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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 37th through the 40th 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.
The INs (Innovations) and OUTs (Outcomes) of Recovery

Resource Guide

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. 10th St. Suite 703
Wilmington, DE  19801
www.deadv.org
(302)658-2958

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

Delaware’s Domestic Violence and Victims’ Rights Task Force Prevention Subcommittee
www.safeandrespectful.org
Jennifer Sellitto-Penoza:
jpenoza@childinc.com
(302) 254-5528

PUBLICATIONS

Campbell, Jacqueline C., PhD, RN, FAAN, Editor.  

Relationship Violence Among Female and Male College Undergraduate Students.  

Dating Violence Against Adolescent Girls and Associated

Substance Abuse, Unhealthy Weight Control, Sexual Risk Behavior, Pregnancy, and Suicidality.  

Prevalence and Correlates of Dating Violence in a National Sample of Adolescents.  

WEB BASED RESOURCES

http://www.dangerassessment.com
www.loveisrespect.org
www.safeandrespectful.org
www.loveisnotabuse.com
www.chooserespect.org
www.breakthecycle.org
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
www.narpa.org
www.psychlaws.org
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
The INs (Innovations) and OUTs (Outcomes) of Recovery

Resource Guide

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

PUBLICATIONS


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

Resource Guide


**ORGANIZATIONS**

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

[www.lovesisrespect.org](http://www.lovesisrespect.org)
[www.safeandrespectful.org](http://www.safeandrespectful.org)
[www.loveisnotabuse.com](http://www.loveisnotabuse.com)
[www.chooseerespect.org](http://www.chooseerespect.org)
[www.breakthecycle.org](http://www.breakthecycle.org)
[www.seeitandstopit.org](http://www.seeitandstopit.org)

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

**PUBLICATIONS**


**WEB-BASED RESOURCES**

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

www. MARATSA.com (Mid-Atlantic Chapter of ATSA)

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

**PUBLICATIONS**


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

Resource Guide

**Adult Children of Alcoholics.** Macmillan General Reference.


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

Resource Guide


WEB BASED RESOURCES


Al-Anon/Al-Alateen –Resources for professionals, http://www.al-anon.alateen.org/resources2.html

Adult Children of Alcoholics, World Service Organization
The INs (Innovations) and OUTs (Outcomes) of Recovery

Resource Guide


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

Psych Central – 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
Healing Shame (article)
http://www.psychsight.com/ar-shame.html

AGING (Healthy Aging)

PUBLICATIONS


Recommended Evidence-Based Health Promotion Programs. Available in pdf file format at: http://www.healthyagingprograms.org/resources/Recommended_Programs.pdf


WEB BASED RESOURCES
National Council on Aging Center for Healthy Aging Programs: 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

RE-AIM framework and tools: www.re-aim.org

CASE MANAGEMENT/SOCIAL WORK

PUBLICATIONS


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.crcertification.com

DB Consulting Group-Opioid Treatment Technical Assistance Project
Phone: 1-800-839-6120
Web site: info@OATTAP.COM

Delaware Certification Board
298 S. Progress Ave.
Harrisburg, PA 17109
Phone: 1-717-540-4456
Web site: 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/

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/
nzac@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

PUBLICATIONS

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


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


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


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


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

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


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/

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

Resource Guide

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

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.crccertification.com/

Delaware Board of Nursing
http://dpr.delaware.gov/boards/nursing/index.shtml

Employee Assistance Professionals Association
http://www.eapassn.org

COMPASSION FATIGUE

PUBLICATIONS


Preparing 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.ashx?guid=1d5d04c0-c5aa-4842-a16c-3f0d0e0b59b1


WEB BASED RESOURCES

Headington Institute –Care for Caregivers World Wide

Gift from Within – PTSD Resources for Survivors and Caregivers
The INs (Innovations) and OUTs (Outcomes) of Recovery

Resource Guide

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

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

CO-OCCURRING MENTAL HEALTH AND SUBSTANCE USE CONDITIONS

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.

PUBLICATIONS


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


WEB BASED RESOURCES
American Society of Addiction Medicine (ASAM)
www.asam.org

David Mee-Lee, M.D.
www.DavidMeeLee.com

VIDEO-BASED RESOURCES


Out of the Tunnel; Into the Light. Hazelden.
www.hazelden.org 800-328-9000.

