# OWPS RESOURCE BOOKLET

California Department of Health Care Services
Prevention, Treatment & Recovery Services
Mental Health Substance Use Disorder Division
Office of Women's and Perinatal Services

*Office of Women's and Perinatal Services*

## Contents

**Child Welfare System** ..... 3
**Co-Occurring Disorders** ..... 4
**Domestic Violence** ..... 6
**Families** ..... 9
**Fetal Alcohol Spectrum Disorder (FASD)** ..... 11
**Fetal Alcohol Spectrum Disorder (FASD)/Screening** ..... 15
**Fetal Alcohol Spectrum Disorder (FASD)/Training** ..... 15
**Gender-Specific Treatment** ..... 15
**Girls** ..... 18
**Grief** ..... 18
**Healthy Relationships** ..... 19
**Human Trafficking** ..... 20
**Infants – Substance Exposed Infants** ..... 21
**Life Skills** ..... 22
**Lesbian, Gay, Bisexual and Transgender (LGBT)** ..... 25
**Men and Boys** ..... 25
**Mentoring** ..... 26
**Native Americans** ..... 26
**Older Adults** ..... 26
**Parenting** ..... 27
**Perinatal** ..... 29
**Pregnancy** ..... 30
**Program Staffing** ..... 31
**Recovery** ..... 31
**Referral** ..... 34
**Screening and Assessment** ..... 34
**Self-Infliction** ..... 35

**Sexuality** ..... 35
**Therapeutic Models – Evidenced Based Practices** ..... 37
**Training** ..... 38
**Trauma** ..... 38
**Women Offenders** ..... 41
**Women Veterans** ..... 41
**Youth** ..... 42
**Setting up a Women's and Perinatal Program** ..... 43

# Child Welfare System

- **Understanding the Child Welfare System in CA**
  **A Primer for Service Providers and Policymakers**
  Diane F. Reed, MPH
  CA Center for Research on Women & Families (CCRWF)
  www.ccrwf.org

Offered to assist practitioners and policy leaders in advancing their basic knowledge of complex social service systems. In addition to providing a resource for local and state policy leaders and providers, this primer and a companion publication on CalWORKs support *Linkages*, a statewide effort to coordinate welfare and child welfare programs in California.

- **Understanding Substance Abuse and Facilitating Recovery:**
  **A Guide for Child Welfare Workers**
  Substance Abuse and Mental Health Services Administration (SAMHSA)
  www.samhsa.gov

Helps child welfare workers understand substance abuse and when it is a factor in child abuse and neglect. Discusses how to support substance abuse treatment and recovery, partner with substance abuse treatment programs, and motivate parents into treatment.

- **Substance Abuse Specialists in Child Welfare Agencies and Dependency Courts**
  Substance Abuse and Mental Health Services Administration (SAMHSA)
  www.samhsa.gov

Offers guidance on creating a substance abuse specialist program in child welfare offices or dependency courts. Includes eight case studies that showcase the programmatic and collaborative structure of substance abuse specialist programs.

- **Introduction to Cross-System Data Sources in Child Welfare, Alcohol and Other Drug Services, and Courts**
  Substance Abuse and Mental Health Services Administration (SAMHSA)
  www.samhsa.gov

Describes data-reporting systems that collect information about child welfare services, substance abuse services, or court-related cases to monitor the agency's ability to ensure safety, permanency, and well-being for youth in the child welfare system.

- **Facilitating Cross-System Collaboration: A Primer on Child Welfare, Alcohol and Other Drug Services and Courts**
  Substance Abuse and Mental Health Services Administration (SAMHSA)
  www.samhsa.gov

Reviews characteristics of child welfare, substance abuse services, and courts to support cross-system coordination within State, county, and tribal jurisdictions. Considers the framework, population, legislation and funding sources, and services for each system.

- **Effective Special Topic Report on Domestic Violence in Families Served by Child Welfare Services in the State of California**
  NCCD Children's Research Center
  http://nccdglobal.org/sites/default/files/publication_pdf/ca_dv_spec_topic2011.pdf

- **Financing Child Care in the United States**
  **An Expanded Catalog of Current Strategies**
  http://eric.ed.gov/?id=ED458932

This catalog was developed to share information on innovative financing strategies that are successfully funding child care in the United States. The purpose of the catalog is to provide a better understanding of what can be done and to encourage development of other successful strategies to finance child care.

## Collaboration

- **Best Practices in Inter-Organizational Collaboration**
  **A How-To Manual for Organizations**
  CA Department of Developmental Services

- **Interagency Collaboration:**
  **Making Magic Happen**
  Eleanor W. Lynch
  Patrick J. Harrison

## Co-Occurring Disorders

- Department of Health Care Services Contact person:
  Darien De Lu
  Office of Health Access
  http://www.adp.ca.gov/COD/index.shtml
  916/327-7473

- **A Treatment Improvement Protocol (TIP) 42:**
  **Substance Abuse Treatment for Persons with Co-Occurring Disorders**
  Substance Abuse and Mental Health Services Administration (SAMHSA)

www.samhsa.gov

Provides substance abuse treatment providers with updated information on co-occurring substance use and mental disorders and advances in treatment for people with co-occurring disorders. Discusses terminology, assessment, and treatment strategies and models.

## Core Competencies

- **Addressing the Needs of Women and Girls:**
  **Developing Core Competencies for Mental Health and Substance Abuse Services Professionals**
  Substance Abuse and Mental Health Services Administration (SAMHSA)
  www.samhsa.gov

Arms mental health and substance abuse professionals with a comprehensive overview of unique prevention, treatment and recovery skills and practices, including trauma-informed care, to effectively serve women and girls. Useful for the full spectrum of behavioral health professionals.

## Cultural Competency

- **Community Alliance for Culturally and Linguistically Appropriate Services (CLAS)**
  **CLAS Guidelines for the Alcohol and Other Drug Field in California**
  **14 CLAS Standards**
  http://allianceforclas.org/wp-content/uploads/2011/05/CA-AOD-CLAS-Standards-and-Recommendations-7.pdf

Guidance on improving the cultural and linguistic proficiency of service delivery, including: developing, implementing and promoting a strategic plan around the provisions of CLAS; developing and implementing organizational cultural competence self-assessments and performance improvement initiatives; identifying threshold languages and locating translation and interpreter resources; and more.

- **National CLAS Standards**
  **US Department of Health and Human Services**
  http://minorityhealth.hhs.gov/templates/browse.aspx?lvl=2&lvlID=15

- **Cultural Competence in Substance Abuse Treatment, Policy Planning, and Program Development: An Annotated Bibliography**
  http://www.mocmhc.org/documents/Bibliography%20of%20Cultural%20Competence%20in%20Substance%20Abuse%20Treatment.pdf

- **OnTrack Program Resources, Inc. (CLAS Training) FREE**
  **Phone: (916) 285-1810**
  www.allianceforclas.org

ONTRACK and our partners are dedicated to providing you and your team with information and training to enhance your agency's capacity to provide culturally and linguistically appropriate services.

- **Advanced Methodological Issues in Culturally Competent Evaluation for Substance Abuse Prevention**
  **Center for Substance Abuse Prevention (CSAP)**
  Substance Abuse and Mental Health Services Administration (SAMHSA)
  www.samhsa.gov

Provides a clearly defined framework for the study of substance abuse prevention program evaluation in diverse, culturally defined settings, regardless of the ethnic/racial population involved.

## Domestic Violence

- **24-hour National Domestic Violence Hotline**
  **1-800-799-SAFE (1-800-799-7233)**

- **Victims of Crime Resource Center**
  **1-800-VICTIMS (1-800-842-8467)**

- **National Sexual Violence Resource Center**
  **1-877-739-3895**

- **Rape, Abuse & Incest National Network (RAINN)**
  **1-800-656-HOPE (1-800-656-4073)**
  http://www.rainn.org/
  This number will connect you to your local rape crisis center

- **Seeking Safety**
  A Treatment Manual for PTSD and Substance Abuse
  Lisa M. Najavits
  http://www.seekingsafety.org/

Seeking Safety is a present-focused treatment for clients with a history of trauma and substance abuse. The treatment was designed for flexible use: group or individual format, male and female clients, and a variety of settings.

- **Community Advocacy Program (CAP)**
  A Program for Survivors of Intimate Partner Violence
  http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=262

The Community Advocacy Project, an evidence-based program designed to help women survivors of intimate partner abuse re-gain control of their lives. This project, which is strengths-based and survivor-centered, can be incorporated into many domestic violence programs fairly easily and inexpensively. It has been shown to decrease women's risk of re-abuse, and to increase their quality of life, level of social support, and ability to obtain the community resources they need. Trained advocates help women work on goals that they have decided are important to them, and the program has been successful with women leaving the relationship as well as staying in the relationship.

- **Substance Abuse Treatment and Domestic Violence**
  Treatment Improvement Protocol (TIP) 25

Helps substance abuse treatment providers understand domestic violence and the needs of both survivors and batterers. Discusses screening, referral, and treatment; legal issues; and linkages between substance abuse treatment and domestic violence programs.

- **Linking Substance Abuse Treatment and Domestic Violence Services: A Guide for Administrators**
  Based on Treatment Improvement Protocol (TIP) 25

Gives treatment providers an overview of substance abuse and domestic violence, including domestic violence screening, referral, and treatment for survivors and batterers. Discusses legal issues and provides clinical tools for assessment and safety planning.

- **Safe from the Start**
  **Taking Action on Children Exposed to Violence**
  US Department of Justice
  Office of Justice Programs
  Office of Juvenile Justice and Delinquency Prevention
  https://www.ncjrs.gov/pdffiles1/ojjdp/182789.pdf

- **CA Attorney General's Safe from the Start (YouTube)**
  **Window of Opportunity**
  **Reducing Children's Exposed to Violence with Rob Reiner**
  http://www.youtube.com/watch?v=gkSW3__pbI0

- **CA Attorney General's Office Domestic Violence Handbook**
  **A Survivor's Guide**
  CA Attorney General's Office
  Crime and Violence Prevention Center
  https://www.ncjrs.gov/App/Publications/abstract.aspx?ID=240156

The Domestic Violence, Survivor's Guide Handbook is organized into four chapters. Chapter 1 (dealing with domestic violence) contains information on how to get help if you are a victim of domestic violence. Chapter 2 (Understanding Domestic Violence) provides background information on the nature and causes of domestic violence. Chapter 3 (Living Violence-free) discusses a number of alternatives you may want to consider in order to have a life free from violence. Chapter 4 (Resources for Victims of Domestic Violence) includes the names of support groups and organizations for additional sources for general, legal, and financial information. Domestic violence is a major problem, both in California and across the United States. This handbook was developed by the Crime and Violence Prevention Center under the California Attorney General's Office. It was developed as a survivor's guide for victims of domestic violence.

- **Keeping the Promise**
  **Victim Safety and Batterer Accountability**
  Report to the CA Attorney General from the Task Force on Local Criminal Justice Response to Domestic Violence

http://oag.ca.gov/news/press-releases/attorney-general-lockyer-report-domestic-violence-finds-criminal-justice-system

Report is based on an extensive two-year assessment by Attorney General Bill Lockyer's Task Force on Local Criminal Justice Response to Domestic Violence to a 26-member group of experts and leaders in law enforcement, the courts, victim advocacy, public health and the legislature.

