



# The INs (Innovations) and OUTs (Outcomes) of Recovery

## Resource Guide

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#### **Legal Disclaimer:**

The information and publications contained in the Resource List does not necessarily reflect the views or opinions of the Division of Mental Health and Substance Abuse or the Department of Health and Social Services, and should not be construed as such. Further, the Resource List is a compilation of information and is guided by the faculty of the Summer Institute. This Resource List, which is based upon input from this-year’s faculty, should not be considered to be comprehensive or all-inclusive.

This Resource Guide is provided to our participants who want to learn more about the topics discussed during workshops at the 37<sup>th</sup> through the 40<sup>th</sup> Summer Institutes. All references have been suggested by Summer Institute Faculty, and are categorized by the topics presented during the workshops or in related subjects.





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### ABUSE AND VIOLENCE

#### ORGANIZATIONS

**National Domestic Violence Hotline**  
1-800-799-SAFE

**National Teen Dating Abuse Helpline**  
1-866-331-9474

**Delaware's 24 Hour Domestic Violence Hotlines**  
New Castle County  
Child Inc.'s Domestic Violence Program:  
302-762-6110

Kent & Sussex Counties  
Families In Transition at People's Place II:  
302-422-8058

Sussex County  
Abriendo Puertas Bilingual Hotline:  
302-745-9874

**Delaware Coalition Against Domestic Violence**  
100 W. 10<sup>th</sup> St. Suite 703  
Wilmington, DE 19801  
[www.dcadv.org](http://www.dcadv.org)  
(302)658-2958

**Appoquinimink Counseling Services, LLC**  
11 Crawford Street 2nd Floor  
Middletown, Delaware 19709  
(302) 898-1616  
[www.appocounseling.com](http://www.appocounseling.com)

**Delaware's Domestic Violence and Victims' Rights Task Force Prevention Subcommittee**  
[www.safeandrespectful.org](http://www.safeandrespectful.org)  
Jennifer Sellitto-Penzo:  
[jpenoza@childinc.com](mailto:jpenoza@childinc.com)  
(302) 254-5528

#### PUBLICATIONS

Campbell, Jacquelyn C., PhD, RN, FAAN, Editor.  
*Assessing Dangerousness; Violence by Batterers and Child Abusers, Second Edition.*

Fork C., Myers R., Catalozzi M., Schwarz D. (2008).  
Relationship Violence Among Female and Male College Undergraduate Students. *Arch Pediatr Adolesc Med*, 162(7): 634-641.

Silverman, J. Raj, A., Mucci, L., Hathaway, J. (2001).  
Dating Violence Against Adolescent Girls and Associated

Substance Abuse, Unhealthy Weight Control, Sexual Risk Behavior, Pregnancy, and Suicidality. *Journal of the American Medical Association*, 286(5): 572-579.

Wolitzky-Taylor K., Ruggiero K., Danielson C. K. et al. (2008). Prevalence and Correlates of Dating Violence in a National Sample of Adolescents. *Journal of American Academy of Child and Adolescent Psychiatry*, 47(7): 755-762.

#### WEB BASED RESOURCES

<http://www.dangerassessment.com>

[www.loveisrespect.org](http://www.loveisrespect.org)

[www.safeandrespectful.org](http://www.safeandrespectful.org)

[www.loveisnotabuse.com](http://www.loveisnotabuse.com)

[www.chooserespect.org](http://www.chooserespect.org)

[www.breakthecycle.org](http://www.breakthecycle.org)

[www.seeitandstopit.org](http://www.seeitandstopit.org)

### ADVOCACY & SUPPORT

#### ORGANIZATIONS

<http://www.community-consortium.org/>

<http://mindfreedom.org/>

<http://www.theopalproject.org/index.html>

<http://psychrights.org/index.htm>

#### WEB BASED RESOURCES

<http://intar.org/>

[www.nami.org](http://www.nami.org)

[www.narpa.org](http://www.narpa.org)

[www.psychlaws.org](http://www.psychlaws.org)

[www.ronaldbassman.com](http://www.ronaldbassman.com)

#### PUBLICATIONS

Bassman, Ronald, *A Fight to Be: A Psychologist's Experience from Both Sides of the Locked Door*

Stastny, Peter and Lehmann, *Peter Alternatives Beyond Psychiatry*



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Whitaker, Robert *Mad in America: Bad Science, Bad Medicine, And The Enduring Mistreatment of the Mentally Ill*

Xavier, Amador, Ph.D. "I AM NOT SICK I Don't Need Help!" *How to Help Someone with Mental Illness Accept Treatment*

E. Fuller, Torrey, M.D., *Surviving Schizophrenia*

Godley, S.H., Smith, J., Meyers, R.J., & Godley, M.D. (in press). Adolescent Community Reinforcement Approach (A-CRA). In D. W. Springer and A. Rubin (Eds.). *Substance Abuse Treatment for Youths and Adults*. Hoboken, New Jersey: John Wiley & Sons, Inc.

Kilpatrick, D. G., Saunders, B. E., Smith, D. W. (2001). *Research in brief: Child and adolescent victimization in America: Prevalence and implications*, pp. 163-186. Washington DC: American Psychiatric Press, Inc.

Koltsek, M., Wilkes, TCR, Atkinson, M. (1998). The Prevalence of Posttraumatic Disorder in an Adolescent Inpatient Unit, *Can J Psychiatry*, Vol 43, 65-68.

Lipschitz, DS, Winegar, RK, Hatnick, E, Foote, B, Southwick, SM. (1999). Posttraumatic Disorder in Hospitalized Adolescents: Psychiatric comorbidity and Clinical Correlates. *Journal of the American Academy of Child & Adolescent Psychiatry*. 38(4):385-392.

Rich, P. (2011). *Understanding juvenile sexual offenders: Assessment, treatment, and rehabilitation* (2<sup>nd</sup> ed.). Hoboken, NJ: John Wiley & Sons.

Rich, P. (2010). Clinical Supervision of Therapists in the Treatment of Sexually Abusive Youth. In D. S. Prescott and R. E. Longo (Eds.). *Current applications: Healthy strategies for working with sexually aggressive youth and youth with sexual behavior* (pp. ). Holyoke, MA. NEARI Press.

Rich, P. (2011, Spring). The adolescent brain: Its role in adolescent behavior. *The Forum: Newsletter of the Association for the Treatment of Sexual Abusers, XXIII* (2), 13-19.

Saigh P.A., Yasik et al. (1999). *Child-adolescent posttraumatic stress disorder: prevalence, risk factors and comorbidity*. In Saigh, Bremner (Eds.), *Posttraumatic Stress Disorder: A Comprehensive Text* (pp18-43). Boston: Allyn and Bacon

Saltzman et al. (2001). Trauma and grief focused intervention for adolescents exposed to community violence: results of a school-based screening and group treatment protocol. *Group Dynamics: Theory, Research, and Practice*, 5, (4), 291-303.

Schwab-Stone, ME et al. (1995). No Safe Haven: A study of violence exposure in an urban community. *Journal of the American Academy of Child and Adolescent Psychiatry*, 34(10), 1343-1352.

Silverman, J. Raj, A., Mucci, L., Hathaway, J. (2001). Dating Violence Against Adolescent Girls and Associated Substance Abuse, Unhealthy Weight Control, Sexual Risk

### ADOLESCENTS & YOUNG ADULTS

#### PUBLICATIONS

Acoca, L., & Dedel, K. (1998). *No place to hide: Understanding and meeting the needs of girls in the California juvenile justice system*. San Francisco, CA: National Council on Crime and Delinquency.

Arroyo, W. (2001). *PTSD in children and adolescents in the juvenile justice system*. S. Eth (Ed.) PTSD in Children and Adolescents, Review of Psychiatry Series, Volume 20, Number 1; Oldham JM and Riba, MB, series editors (59-86). Washington DC: American Psychiatric Publishing.

Barnett, H., Lapsley, H. (2006). *Journeys of despair, Journeys of hope: Young adults talk about severe mental distress, mental health services and recovery*. Wellington, Aotearoa/New Zealand: Mental Health Commission. Retrieved online from [www.mhc.govt.nz/publications/2006/Journeys.pdf](http://www.mhc.govt.nz/publications/2006/Journeys.pdf) on March 25, 2008.

Charlton et al. (2004). Facts on traumatic stress and children with developmental disabilities. National Child Stress Network: Adapted Trauma Treatment Standards Work Group, Subgroup on Developmental Disabilities, Durham, NC and Los Angeles, CA

Chesney-Lind, M. & Shelden, R. (1997). *Girls, Delinquency and Juvenile Justice*. Pacific Grove, CA: Brooks/Cole

Fork C., Myers R., Catalozzi M., Schwarz D. (2008). Relationship Violence Among Female and Male College Undergraduate Students. *Arch Pediatr Adolesc Med*, 162(7): 634-641.

Garbino, J. (1999). *Lost boys: Why our sons turn violent and how we can save them*. New York: Free Press.

Garland A.F. et al. (2001). Prevalence of psychiatric disorders in youths across five sectors of care. *Journal of the American Academy of Child and Adolescent Psychiatry*, 40, 409-418



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Teplin, L.A. et al, (2002). Psychiatric disorders in youth in juvenile detention. *Archives of General Psychiatry*, 59, 1133-1143.

