substance Abuse and Addiction Recovery Alliance**

100 North Washington Street, Suite 239, Falls Church, VA 22046, 703-237-6141

**Substance Abuse and Mental Health Services Administration**

5600 Fishers Lane, Room 13C-05, Rockville, MD 20857, 301-443-8956

**Substance Abuse and Mental Health Services Administration, Center for Mental Health Services**

5600 Fishers Lane, Room 17-99, Rockville, MD 20857, 301-443-2792

**Substance Abuse and Mental Health Services Administration, Center for Substance Abuse Prevention**  
5600 Fishers Lane, Rockwall II, Suite 900, Rockville, MD 20857, 301-443-0365

**Substance Abuse and Mental Health Services Administration, Center for Substance Abuse Treatment**  
5600 Fishers Lane, Rockwall II, Suite 618, Rockville, MD 20857, 301-443-5052,  
CSAT National Helpline 800-662-HELP (Toll-Free); (TDD) 800-487-4889 (Toll-Free); (Spanish) 877-767-8432 (Toll-Free)

**Therapeutic Communities of America**  
1611 Connecticut Avenue, NW, Suite 4-B, Washington, DC 20009, 202-296-3503

**The Alliance Project**  
1954 University Avenue, Suite 12, Saint Paul, MN 55104, 651-645-1618

**The Urban Institute**  
2100 M Street, NW, 5th Floor, Washington, DC 20062, 202-833-7200

**Treatment Alternatives for Safe Communities**  
300 I Street, NE, Suite 207, Washington, DC 20001, 703-522-7212

**U.S. Chamber of Commerce**  
1615 H Street, NW, Washington, DC 20062, 202-659-6000

**U.S. Conference of Mayors**  
1620 I Street, NW, Suite 400, Washington, DC 20006, 202-293-7330

**U.S. Department of Defense**  
5111 Leesburg Pike, Skyline 5, Suite 810, Falls Church, VA 22041-3206, 703-681-1133

**U.S. Department of Labor - Working Partners for an Alcohol- and Drug-Free Workplace**  
200 Constitution Avenue, NW, Suite S-2312, Washington, DC 20210, 202-693-5959

**U.S. Small Business Administration**  
Washington District Office, 1110 Vermont Avenue, NW, Washington, DC 20001, 202-606-4000

**Valley Hope Association**  
P.O. Box 510, Norton, KS 67654-0510, 800-654-0486 (Toll-free)

**Vanguard Foundation**  
2924 Columbia Pike, Arlington, VA 22204, 703-920-1440

**Vera Institute of Justice - Bodega de la Familia**  
272 East 3rd Street, New York, NY 10009, 212-982-2335

**Veritas Villa, Inc.**  
5 Ridgeview Road, P.O. Box 610, Kerhonson, NY 12446-0610, 845-626-3555

**The Village South, Inc.**

3180 Biscane Boulevard, Miami, FL 33137, 305-573-3784

**Western Psychiatric Institute and Clinic**

3811 O'Hara Street, Pittsburgh, PA 15213, 412-624-2100

**White Bison, Inc.**

6145 Lehman Drive, Suite 200, Colorado Springs, CO 80918, 719-548-1000

## Clearinghouses

**Bureau of Justice Assistance Clearinghouse** (reference and referral services for criminal justice professionals)

800-688-4252 (Toll-Free)

**Bureau of Justice Statistics Clearinghouse** (crime and justice data)

800-732-3277 (Toll-Free)

**National Institute of Justice Clearinghouse** (general criminal justice information)

800-851-3420 (Toll-Free)

P.O. Box 6000, Rockville, MD 20849-6000

[www.ncjrs.org](http://www.ncjrs.org)

**Centers for Disease Control and Prevention**

**National Prevention Information Network**

P.O. Box 6003, Rockville, MD 20849-6003

800-458-5231 (Toll-Free)

[www.cdcnpin.org](http://www.cdcnpin.org)

**Drug Information Strategy Clearinghouse**

P.O. Box 8577, Silver Spring, MD 20907

800-955-2232 (Toll-Free)

[www.hud.gov](http://www.hud.gov)

**National Association of State Alcohol and Drug Abuse Directors**

808 17th Street, NW, Suite 410, Washington, DC 20006

202-293-0090

[www.nasadad.org](http://www.nasadad.org)

**National Institute on Drug Abuse, National Institutes of Health**

6001 Executive Boulevard, Bethesda, MD 20892-9561

888-NIH-NIDA (Voice) (Toll-Free), 888-TTY-NIDA (TTY) (Toll-Free), 301-443-1124

[www.drugabuse.gov](http://www.drugabuse.gov)

[www.clubdrugs.org](http://www.clubdrugs.org)

[www.steroidabuse.org](http://www.steroidabuse.org)

**Office of National Drug Control Policy Information Clearinghouse**

P.O. Box 6000, Rockville, MD 20849

800-666-3332 (Toll-Free)

[www.whitehousedrugpolicy.gov](http://www.whitehousedrugpolicy.gov)

**Substance Abuse and Mental Health Services Administration**

**Center for Mental Health Services Clearinghouse**

P.O. Box 42490, Washington, DC 20015

800-789-2647 (Toll-Free)

[www.mentalhealth.org/cmhs](http://www.mentalhealth.org/cmhs)

**Substance Abuse and Mental Health Services Administration  
Center for Substance Abuse Prevention's Workplace Helpline**

800-WORKPLACE (800-967-5752) (Toll-Free)

[www.health.org](http://www.health.org)

**Substance Abuse and Mental Health Services Administration  
Center for Substance Abuse Treatment's National Helpline**

5600 Fishers Lane, Rockwall II, Rockville, MD 20857

800-662-HELP (800-662-4357) (Toll-Free), 800-487-4889 (TDD) (Toll-Free), 877-767-8432 (Spanish) (Toll-Free).

[www.samhsa.gov](http://www.samhsa.gov)

[www.health.org](http://www.health.org)

**Substance Abuse and Mental Health Services Administration  
National Clearinghouse for Alcohol and Drug Information (NCADI)**

P.O. Box 2345, Rockville, MD 20847

800-729-6686 (Toll-Free), 800-487-4889 (TDD) (Toll-Free), 877-767-8432 (Spanish) (Toll-Free)

[www.health.org](http://www.health.org)

**U.S. Department of Defense**

**Office of Asst. Secretary of Defense for Public Affairs**

1400 Defense, Pentagon, Room IE 757, Washington, DC 20301

703-697-5737

[www.defenselink.mil](http://www.defenselink.mil)

**U.S. Department of Labor**

**Working Partners for an Alcohol- and Drug-Free Workplace**

**Substance Abuse Information Database (SAID) and Small Business Initiative**

200 Constitution Avenue, NW, Rm S-2312, Washington, DC 20210

202-693-5959

[www.dol.gov/dol/workingpartners.htm](http://www.dol.gov/dol/workingpartners.htm)

## Web Sites

### **Alcoholics Anonymous**

[www.alcoholics-anonymous.org](http://www.alcoholics-anonymous.org)

An international fellowship of men and women who have had a drinking problem.

### **Al-Anon Family Groups, Inc. (Al-Anon/AlAteen)**

[www.al-anon.alateen.org](http://www.al-anon.alateen.org)

A mutual support program that helps families and friends (adults and youths) of alcoholics recover from the effects of living with the problem drinking of a relative or friend.

### **American Council on Alcoholism**

[www.aca-usa.org](http://www.aca-usa.org)

A nonprofit organization whose mission is to educate the public about alcoholism and the need for treatment, as well as providing referral assistance for recovery and treatment resources nationwide.

### **American Society of Addiction Medicine**

[www.asam.org](http://www.asam.org)

A nonprofit organization whose mission is to educate physicians to prevent and treat dependence and addiction to alcohol, nicotine, and other drugs, and to prevent and treat related illnesses.

### **Another Empty Bottle**

[www.alcoholismhelp.com](http://www.alcoholismhelp.com)

Provides individuals with a means to share real experiences about how alcoholism has affected a loved one and themselves.

### **Caron Foundation**

[www.caron.org](http://www.caron.org)

A nonprofit organization whose mission is to provide an enlightened, caring community in which all those affected by the sickness of addiction may begin a new life. The foundation provides rehabilitation services to adults, adolescents, and their families suffering from chemical dependency and related addictions.

### **Center for Substance Abuse Research (CESAR)**

[www.cesar.umd.edu](http://www.cesar.umd.edu)

CESAR at the University of Maryland, College Park, collects, analyzes, and disseminates information on the nature and extent of substance abuse and related problems in Maryland and nationally.

### **Center on Addiction and Substance Abuse (CASA)**

[www.casacolumbia.org](http://www.casacolumbia.org)

CASA is a unique think/action tank that brings together all of the professional disciplines needed to study and combat all forms of substance abuse as they affect society.

### **Drug Enforcement Administration (DEA)**

[www.dea.gov](http://www.dea.gov)

The DEA enforces the controlled substances laws and regulations of the United States.

### **Hazelden**

[www.hazelden.org](http://www.hazelden.org)

Hazelden is a nonprofit organization providing high-quality, affordable rehabilitation, education, prevention, professional services, and publications regarding chemical dependency and related disorders.

### **Indian Health Service (IHS)**

[www.ihs.gov](http://www.ihs.gov)

The IHS is an agency of the Public Health Service providing health services to American Indians and Alaska Natives.

**Inter-University Consortium for Political and Social Research (ICPSR) at the University of Michigan**[www.icpsr.umich.edu](http://www.icpsr.umich.edu)

Provides access to the world's largest archive of computerized social science data, including data on substance abuse and mental health.

**Join Together**[www.jointogether.org](http://www.jointogether.org)

A national resource center for communities working to prevent substance abuse and to increase the public demand for treatment.

**K.I.D.S. - Kids in a Drug-Free Society**[www.keepkidsdrugfree.com](http://www.keepkidsdrugfree.com)

A nonprofit organization dedicated to helping parents talk with their kids about the risks of substance abuse.