- **Effective Intervention in Domestic Violence & Child Maltreatment Cases: Guidelines for Policy and Practice**
  Recommendation from the National Council of Juvenile & Family Court Judges
  Family Violence Department
  https://www.childwelfare.gov/pubs/otherpubs/ncjfcj.pdf

- **Special Topic Report on Domestic Violence in Families Served by Child Welfare Services in the State of California**
  NCCD Children's Research Center
  http://nccdglobal.org/sites/default/files/publication_pdf/ca_dv_spec_topic2011.pdf

- **The Use of Technology to Stalk (CD)**
  Stalking Resource Center of the National Center for Victims of Crime
  Office for Victims of Crime
  Office of Justice Programs
  US Department of Justice
  www.ncvs.org/crc

- **SURVIVE**
  **Surviving Violence and Increasing Viable Employment (CD)**
  The Legal Aid Society
  Employment Law Center 2006

- **Understanding Intimate Partner Violence (Fact Sheet)**
  Centers for Disease Control and Prevention
  National Center for Injury Prevention and Control
  www.cdc.gov/injury

- **Understanding Teen Dating Abuse (Fact Sheet)**
  Centers for Disease Control and Prevention
  National Center for Injury Prevention and Control
  www.cdc.gov/injury

- **A Guide to Addressing Teen Dating and Sexual Violence in a School Setting**
  Crime and Violence Prevention Center
  CA Attorney General's Office
  www.peaceoverviolence.org

- **CA Partnership to End Domestic Violence**

http://www.cpedv.org/

The CA Partnership to End Domestic Violence acts as a leader and Catalyst for innovative, long-range plans to end domestic violence. We are a statewide membership-based coalition with 25-year history providing a united voice for over 100 CA agencies, organizations and others working to end domestic violence at local, state and national levels.

## Families

- **Family Resource Centers Network of California (FRCNCA)**
  http://www.frcnca.org/

**Welcome to Family Resource Centers Network of California website, your link to the local resources and services available at California`s 47 Early Start Family Resource Centers!**

Early Start Family Resource Centers (ESFRC) provide parent to parent support, outreach, information and referral services to families of children with disabilities and the professionals who serve them. All ESFRCS serve families of children birth to three and many have enhanced funding which allows them to serve families of children over the age of three and individuals with developmental disabilities. Check with your local ESFRC for more information on the services that they provide.

- **California Early Start**
  **CA Department of Developmental Services**
  www.dds.ca.gov/earlystart

Families whose infants or toddlers have a developmental delay or disability or an established risk condition with a high probability of resulting in a delay may be eligible to receive an "Early Start" in California. Teams of service coordinators, healthcare providers, early intervention specialists, therapists, and parent resource specialists evaluate and assess infants or toddlers and provide appropriate early intervention and family support services for young children from birth to three years of age.

- **Family Therapy Can Help: For People in Recovery from Mental Illness or Addiction**
  Substance Abuse and Mental Health Services Administration (SAMHSA)
  www.samhsa.gov

Explores the role of family therapy in recovery from mental illness or substance abuse. Explains how family therapy sessions are run and who conducts them, describes a typical session, and provides information on its effectiveness in recovery.

- **Families are the Frontline:**
  **Preventing, Treating, and Recovering from Substance Use and Mental Disorders**
  Substance Abuse and Mental Health Services Administration (SAMHSA)
  www.samhsa.gov

Explores prevention, treatment, and recovery from substance abuse and mental health disorders within the context of the family. Examines factors in a strong family support environment and ways to educate families to provide support through recovery.

- **The Matrix Model**
  **The Family Unit**
  **A 12-Session Alcohol & Drug Education Program for Patients and Families**

Jeanne L. Obert, MFT, MSM
Richard A. Rawson, PhD
Michael J. McCann, MA
Walter Ling, MD

The Family Unit helps families understand the process of addiction and recovery.

The Matrix Model is an evidence-based outpatient treatment program with over 20 years of research and development. It was recently tested in the CSAT Methamphetamine Project and is one of the few treatment programs to be endorsed by NIDA. The comprehensive, multiformat program covers six key clinical areas: individual/conjoint therapy, early recovery, relapse prevention, family education, social support, and urine testing.

- **Matrix Intensive Outpatient Treatment for People with Stimulant Use Disorder: Counselor's Family Education Manual**
  US Dept of Health and Human Services
  Center for Substance Abuse Treatment
  www.samhsa.gov

Comprehensive kit provides substance abuse treatment professionals with a year-long intensive outpatient treatment model for clients with dependence on stimulant drugs such as methamphetamine and cocaine. Includes family education sessions and handouts.

- **SHIELDS for Families**
  **believing, building, becoming**
  www.shieldsforfamilies.org

Vision: We believe in our families. That they can overcome whatever challenges they are facing, that they can build a foundation of hope and acquire the skills and support needed to accomplish their goals. We believe that they can become productive members of the community, nurturing parents, and achieve all their dreams.

- **Family-Centered Treatment for Women with Substance Use Disorders: History, Key Elements and Challenges**
  Substance Abuse and Mental Health Services Administration (SAMHSA)
  www.samhsa.gov

Introduces, defines, and discusses the concepts and implementation challenges of an evolving family-centered treatment approach for women with substance use disorders.

- **Funding Family-Centered Treatment of Women with Substance Use Disorders**
  Substance Abuse and Mental Health Services Administration (SAMHSA)
  www.samhsa.gov

Identifies and discusses potential sources of funding for comprehensive family-centered treatment, and provides suggestions for how States and substance abuse treatment providers can strengthen their overall financing strategies.

- **Screening and Assessment for Family Engagement, Retention, and Recovery**
  National Center on Substance Abuse and Child Welfare (NCSACW)

US Department of Health and Human Services
Substance Abuse and Mental Health Services Admin
Administration for Children and Families
www.samhsa.gov

Offers screening tools and principles to help child welfare staff screen parents for potential substance abuse and make decisions about children's safety. Gives guidelines for collaborating with substance abuse and court systems to improve family outcomes.

- **The Nurturing Program**
  **For Families in Substance Abuse Treatment & Recovery**
  Institute for Health & Recovery

The Nurturing Program for Families in Substance Abuse Treatment and Recovery is a family skills training program designed to strengthen relationships in families affected by parental substance abuse.

## Fetal Alcohol Spectrum Disorder (FASD)

- **Fetal Alcohol Spectrum Disorder**
  **Center for Excellence**
  http://www.fasdcenter.samhsa.gov/

- **Fetal Alcohol Spectrum Disorders:**
  **Curriculum for Addiction Professionals (CAP)**
  **Facilitator's Manual – Level 1**
  US Department of Health and Human Services
  Substance Abuse and Mental Health Services Admin
  Center for Substance Abuse Prevention
  www.samhsa.gov

Curriculum for Addiction Professionals (CAP): Level 1, an online course that is free to the public. This curriculum was developed as a joint project of the Substance Abuse and Mental Health Services Administration (SAMHSA) Fetal Alcohol Spectrum Disorders (FASD) Center for Excellence and the National Organization on Fetal Alcohol Syndrome (NOFAS). This knowledge-based course provides an overview of historical findings related to alcohol use by pregnant women, identification and diagnosis of fetal alcohol spectrum disorders, prevention and treatment methods, and legal issues. The course includes six competencies that can be taken at your own pace. After completing all six competencies, you may download and print a certificate of completion.

This curriculum is intended for social workers, certified addiction counselors, psychologists, psychiatrists, and others in the treatment and recovery field. Parents, caregivers, and other family members may also find it helpful. Although the information in this curriculum pertains primarily to working with women and women with children in substance abuse treatment, some of the information also applies to adult men and adolescents in treatment programs.

- **Fetal Alcohol Spectrum Disorders:**
  **Curriculum for Addiction Professionals (CAP)**
  **Facilitator's Manual – Level 2**
  US Department of Health and Human Services

Substance Abuse and Mental Health Services Admin
Center for Substance Abuse Prevention
www.samhsa.gov

Outlines a curriculum on Fetal Alcohol Spectrum Disorders (FASD) for clinicians who address addiction issues. Details ways to prevent, recognize, and address FASD, and provides a skills-based training on practical applications of material learned in Level 1.

- **Partnership to Prevent Fetal Alcohol Spectrum Disorders**
  **Public Education Program Manual**
  US Department of Health and Human Services
  Substance Abuse and Mental Health Services Admin
  Center for Substance Abuse Prevention
  www.samhsa.gov

Provides strategies to plan FASD prevention programs, involve providers, disseminate materials, and conduct follow-up evaluations. Combines guidance in mobilizing FASD community partnership programs with research from four successful pilot communities.

- **Recovering Hope**
  **Mothers speak out about Fetal Alcohol Spectrum Disorders**
  US Department of Health and Human Services
  Substance Abuse and Mental Health Services Admin
  Center for Substance Abuse Prevention
  www.samhsa.gov

Contains video interviews with mothers of children with Fetal Alcohol Spectrum Disorders (FASD). Encourages other mothers to get help for themselves and their children. Includes a printed discussion guide for addiction counselors, and brochures for consumers.

- **Fetal Alcohol Syndrome:**
  **Guidelines for Referral and Diagnosis**
  National Center on Birth Defects and Developmental Disabilities
  Centers for Disease Control and Prevention
  US Department of Health and Human Services
  In coordination with
  National Task Force on Fetal Alcohol Syndrome and Fetal Alcohol Effect

- **Identification and Care of Fetal Alcohol-Exposed Children**
  **A Guide for Primary-Care Providers**
  National Institute on Alcohol Abuse and Alcoholism
  Office of Research on Minority Health
  National Institutes of Health
  http://pubs.niaaa.nih.gov/publications/Social/Module10KFetaExposure/Module10K.html

- **Reach to Teach**

**Educating Elementary and Middle School Children with FASD**
US Department of Health and Human Services
Substance Abuse and Mental Health Services Admin
Center for Substance Abuse Prevention
www.samhsa.gov

- **Center for Disease Control and Prevention (CDC)**
  **FASD**
  USA.gov
  http://www.cdc.gov/ncbddd/fasd/index.html

- **National Organization on Fetal Alcohol Syndrome (NOFAS)**
  www.nofas.org

NOFAS strives to prevent alcohol use during pregnancy and supports individuals and families living with Fetal Alcohol Spectrum Disorders (FASD).

  - **National Organization on Fetal Alcohol Syndrome (NOFAS)**
    Education & Prevention Curriculum 9-12

  - **National Organization on Fetal Alcohol Syndrome (NOFAS)**
    Practical Suggestions and Support for Families and Caregivers

- **The Arc of California**
  www.thearcca.org

The Arc of California is committed to reducing the incidence of developmental disabilities through education, research, advocacy and the support of families, friends and the community through programs.

- **So Cal FASD Information and Support Network**
  https://sites.google.com/site/socalfasdnetwork/

The Southern California FASD Information & Support Network is a resource for parents, caregivers, advocates, educators and treatment professionals of persons who have been diagnosed with Fetal Alcohol Spectrum Disorder (FASD) or anyone who is suspected of being affected by FASD. It is also useful for students or professionals who are interested in the challenges faced by families affected by these conditions.

