



**Project APEX is the Phoenix Programs' Evidence-Based,
Outpatient Treatment Program for Youth and Young Adults in Transition (12 through 20)**

- **The Partnership for a Drug-Free America** <http://www.drugfree.org/>
The Partnership at Drugfree.org motivates and equips parents to prevent their children from using drugs and alcohol and to intervene and find help for those with kids in trouble. These resources provide information, tools and support that empower parents to make a difference in their child's life.
- **Child and Adolescent Bipolar Foundation--** <http://www.bpkids.org/>
The Child & Adolescent Bipolar Foundation improves the lives of families raising children and teens living with bipolar disorder and related conditions. Also has contacts and support for teens and young adults not just their parents. Includes blogs and podcasts RE: college expectations and older young people.
- **NAMI—National Alliance on Mental Illness** <http://www.nami.org/>
From its inception in 1979, NAMI has been dedicated to improving the lives of individuals and families affected by mental illness. Lots of information on the website RE: mental illness. Also informative perspective and information from a resource that is not a drug company.
- **NAMI on ADHD--** www.nami.org/adhd
- **NAMI of Columbia—**<http://nami.org/sites/namiofcolumbia>
Info on local meetings, times and location.
- ***ADDitude Magazine***—quarterly publication with information on children and adults with ADD. www.additudemag.com/
- **Depression and Bipolar Support Alliance--** <http://www.dbsalliance.org>
Organization with lots of support and information for specific mood disorders.
- ***Bipolar Magazine*** <http://www.bphope.com/>
Quarterly slick cover publication with resources and articles focusing on bipolar disorder.
- **NIDA--National Institute on Drug Abuse** <http://drugabuse.gov/nidahome.html>
NIDA's mission is to lead the Nation in bringing the power of science to bear on drug abuse and addiction. This site offers reliable information on different drugs, signs and symptoms.
- **Substance Abuse and Mental Health Services Administration** <http://www.samhsa.gov/>
This agency is the national overseer of behavior health in the US. Also includes a link to Treatment Locator on the home page to aid in finding mental health/substance abuse treatment in your area. Lots of free printed resources.

More . . .

- **Rethinking Drinking: Alcohol and Your Health** <http://rethinkingdrinking.niaaa.nih.gov/>
For anyone who drinks, this site offers valuable, research-based information. What do you think about taking a look at your drinking habits and how they may affect your health?
- **National Institute of Mental Health** <http://www.nimh.nih.gov/index.shtml>
The mission of NIMH is to transform the understanding and treatment of mental illnesses through basic and clinical research, paving the way for prevention, recovery, and cure.
- **Nar-Anon** <http://nar-anon.org>
Twelve step recovery program for friends and family members of those who may be struggling with narcotic addiction. To date there is no meeting in the Columbia area, but literature may be ordered on line.
- **Alcoholics Anonymous** <http://aa.org>
The oldest and most recognized 12 step program for those seeking recovery from alcoholism. The site gives meeting information, and one can read *The Big Book* online and order literature.
- **Narcotics Anonymous** <http://www.na.org/>
Community support and meeting information for those seeking long-term recovery from use of narcotics.
- **Al-Anon/Al-Ateen Family Groups** <http://www.al-anon.org/>
Support for friends and family of alcoholics—site will also give information for nearest meeting times and locations.
- **MedlinePlus** <http://www.nlm.nih.gov/medlineplus/>
This the National Institutes of Health's Web library site for patients and their families and friends.
- **Recovery Month** <http://www.recoverymonth.gov/>
September is Recovery Month. Recovery Month promotes the societal benefits of treatment for substance use and mental disorders, celebrates people in recovery, lauds the contributions of treatment providers, and promotes the message that recovery in all its forms is possible. **Recovery Month** spreads the positive message that behavioral health is essential to overall health, that prevention works, treatment is effective and people can and do recover. Check out “Voices for Recovery” to read/see/hear folks who are enjoying long-term recovery.
- **Renew Magazine** <http://www.reneweveryday.com/>
Slick cover, color magazine for those in recovery. Options are there for digital and/or hardcopy annual subscription. Renew is for individuals in addiction recovery, those transitioning from treatment and their families. It provides guidance, knowledge, fellowship and inspiration.