**Miami Coalition for a Safe and Drug-Free Community**[www.miamicoalition.org](http://www.miamicoalition.org)

Provides information useful in the planning and implementation of successful community strategies and programs designed to reduce the problems of drug abuse, addiction, and directly related social issues in the Miami-Dade community.

**Mothers Against Drunk Driving (MADD)**[www.madd.org](http://www.madd.org)

MADD is a nonprofit organization that aims to stop drunk driving, support victims of this violent crime, and prevent underage drinking.

**National Association for Children of Alcoholics (NACoA)**[www.nacoa.org](http://www.nacoa.org)

NACoA is the education and advocacy group that works on behalf of the over 11 million children of alcohol and other drug-dependent parents under age 18 in the U.S. Research-based resources are available on the web site to help caring adults learn more about providing support and information for these vulnerable children.

**National Association of Alcoholism and Drug Abuse Counselors (NAADAC)**[www.naadac.org](http://www.naadac.org)

NAADAC is the largest national organization representing the interests of alcoholism and drug abuse professionals in the nation. The NAADAC web page contains information on current legislation, certification, and membership.

**National Clearinghouse for Alcohol and Drug Information's PREVline**[www.health.org](http://www.health.org)

This electronic communication system, a service of the Substance Abuse and Mental Health Services Administration, is dedicated to exchanging ideas and information concerning alcohol, tobacco, and illicit drug problem prevention.

**National Council for Community Behavioral Healthcare**[www.nccbh.org](http://www.nccbh.org)

Keeps community behavioral healthcare organizations abreast of the rapid changes in behavioral healthcare and vigorously advocates for the issues most critical to their success.

**National Council on Alcoholism and Drug Dependence (NCADD)**[www.ncadd.org](http://www.ncadd.org)

NCADD is an organization that fights the stigma and the disease of alcoholism and other drug addictions. It provides education, information, help, and hope to the public through offices in New York and Washington and a nationwide network of affiliates.

**National Families in Action**[www.emory.edu/NFIA/index.html](http://www.emory.edu/NFIA/index.html)

Provides accurate drug information to parents and young people. Outstanding features of this site include "ask the experts" and a cultural connection to ethnic groups working in the area of substance abuse prevention.



**National Institutes of Health (NIH)**[www.nih.gov](http://www.nih.gov)

NIH is one of the foremost biomedical research centers and the federal focal point for biomedical research in the United States.

**National Institute of Mental Health (NIMH)**[www.nimh.nih.gov](http://www.nimh.nih.gov)

Conducts and supports research nationwide on mental illness and mental health, including studies of the brain, behavior, and mental health services.

**National Institute on Alcohol Abuse and Alcoholism (NIAAA)**[www.niaaa.nih.gov](http://www.niaaa.nih.gov)

NIAAA supports and conducts biomedical research on the causes, consequences, treatment, and prevention of alcoholism and alcohol-related problems.

**National Institute on Drug Abuse (NIDA)**[www.nida.nih.gov](http://www.nida.nih.gov)

NIDA brings the power of science to bear on drug abuse and addiction.

**National Institute on Drug Abuse's Club Drugs Web Site**[www.clubdrugs.org](http://www.clubdrugs.org)

This site provides information on club drugs such as MDMA (Ecstasy), GHB, Rohypnol, ketamine, methamphetamine, and LSD. The site explains what the drugs look like, their effects, and the varied street names by which they are known.

**National Library of Medicine (NLM)**[www.nlm.nih.gov](http://www.nlm.nih.gov)

NLM is the world's largest library dealing with a single scientific/professional topic, carrying over 4.5 million holdings.

**Office of National Drug Control Policy (ONDCP)**[www.whitehousedrugpolicy.gov](http://www.whitehousedrugpolicy.gov)

This clearinghouse specializes in information on drug-use trends, drug-related crime issues, and national drug-control policy.

**Partnership for a Drug-Free America's Drug-Free Resource Net**[www.drugfreeamerica.org](http://www.drugfreeamerica.org)

The Partnership's purpose is to reduce the demand for illegal drugs by changing public attitudes about drugs and making drug use less acceptable and glamorous. This site provides specific drug information and the most frequently asked questions on drug-related topics.

**Recovery Network**[www.recoverynetwork.com](http://www.recoverynetwork.com)

The Recovery Network provides prevention and recovery information, interaction, and support concerning substance use and abuse, addiction to alcohol and drugs, and behavioral and mental health problems. The network provides these services through a television and radio network, online services, and a national help line.

**The Robert Wood Johnson Foundation**[www.rwjf.org](http://www.rwjf.org)

The Robert Wood Johnson Foundation is the nation's largest philanthropy devoted to health care.

**Small Business Administration (SBA)**[www.sba.gov](http://www.sba.gov)

The SBA provides financial, technical, and management assistance to help Americans start, run, and grow their businesses.

**Substance Abuse and Mental Health Services Administration (SAMHSA)** [www.samhsa.gov](http://www.samhsa.gov)  
SAMHSA ensures that quality substance abuse and mental health services are available to the people who need them and that prevention and treatment knowledge is used more effectively in the general health care system. This site also provides access to the home pages of the Center for Substance Abuse Treatment, Center for Substance Abuse Prevention, and Center for Mental Health Services.

**U.S. Business Advisor** [www.business.gov](http://www.business.gov)  
The U.S. Business Advisor provides businesses with one-stop access to federal government information, services and transactions.

**U.S. Department of Health and Human Services (DHHS)** [www.dhhs.gov](http://www.dhhs.gov)  
DHHS is the principal agency for protecting the health of all Americans and providing essential human services, especially for those who are least able to help themselves.

**U.S. Equal Employment Opportunity Commission (EEOC)** [www.eeoc.gov](http://www.eeoc.gov)  
EEOC provides small employers with basic information about EEOC-enforced laws and processes.

**U.S. Department of Labor (DOL)** [www.dol.gov/dol/workingpartners.htm](http://www.dol.gov/dol/workingpartners.htm)  
DOL provides information regarding workplace substance abuse including a free prevention kit and an online interactive substance abuse information database.

**Wisconsin Clearinghouse for Prevention Resources** [www.uhs.wisc.edu/wch](http://www.uhs.wisc.edu/wch)  
The Wisconsin Clearinghouse for Prevention Resources, a part of the University Health Services at the University of Wisconsin-Madison, provides educational materials and training information.

## Additional Resources

CSAT National Helpline  
Center for Substance Abuse Treatment  
Substance Abuse and Mental Health  
Services Administration  
U.S. Department of Health and Human Services  
800-662-HELP (800-662-4357) (Toll-Free)  
800-487-4889 (TDD) (Toll-Free)  
877-767-8432 (Spanish) (Toll-Free)

4-H  
1400 Independence Avenue, SW  
STOP 2225  
Washington, DC 20250-2225  
202-720-2908  
www.4h-usa.org

Al-Anon/AlAteen  
For Families and Friends of Alcoholics  
Al-Anon Family Group Headquarters, Inc.  
1600 Corporate Landing Parkway  
Virginia Beach, VA 23454-5617  
888-4AI-ANON/888-425-2666 (Toll-Free)  
www.al-anon.org  
www.al-anon.org/alateen.html

Alcoholics Anonymous  
P.O. Box 459  
Grand Central Station  
New York, NY 10164  
212-870-3400  
www.alcoholics-anonymous.org

Alcoholism and Substance Abuse  
Providers of New York State  
99 Pine Street, Suite 109  
Albany, NY 12207  
518-426-3122  
www.asapnys.org

Aliviane NO-AD, Inc.  
7722 North Loop Road  
El Paso, TX 79915  
915-782-4000

American Academy of Child  
and Adolescent Psychiatry  
3615 Wisconsin Avenue, NW  
Washington, DC 20016-3007  
202-966-7300  
www.aacap.org

American Academy of Pediatrics  
141 Northwest Point Boulevard  
Elk Grove Village, IL 60007-1098  
847-434-4000  
www.aap.org

American Bar Association  
750 North Lakeshore Drive  
Chicago, IL 60611  
800-285-2221 (Toll-Free)  
www.abanet.org

American Council for Drug Education  
164 West 74th Street  
New York, NY 10023  
800-488-DRUG (Toll-Free)  
www.acde.org (for information)  
800-DRUG-HEL(P) (Toll-Free)  
www.drughelp.org (for referrals)

American Council on Alcoholism  
3900 North Fairfax Drive, Suite 401  
Arlington, VA 22203  
800-527-5344 (Toll-Free)  
www.aca-usa.org

American Managed Behavioral  
Healthcare Association  
700 13th Street, NW, Suite 950  
Washington, DC 20005  
202-434-4565  
www.ambha.org

American Medical Association  
515 North State Street  
Chicago, IL 60610  
312-464-5000  
[www.ama-assn.org](http://www.ama-assn.org)

American Mental Health Counselors  
801 North Fairfax Street, #304  
Alexandria, VA 22314  
703-548-6002  
[www.amhca.org](http://www.amhca.org)

American Probation and Parole Association  
P.O. Box 11910  
Lexington, KY 40578-1910  
859-244-8203  
[www.appa-net.org](http://www.appa-net.org)

American Psychiatric Association  
1400 K Street, NW  
Washington, DC 20005  
202-682-6000  
[www.psych.org](http://www.psych.org)

American Psychological Association  
750 1st Street, NE  
Washington, DC 20002-4242  
202-336-5857  
[www.apa.org](http://www.apa.org)

American Public Health Association  
800 I Street, NW  
Washington, DC 20001  
202-777-2742 (APHA)  
202-777-2500 (TTY)  
[www.apha.org](http://www.apha.org)

American Society of Addiction Medicine  
4601 North Park Avenue, Arcade Suite 101  
Chevy Chase, MD 20815-4520  
301-656-3920  
[www.asam.org](http://www.asam.org)

Association of Persons Affected by Addiction  
1605 Dorado  
Garland, TX 75040  
972-686-4074

Association of State and Territorial Health Officials  
1275 K Street, NW, Suite 800  
Washington, DC 20005-4006  
202-371-9090  
[www.astho.org](http://www.astho.org)

Big Brothers/Big Sisters of America  
230 North 13th Street  
Philadelphia, PA 19107  
215-567-7000  
[www.bbbsa.org](http://www.bbbsa.org)

