# SUBSTANCE USE TREATMENT RESOURCE GUIDE

This guide provides a detailed list of substance use-related resources for people who are at risk for a substance use disorder, their loved ones and the providers who work with them.

Resources focus heavily on Black and Hispanic/Latinx populations, with acknowledgment of the wide diversity and overlap that exists among these populations. Resources are divided into the following five primary categories: cultural responsiveness, harm reduction, working with families, resources for loved ones/ families and histories of substance use treatment among Black and Hispanic/Latinx communities. Resources include online courses (CEUs available for some), webinar and panel recordings, one-pagers/infographics, checklists and articles. This guide is not exhaustive.

#### A Note on Terminology and Populations

We acknowledge that there is tremendous diversity within Latin and African American diasporas and communities when it comes to countries of origin, family dynamics and makeup, religious and spiritual beliefs, languages spoken, gender identity and sexual orientation, migration history and other factors.

The way people choose to identify varies greatly, and this is important for readers to bear in mind. People in both groups may prefer term such as Afrolatino/Afrolatina, Latine, Latinx, Latin, Afro-Caribbean and Latino/a/x/@-Caribbean. Various resources may use different terminology, and we have followed their lead in each case.

When learning about and working with different communities, it is important to learn how individuals want to be referred to, identified or addressed, so we ask readers to bear this in mind.

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### Cultural Responsiveness

Торіс	Title	Source	Description
Health equity resources	Building Health Equity and Inclusion: Culturally and Linguistically Appropriate Services (CLAS) Resources	Substance Abuse and Mental Health Services Administration (SAMHSA)- funded Addiction Technology Transfer Center (ATTC) Network	A collection of resources related to cultural responsiveness and health equity, and specific resources about Black/African American, Latinx, Indigenous, women, youth and LGBTQ+ populations.
	Access for Every-one: Addressing Health Equity and Racial Justice With-in Integrated Care Settings Toolkit Also available in Spanish - see "Spanish language resources" on page 9	National Council for Mental Wellbeing's Center of Excellence for Integrated Health Solutions (CoE-IHS)	An online toolkit and list of resources to support providers in addressing racial inequities and the associated stigmas that lead to mental health and substance use treatment disparities and provide tools to support patients and organizations. Module topics include health equity, health inequity, health disparities and social determinants, health literacy, cultural and linguistic literacy, and racial equity and social justice.
	African American <u>Behavioral</u> <u>Health Center of</u> <u>Excellence</u>	SAMHSA	A SAMHSA-funded center that develops and disseminates training, technical assistance (TA) and written/recorded resources to help behavioral health and allied fields eliminate disparities for large and diverse African American populations.
	<u>Hispanic/Latino</u> <u>Behavioral</u> <u>Health Center of</u> <u>Excellence</u>	SAMHSA	A SAMHSA-funded center that develops and disseminates training, TA and written/recorded resources to help behavioral health and allied fields eliminate disparities for large and diverse Hispanic and Latine populations.

Торіс	Title	Source	Description
Black/African American resources	Identity and Cultural Dimensions: Black/ African American	National Alliance on Mental Illness (NAMI)	Information on mental illness, treatment and resources for the Black/African American community.
	<u>Black College Students</u> <u>Addiction &amp; Mental</u> <u>Health Support</u>	Live Another Day	Resources to help the Black community find support and care for addiction and mental health.
	<u>Black Faces, Black</u> <u>Voices</u>	Black Faces, Black Voices	A collaborative of professionals focused on promoting recovery and wellness in Black communities across the nation.
	COVID-19: <u>Communities of Color</u> <u>Needs Assessment</u>	The Association of Black Psychologists Inc.	A discussion of community needs assessment for Black/African adults.
	Recruitment and Retention of African American Men in the Mental Health and Substance Use Workforce	Centia Health	A webinar recording and supplementary resources from a roundtable discussion providing a view from the field on the recruitment and retention of Black men in the mental health and substance use workforce.
	<u>Cultural Humility and</u> <u>Demographic Specific</u> <u>Resources</u>	National Association for Alcoholism and Drug Abuse Counselors (NAADAC)	A resource listing webinars and materials regarding cultural humility in the addiction profession.
	<u>Training and Educating</u> <u>Public Safety to</u> <u>Prevent Overdose</u> <u>Among Black,</u> <u>Indigenous and People</u> <u>of Color Communities:</u> <u>Environmental Scan</u>	National Council for Mental Wellbeing	A resource providing information on working with public safety to prevent overdose among BIPOC communities.

