



## Supporting Recovery from Opioid Use: A Peer's Guide to Person-Centered Care

### Supporting Recovery

---

#### **Faces and Voices of Recovery**

<http://facesandvoicesofrecovery.org>

National recovery advocacy group for people in recovery as well as their families, friends, and allies working to end stigma and discrimination, promote education, and demonstrate that long-term recovery is possible. The website includes a resource library, recovery stories, recovery support tools, and more.

#### **Bringing Recovery Supports to Scale (SAMHSA Technical Assistance Center Strategy; BRSS TACS)**

<https://www.samhsa.gov/brss-tacs>

BRSS TACS, a SAMHSA project, aims to advance effective recovery supports and services for people with mental or substance use disorders and their families. Includes a section for peers and those who supervise peer programs with information on core competencies, shared decision-making tools, and more.

#### **Partners for Recovery (SAMHSA)**

<https://www.samhsa.gov/partners-for-recovery>

This SAMHSA project seeks to improve care and support services and provides technical resources for service providers to prevent and treat substance use and mental health conditions. Includes information about recovery-oriented systems of care, social inclusion, workforce development, and more.

### Opioids and Opioid Use Disorder

---

#### **Taking Action to Address Opioid Misuse (SAMHSA Addiction Technology Transfer Centers)**

<https://attcnetwork.org/centers/global-attc/taking-action-address-opioid-misuse>

This collection of all the opioid-related resources and products developed by ATTC regional network centers features training curricula and slides, online courses, webinars, toolkits, and more. Of particular relevance for peers is the interactive ATTC Education Package for Opioid Use Disorders product for Peer Support Workers: <https://attcnetwork.org/opioid-educational-package-peer-support-workers>

#### **Drugs of Abuse: Opioids (National Institute on Drug Abuse [NIDA])**

<https://www.drugabuse.gov/drugs-abuse/opioids>

Provides an overview of the history of the opioid crisis, the federal response, recent statistics for adults and youth, research findings from studies funded by NIDA, factsheets, infographics, available clinical trials for those interested in participating in research, and more.



## Opioid Abuse and Addiction (MedlinePLUS)

<https://medlineplus.gov/opioidabuseandaddiction.html>

MedlinePLUS is a consumer health information site from the U.S. National Library of Medicine. This page pulls together content from a range of valid sources like the CDC, SAMHSA, the FDA, and professional organizations like the American Academy of Family Physicians. Find resources related to diagnosis and screening, prevention and risk factors, genetics, statistics, research, journal articles, and patient handouts. Related topics: [Pregnancy and Opioids](#), [Opioid Overdose](#), and [Safe Opioid Use](#).

## Medications for OUD

---

### SAMHSA Practitioner/Treatment Locators

- Behavioral health treatment providers: <https://findtreatment.samhsa.gov/>
- Buprenorphine practitioners/programs: <https://www.samhsa.gov/medication-assisted-treatment/practitioner-program-data/treatment-practitioner-locator>
- Methadone practitioners/programs: <https://dpt2.samhsa.gov/treatment/directory.aspx>

### Medication-Assisted Treatment (MAT) (SAMHSA)

<https://www.samhsa.gov/medication-assisted-treatment>

This website from SAMHSA provides detailed information about the 3 FDA-approved medications used to treat opioid use disorder (methadone, buprenorphine, and naltrexone), as well as medications for treating alcohol use disorder and smoking. Find information for physicians, researchers, patients and the public, as well as a treatment program directory that can help connect someone to providers of these medications in their region.

### Medications for Opioid Use Disorder (TIP 63, SAMHSA)

<https://store.samhsa.gov/product/TIP-63-Medications-for-Opioid-Use-Disorder-Full-Document-Including-Executive-Summary-and-Parts-1-5-/SMA18-5063FULLDOC>

Detailed manual describing opioid use disorder, the 3 medications used to treat it and other strategies and services needed to support recovery for people with OUD. Part 4, for addiction treatment counselors, may be particularly relevant for peers. It addresses the importance of counseling and provides advice on engaging family, helping someone who isn't interested in taking medications, working with special populations like pregnant women or people leaving incarceration, and more.

### Medications to Treat Opioid Use Disorder – Research Report (NIDA)

<https://www.drugabuse.gov/publications/research-reports/medications-to-treat-opioid-addiction/overview>

This report from the National Institute on Drug Abuse (NIDA), updated in June 2018, provides an overview of how medications for OUD work, their effectiveness, what some of the misconceptions about them are, how much they cost, and information about special populations like those involved in the criminal justice system, the military, and pregnant mothers.



## HIV/Hepatitis C Virus (HCV)

---

### HCV Current

<https://attcnetwork.org/centers/global-attc/hcv-current-initiative-0>

The ATTC's HCV Current initiative was developed to increase hepatitis C virus (HCV) knowledge among medical and behavioral health professionals. On this page you'll find links to a free online training (HCV Snapshot: An Introduction to Hepatitis C for Health Care Professionals), a pocket card for quick review of best practices when talking to someone about their test results, a link to a 6-vignette video series on using motivational interviewing to address HCV, and more.

### Hepatitis C Information (CDC)

<https://www.cdc.gov/hepatitis/hcv/index.htm>

A wealth of information from the CDC, for both health professionals and the general public. Includes statistics, testing and diagnosis, treatment, counseling information, guidelines, and patient education resources.

### HIV/AIDS (CDC)

<https://www.cdc.gov/hiv/>

Similar to the HCV page, this section of the CDC website contains a wide array of resources for both providers and the public.