Wolitzky-Taylor K., Ruggiero K., Danielson C. K. et al. (2008). Prevalence and Correlates of Dating Violence in a National Sample of Adolescents. *Journal of American Academy of Child and Adolescent Psychiatry*, 47(7): 755-762.

### ORGANIZATIONS

#### **Appoquinimink Counseling Services, LLC**

11 Crawford Street 2nd Floor  
Middletown, Delaware 19709  
(302) 898-1616

[www.appocounseling.com](http://www.appocounseling.com)

[www.loveisrespect.org](http://www.loveisrespect.org)

[www.safeandrespectful.org](http://www.safeandrespectful.org)

[www.loveisnotabuse.com](http://www.loveisnotabuse.com)

[www.chooserespect.org](http://www.chooserespect.org)

[www.breakthecycle.org](http://www.breakthecycle.org)

[www.seeitandstopit.org](http://www.seeitandstopit.org)

### **ADOLESCENTS & YOUNG ADULTS-SEXUAL BEHAVIOR PROBLEMS**

#### PUBLICATIONS

Haaven, J. (2006). The Evolution of the Old Me/New Me Model. In G. D. Blasingame, Ed., *Practical treatment strategies for person with intellectual disabilities: Working with forensic clients with severe and sexual behavior problems*. Safer Society Press: Brandon, VT

Kahn, T. (2001). *Pathways: A guided workbook for youth beginning treatment*, (3rd ed.). Brandon, VT: Safer Society Press.

Ward, T., & Mann, R. (2004). Good lives and the rehabilitation of offenders: A positive approach to treatment. In P. A. Linley, & S. Joseph (Eds.), *Positive psychology in practice* (pp. 598– 616). New Jersey, NY7 Wiley

Ryan, G., & Lane, S., Eds. (1997). *Juvenile sexual offending: Causes, consequences, and correction* (2nd ed.). San Francisco, CA: Jossey Bass.

Pamela M. Yates, Ph.D., R.D. Psych David Prescott, LICSW Tony Ward, Ph.D. (2010) *Applying the Good Lives and Self Regulation Models to Sex Offender Treatment*. Safer Society Press, Brandon, Vermont

Phil Rich EdD, MSW(2006). *Attachment and Sexual Offending: Understanding and Applying Attachment Theory to the Treatment of Juvenile Sexual Offenders* John Wiley & Sons Ltd West Sussex PO19 8SQ. England

#### WEB-BASED RESOURCES

[WWW.ATSA.com](http://WWW.ATSA.com) (Association of the Treatment of Sex Abusers)

[www.MARATSA.com](http://www.MARATSA.com) (Mid-Atlantic Chapter of ATSA)

### **ADULT CHILDREN OF DYSFUNCTIONAL FAMILIES (Treatment)**

#### PUBLICATIONS

Abrams, J. (1990). *Reclaiming the Inner Child*. NY: Jeremy P. Tarcher/Putnam.

Anthony, E.J. (1987). *The Invulnerable Child*. Guilford Press.

Anthony, E.J. (1979). The impact of mental and physical illness on family life. *American Journal of Psychiatry*, 127(2), 138-146.

Ascherman, L.I., & Safier, E.J. (1990). Sibling incest: A consequence of individual and family dysfunction. *Bulletin of the Menninger Clinic*, 54(3), 311-322.

Asper, K. (1993). *The Abandoned Child Within*. NY: Fromm International.

Bass, E., & Davis, L. (1988). *The Courage to Heal - A Guide for Women Survivors of Sexual Abuse*. New York: Harper & Row.

Beattie, M. (1987). *Codependent No More*. New York: Harper/Hazelden.

Black, C. (1981). *It Will Never Happen To Me*. New York: Ballentine.

Bey, D. & Bey D. (2007). *Loving an Adult Child of an Alcoholic*. M. Evans & Co.

Bradshaw, J. (1988). *Healing the Shame that Binds You*. Deerfield Beach, FL: Health Communications, Inc.

Bradshaw, J. (1990). *Homecoming: Reclaiming and Championing Your Inner Child..* NY: Bantam Books.

Brines, W. & Mastrich, J. (1988). *ACOA's Guide to Raising Healthy Children: A Parenting Handbook for the*



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*Adult Children of Alcoholics*. Macmillan General Reference.

Brohl, K. (1991). *Pockets of Crazyness - Examining Suspected Incest*. Lexington, MA: Lexington Books.

Bronson, C. (1989). *Growing Through the Pain - The Incest Survivors Companion*. New York: Prentice Hall.

Brown, E.M. (1989). *My Parent's Keeper: Adult Children of the Emotionally Disturbed*. Oakland, CA: New Harbinger.

Brown, N.W. (2008). *Children of the Self-Absorbed: A Grown-up's Guide to Getting over Narcissistic Parents*. New Harbinger

Brown, S. (1996) *Treating Adult Children of Alcoholics: A Developmental Perspective*. New York: Wiley.

Capacchione, L. (1991). *Recovery of Your Inner Child*. NY: Simon & Schuster.

Celani, D.P. (2004). *Leaving Home: The Art of Separating From Your Difficult Family*. Columbia University Press.

Cermak, T.L. (1985). *A Primer on Adult Children of Alcoholics*. Deerfield Beach, FL: Health Communications, Inc.

Courtois, C.A. (1988). *Healing the Incest Wound*. New York: W.W. Norton

Davis, L. (1990). *The Courage to Heal Workbook* (for survivors of childhood sexual abuse). NY: Harper & Row.

Evans, S. (1987). Shame, boundaries and dissociation in chemically dependent, abusive and incestuous families. *Alcoholism Treatment Quarterly*, 4(2), 157-179.

Farmer S. (1989). *Adult Children of Abusive Parents*. Chicago: Contemporary Books.

Felitti, V. J., Anda, R. F. & Nordenberg, D. (1998). Relationship of Childhood abuse and household dysfunction to many of the leading causes of death in adults. The adverse childhood experiences (ACE) study. *American Journal of Prevention Medicine*, 14, 245-258.

Fischer, B. (1987). The process of healing shame. *Alcoholism Treatment Quarterly*, 4(2), 25-38.

Forward, S. & Buck, C. (2002). *Toxic Parents: Overcoming Their Hurtful Legacy and Reclaiming Your Life*. Bantam Books.

Foster, C. (1993). *The Family Patterns Workbook: Breaking Free from Your Past & Creating a Life of Your Own*. NY: Jeremy P. Tarcher/Perigee.

Friel, J.C. & Friel, L.D. (1990). *Adult Children: The Secrets of Dysfunctional Families*. Deerfield Beach, FL: Health Communications.

Gil, E. (1988). *Outgrowing the Pain: A Book for and About Adults Abused As Children*. Dell.

Gravitz, H.L., & Bowden, J.D. (1985). *Recovery: A Guide for Adult Children of Alcoholics*. New York: Simon and Schuster.

Herman, J.L. (1992). *Trauma and Recovery*. New York: Basic Books. ISBN-10: 0465087302, ISBN-13: 978-0465087303

Kaufman, G. (1980). *Shame: The Power of Caring*. Cambridge, MA: Schenkman Books.

Kaufman, G. (1989) *The Psychology of Shame*. NY: Springer.

Kritsberg, W. (1985). *The Adult Children of Alcoholics Syndrome*. New York: Bantam Books.

Levin, P. (1988). *Cycles of Power: A User's Guide to the Seven Seasons of Life*. Deerfield Beach, FL: Health Communications, Inc.

Love, P. (1990). *The Emotional Incest Syndrome*. New York: Bantam.

Lundholm, J.K., & Water, J.E. (1991). Dysfunctional family systems: Relationship to disordered eating behaviors among university women. *Journal of Substance Abuse*, 3(1), 97-106.

Markova, D. (1994). *No Enemies Within: A Creative Process for Discovering What's Right about What's Wrong*. Berkeley, CA: Conari Press.

McConnell, P. (1986). *Adult Children of Alcoholics: A Workbook for Healing*. Harperone.

Middleton-Moz, J. (1990) *Shame and Guilt: Master of Disguise*. Deerfield Beach, FL: Health Communications, Inc.

Miller, A. (1981). *The Drama of the Gifted Child*. NY: Basic Books.

Miller, A. (1983). *For Your Own Good - Hidden Cruelty in Child-Rearing and the Roots of Violence*. New York: Farrar, Straus, Giroux.



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Nathanson, D.L. (1987). *The Many Faces of Shame*. NY: Guilford.

Nathanson, D.L. (1992). *Shame and Pride: Affect, Sex and the Birth of the Self*. New York: WW Norton.

Nathiel, S. (2007). *Daughters of Madness: Growing Up and Older with a Mentally Ill Mother*. Praeger.

Neuharth, D. (1999). *If You Had Controlling Parents: How to Make Peace with Your Past and Take Your Place in the World*. Harper Books.

Paul, M. (1990). *Healing Your Aloneness: Finding Love and Wholeness Through Your Inner Child*. HarperOne

Paul, M. (1992). *Inner Bonding: Becoming a Loving Adult to Your Inner Child*. NY: Harper Collins.

Petit, R. (2005). *Transformation for life: Healing and growth for adult children of alcoholics and others*. Bright Horizons Press

Pollard, J. (1987). *Self Parenting: Learn to Love, Support and Nurture Your Inner Child*. Malibu, CA: Generic Human Studies.

Pollard, J.K. (1992). *The SELF-PARENTING PROGRAM (You Can Become Your Own Loving Parent)*. The Self-Parenting Program.