Boy Scouts of America  
National Office  
P.O. Box 152079  
Irving, TX 75015-2079  
972-580-2000  
[www.bsa.scouting.org](http://www.bsa.scouting.org)

Boys & Girls Clubs of America  
1230 West Peachtree Street, NW  
Atlanta, GA 30309  
404-815-5700  
[www.bgca.org](http://www.bgca.org)

Brunoe Training and Consulting  
2461 Santa Monica Boulevard, # 440  
Santa Monica, CA 90404  
818-955-5726

Capitol Decisions, Inc.  
1420 New York Avenue, NW, Suite 600  
Washington, DC 20005  
202-737-8168

Catholic Charities, USA  
1731 King Street, Suite 200  
Alexandria, VA 22314  
703-549-1390  
[www.catholiccharities.org](http://www.catholiccharities.org)

Catholic Youth Organization  
305 Michigan Avenue, 9th floor  
Detroit, MI 48226-2614  
313-963-7172

'Cause Children Count Coalition  
1875 Connecticut Avenue, NW  
Washington, DC 20009  
202-884-8378

Center on Juvenile and Criminal Justice  
1622 Folsom Street, 2nd Floor  
San Francisco, CA 94103  
415-621-5661  
[www.cjcj.org](http://www.cjcj.org)

Children's Defense Fund  
25 E Street, NW  
Washington, DC 20001  
202-662-3569  
[www.childrensdefense.org](http://www.childrensdefense.org)

Church of Jesus Christ of Latter Day Saints  
529 14th Street, NW, Suite 900  
Washington, DC 20045  
202-662-7480  
[www.lds.org](http://www.lds.org)

Committee on Mental Health Services  
2700 Martin Luther King Jr. Avenue, SE  
A-Building, Room 300  
Washington, DC 20032  
202-645-9966

Community Anti-Drug Coalitions of America  
901 North Pitt Street, Suite 300  
Alexandria, VA 22314  
800-54-CADCA (Toll-Free)  
[www.cadca.org](http://www.cadca.org)

Connecticut Community for Addiction Recovery  
465 Silas Deane Highway  
Wethersfield, CT 06109  
860-418-6816

Congress of National Black Churches  
National Anti-Drug Campaign  
1225 I Street, NW, Suite 750  
Washington, DC 20005  
202-371-1091  
[www.cnbc.org](http://www.cnbc.org)

Department of Juvenile Justice  
One Center Plaza  
120 West Fayette Street  
Baltimore, MD 21201  
410-230-3100

Drug Enforcement Administration  
Demand Reduction Section  
600 Army Navy Drive  
Arlington, VA 22202  
202-307-7936  
[www.dea.gov](http://www.dea.gov)

Employee Assistance Professionals Association  
2101 Wilson Boulevard, Suite 500  
Arlington, VA 22201  
703-522-6272  
[www.eap-association.com](http://www.eap-association.com)

Employee Assistance Society of North America  
230 East Ohio Street, Suite 400  
Chicago, IL 60611-4067  
312-644-0828

Families USA  
1334 G Street, NW, 3rd Floor  
Washington, DC 20005  
202-628-3030  
[www.familiesusa.org](http://www.familiesusa.org)

General Board of Global Ministries  
of the United Methodist Church  
Program on Substance Abuse  
110 Maryland Avenue, NE, Suite 404  
Washington, DC 20002  
202-548-2712

George Bloom & Associates, Inc.  
10001 Wayzata Boulevard  
Minnetonka, MN 55305  
952-582-2713

Girl Power!\*

Campaign Headquarters  
P.O. Box 2345  
Rockville, MD 20847-2345  
800-729-6686 (Toll-Free)  
[www.health.org/gpower](http://www.health.org/gpower)

\* Girl Power! is a national public education campaign sponsored by the U.S. Department of Health and Human Services with leadership from the Substance Abuse and Mental Health Services Administration's Center for Substance Abuse Prevention, the Office on Women's Health, and the Office of the Secretary.

Girl Scouts  
Just for Girls, 15th Floor  
Girl Scouts of the USA  
420 5th Avenue  
New York, NY 10018-2798  
800-GSUSA4U (Toll-Free)  
[www.gsusa.org](http://www.gsusa.org)

Griffin Recovery Enterprises  
702 Holly Avenue, #9  
St. Paul, MN 55104  
651-298-1463

Hazelden Foundation  
P.O. Box 11  
Center City, MN 55012-1076  
800-257-7810 (Toll-Free)  
[www.hazelden.com](http://www.hazelden.com)

Institute for a Drug-Free Workplace  
1225 I Street, NW, Suite 1000  
Washington, DC 20005  
202-842-7400  
[www.drugfreeworkplace.org](http://www.drugfreeworkplace.org)

Institute for the Advancement of Human Behavior  
4370 Alpine Road, Suite 209  
Portola Valley, CA 94028  
800-258-8411 (Toll-Free)  
[www.ibh.com](http://www.ibh.com)

Jewish Alcoholics and Chemically Dependent  
Persons and Significant Others  
800 7th Avenue  
New York, NY 10019  
212-397-4197  
[www.jacsweb.org](http://www.jacsweb.org)

Johnson Institute Foundation  
2314 University Avenue, Suite 24  
St. Paul, MN 55114  
651-659-9100  
[www.jifoundation.org](http://www.jifoundation.org)

Join Together  
441 Stuart Street, 7th Floor  
Boston, MA 02116  
617-437-1500  
[www.jointogether.org](http://www.jointogether.org)

Junior Achievement  
One Education Way  
Colorado Springs, CO 80906  
719-540-8000  
[www.ja.org](http://www.ja.org)

Juvenile Justice Clearinghouse  
P.O. Box 6000  
Rockville, MD 20849-6000  
800-638-8736 (Toll-Free)  
[www.ncjrs.org](http://www.ncjrs.org)

K.I.D.S. - Kids in a Drug-Free Society  
6515 GW Memorial Highway, Suite 105  
Yorktown, VA 23692  
757-833-0833  
[www.keepkidsdrugfree.com](http://www.keepkidsdrugfree.com)

Massachusetts Organization for Addiction Recovery  
(Affiliate of NEAAR-CSAT RCSP Grantee)  
c/o Boston ASAP  
30 Winters Street, 3rd Floor  
Boston, MA 02108  
617-423-6627

Miami Coalition for a Safe  
and Drug-Free Community  
University of Miami/North South Center  
1500 Monza Avenue  
Coral Gables, FL 33146-3027  
305-284-6850  
www.miamicoalition.org

Mothers Against Drunk Driving  
1025 Connecticut Avenue, NW, Suite 1205  
Washington, DC 20036  
202-974-2497  
www.madd.org

National Adolescent Health Information Center  
Division of Adolescent Medicine, Department of  
Pediatrics and Institute for Health Policy Studies  
School of Medicine  
University of California, San Francisco  
333 California Street, Suite 245  
San Francisco, CA 94118  
415-502-4856

National Asian Pacific American Families  
Against Substance Abuse  
340 East 2nd Street, Suite 409  
Los Angeles, CA 90012  
213-625-5795  
www.napafasa.org

National Association for Children of Alcoholics  
11426 Rockville Pike, Suite 100  
Rockville, MD 20852  
888-55-4COAS (Toll-Free)  
www.nacoa.org

National Association for Native American  
Children of Alcoholics  
5721 Dolman Ridge Road  
Gloucester, ON, Canada K1C7G4  
613-834-7829

National Association of Addiction  
Treatment Providers  
501 Randolph Street  
Lititz, PA 17543  
717-581-1901  
www.naatp.org

National Association of Alcoholism  
and Drug Abuse Counselors  
1911 North Fort Myer Drive, Suite 900  
Arlington, VA 22209  
800-548-0497 (Toll-Free)  
703-741-7686  
www.naadac.org

National Association of Community  
Health Centers, Inc.  
1330 New Hampshire Avenue, NW, Suite 122  
Washington, DC 20036  
202-659-8008  
www.nachc.com

National Association of Rural Health Clinics  
426 C Street, NE  
Washington, DC 20002  
202-543-0348  
www.narhc.org

National Association of School Psychologists  
4340 East-West Highway, Suite 402  
Bethesda, MD 20814  
301-657-0270  
www.naspweb.org

National Association of Social Workers  
750 1st Street, NE, Suite 700  
Washington, DC 20002-4241  
202-408-8600  
800-638-8799 (Toll-Free)  
www.socialworkers.org

National Center for Tobacco-Free Kids  
1707 L Street, NW, Suite 800  
Washington, DC 20036  
800-284-KIDS (Toll-Free)  
[www.tobaccofreekids.org](http://www.tobaccofreekids.org)

National Center on Addiction and Substance Abuse  
633 3rd Avenue, 19th Floor  
New York, NY 10017  
212-841-5200  
[www.casacolumbia.org](http://www.casacolumbia.org)

National Committee for Quality Assurance  
2000 L Street, NW, Suite 500  
Washington, DC 20036  
202-955-3500  
[www.ncqa.org](http://www.ncqa.org)

National Conference of State Legislators  
444 North Capitol Street, NW, Suite 515  
Washington, DC 20001  
202-624-3570

National Council for Community  
Behavioral Healthcare  
12300 Twinbrook Parkway, Suite 320  
Rockville, MD 20852  
301-984-6200  
[www.nccbh.org](http://www.nccbh.org)

National Council of Juvenile  
and Family Court Judges  
University of Nevada  
P.O. Box 8970  
Reno, NV 89507  
775-784-6012  
[www.ncjfcj.unr.edu](http://www.ncjfcj.unr.edu)

National Criminal Justice Reference Service  
P.O. Box 6000  
Rockville, MD 20849-6000  
800-851-3420 (Toll-Free)  
301-519-5500  
[www.ncjrs.org](http://www.ncjrs.org)

National Families in Action  
Century Plaza II  
2957 Clairmont Road, Suite 150  
Atlanta, GA 30329  
404-248-9676

National Health Law Program  
Health Consumer Alliance  
2639 South LaCienega Boulevard  
Los Angeles, CA 90034  
310-204-6010  
[www.healthlaw.org](http://www.healthlaw.org)