### Infectious Diseases, Opioids and Injection Drug Use (CDC)

<https://www.cdc.gov/pwid/opioid-use.html>

A collection of all the CDC resources on infectious diseases like viral hepatitis and HIV and injection drug use. Includes publications and partner resources.

## Overdose Prevention & Naloxone

---

### Overdose Prevention (Harm Reduction Coalition)

<https://harmreduction.org/issues/overdose-prevention/>

Find news and updates, tools and best practices, policy and advocacy information, a guide to developing and managing overdose prevention and take-home naloxone projects, and more from the non-profit Harm Reduction Coalition.

### Opioid Overdose Prevention Toolkit (SAMHSA)

<https://store.samhsa.gov/product/Opioid-Overdose-Prevention-Toolkit/SMA18-4742>

This toolkit offers strategies for providers, communities, and local governments for developing practices and policies to help prevent opioid-related overdoses and deaths. Includes opioid use disorder facts, information for first responders and prescribers, safety advice for patients and family members, and a section on recovering from an overdose.



## How Naloxone Saves Lives in Opioid Overdose (NIDA)

<https://youtu.be/zWeIPniEq4>

This video from the National Library of Medicine (NLM) describes how and why naloxone works to reverse an opioid overdose in an engaging and easy-to-understand way.

## StopOverdose.org – Overdose and Naloxone Training (ADAI, University of WA)

<http://stopoverdose.org>

This website features a wealth of resources about opioid use, overdose, how to find and administer naloxone, resources for treatment of opioid use disorder, and more. Some of the content is Washington-specific, but many of the resources are applicable to any state. Includes an [Opioid Overdose Risk Assessment Tool](#) people can use to identify their own unique risks for overdose as well as several [training videos on how to administer naloxone](#).

## Special Populations

---

### American Indians and Alaska Natives

- National Congress of American Indians Opioid Initiative  
<http://www.ncai.org/initiatives/partnerships-initiatives/ncai-opioid-initiative>
- SAMHSA Tribal Training and Technical Assistance Center (TTAC)  
<https://www.samhsa.gov/tribal-ttac>

### LGBTQ+ Populations

- Addressing Opioid Use Disorder Among LGBTQ Populations (National LGBT Health Education Center)  
<https://www.lgbthealtheducation.org/wp-content/uploads/2018/06/OpioidUseAmongLGBTQPopulations.pdf>
- Providing Services and Supports for Youth Who Are Lesbian, Gay, Bisexual, Transgender, Questioning, Intersex or Two-Spirit (SAMHSA Practice Brief)  
<https://www.samhsa.gov/sites/default/files/lgbtqi2-s-practice-brief.pdf>
- Substance Use and SUDs in LGBT Populations (NIDA)  
<https://www.drugabuse.gov/related-topics/substance-use-suds-in-lgbt-populations>
- Two Spirit Webinars (about substance use disorders and Two Spirit and transgender identities in tribal communities) (SAMHSA Tribal Training and Technical Assistance Center)  
<https://www.samhsa.gov/tribal-ttac/webinars/two-spirit>

### Military/Peers in VHA Settings

- Mental Illness Research, Education, and Clinical Centers (MIRECC) Education Products: Peer Support  
<https://www.mirecc.va.gov/visn1/education/peer.asp>

### Older Adults/Elderly

- Linking Older Adults with Medication, Alcohol, and Mental Health Resources (SAMHSA)  
<https://store.samhsa.gov/product/Linking-Older-Adults-With-Medication-Alcohol-and-Mental-Health-Resources/sma03-3824>
- Opioid Use in the Older Adult Population (Resources List) (SAMHSA CAPT)  
<https://www.samhsa.gov/capt/sites/default/files/resources/resources-opioid-use-older-adult-pop.pdf>



## Pregnant Women

- Opioid Use Disorder and Pregnancy (SAMHSA factsheet)  
<https://store.samhsa.gov/product/Opioid-Use-Disorder-and-Pregnancy/sma18-5071fs1>
- Opioids, Pregnancy and Neonatal Care (NIDAMED)  
<https://www.drugabuse.gov/nidamed-medical-health-professionals/opioid-crisis-pain-management/opioids-pregnancy-neonatal-care>
- Treating Opioid Use Disorder During Pregnancy (NIDA)  
<https://www.drugabuse.gov/publications/treating-opioid-use-disorder-during-pregnancy/treating-opioid-use-disorder-during-pregnancy>

## People in Prison or Jail/People Leaving Prison or Jail (Reentry)

- Treatment in Correctional Settings Toolkit (American Society of Addiction Medicine (ASAM))  
<https://www.asam.org/advocacy/toolkits/treatment-in-correctional-settings>
- Best Practices for Successful Reentry for People with an Opioid Addiction (CSG Justice Center)  
<https://csgjusticecenter.org/nrrc/webinars/best-practices-for-successful-reentry-for-people-with-an-opioid-addiction/>

## Other Resources

---

### Providers Clinical Support System

<https://pcssnow.org/>

PCSS is a program funded by SAMHSA and created in response to the opioid overdose epidemic to train primary care providers in the prevention and treatment of OUD and the treatment of chronic pain.

Though this site is primarily intended for health care providers, many of the resources may also be of interest to peers and others working in related fields.

### Screening and Assessment Tools for Substance Use Disorders (NIDA)

<https://www.drugabuse.gov/nidamed-medical-health-professionals/screening-tools-resources/chart-screening-tools>

This site offers information about some of the most-used screening and assessment tools for substance use disorders, making it a good place to start if you are looking for common tools. For more, the University of Washington Alcohol & Drug Abuse Institute offers an extensive database of tools/instruments for both substance use disorders and mental health:

<http://lib.adai.washington.edu/instruments/>