

# LIFELINE

YOUR CONNECTION TO CURRENT MEDICAL  
RESOURCES

# Substance Abuse

VOLUME 20

FALL 2011



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#### CONTRIBUTORS

Paula Bornstein  
Jeri Cohen  
Rona Dressler  
Lauraine Farr-Kindler  
Norah Gillman  
Loretta Holtz  
Judy Kerstetter  
Vicki Lever

Donna MacGilvray  
Catherine Nashak  
Jessica Nipper  
Toni Raptis  
Marya Shepherd  
Mary Pat Takacs  
Michelle Vagner

A PUBLICATION OF THE HEALTH  
CONCERNS COMMITTEE

AN AD HOC COMMITTEE OF RASD,  
A DIVISION OF SCLA

## **INTRODUCTION**

This bibliography on Substance Abuse, compiled by the Health Concerns Committee of the Reference and Adult Services Division of the Suffolk County Library Association, is designed to act as a reference tool and a collection development guide. It presents an annotated, selective list of items in this subject area suitable for purchase by public and academic libraries. Most of the materials have publication dates within the past three years. All titles were selected by the committee. An attempt was made to cover all types of materials, including periodicals, adult and young adult books, databases, films, organizations, Internet sites, and hotlines.

The Health Concerns Committee was formed in January 1989. Its purpose is to explore and exchange information about health-related resources on topics of interest to public, school, academic, and special library patrons. Its objectives are to produce an annual bibliography and arrange an annual program as part of the RASD workshops. All librarians in Suffolk County are encouraged to join the committee.

Rona Dressler  
Health Concerns Committee

**Books**

Addenbrooke, Mary. *Survivors of Addiction: Narratives of Recovery*. Florence, KY: Routledge, 2011. 9781583917251. 206p. \$34.95.

Fifteen former addicts share their problems with addiction and the challenges to recovery. Addenbrooke uses narratives from former addicts to show why people become addicted, how the substance abuse stops, and the short-term and long-term outcomes.

Amen, Daniel G., MD and David E. Smith, MD. *Unchain Your Brain: 10 Steps to Breaking the Addictions that Steal Your Life*. Newport Beach, CA: MindWorks Press, 2010. 9781886554382. 349p. \$22.95.

The authors are both medical doctors and previously published medical writers, one being a psychiatrist and the other a specialist in addiction medicine. This book is presented as a guide to understanding addiction and breaking free of it. They define addiction as not only being caused by alcohol and illegal and prescription drugs, but by the influence of food, gambling, cigarette smoking and other behaviors. The first section of the book explains what addiction is, using a variety of pictures of brain scans to illustrate how abuses to the brain can cause addictions. The second section presents a step program that works to break addictions; it encompasses biological, psychological, social and spiritual approaches. Easily accessible by a general audience, the book includes several appendixes and a thorough listing of references and further reading. Not indexed.

Arfa, Aslon. *Black Crack in Iran*. Brooklyn, NY: Power House Books, 2011. 9781576875544. 141p. \$29.95.

Arfa describes the fast growing drug culture in Iran. Unlike crack cocaine in the United States, black crack in Iran is made from heroin. Arfa uncovers the daily life of the increasing number of black crack addicts in Iran.

Browne-Miller, Angela, PhD. *Rewiring Your Self to Break Addictions and Habits: Overcoming Problem Patterns*. Santa Barbara, CA: ABC-CLIO, LLC, 2010. 9780313353888. 273p. \$44.95.

Dr. Browne-Miller has graduate degrees in social work and public health, and uses her educational background and experience as educator, adviser and private practitioner. She identifies addictions and habits as something all humans have; some are positive, others detrimental. She then introduces the situational transcendence process, a psychological method involving a “dialog with the brain” that can break the detrimental addictions and habits. Several examples are presented. Included are an in-depth scholarly journal bibliography and detailed index. Written for practitioners and some general audience.

Chasnoff, Ira J. *The Mystery of Risk: Drugs, Alcohol, Pregnancy and the Vulnerable Child*. Chicago: NTI Upstream, 2011. 9780984053155. 279p. \$24.95.

Chasnoff, a leading researcher in the field of prenatal exposure to alcohol and drugs, shares his knowledge about the impact of drugs and alcohol on the brain of the exposed child. He describes the resulting difficult behaviors in the child and recommends appropriate responses to manage those behaviors to improve the child’s social interactions and education.

Dasgupta, Amitava. *The Science of Drinking: How Alcohol Affects Your Body and Mind*. Lanham, MD: Rowman and Littlefield Publishers Inc., 2011. 9781442204096. 265p. \$34.95.

Toxicologist Dasgupta presents the beneficial and adverse effects of alcohol consumption and adverse interactions between alcohol and drugs.

Dillon, Paul. *Teenagers, Alcohol and Drugs: What Your Kids Really Want and Need to Know about Alcohol and Drugs*. Chicago: Independent Publishing Group, 2011. 9781741756807. 197p. \$19.95.

Dillon, a drug and alcohol educator, recommends strategies for parents to use to share accurate information about drugs and alcohol and promote good decision making for their children. He includes information about reducing peer pressure, supervising a teenage party and responding to teen questions about drugs and alcohol.

Dodes, Lance. *Breaking Addiction: A 7-Step Handbook for Ending Any Addiction*. Scranton, PA: Harpercollins, 2011. 9780061987397. 221p. \$14.99.

Counter to prevalent theories that addiction is a disease, Dodes, a physician and researcher at Harvard Medical School, presents an alternative approach to treating addictive behavior. His focus is on introspection and the cause of addiction. Dodes provides a 7 step solution with insight into the required factors to allow addicts to cope with stressors.

Donohue, Brad and Daniel N. Allen. *Treating Adult Substance Abuse Using Family Behavior Therapy: A Step-by-Step Approach*. Somerset, NJ: John Wiley & Sons, 2011. 9780470621936. 251p. \$55.00.

Donohue and Allen provide “how-to” guidance for professionals to use Family Behavior Therapy, an evidence-based, cost effective treatment for clients with substance abuse and associated problems.

Erickson, Carlton K. *Addiction Essentials: the Go-To Guide for Clinicians and Patients*. Scranton, PA: W. W. Norton & Co. Inc., 2011. 9780393706154. 256p. \$19.95.

Erickson discusses the diagnosis and treatment of addictions to alcohol and drugs, as well as addictions to gaming, the internet and gambling.

Fernandez, Humberto and Therissa Libby. *Heroin: Its History, Pharmacology, and Treatment*. 2<sup>nd</sup> ed. Center City, MN: Hazelden Publishing & Educational Services, 2011. 9781592858309. 287p. \$17.95.

Fernandez and Libby have written the authoritative source about the appeal and impact of heroin addiction. They address the history, psychology, pharmacology and physiology of the drug. The second edition includes information about research on the effect of heroin on the brain, attitudes toward methadone and other medications, and options for treatment for heroin addiction.

Foley, Mick. *Countdown to Lockdown: A Hardcore Journal*. New York: Grand Central Publishing, 2010. 9780446564618. 322p. \$26.99.

Pro-wrestler Mick Foley presents an autobiographical account of his comeback, this time with the TNA organization instead of WWE, and also offers anecdotes about his fellow wrestlers. Foley’s battle to reach number one again requires his acknowledgement of the effects of age and injury on his performance. He discusses his thoughts on the use of steroids for performance enhancement in the wrestling industry. Color photos included; indexed; written for a general audience.

Forrester, Donald, and Judith Harwin. *Parents Who Misuse Drugs and Alcohol: Effective Interventions in Social Work and Child Protection*. Somerset, NJ: John Wiley & Sons, 2011. 9780470871515. 249p. \$44.95.

Forrester and Harwin present research for professionals about the impact of parental drug “misuse” on the children. They suggest that the best way to address the issue is to focus on the needs of the children and parents. They provide evidence-based guidelines for assessment.

Gammill, Joani. *The Interventionist*. Center City, MN: Hazelden, 2011. 9781592858941. 320p. \$14.95.

Gammill, a registered nurse, writes a memoir of her journey through drug addiction, her support from Dr. Phil McGraw, and her recovery. She inspires other addicts and their families with her stories of horror and her message of hope.

Gant, Charles, MD and Greg Lewis, PhD. *End Your Addiction Now: The Proven Nutritional Supplement Program That Can Set You Free*. Garden City Park, NY: Square One Publishers, 2010. 9780757003134. 296p. \$16.95.

A medical doctor with residencies in family practice and psychiatry has used nutrition-based medicine to wean addicts from drug addiction, including cocaine, amphetamines, opiates, painkillers, alcohol, marijuana and sugar/carbohydrates. Using different regimens of nutritional supplements, based upon which drug the individual is addicted to, the Power Recovery Program begins with the Quick-Start regimen and is followed by detoxification. Additional techniques are given to help the individual break the habit. Appendixes include nutritional supplement checklists, sources of quality nutritional supplements and support organizations and facilities. A brief bibliography and an index are provided. This book is written for a general audience.

Goode, Erich. *Drugs in American Society*. Backlick, OH: McGraw-Hill Companies, 2011. 9780078111549. 528p. \$116.80.

Goode presents a sociological perspective of the use of psychoactive drugs on the street. He compares the reality of drug use with the media image. Drug users give personal accounts of the impact of drug use.

Hecht, Alan and David Trigg. *Understanding Drugs! Cocaine and Crack*. Langhorne, PA: Chelsea House Publishers, 2011. 9781604135367. 109p. \$34.95.

Hecht and Trigg discuss the nature of addiction to cocaine and crack, adverse health effects and appropriate treatments.

Isralowitz, Richard and Peter Myers. *Illicit Drugs*. Santa Barbara, CA: Greenwood Publishing Group, 2011. 9780313365669. 235p. \$35.00.

Isralowitz and Myers compiled information about illicit drug use. They include information about the historical use of illicit drugs and the national and international perspectives. They discuss key issues, controversies, people at risk, prevention and treatment, categories and street names for commonly abused drugs, and basic psychopharmacology. Also included are primary source documents.

Kipper, David, MD and Steven Whitney. *The Addiction Solution: Unraveling the Mysteries of Addiction through Cutting-Edge Brain Science*. New York: Rodale, Inc., 2010. 9781605292915. 284p. \$25.99.

Dr. Kipper has practiced internal medicine, specializing in addictive disorders for over twenty years. He discusses the new medical paradigm of addiction, the recent discovery that it is an inherited, neurochemical disease that is triggered by stress. He provides several case studies detailing the identification and treatment of a variety of addictions. Also included: an appendix detailing the primary psychiatric diseases and

the neurochemical imbalances that cause them, an annotated bibliography, a glossary, a resource guide and a detailed index; the book is written for a general audience.

Levinthal, Charles. *Drugs, Society and Criminal Justice*. 3<sup>rd</sup> ed. Lebanon, IN: Pearson Education, 2011. 9780135120484. 427p. \$96.00.

In addition to a theoretical discussion about drug-taking behavior and crime, Levinthal covers the sociological problems associated with drug use and drug abuse from the perspective of the criminal justice system.

Magill, Elizabeth, ed. *Drug Information for Teens: Health Tips About the Physical and Mental Effects of Substance Abuse, including Information about Alcohol, Tobacco, Marijuana, Prescription and Over-the-Counter Drugs, Club Drugs, Hallucinogens, Stimulants, Opiates, Steroids and More*. 3<sup>rd</sup> ed. Holmes, PA: Omnigraphics Inc., 2011. 9780780811546. 490p. \$69.00.