12 Steps & Dual Disorders. Hazelden.

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

Resource Guide

Understanding Bipolar Disorder and Addiction (Dual Diagnosis Series), Hazelden www.hazelden.org

Understanding Depression and Addiction (Dual Diagnosis Series), Hazelden www.hazelden.org

Understanding Major Anxiety Disorders and Addiction (Dual Diagnosis Series), Hazelden www.hazelden.org

Understanding Personality Problems and Addiction (Dual Diagnosis Series), Hazelden www.hazelden.org

Understanding Posttraumatic Stress Disorder and Addiction. (Dual Diagnosis Series), Hazelden www.hazelden.org


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

COUNSELING

PUBLICATIONS


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

Resource Guide


WEB-BASED RESOURCES

Headington Institute – Care for Caregivers World Wide,  

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

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.*


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

National Suicide Prevention Lifeline  
www.suicidepreventionlifeline.org

Delaware Contact, Inc.  
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

DSM-IV

PUBLICATIONS

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

Resource Guide


WEB BASED RESOURCES
American Psychiatric Association, DSM-V Revision Website. 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


WEB BASED RESOURCES
Institute for the Study of Therapeutic Change – Scott Miller, PhD.
www.talkingcure.com
www.leapinstitute.org

ETHICS

ORGANIZATIONS
Scattergood Ethics and the Center for Bioethics, University of Pennsylvania

PUBLICATIONS


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


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

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

Resource Guide


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


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://ks pope.com

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

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

National Foundation for Credit Counseling: 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 (Eqifax, Experian, TransUnion); by contacting www.optoutprescreen.com or
calling 888-567-8688; this reduces preapproved credit card offers and some junk mail.

**PUBLICATIONS**


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

Practical Money Skills for Life, Financial Literacy for Everyone: 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

**GAMBLING**

**PUBLICATIONS**

**HOPE**

**PUBLICATIONS**


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*


WEB BASED RESOURCES

Dan Gottlieb, PhD
www.drdangottleb.com

Hope Foundation of Alberta:
www.ualberta.ca/hope

THE HOPE LADY Blog:
www.thehopelady.blogspot.com

Interdisciplinary Database of Hope Research Literature:
www.hope-lit.ualberta.ca/Hope-LitDatabase.html

The Gerda and Kurt Klein Foundation
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

Delaware Coalition for Mental Fitness,
Sue Getman, (302) 651-3401
srgetman@wilmingtonseniorcenter.org

University of Delaware Academies of Lifelong Learning

Wilmington Campus: (302)573-441, links to Southern Academy at Lewes, (302)645-4111
www.academy.udel.edu

PUBLICATIONS


WEB BASED RESOURCES

12,000 brain teasers, riddles, logic problems, quizzes and mind puzzles
www.braingle.com
The INs (Innovations) and OUTs (Outcomes) of Recovery

Resource Guide

A variety of brain-stimulating opportunities
www.aarp.org/fun/puzzles/

Brain games to challenge different parts of the brain
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
American Psychiatric Association (APA) www.psych.org
Medline Literature Searches www.nlm.nih.gov (Click on “Medline” and “PubMed” then type in search subject)

National Alliance on Mental Illness www.nami.org
Depression and Bipolar Support Alliance (DBSA) www.dbsalliance.org

MOTIVATIONAL INTERVIEWING

PUBLICATIONS

Enforcing 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)


WEB BASED RESOURCES
www.motivationalinterview.org

WEB BASED RESOURCES
www.motivationalinterview.org

OBSESSIVE COMPULSIVE DISORDER

PUBLICATIONS


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

Resource Guide

Mortiz, E. Katia D. and Jennifer Jablonsky, Blink.. Blink.. Clop. Clop: Why Do We Do Things We Can’t Stop? An OCD Storybook


Van Noppen, B., Pato, M., & Rasmussen, S. Learning To Live With OCD: Help for Families. New Haven, CT: Obsessive Compulsive Foundation. 2003. This booklet is a mainstay for family members trying to understand OCD and how to deal with these symptoms in the family environment.


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


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


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

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

PEER SUPPORT SPECIALISTS

PUBLICATIONS


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

Resource Guide


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.pillarofpeersupport.org – Carter Center

PERSONALITY DISORDERS

PUBLICATIONS


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)


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

PHARMACOLOGY: DEPENDENCY

PUBLICATIONS

Leshner, A I: Addiction is a Brain Disease and it Matters. Science (1997) 278 (5335) 45-47
The INs (Innovations) and OUTs (Outcomes) of Recovery

Resource Guide

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


POST TRAUMATIC STRESS DISORDER

PUBLICATIONS


PRIVATE PRACTICE

PUBLICATIONS


WEB BASED RESOURCES
Zur, Ofer, Fees in Therapy; Summary and Guidelines. www.zurinstitute.com