Potter-Efron, P.S. (1987). Creative approaches to shame and guilt: Helping the adult child of an alcoholic. *Alcoholism Treatment Quarterly*, 4(2), 39-56.

Potter-Efron, R, & P. (1989) *Letting Go of Shame: Understanding How Shame Affects Your Life*. NY: Harper.

Roth, K. & Friedman, F.B. (2003). *Surviving a Borderline Parent: How to Heal Your Childhood Wounds & Build Trust, Boundaries, and Self-Esteem*. New Harbinger

Sanford, L.T. (1990). *Strong at the Broken Places - Overcoming the Trauma of Childhood Abuse*. New York: Random House.

Sinor, B. (2007). *Gifts From The Child Within: Self-discovery and Self-recovery Through Re-Creation Therapy, 2nd Edition*. Loving Healing Press.

Sturges, J.B. (1978). Children's reactions to mental illness in the family. *Social Casework*, November, 530-536.

Taylor, C.L. (1991). *The Inner Child Workbook: What to do With Your Past When it Just Won't Go Away*. Tarcher. ISBN-10: 087477635X, ISBN-13: 978-0874776355

Tweed, S.H., & Ryff, C.D. (1991). Adult children of alcoholics: Profiles of wellness amidst distress. *Journal of Studies on Alcohol*, 52(2), 133-141.

Vannicelli, M. (1993). *Group Psychotherapy with Adult Children of Alcoholics: Treatment Techniques and counter transference Considerations*. Guilford Press.

Wallace, B.C. (1996). *Adult Children of Dysfunctional Families: Prevention, Intervention, and Treatment for Community Mental Health Promotion*. Praeger.

Wallas, L. (1991). *Stories that Heal: Reparenting Adult Children of Dysfunctional Families Using Hypnotic Stories in Psychotherapy*. W.W. Norton & Co.

Whitfield, C.L. (1987). *Healing the Child Within: Discovery and Recovery for Adult Children of Dysfunctional Families*. Deerfield Beach, FL: Health Communications, Inc.

Whitfield, C. (1990). *A Gift to Myself: A Workbook to Healing the Child Within*. Deerfield Beach, FL: Health Communications, Inc.

Wholey, D. (1988). *Becoming Your Own Parent: The Solution for Adult Children of Alcoholic and Other Dysfunctional Families*. NY: Doubleday.

Woititz, J.G. (1983). *Adult Children of Alcoholics*. Deerfield Beach, FL: Health Communications.

Woititz, J.G. (1985). *Struggle for Intimacy*. Deerfield Beach, FL: Health Communications.

Woititz, J. & Garner, A. (1990). *Life Skills for Adult Children*. Deerfield Beach, FL: Health Communications.

Woititz, J. & Ackerman, R. (2002). *The Complete ACOA Sourcebook: Adult Children of Alcoholics at Home, at Work and in Love*. Deerfield Beach, FL: Health Communications. ISBN-10: 1558749608, ISBN-13: 978-1558749603

### WEB BASED RESOURCES

**About.com – Adult Children of Alcoholics,**  
[http://alcoholism.about.com/od/adult/Adult\\_Children\\_of\\_Alcoholics.htm](http://alcoholism.about.com/od/adult/Adult_Children_of_Alcoholics.htm)

**AI-Anon/AI-Alateen –Resources for professionals,**  
<http://www.ai-anon.alateen.org/resources2.html>

**Adult Children of Alcoholics, World Service Organization**



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<http://alcoholism.about.com/gi/dynamic/offsite.htm?zi=1/XJ/Ya&sdn=alcoholism&zu=http%3A%2F%2Fadulthood.org>

**National Association for Children of Alcoholics,**  
<http://www.nacoa.org/>

**Psych Central – Adult Children of Alcoholics,**  
<http://psychcentral.com/lib/2007/adult-children-of-alcoholics/>

**Resources for Adult Children of Alcoholics, Dr. Jan Woititz,**  
<http://www.drjan.com/>

**Shame and Psychotherapy, an article,**  
[http://www.columbiapsych.com/shame\\_miller.html](http://www.columbiapsych.com/shame_miller.html)  
**Healing Shame (article)**  
<http://www.psychsight.com/ar-shame.html>

### AGING (Healthy Aging)

#### PUBLICATIONS

*A New Vision of Aging: Helping Older Adults Make Healthier Choices.* Center for the Advancement of Health, Issue Briefing No. 2, March 2006. Available in pdf file at:  
[http://healthyagingprograms.org/resources/NewVisionAging\\_HealthierChoices.pdf](http://healthyagingprograms.org/resources/NewVisionAging_HealthierChoices.pdf)

The State of Aging and Health in America, 2007. CDC and Merck Foundation. Available in pdf file at:  
<http://www.cdc.gov/aging/saha.htm>

RE-AIM for Program Planning: Overview and Applications. Available in pdf file format at:  
<http://www.healthyagingprograms.org/content.asp?sectionid=92&ElementID=491>

Recommended Evidence-Based Health Promotion Programs. Available in pdf file format at:  
[http://www.healthyagingprograms.org/resources/Recommended\\_Programs.pdf](http://www.healthyagingprograms.org/resources/Recommended_Programs.pdf)

Altpeter, M. & Milas, C. (2007). *Maintaining participation of older adults in community-based physical activity programs.* National Council on Aging Best Practice Physical Activity Programs Series, Vol. 7, Washington, DC: National Council on Aging.

Altpeter, M. & Milas, C. (2006). *Recruiting older adults into your physical activity programs.* National Council on Aging Best Practice Physical Activity Programs Series, Vol. 6, Washington, DC: National Council on Aging.

Altpeter, M., Schneider, E., Bryant, L. Beattie, B., & Whitelaw, N. (2004). *Using the evidence base to promote*

*healthy aging.* National Council on the Aging Evidence-based Health Promotion Series, Vol. 1. Washington, DC: National Council on the Aging.

Altpeter, M. (Ed). (2004). *Partnering to promote healthy aging: Creative best practice community partnerships.* Washington, DC: National Council on the Aging.

Beattie, B. & Altpeter, M. (2005). *Using the evidence base to promote healthy aging: The Model Programs Project.* National Council on the Aging Evidence-based Health Promotion Series, Vol. 2. Washington, DC: National Council on the Aging.

Whitelaw, N., Beattie, B. Kostas, J., Sanker, S., & Altpeter, M. (2006). *The Administration on Aging's Evidence-based Prevention Programs for the Elderly.* National Council on the Aging Evidence-based Health Promotion Series, Vol. 3., Washington, DC: National Council on the Aging.

#### WEB BASED RESOURCES

**National Council on Aging Center for Healthy Aging Programs:** [www.healthyagingprograms.org](http://www.healthyagingprograms.org)

**Introduction to Health Promotion for Older Adults online training modules series:**  
<http://www.healthyagingprograms.org/content.asp?sectionid=135>

**CDC Healthy Aging website:**  
<http://www.cdc.gov/aging/index.htm>

**The Prevention Research Center Healthy Aging Research Network:** [www.prc-han.org](http://www.prc-han.org)

**RE-AIM framework and tools:** [www.re-aim.org](http://www.re-aim.org)

### CASE MANAGEMENT/SOCIAL WORK

#### PUBLICATIONS

Brun, C. & Rapp, R.C. (2001). Strengths-based case management: Individuals' perspectives on strengths and the case manager relationship. *Social Work*; 46:3.

Dietz, C.A. (2002). Reshaping clinical practice for the new millennium. *Journal of Social Work Education*, 36:3.

Newman, P.A., Bogo, M. & Daley, A. (2009). Breaking the silence: Sexual orientation in social work field education. *Journal of Social Work Education*, 45:1.

Saleebey, D. (2002) *The Strengths Perspective in Social Work Practice* (3rd. Edition). NY: Allyn & Bacon.



# The INs (Innovations) and OUTs (Outcomes) of Recovery

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### CERTIFICATION BOARDS

#### ORGANIZATIONS

##### **Commission on Rehabilitation Counselor Certification**

1699 E. Woodfield Road, Suite 300  
Schaumburg, IL 60173  
Phone: 847-944-1325  
Fax: 847-944-1346  
<http://www.crc certification.com>

##### **DB Consulting Group-Opioid Treatment Technical Assistance Project**

Phone: 1-800-839-6120  
Web site: [info@OATTAP.COM](mailto:info@OATTAP.COM)

##### **Delaware Certification Board**

298 S. Progress Ave.  
Harrisburg, PA 17109  
Phone: 1-717-540-4456  
Web site: [www.delawarecertificationboard.org](http://www.delawarecertificationboard.org)

##### **Delaware Department of State, Division of Professional Regulation**

**Mental Health & Chemical Dependency Professionals**  
<http://dpr.delaware.gov/boards/profcounselors/index.shtml>

##### **Employee Assistance Professionals Association, Inc.**

4350 North Fairfax Drive, Suite 410  
Arlington, Virginia 22203 U.S.A.  
Phone: 703-387-1000  
Fax: 703-522-4585  
[www.eapassn.org/](http://www.eapassn.org/)

##### **National Association of Alcoholism Drug Abuse Counselors (NAADAC) Certification Commission**

901 N. Washington Street, Ste 600  
Arlington, VA 22314-1535 USA  
phone (800)548-0497 or (703)741-7686  
fax (800) 377-1136  
[www.naadac.org/](http://www.naadac.org/)  
[ncac@naadac.org](mailto:ncac@naadac.org)