Magill has compiled a resource for teens with consumer health information about drug use, drug abuse, addiction and recovery. It includes chapters on alcohol, marijuana, tobacco, abuse of legal substances, abuse of illegal substances, drug-related health concerns, treatment for addiction, and alcohol and drug abuse resources.

Margolis, Robert D. and Joan E. Zweben. *Treating Patients with Alcohol and Other Drug Problems: An Integrated Approach*. 2<sup>nd</sup> ed. Washington, DC: American Psychological Association, 2011. 9781433809651. 270p. \$59.95.

Margolis and Zweben present guidelines for treating substance abusers. They discuss models and theories of addiction, assessment of the substance abuse problem, selecting the appropriate treatment, individual psychotherapy, group therapy, family therapy and relapse prevention.

Mate, Gabor, MD. *In the Realm of Hungry Ghosts: Close Encounters with Addiction*. Berkeley, CA: North Atlantic Books, 2010. 9781556438806. 273p. \$17.95.

Dr. Mate is a physician at a Canadian drug addiction center and a previously published author on this topic. He presents the reader with the various stories of patients passing through his center, using these to support his theory of addiction as an interaction of patient history, psychological background, neurological development and brain chemistry and the drugs/addictive behaviors. Addiction research findings are interpreted for the lay reader. Also included: a listing of *The Twelve Steps*, a bibliography of medical journal references within the text, and an index. For general and professional audiences.

McFarland, Bentson H., McCarty, Dennis, and Anne E. Kovas, eds. *Medicaid and Treatment for People with Substance Abuse Problems*. Hauppauge, NY: Nova Science Publishing, 2011. 9781616687564. 292p. \$129.00.

The three editors have compiled a work about accessing substance abuse treatment for clients on Medicaid.

Myers, Peter, and Richard E. Isralowitz. *Alcohol*. Santa Barbara, CA: Greenwood Publishing Group, 2011. 9780313372476. 250p. \$35.00.

Myers and Isralowitz discuss alcohol consumption within various demographic groups and cultures, risk factors, and the associated medical and social problems that result from alcohol consumption.

Nelson, David E., ed. *Teen Drug Abuse*. Farmington Hills, MI: Greenhaven Press, 2011. 9780737749939. 235p. \$27.50.

*Teen Drug Abuse* is one of the publications in the “Opposing Viewpoints” series. The book is a collection of articles from various sources that illustrate pro and con arguments about the topic, teen drug abuse. The book is appropriate for high school students and young adults.

Northlands Centre. *Coping with a Relative’s Addiction: Advice for Handling Addictive Behaviours in Family Situations*. Rydal, PA: Veritas, 2011. 9781847302489. 83p. \$15.95.

Northlands describes addiction and presents information for family members to learn how to cope and assist the loved one with recovery.

Olive, M. Foster and David J. Triggie. *Morphine*. Langhorne, PA: Chelsea House Publishers, 2011. 9781604135442. 107p. \$34.95.

*Morphine* tells the history of this narcotic drug and its misuse as a pain reliever.

Padwa, Howard, PhD. and Jacob Cunningham. *Addiction: A Reference Encyclopedia*. Santa Barbara, CA: ABC-CLIO, LLC, 2010. 9781598842302. 398p. \$85.00.

This is a reference book, designed to be understood by a general audience, and divided into three sections. The first section is an essay describing the science behind addiction, especially the neurochemistry that causes it. The second one contains alphabetically arranged articles on addiction’s history, current developments, individuals and organizations. The third is a selection of primary source documents tracing the subject of addiction through the years. Also included are a list of further reading and an in-depth index.

Patrick, Kevin. *No Way to Be Treated: Managing Addiction by Treating ADHD*. Mustang, OK: Tate Publishing & Enterprises, LLC, 2010. 9781616636913. 212p. \$13.99.

Written by Kevin Patrick, a co-morbid ADHD sufferer and recovering drug addict. He presents us with his life story and his work towards incorporating the treatment of ADHD with managing addiction. Patrick recommends developing addiction treatment programs that begin with screening for ADHD/ADD, and support the Twelve-Step method with additional behavioral medicine techniques. Included are a glossary of terms and a bibliography of medical journal references within the text; not indexed. Written for general audiences.

Ruiz, Pedro and Eric Strain, eds. *Lowinson and Ruiz’s Substance Abuse: A Comprehensive Textbook*. 5<sup>th</sup> ed. Hagerstown, MD: Lippincott Williams & Wilkins, 2011. 9781605472775. 1074p. \$239.00.

Leading experts in the field of substance abuse and addiction have produced an authoritative textbook about the medical management of addiction. The fifth edition also includes information about behavioral addictions, club drugs and expanded discussions about neurobiology of abused substances and pharmacology for addictions. Substance abuse issues related to children, adolescents, women and the elderly are highlighted.

Sadler, Katharine. *What Adults Need to Know About Kids and Substance Use: Dealing with Alcohol, Tobacco, and Other Drugs*. Minneapolis: Search Inst., 2011. 9781574824957. 114p. \$29.95.

Sadler provides guidelines for parents, teachers and counselors about how to recognize and respond to students with suspected substance abuse problems. She discusses the reasons for substance abuse and includes information about common drugs, including over-the-counter drugs and inhalants, scenarios to demonstrate how to handle difficult discussions with students, and when report information to a social worker or the police.

Shannon, Joyce Brennfleck. *Drug Abuse Sourcebook: Basic Consumer Health Information About the Abuse of Cocaine, Club Drugs, Hallucinogens, Heroin, Inhalants, Marijuana, and Other Illicit Substances, Prescription Medications and Over-the-Counter Medicines*. Detroit: Omnigraphics, 2010. 9780780810792. 645p. \$93.00.

A volume in the Omnigraphics Health Reference series, this is a compendium of information sources on the misuse of illegal substances and prescription and over-the-counter medications. Information is gathered from government agencies and nonprofit organizations; focal points include a mix of medical, psychological, sociological and legal topics, including user populations, distribution methods, legal status, psychological diseases, treatment and recovery and prevention. Appendixes include glossaries of terms and directories of agencies and organizations; indexed. Written for a general audience.

Shelton, Michael and Michael C.A.C. *Gay Men and Substance Abuse: A Basic Guide for Addicts and Those Who Care for Them*. Center City, MN: Hazelden Publishing & Educational Services. 2011. 9781592858897. 207p. \$14.95.

Shelton, a certified treatment counselor, explores all social and psychological facets of treatment and recovery for gay men, including therapeutic approaches, co-occurring sexual disorders, and the role of the family and friends in the recovery process.

Westberg, Hannah. *Hannah: My True Story of Drugs, Cutting, and Mental Illness*. Deerfield Beach, FL: Health Communications, Inc., 2010. 9780757315282. 157p. \$7.95.

Hannah's first-person memoir about her childhood and adolescence describes her life as a drug abuser and performer of other dangerous behaviors such as cutting and excessive dieting. She undergoes therapy and rehab in attempts to treat these behaviors. Eventually she is diagnosed with a borderline personality disorder. A compelling story of interest to young adults and their parents; includes book discussion questions.

### **Periodical Articles**

“Addiction in women.” *Harvard Mental Health Letter*. 26:7 (January 2010) 1-3.

Studies have shown that men are more likely to become addicts than women, but women may find it harder to quit addictive substances and are more likely to relapse.

“Alcoholism, The thinking disease: It starts young.” *Lesbian News*. 36:7 (February 2011) 25.

This article shares tips and thoughts on recovery from alcoholism. The author defines addiction as the misuse of anything, whether it is alcohol, sex, drugs, or love to relieve emotional pain. Examining, treating, and preventing the causes of pain and unhappiness is the best method to treat addiction.

Aldhous, Peter. “Prescription: Sobriety.” *New Scientist*. 205:2742 (January 9, 2010) 40-43.

The way alcoholism is treated could be changing. The old school argues that a chemical dependency cannot be treated with a drug, but some doctors are pushing for medication to become a mainstream treatment for alcohol abuse.

“Adolescents: Smoking riskier than drugs.” *USA Today Magazine*. 139:2777 (February 2010) 6.

- A national survey sponsored by the Substance Abuse and Mental Health Services Administration found that adolescents perceive smoking to be more dangerous than experimenting with drugs such as cocaine and LSD.
- Alini, Erica. "The first step is denial." *Maclean's*. 124:6 (February 21, 2011) 35.  
This article examines heroin and opiate addiction in Russia. The government's position that the Afghan War has resulted in a dramatic increase in the supply of heroin in Russia, with a resulting increase in drug addiction is contrasted with statements by public health advocates that many addicts are using drugs synthesized from prescription drugs such as codeine tablets which are opium-based.
- Anthes, Emily. "She's hooked." *Scientific American Mind*. 21:2 (May/June 2010) 14-15.  
Female hormones play a role in how women become addicted to drugs, and can also aid women who are trying to quit smoking, drinking or using drugs. Progesterone dampens the pleasure of drugs and might help treat addiction in women.
- Bartolomeo, Joey. "Steven Tyler's crazy good life." *People* 75:18 (May 9, 2011) 64-70.  
This article reports on Steven Tyler's memoir, *Does the Noise in My Head Bother You?* and his struggles with drug addiction.
- Begley, Sharon. "Forget the cocaine vaccine." *Newsweek*. 155:11 (March 15, 2010) 20.  
Cognitive and behavioral therapies have proven to be the most effective ways to treat substance addiction, but the bulk of funding and media attention go to drug research in the hopes of finding a vaccine.
- Begley, Sharon & Sarah Kliff. "The depressing news about antidepressants." *Newsweek*. 155:6 (February 8, 2010) 34-41.  
Some studies have shown that placebos can be just as effective as antidepressants in treating clinical depression. The author discusses the moral dilemma in revealing this information to people who rely on antidepressants.
- Bell, James. "The global diversion of pharmaceutical drugs: Opiate treatment and the diversion of pharmaceutical opiates: A clinician's perspective." *Addiction* 105:9 (2010) 1531-1537.  
Summarizes evidence on the impact of illegal use of pharmaceutical drugs. Discusses differing measures to contain it in the U.S., Australia, and the U.K. Promotes clinical guidelines and clinical audit of treatment systems to control diversion.
- "Breaking free from nicotine dependence: A combination of strategies boosts the odds of success." *Harvard Mental Health Letter* 10 (April 2011) 1-3.  
The article offers strategies on how to remove addiction to nicotine. The brain is provided with nicotine without exposure to harmful substances in cigarette smoke through nicotine replacement therapy (NRT). Fast relief of withdrawal symptoms is provided by the nicotine nasal spray. Neural receptors of the desire to smoke are triggered as nicotine by the anti-depressant bupropion.
- Brownell, Rachael. "Mommy doesn't drink here anymore." *Good Housekeeping*. 250:1 (January 2010) 130-176.  
This is a personal narrative by a woman who realizes that she has become an alcoholic and reaches out for help.
- "Can a vaccine stop drug abuse?" *Economist*. 398:8934 (May 21, 2011) 85.

