SOUTH ASIAN MENTAL SUBSTANCE USE WORKSHOP

RESOURCES*

SEPTEMBER 2023

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. This Program was made possible with a grant from Partnership for a Healthier Jersey City.
### Emergency Resources

**Poison Control hotline:** 1.800.222.1222  
**National Suicide and Crisis Line:** 988

### Websites

- **Substance Abuse and Mental Health Services Administration (SAMHSA)**  
  https://www.samhsa.gov/  
  National Helpline: https://www.samhsa.gov/find-help/national-helpline

- **National Institute of Drug Abuse**  
  https://nida.nih.gov

- **National Institute of Alcohol Abuse and Alcoholism**  
  https://www.niaaa.nih.gov

- **Center for Motivation and Change**  
  https://motivationandchange.com/

- **Brenda Zane**  
  https://brendazane.com/

Holistic health, wellness, and education program to help parents of kids with substance use to get healthier, learn skills and stay connected and sane.

### Insurance

- **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.

### Harm Reduction Programs

- **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 trips allow a person to test their drug supply to reduce the chance of an overdose.

  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.

### Treatment Access

**For individuals without Insurance or on Medicaid—Reach NJ**  
1.844.732.2465  
https://nj.gov/humanservices/reachnj/?gclid=Cj0KCQjw0bunBhD9ARisAAZl0E3tRU2L_X5mWSEoJMLB6pXijLgV827vOpnk7hgD-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.

**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.
### Peer Recovery Programs

**Community Peer Recovery Centers**
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/](https://nj.gov/humanservices/reachnj/help/centers/).
The Community Peer Recovery Center for Hudson County is Prevention Links ([https://preventionlinks.org/](https://preventionlinks.org/)).
Their phone number is 1.855.825.3275.

**NJ Coalition for Addiction Recovery Support**
[https://nj-cars.org/](https://nj-cars.org/)
This program helps individuals get connected to community-based services to maintain recovery, such as recovery groups and sober housing.

**12-Step Programs**
- Alcoholics Anonymous: [https://www.aa.org](https://www.aa.org)
- Narcotics Anonymous: [https://www.na.org/](https://www.na.org/)
- Global Gratitude Group Alcoholics Anonymous: [https://samhin.org/alcoholics-anonymous/](https://samhin.org/alcoholics-anonymous/)

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.

**SMART Recovery**
[https://www.smartrecovery.org](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.

**Oxford House**
[https://www.oxfordhouse.org/](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.

### Family Support

**NJ Connect for Recovery Helpline**
**1.855.652.3737**
[https://www.njconnectforrecovery.org/](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.

**12-Step Program Counterparts**
- Al-Anon: [https://al-anon.org/](https://al-anon.org/)
- Nar-Anon: [https://www.nar-anon.org/](https://www.nar-anon.org/)
These programs help families and loved ones of individuals with an addiction. Their websites list meetings.

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