Торіс	Title	Source	Description
Hispanic/ Latinx resources	<u>Identity and Cultural</u> <u>Dimensions:</u> <u>Hispanic/Latinx</u>	NAMI	Information on mental illness, treatment and resources for the Hispanic/Latinx community.
	<u>Compartiendo</u> <u>Esperanza: Mental</u> <u>Wellness in Hispanic/</u> <u>Latin American</u> <u>Community</u>	NAMI	An initiative to reduce cultural stigma surrounding mental illness, created by Hispanic/Latin American communities for Hispanic/Latin American communities.
	<u>Latinx/Hispanic</u> <u>Communities and</u> <u>Mental Health</u>	Mental Health America	Foundational information regarding Latinx/Hispanic communities and mental health.
	Latinx and Hispanic Addiction and Mental Health Support	Live Another Day	Resources to help people of the Latinx and Hispanic communities find support and care for addiction and mental health.
	<u>32 Addiction &amp; Mental Health</u> <u>Resources For Latinx</u> <u>College Students</u>	Tulip Hill Recovery	A list of addiction and mental health resources for Latinx college students.
	<u>12 Hispanic</u> <u>Americans on</u> <u>Different Pathways</u> <u>to Addiction</u> <u>Recovery</u>	Workit Health	An article recognizing and celebrating 12 famous Hispanic Americans in recovery.
	Hispanic Community and Addiction	Michael's House	A discussion of how substance use and dependence impact immigrants from Latin America, the factors that put them at risk, and what can be learned from the epidemic.
	Substance Misuse Prevention with Hispanic/Latino Communities: Cultural Dynamics	Southeast Prevention Technology Transfer Center and National Hispanic and Latino Prevention Technology Transfer Center	A webinar focusing on the cultural dynamics and relationship between personal and professional cultural backgrounds.

Торіс	Title	Source	Description
Culturally responsive peer recovery support services	<u>Peer Support as a</u> <u>Resiliency Asset for</u> <u>Black and Brown</u> <u>Communities</u>	NAADAC	A slide deck providing information on peer support, asset-based frameworks, resiliency and culturally responsive practices.
	<u>The Promise of</u> <u>RCCs to Support</u> <u>Latino and Hispanic</u> <u>Communities in</u> <u>Recovery</u>	Recovery Research Institute	A webinar discussing the importance of cultural elements in recovery community centers.
	<u>Webinar —</u> <u>Establishing Peer-</u> <u>to-Peer Services</u> <u>for Adult Latinos in</u> <u>Recovery</u>	National Latino ATTC Network	A webinar exploring the developmental conditions that make peer-to- peer programs possible, the service components of the programs and the linguistic and policy considerations that make, or will make, these programs culturally appropriate.
Earn Continuing Education Units/Credits (CEUs)	Improving Cultural Competency for Behavioral Health Professionals (free)	Think Cultural Health	A program that is approved for 4-5.5 contact hours for counselors, nurses, psychologists, psychiatrists and social workers. Other professionals may earn a Statement of Participation.
	<u>Cultural Dimensions</u> of Relapse <u>Prevention</u> (free through the CoE-IHS)	Relias	A course based on guidelines from the Center for Substance Abuse Treatment, focusing on how to understand relapse prevention as it relates to specific population groups, including women, minorities, adolescents, older adults and people who identify as LGBTQ+.
	<u>Substance Use</u> <u>Treatment and</u> <u>Relapse Prevention</u> <u>for Marginalized</u> <u>Populations</u>	Relias	A course for addictions, behavioral health counseling, marriage and family therapy, psychology, and social work professionals in behavioral health treatment settings on how to provide treatment services to individuals from marginalized populations. 1 CEU is available for individuals with various mental health licensures.