##### **National Board of Certified Counselors (NBCC)**

3 Terrace Way  
Greensboro, NC 27403-3660  
Phone: (336) 547-0607  
Fax: (336) 547-0017  
[nbcc@nbcc.org](mailto:nbcc@nbcc.org)

#### PUBLICATIONS

*Addiction Counseling Competencies: The Knowledge, Skills, and Attitudes of Professional Practice*, Center for Substance Abuse Treatment, 1998

Beebe, John, *The Co-Dependent Counselor*, Herald House/Independence Press, 1990

Bissell, LeClair, MD CAC and James E. Royce, S.J. Ph.D., *Ethics and Addiction Professionals*, Center City, MN, Hazelton, 1987

Bollas, Christopher, Sundelson, David, *The New Informants*, Jason Aronson, Inc., 1995

*Distance Learning Center Study Guide for the AODA Counselor Exam 2008*

*Distance Learning Center Study Guide for the CCS Exam, 2008*

*Distance Learning Center Study Guide for the CCDP Exam, 2009*

*Essentials of Chemical Dependency Counseling*, Lawson, Rivers, Aspen Publishers, Inc., 1984

Herdman, John W., Ph.D., CADAC *The Twelve CORE FUNCTIONS of the Substance Abuse Counselor*, Learning Publications, Holmes Florida, 1994

Katherine, Anne, *Boundaries: Where You End and I Begin*, Parkside Publishing, 1991

Robert R., *Chemical Dependency Counseling: A Practical Guide*, Perkinson, Sage Publications, 2002

*Standards of Ethical Practice*, NAADAC – The Association of Addiction Professionals, Alexandria, VA, 1996

*TIP 42: Substance Abuse Treatment of Persons with Co-Occurring Disorders*

Taylor, Kylea *The Ethics of Caring*, Hanford Mead, 1995

White, William, *Critical Incidents*, Lighthouse Publication, 1993

Whitfield, Charles, MD, HCI, *Boundaries and Relationships*, Deerfield FL

#### WEB BASED RESOURCES

**DAADAC – Delaware Association of Alcohol and Drug Abuse Counselors**  
[www.naadac.org/de/](http://www.naadac.org/de/)

#### **Delaware Certification Board**

<http://www.delawarecertificationboard.org/links.asp>

#### **National Board for Certified Counselors**

<http://www.nbcc.org/>

#### **National Association for Alcoholism and Drug Abuse Counselors**

<http://naadac.org>





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### American Psychological Association

<http://www.apa.org/>

### Delaware Department of State, Division of Professional Regulation, Mental Health & Chemical Dependency Professionals

<http://dpr.delaware.gov/boards/profcounselors/index.shtml>

### IC&RC/AODA – International Certification & Reciprocity Consortium

[www.icrcaoda.org](http://www.icrcaoda.org)

### Delaware Psychological Association

<http://www.depsych.org/>

### National Council on Problem Gambling

<http://www.ncpgambling.org>

### Delaware Board for Clinical Social Workers

<http://www.dpr.delaware.gov/boards/socialworkers/>

### Commission on Rehabilitation Counselor Certification

<http://www.crc certification.com/>

### Delaware Board of Nursing

<http://dpr.delaware.gov/boards/nursing/index.shtml>

### Employee Assistance Professionals Association

<http://www.eapassn.org>

## COMPASSION FATIGUE

### PUBLICATIONS

Anderson, J. *Vicarious Trauma and Its Impact on Advocates, Therapists and Families*. (2004). A publication of The Washington Coalition of Sexual Assault Programs. Can be obtained on line at: <http://www.wcsap.org/pdf/RAD%206-2.pdf>

Baker, E. *Caring for Ourselves: A Therapist's Guide to Personal and Professional Well Being*. (2003). American Psychological Association.

Clemans, S.E. *Understanding Vicarious Traumatization – Strategies for Social Workers*. (2004). Social Work Today, Vol. 4, No. 2, 13. Also available on line at [http://www.socialworktoday.com/archive/swt\\_0204p13.htm](http://www.socialworktoday.com/archive/swt_0204p13.htm)

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Pearlman, L., & Saakvitne, K. *Trauma and the Therapist*. (1995). W.W. Norton & Co.

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*Preventing vicarious trauma: What counselors should know when working with trauma survivors*. *Journal of Counseling & Development*, Winter '04, Volume 82, 31-37. Available on line at: [www.counseling.org/Files/FD.aspx?guid=1d5d04c0-c5aa-4842-a16c-3f0d0e0b59b1](http://www.counseling.org/Files/FD.aspx?guid=1d5d04c0-c5aa-4842-a16c-3f0d0e0b59b1)

Weiss, L., *Therapist's Guide to Self-Care*. (2004). Routledge.

Wicks, R., *The Resilient Clinician*. (2007). Oxford Press.

### WEB BASED RESOURCES

**Headington Institute –Care for Caregivers World Wide**  
<http://www.headington-institute.org/Default.aspx?tabid=2648>

**Gift from Within – PTSD Resources for Survivors and Caregivers**



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<http://www.giftfromwithin.org/>

**Idaho State University – Traumatic Stress & Secondary Traumatic Stress, Compassion Fatigue.**  
<http://www.isu.edu/~bhstamm/TS.htm>

**David Baldwin’s Trauma Information Pages**  
<http://www.trauma-pages.com/>

**Sidran Institute – Traumatic Stress Education & Advocacy,**  
[http://www.sidran.org/store/index.cfm?fuseaction=product.display&Product\\_ID=331](http://www.sidran.org/store/index.cfm?fuseaction=product.display&Product_ID=331)

**National Center for Posttraumatic Stress Disorder, part of the U.S. Department of Veterans Affairs,**  
<http://www.ncptsd.va.gov/ncmain/index.jsp>

<b>CO-OCCURRING MENTAL HEALTH AND SUBSTANCE USE CONDITIONS</b>
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### ORGANIZATIONS

Co-Occurring Dialogues is an Electronic Discussion List that specifically focuses on issues related to dual diagnosis. A subscription to the Co-Occurring Dialogues Discussion List is free and unrestricted and can be done simply by sending an e-mail to [dualdx@treatment.org](mailto:dualdx@treatment.org).

### PUBLICATIONS

Daley, CD, Howard BM (2002): “*Dual Disorders – Counseling Clients with Chemical Dependency and Mental Illness*”, Third Edition. Hazelden, Center City, MN

Ekleberry, SC. *Co-occurring Disorders: Personality Disorders and Addiction*. In Press (2008). Also: [sekleberry@hotmail.com](mailto:sekleberry@hotmail.com)

Institute of Medicine (IOM). (2005). *Quality treatment for people with mental and substance-use disorders*. Rockville, MD: Institute of Medicine Academies Press

“*Managing Depressive Symptoms in Substance Abuse Clients During Early Recovery*”, Treatment Improvement Protocol Series No. 48 (2008) Consensus Panel Chair: Rose M. Urban, MSW., JD., LCSW, LCAS. The Center for Substance Abuse Treatment. (Available from the National Clearinghouse on Alcohol and Drug Information.(800) 729-6686)

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*Guidelines, Workforce Competencies, and Training Curricula*. Chair, Panel on Co-Occurring Disorders, SAMHSA Managed Care Initiative. January, 1998.

Minkoff K & Cline C, *Developing welcoming systems for individuals with co-occurring disorders: the role of the comprehensive continuous integrated system of care model* Journal of Dual Diagnosis, 1(1):39-64, 2005

Mee-Lee, David (2001): “Treatment Planning for Dual Disorders”. Psychiatric Rehabilitation Skills Vol.5. No.1, 52-79.

Mueser KT, Noordsy DL, Drake RE, Fox L (2003): “Integrated Treatment for Dual Disorders – A Guide to Effective Practice” The Guilford Press, NY.

Mueser, KT, Noordsy, DL, Drake, RE, Fox, L. *Integrated Treatment for Dual Disorders: A Guide to Effective Practice*. New York, NY: Guilford Press, 2003.

Najavits L, *Seeking Safety, A Treatment Manual for PTSD and Substance Abuse*. New York, NY: Guilford Press. 2002.

*Report to Congress on the Prevention and Treatment of Co-occurring Substance Abuse and Mental Disorders*. Substance Abuse and Mental Health Services Administration. Washington DC, SAMHSA. 2002.

Roberts LJ, Shaner A, & Eckman TA. *Overcoming addictions: skills training for people with schizophrenia*. W.W. Norton, New York. 1999.

### WEB BASED RESOURCES

**American Society of Addiction Medicine (ASAM)**  
[www.asam.org](http://www.asam.org)

**David Mee-Lee, M.D.**  
[www.DavidMeeLee.com](http://www.DavidMeeLee.com)

### VIDEO-BASED RESOURCES

Double Trouble. Gerald T. Rogers Productions. 800-227-9100.

Promise of Recovery. Gerald T. Rogers Productions. 800-227-9100.

Out of the Tunnel; Into the Light. Hazelden.  
[www.hazelden.org](http://www.hazelden.org) 800-328-9000.

12 Steps & Dual Disorders. Hazelden.

Dual Diagnosis.(1994) NIDA, Rockville, MD.  
[www.drugabuse.gov](http://www.drugabuse.gov).