- **FAS Community Resources**
  http://www.come-over.to/FASCRC/fascrc.htm

The focus of the FAS Center is PREVENTION: Primary prevention raises awareness in the general population to reduce the incidence of FASD. Secondary prevention focuses on women at high risk - those who have already had a child with FASD. Tertiary prevention focuses on reducing the incidence of secondary conditions associated with FASD.

- **The MIND Institute (Medical Investigation of Neurodevelopmental Disorder)**
  http://www.ucdmc.ucdavis.edu/mindinstitute/

The UC Davis MIND Institute (*Medical Investigation of Neurodevelopmental Disorders*) is a collaborative international research center, committed to the awareness, understanding, prevention, care, and cures of neurodevelopmental disorders.

- **Parents Helping Parents**
  http://www.php.com/

PHP increases the quality of life for our most vulnerable by providing services, resources and support for children with special needs, their families, and caregivers.

- **Nine Zero Project of the ARC of Riveside County**
  http://arcriversideca.org/ninezero/

Nine Zero literally means Nine Months, Zero Alcohol and is our trademarked word for a project that educates and creates public awareness of a serious public health issue – Fetal Alcohol Spectrum Disorders (FASD). Nine Zero is becoming the name and the project many organizations across the country recognize as the leader for FASD prevention.

- **Hey Teacher (Flyer)**
  Flyer for children with FASD
  http://www.fan.org.nz/__data/assets/pdf_file/0004/33475/Parent_Info_booklet_Hey_Teacher.pdf

- **My Arrested Family Member has a Mental Illness. What do I do?**
  County of Ventura
  http://www.pubdef.countyofventura.org/guideone.htm

A step-by-step guide to help families cope with the criminal justice system in Ventura County when a family member who suffers from mental illness is arrested.

- **Crisis Intervention Team (CIT)**
  **Psychological Emergency Response Team (PERT)**
  http://cit.memphis.edu/CitMap/california.php

Programs administered through first-response and law enforcement (policy or sheriff) agencies.

- **Victims with Disabilities: Collaborative, Multidisciplinary First Response**
  National Criminal Justice Reference Service (NCJRS)
  US Department of Justice
  https://www.ncjrs.gov/app/publications/abstract.aspx?ID=254011

This trainer's guide along with companion CD demonstrates effective techniques for first responders called to help crime victims who have disabilities that affect the victim's intellectual and communication abilities.

- **Starting the Conversation Town Hall Meetings on FASD**
  SAMHSA
  FASD Center for Excellence
  http://fasdcenter.samhsa.gov/documents/FinalTownHallRpt04_04.pdf

- **Planning a Town Hall Meeting on FASD? Here's how.**
  SAMHSA
  FASD Center for Excellence
  http://fasdcenter.samhsa.gov/documents/Planning_a_Townhall_Meeting_Brochure.pdf

## Fetal Alcohol Spectrum Disorder (FASD)/Screening

- **Fetal Alcohol Spectrum Disorder Behavior Screening Tool (BeST)**
  FAS Family Resources Institute
  http://www.hayskids.org/documents/BeST%20test%20and%20screening%205%20and%20over.pdf

## Fetal Alcohol Spectrum Disorder (FASD)/Training

- **Fetal Alcohol Spectrum Disorder (CD)**
  **What the Courts Need to Know**
  **What Corrections Needs to Know**
  Santa Clara County Task Force
  fasdtaskforce@yahoo.com

- **Heightening Awareness of Fetal Alcohol Spectrum Disorders (CD)**
  1. **General Public**
  2. **Teens**
  3. **At-Risk Women and Childbearing Age**
  4. **Medical Systems**

  Santa Clara County Task Force
  fasdtaskforce@yahoo.com

The CD, along with accompanying brochures, contains fundamental FASD information. The purpose is to heighten the awareness of FASD. The CD will best be utilized if there is discussion following the viewing. Our brochures can be used as a guide.

## Gender-Specific Treatment

- **Helping Women Recover**
  **A Program for Treating Substance Abuse**
  Stephanie S. Covington

This innovative program *Helping Women Recover Curriculum Revised Edition*--integrates the theories of women's psychological development, trauma, and addiction treatment in an approach specifically designed to meet the needs of chemically dependent women. The package of a facilitator's guide and a client journal is organized into four topics: self, relationships, sexuality, and spirituality. The program can be comfortably integrated with existing recovery programs and used in both inpatient and outpatient settings.

- **Women & Addiction**

**A Gender-Responsive Approach**
**Clinician's Manual**
Stephanie S. Covington

Women's treatment involves more than simply providing women-only group settings. Program content, staff selection, and even site selection are all components of an environment in which gender-responsive treatment thrives. In this program, Stephanie S. Covington presents how to create effective recovery services for women and girls--services that reflect an understanding of the realities of their lives and address their unique challenges and strengths.

- **A Woman's Way through the Twelve Steps**
  **Facilitator's Guide**
  Stephanie S. Covington

This illuminating view of how women understand and process the Twelve Steps of Alcoholics Anonymous explores such essential topics as spirituality, powerlessness, and the emergence of a woman's sense of feminine soul. *A Woman's Way Through the Twelve Steps* remains true to the underlying spiritual truths of the Twelve Step program of Alcoholics Anonymous while triumphantly overcoming the traditional male orientation of Alcoholics Anonymous.

- **A Woman's Journal – Helping Women Recover**
  Stephanie S. Covington

Helping Women Recover program is groundbreaking in its recognition of the special needs of women in recovery. Covington has isolated four major areas in a woman's life that need attention for recovery to happen: self, relationships, sexuality, and spirituality, and the program is organized to address each of these complex issues.

The program has two components. The Facilitator's Guide is for use by the practitioner, and it includes, for every group session, a session overview, a suggested script, and in-depth notes. A Woman's Journal is for use by the women outside the group, and it includes exercises and guidelines for processing and writing about life patterns and experiences.

- **Gender-Responsive Program Assessment**
  Covington & Bloom 2008
  http://www.centerforgenderandjustice.org/pdf/GRProgramAssessmentTool%20CJ%20Final.pdf

The Gender-Responsive Program Assessment tool is an instrument by which program administrators; program evaluators, agency monitors and staff can evaluate the gender responsiveness of programs for women and girls and obtain feedback that can be used to improve the quality of a program's services.

- **A Women's Addiction Workbook**
  **Your Guide to in-Depth Healing**
  Lisa M. Najavits

Step-by-step program to help women overcome the often-overlooked problems associated with their drug and alcohol addictions, such as body image, trauma and violence, relationships, stress, and thrill-seeking. She explores how women differ from men in their addiction and recovery, and adapts this information to help you embark on your journey to healing. A chapter on co-occurring emotional problems allows you to evaluate whether you have any of the key disorders common among women with addiction, such as depression, post-traumatic stress, eating disorders, or phobias.

With this strengths-building workbook, begin to come to terms with your personal addiction story. Healing exercises in four areas--feelings, beliefs, action, and relationships--help women build self-respect. Exercises include "Listen to That Small Quiet Voice," "Extreme Self-Care," "Self-Soothing," "Become Friends with Women," "Rethink," "Take Charge," "Share Responsibility," and "Mourn." In addition to these exercises and techniques, the book offers valuable resources of recovery support information.

- **A Place Called Self**
  **Women, Sobriety, and Radical Transformation**
  Book + Workbook
  Stephanie Brown

For many women, newfound sobriety--with its hard-won joys and accomplishments--is often a lonely and unsatisfying experience. A Place Called Self helps readers understand that leaving behind the numbing comfort of alcohol or other drugs means you must face yourself, perhaps for the first time. With personal stories and gentle guidance, A Place Called Self helps readers unravel painful truths and confusing feelings in the process of creating a new, true sense of self.

- **Substance Abuse Treatment:**
  **Addressing the Specific Needs of Women**
  **Treatment Improvement Protocol (TIP) 51**
  US Department of Health and Human Services
  Substance Abuse and Mental Health Services Admin (SAMHSA)
  www.samhsa.gov

Assists treatment providers in offering treatment to adult women with substance use disorders. Reviews gender-specific research and best practices, such as common patterns of initiation of substance use among women and specific treatment issues and strategies.

- **No Longer Alone (A Story About Alcohol, Drugs, Depression, and Trauma):**
  **Addressing the Specific Needs of Women**
  US Department of Health and Human Services
  Substance Abuse and Mental Health Services Admin (SAMHSA)
  www.samhsa.gov

Tells the stories of three women with substance abuse and mental health problems who have received treatment and improved their quality of life. Featuring flashbacks, the fotonovela is culturally relevant and dispels myths around behavioral health disorders.

- **Additional Reading**

  - **Laughing in the Dark**
    From Colored Girl to Woman of Color – a Journey from Prison to Power
    Patrice Gaines

  - **In the Realm of Hungry Ghosts**
    **Close Encounters with Addiction**
    Gabor Mate, MD

## Girls

- **Girls Health**
  Office on Women's Health
  www.girlshealth.gov

The Office on Women's Health has rebuilt its girlshealth.gov website in responsive design. Girls can now have the same great user experience whether they're using their desktop computer or smartphone when accessing the website's reliable and useful health information. Visit girlshealth.gov on your mobile device or manually resize the window of your Web browser on your desktop to see for yourself.

- **VOICES: A Program of Self Discovery and Empowerment for Girls**
  **Workbook & Facilitator Guide**
  Stephanie S. Covington

*Voices* was created to address the unique needs of adolescent girls and young women. It encourages them to seek and celebrate their "true selves" by providing a safe space, encouragement, structure, and the support they need to embrace their journeys of self-discovery. The program includes modules on self, connecting with others, healthy living, and the journey ahead. It is used in many settings (e.g., outpatient and residential substance abuse treatment, schools, juvenile justice, and private practice).

- **Additional Reading:**
  - **Girl to Girl**
    **Finding Our Voices**
    **Daily Thoughts on Living for Girls Ages 11-15**
    Karen Casey
  - **Queen Bees & Wannabes**
    Rosalind Wiseman

## Grief

- **How to Deal With Grief**
  US Dept of Health and Human Services
  Substance Abuse and Mental Health Services Admin (SAMHSA)
  www.samhsa.gov

Explains how to deal with grief as a normal response to loss or death. Describes how grief feels, how long it lasts, the four-step grieving process, and how grief differs from depression. Lists resources for more information.

- **Understanding Grief**
  **Rational Emotive Behavior Therapy (REBT) Learning**
  **Discover Your Personal Power to Change**
  Hazelden

Unhealthy feelings are often the result of unhealthy thought patterns and ultimately lead to self-defeating behaviors. This is especially true among clients with addictions or compulsive behavior problems. Rational-Emotive Therapy, or RET, was developed by Dr. Albert Ellis in 1955 as a method to help clients challenge and change irrational beliefs. It has since been renamed Rational Emotive Behavior Therapy, or REBT, to reflect its cognitive roots.

