THE MOST EFFECTIVE REFERRAL OCCURS AT THE TIME OF THE INTERVIEW.
Putting the patient in direct contact with the counselor or therapist is effective. If a patient is not ready, referral information should be provided as part of the discharge instructions. Referral destinations should be contacted ahead of time so that they are familiar with the ED protocol.
The following information can be used by hospital staff to determine referral resources for your community. After referral information is compiled the information can then be inserted into the “Alcohol: How Much Is Too Much” brochure. A sample brochure is provided.

If your hospital does not have a treatment facility, possible referral destinations are:
• Community programs for alcohol abuse. Check your local phone directory. Look for words such as alcohol abuse, addiction, health agencies, mental health, shelters, social service
• Local ethnic-specific organizations may have programs and resources
• Local law enforcement and court system
• National organizations with local chapters

Referral Resources — National
• On page two of this resource worksheet is a listing of national programs for alcohol abuse. This page was developed for you to copy and include as part of the discharge instructions.

Referral Resources — Local
• On page three of this resource worksheet is a limited listing of national programs for alcohol abuse, and space for you to fill in local resources. This page can be used to assist with the development of a resource list for your community. After the list is compiled, the referral information can be copied and included as part of the discharge instructions.

“Alcohol: How Much is Too Much” Brochure
• A sample brochure is provided in this kit. On the last page are instructions on personalizing the information for your facility. This brochure was developed for you to copy and include as part of the discharge instructions.
**REFERRAL RESOURCES — NATIONAL**

- **National Hotlines**
  - Alcohol and Drug Helpline (public and private resources) ......................................................... 800-821-4357
  - National Council on Alcoholism & Drug Dependence Hopeline ........................................... 800-622-2255
  - Alcohol & Drug Abuse Hotline (literature and private programs) ......................................... 800-729-6686

- **Alcoholics Anonymous (AA)**
  - Alcoholics Anonymous offers educational pamphlets. In addition, they offer material for people who have special needs such as material and literature in Braille, videos in American Sign Language, easy-to-read pamphlets, and much more. Central offices, intergroups and answering service phone numbers are available on their website.
    P.O. Box 459, Grand Central Station New York, New York 10163 212-870-3400 www.alcoholics-anonymous.org

- **Moderation Management**
  - Self help group for those who want to moderate their drinking. Intended for problem drinkers who have experienced mild to moderate levels of alcohol related problems. Not for alcoholics, chronic drinkers or those who experience significant withdrawal symptoms when they stop drinking.
    425-483-5293
    www.moderation.org
    mm@moderation.org

- **National Council on Alcoholism and Drug Dependence, Inc. (NCADD)**
  - Operates a network of affiliates with advocacy, education, prevention and treatment programs. Fact sheets and general brochures are available for sale.
    12 West 21st Street New York, NY 10010 212-206-6770 800-NCA-CALL (Hopeline) www.ncadd.org

- **National Institute on Alcohol Abuse and Alcoholism (NIAAA)**
  - Pamphlet and brochures are available (“Alcoholism: Getting the Facts,” “Drinking and Your Pregnancy,” “How to Cut Down on Your Drinking,” and the “Physicians’ Guide to Helping Patients with Alcohol Problems”) and can be downloaded from silk.nih.gov/silk/niaaa/publication/publication.htm
    www.niaaa.nih.gov/

- **Salvation Army**
  - They comprise the largest residential substance abuse rehabilitation program in the US. Locations are listed on their website. The Salvation Army has spiritually-based residential programs.
    USA National Headquarters P.O. Box 269 Alexandria, VA 22313 703-684-5000 703-684-3478 (fax)
    www.salvationarmy.org

- **Substance Abuse and Mental Health Services Administration (SAMHSA)**
  - The SAMHSA compiles a National Directory of Drug Abuse and Alcoholism Treatment Programs.
    findtreatment.samhsa.gov
  - National Clearinghouse for Alcohol and Drug Information
    www.health.org/catalog/index.htm
  - List of State Substance Abuse Agencies
    findtreatment.samhsa.gov/ufds/abusedirectors/5600 Fishers Lane Rockville, MD 20857 info@samhsa.gov
    www.samhsa.gov