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Understanding Bipolar Disorder and Addiction (Dual Diagnosis Series), Hazelden [www.hazelden.org](http://www.hazelden.org)

Understanding Depression and Addiction (Dual Diagnosis Series), Hazelden [www.hazelden.org](http://www.hazelden.org)

Understanding Major Anxiety Disorders and Addiction (Dual Diagnosis Series), Hazelden [www.hazelden.org](http://www.hazelden.org)

Understanding Personality Problems and Addiction (Dual Diagnosis Series), Hazelden [www.hazelden.org](http://www.hazelden.org)

Understanding Posttraumatic Stress Disorder and Addiction. (Dual Diagnosis Series), Hazelden [www.hazelden.org](http://www.hazelden.org)

Dual Diagnosis: An Integrated Model for Treatment. Kenneth Minkoff, MD. Mental Illness Education Project. 800-343-5540. [www.miepvideos.org](http://www.miepvideos.org)

Recovery Stories, DVD or VHS, (Co-Occurring Consumer Stories) CCSME/NAMI Maine, 207-878-6170, [www.ccsme.org](http://www.ccsme.org)

### COUNSELING

#### **PUBLICATIONS**

Adler, A. (1956). *The individual psychology of Alfred Adler* (Ansbacher, H. L., & Ansbacher, R. R.) (Eds.). New York: Harper & Row.

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Korb, M. P., Gorrell, J., & Van de Riet, V. (1989). *Gestalt therapy: Practice and theory*. New York: Pergamon Press.

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Linehan, M. M. (1993). *Cognitive-behavioral treatment of borderline personality disorder*. New York: Guilford.

Mahrer, A. R. (1989). *How to do experiential psychotherapy*. Ottawa, Ontario: University of Ottawa.

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McMullin, R. E. (1986). *Handbook of cognitive therapy techniques*. New York: W. W. Norton.

Meichenbaum, D. B. (1977). *Cognitive-behavior modification: An integrative approach*. New York: Plenum.

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Ottens, A. J., & Hanna, F. J. (1998). Cognitive and existential therapies: Toward an integration. *Psychotherapy*, 35, 312-324.

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Yalom, I. D. (1980) Existential psychotherapy. New York: BasicBooks.

### WEB-BASED RESOURCES

**Headington Institute – Care for Caregivers World Wide**,  
<http://www.headington-institute.org/Default.aspx?tabid=2648>

**Gift from Within – PTSD Resources for Survivors and Caregivers**  
<http://www.giftfromwithin.org/>

**Idaho State University – Traumatic Stress & Secondary Traumatic Stress, Compassion Fatigue**. Contains references, archived articles, and measures of traumatic stress  
<http://www.isu.edu/~bhstamm/TS.htm>

**David Baldwin's Trauma Information Pages**  
<http://www.trauma-pages.com/>

**Sidran Institute – Traumatic Stress Education & Advocacy**,  
[http://www.sidran.org/store/index.cfm?fuseaction=product.display&Product\\_ID=331](http://www.sidran.org/store/index.cfm?fuseaction=product.display&Product_ID=331)

**National Center for Posttraumatic Stress Disorder, part of the U.S. Department of Veterans Affairs**,  
<http://www.ncptsd.va.gov/ncmain/index.jsp>

### CRISIS INTERVENTION

#### PUBLICATIONS

Campbell, Jacquelyn C. PhD, RN, FAAN, Editor  
*Assessing Dangerousness; Violence by Batterers and Child Abusers, Second Edition*.

Gould MS, Kalafat J, Munfakh JLH, Kleinman M: An evaluation of crisis hotline outcomes, Part II: Suicidal Callers. *Suicide and Life Threatening Behavior* 2007;37(3): 338-352

Rosenberg, Marshall B (1999): *“Nonviolent Communication – A Language of Compassion”*  
PuddleDancer Press, P.O. Box 1204, Del Mar, CA 92014  
(www.keepcomingback.com) (800) 522-3383.

#### WEB BASED RESOURCES

**American Association of Suicidology**  
[www.suicidology.org](http://www.suicidology.org)

**National Suicide Prevention Lifeline**  
[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

**Delaware Contact, Inc.**  
[www.contactlifeline.org](http://www.contactlifeline.org)

<http://www.dangerassessment.com>

**Center for Nonviolent Communication** - 2428 Foothill Boulevard, Suite E, La Crescenta, CA 91214  
(818) 957-9393. [www.cnvc.org](http://www.cnvc.org)

### DSM-IV

#### PUBLICATIONS

American Psychiatric Association (APA) Text Revision. (2000). *Diagnostic and Statistical Manual of Mental Disorders (4th Ed., DSM-IV)*. Washington, DC: Author.



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Morrison, J. (1995). *DSM-IV made easy. The clinician's guide to diagnosis*. NY: Guilford Press.

### WEB BASED RESOURCES

American Psychiatric Association, DSM-V Revision Website. [www.dsm5.org](http://www.dsm5.org)

### ENGAGING CONSUMERS

#### PUBLICATIONS

Amador, Xavier Ph.D. "I AM NOT SICK I Don't Need Help!" *How to Help Someone with Mental Illness Accept Treatment*

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Mee-Lee, David (2009): "Moving Beyond Compliance to Lasting Change" *Impaired Driving Update* Vol XIII, No. 1. Winter 2009. Pages 7-10, 22.

Mee-Lee D (2007). Engaging resistant and difficult-to-treat patients in collaborative treatment. . *Current Psychiatry* January, 2007 6(1):47-61.

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Mee-Lee D (2001). Persons with addictive disorders, System failures, and managed care. In E. Clarke Ross (ed.). *Managed Behavioral Health Care Handbook*. Aspen Publishers, Inc., Gaithersburg, MD, pp. 225-266.

Miller, S.D., Mee-Lee, D., & Plum, B. (2005): "Making Treatment Count: Client-Directed, Outcome Informed Clinical Work with Problem Drinkers." In J. Lebow (ed.). *Handbook of Clinical Family Therapy*. New York: Wiley.

Prochaska, JO; DiClemente, CC and Norcross, JC (1992): "In Search of How People Change: Applications to Addictive Behaviors" *American Psychologist*, 47, 1102-1114.

Prochaska, JO; Norcross, JC; DiClemente, CC (1994): "Changing For Good" Avon Books, New York.

### WEB BASED RESOURCES

Institute for the Study of Therapeutic Change – Scott Miller, PhD. [www.talkingcure.com](http://www.talkingcure.com)

[www.leapinstitute.org](http://www.leapinstitute.org)

### ETHICS

#### ORGANIZATIONS

Scattergood Ethics and the Center for Bioethics, University of Pennsylvania

#### PUBLICATIONS

Barnett, J.E., Behnke, S.H., Rosenthal, S.L., & Koocher, G.P. (2007). In Case of Ethical Dilemma, Break Glass: Commentary on Ethical Decision Making in Practice. *Professional Psychology: Research and Practice*, 38, 7 – 12

Beauchamp, T.L. (1999). The Philosophical Basis of Psychiatric Ethics. In S. Bloch, P. Chodoff, & S.A. Green (Eds) *Psychiatric Ethics* (3<sup>rd</sup> Ed)., USA: Oxford University Press. pp. 25-48.

Bissell, LeClair, MD CAC and James E. Royce, S.J. Ph.D., *Ethics and Addiction Professionals*, Center City, MN, Hazelton, 1987

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Bollas, Christopher and Sundelson, David, *The New Informants*, Jason Aronson, Inc., 1995

Fulford, K.W.M., & Hope, T. (1994). Psychiatric Ethics: a Bioethical Ugly Duckling? In E.U. Gillon (Ed) *Principles of Health Care Ethics*. London: John Wiley & Sons.



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Koocher, G.P., & Keith-Spiegel, P. (2008). Ethics in psychology and the mental health professions: Standards and cases (3rd ed.). Oxford textbooks in clinical psychology. New York, NY, US: Oxford University Press. 653 pp.

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Radden, J. (2002). Notes towards a professional ethics for psychiatry. Australian and New Zealand Journal of Psychiatry, 36, 52 – 59.

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Taylor, Kylea, *The Ethics of Caring*, Hanford Mead, 1995

White, William, *Critical Incidents*, Lighthouse Publication, 1993

Whitfield, Charles, MD, *Boundaries and Relationships*, HCI, Deerfield FL

### WEB BASED RESOURCES

Articles, Abstracts, Research, & Resources in Psychology: Therapy, Ethics, Malpractice, Forensics, Critical Thinking. <http://kspope.com>

International Society for Mental Health Online (ISMHO): Suggested Principles for the Online Provision of Mental Health Services Links to Ethics Guidelines of Selected Professional Organizations. <http://www.ismho.org/suggestions.html>

### **ETHICS-Self Disclosure**

#### PUBLICATIONS

Albert, S. (2011). Coming out about mental illness. WebMD Feature. Accessed on April 4, 2011 at url: <http://www.webmd.com/mental-health/features/coming-out-about-mental-illness>.

Bennick, S. (2010). Incremental disclosure: Talking about your mental illness. Mental Health Matters. Accessed on April 19, 2011 from url: <http://mental-health-matters.com/recovery/108-incremental-disclosure-talking-about-your-mental-illness>.

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Fisher, D. (1994). A psychiatrist's gradual disclosure. *New York State, Office of Mental Health, OMH News*, 6(9), 16.

Forrest, G.G. (2010). *Self-Disclosure in Psychotherapy and Recovery*. NY: Rowman & Littlefield.