- **Grief and Trauma Intervention (GTI) for Children**
  Substance Abuse and Mental Health Services Admin (SAMHSA)
  National Registry of Evidenced Based of Programs and Practices (NREPP)
  http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=259

Grief and Trauma Intervention (GTI) for Children is designed for children ages 7 to 12 with posttraumatic stress due to witnessing or being a direct victim of one or more types of violence or a disaster, or due to experiencing or witnessing the death of a loved one, including death by homicide. The purpose of the intervention is to improve symptoms of posttraumatic stress, depression, and traumatic grief.

## Healthy Relationships

- **Every Woman California**
  **What is a Healthy Relationship?**
  http://www.everywomancalifornia.org/content_display.cfm?contentID=321&searchID=56DB83CAA8844928A50B988EA1B30202

There are many different kinds of relationships. You may have a close connection or a relationship with many people: friends, family, boyfriends/girlfriends, partners, or a spouse. In a healthy relationship, both people respect, trust, and support each other. This means that you can share your thoughts and feelings openly, you can talk about and resolve problems together, and you always feel safe. You also feel free to be yourself and are happy in the relationship most of the time.

- **Futures Without Violence**
  **Vision for Healthy Relationships Education**
  http://www.futureswithoutviolence.org/userfiles/file/HealthCare/Healthy%20Relationships%20Education.pdf

The core components focus on knowledge, skills and attitudes or values.

- **Futures Without Violence**
  **Healthy Relationships Quiz**
  http://startstrong.futureswithoutviolence.org/wp-content/uploads/bphc_breakupsummit_healthyrelationshipquiz.pdf

Each relationship is unique, but a healthy relationship has a few things in common. In a healthy relationship there should be trust, support, respect, Equality and it should be fun.

- **Circle of 6**
  **Healthy Relationships**
  www.circleof6app.com

Circle of 6 is more than a safety App: it's a community and a state of mind. It fosters the formation of groups based on trust and accountability and promotes a culture of care, where friends look out for one another and work together to eliminate violence in their communities. Ideally, all of your friends will be part of this culture whether or not you program them into our app. But how do you choose your Circle of 6?

- **Love is Respect**
  **Healthy Relationships**
  http://www.loveisrespect.org/dating-basics/healthy-relationships

Communication is a key part to building a healthy relationship. The first step is making sure you both want and expect the same things -- being on the same page is very important.

- **Youth Advisory Council**
  **The Truth about Healthy Relationships & Teen Dating Violence**
  http://xchange.futureswithoutviolence.org/library?query=healthy%2C+relationships%2C+intimate%2C+partner%2C+&search=&region=&language=&communications_medium%5B%5D=print&purpose%5B%5D=educate+inform&audience%5B%5D=women#

- **Supporting Healthy Marriage Toolkit**
  http://www.mdrc.org/publications/593/overview.html

This Kit is a detailed set of instructions to address how to set up a program – and do all aspects – on this topic, mostly for couples. "Our goal in providing this document for general use is that managers and staff of relationship and marriage education or other voluntary programs will benefit from the program design and management strategies used by SHM program operators."

- **Home of the Duluth Model**
  **Social Change to End Violence Against Women**
  **Power and Control Wheel**
  **Equality Wheel**
  http://www.theduluthmodel.org/training/wheels.html

In 1984, staff at the Domestic Abuse Intervention Project (DAIP) began developing curricula for groups for men who batter and victims of domestic violence. We wanted a way to describe battering for victims, offenders, practitioners in the criminal justice system and the general public. Over several months, we convened focus groups of women who had been battered. We listened to heart-wrenching stories of violence, terror and survival. After listening to these stories and asking questions, we documented the most common abusive behaviors or tactics that were used against these women. The tactics chosen for the wheel were those that were most universally experienced by battered women.

## Human Trafficking

- **National Human Trafficking Resource Center (NHTRC)**
  **1-800-373-7888 or text BeFree (233733)**
  Polaris Project – For a World Without Slavery
  http://www.polarisproject.org/what-we-do/national-human-trafficking-hotline/the-nhtrc/overview

The National Human Trafficking Resource Center (NHTRC) is a national, toll-free hotline, available to answer calls and texts from anywhere in the country, 24 hours a day, y days a week, every day of the year.

- **State of California**
  **Office of Attorney General**
  **Human Trafficking**
  http://oag.ca.gov/human-trafficking

This website is a hub of information and resources designed to highlight the important work being done across the state to raise awareness, serve victims, bring perpetrators to justice, and create a future without human trafficking.

- **Human Trafficking in California**
  **A Web Resource for Combating Human Trafficking**
  **A Final Report of the CA Alliance to Combat Trafficking and Slavery Task Force**
  http://www.humantrafficking.org/publications/608

In September 2005, California enacted its first anti-trafficking law (Assembly Bill 22, Lieber) to make human trafficking a felony in this state and assist victims in rebuilding their lives. This law, as well as Senate Bill 180 (Kuehl, 2005), also established the California Alliance to Combat Trafficking and Slavery (CA ACTS) Task Force to conduct a thorough review of California's response to human trafficking and report its findings and recommendations to the Governor, Attorney General and Legislature.

- **Proposition 35 is Law!**
  **California Against Slavery**
  http://californiaagainstslavery.org/

## Infants – Substance Exposed Infants

- **Supporting Infants, Toddlers and Families Impacted by Caregiver Mental Health Problems, Substance Abuse, and Trauma**
  **A Community Action Guide**
  Substance Abuse and Mental Health Services Administration (SAMHSA)
  www.samhsa.gov

Using a case study approach, presents resources service providers, advocates, and practitioners can use to better understand and engage the community in responding to children whose caregivers are negatively impacted by mental illness, substance abuse, or trauma.

- **Substance-Exposed Infants: States Response to the Problem**
  US Dept of Health and Human Services
  Substance Abuse and Mental Health Services Administration (SAMHSA)
  Administration for Children and Families
  www.samhsa.gov

Presents findings from a review of state policies on prenatal exposure to alcohol, illegal drugs, and tobacco. Suggests services, such as screening, prevention, and treatment, for five intervention points and action steps to strengthen interagency linkages.

- **National Center on Substance Abuse and Child Welfare (NCSACW)**
  http://www.ncsacw.samhsa.gov/

A national resource center providing information, expert consultation, training and technical assistance to child welfare, dependency court and substance abuse treatment professionals to improve the safety, permanency, well-being and recovery outcomes for children, parents and families.

- **National Abandoned Infants Assistance Resource Center**
  **A Service of the Children's Bureau**
  http://aia.berkeley.edu/
  - **Identifying, Reporting, and Responding to Substance Exposed Newborns: An Exploratory Study of Policies and Practices**
  - **Literature Review: Effects of Prenatal Substance Exposure on Infant and Early Childhood Outcomes**

The National Abandoned Infants Assistance Resource Center's mission is to enhance the quality of social and health services delivered to children who are abandoned or at-risk of abandonment due to the presence of drugs and/or HIV in the family. The Resource Center provides training, information, support, and resources to service providers who assist these children and their families.

- **Improving Treatment for Drug-Exposed Infants**
  **Treatment Improvement Protocol (TIP) 5**
  US Dept of Health and Human Services
  Substance Abuse and Mental Health Services Administration (SAMHSA)
  www.samhsa.gov

## Life Skills

- **Living in Balance**
  **Moving from a Life of Addiction to a Life of Recovery**
  **Sessions 1-12**
  A Research-Based Program Developed by Danya International, Inc.

Research based and designed for maximum customization, the *Living in Balance* program provides a comprehensive, group-oriented treatment framework for use in outpatient, short-term, or long-term residential settings:

- emphasizes group process and interaction (discussion, role plays)
- uses a bio-psychosocial approach to strengthening neglected areas of an addict's life
- allows clients to enter the program at any point in the cycle of sessions
- features session-specific guidance and strategies for clinicians

- teaches clients to use relaxation and visualization techniques
- associated with a successful outcome study

**12 Core Client Sessions**
Use the 12 principal Living in Balance sessions to build the foundation for your treatment program. These sessions provide basic information about addiction and recovery, which clients explore using session-specific reproducible worksheets. The 12 core session topics are:
Session 1 Definitions, Terms, and Self-Diagnosis
Session 2 Drug Education
Session 3 What Are Triggers?
Session 4 Planning for Sobriety
Session 5 Alcohol and Tobacco
Session 6 Spirituality
Session 7 Sex, Drugs, and Alcohol
Session 8 Stress
Session 9 Skills for Stress
Session 10 Negative Emotions
Session 11 Anger and Communication
Session 12 Relapse Prevention

You can group sessions for specific issues (e.g., sexual abuse or grief and loss), specific client populations (e.g., clients at high risk for sexually transmitted diseases), or unique treatment tracks (e.g., spirituality and self-help).

- **Living in Balance**
  **Moving from a Life of Addiction to a Life of Recovery**
  **Sessions 13-33**
  A Research-Based Program Developed by Danya International, Inc.

In addition to the 12 core sessions there are 21 additional sessions that give you the greatest opportunity to customize your Living in Balance curriculum.

Sessions include:

Session 13: Introduction to Self-Help Groups
Session 14: The Twelve Steps
Session 15: Sexually Transmitted Diseases
Session 16: Focus on AIDS
Session 17: Nutrition and Exercise
Session 18: Physical Wellness
Session 19: Problem Solving
Session 20: Attitudes and Beliefs
Session 21: Human Needs and Social Relationships
Session 22: Family Matters
Session 23: You and Your Parents
Session 24: Child Development and Parenting Skills
Session 25: Educational and Vocational Goals
Session 26: Money Management
Session 27: Insurance and Consumer Credit
Session 28: Sexual Abuse
Session 29: Compulsive Sexual Behavior
Session 30: Addiction and Loss
Session 31: Grief: Responding to Loss
Session 32: Spirituality and Personality
Session 33: Relapse Prevention, Part Two

You can group sessions for specific issues (e.g., sexual abuse or grief and loss), specific client populations (e.g., clients at high risk for sexually transmitted diseases), or unique treatment tracks (e.g., spirituality and self-help).

- **Living in Balance**
  **With Co-occurring Disorders**
  **Moving from a Life of Addiction to a Life of Recovery**
  **Sessions 34-43**
  A Research-Based Program Developed by Danya International, Inc.

Integrating a client's mental health disorder into an addiction treatment program helps to bring a life in balance. Evidence-based *Living in Balance* draws from cognitive-behavioral, experiential, and Twelve Step approaches. Sessions can be easily customized for specific client populations or treatment tracks. *Living in Balance* is designed for parallel treatment, allowing clients to enter the program anywhere in the session cycle. The sessions can be used in any order and can be repeated if necessary.

- **Steps to Success**
  **Helping Women with Alcohol and Drug Programs Move from Welfare to Work**
  Legal Action Center
  http://lac.org/

This document is meant to help state and local decision-makers understand the range of services ordinarily needed and provided in alcohol- and drug-treatment programs serving women and families receiving welfare, and how those services support the goals of welfare reform.