- Discusses recent research into the development of a vaccine against methamphetamine, and how vaccines might target other addictive drugs.
- Caselles, Antonio, Joan C. Mico, and Salvador Amigo. "Cocaine addiction and personality: A mathematical model." *British Journal of Mathematical & Statistical Psychology* 63:2 (2010) 449-480.  
Using mathematical modeling, researchers explored the role of extraversion as a predisposition to drug abuse. Findings indicated that extraverts are more predisposed to drug misuse than introverts.
- Catalano, Richard F., et al. "Is nonmedical prescription opiate use a unique form of illicit drug use?" *Addictive Behaviors* 36 (2011) 79-86.  
Study followed a large sample of men and women from adolescence into adulthood. Findings indicated that users of nonmedical prescription opiates may simply be adding them to a variety of other illicit drugs.
- Christian, Margena A. "The Super Freak Diaries." *Ebony* 66:4 (February 2011) 94-99.  
The article is about Rick James, his song "Super Freak", and his struggles with drug addiction.
- Coghlan, Andy. "Extra genes mean no kick from cocaine." *New Scientist*. 207:2780 (October 2, 2010) 1.  
Cocaine addicts could begin a new gene treatment to fight addiction. The gene blocks an addict from feeling the effects of cocaine and could prevent them from relapsing while they are trying to quit.
- Crane, Cody. "Sobering facts about alcohol." *Scholastic Choices*. 26:1 (September 2010) 8-11.  
This article outlines some of the dangers of underage drinking.
- deLange, Catherine. "Recreational drugs go straight." *New Scientist*. 207:2776 (September 4, 2010) 1.  
Some studies are being conducted to examine whether illegal drugs like cannabis, LSD, and MDMA can be used to effectively treat medical conditions like multiple sclerosis, post-traumatic stress disorder, anxiety and chronic pain.
- Denizet-Lewis, Benoit. "Where it's always 5 o'clock." *New York Times Magazine*. (May 1, 2011) 22.  
A description of life at a "wet house," a residence for chronically alcoholic and homeless men, where residents are permitted to drink with little expectation of eventual sobriety. The program attempts to moderate the men's drinking, and approximately 3 to 5 percent stop drinking every year.
- DiConsiglio, John. "Generation Rx." *Scholastic Choices*. 25:4 (January 2010) 8-11.  
Millions of teens abuse prescription drugs, in part because they are easily accessible and also because there is less stigma attached to pills that come from a doctor's prescription.
- DiConsiglio, John. "Hooked on heroin." *Scholastic Choices*. 25:5 (February/March 2010) 10-13.  
A personal narrative written by a teen, who became addicted to prescription drugs and heroin at an early age.
- Douglas, Kara R., et al. "Adverse childhood events as risk factors for substance dependence: Partial mediation by Mood and Anxiety Disorders." *Addictive Behaviors* 35 (2010) 7-13.

- Examined the role adverse childhood events play in the development of substance dependence. Study found that childhood abuse or exposure to violent crime was related to mood and anxiety disorders, which often led to substance abuse and dependence.
- Fanning, Karen. "Road to recovery." *Scholastic Choices*. 25:6 (April/May 2010) 11-13.  
Teenagers describe the physical and emotional trials of detoxing from drugs and alcohol.
- Fischer, Benedikt, Meagan Bibby, and Martin Bouchard. "The global diversion of pharmaceutical drugs non-medical use and diversion of psychotropic prescription drugs in North America: A review of sourcing routes and control measures." *Addiction*. 105 (2010) 2062-2070.  
Explores the complex "supply" side of non-medical psychoactive prescription drugs (PPDs). Discusses diversion and control measures as well as policy implications. Excellent article for beginning research on abuse of prescription opioids and other PPDs.
- French, Marie. "Straight talk on prescription drugs." *Science World*. 67:3 (October 18, 2010) 20-21.  
A teenager speaks to the director of the National Institute on Drug Abuse about prescription drug abuse.
- Giese, Rachel. "Prescription nation." *Flare*. 32:11 (November 2010) 112-116.  
This article discusses the use of prescription drugs among women to overcome depression in Canada. There is a troubling rise in addictions to prescription medication.
- Glass, Leslie. "In Recovery." *Sarasota Magazine*. 33:6 (February 2011) 76-85.  
The author shares her journey through addiction with her daughter.
- Haworth, Abigail. "Need some rehab?" *Marie Claire*. 17:1 (January 2010) 70-72.  
Americans with substance abuse problems are heading to India for relaxing rehabilitation at a fraction of the price of posh clinics in the U.S.
- Henderson, Craig E., et al. "Effectiveness of Multidimensional Family Therapy with higher severity substance-abusing adolescents: Report from two randomized controlled trials." *Journal of Consulting and Clinical Psychology* 78:6 (2010) 885-897.  
Researchers report that for youths with more severe drug use and psychological disorders, Multidimensional Family Therapy (MDFT) produced superior treatment outcomes.
- "How addiction hijacks the brain." *Harvard Mental Health Letter*. 28:1 (July 2011) 1-3.  
The article offers information about addiction as a chronic disease which changes brain structure and function. A new theory about addiction focuses on the interaction of dopamine with neurotransmitter and glutamate, taking over the brain's system of related learning reward which involves motivation, memory, and pleasure. All drugs of abuse cause a surge of the neurotransmitter Dopamine. Memory contributes to the risk of relapse, with 40% to 60% of recovering addicts relapsing at least once. Effective treatments may combine rehabilitation, psychotherapy, medication, and self-help strategies. Internet resources and a bibliography are included.

“How to prevent drug errors.” *Consumer Reports on Health*. 22:6 (June 2010) 1-5.

This article discusses strategies for preventing medication errors. A medication error can result from taking the wrong drug, taking an incorrect dose, or taking medication that interacts with another prescribed drug.

Kelly, Sharon M., et al. “The relationship of social support to treatment entry and engagement: The Community Assessment Inventory.” *Substance Abuse*. 31 (2010) 43-52.

Study examined the role of social support in treating opioid-dependent adults. Findings indicated that the Community Assessment Inventory (CAI) may be a useful measure of assessing social support in treatment entry.

Kessler, Ronald C., et al. “Mental Disorders as risk factors for substance use, abuse and dependence: Results from the 10-year follow-up of the National Comorbidity Survey.” *Addiction* 105:6 (2010) 1117-1128.

Brief article reviews association of substance use conditions and behavioral/mental disorders. Analyses suggest that certain conditions such as anxiety or additional substance use disorders play a stronger role in the initial onset of daily drug use than in the onset of dependence.

King, Nick. “Straight dope.” *The American Conservative*. 10:5 (May 2011) 24-27.

The author relates his experiences using a variety of illicit drugs alongside his peers in a small Missouri town known for its high number of methamphetamine users. Many of the teenagers are high achievers from stable, affluent homes, in contrast to popular media portrayals.

Kluger, Jeffrey. “The new drug crisis: Addiction by prescription.” *Time*. 176:11 (September 13, 2010) 46-49.

Accidental overdoses have overtaken motor-vehicle incidents as the leading cause of accidental death in at least fifteen states. People who are prescribed strong opioids for pain can easily become addicted and can increase their dose to continue feeling the effects. This can lead to accidental overdose.

Kluger, Jeffrey & Maia Szalavitz. “The science of pot.” *Time*. 176:21 (November 22, 2010) 37.

This article discusses research on the medical benefits as well as the harmful effects of marijuana.

Knarensboro, Tarah. “A shot to end addiction.” *Psychology Today*. 44:4 (July/August 2011) 16.

A brief discussion of current research on the use of vaccines to prevent drug addiction, prevent relapse, and assist in rehabilitation. One researcher suggests such vaccines might be commercially available in 15-20 years.

Kotler, Steven. “Fighting drugs with drugs.” *Popular Science*. 277:2 (August 1, 2010) 29-31.

Ibogaine, a hallucinogenic drug derived from a plant, could be an effective treatment for drug addiction. Tests have shown that morphine-addicted rats have stopped cravings after being treated with ibogaine.

Kotz, Deborah. “Are Americans overmedicating themselves?” *U.S. News & World Report*. 147:9 (October 2010) 58-60.

Overmedicating can mean taking too many different pills a day, taking strong medicine for minor health problems, or taking medication for longer periods of time than necessary. All of these scenarios have some risks to your health.

Kotz, Deborah. "Prescription: ask questions first." *U.S. News & World Report*. 147:7 (August 2010) 38.

This article presents five guidelines for responsible medication use and urges consumers to be aware of the risks in taking anything that is prescribed to them.

Mahoney, Sarah. "Alcohol abuse: are you at risk?" *Good Housekeeping*. 250:1 (January 2010) 132-133.

The author informs women of the risks of alcohol abuse. Women are less likely to develop alcohol dependency than men, but the consequences to women's health can be more severe. Women are also less likely than men to seek help for alcoholism.

"Many users of legitimate prescriptions eventually move to illegal opiates." *Alcoholism & Drug Abuse Weekly* 22:34 (2010) 1-7.

Brief article reports on a study of patients in an opiate unit at Erie County Medical Center. Discusses the path to addiction through legitimate prescription medication and through illegal settings, such as pill parties.

McGowan, Kathleen. "The new quitter." *Psychology Today*. 43:4 (July/August 2010) 78-85.

This article discusses the psychology of quitting and the role relapse plays in overcoming addiction. Relapse is more the rule than the exception, and can even open the door to a more successful treatment. Relapse should be viewed as a slip-up and not a total defeat.

McGrath, Tom. "Is your doc addicted?" *Men's Health*. 25:5 (June 2010) 124-174.

Health professionals have access to drugs and high rates of drug addiction, but are not generally drug tested. This behavior can put health consumers at risk. The article calls for drug testing among health professionals.

Mottagh, Jason. "The Poppy Poison." *Time*. 177:18 (May 19, 2011) 38-43.

Report on heroin addiction and the heroin trade in Afghanistan. Afghanistan is the world's leading producer of opium poppy. The article discusses the economic and social aspects of drug addiction. Information is also provided on drug abuse treatment facilities.

"Painkillers fuel growth in Drug Addiction: Opioid overdoses now kill more people than cocaine or heroin." *Harvard Mental Health Letter*. 27:7 (January 2011) 4-5.

The article focuses on painkiller addiction. Brief article describes use of opioids (OxyContin, Vicodin, Demerol) for treating acute and chronic pain. Discusses risk of developing addiction. Reviews the use of methadone, buprenorphine, and naltrexone to treat addictions. It notes that concern over painkiller addiction has heightened as prescriptions for opioids have increased tenfold. According to surveys compiled by the Centers for Disease Control and Prevention, painkillers killed twice as many as cocaine and five times more than heroin. The 2009 National Survey on Drug Use and Health confirms that when painkillers are used for nonmedical purposes, users usually obtained the drug from a friend or family member.

Pani, Pier Paolo, et al. "Delineating the psychic structure of Substance Abuse and Addictions: Should anxiety, mood and impulse-control dysregulation be included?" *Journal of Affective Disorders* 122 (2010) 185-197.

Discusses physical and psychological factors that contribute to addiction and addiction relapse. Emphasizes the relationship between addiction and mood/anxiety disorders.

Paynter, Ben. "The drug is fake, the high is real, the money is huge: The unlicensed, ingenious, and increasingly scary world of synthetic drugs." *Bloomberg Businessweek*. (June 20, 2011) 58-64.

Examination of synthetic drugs, the people who produce and consume them, and attempts to regulate their sale. Synthetic drugs mimic the effects of illegal drugs such as marijuana, methamphetamines, cocaine, ecstasy, LSD, and PCP, and are based on manufactured, often legal, compounds.

Peck, Sara. "Generation Rx." *Forbes*. 186:3 (August 30, 2010) 30.

This article discusses the recreational use of prescription drugs by college students. More and more prescription drugs are finding their way into student populations due to overprescribing.

Peterson, Melody. "Pain killers." *Men's Health*. 26:2 (March 2011) 128-134.

The article discusses the increasing number of deaths among American men due to overdose of prescription drugs. Statistics reveal that men, especially middle-aged men, make up approximately two-thirds of accidental drug overdose deaths. Leonard Paulozzi, an epidemiologist at the Centers for Disease Control and Prevention points out that many men who die due to prescription drugs were using them in a nonmedical way.

