
SOUTH ASIAN MENTAL SUBSTANCE USE WORKSHOP RESOURCES*

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SAMHIN

SOUTH ASIAN MENTAL HEALTH INITIATIVE AND NETWORK

Non-Profit Organization 501 (c) (3)

www.samhin.org

**This is not a complete list and there might be other resources available.
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Emergency Resources:	<p>Poison Control hotline: 1.800.222.1222</p> <p>National Suicide and Crisis Line: 988</p>
Websites	<p>Substance Abuse and Mental Health Services Administration (SAMHSA) https://www.samhsa.gov/ National Helpline: https://www.samhsa.gov/find-help/national-helpline</p> <p>National Institute of Drug Abuse https://nida.nih.gov</p> <p>National Institute of Alcohol Abuse and Alcoholism https://www.niaaa.nih.gov</p> <p>Center for Motivation and Change https://motivationandchange.com/</p> <p>Brenda Zane https://brendazane.com/</p> <p>Holistic health, wellness, and education program to help parents of kids with substance use to get healthier, learn skills and stay connected and sane.</p>
Insurance	<p>NJ Family Care https://njfamilycare.dhs.state.nj.us/ NJ Family Care is the state’s Medicaid program available to uninsured, low-income residents. Immigrant adults with legal permanent resident status for at least 5 years can also apply. This Medicaid program will cover substance use treatment. Please refer to the website for specific eligibility information and how to apply.</p>
Harm Reduction Programs	<p>Harm Reduction-Syringe Access, Fentanyl Test Strips and Naloxone (Narcan) https://njharmreduction.org/ Syringe Access programs provide unused syringe/needles and other safer injection supplies that help minimize the risk of transmitting viruses such as Hepatitis C and HIV. These programs also offer linkage services to healthcare, substance use treatment and other resources. Fentanyl test strips allow a person to test their drug supply to reduce the chance of an overdose.</p> <p>Naloxone is a medication that reverses the effects of an opioid overdose and should be given whenever an opioid overdose is suspected. A supply of Naloxone and trainings on how to administer it is available at this website.</p>
Treatment Access	<p>For individuals without insurance or on Medicaid—Reach NJ 1.844.732.2465 https://nj.gov/humanservices/reachnj/?gclid=Cj0KCQjw0bunBhD9ARIsAAZIOE3tRU2L_X5mWSEoJMIB6pXijLgV827vOpnk7hgD-CU7a_CwR-sXjnQaAmp-EALw_wcB This is a statewide hotline, available 24/7, to help NJ residents with Medicaid or no insurance to get into substance use treatment. Immigration status does not affect referral to treatment. When you call, a staff member will complete a screening to determine what level of treatment you need and where you can go for treatment.</p> <p>For individuals with insurance If you have private insurance, you can call the phone number on the back of your insurance card to be referred to substance use treatment.</p>

<p>Peer Recovery Programs</p>	<p><i>Community Peer Recovery Centers</i> These centers provide services such as recovery coaching, recreational activities and support groups. Centers serve specific counties. A full listing of centers can be found at: https://nj.gov/humanservices/reachnj/help/centers/. The Community Peer Recovery Center for Hudson County is Prevention Links (https://preventionlinks.org/). Their phone number is 1.855.825.3275.</p> <p><i>NJ Coalition for Addiction Recovery Support</i> https://nj-cars.org/ This program helps individuals get connected to community-based services to maintain recovery, such as recovery groups and sober housing.</p> <p><i>12-Step Programs</i> Alcoholics Anonymous: https://www.aa.org Narcotics Anonymous: https://www.na.org/ Global Gratitude Group Alcoholics Anonymous: https://samhin.org/alcoholics-anonymous/</p> <p>Alcoholics Anonymous and Narcotics Anonymous offer a free, peer-based 12-step program to recovery. Their websites have lists of meetings organized by state and city. The Global Gratitude Group offers culturally-competent meetings geared towards the South Asian community. This meeting is virtual.</p> <p><i>SMART Recovery</i> https://www.smartrecovery.org SMART Recovery offers a peer-based 4-point program to recovery that is rooted in science and experience. Their website lists meetings.</p> <p><i>Oxford House</i> https://www.oxfordhouse.org/ This program offers sober living options, where a group of people in recovery live together and support each other's recovery.</p>
<p>Family Support</p>	<p><i>NJ Connect for Recovery Helpline</i> 1.855.652.3737 https://www.njconnectforrecovery.org/ This is mainly a family support line for loved ones of those with a substance use problem. They provide emotional support, referrals and support groups.</p> <p><i>12-Step Program Counterparts</i> Al-Anon: https://al-anon.org/ Ala-Teen (Teen Corner): https://al-anon.org/newcomers/teen-corner-alateen/ Nar-Anon: https://www.nar-anon.org/ These programs help families and loved ones of individuals with an addiction. Their websites list meetings.</p> <p><i>SMART Recovery Family and Friends</i> https://www.smartrecovery.org/family/ This program uses SMART Recovery techniques and Community Reinforcement and Family Training (CRAFT) to help families and loved ones of individuals with an addiction. Their website lists meetings.</p>

Podcasts	Beyond Addiction Show (Host: Dr. Josh King)
Books	<p><i>Beyond Addiction: How Science and Kindness Help People Change</i> (Jeffrey Foote, Carrie Wilkens et. al)</p> <p><i>The Compassion Antidote: A Path to Change for You and Your Child Struggling with Substance Use</i> (Catherine Taughinbaugh)</p> <p><i>The Opioid Epidemic</i> (Yngvild Olsen and Joshua M. Sharfstein)</p> <p><i>Beautiful Boy: A Father's Journey Through His Son's Addiction</i> (David Sheff)</p> <p><i>Motivating Substance Abusers to Enter Treatment</i> (Jane Ellen Smith and Robert J. Meyers)</p> <p><i>The Language of Letting Go</i> (Melody Beattie)</p>
Movies and TV Shows	<p>Hollywood</p> <p><i>Lost Weekend (1945)</i> A series of events unfold over four days in the life of a person struggling with alcohol.</p> <p><i>Clean and Sober (1988)</i> A real estate agent struggles with drug addiction and its effects on his personal life.</p> <p><i>Leaving Las Vegas (1995)</i> After losing his family and job, a screenwriter struggling with alcohol moves to Las Vegas to drink himself to death.</p> <p><i>Flight (2012)</i> A pilot safely lands an airplane despite a malfunction, but a subsequent investigation of the landing reveals the pilot's alcohol addiction.</p> <p><i>The Wire (2002-2008)</i> This series explores the relationship between the drug trade and law enforcement in Baltimore.</p> <p><i>Dopesick (2021)</i> This series explores the role pharmaceutical companies played in the current opioid epidemic.</p> <p>Bollywood</p> <p><i>Party (1984)</i> People gather to celebrate a friend who has won an award and things take an unexpected turn.</p> <p><i>Daddy (1989)</i> A man is shunned by his family due to his alcoholism until he accidentally makes contact with his daughter. The story explores the relationship between a daughter and her father who continues to struggle with his addiction.</p> <p><i>Devdas (2002)</i> A man's inability to have his true love leads him to alcohol.</p> <p><i>Aashiqui 2 (2013)</i> A musician's career is threatened due to his alcoholism until he helps an up-and-coming singer.</p> <p><i>Uda Punjab (2016)</i> This movie explores drug use within the youth in Punjab.</p>