National High School Athletic Coaches Association  
P.O. Box 4342  
Hamden, CT 06514  
203-287-1276  
800-262-2495 (Toll-Free)  
[www.hscoaches.org](http://www.hscoaches.org)

National Institute of Justice  
810 7th Street, NW  
Washington, DC 20531  
202-307-2942  
[www.ojp.usdoj.gov/nij](http://www.ojp.usdoj.gov/nij)

National Institute on Alcohol Abuse and Alcoholism  
National Institutes of Health  
6000 Executive Boulevard, Willco Building  
Bethesda, MD 20892-7003  
301-496-4000  
[www.niaaa.nih.gov](http://www.niaaa.nih.gov)

National Institute on Drug Abuse  
National Institutes of Health  
Office of Science Policy and Communication  
6001 Executive Boulevard  
Room 5213 MSC 9561  
Bethesda, MD 20892-9561  
301-443-1124  
Telefax fact sheets: 888-NIH-NIDA (Voice) (Toll-Free)  
or 888-TTY-NIDA (TTY) (Toll-Free)  
[www.drugabuse.gov](http://www.drugabuse.gov) or [www.clubdrugs.org](http://www.clubdrugs.org)



National Latino Council on Alcohol  
and Tobacco Prevention  
1875 Connecticut Avenue, NW  
Washington, DC 20009  
202-265-8054

National Mental Health Association  
1021 Prince Street  
Alexandria, VA 22314-2971  
800-969-6642 (Toll-Free)  
800-433-5959 (TTY) (Toll-Free)  
www.nmha.org

National Nurses Society on Addictions  
4101 Lake Boone Trail, Suite 201  
Raleigh, NC 27607  
919-783-5871  
www.nnsa.org

National Partnership for Recovery and Prevention  
333 Adams Street  
Denver, CO 80206  
303-320-1213

National PTA Drug and Alcohol  
Abuse Prevention Project  
330 North Wabash Avenue, Suite 2100  
Chicago, IL 60611-3690  
800-307-4782 (Toll-Free)  
www.pta.org

National Peer Helping Association  
P.O. Box 32272  
Kansas City, MO 64171  
877-314-7337 (Toll-Free)  
www.peerhelping.org

National Treatment Accountability  
for Safer Communities  
300 I Street, NE, Suite 207  
Washington, DC 20001  
703-522-7212  
www.nationaltasc.org

National Youth Court Center  
c/o American Probation and Parole Association  
P.O. Box 11910  
Lexington, KY 40578-1910  
859-244-8215  
www.youthcourt.net

Office of Juvenile Justice and Delinquency Prevention  
810 7th Street, NW  
Washington, DC 20531  
202-307-5911  
www.ojjdp.ncjrs.org

Office of National Drug Control Policy  
Office of Demand Reduction  
750 17th Street, NW  
Washington, DC 20503  
202-395-6733  
www.whitehousedrugpolicy.gov

Partnership for a Drug-Free America  
405 Lexington Avenue, Suite 1601  
New York, NY 10174  
212-922-1560  
www.drugfreeamerica.org

Physician Leadership on National Drug Policy  
Center for Alcohol and Addiction Studies  
Brown University  
Box G-BH  
Providence, RI 02912  
401-444-1800  
center.butler.brown.edu.

Phoenix House  
164 West 74th Street  
New York, NY 10023  
212-595-5810  
www.phoenixhouse.org

Pima Prevention Partnership  
345 East Toole Avenue, Suite 104  
Tucson, Arizona 85707  
520-884-1300

Society for Adolescent Medicine  
1916 NW Copper Oaks Circle  
Blue Springs, MO 64015  
816-224-8010  
[www.adolescenthealth.org](http://www.adolescenthealth.org)

Step One  
665 West 4th Street  
Winston Salem, NC 27101  
336-714-2116

Students Against Destructive Decisions (National)  
Box 800  
Marlboro, MA 01752  
800-787-5777 (Toll-Free)  
[www.saddonline.com](http://www.saddonline.com)

Substance Abuse and Mental Health  
Services Administration  
Room 13C-05 Parklawn Building  
5600 Fishers Lane  
Rockville, MD 20857  
301-443-8956  
[www.samhsa.gov](http://www.samhsa.gov)

Substance Abuse and Mental Health  
Services Administration  
Center for Mental Health Services Clearinghouse  
P.O. Box 42490  
Washington, DC 20015  
800-789-2647 (Toll-Free)  
[www.mentalhealth.org/CMHS](http://www.mentalhealth.org/CMHS)

Substance Abuse and Mental Health  
Services Administration  
Center for Substance Abuse Treatment  
National Helpline  
800-662-HELP (800-662-4357) (Toll-Free)  
800-487-4889 (TDD) (Toll-Free)  
877-767-8432 (Spanish) (Toll-Free)  
(for confidential information on substance abuse  
treatment and referral)

Substance Abuse and Mental Health  
Services Administration  
Center for Substance Abuse Prevention  
Workplace Hotline  
800-967-5752 (Toll-Free)  
[www.samhsa.gov/CSAP](http://www.samhsa.gov/CSAP)

Substance Abuse and Mental Health  
Services Administration  
National Clearinghouse for Alcohol  
and Drug Information  
P.O. Box 2345  
Rockville, MD 20847-2345  
800-729-6686 (Toll-Free)  
800-487-4889 (TDD) (Toll-Free)  
877-767-8432 (Spanish) (Toll-Free)  
[www.health.org](http://www.health.org)

Substance Abuse and Mental Health  
Services Administration  
Office of Women's Services  
5600 Fishers Lane, Rockwall II, Room 1075  
Rockville, MD 20857  
301-443-5184

The Alliance Project  
1954 University Avenue, Suite 12  
St. Paul, MN 55104  
651-645-1618  
[www.defeataddiction.org](http://www.defeataddiction.org)

The SAMHSA GAINS Center  
(for People With Co-Occurring Disorders  
in the Justice System)  
Policy Research, Inc.  
345 Delaware Avenue  
Delmar, NY 12054  
800-311-4246 (Toll-Free)  
[www.prainc.com/gains](http://www.prainc.com/gains)

Therapeutic Communities of America  
1611 Connecticut Avenue, NW, Suite 4-D  
Washington, DC 20009  
202-296-3503  
[www.tcanet.org](http://www.tcanet.org)

U.S. Chamber of Commerce  
1615 H Street, NW  
Washington, DC 20062  
[www.uschamber.com](http://www.uschamber.com)

U.S. Department of Education  
Safe and Drug-Free Schools  
400 Maryland Avenue, SW  
Washington, DC 20202-6123  
877-433-7827 (Toll-Free)  
[www.ed.gov/offices/OESE/SDFS](http://www.ed.gov/offices/OESE/SDFS)

Vanguard Foundation  
2924 Columbia Pike  
Arlington, VA 22204  
703-920-1440

White Bison, Inc.  
6145 Lehman Drive, Suite 200  
Colorado Springs, CO 80918  
719-548-1000  
[www.whitebison.org](http://www.whitebison.org)

Working Partners for an Alcohol- and  
Drug-Free Workplace  
U.S. Department of Labor  
200 Constitution Avenue, NW, Room 5-2312  
Washington, DC 20210  
202-693-5959  
[www.dol.gov/dol/workingpartners.htm](http://www.dol.gov/dol/workingpartners.htm)

Young Men's Christian Association of the USA  
1701 K Street, NW, Suite 903  
Washington, DC 20006  
202-835-9043  
[www.ymca.net](http://www.ymca.net)

Young Women's Christian Association of the USA  
Empire State Building  
350 5th Avenue, Suite 301  
New York, NY 10118  
212-273-7800  
[www.ywca.org](http://www.ywca.org)

## Single State Agency (SSA) Directory

### ALABAMA

Mr. Kent Hunt  
 Director  
 Division of Substance Abuse Services  
 Alabama Department of Mental Health  
 and Mental Retardation  
 RSA Union Building  
 100 North Union Street  
 Montgomery, AL 36130-1410  
 Phone: 334-242-3953  
 Fax: 334-242-0759

### ALASKA

Mr. Ernie Turner  
 Acting Director  
 Division of Alcoholism and Drug Abuse  
 Alaska Department of Health and Social Services  
 P.O. Box 110607  
 Juneau, AK 99811-0607  
 Phone: 907-465-2071  
 Fax: 907-465-2185

### ARIZONA

Ms. Christy Dye  
 Program Manager  
 Bureau of Substance Abuse  
 Division of Behavioral Health Services  
 Arizona Department of Health Services  
 2122 East Highland  
 Phoenix, AZ 85016  
 Phone: 602-381-8999  
 Fax: 602-553-9143

### ARKANSAS

Mr. Ray L. Stevens  
 Director  
 Arkansas Bureau of Alcohol  
 and Drug Abuse Prevention  
 5800 West 10th Street, Suite 907  
 Little Rock, AR 72204  
 Phone: 501-280-4500  
 Fax: 501-280-4519

### CALIFORNIA

Ms. Kathryn Jett  
 Director  
 Department of Alcohol and Drug Programs  
 1700 K Street, 5th Floor  
 Executive Office  
 Sacramento, CA 95814-4037  
 Phone: 916-445-1943  
 Fax: 916-323-5873

### COLORADO

Ms. Janet Wood  
 Director  
 Alcohol and Drug Abuse Division  
 Colorado Department of Human Services  
 4055 South Lowell Boulevard  
 Denver, CO 80236-3120  
 Phone: 303-866-7480  
 Fax: 303-866-7481

### CONNECTICUT

Arthur C. Evans, Ph.D.  
 Deputy Commissioner  
 Department of Mental Health  
 and Addiction Services  
 P.O. Box 341431  
 Hartford, CT 06134  
 Phone: 860-418-6958  
 Fax: 860-418-6691

### DELAWARE

Ms. Renata Henry  
 Director  
 Delaware Health and Social Services  
 Division of Alcoholism, Drug Abuse  
 and Mental Health  
 1901 North DuPont Highway  
 Administration Building  
 DHHS Campus, Room 192  
 New Castle, DE 19720  
 Phone: 302-577-4461  
 Fax: 302-577-4486