Polcin, Douglas L., et al. "Sober living houses for alcohol and drug dependence: 19-month outcomes." *Journal of Substance Abuse Treatment* 38 (2010) 356-65.

Discussed similarities and differences between Halfway Houses, the Oxford House Model, and Sober Living Houses (SLH) in the treatment of addictions. Findings revealed that residents in SLH settings exhibited marked stability in abstinence and employment status at 6- and 12-month intervals.

"Recovery advocates pressure treatment system to cast aside acute care model." *Alcoholism & Drug Abuse Weekly* 22:18 (2010) 1-3.

Explains goals of the growing grassroots recovery movement that focuses on peers helping addicts during and after treatment. Highlights efforts of Vermont and Massachusetts on-going recovery programs that are peer-driven.

Roberson, Laura. "Like a kid in a candy store." *Men's Health*. 25:5 (June 2010) 127.

Pharmacists who take medicines not prescribed to them may make medication errors. This article provides tips on how to make sure you receive the right medication.

Rosen, Christine. "The confessional culture." *Humanities*. 32:1 (January/February 2011) 33-35.

The article focuses on the tendency of alcohol and drug addicts to confess their addiction and recovery in the media. It mentions that narratives of adults have been presented in various media, one in reality television. It is said that recovery from addiction has been accepted in the society, making it a cultural commodity that can be exploited as an addictive type of pseudo-celebrity via television and print. It adds that such optimism for personal transformation in the U.S. culture is evident with the abundance of self-help books in the country.

Sanders, Mark. "Strategies for engaging difficult-to-reach, multiproblem clients with substance use disorders." *Alcoholism Treatment Quarterly* 29:1 (2011) 91-98.

Brief article highlights 15 strategies that promote client engagement in addictions treatment. Includes examples for setting a welcoming atmosphere and developing effective rapport with clients.

Sellman, Doug. "The 10 most important things known about Addiction." *Addiction* 105:1 (2010) 6-13.

Describes 10 of the most important things about addiction that have emerged over the past forty years. Concludes that most people who present for help have multiple problems and would be better served by a combination of treatments.

Soares, Christine. "Putting addiction to bed." *Scientific American*. 303:1 (July 2010) 23-24.

Brief article comments on possible use of prescription sleep aids to help overcome drug addictions. Many alcoholics relapse because they suffer from insomnia and are unable to fall asleep with alcohol. New, non-addictive sleep aids could help people overcome addiction by giving them a good night's sleep.

Sparrowe, Linda. "Somethin' got a hold on you?" *Natural Health*. 40:6 (July/August 2010) 48-55.

This article suggests natural remedies and lifestyle changes that can help people who are dependent on drugs or alcohol get back to a healthy way of living.

"Stay out of jail clean." *Economist*. 398:8722 (February 26, 2011) 38.

The article is about an alternative drug offender program in the state of Georgia. Participants undergo regular drug testing and regularly appear before a specially trained judge who either sanctions or rewards their behavior.

Storm, Alison. "Ways to help kids (including yours) stay drug-free." *Redbook*. 217:1 (July 2011) 118.

Studies have shown that positive reinforcement can be an effective method of deterring kids from using drugs. Specific suggestions and web resources are included.

Sylvester, Natalia M. "Getting high falling low." *Current Health Teens*. 37:5 (January 2011) 20-22.

The article reports on cocaine use and addiction among teenagers using examples of teens who became addicted to cocaine, and discussing why teens can easily become addicted.

Tauber, Michelle "Apocalypse now." *People*. 75:10 (March 14, 2011) 142-148.

The article focuses on Charlie Sheen and his struggles with alcohol and drug addiction.

"Teenage wasteland." *Time*. 178:2 (July 11, 2011) 19.

Current statistics on teen alcohol, cigarette, marijuana, and prescription drug use.

Thornton, Jim. "The weird and dangerous world of sleeping pills." *Men's Health*. 25:7 (September 2010) 146-153.

This article provides information on different sleeping pills and their side effects, including bizarre nocturnal behavior and lowered inhibitions.

Wadyka, Sally. "Does alcohol change your personality?" *Harper's Bazaar*. (May 2011) 144.

Citing John Galliano's February 2011 anti-Semitic tirade, the disinhibiting effect of alcohol is discussed. Alcoholism can affect impulse control, decision making, and judgment, and the structural and functional changes in the brains of alcoholics may last for months or more.

Waldron, Clarence. "The cost of rehab." *Jet*. 119:19 (June 6, 2011) 17.

Brief discussion of the high cost of drug and alcohol treatment, a challenge for many seeking help for substance abuse.

Wei, Christina C., et al. "Correlates of motivation to change in adolescents completing residential substance use treatment." *Journal of Substance Abuse Treatment* 40 (2011) 272-280.

One of the first studies to examine relationships among motivation to change and a variety of psychosocial constructs in adolescents being discharged from a residential substance use treatment program. Surveys at intake and discharge revealed that a strong social support system was a critical factor in preventing relapse.

West, Samantha. "Desperately seeking Xanax." *Chatelaine*. 84:5 (May 2011) 136-140.

First-person account of a middle-class woman's addiction to prescription sleeping pills and Xanax, and her recovery.

Westfall, Sandra Sobieraj. "A Kennedy remade." *People*. 75:23 (June 13, 2011) 83-86.

Former U.S. Representative Patrick Kennedy discusses his struggle with drug and alcohol addiction. Kennedy worked to help pass the 2008 Mental Health Parity Act, and is currently working on One Mind for Research, a research campaign to prevent, diagnose, treat, and cure all major brain disorders, including chemical dependencies.

"Why addiction causes craving." *Harvard Mental Health Letter* 27:2 (2010) 7.

Brief article explains how sensory and psychological factors trigger cravings. Summarizes current theory dealing with the "memory" cues that elicit substance cravings.

Witkiewitz, Katie, and Sarah Bowen. "Depression, craving, and substance use following a randomized trial of mindfulness-based relapse prevention." *Journal of Consulting & Clinical Psychology* 78:3 (2010) 362-374.

Study investigated the effectiveness of a new behavioral intervention, mindfulness-based relapse prevention (MBRP), which targets negative mood, craving, and their roles in relapse. Findings support incorporating mindfulness practice into substance abuse treatment programs.

## **Professional Newsletters**

*Addiction*

Monthly

Professional

Wiley-Blackwell, Oxford, UK

<http://www.addictionjournal.org>

This is the journal of the Society for the Study of Addiction to Alcohol and other Drugs (SSA). The journal includes peer-reviewed research articles as well as editorials, commentaries, interviews and book reviews. It is indexed in over fifty databases including Academic Search Premier, Medline and Science Citation Index and is used by those professionals in the addiction research field. This journal is also available in electronic form.

*Addiction Research and Theory*

Bimonthly

Academic

Informa Healthcare, London, UK

<http://informahealthcare.com/journal/art>

This journal deals with the addictive aspects of substances such as nicotine, alcohol, licit and illicit drugs and certain activities. It provides peer-reviewed original research articles, opinion pieces and commentary as well as book reviews. This cross-disciplinary journal examines addiction from many perspectives. The disciplines included are anthropology, economics, epidemiology, medicine, sociology, psychology and history. It is abstracted and indexed in Addiction Abstracts, Current Contents, Family Index Database and Social Science Citation Index as well as other sources.

*Alcohol and Alcoholism*

Bimonthly

Professional/Academic

Oxford University Press, Oxford, United Kingdom

<http://alcalc.oxfordjournals.org>

This is the official journal of the Medical Council on Alcohol and is indexed in Applied Social Sciences Index & Abstracts (ASSIA), Education Research Abstracts and PubMed as well as other databases. The journal publishes research articles on many aspects of alcoholism if they contribute something new and significant to the current knowledge in this field. The journal also contains book reviews.

*The American Journal of Drug and Alcohol Abuse*

Bimonthly

Academic

Informa Healthcare, London, UK

<http://informahealthcare.com/loi/ada>

This journal includes articles that involve the neurobiology and pathophysiology of drug abuse and alcoholism as well as advancements in the treatment of these conditions. This peer-reviewed journal has been in publication for over 35 years. Indexing and abstracting can be found in Academic Search Complete, PsychInfo, PubMed/Medline and Index Medicus as well as other sources. This journal is also issued online.

*The American Journal on Addictions*

Bimonthly

Professional/Academic

Informa Healthcare, London, UK

<http://www.wiley.com/bw/journal.asp?ref=1055-0496&site=1>

This is the official journal of the American Academy of Addiction Psychiatry, an international society of professionals and faculty in the field of addiction psychiatry. It includes articles dealing with the prevention and treatment of addictions. There are overview articles, clinical research papers and book reviews included in this journal. Abstracting and indexing information can be found in Academic Search, CINAHL, Medline and SCOPUS as well as other sources.

*Drugs: Education, Prevention and Policy*

Bimonthly

Professional/Academic

Informa Healthcare, London, UK

<http://informahealthcare.com/journal/dep>

This peer-reviewed journal provides a forum for communication and debate amongst government, practitioners and researchers. It publishes research papers, commentaries and reviews on prevention and harm reduction issues involving substance abuse. The journal encourages varied cultural, historical and theoretical approaches to policy development regarding substance abuse prevention. Two new sections have recently been added to this journals content. They include policy news and conference reports. This journal is abstracted and indexed in Current Research Literature, ERIC, Risk Abstracts, Social SciSearch as well as other sources.

### *The International Journal of Drug Policy*

Bimonthly

Elsevier, Oxfordshire, UK

<http://www.ijdp.org>

This is the official journal of the International Harm Reduction Association. It publishes current research articles, reviews, debate and critical analysis regarding drug use and policy issues. The journal examines how drug policies around the world influence drug use and its consequences. It is available in print and electronically. The journal is abstracted and indexed in Addictions Abstracts, EMBASE, Medline, Scopus, Sociological Abstracts and International Bibliography of the Social Sciences as well as other sources.

### *Journal of Addiction Medicine*

Quarterly

Professional

Lippincott Williams & Wilkins, Hagerstown, MD

<http://journals.lww.com/journaladdictionmedicine/pages/default.aspx>

This is the official journal of the American Society of Addiction Medicine and is used by practitioners in the field of addiction medicine and clinical research. This includes physicians and mental health professionals. The journal provides peer-reviewed articles focusing on new developments, treatment innovations, and the social, economic, ethical and forensic aspects of addiction disorders. Indexing appears in Medline and PsychINFO. There is also an electronic version of this journal.

### *Journal of Addiction Research & Therapy*

Bimonthly

Professional/Academic

OMICS Pub. Group, Sunnyvale, CA

<http://www.omicsonline.org/JARHome.php>

This online only, peer-reviewed, open access journal focuses on publishing research articles related to addiction. Open access allows this journal to be freely available to anyone interested in research and teaching as well as use as a reference source. All published articles are deposited in open source databases including DOAJ, and Google Scholar. The articles are also permanently archived and available at the publishers website and are available in more than 50 Languages. The journal is indexed in PubMed.

### *Journal of Addictions Nursing*

Quarterly

Professional

Informa Healthcare, London, UK

<http://informahealthcare.com/journal/jan>

Journal of Addictions Nursing is the official journal of the International Nurses Society on Addictions (IntNSA). There is a print as well as an electronic version. This peer-reviewed international journal publishes research articles and articles dealing with public policy and also includes a pharmacology section that highlights a different drug in each issue. Some of the places it is currently indexed are CINAHL, Psychinfo, Science Citation Index and Social Scisearch. The journal offers continuing education credits for nurses in this field.

