



Navigating the Treatment Space: Resources

<u>Partnership's Treatment RoadMap</u>- Helps organize the complicated information of the treatment space and guide you through the steps to finding the right path for your loved one.

<u>SAMHSA Treatment Locator</u>- The most comprehensive resource for persons seeking treatment for mental and substance use disorders in the United States and its territories. However, it cannot make recommendations for individual situations, endorse specific treatment facilities, or recommend specific types of treatment.

<u>New Jersey Specific Treatment Finder</u>- State of New Jersey's Department of Health and Human Services specific treatment locator for mental health and substance use issues.

<u>Shatter Proof Treatment Atlas</u>- Helps find addiction treatment that fits an individual's needs across the US.

<u>Psychology Today</u>- Useful resource for general information and to find treatment centers, therapists and more.

<u>CRAFT</u>- Community Reinforcement and Family Training, or CRAFT, is an approach for families who have a loved one struggling with substances, but who is not really interested in making changes or getting help. CRAFT is about learning a different method to communicate with and support your loved one. It's about taking care of yourself, while also learning how to interact with your loved one in a way that increases the likelihood of making a real change.

<u>Partnership's Substance Use Risk Assessment Tool</u>- Partnership developed a risk assessment designed to help you better understand the risks your child may face related to mental health, well-being, personality, family history, and their environment.

<u>Partnership's Recovery Resource Center</u>- Resources for those who have a family member or members in recovery on how to cope and reduce risk.

<u>Partnership's Supportive Resources</u>- Link to helpline, online support groups, personalized messaging, and personalized guidance.