- **A Career And Life Planning Guide for Women Survivors**
  **Making the Connections Workbook**
  Patricia A. Murphy

A Career and Life Planning Guide for Women Survivors provides real activities that deal with the trauma up close, providing survivors the opportunity to face the events that changed their lives. You will find glossaries and exercises created to assist in overcoming denial and vulnerability while working toward empowerment. Useful features include TIPS found throughout the workbook and numerous resources provided for help. This workbook can be successfully used by professionals working with survivors and by individuals on their own.

- **The Anger Workbook for Women**
  **How to Keep Your Anger from Undermining Your Self-Esteem, Your Emotional Balance, and Your Relationship**
  Laura J. Petracek

Books on anger, by and large, have been written by men for men who express their anger in an outward and explosive way. But women usually express anger through a range of behaviors, from explosive outbursts to quiet seething rage. If you're a woman struggling with anger, this workbook is designed to help you develop skills and strategies for expressing your anger in constructive ways.

- **Ready Willing and Able to Work**
  **Employment for People in Recovery**
  US Dept of Health and Human Services
  Substance Abuse and Mental Health Services Administration (SAMHSA)
  www.samhsa.gov

Examines challenges people in recovery from mental or substance use disorders face with regard to employment. Considers recovery entrepreneurship programs, employers who hire people in recovery, and community organizations that provide workforce development.

## Lesbian, Gay, Bisexual and Transgender (LGBT)

- **LGBT TRISTAR**
  **Lesbian, Gay, Bisexual and Transgender, Treatment and Recovery Improvement Statewide Technical Assistance Resources**

LGBT-TRISTAR is a technical assistance (TA) and training services division of Gil Gerald & Associates, Inc. serving providers of substance use disorder (SUD) prevention, treatment and recovery support services. We provide on-site and online technical assistance and training designed to equip administrators, counselors and mental health providers to deliver SUD-related treatment services that are highly accessible and culturally responsive to Lesbian, Gay, Bisexual and Transgender (LGBT) individuals and families.

To accomplish its purpose, LGBT-TRISTAR develops and conducts its services in response to technical assistance and training needs identified for state and county SUD agencies, SUD services providers serving the general population, and SUD services providers based in the LGBT community. LGBT organizations interested in starting SUD services are also potential beneficiaries of technical assistance and training services offered by LGBT-TRISTAR. The services offered to all of these types of organizations range from over-the-phone consultations, to on-site technical assistance, and online and on-site training events.

## Men and Boys

- **Helping Men Recover:**
  **A Program for Treating Addiction**
  Stephanie S. Covington
  Dan Griffin
  Rick Dauer

Helping Men Recover is the first gender-responsive, trauma-informed treatment program for men. The materials, based on the widely used, evidence-based women's curriculum, Helping Women Recover, are grounded in research, theory, and clinical practice. Included in this package are a facilitator's guide and a participant's workbook.

- **A Man's Way Through the Twelve Steps**
  Dan Griffin

In *A Man's Way through the Twelve Steps,* uses interviews with men in various stages of recovery, excerpts from relevant Twelve Step literature, and his own experience to offer the first holistic approach to sobriety for men. Readers work through each of the Twelve Steps, learn to reexamine negative masculine scripts that have shaped who they are and how they approach recovery, and strengthen the positive and affirming aspects of manhood.

- **Young Men's Work**
  Allen Creighton
  Paul Kivel

Created for young men ages 14-19, this updated 26-session curriculum helps break the cycle of violence from generation to generation.

- **Men's Trauma Recovery and Empowerment Model (M-TREM)**
  **A Clinician's Guide to Working with Male Trauma Survivors in Groups**

Community Connections

This manual guides group leaders through a 24 session trauma recovery process for male survivors. In part I group members develop a shared emotional and relational vocabulary. Part 2 focuses more specifically on abuse and the connections between trauma and psychological symptoms, addictive behavior and relationship patterns. Part three focuses most directly on core recovery skills.

## Mentoring

- **Mentoring Toolkit**
  **Volunteer and Change a Life**
  CA Governor's Mentoring Partnership and the CA Service Corps

## Native Americans

- **CA Department of Health Care Services**
  **American Indians**
  http://www.adp.ca.gov/indian/IndianAODPrevention.shtml

CA is home to approximately 111 American Indian tribes, 108 of which are federally recognized sovereign nations. Information available through this website can assist both Native American patients seeking culturally competent services and alcohol, and other drugs programs (AOD), and problem gambling services providers seeking information on CA Native American population.

- **American Indian/Alaska Native/Native Hawaiian Resource Kit**
  US Dept of Health and Human Services
  Substance Abuse and Mental Health Services Administration
  www.samhsa.gov

This resource kit was developed to help American Indian/Alaska Native/Native Hawaiian communities understand and prevent Fetal Alcohol Spectrum Disorders (FASD). It includes brochures, factsheets, posters, and a list of resources specifically directed at Native communities.

## Older Adults

- **Substance Abuse Relapse Prevention for Older Adults**
  **A Group Treatment Approach**
  US Dept of Health and Human Services
  Substance Abuse and Mental Health Services Administration
  www.samhsa.gov

Provides substance abuse counselors and treatment providers with background and how-to guidelines for introducing relapse prevention to older adults. Presents nine group therapy modules involving cognitive behavioral therapy and self-management intervention.

# Parenting

- ## Women, Infants and Children

The Women, Infants and Children program provides vouchers for food (such as milk, eggs, cereal, cheese, infant formula) for pregnant and post partum women and for young children. Eligibility is based on income, residence in Massachusetts and proof of identify. Call: 800-WIC-1007

- ## Therapeutic Services for Children Whose Parents Receive Substance Use Disorder Treatment
  The National Association of State Alcohol and Drug Abuse Directors (NASADAD)
  http://www.resourcelibrary.gcyf.org/node/3859

The goal of this study was to identify policies and practices that States have implemented to offer high-quality services for children whose parents enter treatment for substance use disorders (SUDs). This study also describes the ways that Single State Agencies (SSAs) for Alcohol and Drugs and SUD treatment providers are able to collaborate with other agencies to provide cost-effective services to children whose parents enter SUD treatment. Toward this goal, this report reviews (1) how States have defined therapeutic services for children; (2) what services States offer for children under this requirement; (3) how a State determines whether and what type of therapeutic services a child should get; and (4) how States ensure that children have access to such services.

- ## Strengthening Families Program
  http://www.strengtheningfamiliesprogram.org/

The Strengthening Families Program (SFP) is a nationally and internationally recognized parenting and family strengthening program for high-risk and regular families. SFP is an evidence-based family skills training program found to significantly reduce problem behaviors, delinquency, and alcohol and drug abuse in children and to improve social competencies and school performance. Child maltreatment also decreases as parents strengthen bonds with their children and learn more effective parenting skills.

- ## Triple P
  http://www.triplep.net/glo-en/home

The Triple P – Positive Parenting Program is one of the most effective evidence-based parenting programs in the world, backed up by more than 30 years of ongoing research. Triple P gives parents simple and practical strategies to help them confidently manage their children's behavior, prevent problems developing and build strong, healthy relationships. Triple P is currently used in 25 countries and has been shown to work across cultures, socio-economic groups and in all kinds of family structures.

- ## Incredible Years
  http://incredibleyears.com/

The Incredible Years® is a series of interlocking, evidence-based programs for parents, children, and teachers, supported by over 30 years of research. The goal is to prevent and treat young children's behavior problems and promote their social, emotional, and academic competence. The programs are used worldwide in schools and mental health centers, and have been shown to work across cultures and socioeconomic groups.

- ## Nurturing Parenting
  ## Nurturing Program for Families in Substance Abuse Treatment & Recovery
  http://www.nurturingparenting.com/

The Nurturing Parenting Programs are a family-centered initiative designed to build nurturing parenting skills as an alternative to abusive and neglecting parenting and child-rearing practices. The long term goals are to prevent recidivism in families receiving social services, lower the rate of multiparent teenage pregnancies, reduce the rate of juvenile delinquency and alcohol abuse, and stop the intergenerational cycle of child abuse by teaching positive parenting behaviors.

The Nurturing Programs target all families at risk for abuse and neglect with children birth to 18 years. The programs have been adapted for special populations, including Hmong families, military families, Hispanic families, African-American families, teen parents, foster and adoptive families, families in alcohol treatment and recovery, parents with special learning needs, and families with children with health challenges.

- **Parenting Wisely**
  http://www.parentingwisely.com/

Parenting Wisely is a set of interactive, computer-based training programs for parents of children ages 3-18 years. Based on social learning, cognitive behavioral and family systems theories, the programs aim to increase parental communication and disciplinary skills. The original Parenting Wisely program, American Teens, is designed for parents whose preteens and teens are at risk for or are exhibiting behavior problems such as substance abuse, delinquency, and school dropout. Parents use this self-instructional program on an agency's personal computer or laptop, either on site or at home, using the CD-ROM or online format. During each of nine sessions, users view a video enactment of a typical family struggle and then choose from a list of solutions representing different levels of effectiveness, each of which is portrayed and critiqued through interactive questions and answers. Each session ends with a quiz. All nine sessions can be completed in 2 to 3 hours. Parents also receive workbooks containing program content and exercises to promote skill building and practice.

- **Resilience Trumps Aces**
  **Children's Resilience Initiative**
  http://resiliencetrumpsaces.org/

Learn about the Adverse Childhood Experiences (ACES for short) research. As parents, you can ***also*** learn about how you can help your children to be resilient.

- **Additional Reading**

  - **Easy Does It, Mom**
    **Parenting in Recovery**

Every mom wants to succeed. Every child also wants to succeed. In Easy Does It Mom, Barbara Joy provides moms with positive encouragement, knowledge, and tools they can begin using immediately as they continue their recovery and move toward being the best moms they can be. Joy relies on experts with degrees and experts with amoma behind their name.

  - **How Full is Your Bucket?**
    **Positive Strategies for Work and Life**
    Tom Rath

*How Full Is Your Bucket?* reveals how even the briefest interactions affect your relationships, productivity, health, and longevity. Organized around a simple metaphor of a dipper and a bucket, and grounded in 50 years of research, this book will show you how to greatly increase the positive moments in your work and your life -- while reducing the negative.

  - **How Full is Your Bucket  For Kids**

Tom Rath
Mary Rechmeyer

Through the story of a little boy named Felix, this charming book explains to children how being kind not only helps others, it helps them, too. As he goes about his day, Felix interacts with different people — his sister Anna, his grandfather, other family and friends. Some people are happy, but others are grumpy or sad. Using the metaphor of a bucket and dipper, Felix' grandfather explains why the happy people make Felix feel good, while the others leave him feeling bad — and how Felix himself is affecting others, whether he means to or not. This beautifully illustrated adaptation takes the original book's powerful message — that the way we relate to others has a profound effect on every aspect of our lives — and tailors it to a child's unique needs and level of understanding.

- **Have you Filled a Bucket Today?**
  **A Guide to Daily Happiness for Kids**
  Carol McCloud

Through simple prose and vivid illustrations, this heartwarming book encourages positive behavior as children see how rewarding it is to express daily kindness, appreciation, and love. Bucket filling and dipping are effective metaphors for understanding the effects of our actions and words on the wellbeing of others and ourselves.

- **Have you Filled a Bucket Today?**
  **A Guide to Daily Happiness for Young Children**
  Carol McCloud

When children have their buckets filled and learn how they can fill other people's buckets too, they understand how special, valuable, and capable they are.