**FLORIDA**

Kenneth A. DeCerchio, M.S.W., C.A.P.  
Assistant Secretary  
Substance Abuse Program Office  
Florida Department of Children and Families Services  
1317 Winewood Boulevard  
Building 3, Room 1015  
Tallahassee, FL 32399-0700  
Phone: 850-414-1503  
Fax: 850-487-2239

**GEORGIA**

Mr. Bruce Hoopes  
Acting Chief  
Substance Abuse Program  
Division of Mental Health, Mental Retardation  
and Substance Abuse  
Georgia Department of Human Resources  
2 Peachtree Street, NW, 4th Floor  
Atlanta, GA 30303-3171  
Phone: 404-657-2135  
Fax: 404-657-2160

**HAWAII**

Ms. Elaine Wilson  
Chief  
Alcohol and Drug Abuse Division  
Hawaii Department of Health  
Kakuhihewa Building  
601 Kamokila Boulevard, Room 360  
Kapolei, HI 96707  
Phone: 808-692-7507  
Fax: 808-692-7521

**IDAHO**

Mr. Pharis Stanger  
Acting Director  
Bureau of Mental Health and Substance Abuse  
Division of Family and Community Services  
Idaho Department of Health and Welfare  
P.O. Box 83720, 5th Floor  
Boise, ID 83720-0036  
Phone: 208-334-4944  
Fax: 208-334-6699

**ILLINOIS**

Ms. Melanie Whitter  
Director  
Illinois Department of Alcoholism  
and Substance Abuse  
James R. Thompson Center  
100 West Randolph Street, Suite 5-600  
Chicago, IL 60601  
Phone: 312-814-2291/3840  
Fax: 312-814-2419

**INDIANA**

Ms. Janet Corson  
Director  
Division of Mental Health  
Indiana Family and Social Services Administration  
402 West Washington Street  
Indiana Government Building, Room W353  
Indianapolis, IN 46204  
Phone: 317-232-7844  
Fax: 317-233-3472

**IOWA**

Ms. Janet Zwick  
Director  
Division of Substance Abuse and Health Promotion  
Iowa Department of Public Health  
321 East 12th Street  
Lucas State Office Building, 3rd Floor  
Des Moines, IA 50319-0075  
Phone: 515-281-4417  
Fax: 515-281-4535

**KANSAS**

Ms. Karen Suddath  
Director  
Kansas Department of Social and  
Rehabilitation Services  
Division of Health Care Policy  
Docking State Office Building, 5th Floor, North  
915 SW Harrison Street  
Topeka, KS 66612  
Phone: 785-296-7272  
Fax: 785-296-5507

**KENTUCKY**

Mr. Michael Townsend  
Director  
Division of Substance Abuse  
Kentucky Department of Mental Health  
and Mental Retardation Services  
100 Fair Oaks Lane  
Frankfort, KY 40621-0001  
Phone: 502-564-2880  
Fax: 502-564-7152

**LOUISIANA**

Mr. Mike Duffy  
Acting Assistant Secretary  
Office of Alcohol and Drug Abuse  
Louisiana Department of Health and Hospitals  
P.O. Box 2790, BIN #18  
Baton Rouge, LA 70821-3868  
Phone: 225-342-6717  
Fax: 225-342-3931

**MAINE**

Ms. Kim Johnson  
Director  
Maine Office of Substance Abuse  
Augusta Mental Health Complex  
Marquardt Building, 3rd Floor  
159 State House Station  
Augusta, ME 04333-0159  
Phone: 207-287-2595/6330  
Fax: 207-287-4334

**MARYLAND**

Mr. Thomas Davis  
Director  
Alcohol and Drug Abuse Administration  
Maryland Department of Health  
and Mental Hygiene  
201 West Preston Street, 4th Floor  
Baltimore, MD 21201  
Phone: 410-767-6925  
Fax: 410-333-7206

**MASSACHUSETTS**

Ms. Deborah Klein Walker  
Acting Director  
Bureau of Substance Abuse Services  
Massachusetts Department of Public Health  
250 Washington Street  
Boston, MA 02108  
Phone: 617-624-5151  
Fax: 617-624-5185

**MICHIGAN**

Ms. Deborah Hollis  
Director  
Michigan Department of Community Health  
Division of Substance Abuse Quality and Planning  
Lewis Cass Building, 5th Floor  
320 South Walnut Street  
Lansing, MI 48913  
Phone: 517-335-0267  
Fax: 517-335-3090

**MINNESOTA**

Mr. Donald R. Eubanks  
Director  
Chemical Health Division  
Minnesota Department of Human Services  
444 Lafayette Road North  
St. Paul, MN 55155-3823  
Phone: 651-582-1856  
Fax: 651-582-1865

**MISSISSIPPI**

Mr. Herbert Loving  
Director  
Division of Alcohol and Drug Abuse  
Mississippi Department of Mental Health  
Robert E. Lee State Building  
239 North Lamar Street, 11th Floor  
Jackson, MS 39201  
Phone: 601-359-6220  
Fax: 601-359-6295

**MISSOURI**

Michael Couty, M.A.  
Director  
Division of Alcohol and Drug Abuse  
Missouri Department of Mental Health  
P.O. Box 687  
Jefferson City, MO 65102-0687  
Phone: 573-751-4942  
Fax: 573-751-7814

**MONTANA**

Mr. Roland Mena  
Chief  
Chemical Dependency Bureau  
Addictive and Mental Disorders Division  
P.O. Box 202951  
Helena, MT 59620-2951  
Phone: 406-444-3964  
Fax: 406-444-4435

**NEBRASKA**

Gordon Tush, Ph.D.  
Director  
Division of Mental Health, Substance Abuse  
and Addictions Services  
Nebraska Department of Health and Human  
Services Systems  
P.O. Box 94728  
Lincoln, NE 68509-4728  
Phone: 402-471-2851, ext. 5583  
Fax: 402-479-5162

**NEVADA**

Ms. Maria Canfield  
Chief  
Bureau of Alcohol and Drug Abuse, Health Division  
Department of Human Resource  
505 East King Street, Room 500  
Carson City, NV 89701-3703  
Phone: 775-684-4190  
Fax: 775-684-4185

**NEW HAMPSHIRE**

Mr. Tim Hartnett  
Director  
Office of Alcohol and Drug Abuse Prevention  
New Hampshire Department of Health  
and Human Services  
State Office Park South  
105 Pleasant Street  
Concord, NH 03301  
Phone: 603-271-6105  
Fax: 603-271-6116

**NEW JERSEY**

Mr. Terrence O'Connor  
Assistant Commissioner  
New Jersey Department of Health  
and Senior Services  
Division of Addiction Services  
P.O. Box 362  
Trenton, NJ 08625-0362  
Phone: 609-292-5760  
Fax: 609-292-3816

**NEW MEXICO**

Ms. Mary Schumacher  
Director  
Behavioral Health Services Division  
New Mexico Department of Health  
Harold Runnels Building, Room 3200 North  
1190 Saint Francis Street  
Santa Fe, NM 87501-6110  
Phone: 505-827-2601  
Fax: 505-827-0097

**NEW YORK**

Ms. Jean Somers-Miller  
Commissioner  
New York State Office of Alcoholism  
and Substance Abuse Services  
1450 Western Avenue  
Albany, NY 12203-3526  
Phone: 518-457-2061  
Fax: 518-457-5474

**NORTH CAROLINA**

Flo Stein, M.P.H.  
 Chief  
 Substance Abuse Services Section  
 Division of Mental Health, Development  
 Disabilities and Substance Abuse Services  
 North Carolina Department of Health  
 and Human Services  
 325 North Salisbury Street  
 Raleigh, NC 27603  
 Phone: 919-733-4670  
 Fax: 919 733-9455

**NORTH DAKOTA**

Mr. Don Wright  
 Unit Manager  
 Substance Abuse Services  
 Division of Mental Health  
 and Substance Abuse Services  
 Professional Building  
 600 South 2nd Street, Suite #1E  
 Bismarck, ND 58504-5729  
 Phone: 701-328-8922/8920  
 Fax: 701-328-8969

**OHIO**

Ms. Luceille Fleming  
 Director  
 Ohio Department of Alcohol  
 and Drug Addiction Services  
 280 North High Street  
 Two Nationwide Plaza, 12th Floor  
 Columbus, OH 43215-2537  
 Phone: 614-466-3445  
 Fax: 614-752-8645

**OKLAHOMA**

Mr. Ben Brown  
 Deputy Commissioner  
 Substance Abuse Services  
 Oklahoma Department of Mental Health  
 and Substance Abuse Services  
 P.O. Box 53277, Capitol Station  
 Oklahoma City, OK 73152  
 Phone: 405-522-3877  
 Fax: 405-522-0637

**OREGON**

Ms. Barbara Cimaglio  
 Director  
 Office of Alcohol and Drug Abuse Programs  
 Oregon Department of Human Resources  
 Human Resources Building, 3rd Floor  
 500 Summer Street NE  
 Salem, OR 97310-1016  
 Phone: 503-945-5763  
 Fax: 503-378-8467

**PENNSYLVANIA**

Mr. Gene Boyle  
 Director  
 Office of Drug and Alcohol Programs  
 Pennsylvania Department of Health  
 2635 Paxton Street  
 Harrisburg, PA 17111  
 Phone: 717-783-8200  
 Fax: 717-787-6285

**RHODE ISLAND**

Barbara J. Inderlin, L.I.C.S.W.  
 Associate Director  
 Division of Substance Abuse  
 Department of Mental Health,  
 Retardation and Hospitals  
 14 Harrington Road  
 Barry Hall  
 Cranston, RI 02920  
 Phone: 401-462-4680  
 Fax: 401-462-3204

**SOUTH CAROLINA**

Mr. Rick Wade  
 Director  
 South Carolina Department of Alcohol  
 and Other Drug Abuse Services  
 101 Business Park Boulevard  
 Columbia, SC 29203-9498  
 Phone: 803-896-5555  
 Fax: 803-896-5557