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### **FINANCIAL MANAGEMENT**

#### ORGANIZATIONS

Association for Financial Counseling and Planning Education, a non-profit professional organization dedicated to educating, training and certifying financial counselors and educators: [www.afcpe.org](http://www.afcpe.org)

National Foundation for Credit Counseling: [www.nfcc.org](http://www.nfcc.org)  
The NFCC promotes the national agenda for financially responsible behavior and builds capacity for its members to deliver the highest quality financial education and counseling services. Call 1-800-388-2227 to speak to a counselor near you. Para ayuda en Español llama al 1-800-682-9832.

Individuals can remove their names from the mailing lists of the credit reporting companies (Equifax, Experian, TransUnion); by contacting [www.optoutprescreen.com](http://www.optoutprescreen.com) or



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## Resource Guide

calling 888-567-8688; this reduces preapproved credit card offers and some junk mail.

### PUBLICATIONS

Kasser, Tim and Kanner, Allen (Edited by) *Psychology and Consumer Culture*, American Psychology Association, 2003

Klontz, Brad Psy.D, Kahler, Rick CFP and Klontz, Ted PhD, *Facilitating Financial Health*, The National Underwriter Company, www.NUCOstore.com, 2008

Moore, Tami James and Asay, Sylvia M. *Family Resource Management*, University of Nebraska at Kearney, Sage Publications, 2008

### WEB BASED RESOURCES

National Endowment for Financial Education, a nonprofit foundation dedicated to helping you make sound financial decisions throughout life's ups and downs. You'll find practical articles, worksheets, tips and valuable resources from across the Web to help you understand and manage your money. Smart About Money, Dedicated to Your Financial Wellbeing: [www.smartaboutmoney.org](http://www.smartaboutmoney.org)

Practical Money Skills for Life, Financial Literacy for Everyone: [www.practicalmoneyskills.com](http://www.practicalmoneyskills.com)

National Consumer Law Center's Student Loan Borrower Assistance Project is a resource for borrowers, their families, and advocates representing student loan borrowers. This site is for people who already have student loans and want to know more about their options and rights. [www.studentloanborrowerassistance.org](http://www.studentloanborrowerassistance.org)

## GAMBLING

### PUBLICATIONS

Miller, W.R. (2000). *Rediscovering fire: Small interventions, large effects*. *Psychology of Addictive Behaviors*, Vol 14(1), pp. 6-18

## HOPE

### PUBLICATIONS

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<http://www.aascf.com/index.php/research-journal>

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Fredrickson, B.L. (1998). What good are positive emotions? *Review of General Psychology*, 2(3), 300-319.

Gottlieb, D. *Learning from the Heart: Lessons on Living, Loving, & Listening*

Gottlieb, D. *Letters to Sam: A Grandfathers lessons on love, loss, and the Gifts of Life*

Gottlieb, D. *Voices of Conflict; Voices of Healing*

Gottlieb, D. *Voices in the Family*

Jevne, R.F. (2005). Hope: The simplicity and complexity. In J. Elliott (Ed.). *Interdisciplinary Perspectives on Hope* (pp. 259-289). New York: Nova Science.

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Larsen, D., & Stege, R. (in press-b). Hope-focused practices during early psychotherapy sessions: Part II: Explicit approaches. *Journal of Psychotherapy Integration*.

Lemay, L., Edey, W. & Larsen D. (2008). *Nurturing Hopeful Souls, Practices and Activities for working With Children and Youth*. Hope Foundation of Alberta.

LeMay, L., & Edey, W. (2008). *Teachers helping teachers: A hope-focused experience*. Edmonton, Canada: Hope Foundation of Alberta.

Simpson, C. (2004). When hope makes us vulnerable: A discussion of patient – healthcare provider interactions in the context of hope. *Bioethics*, 18, 428-447.

Snyder, C. R. (1995). Conceptualizing, measuring, and nurturing hope. *Journal of Counseling & Development*, 73, 355-360.

Whitley, R. (2010). Rediscovering hope. *Psychiatric Rehabilitation Journal*, 33(3), 239-241.

### WEB BASED RESOURCES

Dan Gottlieb, PhD  
[www.drdangottlieb.com](http://www.drdangottlieb.com)

Hope Foundation of Alberta:  
[www.ualberta.ca/hope](http://www.ualberta.ca/hope)

THE HOPE LADY Blog:  
[www.thehopelady.blogspot.com](http://www.thehopelady.blogspot.com)

Interdisciplinary Database of Hope Research Literature:  
[www.hope-lit.ualberta.ca/Hope-LitDatabase.html](http://www.hope-lit.ualberta.ca/Hope-LitDatabase.html)

The Gerda and Kurt Klein Foundation  
[www.kleinfoundation.org](http://www.kleinfoundation.org)

### **MENTAL FITNESS RESOURCES**

#### ORGANIZATIONS

**Delaware Health and Social Services, Division of Services for Aging and Adults with Physical Disabilities**  
(302)255-9390,(800)223-9074  
[www.dhss.delaware.gov/dsaapd](http://www.dhss.delaware.gov/dsaapd)

**Delaware Coalition for Mental Fitness,**  
Sue Getman, (302) 651-3401  
[srgetman@wilmingtonseniorcenter.org](mailto:srgetman@wilmingtonseniorcenter.org)

**University of Delaware Academies of Lifelong Learning**

Wilmington Campus: (302)573-4411, links to Southern Academy at Lewes, (302)645-4111  
[www.academy.udel.edu](http://www.academy.udel.edu)

#### PUBLICATIONS

Birren, J. E. & Cochran, K.N. (2001). *Telling the Stories of Life through Guided Autobiography Groups*. Baltimore, Maryland: The John Hopkins University Press.

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Berloquin, P. (1998) *365 Exercises for the Mind*. New York: Sterling Publishing Co., Inc.

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Carter, P. & Russell, K. (2001) *Workout for a Balanced Brain*. Pleasantville, New York: The Reader's Digest Association, Inc.

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Gordon, P. (2003) *Giant Book of Pencil Puzzles*. New York: Sterling Publishing Company.

Katz, L. & Rubin, M. (1999) *Keep Your Brain Alive.\** New York: Workman Publishing Company

Kurland, M & Lupoff, R. A. (1999). *The Complete Idiot's Guide to Improving Your Memory.\** USA: Alpha Books, Penguin Group

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Small, Gary. (2002). *The Memory Bible.\** New York: Hyperion.

Spence, L. (1997). *Legacy: A Step-by-step Guide to Writing Personal History*. Athens, Ohio: Swallow Press/Ohio University Press.

Streeter, K. (2005) *Creative Thinking for Multiple Learning Styles.\** Westminster CA: Teacher Created Resources. Inc.

#### WEB BASED RESOURCES

12,000 brain teasers, riddles, logic problems, quizzes and mind puzzles  
[www.braingle.com](http://www.braingle.com)





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A variety of brain-stimulating opportunities  
[www.aarp.org/fun/puzzles/](http://www.aarp.org/fun/puzzles/)

Brain games to challenge different parts of the brain  
[www.fitbrains.com](http://www.fitbrains.com)

### MENTAL HEALTH RESOURCES: GENERAL

#### ORGANIZATIONS

Depression and Bipolar Support Alliance (DBSA), (800) 826-3632, lgoodale@dbsalliance.org, 730 N. Franklin St., Suite 501, Chicago, IL 60654; Lisa Goodale, Vice-President of Training

#### WEB BASED RESOURCES

American Society of Addiction Medicine (ASAM)  
[www.asam.org](http://www.asam.org)

American Psychiatric Association (APA)  
[www.psych.org](http://www.psych.org)

Medline Literature Searches  
[www.nlm.nih.gov](http://www.nlm.nih.gov) (Click on "Medline" and "PubMed" then type in search subject)

National Alliance on Mental Illness  
[www.nami.org](http://www.nami.org)

Depression and Bipolar Support Alliance (DBSA)  
[www.dbsalliance.org](http://www.dbsalliance.org)

### MOTIVATIONAL INTERVIEWING MOTIVATIONAL ENHANCEMENT

#### PUBLICATIONS

Arkowitz, H., Westra, H., Miller, W.R., Rollnick, S., ed. *Motivational Interviewing in the Treatment of Psychological Problems*. (2007) Guilford Press.

*Enhancing Motivation for Change in Substance Abuse Treatment*, Treatment Improvement Protocol Series No. 35 (1999) Consensus Panel Chair: William R. Miller, Ph.D. The Center for Substance Abuse Treatment. (Available from the National Clearinghouse on Alcohol and Drug Information. (800) 729-6686)

Miller, William R; Rollnick, Stephen (2002): "Motivational Interviewing - Preparing People for Change" Second Edition. New York, NY., Guilford Press.

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#### WEB BASED RESOURCES

[www.motivationalinterview.org](http://www.motivationalinterview.org)

### OBSESSIVE COMPULSIVE DISORDER

#### PUBLICATIONS

Arturo, Jose and Benson, Rena *You Do That Too?* Dilligaf Publishing, Maine (2000).

Baer, L. *The Imp of the Mind*. New York: Little, Brown & Co. 2000.

Chansky Tamar E. PhD, *Freeing Your Child From Obsessive-Compulsive Disorder*. Broadway Books, New York 2004.

Ciarrochi, J. W. *The Doubting Disease*, Mahwah, New Jersey: Paulist Press, 1995.  
Evans, Jan MA, Ed., *Repetitive Rhonda*. Breath & Shadows Productions, Tampa, FL. (2006).