Торіс	Title	Source	Description
Earn Continuing Education Units/Credits (CEUs)	<u>A Gestalt View of the</u> <u>Latino Experience</u> <u>With Substance Use</u> <u>Disorders</u> (free)	NAADAC	A webinar offering the opportunity to enhance clinical, theoretical and culturally sensitive skills to work with Latinos using a Gestalt approach. Participants will be presented with the core elements of the Gestalt theory, including the figure and-ground element, the experiment and the polarities (the ways in which Gestalt interprets resistance in the healing process). This webinar meets the qualifications for 1.5 CEUs for marriage and family therapists, social workers and counselors.
Other trainings	Addressing OUD in Black, Indigenous and People of Color (BIPOC) Communities, Part 1: Treatment and Recovery for African American Communities (free)	Providers Clinical Support System- Medications for Opioid Use Disorders (PCSS-MOUD)	An on-demand webinar addressing the unique challenges and social determinants that hinder access to quality care for many African Americans. It will review opioid use disorder (OUD) treatment and harm reduction options, as well as explore the use of peer support services to engage African Americans in appropriate services. It offers 1 CEU for nurses, pharmacists, physician assistants, physicians, social workers and interprofessional teams.
	Addressing OUD in BIPOC Communities, Part 2: Treatment and Recovery for Hispanic/Latino Populations (free)	PCSS-MOUD	An on-demand webinar addressing the unique sociocultural factors that influence opioid use and access to prevention, treatment and recovery among Hispanic/Latino populations, and will discuss strategies to enhance engagement in care. It offers 1 CEU.
	Enhancing Mental Health for Hispanic and Latino/Latina/ Latinx Persons (costs Involved)	AIICEUs	A free presentation that offers CEUs at a cost for counselors, marriage and family therapists and social workers.

Торіс	Title	Source	Description
Other trainings	<u>Become a Trained</u> <u>Behavioral Health</u> <u>Interpreter</u> <u>Request this training</u> <u>by contacting the</u> <u>NLBHA team</u>	National Latino Behavioral Health Association (NLBHA)	A two-day (14-hour) intensive training for bilingual staff who use their linguistic skills to interpret or who have an interest in becoming trained interpreters in behavioral health settings. Participants must be fluent in English and at least one other language; prior experience as an interpreter is not required.
	<u>Training for</u> <u>Monolingual English-</u> <u>speaking Providers</u> <u>on How to Use a</u> <u>Trained Interpreter</u>	NLBHA	A one-day (seven-hour) training for monolingual English-speaking provider staff on how to successfully work with an Interpreter in behavioral health settings. Training is provided on site for up to 35 individuals.
	<u>Hispanics and</u> <u>Latinos in Drug</u> <u>Courts: Cultural</u> <u>Strategies to</u> <u>Enhance and</u> <u>Sustain Recovery</u>	American University Justice Programs Office	A webinar reviewing the scope of the problems, which vary across states, and how cultural humility principles can be integrated to work with participants' cultural perspectives to support and sustain their recovery process.

### Spanish-language resources (Recursos en Español)

Торіс	Title	Source	Description
Health Equity Resources	Acceso Para Todos: <u>Un Conjunto de</u> <u>Instrumentos para</u> <u>Abordar la Equidad</u> <u>en Salud Mental y la</u> <u>Justicia Racial</u>	National Council for Mental Wellbeing's Center of Excellence for Integrated Health Solutions (CoE-IHS)	An online toolkit and list of resources to support providers in addressing racial inequities and the associated stigmas that lead to mental health and substance use treatment disparities and provide tools to support patients and organizations. Module topics include health equity, health inequity, health disparities and social determinants, health literacy, cultural and linguistic literacy, and racial equity and social justice.
Substance use disorder (SUD) information	<u>Trastorno por</u> <u>consumo de</u> <u>sustancias</u> (adicción) / Substance Use Disorders (Addiction)	American Psychiatric Association (APA)	Information on substance use disorders and addiction.
	<u>Trastorno por</u> <u>consumo de alcohol /</u> Alcohol Use Disorders	ΑΡΑ	Information on alcohol use disorders.
	<u>Reuniones de la</u> <u>Comunidad de Apoyo</u> <u>en Línea</u> / Online Community Support Meetings	Partnership to End Addiction	Information on free online support groups for parents and people caring for youth with substance use.
	Información Sobre Sustancias/ Information on Substances	Échele Cabeza	Articles providing information on various substances.