### *Journal of Drug Education*

Quarterly

Academic

Baywood Publishing Company, Farmingdale, NY

<http://www.baywood.com/journals/PreviewJournals.asp?Id=0047-2379>

This journal publishes peer-reviewed articles dealing with trends and developments in the drug field regarding substance abuse research and prevention. Published since 1971 this journal provides analysis of drug-related behaviors and their effects on society as well as the role education and legislation have played in drug abuse prevention. This journal is abstracted and indexed in Academic Search Premier, Criminal Justice Abstracts, Medline and Sociological Abstracts as well as other sources.

### *Journal of Substance Abuse Treatment*

Monthly (8 issues per year)

Professional

Elsevier, Oxfordshire, UK

<http://www.journalofsubstanceabusetreatment.com>

This journal features original research on abuse of substances including alcohol, illicit and prescription drugs and nicotine. Through translation of research results treatment practitioners from many disciplines including medicine, nursing, social work, psychology and counseling develop assessment techniques and treatment approaches. This journal is abstracted in BIOSIS, Medline, Social Sciences Citation Index and Toxline as well as other sources. This journal is also available in an electronic version.

### *Journal of Substance Use*

Bimonthly

Professional/Academic

Informa Healthcare, London, UK

<http://informahealthcare.com/journal/jsu>

This international journal contains peer-reviewed articles dealing with the use of legal and illegal substances. Professionals who work with individuals and families with substance abuse problems as well as those who do research and education in this field use this journal. The journal provides a forum for discussions involving prevention, treatment and policy. Resources for indexing include CINAHL, PsycINFO, Family Index Database and PubMed.

### *Prevention Science*

Quarterly

Professional/Academic

Kluwer Academic/Plenum Publishers, New York, NY

<http://www.springer.com/public+health/journal/11121>

This is the official journal of the Society for Prevention Research. It deals with the prevention of many health and social issues including substance abuse. The journal includes research articles as well as literature reviews, theoretical articles and articles about prevention practices. It is indexed in Academic OneFile, Google Scholar, ProQuest, PubMed/Medline and Social SciSearch as well as other sources.

### *Psychology of Addictive Behaviors*

Quarterly

Professional

American Psychological Association, Washington, DC

<http://content.apa.org/journals/adb>

This is the official journal of the Society of Psychologists in Addictive Behaviors. The journal publishes peer-reviewed original articles on the addictive behaviors related to alcohol, drug and nicotine use as well as gambling and eating. Research, literature reviews, brief reports and comments are published in print and electronically. This journal is indexed and abstracted in Current Contents, Educational Research Abstracts Online, Medline, PsychINFO and Social Work Abstracts as well as other sources.

### *Substance Abuse Treatment, Prevention and Policy*

Continuous (Articles appear online as they are reviewed)

Professional

BioMed Central, London, UK

<http://www.substanceabusepolicy.com>

This journal is only available electronically and offers peer-reviewed articles in an open access format. Its goal is to publish new research, consensus papers and critical reviews related to reducing substance abuse. Exchange of ideas amongst the professionals in the field is encouraged. These fields include: medicine, government, corrections, mental health, research and law. This journal is indexed and abstracted in Cinahl, EmCare, Medline, Scopus and Thomson Reuters as well as other sources.

### *Substance Use & Misuse*

Professional/Academic

Monthly

Informa Healthcare, London, UK

<http://informahealthcare.com/journal/sum>

In publication for over 40 years, this peer-reviewed journal prints proceedings and symposia dealing with the newest research on the subject of substance abuse. It also includes book reviews. There are special issues that are devoted to single topics such as gender and substance abuse, social pharmacology, student substance abuse and prevention programs. Substance Use & Misuse is indexed and abstracted in Academic Search Complete, EMBASE, Medline/PubMed and Psychinfo as well as other sources. This journal is also available in an electronic format.

## Newspaper articles

Altherr, Stacey and Michael Amon. "William Floyd plans substance abuse clinic at high school." *Newsday*. (November 17, 2010).

Reports on the decision by the William Floyd School District to house a substance abuse treatment clinic at its high school for students in need of help for drug and alcohol addictions.

Amon, Michael. "Young LI heroin addicts in treatment more than doubles." *Newsday*. (May 31, 2010).

Reports on the increased number of young Long Islanders in treatment for heroin addiction and how rehabilitation centers are responding to this crisis.

Andrews, Michelle. "When patients have to sign 'Pain Contracts.'" *The Washington Post*. (April 5, 2011) 4.

To help monitor use of powerful drugs called opioids, (natural or synthetic versions of opium) for long term powerful pain, many doctors ask patients to sign "pain contracts" or opioid treatment agreements. These contracts spell out rules patients must follow to take drugs safely. They aim to discourage people from taking too much medication, mixing medications and sharing or selling them. Some physicians are using these contracts to protect themselves from prosecution if the patients abuse the medications. Critics feel that the doctor's primary concern should be management of pain and suffering instead of provider protection, while proponents feel that these treatment agreements can function as an educational tool and a treatment road map.

Brotman, Barbara. "Volunteers of U. of C. do drugs for science: Lab's serious work studies implications of Ecstasy and more." *Chicago Tribune*. (August 7, 2011) 1.

Volunteers at the University of Chicago drug lab, under the direction of psychology Professor Harriet de Wit, actually ingest drugs for research. De Wit studies mind-altering drugs, including those that can be abused or lead to addiction. One study found that those volunteers who ingested ecstasy reacted more strongly to pictures of happy faces, while their reaction to angry faces were muted. This could make the drug useful in psychotherapy; people who don't sense negative responses would be better candidates to speak more freely with a therapist. Another study currently underway will determine whether genetics can help determine responses to amphetamines. This could explain the underlying biology of drug addiction.

Cassese, Sid. "Heroin task force brainstorms legislation, website." *Newsday* (June 26, 2010).

Focuses on new initiatives proposed by the Heroin Prevention Task Force, which include monitoring prescriptions of controlled substances, speaking with school administrators about addressing student drug use, and creating a website for those seeking help with drug addiction.

Cooney, Elizabeth. "Questions & answers: New approach to asking patients about drinking and drug use yields positive results." *Boston Globe*. (November 15, 2010) 6.

Focuses on the new MABIRT program in Massachusetts, where patients who come to participating hospital emergency rooms, doctors' offices, or community health centers are screened in order to identify people using risky amounts of alcohol or other drugs, and then counseled on the implications of their behavior, and offered help.

Friedman, Richard A. "Lasting pleasures, robbed by drug abuse." *New York Times* 31 (August 31, 2010) D6.

This article examines the reasons drug addicts keep using illicit drugs long after the euphoric effect of the drugs have worn off.

Goldstein, Amy. "New strategy to fight teen, adult drug addiction; but to make it work, some say administration needs to up the funding." *The Washington Post*. (May 24, 2010) A17.

Discusses the federal government's goal of reducing diseases and deaths caused by drug addiction, as well as the number of American teenagers and adults who use illegal substances.

Goodale, Gloria. "Prescription drug abuse surged 400 percent in past decade." *The Christian Science Monitor*. (July 15, 2010) 3.

Reveals that the non-medical use of prescription pain relievers is now the second-most prevalent form of illicit drug use in America and how its tragic consequences are seen in substance abuse treatment centers and hospital emergency departments throughout our nation. Statistics are provided.

Goodnough, Abby. "A wave of addiction and crime, with the medicine cabinet to blame." *New York Times*. (September 24, 2010) A14.

This article discusses how opiate painkillers and other prescription drug addictions, are driving crime like never before, with addicts singling out the homes of sick or elderly people and posing as potential buyers at open houses just to raid the medicine cabinets

Goodnough, Abby and Katie Zezima. "Drug is harder to abuse, but users persevere." *New York Times*. (June 16, 2011) 21.

A new version of the pill OxyContin is harder to crush, turning instead into a gummy substance that cannot be easily snorted, injected or chewed. This pill was designed to slowly release its active ingredients over 12 hours, as it is often prescribed for patients with severe pain. However, drug abusers quickly discovered that chewing a tablet, or crushing one and snorting the powder, or injecting it with a needle, produced an instant high as powerful as heroin. It has been blamed for waves of addiction that has ravaged certain regions of the country, and has been a factor in many overdose deaths. Many addicts are switching to a similar painkiller called Opana, and when they cannot find that, just resort to using heroin. Many health care professionals feel that it is just a matter of time before addicts figure out how to abuse the new oxycontin.

Jones, Bart. "Prescribing new rules: Pharmacists, experts, lawmakers hold summit, discuss ways to limit abuse in wake of violence." *Newsday*. (July 1, 2011) p 15

Experts agree that making a comprehensive database on patients' prescriptions available to pharmacists could help to prevent people from obtaining excessive amounts of drugs. There are two bills in Albany addressing the database issue. One would make the information doctors see concerning the patients' prescriptions available to pharmacists and the other would insure that the information was available in real time. Currently there is about a month's lag time before information on prescriptions is submitted by the pharmacists to the state.

Jonsson, Patrik. "Why its so hard to win the war against US oxycodone epidemic." *The Christian Science Monitor*. (June 1, 2011)

Fighting oxycodone abuse – an epidemic that now results in millions of overdoses and at least 11,000 deaths annually – has unique and vexing challenges. First, the drug is not illegal, although regulating the dispensing of it varies from state to state. It is increasingly difficult to identify abusers. They range from retirees to high school girls and many attempt to “doctor shop” to find a fix. More people now die of oxy abuse than of heroin, cocaine and methamphetamine abuse combined. Hospitals are reporting a surge in withdrawal symptoms in newborns. Crime seems to be a close companion of oxy abuse. “It is the most dangerous, most addictive, and most deadly drug problem in our lifetime” states Jim Hall of the Center for the Study and Prevention of Substance Abuse. The rise in oxy abuse often corresponds with economic travails and political change. The economic collapse, lack of jobs, housing, education for the kids, health care, and war in Iraq and Afghanistan feeds into the need for a “a peace drug” or a relief from the anger and depression felt nationwide by many populations. In response to the statistics, 38 states now have prescription-monitoring programs to try to crack down on “doctor shopping” by users who supply the black market. The prevailing feeling is that more government oversight is needed for drug abuse prevention and treatment on a wide scale level.

Klinck, Betty. "More older adults abusing drugs." *USA Today*. (September 13, 2010) D4.  
Highlights the findings of the Substance Abuse and Mental Health Services Administration which released statistics on the number of adults being admitted to substance abuse clinics.

Meier, Barry. "When pain drugs hurt." *New York Times*. (Jul 29, 2010) B1.  
Experts in pain treatment and drug abuse prevention report that the growing use of long-acting pain killers like Oxycontin, Fentanyl and Methadone has been a crucial factor in a nationwide epidemic of overdose deaths, largely from the abuse of such drugs.

Neergaard, Laura. “Addiction a disease?” *Newsday*. (August 14, 2011) 5.  
Addiction is a long term, chronic brain disease, and not just about will power, states Dr. Michael Miller of the American Society for Addiction Medicine. Two decades of neuroscience have uncovered how addiction hijacks different parts of the brain, which control the many behavioral symptoms, and why they can be so difficult to overcome. The behavioral symptoms are a result of brain dysfunction. The pathology in the brains persists for years after the drugs are stopped. More primary care physicians should be screening their patients for the early signs of addiction. The NIDA estimates that 23 million Americans need treatment for substance abuse but only about 2 million get that help.

Quenqua, Douglas. “Medicine adds slots for study of addictions.” *The New York Times*. (July 11, 2011) 11.  
Ten medical school have just introduced the first accredited residency programs in addiction medicine, where doctors who have completed medical school and a primary residency will be able to spend a year studying the relationship between addiction and brain chemistry. This is the first step towards bringing recognition, respectability and rigor to addiction medicine. The goal is to establish addiction medicine as a standard specialty along the lines of pediatrics, oncology or dermatology.