Fitzgibbons, Lee PhD and Pedrick, Cherry R.N., *Helping Your Child With OCD*. A Workbook for Parents of Children with Obsessive Compulsive Disorder., 2003.

Foa EB and Wilson R *Stop Obsessing! How to Overcome Your Obsessions and Compulsions*, New York: Bantam Books, 1991.

Gravitz, Herbert L. PhD., *Obsessive Compulsive Disorder: New Help for the Family*, Healing Visions Press, CA1998.

Grayson, Jonathan PhD. Tarcher, Jeremy P. *Freedom From Obsessive-Compulsive Disorder*/Penguin, New York 2003.

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Hyman, B., & Pedrick, C., *The OCD Workbook: Your Guide To Breaking Free from OCD*. Oakland, CA: New Harbinger Publications, Inc., 1999.

March, John S M.D., Mulle, Karen B.S.N., M.T.S., M.S.W., *OCD In Children & Adolescents: A Cognitive Behavior Treatment Manual*. Guilford Press, New York, 1998.

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Mortiz, E. Katia D. and Jennifer Jablonsky, *Blink.. Blink.. Clop. Clop: Why Do We Do Things We Can't Stop? An OCD Storybook* Genesis Direct, New Jersey (1998).

Neziroglu, Fugen PhD. and Yaryura-Tobias, Jose M.D., *Over and Over Again: Understanding Obsessive-Compulsive Disorder*. Revised Edition, Jossey-Bass, CA. 1997.

Osborn, I., *Tormenting Thoughts and Secret Rituals: The Hidden Epidemic of OCD*. New York: Pantheon Books, 1998.

Pedrick Cherlene RN., Landsman, Karen J. Rupertus Kathleen M. M.A, M.S., *Loving Someone With OCD. Help for You and Your Family*. New Harbinger Publications, 2005.

Penzel, F. *Obsessive-Compulsive Disorders: A Complete Guide To Getting Well and Staying Well*, New York: Oxford University Press, 2000.

Rapoport J.L., *The Boy Who Couldn't Stop Washing: The Experience and Treatment of Obsessive-Compulsive Disorder*. New York: E.P. Dutton, 1989.

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Wagner, Aureen Pinto PhD., *Up & Down The Worry Hill*. Lighthouse Press Inc., New Jersey (2000).

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### VIDEOTAPES

The Touching Tree Jim Callner, writer/director, Awareness films. Distributed by the O.C. Foundation, Inc., Milford, CT. (about a child with OCD)

G.O.A.L. Giving Obsessive-Compulsives Another Lifestyle. Obsessive Compulsive Foundation, & Grayson, J. (1997). North Branford, CT: Obsessive-Compulsive Foundation.

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### WEB BASED RESOURCES

International Obsessive Compulsive Disorder Foundation  
<http://ocfoundation.org>

OCD Support Group including leading OCD professional experts.  
<http://health.groups.yahoo.com/group/OCD-Support>

<http://www.ocdhope.com/onlinesupportgroups.htm>

<http://enotes.com/mental-disorders-encyclopedia/obsessive-compulsive-disorder>

Dr. Fred Penzel, Clinical Psychologist  
<http://homestead.com/westsuffolkpsych/Sorry.html>

Dr. Steven Phillipson, Clinical Psychologist  
<http://www.ocdonline.com>

### **PEER SUPPORT SPECIALISTS**

### PUBLICATIONS

Carlson, L.S., Rapp, C.A. & McDiarmid, D. (2001). Hiring consumer-providers: Barriers and alternative solutions. *Community Mental Health Journal*, June 2001; 37, 3.

Center for Psychiatric Rehabilitation. (2011). Systematic review of peer delivered services literature 1989-2009. Retrieved Feb. 19, 2011 from: <http://drk.bu.edu/research-syntheses/psychiatric-disabilities/peer-services>.

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Davidson, L., Chinman, M. Kloos, B., Weingarten, R., Stayner, D. & Tebes, J.K. (1999). Peer support among individuals with severe mental illness: A review of the evidence. *Clinical Psychology: Science and Practice*, 6, 2, 165-187.

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DBSA/Appalachian Consulting Group. (2008). *Peer Specialist Training-Participant Manual*. Chicago, Ill.: Author.



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Harrington, S. (2011). *National Association of Peer Specialists Peer Specialist Training Manual* (Instructor Ed., 4th Ed.). Recover Resources, Ada:Mich.

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MaAdame, A.L. & Leitner, L.M. (2008). Breaking out of the mainstream: The evolution of peer support alternatives to the mental health system. *Ethical Human Psychology and Psychiatry*, 10, 3, 145-157.

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National Association of Peer Specialists. (2011). *Recovery to Practice Situational Analysis*: Author. Ratzlaff, S.,

McDiarmid, D. Marty, D. et al. (2006). The Kansas consumer as provider program: Measuring the effects of a supported education initiative. *Psychiatric Rehabilitation Journal*, 29-205-213.

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Townsend, W. & Griffin, G. (2006). *Consumers in the mental health workforce: A handbook for providers*. Rockville, MD: National Council for Community Behavioral Healthcare.

### ORGANIZATIONS

National Association of Peer Specialists (NAPS), (616) 773-8866, steveh@naops.org, 755 Alta Dale, Ada, MI 49301; Steve Harrington, Executive Director

### WEB-BASED RESOURCES

www.naops.org – National Association of Peer Specialists  
www.pillarsofpeersupport.org – Carter Center

## PERSONALITY DISORDERS

### PUBLICATIONS

Herman, J., Perry, C., & van der Kolk, B. (1989). Childhood trauma in Borderline Personality Disorder. *Am J Psychiatry*, 164(4), 490-495.

Ross, C., Miller, S., Reagor, P., Bjornson, L., Fraser, G., & Anderson, G. (1990). Structured interview data on 102 cases of Multiple Personality Disorder from four centers. *J Psychiatry*, 147, 596-601.

*Stop Walking on Eggshells: Taking Your Life Back When Someone You Care About Has Borderline Personality Disorder* by Paul T. Mason and Randi Kreger (Paperback - Jul 1998)

Skills Training Manual for Treating Borderline Personality Disorder (Paperback) Marsha M. Linehan Guilford Press; 1 edition (May 21, 1993) ISBN-10: 0898620341 ISBN-13: 978-0898620344

*The Wizard of Oz and Other Narcissists: Coping with the One-Way Relationship in Work, Love, and Family* Eleanor Payson (Paperback - Oct 1, 2002) Julian Day Publications (October 1, 2002) ISBN-10: 0972072837

*One Way Ticket To Kansas: Caring About Someone With Borderline Personality Disorder And Finding A Healthy You* Ozzie Tinman

## PHARMACOLOGY: DEPENDENCY

### PUBLICATIONS

Johnson RE, Strain EC, *Buprenorphine How to Use it Right* and Amass L.: Drug and Alcohol Dependence (2003) 70:S59-S77.

Leshner, A I: *Addiction is a Brain Disease and it Matters*. Science (1997) 278 (5335) 45-47



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Tommasello A.C. *The Pharmacology of Alcohol and Street Drugs in the Context of Trauma Care*. Trauma Quarterly (2000) 14(4) 365-384

### **WEB-BASED RESOURCES**

National Alliance of Advocates for Buprenorphine Treatment  
<http://naabt.org/>

Substance Abuse & Mental Health Services Administration  
[http://buprenorphine.samhsa.gov/bwns\\_locator/index.html](http://buprenorphine.samhsa.gov/bwns_locator/index.html)

National Institute on Drug Addiction  
[www.nida.nih.gov/researchreports/prescription.html](http://www.nida.nih.gov/researchreports/prescription.html)

### **POST TRAUMATIC STRESS DISORDER**

#### **PUBLICATIONS**

Arroyo, W. (2001). *PTSD in children and adolescents in the juvenile justice system*. S. Eth (Ed.) PTSD in Children and Adolescents, Review of Psychiatry Series, Volume 20, Number 1; Oldham JM and Riba, MB, series editors (59-86). Washington DC: American Psychiatric Publishing.

Harvey, H. G., Brant, R. A., & Tarrier, N. (2003). Cognitive behavior therapy for posttraumatic stress disorder. *Clinical psychology review*. 23:501-522

Kessler, R. C., Sonnega, A., Bromet, E., Hughes, M., & Nelson, C. B. (1995). Posttraumatic stress disorder in the national comorbidity study. *Archives of General Psychiatry*, 52, 1048-1060.

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Koltek, M., Wilkes, TCR, Atkinson, M. (1998). The Prevalence of Posttraumatic Disorder in an Adolescent Inpatient Unit, *Can J Psychiatry*, Vol 43, 65-68.

Lipschitz, DS, Winegar, RK, Hatnick, E, Foote, B, Southwick, SM. (1999). Posttraumatic Disorder in Hospitalized Adolescents: Psychiatric Comorbidity and Clinical Correlates. *Journal of the American Academy of Child & Adolescent Psychiatry*. 38(4):385-392.

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disorder in severe mental illness. *Journal of Consulting and Clinical Psychology*, 66, 493-499.

