

Substance Use Disorder Resource Sheet

Penn State Abington

Rev. 5/17/2023

Re-Entry Resources / Workforce Development / Recovery Resources

- www.fight.org – Institute for Community Justice
- www.jevshumanservices.org – JEVS Human Services
- www.pacareerlink.pa.gov – Pennsylvania Career Link
- www.phila.gov/rise - Mayor's Office of Reintegration Services
- www.philadelphiareentrycoalition.org – The Philadelphia Reentry Coalition
- www.councilsepa.org – Council of Southeast Pennsylvania & Pro-Act
- HOW TO SAVE A LIFE RECOVERY RESOURCE CENTER, 46 S York Rd Hatboro PA 19040. Contact person is Marti Hottenstein: cell# is 215-262-1252: leave a message or text anytime.

Behavioral & Mental Services

- www.dbhids.org – Department of Behavioral Health & Intellectual Disability Services
- www.pathcenter.org – PATH Center (People Acting to Help)
- www.pmhccares.org – Philadelphia Mental Health Center
- www.samhsa.gov – Substance Abuse & Mental Health Services Administration

Recovery House Referral Sources

- www.parronline.org – Pennsylvania Alliance of Recovery Residences
- www.transitionalhousing.org – Transitional Housing Resource
- www.livengrin.org/recovery-house-vs-halfway-house – Halfway House vs. Recovery House article

Helpful Website Resources

- <https://www.smartrecovery.org/> - SMART Recovery
- <https://www.soberrecovery.com/> - Sober Recovery
- <https://www.tiredofthinkingaboutdrinking.com/> - Tired of Thinking About Drinking
- <https://www.lifering.org/meetings> – LifeRing Secular Recovery support
- **The 20 Minute Guide** (versions for Parents and Partners):
<https://the20minuteguide.com/>
- **All Center for Motivation & Change resources:**
<https://motivationandchange.com/online-and-in-print-resources/>
www.shatterproof.org

Substance Use Disorder Treatment Facilities

- www.livengrin.org – Livengrin Foundation
- www.malverninstitute.com – Malvern Institute
- www.recoverycentersofamerica.com – Recovery Centers of America
- www.seabrook.org – Seabrook House
- www.caron.org – Caron Treatment Center

Crisis Response Centers / Substance Abuse & Mental Health Emergencies (No Insurance or Medicaid)

- Philadelphia Children’s Crisis Response Center(855) 978-1954
- Friends Hospital: Northeast Philadelphia - (215) 831-2600
- Einstein Hospital at Germantown: Northwest Philadelphia – (215) 951-8300
- Temple / Episcopal Hospital: North – (215) 707-2577
- Pennsylvania Hospital: Center City & South Philadelphia - Hall Mercer: - (215) 829-5249
- Mercy Hospital: West & Southwest Philadelphia – (215) 745-9525
- Lower Bucks Hospital (Bucks County) – (267) 405-6530
- MCES: Montgomery County Emergency Services – (610) 279-6100

Suicide Prevention

IF YOU ARE IN CRISIS

- National Suicide Prevention Lifeline
- 1-800-273-8255 or 1-800-273-TALK
- Philadelphia Behavioral Health Suicide/Crisis Intervention Hotline: 215-686-4420
- Mental Health Delegates (mobile mental health unit): 215-685-6440
- CRISIS TEXT LINE
- Text the word HOME to 741741

IN THE COUNTIES

- Montgomery County Emergency Services Mental Health Crisis Hotline: 610-279-6100
- Delaware County Crisis Connection Team: 1-855-889- 7827

- Bucks County Mental Health Crisis: 1-800-499-7455

FOR LAW ENFORCEMENT

- Cop 2 Cop Hotline: 1-866-COP-2COP
- -staffed by retired officers who are licensed Clinical Social Workers
- Law Enforcement Health Benefits (LEHB) 215-763-8290
- Penn Behavioral Health: 1-800-321-4433
- Employee Assistance Program and Work-Life Benefits
- Badge of Life: Psychological Survival for Police Officers
- <http://www.badgeoflife.com/>
- International Association of Chiefs of Police
- <http://www.iacp.org/>

- **OTHER GENERAL RESOURCES**

- Survivors of Suicide
- <http://www.sosphilly.org>
- To Write Love On Her Arms
- www.twloha.com
- Suicide Prevention Resource Center
- www.sprc.org
- American Foundation for Suicide Prevention
- <http://www.afsp.org/>
- CDC Facebook Page on Violence Prevention
- www.facebook.com/vetoviolence
- National Institute for Mental Health
- www.nimh.nih.gov
- Substance Abuse and Mental Health Services Administration
- www.samhsa.gov
- Surgeon General's Call to Action to Prevent Suicide
- www.surgeongeneral.gov/library/calltoaction
- For information about the relationship between substance use disorder and suicide:
- <https://www.drugrehab.com/guides/suicide-risks/>

In appreciation:

A special thank you to Patrick Lewis, CRS/CFRS and Dr. Stacey Conway, Penn State Abington, for sharing their resource sheets with us. Specials thanks to all to have shared their suggestions for our benefit, including, but not limited to: Lisa Laterza Dalantinow, CFRS, Marti Hottenstein, How to Save a Life, Desiree Arney, CFRS

This is a living document-your suggestions and feedback are welcome and will be listed on the next version. The latest version is always available on the Penn State Abington website.

Theresa Bloom

Tmb17@psu.edu

215-881-7402

Penn State Abington