**SOUTH DAKOTA**

Mr. Gilbert Sudbeck  
Director  
Division of Alcohol and Drug Abuse  
South Dakota Department of Human Services  
East Highway 34, Hillview Plaza  
c/o 500 East Capitol  
Pierre, SD 57501-5070  
Phone: 605-773-3123/5990  
Fax: 605-773-5483

**TENNESSEE**

Stephanie W. Perry, M.D.  
Assistant Commissioner  
Bureau of Alcohol and Drug Abuse Services  
Tennessee Department of Health  
Cordell Hull Building, 3rd Floor  
426 5th Avenue, North  
Nashville, TN 37247-4401  
Phone: 615-741-1921  
Fax: 615-532-2419

**TEXAS**

Jay Kimbrough, J.D.  
Executive Director  
Texas Commission on Alcohol  
and Drug Abuse  
P.O. Box 80529  
Austin, TX 78708-0529  
Phone: 512-349-6600  
Fax: 512-837-0998  
TCADA Overnight Mail Address:  
9001 North IH-35, Suite 105  
Austin, TX 78753-5233

**UTAH**

Mr. Patrick J. Fleming  
Director  
Division of Substance Abuse  
Utah Department of Human Services  
120 North 200 West, Room 413  
Salt Lake City, UT 84103  
Phone: 801-538-3939  
Fax: 801-538-4696

**VERMONT**

Mr. Tom Perras  
Director  
Office of Alcohol and Drug Abuse Programs  
Vermont Agency of Human Services  
108 Cherry Street  
Burlington, VT 05402  
Phone: 802-651-1550  
Fax: 802-651-1573

**VIRGINIA**

Mr. James Martinez  
Acting Director  
Substance Abuse Speciality Services  
Virginia Department of Mental Health, Mental  
Retardation and Substance Abuse Services  
1220 Bank Street, 8th Floor  
Richmond, VA 23218  
Phone: 804-786-3906  
Fax: 804-371-0091

**WASHINGTON**

Mr. Kenneth D. Stark  
Director  
Division of Alcohol and Substance Abuse  
Washington Department of Social  
and Health Services  
P.O. Box 45330  
Olympia, WA 98504-5330  
Phone: 360-438-8200  
Fax: 360-438-8078

**WEST VIRGINIA**

Mr. Steve Mason  
Director  
Division of Alcohol and Drug Abuse  
Office of Behavioral Health Services  
West Virginia Department of Health  
and Human Services  
1900 Kanawha Boulevard, Capitol Complex  
Building 6, Room 738  
Charleston, WV 25305  
Phone: 304-558-2276  
Fax: 304-558-1008

**WISCONSIN**

Mr. Philip S. McCullough  
 Director  
 Bureau of Substance Abuse Services  
 Division of Supportive Living  
 Department of Health and Family Services  
 P.O. Box 7851  
 Madison, WI 53707-7851  
 Phone: 608-266-3719  
 Fax: 608-266-1533

**WYOMING**

Ms. Diane Galloway  
 Administrator  
 Department of Health  
 Substance Abuse Division  
 2424 Pioneer Avenue, Suite 306  
 Cheyenne, WY 82002  
 Phone: 307-777-7997  
 Fax: 307-777-5580

**DISTRICT OF COLUMBIA**

Larry Siegel, M.D.  
 Administrator  
 Department of Operations  
 Addiction Prevention and Recovery Administration  
 825 North Capitol Street, NE  
 Suite 3132  
 Washington, DC 20002  
 Phone: 202-442-5898  
 Fax: 202-442-9429

**PUERTO RICO**

Nancy Marin, M.D.  
 Acting Administrator  
 Puerto Rico Mental Health and Anti-Addiction  
 Services Administration  
 P.O. Box 21414  
 San Juan, PR 00928-1414  
 Phone: 787-764-3795  
 Fax: 787-765-5895

**VIRGIN ISLANDS**

Ms. Jaslene Williams  
 Acting Director  
 Division of Mental Health  
 Department of Health  
 3500 Richmond, Christiansted  
 St Croix, VI 00820-4370  
 Phone: 340-773-1311, ext. 3011 or 3012  
 Fax: 340-773-7900

**REDLAKE**

Mr. Bobby Whitefeather, Sr.  
 Chairman  
 Tribal Council  
 Red Lake Band of the Chippewa Indian Tribe  
 P.O. Box 574  
 Red Lake, MN 56671  
 Phone: 218-679-3341  
 Fax: 218-679-3378

**AMERICAN SAMOA**

Ms. Marie Ma'o  
 Director  
 Department of Human and Social Services  
 Government of American Samoa  
 Pago Pago, AS 96799  
 Phone: 684-633-2696  
 Fax: 684-633-7449

**MICRONESIA**

Eliuel K. Pretrick, M.O., M.P.H.  
 Secretary  
 Department of Health, Education and Social Affairs  
 Federated States of Micronesia  
 P.O. Box PS 70  
 Palikir, Pohnpei FM 96941  
 Phone: 691-320-2619  
 Fax: 691-320-5263

**GUAM**

Mr. John Leon Guerrero  
Director  
Department of Mental Health  
and Substance Abuse  
Government of Guam  
790 Governor Carlos G. Camacho Road  
Tamuning, GU 96911  
Phone: 671-647-5445  
Fax: 671-649-6948

**NORTHERN MARIANA ISLANDS**

Joe Villagomez, M.S.W.  
Secretary of Health  
Department of Public Health  
Commonwealth of the Northern Mariana Islands  
P.O. Box 409 CK  
Saipan, MP 96950  
Phone: 670-234-8950 ext. 2001  
Fax: 670-234-8930

**PALAU**

The Honorable Masao Ueda  
Minister of Health  
Ministry of Human Services  
Palau National Hospital  
Republic of Palau  
P.O. Box 6027  
Koro, PW 96940-0504  
Phone: 680-488-2813  
Fax: 680-488-1211

**MARSHALL ISLANDS**

Mr. Donald Capelle  
Secretary  
Ministry of Health Services  
P.O. Box 16  
Majuro, MH 96960  
Phone: 692-625-3355  
Fax: 692-625-3432

## Diversity Resources

CSAT National Helpline  
 Center for Substance Abuse Treatment  
 Substance Abuse and Mental Health  
 Services Administration  
 U.S. Department of Health and Human Services  
 Phone: 800-662-HELP (800-662-4357) (Toll-Free)  
 800-487-4889 (TDD) (Toll-Free)  
 877-767-8432 (Spanish) (Toll-Free)

African American Family Services  
 2616 Nicollet Avenue South  
 Minneapolis, MN 55408  
 Phone: 612-871-7878  
 Fax: 612-871-2567  
[www.aafs.net](http://www.aafs.net)

American Indian Community House  
 708 Broadway, 8th Floor  
 New York, NY 10003  
 Phone: 212-598-0100  
 Fax: 212-598-4909  
[www.aich.org](http://www.aich.org)

American Psychological Association  
 Office of Ethnic Minority Affairs  
 Public Interest Directorate  
 750 1st Street, NE  
 Washington, DC 20002-4242  
 Phone: 202-336-6029  
 Fax: 202-336-6040  
[www.apa.org](http://www.apa.org)

Asian and Pacific Islander  
 American Health Forum  
 942 Market Street, Suite 200  
 San Francisco, CA 94102  
 Phone: 415-954-9988  
 Fax: 415-954-9999  
[www.apiahf.org](http://www.apiahf.org)

ASPIRA Association, Inc.  
 1444 I Street, NW, Suite 800  
 Washington, DC 20005  
 Phone: 202-835-3600  
 Fax: 202-835-3613  
[www.aspira.org](http://www.aspira.org)

Association of Black Psychologists  
 P.O. Box 55999  
 Washington, DC 20040-5999  
 Phone: 202-722-0808  
 Fax: 202-722-5941  
[www.abpsi.org](http://www.abpsi.org)

Bureau of Indian Affairs  
 Office of Alcohol & Substance Abuse Prevention  
 1849 C Street, NW  
 Washington, DC 20240-4000  
 Phone: 202-219-9737  
[www.doi.gov/bureau-indian-affairs.html](http://www.doi.gov/bureau-indian-affairs.html)

Chinatown Alcoholism Services  
 Hamilton Madison House  
 253 South Street, 2nd Floor  
 New York, NY 10002  
 Phone: 212-720-4520  
 Fax: 212-732-9774  
[www.hmh100.com/HMHChinatownalcoholism.htm](http://www.hmh100.com/HMHChinatownalcoholism.htm)

The Congress of National Black Churches  
 1225 Eye Street, NW, Suite 750  
 Washington, DC 20005-3914  
 Phone: 202-371-1091  
 Fax: 202-371-0908  
[www.cnbc.org](http://www.cnbc.org)

Hands Across Cultures  
 P.O. Box 2215  
 Espanola, NM 87532  
 Phone: 505-747-1889  
 Fax: 505-747-1623  
[www.la-tierra.com/haac](http://www.la-tierra.com/haac)

Jack and Jill of America  
7091 Grand National Drive, Suite 102  
Orlando, FL 32819  
Phone: 407-248-8523  
Fax: 407-248-8533  
[www.jack-and-jill.org](http://www.jack-and-jill.org)

Kappa Alpha Psi Fraternity, Inc.  
2322-24 North Broad Street  
Philadelphia, PA 19132  
Phone: 215-228-7184  
Fax: 215-228-7181  
[www.kapsi.org](http://www.kapsi.org)

Latin American Youth Center  
1419 Columbia Road, NW  
Washington, DC 20009  
Phone: 202-319-2225  
Fax: 202-462-5696  
[www.layc-dc.org](http://www.layc-dc.org)

Latino Council on Alcohol and Tobacco  
1875 Connecticut Avenue, Suite 732  
Washington, DC 20009  
Phone: 202-265-8054  
Fax: 202-265-8056

National Alliance for Hispanic Health  
1501 16th Street, NW  
Washington, DC 20036-1401  
Phone: 202-387-5000  
Fax: 202-797-4353  
[www.hispanichealth.org](http://www.hispanichealth.org)