- **Veterans Health Administration, National Center for Health Promotion and Disease Prevention (NCHP)**
  - According to the NCHP, every VA facility is required to offer certain services to VA eligible beneficiaries, one of which is assessment and counseling for problem drinking. The NCHP develops and maintains current information on VA clinical activities.
    National Center for Health Promotion
    VA Medical Center
    508 Fulton Street
    Durham, NC 27705 919-416-5800 919-416-5897 (fax)
    gagni001@mc.duke.edu
    www.va.gov/NCHP/
    www.va.gov/health (provides a facility locator)
### Referral Resources — Local

#### Churches
- Name__________________________________________
- Address__________________________________________
- Phone ____________________________________________
- Primary Focus _____________________________________
- Services Provided _________________________________

#### Shelters
- Name__________________________________________
- Address__________________________________________
- Phone ____________________________________________
- Primary Focus _____________________________________
- Services Provided _________________________________

#### Local Government Services
- Name__________________________________________
- Address__________________________________________
- Phone ____________________________________________
- Primary Focus _____________________________________
- Services Provided _________________________________

#### Detoxification Centers
- Name__________________________________________
- Address__________________________________________
- Phone ____________________________________________
- Primary Focus _____________________________________
- Services Provided _________________________________
  - ☐ Inpatient  ☐ Outpatient

### Substance Abuse Treatment Programs
- Name__________________________________________
- Address__________________________________________
- Phone ____________________________________________
- Primary Focus _____________________________________
- Services Provided _________________________________
  - ☐ Inpatient  ☐ Outpatient

#### Alcoholics Anonymous (AA)
- The only requirement for membership is a desire to stop drinking. There are no dues or fees for AA membership; AA is self-supporting. Their primary purpose is to stay sober and help other alcoholics to achieve sobriety.
- **National AA**
  - P.O. Box 459, Grand Central Station
  - New York, New York 10163
  - 212-870-3400
  - www.alcoholics-anonymous.org
- **Local AA** (include locations and times of meetings)
  - Location __________ Time __________

#### Salvation Army
- They comprise the largest residential substance abuse rehabilitation program in the US.
- **USA National Headquarters**
  - P.O. Box 269
  - Alexandria, VA 22333
  - 703-684-5500
  - 703-684-3478 (fax)
  - www.salvationarmy.org/
- **Local Salvation Army**
  - __________________________

#### Veterans Health Administration, National Center for Health Promotion and Disease Prevention (NCHP)
- According to the NCHP, every VA facility is required to offer certain services to VA eligible beneficiaries, one of which is assessment and counseling for problem drinking.
- **National Center for Health Promotion**
  - VA Medical Center
  - 508 Fulton Street
  - Durham, NC 27705
  - 919-416-5890
  - 919-416-5879 (fax)
  - gagn1001@mc.duke.edu (email)
  - www.va.gov/NCHP/ (provides a facility locator)

#### Closest VA Medical Center
- Name__________________________________________
- Address__________________________________________
- Phone ____________________________________________
- Primary Focus _____________________________________
- Services Provided _________________________________
  - ☐ Inpatient  ☐ Outpatient

#### Hospital-based treatment programs
- Name__________________________________________
- Address__________________________________________
- Phone ____________________________________________
- Primary Focus _____________________________________
- Services Provided _________________________________
  - ☐ Inpatient  ☐ Outpatient

**National Hotlines**
- Alcohol and Drug Helpline (public and private resources) . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . 800-821-4357
- National Council on Alcoholism & Drug Dependence Hopeline . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . 800-622-2255
- Alcohol & Drug Abuse Hotline (literature and private programs) . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . 800-729-6686

**Referral Resources — Local**

**Alcoholics Anonymous (AA)**
- The only requirement for membership is a desire to stop drinking. There are no dues or fees for AA membership; AA is self-supporting. Their primary purpose is to stay sober and help other alcoholics to achieve sobriety.
- **National AA**
  - P.O. Box 459, Grand Central Station
  - New York, New York 10163
  - 212-870-3400
  - www.alcoholics-anonymous.org
- **Local AA** (include locations and times of meetings)
  - Location __________ Time __________