Ricks, Delthia. "Doctors push for tighter RX rules." *Newsday*. (June 28, 2011) 2.

Medical experts say there are several ways the federal government can combat an epidemic of prescription drug abuse and misuse, which now kills more people in the U.S. than heroin and cocaine combined. The American Society of Interventional Pain Physicians and the North American Neuromodulation Society are asking lawmakers to pass four bills to help doctors better prescribe prescription narcotics and prevent people from getting hooked. The provisions include: requiring practitioners to get special narcotic drug training; expanding the use of electronic prescribing technology to make it easier to track excessive dispensing of the drugs; increasing federal oversight of prescription narcotics; and pressing doctors to make sure they have exhausted all other options before prescribing such drugs. Many primary care doctors just do not have enough training in pharmacology.

Rubin, Rita. "New addiction therapy OK'd." *USA Today*. (Oct. 14, 2010) D5.

Reports that the FDA has approved a new drug called Vivitrol as a treatment for addiction to heroin or prescription narcotic pain killers.

Strickler, Andrew. "Suffolk adds Suboxone to fight against heroin." *Newsday* (January 28, 2010).

In an effort to target Long Island's growing number of young addicts, Suffolk County announced that Suboxone, an anti opiate addiction drug will be dispensed at county clinics.

Strickler, Andrew. "Oxycontin scripts skyrocket among Medicaid users." *Newsday*. (October 20, 2010)

Discusses how prescriptions for Oxycontin, a drug sometimes cited as a gateway to heroin abuse, have increased and what controls both Nassau and Suffolk counties will put in place to counter abuse of prescription medications.

Zuger, Abigail. "A general in the Drug War." *The New York Times*. (June 14, 2011) 1.

Nora Volkow, the neuroscientist in charge of the National Institute on Drug Abuse, believes that addiction is all about the dopamine. The pleasure, pain and devilish problem of control are simply the detritus left by waves of this little molecule surging and retreating deep in the brain. Addiction requires two things, according to Dr. Volkow: a genetic vulnerability, whose variables may include the quantity of dopamine receptors in the brain and second, repeated assaults to the spectrum of circuits regulated by dopamine involving motivation, expectation, memory and learning, which appear to fundamentally alter the brain's workings. Her research has shown that even after addicts are successfully detoxed and long clean, their dopamine circuits remain abnormally blunted. This may explain the intense difficulty addicts have staying clean, as the ordinary rewards of daily life have little effect on the recovering brain. Only the drug of choice will send dopamine levels high enough for any kind of pleasure.

**DVDs**

*Addictions A-Z*. Length: 40 minutes. Silver Spring, MD: Discovery Communications, 2009. 9781607111955. \$41.99.

Dr. Drew Pinsky examines the many different types of chemical addictions and answers common questions on what addiction is and how it is treated. The program also visits a rehabilitation facility to profile the detoxification process.

*Babies can't say "No"*. Length: 23 minutes. Williston, VT: Discovery Education, 2009. 9780806833484. \$14.99.

Shows how a pregnant woman's use of alcohol, tobacco, and other drugs may severely harm the fetus, causing miscarriage or premature birth. It explains that an infant who survives an alcohol-soaked pregnancy is often born with Fetal Alcohol Syndrome, a group of serious physical and neurological birth defects and the most common cause of mental retardation.

*Drugs: facts and fiction*. Length: 23 minutes. Indianapolis, IN: Video Education America, 2010. VEAFAC02D. \$39.99.

Featuring case studies of two young adults who have been negatively affected by drugs, this program seeks to explore what drugs are, legal and illegal drugs, the effect of drugs on a person's health and wellbeing, what to do in a crisis, and prevention and treatment strategies for those affected by drug use and abuse.

*Everything you need to know about tobacco in 22 minutes*. Length: 22 minutes. Mount Kisco, NY: Human Relations Media, Inc., 2010. 9781555488079.

Provides a summary of what students need to know about the dangers of using tobacco. Illustrates the health effects of smoking using interviews of smokers ravaged by cancer, heart disease and lung disease. Identifies the toxic chemicals inhaled in cigarette smoke, including benzene, arsenic, cyanide, pesticides, carbon monoxide, and ammonia. Details the latest research on the effects of nicotine on the brain and discusses the new scientific findings that nicotine is even more addictive than cocaine. Shows how tobacco companies target young smokers and includes interviews with young smokers who describe how they got addicted to tobacco and why it is so difficult to quit. Presents quitting strategies of teens who have succeeded in kicking the habit.

*The Long Island Council on Alcoholism and Drug Dependence*. Length: Unknown. New York: Long Island Council on Alcoholism and Drug Dependence, 2007. \$20.99.

Profiles individuals who have benefited from the services offered by The Long Island Council on Alcoholism and Drug Dependence and provides information on how a person can seek help to prevent or recover from alcoholism or other addictions.

*Teenage drinking: facts and fiction*. Length: 23 minutes. Indianapolis, IN: Video Education America, 2010. VEAFAC03D. \$39.99.

Alcohol is one of the most popular and most widely used recreational drugs in American culture. Exploring the issue through the eyes of our youth, this program takes an in-depth look at this major health issue and investigates the concept of binge drinking and what can happen when it gets out of hand. Discusses the effects of alcohol, reasons for binge drinking, addiction, psychological, social and physical consequences, risks associated with binge drinking as well as responsible behavior.

*Turning point: breaking the cycle of addiction and incarceration.* (2009) Length: Unknown. Center City, MN : Hazelden, 2009. 9781592854936.

Developed for male clients who are dealing with alcohol or other drug addiction, this film includes interviews with African-American men in different stages of recovery and reintegration, along with straight talk from counselors, community activists, a neighborhood pastor, and a drug court judge.

*Understanding Addiction.* Length: 15 minutes. Bay City, WI: Taproot, 2009. 883629703091. \$26.99.

Addiction is a very complex and abstract concept for people to understand, especially young people. In this short movie, young people can see how predatory addiction really is. A brief overview of "neuroadaptation," the actual change in the brain that addiction causes, is included. Red flags are described so youth can become aware and begin to adjust their own behavior. Includes information on the reason for and benefit of support meetings.

*Your body, your health and drugs.* Length: Unknown. San Francisco, CA : Cerebellum, 2010. 1585654019. \$55.99.

Elementary students must understand at a young age the harmful effects drugs and alcohol have on their bodies. In this early education drug prevention and health program, young viewers learn the connection between respecting their bodies and how drug use can harm them.

### **Audiobooks**

Riley, Gillian. *How to stop smoking and stay stopped for good.* Solon, Ohio: Playaway Digital Audio, 2009. 9781742142791. 1 sound media player. \$64.99.

Everyone knows how bad smoking is for them, but they just can't seem to give up. Gillian Riley's techniques include a step-by-step program to help understand the addiction, take control and break the habit.

Riley, Gillian. *How to stop smoking and stay stopped for good.* Victoria, Australia: Bolinda Audio, 2008. 9781921334948. 5 discs. \$40.99.

Everyone knows how bad smoking is for them, but they just can't seem to give up. Gillian Riley's techniques include a step-by-step program to help understand the addiction, take control and break the habit.

Seidman, Daniel F. *Smoke-free in 30 days: the pain-free, permanent way to quit.* New York: Random House Audio, 2010. 9780307714794. 4 discs. \$20.00.

As nicotine addiction and smoking-related cancers continue to plague society in the 21st century, several quick-quitting programs have tried and ultimately failed to wean smokers off of cigarettes. Daniel F. Seidman's program is designed to help users discover how to kick their smoking habits in as little as 30 days.

## **Agencies and Associations**

*National Institute on Alcohol Abuse and Alcoholism (NIAAA)*

5635 Fishers Lane, MSC 9304

Bethesda, MD 20892-9304

(301) 443-3860

web form e-mail

<http://www.niaaa.nih.gov>

Provides information to better understand the health consequences of alcohol abuse and dependence (alcoholism). The website includes news and events, pamphlets and other publications, research information, a FAQ section regarding various aspects of alcohol, clinical trials, etc.

*National Institute on Drug Abuse (NIDA)*

6001 Executive Boulevard, Room 5213

Bethesda, MD 20892-9561

(301) 443-1124 ((240) 221-4007 en español)

[information@nida.nih.gov](mailto:information@nida.nih.gov)

<http://www.nida.nih.gov>

Provides evidence-based information about the effects of drug abuse and addiction. Search the website for drugs of abuse and related topics, news, publications, awareness campaigns, clinical trials and more. "Parents and Teachers" and "Students and Young Adults" sections include interactive media, materials and information about the effects of drug abuse on your body and brain.

*New York State Office of Alcoholism and Substance Abuse Services (OASAS)*

1450 Western Avenue, Albany, NY 12203

General information- (518) 473-3460

New York State HOPEline- 1-877-8 HOPENY (1-877-846-7369)

[communications@oasas.ny.gov](mailto:communications@oasas.ny.gov)

<http://www.oasas.state.ny.us>

The website includes a "Find a Provider" locator to search for prevention and treatment providers, health and emergency alerts, New York State laws and regulations, underage drinking prevention, addiction medications, wellness, webcasts, etc. OASAS operates the New York State HOPEline, available 24/7 for alcoholism, drug abuse and problem gambling.

*The Partnership at Drugfree.org*

352 Park Avenue South, 9th Floor

New York, NY 10010

1-855-DRUGFREE (1-855-378-4373)

web form e-mail

<http://www.drugfree.org>

The mission of this organization is to "help parents prevent, intervene in and find treatment for drug and alcohol use by their children." Information includes articles and videos related to tips on talking to kids about drugs, a drug guide that contains commonly abused drug information, slang names and photos, and resources for treatment and relapse prevention.

*Quality Consortium of Suffolk County*

Direct contact- Quality Consortium President David Cohen

Eastern Long Island Hospital  
(631) 369-8966

<http://www.qualityconsortium.org>

A partnership of 23 non-profit chemical dependency and problem gambling treatment and prevention organizations in Suffolk County, NY. Includes information about local treatment centers, position papers, Quality Consortium (QC) guides and more.

*Substance Abuse & Mental Health Services Administration (SAMHSA)*

1 Choke Cherry Road

Rockville, MD 20857

1-877-SAMHSA-7 (1-877-726-4727)

Help Hotline- 1-800-662-HELP (1-800-662-4357)

Suicide Prevention Hotline- 1-800-273-TALK (1-800-237-8255)

[SAMHSAInfo@samhsa.hhs.gov](mailto:SAMHSAInfo@samhsa.hhs.gov)

<http://www.samhsa.gov>

SAMHSA's mission is to "reduce the impact of substance abuse and mental illness on America's communities." The comprehensive website includes information about conditions and substances, treatment and recovery support, publications and reports, events and exhibits, news, etc. Search the "Treatment Locator" online or call the 24-hour toll-free Help Hotline.

*Suffolk County Community Mental Hygiene Services*

North County Complex - Building C928

725 Veterans Memorial Highway, P.O. Box 6100

Hauppauge, New York 11788

(631) 853-8500

web form e-mail

<http://www.co.suffolk.ny.us/departments/healthservices/mentalhygiene.aspx>

Coordinates and oversees programs and services for people with substance abuse disorders, mental illness, etc. The website includes information about clinics and programs, important phone numbers, online forms, and more. You can also download a copy of "Suffolk County Can HELP! (Heroin Education Leads to Prevention): Your Resource Guide to Combat Heroin," a guide to tips to recognizing the signs of drug abuse, treatment and support services and programs, and additional resources.