National Asian Pacific American  
Families Against Substance Abuse  
340 East 2nd Street, Suite 409  
Los Angeles, CA 90012  
Phone: 213-625-5795  
Fax: 213-625-5796  
[www.napafasa.org](http://www.napafasa.org)

National Association for Equal  
Opportunity in Higher Education  
8701 Georgia Avenue, Suite 200  
Silver Spring, MD 20910  
Phone: 301-650-2440  
Fax: 301-495-3306  
[www.nafeo.org](http://www.nafeo.org)

National Association of African  
Americans for Positive Imagery  
P.O. Box 18537  
Philadelphia, PA 19129  
Phone: 610-617-9145  
Fax: 610-617-8545  
[www.naaapi.org](http://www.naaapi.org)

National Association of Black Social Workers  
8436 West McNichols  
Detroit, MI 48221  
Phone: 313-862-6700  
Fax: 313-862-6998  
[www.nabsw.org](http://www.nabsw.org)

National Association of 100 Black Women  
38 West 32nd Street, Suite 1610  
New York, NY 10001  
Phone: 212-947-2196  
Fax: 212-947-2477

National Black Alcoholism  
and Addiction Council  
1000 16th Street, NW, Suite 702  
Washington, DC 20036  
Phone: 202-296-2696  
Fax: 315-798-8736  
[www.ndpl.org/nbaac.html](http://www.ndpl.org/nbaac.html)

National Congress of American Indians  
1301 Connecticut Avenue, Suite 200  
Washington, DC 20036  
Phone: 202-466-7767  
Fax: 202-466-7797  
[www.ncai.org](http://www.ncai.org)

National Council of La Raza  
1111 19th Street, Suite 1000  
Washington, DC 20036  
Phone: 202-785-1670  
Fax: 202-776-1792  
www.nclr.org

National Council of Negro Women, Inc.  
777 United Nations Plaza  
New York, NY 10017  
Phone: 212-687-5870  
Fax: 212-687-1735  
www.ncnw.com

National Indian Health Board  
1385 South Colorado Boulevard, #A707  
Denver, CO 80222  
Phone: 303-759-3075  
Fax: 303-759-3674  
www.nihb.org

National Minority AIDS Council  
1931 13th Street, NW  
Washington, DC 20009-4432  
Phone: 202-483-6622  
Fax: 202-483-1135  
www.nmac.org

National Latino Children's Institute  
320 El Paso Street  
San Antonio, TX 78502  
Phone: 210-228-9997  
Fax: 210-228-9972  
www.nlci.org

National Puerto Rican Forum  
31 East 32nd Street, 4th floor  
New York, NY 10016-5536  
Phone: 212-685-2311  
Fax: 212-689-5034  
www.nprf.org

Office of Minority Health Resource Center  
P.O. Box 37337  
Washington, DC 20013-7337  
Phone: 800-444-6472 (Toll-Free)  
Fax: 301-230-7198  
www.omhrc.gov

Organization of Chinese Americans  
1001 Connecticut Avenue, NW, Suite 601  
Washington, DC 20036  
Phone: 202-223-5500  
Fax: 202-296-0540  
www.ocanatl.org

Pride Institute (Gay, Lesbian, Bisexual Community)  
168 5th Avenue, Suite 4 South  
New York, NY 10010  
Phone: 800-54-PRIDE (Toll-Free)  
Fax: 212-243-1099  
www.pride-institute.com

Puerto Rican Organization for Community  
Education and Economic Development, Inc.  
815 Elizabeth Avenue  
Elizabeth, NJ 07201  
Phone: 908-351-7727  
Fax: 908-353-5185  
www.proceedinc.com

Sigma Gamma Rho Sorority, Inc.  
8800 South Stony Island  
Chicago, IL 60617  
Phone: 773-873-9000  
Fax: 773-731-9642  
www.sgr1922.org

United National Indian Tribal Youth, Inc.  
P.O. Box 25042  
Oklahoma City, OK 73125  
Phone: 405-236-2800  
Fax: 405-971-1071  
www.unityinc.org

White Bison, Inc.  
6145 Lehman Drive, Suite 200  
Colorado Springs, CO 80918  
Phone: 719-548-1000  
Fax: 719-548-9407  
[www.whitebison.org](http://www.whitebison.org)

# Mental illness undertreated, Satcher warns

## Study finds gap in breadth of care

By ROBERT PEAR  
New York Times

Washington — One in every five Americans experiences a mental disorder in any given year, and half of all Americans have such disorders at some time in their lives, but most of them never seek treatment, the surgeon general of the United States says in a comprehensive new report.

Many people with mental disorders do not realize that effective treatments exist, or they fear discrimination because of the stigma attached to mental illness, the study found.

And, it said, many people cannot afford treatment because they lack insurance that would cover it.

After reviewing hundreds of studies, the report concludes that "a range of effective treatments exist for nearly all mental disorders," including the most severe. The report's principal recommendation is to "seek help if you experience symptoms of mental illness."

The report is to be issued at the White House today by the surgeon general, David Satcher, the government's leading spokesman on matters of public health.

Satcher's report finds a huge gap between the need for mental health services and their availability.

One of the report's major themes is that mental health must be part of mainstream health care, not an afterthought.

The report says that "22% of the population has a diagnosable mental disorder," and that "mental illness, including suicide, is the second leading cause of disability," after heart disease.

But, it says, "nearly two-thirds of all people with diagnosable mental disorders do not seek treatment."

The statistics, derived from studies published in the last few years, will probably not surprise psychiatrists, psychologists or other specialists in mental health. But the report is significant because it meticulously analyzes huge amounts of data and puts the imprimatur of the government on the findings, just as the surgeon general's report on smoking and health did in 1964.

Mental disorders are defined in the report as health conditions marked by alterations in thinking, mood or behavior that cause distress or impair a person's ability to function. They include Alzheimer's disease, depression, attention-deficit or hyperactivity disorder and phobias.

The report says people are deterred from seeking treatment for mental disorders because they have no health insurance, their insurance does not adequately cover the costs or they have an "unwarranted sense of hopelessness" about the prospects for recovery from mental illness.

The document declares that "mental disorders are not character flaws, but are legitimate illnesses that respond to specific treatments." It says that the

ed to mental illness" is "inexcusably outmoded" and must no longer be tolerated.

"Why is the stigma so strong despite better public understanding of mental illness?" the report asks. "The answer appears to be fear of violence. People with mental illness, especially those with psychosis, are perceived to be more violent than in the past."

While research suggests that some people with mental disorders and drug abuse problems do indeed pose a risk of violence, the report says, the danger is not great. "In fact," it says, "there is very little risk of violence or harm to a stranger from casual contact with an individual who has a mental disorder."

In issuing the report, federal officials said, the Clinton administration will emphasize its efforts to fight mental illness.

The report endorses efforts by some states and members of Congress to eliminate the disparities in insurance coverage for mental disorders and other illnesses.

Michael Faenza, president of

the National Mental Health Association, who served as a member of the planning board for the report, said: "This is a historic day. It's wonderful that we have a surgeon general talking about mental health and mental illness, in a voice that has not been used in Washington before."

The surgeon general's report also makes these points:

■ Psychiatric disorders appear in all types of families, of all social classes and of all backgrounds.

■ Among Americans ages 18 to 54, the report said, 14.9% have anxiety disorders, 7.1% have mood disorders and 1.3% have schizophrenia.

■ Among elderly people, depression takes an "inordinate toll," but often goes undiagnosed and untreated. Eight percent to 15% of older people living in the community have symptoms of depression. "Suicidal thoughts are sometimes considered a normal facet of old age," it says. People 65 and older have the highest suicide rates of any age group.



## Mental Health: A Report of the Surgeon General

established market economies; unipolar major depression, bipolar disorder, schizophrenia, and obsessive-compulsive disorder are identified as among the top 10 leading causes of disability worldwide (Murray & Lopez, 1996).

### Direct Costs

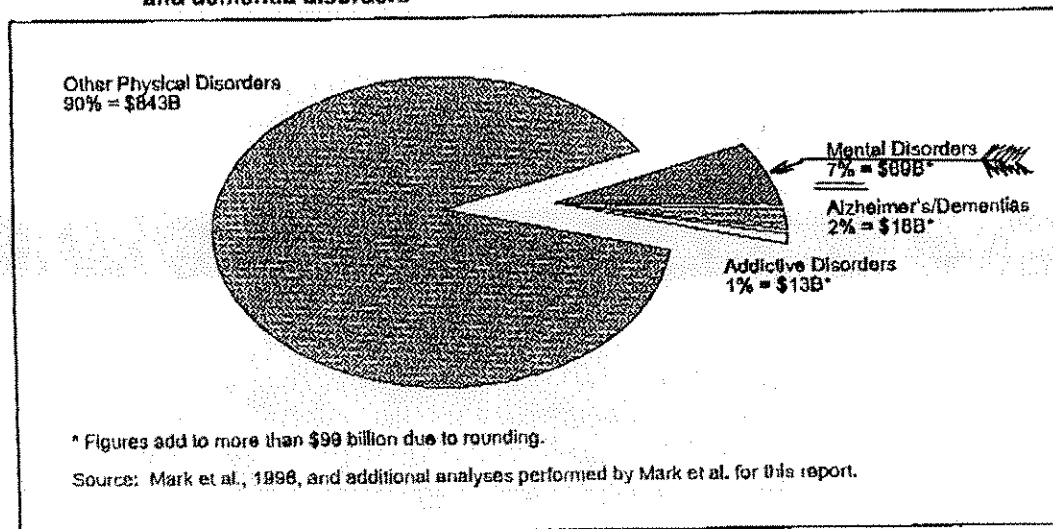
Mental health expenditures for treatment and rehabilitation are an important part of overall health care spending but differ in important ways from other types of health care spending. Many mental health services are provided by separate specialty providers—such as psychiatrists, psychologists, social workers, and nurses in office practice—or by facilities such as hospitals, multiservice mental health organizations, or residential treatment centers for children. Insurance coverage of

mental health services is typically less generous than that for general health, and government plays a larger role in financing mental health services compared to overall health care.

In 1996, the United States spent more than \$99 billion for the direct treatment of mental disorders, as well as substance abuse, and Alzheimer's disease and other dementias (Figure 6-4).