## Perinatal

- **Perinatal Substance Use Prevention**
  **CA Department of Public Health**
  http://www.cdph.ca.gov/programs/perinatalsubstanceuse/Pages/default.aspx

- **Identification of At-Risk Drinking & Intervention w/ Women of Childbearing Age**
  **A Guide for Primary-Care Providers**
  National Institute on Alcohol Abuse and Alcoholism (NIAAA)
  Office of Research on Minority Health
  https://archive.org/details/identificationo00nati

This guide provides clinicians with office-based screening and intervention protocols to reduce drinking in women of childbearing age and to prevent maternal alcohol use during the perinatal period. A protocol is also provided for the detection of fetal alcohol syndrome(FAS), alcohol-related birth defects (ARBD), and alcohol-related neurodevelopmental disorder (ARND).1 One of the most common clinical problems in medicine, alcohol use disorders adversely affect at least 1 percent of women and at least as many family members. The goal of this guide is to increase clinician detection and treatment of women of childbearing age who are adversely affected by alcohol before they become pregnant, and to minimize fetal damage in at-risk women who are pregnant.

- **Perinatal Substance Use Screening in CA**

**Screening and Assessment with the 4P's Plus Screen for Substance Use in Pregnancy**
http://www.cdph.ca.gov/HealthInfo/healthyliving/childfamily/Documents/MO-ChasnoffPerinatalSubstanceUseScreeningReport-10-24-08.pdf

This publication is based on a consolidation of data and analysis that was funded by the Maternal, Child and Adolescent Health Program, California Department of Public Health. The data described in this report were provided by the participating California counties and were analyzed by the research staff of *NTI Upstream*. This report and its statements are products of *NTI Upstream*.

- **Perinatal Mood and Anxiety Disorders**
  http://www.med.unc.edu/psych/wmd/mood-disorders/perinatal

Perinatal Mood Disorders are related to mood and anxiety symptoms that occur during pregnancy or up to one year postpartum

- **Before You Get Pregnant Flyer (Flyer)**
  http://www.acog.org/~/media/Department%20Publications/BeforeYouGetPregnant.pdf?dmc=1&ts=20131105T1533496957

## Pregnancy

- **Drinking and Your Pregnancy (Flyer)**
  National Institute of Alcohol Abuse and Alcoholism (NIAAA)
  Office of Research on Minority Health
  National Institutes of Health
  http://pubs.niaaa.nih.gov/

- **Protecting Women and Babies from Alcohol and Drug Affected Births: Tools and Resources**
  Massachusetts Department of Public Health
  Bureau of Substance Abuse Services
  http://massclearinghouse.ehs.state.ma.us/ALCH/SA3509.html

- **Detox and Pregnancy: What Family and Friends Need to Know**
  Massachusetts Department of Public Health
  Bureau of Substance Abuse Services
  http://massclearinghouse.ehs.state.ma.us/ALCH/SA3511.html
  http://files.hria.org/files/SA3511.pdf

This comprehensive booklet parallels the Detox and Pregnancy guide for pregnant women. It includes additional information about caring for children Section 35 and resources for families including child care parenting early intervention and family support programs.

- **Coalition for Alcohol and Drug Free Pregnancies (CADFP)**
  www.cadfp.org/

We are committed to significantly reducing the number of babies born with substance use-related health issues. We are located in Santa Clara County, California, but will provide resources to anyone interested in promoting alcohol and drug-free pregnancies.

- **Nine Zero Project of the ARC of Riveside County**
  http://arcriversideca.org/ninezero/

Nine Zero literally means Nine Months, Zero Alcohol and is our trademarked word for a project that educates and creates public awareness of a serious public health issue – Fetal Alcohol Spectrum Disorders (FASD). Nine Zero is becoming the name and the project many organizations across the country recognize as the leader for FASD prevention.

- **When the Bough Breaks**
  **Pregnancy and the Legacy of Addiction**
  Kira Corser and Frances Payne Adler

This book speaks the unspeakable about the intergenerational cycle of drug and child abuse. Through narrative, photos, and poems, the authors use their art to break the silence surrounding the legacy of abuse. When the Bough Breaks moves beyond blaming women and provides understanding and compassion for those affected by the pain of addiction. In addition, this book offers stories of hope and recovery for women who are changing their lives and their children's lives. The truths of these women's lives offer hope for anyone working with or recovering from addiction.

## Program Staffing

- **A Recruiting and Hiring Manual for Addictions Professionals**
  **Strengthen the Addictions Treatment & Recover Workforce**
  US Dept of Health and Human Services
  Substance Abuse and Mental Health Services Administration (SAMHSA)
  http://partnersforrecovery.samhsa.gov/docs/PFR_Hiring_Manual.pdf

A hiring manual and recruiting material designed to help strengthen and diversify the profession of addictions treatment. This paper provides information designed to help understand the current challenges and future directions of the addictions field and how they apply to workforce development. It presents what focus group participants have said about what they look for in employment opportunities, and what they believe about the field of addictions treatment and recovery. And, applying simple principles of marketing, it will provide hands-on strategies and information designed to recruit interested and qualified individuals to organizations and the field of addictions treatment and recovery.

## Recovery

- **Alcoholics Anonymous (AA)**
  **Official site of the Alcoholics Anonymous World Services Inc.**
  www.aa.org

- **Promoting Treatment Adherence**
  **A Practical Handbook for Health Care Providers**
  William T. O'Donohue

Erick R. Levensky

Offers comprehensive information and strategies for understanding and promoting treatment compliance across a wide range of treatment types and clinical populations. The information is user-friendly, how-to manner to help health care providers improve their skills in encouraging patients to conform to treatment.

- **Mindfulness-Based Relapse Prevention for Addictive Behaviors**
  **A Clinician's Guide**
  Sarah Bowen
  Neha Chawla
  G. Alan Marlatt

This authoritative book presents an innovative relapse prevention program that integrates mindfulness practices with evidence-based cognitive and behavioral strategies. Clinicians get essential information and materials for implementing the approach with their clients. In eight carefully structured group sessions, participants gain awareness of their own inner experiences, step out of habitual patterns of thought and behavior that can trigger relapse, and acquire concrete skills to meet the day-to-day challenges of recovery. User-friendly features include detailed guidelines for facilitating each session, scripted examples of guided meditations, and more than 20 reproducible handouts and forms.

- **Project MATCH**
  **National Institute on Alcohol Abuse and Alcoholism**
  http://pubs.niaaa.nih.gov/publications/match.htm

The manuals in this series are presented to the alcohol research community as standardized, well-documented intervention tools for alcoholism treatment research. The manuals are provided to the public to permit replication of treatment procedures employed in Project MATCH.

This volume is the first systematic and comprehensive treatment of causal chain analysis of interventions for alcohol problems. Causal chains are theory-based models of the change process underlying intervention effects. Causal chains specify a testable sequence of steps postulated to be necessary and sufficient occurrences leading to an intervention's effects. The Project MATCH design included causal chain testing for all of the tested hypotheses.

**Volume 1-Twelve Step Facilitation Therapy Manual**

Describes twelve step facilitation therapy in which the overall goal is to facilitate patients' active participation in the fellowship of Alcoholics Anonymous. The therapy regards such active involvement as the primary factor responsible for sustained sobriety ("recovery") and therefore as the desired outcome of participation in this treatment program. This therapy is grounded in the concept of alcoholism as a spiritual and medical disease.

**Volume 2-Motivational Enhancement Therapy Manual**

Describes motivational enhancement therapy (MET), a systematic intervention approach for evoking change in problem drinkers. MET is based on principles of motivational psychology and is designed to produce rapid internally motivated change. This treatment strategy does not attempt to guide and train the client, step by step, through recovery, but instead employs motivational strategies to mobilize the client's own change resources.

**Volume 3-Cognitive-Behavioral Coping Skills Therapy Manual**

Describes cognitive-behavioral coping skills therapy, which is based on the principles of social learning theory and views drinking behavior as functionally related to major problems in the patient's life. Emphasis is placed on overcoming skill deficits and increasing the patient's ability to cope with high-risk situations that commonly precipitate relapse. The program consists of 12 sessions aimed at training the patient to use active behavioral or cognitive coping methods to deal with problems rather than relying on alcohol as a maladaptive coping strategy.

**Volume 4-The Drinker Inventory of Consequences**

Presents a psychometric instrument, the Drinker Inventory of Consequences (DrInC), developed in support of Project MATCH to assess the adverse consequences of drinking. Presents the background and rationale for the development of the DrInC, the scale construction and item analysis, its test-retest reliability, test procedures, and the test forms.

**Volume 5-Form 90: A Structured Assessment Interview for Drinking and Related Behaviors Test Manual**

This publication was originally developed for use in Project MATCH, a multisite clinical trial of three psychological treatments for alcohol abuse and dependence, funded by the National Institute on Alcohol Abuse and Alcoholism. Form 90 is a family of assessment interview instruments designed to provide primary dependent measures of alcohol consumption and related variables. The interviews produce a continuous daily record of drinking and documentation of related variables from a 90-day baseline period through the last follow-up point.

**Volume 6-Improving Compliance with Alcoholism Treatment**

This manual provides a compendium of strategies for enhancing client compliance to psychosocial treatments, as well as therapist compliance with treatment protocols, in treatment and research programs involving alcohol-using populations. Many factors affect compliance, and the authors have addressed a wide range of patient needs. The volume consists of two parts. **Part 1** is directed to both clinicians and clinical researchers, with points of particular interest to researchers identified. **Part 2** focuses on strategies for enhancing therapist compliance in treatment delivery through the use of treatment manuals and careful supervision of the therapists delivering the intervention.

**Volume 7-Strategies for Facilitating Protocol Compliance in Alcoholism Treatment Research**

This monograph describes methods for facilitating research compliance in a multisite clinical trial. Practical strategies are offered for retaining participants in trials and for gathering accurate data in a timely manner. Specific examples from Project MATCH are used to illustrate methods of enhancing research compliance. The volume also presents a new organizing framework for addressing compliance problems, a detailed description of numerous compliance strategies, and a systematic way to deliver these strategies.

**Volume 8-Project MATCH Hypotheses: Results and Causal Chain Analyses**

- **Addiction Treatment**
  **A Strengths Perspective**
  Katherine Van Wormer
  Diane Rae Davis

ADDICTION TREATMENT covers the biological, psychological, and social aspects of alcoholism, eating disorders, compulsive gambling, and other addictions. First-person narratives about the experience of addiction provide you a realism and depth of study not commonly found in textbooks. In addition, you will study topics that interest you, such as the case against so-called underage drinking laws, to show you the importance of reducing the harm of any addictive behavior.

- **Knowing Through Changing**
  **The Evolution of Brief Strategic Therapy**
  Giorgio Nardone
  Claudette Portelli

This book is the result of fifteen years of clinical-research work carried out at the Brief Strategic Centre of Arezzo, Italy, for the development of a continuously improving, efficient and effective treatment of various human problems. The authors put forward a simple yet comprehensive description of the epistemology and genealogy of Brief Strategic Therapy, while emphasizing the most evolved therapeutic interventions for each of the various disorders studied, acquired from the experimental-empirical research carried out in everyday clinical practice.