#### Spanish-language resources (Recursos en Español)

Торіс	Title	Source	Description
Substance use disorder (SUD) information	<u>La Seguridad Ante</u> <u>Todo: Un Enfoque</u> <u>Realista Sobre los</u> <u>Adolescentes y las</u> <u>Drogas</u> / Safety First: A Reality-based Approach to Teens and Drugs	Drug Policy Alliance	A resource providing parents with the tools needed to evaluate and discuss strategies for protecting their teenagers from problematic drug use.
	<u>Campaña Sin Estigma</u> / Break the Stigma Campaign	413Cares	Information about substance use and Narcan, as well as treatment options and related resources.
Spanish- language materials and flyers	Prevention Resources in Spanish	Campbell County Drug Free Alliance	A list (in English) of substance use prevention resources for youth and adults.
	<u>Recursos</u> <u>Descargables</u> <u>en Español /</u> <u>Downloadable</u> <u>Spanish Graphics</u>	Harm Reduction Action Center	A collection of downloadable harm reduction flyers in Spanish.
	<u>Reduzca Su Riesgo</u> <u>de Sobredosis,</u> <u>Hepatitis C y VIH /</u> <u>Reduce Your Risk of</u> <u>Overdose, Hepatitis</u> <u>C and HIV</u>	New York City Department of Health and Mental Hygiene (NYC Health)	A flyer on overdose, hepatitis C and HIV prevention.
	<u>El Alcohol y La</u> <u>Hepatitis</u> / Alcohol and Hepatitis	NYC Health	A flyer on alcohol consumption and hepatitis.

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Торіс	Title	Source	Description
Spanish- language materials and flyers	Alerta Comunitaria Sobre Suministro de Droga: Xilacina Presente en Opioides / Community Alert on the Drug Supply: Xylazine Is Present in Opioids	Massachusetts Drug Supply Data Stream	A xylazine update for providers in Spanish.
	Safer Injection/Use	NEXT Distro	Resources in Spanish on safer injection and harm reduction.
	<u>Aplique Naloxone</u>	ldaho Department of Health & Welfare	Naloxone instructions in Spanish.
	<u>Recursos Sobre la Guerra</u> <u>Contra las Drogas</u> / <u>Resources About the</u> <u>War on Drugs</u>	Intercambios Puerto Rico	Resources on the War on Drugs and how to help.
Spanish clinical language resources	<u>Spanish Clinical Language</u> and Resource Guide	Washburn Center for Children	A list of clinical terminology in Spanish.
	<u>Discussing Substance</u> <u>Abuse in Spanish</u>	Common Ground International Language Services	Video lessons teaching how to talk about addiction and substance use in Spanish.
	<u>Spanish Terms for Recovery</u>	Linguee	Many translated example sentences containing the words "alcohol recovery."

### Harm Reduction

Торіс	Title	Source	Description
Harm reduction resources	<u>Black Harm Reduction</u> <u>Network</u>	Legal Action Center, the Drug Policy Alliance (DPA) and the National Harm Reduction Coalition (HRC)	A network promoting nationwide dialogue that centers racial equity across the harm reduction framework, including in drug policy, public health and criminal justice; elevates the history and current role of Black people in the movement; and identifies and advances recommendations to reduce the harms of these intersecting systems on Black people and other marginalized groups.
	<u>Opioid Response Network</u>	Opioid Response Network	A SAMHSA-funded network providing free training and education to address opioid, stimulant and all substance use disorders.
	Harm Reduction Trainings	HRC	In-person or virtual trainings providing learning, development and TA for community-based organizations implementing evidence-based harm reduction strategies.
	Harm Reduction TA Center	National Harm Reduction Technical Assistance Center (NHRTAC) and CDC	A TA center providing free help to anyone in the country providing (or planning to provide) harm reduction services to their community. This may include syringe services programs (SSPs), health departments, programs providing treatment for SUD, as well as prevention and recovery programs.

Торіс	Title	Source	Description
Harm reduction resources	<u>Rural Opioid Technical</u> <u>Assistance Regional Centers</u> <u>(ROTA-R)</u>	SAMHSA	Regional centers (based on the 10 HHS regions) that provide training and materials related to prevention, harm reduction, treatment and recovery activities for OUD and stimulant use disorder.
Map resources	<u>Find Harm Reduction</u> <u>Resources Near You</u>	HRC	A Naloxone Finder map that is regularly updated to identify community-based naloxone that is free and intended for people who use drugs. Many of the programs listed offer additional harm reduction supplies and support (e.g., syringes, safer smoking kits, drop-in centers).
	<u>Online Directory of Syringe</u> <u>Services Programs</u>	North American Syringe Exchange Network (NASEN)	An online directory of SSPs in the United States, U.S. Virgin Islands and Puerto Rico. The NASEN Directory, started in 1992, is the oldest and most comprehensive list of SSPs in the United States but does not include all SSPs in operation.
	Harm Reduction Organizations	Google Map created by anonymous community member(s)	A Google map of harm reduction organizations in the United States.