**Salvation Army**
- They comprise the largest residential substance abuse rehabilitation program in the US.
- **USA National Headquarters**
  - P.O. Box 269
  - Alexandria, VA 22333
  - 703-684-5500
  - 703-684-3478 (fax)
  - www.salvationarmy.org/
- **Local Salvation Army**
  - __________________________

**Veterans Health Administration, National Center for Health Promotion and Disease Prevention (NCHP)**
- According to the NCHP, every VA facility is required to offer certain services to VA eligible beneficiaries, one of which is assessment and counseling for problem drinking.
- **National Center for Health Promotion**
  - VA Medical Center
  - 508 Fulton Street
  - Durham, NC 27705
  - 919-416-5890
  - 919-416-5879 (fax)
  - gagn1001@mc.duke.edu (email)
  - www.va.gov/NCHP/ (provides a facility locator)

**Closest VA Medical Center**
- Name__________________________________________
- Address__________________________________________
- Phone ____________________________________________
- Primary Focus _____________________________________
- Services Provided _________________________________
  - ☐ Inpatient  ☐ Outpatient

**Hospital-based treatment programs**
- Name__________________________________________
- Address__________________________________________
- Phone ____________________________________________
- Primary Focus _____________________________________
- Services Provided _________________________________
  - ☐ Inpatient  ☐ Outpatient

**Alcoholics Anonymous (AA)**
- The only requirement for membership is a desire to stop drinking. There are no dues or fees for AA membership; AA is self-supporting. Their primary purpose is to stay sober and help other alcoholics to achieve sobriety.
- **National AA**
  - P.O. Box 459, Grand Central Station
  - New York, New York 10163
  - 212-870-3400
  - www.alcoholics-anonymous.org
- **Local AA** (include locations and times of meetings)
  - Location __________ Time __________
CUSTOMIZE THE “ALCOHOL: HOW MUCH IS TOO MUCH” BROCHURE

Below is an example of how community drug and alcohol treatment resource information can be used to customize the brochure provided in this kit. Feel free to adapt the brochure for your facility and community.

Drug and Alcohol Treatment Resources

Alcoholics Anonymous (A.A.) .............................................. 624-6063
AL-ANON (for family members) ........................................... 787-0115

Grant Street Partnership
62 Grant Street, New Haven ........................................... 785-9100
Monday - Friday: 8:00 am - 3:00 pm
Monday & Tuesday: 7:00 pm - 8:00 pm (AA & NA)
Immediate care program for men and women with substance abuse problems.

Northside Community Outpatient Services
226 Dixwell Avenue, New Haven ........................................... 773-8039
8:30 am - 5:00 pm, Wed., Appointment Only
Outpatient substance abuse treatment for those 16 and older living in Dixwell and Newhallville.

Multicultural Ambulatory Addiction Services
426 East Street, New Haven ........................................... 495-7710
Hours: 9:00 am - 9:00 pm
Comprehensive ambulatory treatment for alcohol and other drug problems for those 16 and older. Specialized treatment for African Americans and Latinos.

Hispanic Clinic
1 Long Wharf Drive, New Haven ........................................... 789-7812
Mo., Tu., Th., Fr. 9:00 - 5:00, Wed. 11:00 - 7:00
Evaluation and treatment of alcohol and other drug problems, serving the Hispanic community.

South Central Rehabilitation Center (SCRC)
232 Cedar Street, New Haven ........................................... 782-1106
A detox facility open 24 hours a day for those with addictions to alcohol and other drugs. Walk-ins accepted.

Yale Psychiatric Institute (YPI)
184 Liberty Street, New Haven ........................................... 785-7200
Evening detoxification programs for chemically addicted persons.

Substance Abuse Treatment Unit (SATU)
1 Long Wharf Drive, Box 13, New Haven ................................ 789-7387
Hours: 8:30-4:30, Call for an appointment. A central evaluation and referral unit for drug and alcohol abuse treatment.