*Suffolk County Prevention Resource Center*

400 Sunrise Highway

Amityville, NY 11701

631-608-5014 (phone)

[info@liprc.org](mailto:info@liprc.org)

<http://www.liprc.org>

This organization helps to build community-based coalitions and provide these groups with strategies to create healthy and drug-free communities. The website provides resources including the "Suffolk County Substance Abuse Prevention, Treatment & Recovery Services Directory" (includes school district/community coalitions), a FAQ section about various aspects of substance abuse, and Information Centers designed for Parents & Community, Children & Teens, and Professionals & Educators that each contain resources, videos and links (includes Treatment Referral Lists by precinct).

## Support Groups

### *Alcoholics Anonymous*

Suffolk Intergroup Association of Alcoholics Anonymous

P.O. Box 659

Patchogue, NY 11772

(631) 654-1150

(631)669-1124 24 hour Hotline

[pubinfo@suffolkny-aa.org](mailto:pubinfo@suffolkny-aa.org)

[www.suffolkny-aa.org](http://www.suffolkny-aa.org)

Alcoholics Anonymous is a fellowship of men and women who wish to stay sober and help other alcoholics to achieve sobriety.

Contact for times and locations of meetings throughout Suffolk County.

No cost.

### *Al-Anon*

*Alateen*

P.O. Box 490

Farmingville, NY 11738

(631) 669-2827

(888) 425-2666 (toll free)

[info@al-anon-suffolk-ny.org](mailto:info@al-anon-suffolk-ny.org)

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

Al-Anon provides support for families and friends of alcoholics as well as anyone affected by alcoholism.

Alateen provides support groups for children who have a relative or friend with alcoholism.

Contact for meeting times and locations.

No cost.

### *Cocaine Anonymous*

(800) 347-8998

<http://www.ca.org>

Cocaine Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from their addiction.

Contact for meeting times and locations.

No cost.

### *Families Anonymous*

701 Lee St. - Suite 670

Des Plaines, IL 60016-4508

(800)736-9805

[famanon@FamiliesAnonymous.org](mailto:famanon@FamiliesAnonymous.org)

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

Families Anonymous provides support groups for persons dealing with problems relating to substance abuse and behavioral problems of a family member or friend.

Call or visit their website for times and locations in Suffolk County.

No cost.

*Families Anonymous*

Intergroup #4001  
(Nassau/Suffolk/Queens/Manhattan)  
(516) 221-0303  
Call for local times and locations.  
No cost.

Families Anonymous provides support groups for persons dealing with problems relating to substance abuse and behavioral problems of a family member or friend.

*GRASP Support Group (Grief Recovery After a Substance Passing)*

Branch Funeral Home  
190 East Main Street  
Smithtown, NY 11787  
(631) 588-4957

GRASP (Grief Recovery After a Substance Passing) is a nonprofit self-help organization for parents who have experienced the death of a child due to overdose. Please call to register.

*Narcotics Anonymous*

P.O. Box 460  
Islip Terrace, NY 11752  
(631) 689-NANA (6262) Helpline  
[www.sasna.org](http://www.sasna.org)

Narcotics Anonymous is a twelve step program for drug abusers and is offered at various locations throughout Suffolk County.  
Contact for meeting times and locations.  
No cost.

*Nar-Anon*

P.O. Box 656570  
Fresh Meadows, NY 11365-6570  
(800) 984-0066 (Information Hotline)  
[NYAreaNarAnon@mindspring.com](mailto:NYAreaNarAnon@mindspring.com)  
[www.nynaranon.org](http://www.nynaranon.org)

Nar-Anon offers support groups for relatives and friends of drug abusers throughout the Suffolk County. “  
Call the hotline for times and locations.  
No cost.

*Parents of Children with Heroin Addiction Support Group*

Crossroads Counseling Center  
440 Furrows Road  
Holbrook, NY 11741  
(631) 714-5407  
<http://www.crossroadscounselingcenter.com/home>

Support group for parents of children with heroin addiction.  
Contact Crossroads Counseling Center at 631-714-5407 for more information.

## **Crisis Center**

### *Talbot House Chemical Dependence Crisis Center*

30-C Carlough Road  
Bohemia, NY 11716-2904  
(631) 589-4144

<http://www.catholiccharities.cc>

Talbot House is a 35-bed chemical dependence crisis center for Suffolk County adults. It offers substance abusers in a crisis a short-term, safe environment where they can receive food, personal care, counseling, and referrals.

Call or walk-in to apply.

No cost.

## **Treatment Centers**

### **Outpatient Treatment**

#### *Access*

401 Main Street  
Islip, NY 11751  
(631) 224-5330  
Fax: (631) 224-1206

Web <http://www.townofislip-ny.gov>

ACCESS provides alcohol and drug abuse counseling and educational services to Town of Islip residents and their families. Ages 12+

#### *Accesso*

452 Suffolk Avenue  
Brentwood, NY 11717  
(631) 436-6065  
Fax: (631) 436-6068

[www.townofislip-ny.gov](http://www.townofislip-ny.gov)

Provides alcohol and drug abuse counseling and educational services to Town of Islip residents, ages 12 and up.

Languages: Spanish

#### Alternatives Counseling

Services: Non-intensive outpatient substance abuse counseling. DUI/DWI offenders.

Ages 13+

Self pay, Private Insurance, Medicaid

Locations:

540 East Main Street  
Riverhead, NY 11901  
(631) 369-1200  
Fax: (631) 369-128

291 Hampton Road  
Southampton, NY 11968  
(631) 283-4440  
Fax: (631) 283-4456

*Babylon Drug & Alcohol Services*

Annex  
281 Phelps Lane Rm 13  
North Babylon, NY 11703  
(631) 789-3700  
Services: Drug and alcohol outpatient treatment.  
Populations Served: Adults, Elderly (ages 18-60)  
Insurance: Medicaid and HIP  
Sliding Scale: Yes (\$5-\$80)

*Town of Babylon Drug and Alcohol*

400 Broadway  
Amityville, NY 11701  
(631) 789-3700  
Services: Drug and alcohol outpatient treatment.  
Populations Served: Adults, Elderly (ages 18-60)  
Insurance: Medicaid and HIP  
Sliding Scale: Yes (\$5-\$80)

*Brookhaven Memorial Hospital*

Outpatient Behavioral Health Services  
Services: Drug and alcohol outpatient treatment.  
Fee, sliding scale, insurance, Medicaid, Medicare.

Locations:

365 East Main Street  
Patchogue, NY 11772  
(631) 854-1222  
Fax: (631) 854-1236

550 Montauk Highway  
Shirley, NY 11967  
(631) 852-1070  
Fax: (631) 852-1119

*Catholic Charities Outpatient Clinic*

P.O. Box 758  
Hampton Bays, NY 11976  
(631) 732-3362  
<http://www.catholiccharities.cc>  
Services: Alcohol outpatient only. Ages 12+  
Insurance accepted, Medicaid, Medicare, sliding scale.  
Additional languages: Spanish

### *Catholic Charities- Chemical Dependency Clinic*

155 Indian Head Rd.  
Commack, NY 11725  
(631) 543-6200  
Fax: (631) 543-6203

<http://www.catholiccharities.cc>

Services: Alcohol, alcohol day treatment, drug treatment, medical evaluations. Ages 18+  
Insurance accepted, Medicaid, Medicare, sliding scale.

### *Center for Growth and Development, Inc.*

45 Dixon Ave  
Amityville, NY 11701  
(631) 691-0769

<http://www.cgdcenter.com>

Services: Drug and alcohol outpatient, psychiatric, medical screen, risk assessment.  
Insurance accepted, Medicaid, Medicare, sliding scale.

### *Chemical Addiction Treatment and Prevention*

324 Main St  
Northport, NY 11768  
(631) 261-267  
Additional location:  
2545 Middle Country Road  
Centereach, NY 11720

Services: outpatient chemical addiction treatment, individual and groups, services for families and children effected by chemical addiction.  
Most insurance accepted, Medicaid, sliding scale.

### *Concepts for Narcotics Prevention*

324 E. Main St.  
Northport, NY 11768  
(631) 261-2670  
Fax: (631) 261-5554  
Outpatient drug treatment. Ages 13+  
Sliding scale.

### *Daytop Village Outreach Center*

2075 New York Avenue  
Huntington Station, NY 11746  
(631) 351-7112  
Fax: (631) 351-0862

[csullivan@daytop.org](mailto:csullivan@daytop.org)

<http://www.daytop.org>

Services: Drug treatment - adolescent day treatment  
Insurance accepted, Medicaid, Medicare, sliding scale.  
Additional language: Spanish

### *East End Methadone Maintenance Program*

County Center  
Riverhead, NY 11901  
(631) 852-2680

Services: Methadone Maintenance Treatment Program

There is a cost for services; however, no individual will be turned away due to inability to pay. Sliding fee scales based on income are used to establish fees. Medicaid, Medicare and Private Insurance accepted for some services.

### *Family Counseling Service*

464-10 William Floyd Parkway  
Shirley, NY 11967  
(631) 399-9217  
Fax: (631) 399-9225

<http://www.familycounselingsvc.org>

Services: Drug and alcohol outpatient treatment.

### *Family Counseling Service (Hampton Interfaith Council)*

Bienecke Building, Main Street  
Westhampton Beach, NY 11796  
(631) 288-1954

Services: Drug and alcohol outpatient treatment.

### *Family Recovery Centers (Family Service League)*

These programs provide outpatient services to individuals who abuse alcohol and other drugs and support family members directly or indirectly affected by their behavior via individualized and specialized group therapy for individuals and families.

Medicaid, Medicare and most insurances accepted. Also, an income-based sliding scale is utilized.

### Program Locations:

1490 William Floyd Parkway  
East Yaphank, NY 11967  
631-924-3741  
Fax: (631) 924-2413

### Iovino South Shore Family Center

1444 Fifth Avenue  
Bay Shore, NY 11706  
(631) 647-3100 ext 108  
Fax: (631) 647-3130

208 Roanoke Avenue  
Riverhead, NY 11901  
(631) 369-0104  
Fax: (631) 369-5433

### *Federation of Organizations*

456 Waverly Avenue  
Patchogue, NY 11772  
(631) 447-6460

<http://www.fedoforg.org>

Services: Mental illness, chemical abuse, homeless. Recovery Concepts PROS Program. Ages 18+ Drop-In Center (no charge) - (Wed. 2-6 pm, Thurs. 5-8 pm, Fri. 5-8 pm, and Sun. 1-3 pm)

*Hauppauge Intake & Maintenance Program*

1330 Motor Parkway  
Islandia, NY 11749  
(631) 853-737

Services: Methadone Maintenance Treatment Program.

There is a cost for services; however, no individual will be turned away due to inability to pay. Sliding fee scales based on income are used to establish fees. Medicaid, Medicare and Private Insurance accepted for some services.

*Hope for Youth*

275A Dixon Ave.  
Amityville, NY 11701  
Phone: 631-842-7900  
Fax: 631-842-7977

[slane@hfyny.org](mailto:slane@hfyny.org)

<http://www.hfyny.org>

This program is an Out-patient Chemically Dependency for Youth (OCDY) clinic which is licensed by the New York State Office of Alcoholism and Substance Abuse Services (OASAS). The targeted population includes adolescents who are chemically dependent or abusing drugs and alcohol, or children who have come from family systems which have a history of substance abuse. Social workers provide both diagnostic assessments, psychiatric assessments and monitoring within individual and group therapy; anger management and life skills groups; intensive drug treatment groups; living skills groups and ongoing treatment services to children in foster care and youth under probation department supervision and their families.