Торіс	Title	Source	Description
Harm reduction flyers and infographics	Harm Reduction 101	Algonquin College	A resource created by the Umbrella Project, covering basic harm reduction information and includes an infographic.
	Harm Reduction Works!	Penn Medicine, Center for Addiction Medicine and Policy	A brochure including tips and resources for overdose prevention and Narcan in Philadelphia.
	<u>Harm Reduction One-</u> pager	Metro Drug Coalition	A flyer promoting resources for training and education on opioid overdose and for overdose prevention through the distribution of naloxone in Tennessee.
	Infographic: What to Include When Putting Together a Harm Reduction Kit	Clarity Clinic	An infographic highlighting essential items to incorporate into harm reduction kits.
	<u>Harm Reduction 101</u> <u>Brochure</u>	Alaska Native Tribal Health Consortium	A trifold brochure for youth, covering the most frequently asked questions when learning about harm reduction and available resources.
	<u>Classroom Poster:</u> <u>Alcohol Harm Reduction</u>	Teachers Pay Teachers	A poster detailing strategies for minimizing negative consequences of alcohol use.
	Antiracist Addiction Treatment Requires Decriminalization and Harm Reduction	NAADAC	Session slides from a presentation by Sandy Gibson, PhD, LCSW, LCADC, professor at The College of New Jersey.
	<u>A Blueprint Guide to</u> <u>Supporting Black and</u> <u>Latino MSM Who Use</u> <u>Crystal Meth</u>	HRC	A harm reduction guide with cultural considerations specific to Black and Latino men who have sex with men (MSM) who use crystal meth.

Торіс	Title	Source	Description
Other trainings	<u>Harm Reduction Strategies</u> <u>for Hispanic and Latino</u> <u>Populations at Risk</u>	ATTC Network	A webinar providing an overview of evidence-based harm reduction strategies and the effectiveness of offering harm reduction options to Hispanic/Latinx communities.
	<u>Harm Reduction for the</u> <u>Clinical Setting</u>	NAADAC	A webinar providing ideas and insights to help treatment providers incorporate harm reduction techniques and principles into their work with clients. It meets the qualifications
			for 2 CEUs for social workers, counselors, psychologists and addictions professionals.
	<u>How to Receive Medications</u> <u>for Opioid Use Disorder</u> (MOUD) Training	National Health Service Corps and Health Resources Services Administration (HRSA)	A partnership between the National Health Service Corps and SAMHSA, offering free MOUD training to clinicians working to address the opioid epidemic.

## Working With Families

Торіс	Title	Source	Description
Partnering with families in behavioral health settings	<u>Family Partnership Checklist</u> <u>for the Behavioral Health</u> <u>Workforce</u>	Source National Family Support Technical Assistance Center (NFSTAC) NFSTAC NFSTAC	A tool for members of the behavioral health workforce to reflect on the beliefs, skills and strategies they possess for effectively partnering with families to support their loved ones with mental health or substance use challenges.
	<u>Glossary of Terms</u>	NFSTAC	A person-centered, family- driven glossary explaining key terms used in behavioral health, reflecting language created and preferred by family members.
	Partnering With Families in Behavioral Health: The FAMILY Approach	Federation of Families (NFF)	A self-paced, online curriculum module teaching the behavioral health workforce about family-driven language, skills, strategies and resources that will enhance their ability to partner effectively with families in behavioral health settings.

### **Resources for Loved Ones/Families**

Торіс	Title	Source	Description
Loved ones/ family resources related to mental health and SUDs	<u>Harm Reduction Through</u> <u>the Family Lens</u>	NFF, NFSTAC and Partnership to End Addiction	A self-paced, online training course that introduces harm reduction, including tips for how families can incorporate these principles with loved ones. It features educational content, learning exercises and personal narratives.
	A Glossary of Terms for Insurance Coverage for Substance Use and Addiction	Partnership to End Addiction	A glossary consisting of common terms that may prove helpful as families try to understand and navigate insurance coverage related to substance use treatment.
	<u>50 Latinx and Hispanic</u> <u>Addiction and Mental</u> <u>Health Resources</u>	Addictions.com	A resource outlining 50 addiction and mental health resources that may be helpful for Latinx and Hispanic communities.
	<u>Alcohol Abuse and</u> <u>Substance Abuse</u> <u>Therapists</u>	Therapy for Latinx	A searchable directory of Latinx mental health providers that can be filtered by specific preferences, helping connect clients with providers.
	<u>Las Familias Alcoholicas</u> : <u>Hay un Alcoholico en Casa?</u> / <u>Alcoholic Families: Is There</u> <u>an Alcoholic at Home?</u>	Ernesto Lammoglia (author)	A support guide for those who are related to people with alcohol use disorder.

