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Education, Research, and Treatment Resources for Addiction

For Patients, Family Members, and Concerned Others:

National Institute of Alcohol Abuse and Alcoholism (<http://www.niaaa.nih.gov/>)

NIAAA is part of the National Institutes of Health. Its mission is to support and conduct research on the impact of alcohol use on health and well being. It is an excellent source for the latest and most reliable scientific findings on alcoholism. The website has a useful guide to understanding treatment options for alcohol problems and a link for people willing to participate in clinical trials of new treatments.

National Institute of Drug Abuse (<http://www.drugabuse.gov/>)

NIDA is part of the National Institutes of Health. NIDA's mission is to "bring the power of science to bear on drug abuse and addiction." Like its sibling NIAAA, it is an excellent source for the latest and most reliable scientific findings on drug abuse and drug dependence. It has an excellent website for teenagers, "NIDA for Teens" (<http://teens.drugabuse.gov/>) and a link for people willing to participate in clinical trials of new treatments.

Substance Abuse and Mental Health Services Administration (<http://www.samhsa.gov/>)

SAMHSA is the agency within the U.S. Department of Health and Human Services whose mission is to reduce the impact of substance abuse and mental illness on America's communities. SAMSHA has a treatment hotline at 1-800-662-HELP (4357) to help individuals find treatment programs in their area. It also has an online treatment locator (<https://findtreatment.samhsa.gov/>).

Advocacy Groups:

Many Faces 1 Voice (<http://manyfaces1voice.org/#top>)

Many Faces 1 Voice is an advocacy organization that began in response to the documentary *The Anonymous People* (<http://manyfaces1voice.org/>). The organization seeks to have individuals in long-term recovery come forward to publically advocate on behalf of individuals struggling with addiction. The Many Faces 1 Voice website states, "We are moms and dads, sons and daughters, brothers and sisters - all bringing the power and proof of recovery to our communities. Together we will change public perception, and ultimately the public response to the addiction crisis...FOREVER."

National Council on Alcoholism and Drug Dependence (<https://ncadd.org/>)

NCADD advocates for the recognition of addiction as a public health problem and therefore a public responsibility. NCADD works to dispel the myths and stigma surrounding addiction and “strongly believes that addicts can be helped and are worth helping.”

National Council on Alcoholism and Drug Dependence-Maryland (<https://www.ncaddmaryland.org/>)

NCADD-MD is an excellent resource for finding public sector services in the community. NCADD-MD advocates for individuals affected by addictions, to insure access to treatment, and the resources necessary for recovery.

Self-Help Groups - 12 Step:

Alcoholics Anonymous (<http://www.aa.org/>)

This is the official website of AA and the official source for information about AA. According to the website, “Alcoholics Anonymous is an international fellowship of men and women who have had a drinking problem. It is nonprofessional, self-supporting, multiracial, apolitical, and available almost everywhere. There are no age or education requirements. Membership is open to anyone who wants to do something about his or her drinking problem.” It is based on the 12 Steps of Alcoholics Anonymous.

Alcoholics Anonymous-Washington Area Intergroup Association (<http://www.aa-dc.org/>)

WAIA provides an online directory of AA meetings in the Washington metro area. It staffs the AA telephones, publishes the *Where and When* guides to AA meetings, and brings AA meetings to hospitals and other institutions.

Narcotics Anonymous (<https://www.na.org/>)

This is the official website of NA and the official source of information about NA. NA is a 12 Step program adapted from AA. According to the website, “NA is a nonprofit fellowship or society of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean.”

Narcotics Anonymous-Chesapeake and Potomac Region (<http://www.cprna.org/>)

NA-C&PR provides an online directory of NA meetings in the Washington metro area and information about NA.

Marijuana Anonymous (<https://www.marijuana-anonymous.org/>)

This is the official website of MA and the official source of information about MA. MA is a 12 Step program adapted from AA. According to the website, “Marijuana Anonymous is a fellowship of men and women who share our experience, strength, and hope with each other that we may solve our common problem and help others to recover from marijuana addiction. The only requirement for membership is a desire to stop using marijuana. There are no dues or fees for membership. We are self-supporting through our own contributions. MA is not affiliated with any religious or secular institution or organization and has no opinion on any outside controversies or causes.”

Cocaine Anonymous (<http://www.ca.org/>)

This is the official website of CA and the official source of information about CA. It has links to local meetings. CA is a 12 Step program adapted from AA. According to the website, “Cocaine Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from their addiction. The only requirement for membership is a desire to stop using cocaine and all other mind-altering substances. There are no dues or fees for membership; we are fully self-supporting through our own contributions. We are not allied with any sect, denomination, politics, organization, or institution.”

Crystal Meth Anonymous (<http://www.crystalmeth.org/>)

This is the official website of CMA and the official source of information about CMA. CMA is a 12 Step program adapted from AA. According to the website, “Crystal Meth Anonymous is a fellowship of men and women for whom all drugs, specifically crystal meth, have become a problem. The only requirement for membership is a desire to stop using. There are no dues or membership lists. The fellowship that is Crystal Meth Anonymous is a new way of life without Crystal Meth. Crystal Meth Anonymous advocates a twelve step recovery program for spiritual development, no matter what our religious belief or background.”

District of Columbia Crystal Meth Anonymous Intergroup (<http://www.dccma.com/work/#about>)

DCCMA provides an online listing of CMA meetings in the Washington metro area and is a source for official CMA literature.

Overeaters Anonymous (<http://www.oa.org/>)

This is the official website of OA. OA is a 12 Step program adapted from AA. According to the website, “Overeaters Anonymous (OA) offers a program of recovery from compulsive overeating, binge eating and other eating disorders using the Twelve Steps and Twelve Traditions of OA. Worldwide meetings and other tools provide a fellowship of experience, strength and hope where members respect one another’s anonymity. OA charges no dues or fees; it is self-supporting through member contributions. OA is not just about weight loss, weight gain, maintenance, obesity or diets. It addresses physical, emotional and spiritual well-being. It is not a religious organization and does not promote any particular diet.”

Overeaters Anonymous Washington DC Area OA Intergroup (<http://www.oa-dcmetro.org/>)

The Washington DC Area OA Intergroup maintains a 24 hour answering service and a local meeting list as well as serving as a source for official OA literature.

Non 12 Step Self-Help Groups:

SMART Recovery (<http://www.smartrecovery.org/>)

This is the official website of SMART Recovery. SMART Recovery is based on a four point program: building and maintaining motivation; coping with urges; managing thoughts, feelings and behaviors; and living a balanced life. According to the website, “SMART Recovery is the leading self-empowering addiction recovery support group. Our participants learn tools for addiction recovery based on the latest scientific research and participate in a world-wide community which includes free, self-empowering, science-based mutual help groups.” The website provides a link to a directory of meetings across the country.

SMART Recovery-Capital Region (<http://capitalsmart.org/>)

SMART Recovery-Capital Region is the Washington metro area chapter of the nation-wide SMART Recovery Self-Help Network. The site provides an online directory of local meetings.

Women For Sobriety (<http://www.womenforsobriety.org/beta2/>)

This is the official website of WFS. WFS is a self-help program for women wishing to overcome alcoholism and other addictions. According to the website, “WFS self-help groups are found all across this country and abroad. Based upon a Thirteen Statement Program of positivity that encourages emotional and spiritual growth, the "New Life" Program has been extremely effective in helping women overcome their addictions and embrace a new positive lifestyle.”