

# Substance Use Disorder Resource Sheet

Penn State Abington

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## Re-Entry Resources / Workforce Development / Recovery Resources

- [www.fight.org](http://www.fight.org) – Institute for Community Justice
- [www.jevshumanservices.org](http://www.jevshumanservices.org) – JEVS Human Services
- [www.pacareerlink.pa.gov](http://www.pacareerlink.pa.gov) – Pennsylvania Career Link
- [www.phila.gov/rise](http://www.phila.gov/rise) - Mayor's Office of Reintegration Services
- [www.philadelphiareentrycoalition.org](http://www.philadelphiareentrycoalition.org) – The Philadelphia Reentry Coalition
- [www.councilsepa.org](http://www.councilsepa.org) – Council of Southeast Pennsylvania & Pro-Act
- HOW TO SAVE A LIFE RECOVERY RESOURCE CENTER, 46 S York Rd Hatboro PA 19040. Contact person is Marti Hottenstein: cell# is 215-262-1252: leave a message or text anytime.

## Behavioral & Mental Services

- [www.dbhids.org](http://www.dbhids.org) – Department of Behavioral Health & Intellectual Disability Services
- [www.pathcenter.org](http://www.pathcenter.org) – PATH Center (People Acting to Help)
- [www.pmhccares.org](http://www.pmhccares.org) – Philadelphia Mental Health Center
- [www.samhsa.gov](http://www.samhsa.gov) – Substance Abuse & Mental Health Services Administration

## Recovery House Referral Sources

- [www.parronline.org](http://www.parronline.org) – Pennsylvania Alliance of Recovery Residences
- [www.transitionalhousing.org](http://www.transitionalhousing.org) – Transitional Housing Resource
- [www.livengrin.org/recovery-house-vs-halfway-house](http://www.livengrin.org/recovery-house-vs-halfway-house) – Halfway House vs. Recovery House article

## Helpful Website Resources

- <https://www.smartrecovery.org/> - SMART Recovery
- <https://www.soberrecovery.com/> - Sober Recovery
- <https://www.tiredofthinkingaboutdrinking.com/> - Tired of Thinking About Drinking
- <https://www.lifering.org/meetings> – LifeRing Secular Recovery support
- **The 20 Minute Guide** (versions for Parents and Partners):  
<https://the20minuteguide.com/>
- **All Center for Motivation & Change resources:**  
<https://motivationandchange.com/online-and-in-print-resources/>
- [www.shatterproof.org](http://www.shatterproof.org)

## Substance Use Disorder Treatment Facilities

- [www.livengrin.org](http://www.livengrin.org) – Livengrin Foundation
- [www.malverninstitute.com](http://www.malverninstitute.com) – Malvern Institute
- [www.recoverycentersofamerica.com](http://www.recoverycentersofamerica.com) – Recovery Centers of America
- [www.seabrook.org](http://www.seabrook.org) – Seabrook House
- [www.caron.org](http://www.caron.org) – Caron Treatment Center

## Crisis Response Centers / Substance Abuse & Mental Health Emergencies (No Insurance or Medicaid)

- Friends Hospital: Northeast Philadelphia - (215) 831-2600
- Einstein Hospital at Germantown: Northwest Philadelphia – (215) 951-8300
- Temple / Episcopal Hospital: North – (215) 707-2577
- Pennsylvania Hospital: Center City & South Philadelphia - Hall Mercer: - (215) 829-5249
- Mercy Hospital: West & Southwest Philadelphia – (215) 745-9525
- ~~Einstein Hospital: Children’s Crisis Response Center Project – (215) 951-8300~~  
<https://www.philachildrenscrc.com/>
- Gaudenzia: Lower Bucks Hospital (Bucks County) – (267) 405-6530
- MCES: Montgomery County Emergency Services – (610) 279-6100

## Books/Authors

- Broken – My Story of Addiction & Redemption/William Cope Moyers
- Beautiful Boy/David Sheff
- Tweak/Nic Sheff
- The Bitter Taste of Dying/Jason Smith
- Drinking – A Love Story/Caroline Knapp
- Drop The Rock – Removing Character Defects/Bill P. Todd W. Sara S.
- Almost Alcoholic/Joseph Nowinski Ph.D. & Joseph and Robert Doyle M.D.
- [Healing the Addicted Brain: The Revolutionary, Science-Based Alcoholism and Addiction Recovery Program \(Books\)](#) /Harold Urschel & Harold C.Urschel, III, M.D.
- [The Food-Mood Solution: All-Natural Ways to Banish Anxiety, Depression, Anger, Stress, Overeating, and Alcohol and Drug Problems--and Feel Good Again](#) /Jack Challem & Melvyn R. Werbach
- Sober for the Health of It/Pauline Gray
- Alcohol Explained/William Porter

- This Naked Mind/Annie Grace
- **Beyond Addiction**/Jeffrey Foote, Carrie Wilkens, Nicole Kosanke & Stephanie Higgs
- **Get Your Loved One Sober**/Robert Meyers & Brenda Wolf
- Bound by Love Anchored in Truth: A Navigational Guide for For Families in the Wake of Addiction/Desiree Arney, CFRS

## **Suicide Prevention**

### **IF YOU ARE IN CRISIS**

- National Suicide Prevention Lifeline
- 1-800-273-8255 or 1-800-273-TALK
- Philadelphia Behavioral Health Suicide/Crisis Intervention Hotline: 215-686-4420
- Mental Health Delegates (mobile mental health unit): 215-685-6440
- CRISIS TEXT LINE
- Text the word HOME to 741741

### **IN THE COUNTIES**

- Montgomery County Emergency Services Mental Health Crisis Hotline: 610-279-6100
- Delaware County Crisis Connection Team: 1-855-889-7827
- Bucks County Mental Health Crisis: 1-800-499-7455

### **FOR LAW ENFORCEMENT**

- Cop 2 Cop Hotline: 1-866-COP-2COP
- -staffed by retired officers who are licensed Clinical Social Workers
- Law Enforcement Health Benefits (LEHB)  
215-763-8290
- Penn Behavioral Health: 1-800-321-4433
- Employee Assistance Program and Work Life Benefits
- Badge of Life: Psychological Survival for Police Officers
- <http://www.badgeoflife.com/>
- International Association of Chiefs of Police
- <http://www.iacp.org/>

### **FOR FIRE FIGHTERS**

- Philadelphia Fire Fighter's and Paramedic's Union
- [www.iaff22.org](http://www.iaff22.org)
- **OTHER GENERAL RESOURCES**
- Survivors of Suicide
- <http://www.sosphilly.org>
- To Write Love On Her Arms
- [www.twloha.com](http://www.twloha.com)
- Suicide Prevention Resource Center
- [www.sprc.org](http://www.sprc.org)
- American Foundation for Suicide Prevention
- <http://www.afsp.org/>
- CDC Facebook Page on Violence Prevention
- [www.facebook.com/vetoviolence](http://www.facebook.com/vetoviolence)
- National Institute for Mental Health
- [www.nimh.nih.gov](http://www.nimh.nih.gov)
- Substance Abuse and Mental Health Services Administration
- [www.samhsa.gov](http://www.samhsa.gov)
- Surgeon General's Call to Action to Prevent Suicide
- [www.surgeongeneral.gov/library/calltoaction](http://www.surgeongeneral.gov/library/calltoaction)
- For information about the relationship between substance use disorder and suicide:
- <https://www.drugrehab.com/guides/suicide-risks/>

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This is a living document-your suggestions and feedback are welcome and will be listed on the next version. The latest version is always available on the Penn State Abington website.

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