Торіс	Source	Description
Support group resources	SAFE Project: Addiction, Mental Health and Related Resources for Families	A group offering a treatment and family support locator that finds critical resources and options best matched to your needs or the needs of a loved one. They also provide a list of additional online family resources for SUD and mental health, including programs, support groups and coalitions, and stories of family recovery.
	<u>Alateen</u>	In-person and virtual meetings where young people aged 13 to 18 who have been affected by someone else's drinking can share experiences, strength and hope with other teens. Alateen also has a page detailing answers to questions teenagers ask about alcohol use disorder and links to their literature.
	<u>Families Anonymous</u>	A 12-step fellowship for the families and friends of people with drug, alcohol or related behavioral problems.
	<u>Because I Love You:</u> <u>Parent and Youth</u> <u>Support Groups</u>	In-person and Zoom-based support group meetings for families with behavioral issues in young, teen and adult children.
	<u>Learn to Cope</u>	A peer-led support network that offers education, resources and hope for family members and friends who have loved ones affected by SUD.

Торіс	Source	Description
Support group resources	<u>NAMI: Family</u> Support Group	Peer-led support groups for any adult with a loved one who has experienced symptoms of a mental health condition.
	<u>Parents of Addicted</u> <u>Loved Ones</u>	A nonprofit that uses education and support to provide hope to parents of adults dealing with SUD. The free weekly meetings follow evidence-based practices, and the curriculum is designed specifically for parents by professionals in the treatment and recovery industry.
	Partnership to End Addiction	An organization that offers free, online support meetings for parents and caregivers of children experimenting with, or dependent on, substances, hosted by specially trained parent coaches, with clinical oversight. They discuss real-life issues and discuss how to apply evidence- based skills and techniques to help address those issues. Virtual groups also are available in Spanish.
	<u>Team Sharing Inc.</u>	An organization of parents who have lost a child to SUD. Through social networking, community activism, grief services and advocacy, Team Sharing provides support and friendship to grieving families while working to raise awareness of SUD and its impact on our communities.

### Histories of Substance Use Treatment Among Black and Hispanic/Latinx Communities

Торіс	Title	Source	Description
Community organizations and resources	<u>Brother, You're on My</u> <u>Mind Toolkit</u>	Source National Institute on Minority Health and Health Disparities BLHF	A toolkit providing Omega Psi Phi fraternity chapters and partners with the materials needed to educate fellow fraternity brothers and community members on depression and stress in African American men.
	Boris Lawrence Henson Foundation (BLHF)	BLHF	A foundation that actively promotes mental wellness and strives to eradicate stigmatizing language surrounding mental illness through impactful programs, awareness campaigns and educational initiatives.
	Philadelphia names 27 community organizations to receive opioid settlement funds for addiction treatment and prevention efforts (article)	WHYY	A radio story and article describing how Philadelphia officials chose 27 community and grassroots organizations to lead addiction prevention and treatment services in areas hit hardest by the opioid epidemic.

Торіс	Title	Source	Description
Black and African American communities informational resources	<u>Online Museum of African</u> <u>American Addictions,</u> <u>Treatment and Recovery</u>	ns, African American	A website that serves as a single location where people who are interested in information about addictions, treatment and recovery among African Americans can be found. The site contains historical data, scholarly articles, educational videos, music and more.
	<u>A Guide to Addiction</u> <u>and Recovery for African</u> <u>Americans</u>	American Addiction Centers	An article detailing information on recognizing the signs of substance misuse, becoming aware of payment options and finding providers who understand the issues unique to the Black and African American community.
	How Advocates Are Improving Addiction Treatment in the Black Community	Verywell Health	An article from a series looking at how Black people in the United States navigate the health care system.
	<u>The Opioid Crisis</u> <u>and the Black/African</u> <u>American Population: An</u> <u>Urgent Issue</u>	SAMHSA	An issue brief presenting recent data on prevalence of opioid misuse and death rates in the Black/African American population; contextual factors and challenges to prevention and treatment; innovative outreach and engagement strategies to connect people to evidence-based treatment; and the importance of community voice.