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Saigh P.A., Yasik et al. (1999). *Child-adolescent posttraumatic stress disorder: prevalence, risk factors and comorbidity*. In Saigh, Bremner (Eds.), Posttraumatic Stress Disorder: A Comprehensive Text (pp18-43). Boston: Allyn and Bacon

### **PRIVATE PRACTICE**

#### **PUBLICATIONS**

Newman, Stewart S. (2005) *Considering Fees in Psychodynamic Psychotherapy: Opportunities for Residents*: Academic Psychiatry

Pope, K; Sonne, J; Greene, B (2006) *What Therapists Don't Talk About and Why: Understanding Taboos that Hurt Us and Our Clients*: APA

Smith, E.W.L (2003) *The Person of the Therapist*: McFarland

#### **WEB BASED RESOURCES**

Zur, Ofer, *Fees in Therapy; Summary and Guidelines*.  
[www.zurinstitute.com](http://www.zurinstitute.com)

Glenn, Eileen: Private practice policy:  
[www.eglenn.com/private\\_practice\\_policy.html](http://www.eglenn.com/private_practice_policy.html)

### **PSYCHIATRIC REHABILITATION MODEL (BU)**

#### **PUBLICATIONS**

Anthony, W., Cohen, M., Farkas, M. & Gagne, C. (2002). *Psychiatric Rehabilitation (2nd Ed)*. Boston, Mass.: Center for Psychiatric Rehabilitation, Sargent College of Health and Rehabilitation Services, Boston University.

Layn, K. & Hurdle, D. (2003). Psychiatric rehabilitation: An empowerment-based approach to mental health services. *Health and Social Work*, 28, 3, 206-211.



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Russinova, Z., Rogers, E.S. & Ellison, M.L. (2006). *RPRS Manual: Recovery Promoting Relationships Scale*, Center for Psychiatric Rehabilitation, Boston University.

### RECOVERY

#### PUBLICATIONS

Amador, Xavier. *I'm Not Sick, I don't Need Help*. New York, Vida Press, 2007.

Saks, Elyn. *The Center Cannot Hold*. New York, Hyperion, 2007

SAMHSA. (2005). *National consensus statement on Mental Health Recovery*. Rockville, MD. US Department of Health and Human Services, Substance Abuse and Mental Health Services Administration. Available at [mentalhealth.samhsa.gov/publications/allpubs/sma0, 5-4129](http://mentalhealth.samhsa.gov/publications/allpubs/sma0, 5-4129)

Schiff, A.C. (2004). Recovery and mental illness: Analysis and personal reflections. *Psychiatric Rehabilitation Journal*, 27:3.

Torrey, E. Fuller. *Surviving Schizophrenia*. 5<sup>th</sup> Edition, New York, Quill, 2006

#### WEB BASED RESOURCES

[fredfrese.com](http://fredfrese.com)

[psychlaws.org](http://psychlaws.org)

[NAMI.org](http://NAMI.org)

[www.RecoverResources.com](http://www.RecoverResources.com) – Recover Resources—recovery products and resources microenterprise

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[www.health.org](http://www.health.org)

[www.drugabuse.gov](http://www.drugabuse.gov)

[www.samhsa.gov](http://www.samhsa.gov)

<http://www.kap.samhsa.gov/products/manuals/pdfs/substan ceabuserelapse.pdf>

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J. Belmont, *103 Group Activities and T.I.P.S.*, PESI, 2006

#### WEB BASED RESOURCES

[www.worksiteinsights.com](http://www.worksiteinsights.com)



# The INs (Innovations) and OUTs (Outcomes) of Recovery



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### SUBSTANCE USE CONDITIONS

#### ORGANIZATIONS

##### **Delaware Certification Board**

298 S. Progress Ave.

Harrisburg, PA 17109

Phone: 1-717-540-4456

E-mail: [www.delawarecertificationboard.org](http://www.delawarecertificationboard.org)

##### **Northeast Center for Application of Prevention Technologies (NECAPT)**

Phone: 1-888-EDC-CAPT

E-mail: [capt@edc.org](mailto:capt@edc.org)

Web site: [www.edc.org/](http://www.edc.org/)

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### WEB-BASED RESOURCES

[www.health.org](http://www.health.org)

[www.drugabuse.gov](http://www.drugabuse.gov)

[www.samhsa.gov](http://www.samhsa.gov)

<http://www.kap.samhsa.gov/products/manuals/pdfs/substanceabuserelapse.pdf>

**American Society of Addiction Medicine (ASAM)**  
[www.asam.org](http://www.asam.org)

**Center for Substance Abuse Treatment  
Treatment Improvement Exchange – Treatment  
Improvement Protocols**  
[www.treatment.org](http://www.treatment.org)

### SUICIDE PREVENTION

#### ORGANIZATIONS

**Mental Health Association in Delaware (Support  
Groups, Education, and Advocacy)**  
Victoria Kim, MSW (302)654-6833  
[vkim@mhainde.org](mailto:vkim@mhainde.org)

**Office of Prevention and Early Intervention  
(Delaware’s Children Department)**  
Marybeth Johns, MSW (302)892-5827  
[marybeth.willis@state.de.us](mailto:marybeth.willis@state.de.us)

**Project LIFE (Living is For Everyone)**  
Marybeth Johns, MSW (302)892-6833

**Suicide Helpline**  
Phone: 1-800 SUICIDE (1-800-784-2433)

**National Suicide Prevention Lifeline-** Crisis intervention,  
funded by SAMHSA  
Phone: 1-800-273-TALK (1-800-273-8255)  
[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

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Gould MS, Kalafat J, Munfakh JLH, Kleinman M: *An evaluation of crisis hotline outcomes, Part II: Suicidal Callers*. *Suicide and Life Threatening Behavior* 2007;37(3): 338-352

### WEB BASED RESOURCES

**QPR: (Question, Persuade, Refer)**  
[www.qprinstitute.com](http://www.qprinstitute.com)

**Mental Health Association in Delaware**  
[www.mhainde.org](http://www.mhainde.org)

**Suicide Prevention Resource Center:**  
[www.sprc.org](http://www.sprc.org)

**American Association of Suicidology**  
[www.suicidology.org](http://www.suicidology.org)

**National Institute of Mental Health**  
[www.nimh.nih.gov](http://www.nimh.nih.gov)

**National Suicide Prevention Lifeline**  
[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

**Delaware Contact, Inc.**  
[www.contactlifeline.org](http://www.contactlifeline.org)

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#### PUBLICATIONS

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#### WEB BASED RESOURCES

Campaign for Love and Forgiveness:  
[www.loveandforgive.org](http://www.loveandforgive.org)

Shenk, J.W. (2009) *What makes us happy?* The Atlantic Online, [www.theatlantic.com/doc/print/200906/happiness](http://www.theatlantic.com/doc/print/200906/happiness)

### **TRAUMA**

#### ORGANIZATIONS

The Anna Institute, Inc. – A non-profit organization dedicated to speaking truth about childhood trauma, and providing trauma-informed resources for professional, community, and survivor use. For more information: [www.TheAnnaInstitute.org](http://www.TheAnnaInstitute.org)

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### **WEB BASED RESOURCES**

www.samhsa.gov/nctic/ - National Center for Trauma Informed Care

National Center for Trauma-Informed Care (NCTIC), (866) 254-4819, NCTIC@NASMHPD.org, 66 Canal Center Plaza, Suite 302, Alexandria, VA 22314; Cathy Cave, Trainer/Consultant

### **TRAUMATIZATION (VICARIOUS)**

#### **ORGANIZATIONS**

**Sidran Traumatic Stress Institute**  
200 East Joppa Road, Suite 207  
Baltimore, MD. 21286  
Phone: 1-410-825-8888  
[www.sidran.com](http://www.sidran.com)

**Headington Institute – Care for Caregivers World Wide**, <http://www.headington-institute.org/Default.aspx?tabid=2648>

**Gift from Within – PTSD Resources for Survivors and Caregivers**  
<http://www.giftfromwithin.org/>

**Idaho State University – Traumatic Stress & Secondary Traumatic Stress, Compassion Fatigue.** Contains references, archived articles, and measures of traumatic stress  
<http://www.isu.edu/~bhstamm/TS.htm>

**David Baldwin's Trauma Information Pages**  
<http://www.trauma-pages.com/>

National Center for Posttraumatic Stress Disorder, part of the U.S. Department of Veterans Affairs,  
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### WEB BASED RESOURCES

**Sounds True**  
[www.soundstrue.com](http://www.soundstrue.com)

### TREATMENT PLANNING

#### PUBLICATIONS

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### WEB BASED RESOURCES

**Center for Substance Abuse Treatment  
 Treatment Improvement Exchange**  
[www.treatment.org](http://www.treatment.org)

[www.psychlaws.org](http://www.psychlaws.org)

### WELLNESS RECOVERY ACTION PLAN (WRAP)

#### PUBLICATIONS

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Wellness Recovery Action Plan®, Mary Ellen Copeland, PhD, Peach Press, 2011

WRAP® Plus, Mary Ellen Copeland, PhD, Peach Press, 2010

#### ORGANIZATIONS

**Copeland Center for Wellness and Recovery**  
 (p)802-254-5335  
**Contact: Katie Wilson, Director**  
[infor@copelandcenter.com](mailto:infor@copelandcenter.com)

**Contact: Matthew R. Federici, Executive Director**  
[mfederici@copelandcenter.com](mailto:mfederici@copelandcenter.com)

### WEB BASED RESOURCES

[www.copelandcenter.com](http://www.copelandcenter.com)

[www.mentalhealthrecovery.com](http://www.mentalhealthrecovery.com)