PSYCHIATRIC REHABILITATION MODEL (BU)

PUBLICATIONS

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

Resource Guide


**PUBLICATIONS**


**WEB BASED RESOURCES**

fredfrese.com

psychlaws.org

NAMI.org

www.RecoverResources.com – Recover Resources—recovery products and resources microenterprise

**PUBLICATIONS**


**WEB BASED RESOURCES**

www.health.org

www.drugabuse.gov

www.samhsa.gov


**RESILIENCY**

**PUBLICATIONS**


**WEB BASED RESOURCES**

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

Northeast Center for Application of Prevention Technologies (NECAPT)
Phone: 1-888-EDC-CAPT
E-mail: capt@edc.org
Web site: www.edc.org/

**PUBLICATIONS**


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

Resource Guide


**WEB-BASED RESOURCES**

- www.health.org
- www.drugabuse.gov
- www.samhsa.gov

**American Society of Addiction Medicine (ASAM)**
- www.asam.org

**Center for Substance Abuse Treatment**
- Treatment Improvement Exchange – Treatment Improvement Protocols
- 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

- Office of Prevention and Early Intervention (Delaware's Children Department)
  Marybeth Johns, MSW (302)892-5827
  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

**PUBLICATIONS**


**WEB BASED RESOURCES**

- QPR: (Question, Persuade, Refer)  www.qprinstitute.com
- Mental Health Association in Delaware  www.mhainde.org
- Suicide Prevention Resource Center: www.sprc.org
- American Association of Suicidology  www.suicidology.org
- National Institute of Mental Health  www.nimh.nih.gov
- National Suicide Prevention Lifeline  www.suicidepreventionlifeline.org
- Delaware Contact, Inc.  www.contactlifeline.org

**SYSTEMS OF CARE**

**PUBLICATIONS**


- Minkoff, K. Chair, Panel on Co-Occurring Disorders, SAMHSA Managed Care Initiative. Individuals with Co-Occurring Disorders in Managed Care Systems: Standards
The INs (Innovations) and OUTs (Outcomes) of Recovery

Resource Guide


THERAPEUTIC RELATIONSHIPS

PUBLICATIONS


WEB BASED RESOURCES
Campaign for Love and Forgiveness: www.loveandforgive.org


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

PUBLICATIONS


The INs (Innovations) and OUTs (Outcomes) of Recovery Resource Guide


Abuse (Special Issue on Misinformation Concerning Child Sexual Abuse and Adult Survivors), 9, 3/4, pp. 183-210 (Invited).


Commonwealth of Massachusetts, Moving Massachusetts toward a Trauma-Informed, Integrated System of Care: A report of the Substance Abuse and Mental Health Subcommittee of the Survivor Services Committee of the Governor's Commission on Sexual and Domestic Violence of the Commonwealth of Massachusetts, March 13, 2006.


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Jennings, A. & Ralph, R.O. (1997). In their words, trauma advisory groups report. Augusta, ME: Maine Department of Mental Health and Mental Retardation and Substance Abuse Services.


Perry, B. (1993). Neurodevelopment and the neurophysiology of trauma I: Conceptual considerations for clinical work with maltreated children. The APSAC Advisor, 6, 1, 14-18.

Perry, B. (1993). Neurodevelopment and the neurophysiology of trauma II: Clinical work along the alarm-fear-terror continuum. The APSAC Advisor, 6, 14-20.


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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

ORGANIZATIONS

Sidran Traumatic Stress Institute
200 East Joppa Road, Suite 207
Baltimore, MD. 21286
Phone: 1-410-825-8888
www.sidran.com


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,
http://www.ncptsd.va.gov/nctmain/index.jsp

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:


Preventing vicarious trauma: What counselors should know when working with trauma survivors. Journal of Counseling & Development, Winter ’04, Volume 80, 31-37. Available on line at: www.counseling.org/Files/FD.ashx?guid=1d5d04c0-c5aa-4842-a16c-3f0d0e0b59b1


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WEB BASED RESOURCES

Sounds True
www.soundstrue.com

TREATMENT PLANNING

PUBLICATIONS


WEB BASED RESOURCES

Center for Substance Abuse Treatment Treatment Improvement Exchange www.treatment.org
www.psychlaws.org

WELLNESS RECOVERY ACTION PLAN (WRAP)

PUBLICATIONS


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 inf@copelandcenter.com

Contact: Matthew R. Federici, Executive Director m federici@copelandcenter.com

WEB BASED RESOURCES

www.copelandcenter.com
www.mentalhealthrecovery.com