Торіс	Title	Source	Description
Black and African American communities informational resources	<u>African Americans</u> <u>Often Face Challenges</u> <u>Accessing Substance Use</u> <u>Treatment</u>	The Pew Charitable Trusts	An article in which an expert discusses key issues related to SUD in the African American community and how to ensure people get the help they need.
	Addiction in the African Faces & Voices of   American Community: The Recovery Legacies of   Frederick Douglass and Malcolm X	An article exploring what the lives of two remarkable human beings — Frederick Douglass and El Hajj Malik el Shabazz (Malcolm X) — can teach us about addiction recovery within African American communities.	
	<u>Alcohol and Drug Abuse</u> <u>Among African Americans</u>	American Addiction Centers	Statistics and information on alcohol and drug use among African Americans.
	Addiction in the African American Community	American Psychological Association	An article raising awareness about SUD/addiction from a health framework among African American populations.
	<u>Behavioral Health Equity:</u> <u>Black/African American</u>	SAMHSA	Statistics and information about behavioral health concerns in the Black/African American community.

Торіс	Source	Description
Black and African American communities podcasts and videos	<u>Equity w/</u> <u>Reginald A.</u> <u>Howard Podcast</u>	A podcast dedicated to understanding and unraveling the systemic issues within society. It showcases real- life stories to bridge the gap between people who feel alone in their struggles and others whose struggles resonate with them.
	<u>Therapy for Black</u> <u>Girls Podcast</u>	A weekly chat about all things mental health, personal development and all the small decisions we can make to become the best possible versions of ourselves.
	<u>The Friend Zone</u> <u>Podcast</u>	A podcast in which Dustin Ross, Hey Fran Hey and Assanté explore mental health, mental wealth and mental hygiene.

Торіс	Title	Source	Description
Black and African American communities podcasts and videos	<u>Let's Quit Abusing</u> <u>Drug Users</u>	TEDMED	A talk from Carl Hart, associate professor of Psychiatry and Psychology at Columbia University, who offers a provocative, evidence-based view of addiction and discusses how it should impact drug policy.
	<u>Pioneer Interviews</u>	African American Behavioral Health Center of Excellence	Videos from inspiring forces moving the behavioral health field toward greater capacity to promote health equity for African Americans.

Торіс	Title	Source	Description
Latinx communities informational resources	<u>1940s Mexico has a</u> <u>lesson for how the</u> <u>U.S. can tackle drug</u> <u>addiction</u>	The Washington Post	An article discussing a 1940 Mexican experiment with treating drug addiction as a matter of public health.
	Sociopolitical contexts for addiction recovery: Anexos in U.S. Latino communities	The International Journal on Drug Policy	An article discussing community-based recovery houses that were created in Mexico to serve people struggling with addiction to alcohol and other drugs.
	<u>Hispanic</u> <u>Underrepresentation</u> <u>in Addiction</u> <u>Treatment</u>	American Addiction Centers	An article addressing the underrepresentation of Hispanic people in addiction treatment.
	Structural racism and reflections from Latinx heavy drinkers: Impact on mental health and alcohol use	Journal of Substance Abuse Treatment	A study examining participants' perspectives on the social context of immigration, including structural barriers, associations among the immigrant experience, stigma, depressive/anxiety symptomatology and alcohol consumption.
	Addiction & Mental Health Resources for the Latinx/Hispanic Communities	SAFE Project	A curated list of recovery and mental health resources specifically for the Latinx/ Hispanic communities.

Торіс	Source	Description
Latinx communities podcasts	<u>Latinos Con Voz</u> <u>Podcast</u>	A podcast by the National Hispanic and Latino ATTC and the National Hispanic and Latino Prevention Technology Transfer Center, highlighting the important work being done by subject matter experts who are Latino and/or Latino serving.
	Podcast Recovery Month 2: Dr. Haner Hernandez & Recovery in the Latino Community	A 12-minute podcast in which Dr. Hernandez shares recommendations for ways that treatment organizations can address the needs of their Latino clients.
	How do migration related stresses influence Latinx substance use and abuse?	A podcast episode in which Dr. Miguel Pinedo discusses his research investigating how the deportation of others influences the substance use of U.Scitizen Latinos.