- **Evaluating Treatment Environments:**
  **The Quality of Psychiatric and Substance Abuse Programs**

Rudolf H. Moos

Evaluating Treatment Environments describes how to assess the quality of psychiatric and substance abuse programs and how to use that information to monitor and improve these programs. Its aim is to identify environments that promote opportunities for personal growth, simultaneously enhancing both physical and psychological well-being. Although treatment programs are diverse, Moos asserts that a common conceptual framework can be used to evaluate them, and more emphasis should be placed on the process of matching personal and program factors and on the connections between such matches and patients' outcomes.

- **Recovery from Addiction in Communal Living Settings**
  **The Oxford House Model**
  Edited by
  Leonard A. Jason
  Joseph R. Ferrari

Research on treatment outcome for addictive disorders indicates that a variety of interventions are effective. However, the progress clients make in treatment frequently is undermined by the lack of an alcohol and drug free living environment supporting sustained recovery. This book suggests that treatment providers have not paid sufficient attention to the social environments where clients live after residential treatment or while attending outpatient programs. It also describes the need for alcohol and drug free living environments.

## Referral

- **Components of an Effective Coalition**
  http://captus.samhsa.gov/access-resources/components-effective-coalition

A coalition is one type of partnership you may pursue. Coalitions allow single organizations and individuals to maximize their time, resources, reach, and impact on the community. Coalitions also help create a shared vision with agreed-upon goals, which increase community buy-in and create a solid foundation for implementing an action plan. The more a strategy represents the whole community and shares a common goal, the more powerful and respected it will be.

- **Improving Population Health:**
  **The CA Wellness Foundation's Health Improvement Initiative**

## Screening and Assessment

- **Screening, Brief Intervention, and Referral to Treatment (SBIRT)**

SBIRT is a comprehensive, integrated, public health approach to the delivery of early intervention and treatment services for persons with substance use disorders, as well as those who are at risk of developing these disorders. Primary care centers, hospital emergency rooms, trauma centers, and other community settings provide opportunities for early intervention with at-risk substance users before more severe consequences occur.

- **SBIRT: A Step by Step Guide for Screening and Intervening for Unhealthy Alcohol and Other Drug Use**
  http://massclearinghouse.ehs.state.ma.us/BSASSBIRTPROG/SA3522.html

This toolkit was developed to help Massachusetts healthcare providers and organizations with implementing SBIRT for unhealthy alcohol and drug use in clinics and practices. SBIRT is a quick, easy way to identify and intervene with patients whose patterns of use put them at risk for, or who already have, substance-related health problems.

- **Confidential Women's Health Questionnaire**
  http://webmedia.unmc.edu/Community/CityMatch/PSEPFinalReport/LombardiWomensHealthQuestionnaire11.pdf

- **Biopsychosocial Assessment Tool**
  ftp://ftp.ihs.gov/pubs/ehr/Templates/TIU%20Note%20Templates/Nationally%20Approved%20EHRTemplates/Behavioral%20Health/ADULT%20STANDARD%20BIOPSYCHOSOCIAL%20Template.pdf

- **Alcohol Screening and Brief Intervention**
  **Center for Disease Control and Prevention**
  http://www.cdc.gov/features/alcoholscreening/

## Self-Infliction

- **Women Who Hurt Themselves**
  **A Book of Hope and Understanding**
  Dusty Miller

Many books have described victims of rape and battering, but scant attention has been paid to another form of harm increasingly common among women. Here at last is a book that provides help for the thousands of women who secretly inflict violence on themselves. Filled with moving stories, this powerful and compassionate book is the first to focus on women who harm themselves through self-mutilation, compulsive cosmetic surgeries, eating disorders, and other forms of chronic injury to the body.

- **The Scarred Soul:**
  **Understanding and Ending Self-Inflicted Violence**
  Tracy Alderman

It happens whenever a person deliberately and repeatedly cuts or burn themselves, or purposefully hurts themselves in some other way. It's disturbing and dangerous behavior, and so hard to stop that many researchers consider it a kind of addiction. This is the first book written for the victims of self-inflicted violence and the first to teach them what they can do to stop hurting themselves. **The Scarred Soul** explores the reasons behind the impulse to self-inflicted harm and shows readers how to examine its impact on their lives and take steps to overcome the psychological traps that lead to self-inflicted pain.

## Sexuality

- **Sexual Health in Drug and Alcohol Treatment**
  **Group Facilitator's Manual**
  Douglas Braun-Harvey

This group facilitator's guide introduces a pioneering, evidence-based curriculum, designed to integrate concepts of sexual health, current sex research, and recent developments in relapse prevention research. With this guide, group facilitators can offer clients a positive and safe forum within which to understand and change their sex/drug- linked behaviors.

- **Sexual Health in Recovery**
  **A Professional Counselor's Manual**
  Douglas Braun-Harvey

Substance abuse treatment professionals often fail to adequately treat clients because they are unable or unwilling to address relevant sexual issues that negatively impact recovery. For many substance abusers, treatment failure is inextricably linked with sexual behavior. This groundbreaking volume is the first to address sexual issues in drug and alcohol treatment. It explains the origins of sex/drug-linked behaviors, and offers a wealth of treatment techniques, exercises, and assessment tools counselors can use to help clients understand and change these behaviors in recovery.

- **Women, Sex, and Addiction**
  **A Search for Love & Power**
  Charlotte Davis Kasl, PhD

In our society, sex can easily become the price many women pay for love and the illusion of security. A woman who seeks a sense of personal power and an escape from pain may use sex and romance as a way to feel in control, just as an alcoholic uses alcohol; but sex never satisfies her longing for love and self-worth. In this wise and compassionate book, Charlotte Kasl shows women how they can learn to experience their sexuality as a source for love and positive power and sex as an expression that honors the soul as well as the body.

- **Leaving the Enchanted Forest**
  **The Path from Relationship Addiction to Intimacy**
  Stephanie S. Covington
  Liana Beckett

This is a clear, practical guide for anyone interested in developing healthy relationships. In addition to discussing the roles and impacts of family and society on relationships, *Leaving the Enchanted Forest* provides ten stepping-stones to intimacy (e.g., values, communication, boundaries, and quality time). Using richly detailed examples, suggestions, and exercises for self-exploration, this book offers real solutions for the healing of relationships.

- **Awakening Your Sexuality**
  **A Guide for Recovering Women**
  Stephanie S. Covington

One of the most neglected issues for women in recovery from addiction and trauma is sexuality. With candor and compassion, Dr. Covington reminds readers that recovery "is about living life fully and completely, and sexual recovery is integral to the fullness of your life." *Awakening Your Sexuality* gives women the tools to process their sexual histories, understand their sexual selves, and create the fulfilling sexual lives they want. Honest, sensitive case studies and relevant exercises provide gentle, step-by-step guidance to help women confront guilt, shame, and addiction; become aware of their body images and behavioral patterns; honor and accept their pasts; and begin the liberating journey of sexual recovery and growth.

- **Sanctuary for Change**
  **A Sexual Health Program for Women in Recovery**
  **Facilitator Guide**
  **Participant Workbook**
  Germayne Boswell Tizzano, PhD

Sanctuary for Change, a curriculum designed to provide women with histories of substance abuse and trauma valuable tools to prevent high-risk transmission of HIV and sexually transmitted infections.

## Therapeutic Models – Evidenced Based Practices

- **Substance Abuse and Mental Health Services Administration (SAMHSA)**
  **Therapeutic Models Examples**
  US Department of Health and Human Services
  Substance Abuse and Mental Health Services Admin (SAMHSA)
  www.samhsa.gov

  - Cognitive Behavioral Therapy
  - Moral Model
  - Temperance Model
  - Disease Model
  - Psychological Model
  - Characterological Model
  - Social Ed Model
  - Holistic Model
  - Trauma Informed Model
  - Biopsychosocial Model
  - Relational Model

- **SAMSHA's National Registry of Evidenced-Based Programs and Practices (NREPP)**
  **Evidenced Based Practices Examples**
  http://www.nrepp.samhsa.gov/

  - Brief Marijuana Dependence Counseling
  - Brief Strengths-Based Case Management for Substance Abuse
  - Computer-Assisted System for Patient Assessment and Referral (CASPAR)
  - Motivational Enhancement Therapy
  - Nurse-Family Partnership
  - Relapse Prevention Therapy (RPT)
  - Service Outreach and Recovery (SOAR)
  - Trauma Recovery and Empowerment Model (TREM)
  - A Woman's Path to Recover (Based on A Woman's Addiction Workbook)
  - Helping Women Recover and Beyond Trauma
  - Behavior Management through Adventure
  - Children and Divorce Intervention Program (CODIP)
  - Grief and Trauma Intervention (GTI) for Children
  - Cognitive Behavioral Social Skills Training
  - Twelve Step Facilitation Therapy
  - Oxford House Model
  - Motivational Interviewing

- Contracts, Prompts, and Reinforcement of Substance Use Disorder Continuing Care (CPR)
- Matrix Model
- Brief Strategic Family Therapy
- AMIkids Personal Growth Model
- Boston Consortium Model: Trauma-Informed Substance Abuse Treatment for Women

## Training

- **OnTrack Program Resources, Inc. (CLAS Training) FREE**
  **Phone: (916) 285-1810**
  www.allianceforclas.org

- **Addiction Technology Transfer Center Network (ATTC)**
  http://www.attcelearn.org

The ATTC Network is committed to keeping our educational offerings affordable. Each self-paced course is available for *FREE*. Participants will earn a certificate of completion after successfully finishing the course. Most courses also offer the ability to earn continuing education units at a rate of only $5 per contact hour. The enrollment form for each course will list exact prices.

  - **Introduction to Women and Substance Use Disorders**
    http://www.attcelearn.org

Learn more about the issues related to women's substance use, treatment, and recovery experiences, as well as effective interventions for women.

  - **Foundations of SBIRT**
    http://www.attcelearn.org

SBIRT stands for Screening, Brief Intervention, and Referral to Treatment. It is a comprehensive, integrated, public health approach to the delivery of early intervention and treatment for persons with substance use disorders, as well as those who are at risk of developing these disorders.

## Trauma

- **Becoming Trauma Informed**
  Center for Addiction and Mental Health
  Edited by
  Nancy Pool
  Lorraine Greaves

**Becoming Trauma Informed** describes trauma-informed practice at the individual, organizational and systemic levels. The editors and authors bring unique perspectives from various settings and from the diverse groups with which they work, sharing how trauma-informed principles have been integrated into different mental health and addiction treatment and social service environments. They emphasize how trauma-informed services must take into account an understanding of trauma, and place priority on trauma survivors' safety, choice and control. These contributors offer hope and direction for becoming trauma informed, showcasing their innovation, leadership, practices, ideas and compassion.

- **Addictions and Trauma Recovery**
  **Healing the Body, Mind & Spirit**
  Dusty Miller
  Laurie Guidry

The Addictions and Trauma Recovery Integration Model (ATRIUM) presented here provides a blend of psychoeducation, process, and expressive activities, all of which are structured to address key issues linked to the experience of both trauma and addiction. The mind-body-spirit approach offers interventions to address these three dimensions of recovery in an integrated program of healing and empowerment.