More than two-thirds of this amount (\$69 billion or more than 7 percent of total health spending) was for mental health services. Spending for direct treatment of substance abuse was almost \$13 billion (more than 1 percent of total health spending), and that for Alzheimer's disease and other dementias was almost \$18 billion (almost 2 percent of total health spending) (Figure 6-4).<sup>3</sup>

**Figure 6-4. 1996 National health accounts, \$943 billion total—\$99 billion\* mental, addictive, and dementia disorders**



<sup>3</sup> Figure 6-4 comes from the spending estimates project conducted by the Center for Mental Health Services and the Center for Substance Abuse Treatment, Substance Abuse and Mental Health Services Administration. It is limited to spending for formal treatment of disorders and excludes spending for most services not ordinarily classified as health care. Some of these data come directly from the most recent report published by this project (Mark et al., 1998), while others are based on unpublished data. Further, minor modifications in estimation methodology have been made since the Mark et al. (1998) report to meet the special requirements of the Surgeon General's report. The estimates presented here differ from those published previously by Rice and her colleagues (Rice et al., 1990) in several important respects. First, they are limited to a definition of mental illness that more closely reflects what most payers regard as mental disorders. Diagnostic codes such as mental retardation and non-mental health comorbid conditions, which were included in the Rice study, have not been used. Second, they are based on data sources that were not available at the time of the Rice study. Finally, they result from a different approach to estimation, which emphasizes linkage to the National Health Accounts published by the Health Care Financing Administration.

Although Alzheimer's disease and other dementias are not discussed further in this chapter, the reader should note that the definition of serious mental illness promulgated by the Center for Mental Health Services includes these disorders. Further, care of these patients is a major role of the public mental health system.

A hypothetical claims illustration, showing the effect of proposed mental health parity legislation.

Total claims paid for one year	\$ 1,660,660.00
7% of that total attributable to mental illness claims	<u>X.07%</u>
	= \$ 70,000
Balance of claims due to other illness and accidents	<u>\$ 930,000.00</u>

Now: If mental health costs increase by 15%, the new figure for mental health costs would be	\$ 70,000.00
	plus \$ 10500.00
	<u>\$ 80,500.00</u>

New total for all claims will now be	<u>\$ 1,010,500.00</u>
--------------------------------------	------------------------

The ratio of mental health claims to the new total of all claims

$$\frac{\$80,500.00}{\$1,010,500.00} = .079\% \quad .079\%$$

In other words, total claims have risen by 8/10 of one percent. Perhaps this illustration will answer some of the questions and concerns regarding major cost increases due to Mental Health Parity Legislation.

*Merrill M. Hawkins*  
Merrill M Hawkins CLU



MERRILL M. HAWKINS, CLU

3725A YUKON RD. BROOKFIELD, WI 53005

BUS: 414-257-1188, RES: 414-781-5693

MONARCH LIFE INSURANCE COMPANY

## Mental illness and alcohol/drug abuse disorders are real illnesses

According to Joseph Califano, of Columbia University's Center on Addiction and Substance Abuse, more than 18 million Americans have active drug and/or alcohol addictions.

The Surgeon General's Report on Mental Health states that approximately one in five individuals experience the signs and symptoms of a mental disorder during the course of a year.

### Mental illness and alcohol/drug abuse disorders are treatable

Current success rate for treatment (according to National Institute of Mental Health)

DEPRESSION 80%-90%

SCHIZOPHRENIA 60%

CARDIOVASCULAR DISEASE 45%-50%

#### Rates of Retreatment (Relapse) Within One Year

60-80% relapse — Asthma (Adult)

50-60% relapse — Medication Dependent Hypertension

30-50% relapse — Insulin Dependent Diabetes

10-30% relapse — Abstinence Oriented Drug/Alcohol Treatment

as reported by Lancet

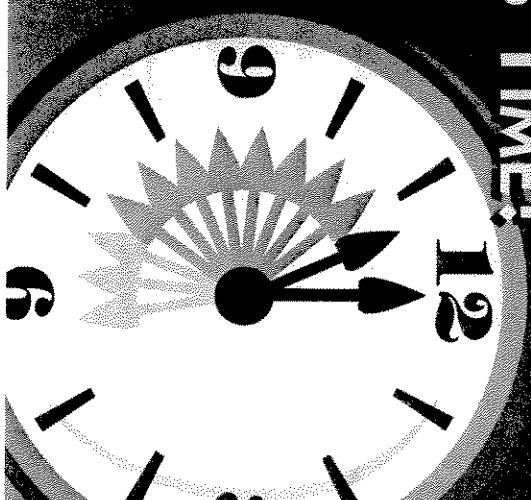
### But most people who need treatment don't get it.

According to the Surgeon General, 75-80% of children and adolescents in need of mental health treatment fail to get specialty treatment and most receive no treatment at all. Surveys consistently document that a majority of individuals with depression receive no form of treatment.

Half of individuals who need alcohol/drug abuse treatment — and 80% of adolescents who need this treatment — do not receive it.

IT'S TIME TO WIPE OUT  
HEALTH INSURANCE  
DISCRIMINATION

IT'S FAIR  
IT PAYS  
IT'S TIME!



THE COALITION FOR FAIRNESS  
IN MENTAL HEALTH AND  
SUBSTANCE ABUSE INSURANCE

121 S. Hancock Street, Madison, WI 53703



## IT'S FAIR

**Under current Wisconsin law persons with mental illness and alcohol/drug abuse disorders receive limited coverage.**

- All individuals pay a premium for their insurance coverage, but most health insurance plans discriminate against individuals with mental illness or alcohol/drug abuse disorders by requiring higher co-payments, allowing fewer inpatient or outpatient visit days, and limiting annual benefits.
- People with mental illness and alcohol/drug abuse disorders subsidize people with other illnesses.
- Diagnoses of mental disorders made using specific criteria are as reliable as those for general medical conditions (Surgeon General's report on Mental Health).

### PARITY IS FAIR

Parity means that mental health and alcohol/drug abuse coverage is no more restrictive than coverage of other illnesses.

### Increasing coverage has only a small effect on insurance premiums.

- The NIMH<sup>1</sup> concludes that parity may increase insurance premiums about 1% but would result in decreases in total health care costs.
- The Wisconsin Department of Employee Trust Funds estimates that parity for state employees would increase insurance premiums only *one tenth of one percent*.

### The alternative is unacceptable.

- The Surgeon General points out the terrible choice that may face families of children with long-term and complex mental health problems. If they are unable to pay for services, these families may have to give up custody to the child welfare system in order to obtain needed mental health services.

<sup>1</sup> NIMH — NATIONAL INSTITUTE OF MENTAL HEALTH

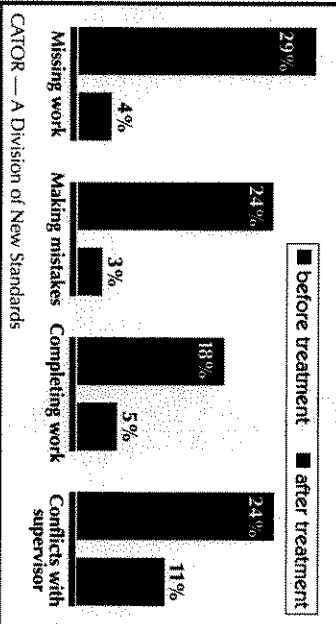
## IT PAYS

**With parity, people will experience fewer insurance barriers to appropriate and necessary treatment. Earlier access to treatment will be possible. This will result in more effective and less costly treatment, reducing the suffering of the individual and family.**

- A Yale University study found that a Connecticut company that reduced its mental health services experienced increased general health care costs, increased use of sick leave and decreased productivity. The net result was no economic benefit or loss to the company.
- According to the Rand Corporation, every dollar spent on drug and alcohol treatment yields \$12 in savings due to increases in productivity and reductions in crime-related spending and other health care costs.
- In an analysis of 14 years of claims data, the Journal of Studies on Alcohol reports a 24% reduction in health care costs among persons with alcoholism who had received treatment. Those persons in the study who had received no treatment showed an increased cost.
- The American Journal of Psychiatry reported empirical findings of a 10% reduction in general health care costs as a result of mental health treatment.

- When privately insured individuals exhaust their benefits they turn to the public sector for treatment, which increases costs to federal, state and local governments. (Lewin-VHI, 1994)

### JOB PROBLEMS BEFORE AND AFTER ALCOHOL/DRUG ABUSE TREATMENT



## IT'S TIME

Would you tolerate an insurance policy limiting cardiology services for a child with a heart condition to only 20 visits... no matter how serious the condition?

**NO!**

Would you tolerate an insurance policy that provides hospitalization coverage necessary for treatment of all health problems...except cancer, which would be limited to 30 days a year no matter how much treatment is needed?

**NO!**

Should we continue to tolerate insurance discrimination against persons with mental illness or alcohol/drug abuse disorders when they are denied necessary services... when we know how treatable these conditions are?

**NO!**

### IT'S TIME FOR WISCONSIN TO JOIN 31 OTHER STATES THAT HAVE ADOPTED PARITY LEGISLATION!

**THE COALITION FOR FAIRNESS IN MENTAL HEALTH AND SUBSTANCE ABUSE INSURANCE** consists of over 80 groups representing over 2 million Wisconsin residents. We are people with mental illness and substance abuse disorders, their family members, mental health and substance abuse advocates and treatment professionals, faith-based groups, employers and labor groups.

If you would like more information about the **COALITION FOR FAIRNESS IN MENTAL HEALTH AND SUBSTANCE ABUSE INSURANCE**, mental health and substance abuse parity or any of the information in this brochure, or if you would like to find out how you can help achieve fairness in insurance coverage for individuals with mental illness and alcohol/drug abuse disorders, please contact:

### THE COALITION FOR FAIRNESS IN MENTAL HEALTH AND SUBSTANCE ABUSE INSURANCE

121 S. Hancock Street, Madison, WI 53703 • Phone: 608-251-1450  
Fax: 608-251-5400 • Email: [wispstch@execpc.com](mailto:wispstch@execpc.com)