*Horizons Counseling Center*

124 West Main Street  
Smithtown, NY 11787  
(631) 360-757

Services: Drug and alcohol outpatient treatment.

*Huntington Drug and Alcohol*

423 Park Avenue  
Huntington, NY 11743  
(631) 271-3591

Services: Drug and alcohol outpatient treatment, ages 12 and up.

*Impact Counseling Services*

2760 Middle Country Road/Rt. 25  
Lake Grove, NY 11755  
(631) 467-3182

Fax: (631) 467-3178

[info@impactcounseling](mailto:info@impactcounseling)

<http://www.impactcounseling.org>

*Ken Peters Center for Recovery*

300 Motor Parkway, Suite 110  
Hauppauge, NY 11788  
631-2221

[information@kenpeterscenter.com](mailto:information@kenpeterscenter.com)

<http://www.kenpeterscenter.com>

*Mather Partial Hospitalization*

208 Rte. 112  
Port Jefferson Station, NY 11776  
(631) 331-820  
Services include: Outpatient drug and alcohol abuse -no detox.

*Nepenthe*

435 Brook Avenue  
Deer Park, NY 11772  
(631) 243-3062/243-3056  
[www.nepenthe-carehouse.com](http://www.nepenthe-carehouse.com)  
Services: Drug and alcohol outpatient treatment, including MICA (mentally ill chemically addicted); admissions to Care House Structured Homes. Accepts Medicaid.

*Outreach House*

400 Crooked Hill Road  
Bridgehampton, NY 11932  
(631) 231-3232  
Fax: (631) 231-3376  
Services: Long term residential care - adolescents only.

*Outreach Project*

11 Farber Drive  
Bellport, NY 11713  
(631) 286-0700  
Services: Drug and alcohol outpatient treatment – Women’s day treatment (mother & child specialty)

*Pederson Krag*

Services include drug and alcohol outpatient treatment – call 631-920-8002.  
Fee, sliding scale, insurance, Medicare, Medicaid.

Locations:

55 Horizon Drive  
Huntington, NY 11743  
(631) 920-8000

11 Route 111  
Smithtown, NY 11787  
(631) 920-8300

Wyandanch, NY 11798  
240 Long Island Avenue, Wyandanch, NY 11798  
(631) 920-1440

Phoenix House

Pilgrim Psychiatric Center, Bldg. 5  
998 Crooked Hill Road  
Brentwood, NY 11717  
(631) 306-5870  
<http://www.phoenixhouse.org>

Phoenix House operates both outpatient and residential treatment centers at various locations on Long Island.

### *Seafield*

<http://www.seafieldcenter.com>

Services include outpatient treatment in the following locations:

37 John Street  
Amityville, NY 11701  
(631) 424-2900

2852 Route 112  
Medford, NY 11763  
Phone: 631-451-6007

450 Waverly Avenue  
Patchogue, NY 11772  
Phone: 631-363-2001

212 West Main Street  
Riverhead, NY 11901  
631-369-7800

### *South Brookhaven Health Center*

Drug and alcohol outpatient treatment.

365 E. Main Street  
Patchogue, NY 11772  
(631) 854-1222

550 Montauk Highway  
Shirley, NY 11967  
(631) 852-1070

### *South Oaks Hospital*

400 Sunrise Highway  
Amityville, NY 11701  
(631) 264-4000

<http://www.south-oaks.org>

Services include outpatient rehabilitation, including adolescent supports groups for addiction and dual diagnosis. Call (631) 608-5610.

Partial hospitalization – (631) 264-4000 Ext. 3121

Additional language: Spanish

### *Suffolk County Dept. of Community Mental Hygiene Services*

North County Complex, Building C-928  
725 Veterans Memorial Highway  
Hauppauge, NY 11788  
(631) 853-8500

Fax: (631) 853-3117

<http://www.suffolkcountyny.gov/departments/healthservices/mentalhygiene.aspx>

Services include alcohol and substance abuse treatment for all ages.

*YMCA Family Services*  
2545 Middle Country Road  
Centereach, NY 11720  
Additional locations: Mastic, Northport  
(631) 580-7777  
Fax: (631) 580- 7773  
[http://www.ymcali.org/main\\_famserv\\_centereach.html](http://www.ymcali.org/main_famserv_centereach.html)  
Services include drug and alcohol outpatient treatment.

**Inpatient treatment**

*Brookhaven Memorial Hospital*  
101 Hospital Road  
Patchogue, NY 11772  
(631) 687-4000

*C.K. Post Addictions Center*  
Building 1, Pilgrim Psychiatric Center  
Brentwood, NY 11717  
(631) 434-7200  
Fax: (631) 434-7254  
[markwielgus@oasas.state.ny.us](mailto:markwielgus@oasas.state.ny.us)  
<http://www.oasas.state.ny.us/atc/post/index.cfm>  
C.K. Post offers 28 day substance abuse inpatient rehabilitation.  
Some insurance accepted. Fees based on Individual's ability to pay (No individuals denied access based on inability to pay).

*Eastern Long Island Hospital (Quannacut)*  
201 Manor Place  
Greenport, NY 11944  
(631) 477-5625  
Detoxification and Rehabilitation - Phone # (631) 477-8877  
28-day drug and alcohol rehab, intake/admission - Phone # (631) 369-8977

*Madonna Heights Services*  
151 Burrs Lane  
PO Box 8020  
Dix Hills, NY 11746  
(631) 643-8800  
<http://www.sco.org>  
Long term residential care - Halfway House - women only.

*Phoenix House*  
Pilgrim Psychiatric Center, Bldg. 5  
998 Crooked Hill Road  
Brentwood, NY 11717  
(631) 306-5870  
<http://www.phoenixhouse.org>  
Phoenix House operates both outpatient and inpatient (long term residential) treatment centers at various locations on Long Island.

### *St. Catherine of Sienna Hospital*

50 Rte. 25A

Smithtown, NY 11787

(631) 862-3000

Services include detoxification treatment – call (631) 362-3184.

Accepts Medicaid.

### *St. Charles Hospital*

Chemical Dependency Rehabilitation

200 Belle Terre Road

Port Jefferson Station, NY 11776

(631) 474-6233

St. Charles Hospital's Chemical Dependency Rehabilitation program (for adults age 18 and over) is a voluntary and 40-bed inpatient unit offers a program designed to promote recovery for the chemically dependent patient. Medicare, Medicaid, insurance, sliding scale.

### *Seafield Center*

7 Seafield Lane

Westhampton Beach, NY 11978

(631) 288-1122

Toll-free: 1-800-448-4804

[help@seafieldcenter.com](mailto:help@seafieldcenter.com)

<http://www.seafieldcenter.com>

Seafield treatment programs include inpatient rehabilitation, detox, day treatment, intensive outpatient treatment, group and individual sessions, a structured family program and recovery housing for adult men and women.

### *South Oaks Hospital*

400 Sunrise Highway

Amityville, NY 11701

(631) 264-4000

<http://www.south-oaks.org>

234 bed unit of a not-for-profit psychiatric hospital.

Programs: Inpatient treatment, detoxification - call (631) 608-5610.

Partial hospitalization – (631) 264-4000 Ext. 3121

Additional language: Spanish

### *Southside Hospital*

301 E. Main Street

Bay Shore, NY 11706

(631) 968-3000.

Services include emergency admissions and detoxification treatment. Medicaid accepted.

### *Veterans Administration Medical Center*

79 Middleville Road

Northport, NY 11768

(631) 261-4400

Fax: (631) 754-7933

<http://www.northport.va.gov>

Federal 397 bed unit of a Veterans Administration general hospital.

Detoxification and rehabilitation, Bldg. 53.

Admissions restricted to honorably discharged veterans meeting eligibility criteria.

## Websites

### *American Council for Drug Education*

<http://www.acde.org/>

ACDE is a substance abuse prevention and education agency that works with employers, parents, educators, health professionals and youth.

### *D.A.R.E. – Drug Abuse Resistance Education:*

<http://www.dare.com>

Established in 1983, this national organization is a collaborative program between local law enforcement, schools (K-12), parents and teachers aimed at educating children about the consequences of substance abuse. The D.A.R.E. website provides information about various drugs, resources, and the D.A.R.E. curriculum.

### *Long Island Council on Alcoholism & Drug Dependence:*

<http://www.licadd.com/>

LICADD is a not-for-profit organization that has served as a referral service to individuals and families for over 50 years. The website lists community outreach programs, hotlines, and self-help groups throughout Long Island.

### *National Inhalant Prevention Coalition:*

<http://www.inhalants.org>

NIPC is a national informational and referral organization that focuses on educating state agencies, businesses and schools about the dangers of inhalants.

### *National Institute on Drug Abuse:*

<http://www.nida.nih.gov/nidahome.html>

NIDA focuses on the scientific study of drug abuse leading to an understanding of addiction and the effects that drugs have on the brain and on people's behavior. This information is used to develop programs for preventing drug abuse and addiction recovery.

### *OASAS: New York State Office of Alcoholism & Substance Abuse Services:*

<http://www.oasas.state.ny.us>

Oasas is responsible for the licensing, regulating, monitoring and inspection of 1,300 community based treatment programs throughout New York State.

### *The Partnership at Drugfree.org:*

<http://www.drugfree.org>:

This organization helps to educate parents so they can prevent, intervene or find treatment for adolescent drug use. A "Drug Guide" gives in-depth information about 40 commonly used drugs.

### *Recovery Corps:*

<http://www.recoverycorps.org>

Addicts and their families will find a listing of local addiction recovery resources, treatment centers, and rehab programs by entering their address, city or zip code. In-

depth information can be found about alcohol, drugs and prescription medications.

*Street Drug Slang Dictionary:*

<http://www.drugs.indiana.edu/drug-slang.aspx>

This online dictionary created by the Indiana Prevention Resource Center contains more than 4,000 street drug slang terms.

*USA National Substance Abuse Resources (Index):*

<http://nationalsubstanceabuseindex.org/fedresources.htm>

Guide to addiction recovery resources throughout the United States. Treatment facilities are organized by state.

### **Forums/Discussion Groups**

*MedHelp – Addiction: Substance Abuse Community*

<http://www.medhelp.org/forums/Addiction-Substance-Abuse/show/77>

This forum is provides open discussion where those recovering or struggling with addiction can share stories and support. This site recently added a new forum devoted to alcohol/drug rehab.

### **Blogs**

*The Partnership at Drugfree.org*

<http://www.drugfree.org>

This organization offers several blogs for parents, teens and experts.

*Substance Abuse and Mental Health Services Administration*

<http://blog.samhsa.gov>

Among other support services, SAMHSA offers blogs on alcohol abuse, substance use and recovery support.

*The Sarah Bellum Blog*

<http://teens.drugabuse.gov/blog/>

Written by the scientists, science writers and public health analysts of the National Institute on Drug Abuse, this site provides blogs, facts, FAQs, activities and other resources for teens and parents.

*Long Island Council on Alcoholism and Drug Dependence*

<http://www.licadd.com>

In addition to provide services at several Nassau and Suffolk locations, LICADD also offers support blogs for young adults and parents.

## **E-newsletters**

*The Partnership at Drugfree.org*

<http://www.drugfree.org>

Offers a variety of e-newsletters including for families and concerned adults.

*National Council on Alcoholism and Drug Dependence, Inc.*

<http://www.ncadd.org>

E-newsletters with the latest information and development for families, youth and those in recovery.

## **listserves**

*U.S Department of Education*

<http://www2.ed.gov/news/newsletters/listserv/preventioned.html>

Provides information to the public from the Office of Safe and Drug-Free Schools Program.