- **Beyond Trauma**
  **A Healing Journey for Women**
  Stephanie S. Covington

For women, the experience of trauma often leads to disorders such as addictions, eating disorders, and self-harm. With sensitivity and understanding, author Stephanie Covington explores the interrelationship between substance abuse, trauma, and mental health. Beyond Trauma curriculum components include a client workbook, client video, facilitator guide, and a two-volume facilitator video. This package of 10 workbooks and facilitator's guide is designed for groups that are adding new members or an additional facilitator. The facilitator's guide is divided into two parts. In the first half, background information about trauma gives you a basic understanding of the depth and complexity of issues, helping you facilitate the group process. The second half includes 11 Session Outlines, which are like lesson plans. Among the sessions: "Power and Abuse," "Reactions to Trauma," and "Endings and Beginnings." Each interactive workbook is a personal journal where clients can write down their feelings, thoughts, and ideas. It also gives them the opportunity to try out new ways of coping with trauma in their lives.

- **Using Trauma Theory to Design Service Systems**
  Maxine Harris
  Roger D. Fallot

Mental health practitioners are becoming increasingly aware that they are encountering a very large number of men and women who are survivors of sexual and physical abuse. This volume identifies the essential elements necessary for a system to begin to integrate an understanding about trauma into its core service programs. The fundamental elements of a trauma-informed system are identified and the necessary supports for bringing about system change are highlighted. The basic philosophy of trauma-informed practice is then examined across several specific service components: assessment and screening, inpatient treatment, residential services, addictions programming, and case management. Modifications necessary to transform a current system into a trauma-informed system are discussed in great detail as well as the changing roles of consumers and providers. This is the 89th issue of the quarterly journal New Directions for Mental Health Services.

- **Trauma Recovery and Empowerment**
  **A Clinician's Guide for Working with Women in Groups**
  Maxine Harris
  And The Community Connections Trauma Work Group

This one-of-a-kind guide serves as a rich and essential resource for mental health professionals working with women whose lives have been shattered by the trauma of sexual, physical, or emotional abuse. The principles set forth are based on Maxine Harris's groundbreaking work with some of the most symptomatic trauma survivors, including women who have been incarcerated or institutionalized, and those with histories of drug addiction, serious mental illness, and/or homelessness.

- **Healing the Trauma of Abuse**

**A Women's Workbook**
Mary Ellen Copeland
Maxine Harris

Trauma can turn your world upside down; afterward, nothing may look safe or familiar. And, if you are a woman, studies show that you are twice as likely than your male counterparts to suffer from the effects of a traumatic event sometime during your life. Whether the trauma is physical, sexual, or emotional, these events can overwhelm you, destroying your sense of being in control and altering your attachments to others. If left unaddressed, the resulting psychological trauma can lead you to a wide range of destructive symptoms like anxiety, depression, substance abuse, phobias, personality disorders, flashbacks, emotional numbing, and nightmares. This book offers proven-effective, step-by-step exercises you can use to work through and minimize the consequences of a traumatic event.

- **Engaging Women in Trauma-Informed Peer Support: A Guidebook**
  Andrea Blanch
  Beth Filson
  Darby Penney

This guide was created by the National Center on Trauma-Informed Care as a technical assistance document to help make trauma-informed peer support available to women who receive or have received services in behavioral health or other human service systems. It is designed as a resource for peer supporters in these or other settings who want to learn how to integrate trauma-informed principles into their relationships with the women they support or into the peer support groups of which they are members. The goal is to provide peer supporters both male and female with the understanding, tools, and resources needed to engage in culturally responsive, trauma-informed peer support relationships with women.

- **Managing Traumatic Stress Through Art**
  Barry M. Cohen
  Mary-Michola Barnes
  Anita B. Rankin

Three art therapists have collaborated to produce this unique workbook. Designed especially for trauma survivors, Managing Traumatic Stress Through Art introduces inventive ways to understand, manage, and transform the aftereffects of trauma. This dynamic workbook consists of carefully structured step-by-step art projects, augmented by tearout images, and writing experiences.

- **The Resiliency Workbook**
  Nan Henderson

This is a self-help book for teens and adults based on decades of social science research about how people bounce back from all types of trauma, crises, problems and adversity.

- **Coalescing on Women and Substance Use: Trauma-Informed Online Tool**
  http://www.coalescing-vc.org

The aim of this site to share and promote action on promising approaches to responding to substance use by girls and women, on the part of service providers, researchers, health system planners and decision makers.

- **Childhood Trauma and HIV**

**Women at Risk**
Laura E. Whitmire
Lisa L. Harlow
Kathryn Quina
Patricia J. Morokoff

With much of the research on HIV risk being done on men, a gap exists in the literature on how women's behavior increases their risk of contracting HIV/AIDS, especially with regard to women who have suffered childhood sexual abuse or family trauma. Women with a past history of abuse or trauma often feel powerless and therefore have less ability to make safe sexual decisions for themselves. This book addresses these women specifically, as they are particularly vulnerable to a host of risky behaviors, such as engaging in unprotected sex, a lack of assertiveness about practicing safe sex, and a tendency to choose partners with high incidents of HIV infection.

- **Invisible Heroes**
  **Survivors of Trauma and How They Heal**
  Belleruth Naparstek

If you or someone you love has suffered a traumatic event, you know the devastating impact it can have on your life and your spirit. Life-threatening accidents, illnesses, assaults, abusive relationships—or a tragedy like 9/11—all can leave deep emotional wounds that persist long after physical scars have healed. Survivors become "invisible heroes," courageously struggling to lead normal lives in spite of symptoms so baffling and disturbing that they sometimes doubt their own sanity.

## Women Offenders

- **Gender-Responsive Strategies**
  **Research, Practice, and Guiding Principles for Women Offenders**
  http://nicic.gov/library/018017

Guidance for those individuals "seeking to more effectively respond to the behavior and circumstances of the female offender" is offered. An executive summary and the following four chapters comprise this manual: characteristics of women in the criminal justice system -- a descriptive summary; women offenders and criminal justice practice; the context of women's lives -- a multidisciplinary review of research and theory; and a new vision -- guiding principles for a gender-responsive criminal justice system. An appendix provides information regarding legal considerations with regard to women offenders.

- **Caught in the Net:**
  **The Impact of Drug Policies on Women and Families**
  http://www.countthecosts.org/resource-library/caught-net-impact-drug-policies-women-and-families

A comprehensive ACLU report that analyses the discriminatory nature of current US drug policies. The report cites statistics and data which show how women – particularly Hispanic and African American women – and children are disproportionately affected by America's drug laws.

## Women Veterans

- **Stand Up For Women Veterans**

**They Stood Up for Us**
Disabled American Veterans (DAV)
www.standup4vets.org

- **California's Women Veterans:**
  **The Challenges and Needs of Those Who Served**
  California Research Bureau
  CA State Library
  www.library.ca.gov/crb

- **CA Veteran's Resource Book 2012**
  **CA Department of Veterans Affairs**
  www.calvet.ca.gov

## Youth

- **First 5 California**
  www.ccfc.ca.gov

First 5 California was created by voters under Proposition 10 to recognize that children's health and education is a top priority, especially in the early years of development.

Research shows 90 percent of a child's brain develops in the first five years of life. Making those years count is what First 5 California is all about. Our focus is to educate parents and caregivers about the important role they play in their children's first years.

Since 1998, we have invested millions of dollars to design comprehensive programs that address the needs of children ages 0 to 5 and their families. Currently, our programs are centered around the child, parent, and teacher to improve early childhood outcomes in the areas of health and nutrition, early literacy and language development, quality child care, and smoking cessation.

We work with our statewide partners in each county to ensure our programs are reaching the children and families that need it most to ensure they enter school healthy and ready to learn.

Our promise is to continue to invest in services and programs that directly benefit children and families, and to advocate for a sustainable early education system for future generations.

- **California Early Start**
  **CA Department of Developmental Services**
  www.dds.ca.gov/earlystart

Families whose infants or toddlers have a developmental delay or disability or an established risk condition with a high probability of resulting in a delay may be eligible to receive an "Early Start" in California. Teams of service coordinators, healthcare providers, early intervention specialists, therapists, and parent resource specialists evaluate and assess infants or toddlers and provide appropriate early intervention and family support services for young children from birth to three years of age.

- **Part of the Solution**
  **Creative Alternatives for Youth**

National Assembly of State Arts Agency in cooperation with the National Endowment for the Arts, the US Dept of Justice, and the US Dept of Health and Human Services

This booklet describes programs that illustrate the positive difference made in the lives of children and their families by artists, arts organizations, and community groups with assistance from the National Endowment for the Arts, the 56 State and jurisdictional arts agencies, and the seven regional arts organizations.

## Setting up a Women's and Perinatal Program

- **Perinatal Services Network Guidelines**

- **Guidance to States: Treatment Standards for Women with Substance Use Disorders**
  **http://nasadad.org/guidance-to-states-treatment-standards-for-women-with-substance-use-disorders**

- **Women's Treatment Guidelines – Core Competencies for All Programs Serving Women**
  **http://www.adp.ca.gov/Perinatal/pdf/Core_Competencies_Wm_Tx.pdf**

- **Addressing the Needs of Women and Girls:**
  **http://store.samhsa.gov/shin/content/SMA11-4657/SMA11-4657.pdf**

- **Raising the Roof**
  **Building Alcoholism Treatment Programs and Services for Women and Children**
  The Women's Alcoholism Center San Francisco

Approach to treatment is an eclectic one, combining many of the aspects of traditional alcoholism treatment with the theories, beliefs and practices of feminism. We encourage our clients to participate in AA, learn the 12-step program and apply the AA principles to everyday life.

- **Substance Abuse Tool Box**
  **Information for Primary Care Providers**
  http://books.google.com/books/about/Substance_Abuse_Tool_Box.html?id=3ihiygAACAAJ

Assist patients in reducing or eliminating consumption of alcohol or other drugs…
Improve the detection, treatment and management of patients with alcohol and drug related problems…
Improve primary care clinicians' skills for providing brief interventions and motivational enhancement…
Facilitate access to specialized addictions treatment…

### Website Resources

Title 42 (USC)
http://www.gpoaccess.gov/uscode/

Code of Federal Regulations (CFR)

http://www.gpoaccess.gov/cfr/index.html

Code of California Regulations (CCR) – Title 9
http://www.calregs.com (Click on “List of CCR Titles”)

CCR Title 19
http://www.calregs.com (Click on “List of CCR Titles”)

SDFSC No Child Left Behind Act (20 USC)
http://www.ed.gov/offices/OESE/SDFS

Health and Safety Code (HSC)
http://www.leginfo.ca.gov/calaw.html

Perinatal Services Network Guidelines
http://www.adp.ca.gov/Perinatal/pdf/Guidelines_09.pdf

CCR Title 22
http://www.calregs.com (Click on “List of CCR Titles”)

Youth Treatment Guidelines
http://www.adp.ca.gov/youth/pdf/Youth_Treatment_Guidelines.PDF