

# Resource Worksheet for “Alcohol: How Much is Too Much” Brochure

## 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.



“Alcohol: How Much is Too Much” Brochure is included in this kit for you to customize and distribute. A PDF of this brochure is also available at [www.acep.org](http://www.acep.org)

## 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](http://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](http://www.moderation.org)  
[mm@moderation.org](mailto: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](http://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](http://silk.nih.gov/silk/niaaa/publication/publication.htm)  
[www.niaaa.nih.gov/](http://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  
703-684-5500  
703-684-3478 (*fax*)  
[www.salvationarmy.org/](http://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](http://findtreatment.samhsa.gov)

- National Clearinghouse for Alcohol and Drug Information

[www.health.org/catalog/index.htm](http://www.health.org/catalog/index.htm)

- List of State Substance Abuse Agencies.

[findtreatment.samhsa.gov/ufds/abusedirectors/](http://findtreatment.samhsa.gov/ufds/abusedirectors/)  
5600 Fishers Lane  
Rockville, MD 20857  
[info@samhsa.gov](mailto:info@samhsa.gov)  
[www.samhsa.gov](http://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 VHA clinical activities.

National Center for Health Promotion

VA Medical Center  
508 Fulton Street  
Durham, NC 27705  
919-416-5880  
919-416-5879 (*fax*)  
[gagni001@mc.duke.edu](mailto:gagni001@mc.duke.edu)  
[www.va.gov/NCHP/](http://www.va.gov/NCHP/)

[www.va.gov/health](http://www.va.gov/health) (*provides a facility locator*)

## REFERRAL RESOURCES — LOCAL

### • 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)

- 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](http://www.alcoholics-anonymous.org)

#### • Local AA (*include locations and times of meetings*)

Location \_\_\_\_\_ Time \_\_\_\_\_  
Location \_\_\_\_\_ Time \_\_\_\_\_  
Location \_\_\_\_\_ Time \_\_\_\_\_

### • Salvation Army

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P O Box 269  
Alexandria, VA 22313  
703-684-5500  
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Local Salvation Army \_\_\_\_\_  
Local Salvation Army \_\_\_\_\_  
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  
919-416-5880  
919-416-5879 (*fax*)  
[gagni001@mc.duke.edu](mailto:gagni001@mc.duke.edu) (*email*)  
[www.va.gov/NCHP/](http://www.va.gov/NCHP/)  
[www.va.gov/health](http://www.va.gov/health) (*provides a facility locator*)

### • Closest VA Medical Center

Name \_\_\_\_\_  
Address \_\_\_\_\_  
Phone \_\_\_\_\_  
Primary Focus \_\_\_\_\_  
Services Provided \_\_\_\_\_  
 Inpatient  Outpatient

### • 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 \_\_\_\_\_

### • Hospital-based treatment programs

Name \_\_\_\_\_  
Address \_\_\_\_\_  
Phone \_\_\_\_\_  
Primary Focus \_\_\_\_\_  
Services Provided \_\_\_\_\_  
 Inpatient  Outpatient

### Substance Abuse Treatment Programs

Name \_\_\_\_\_  
Address \_\_\_\_\_  
Phone \_\_\_\_\_  
Primary Focus \_\_\_\_\_  
Services Provided \_\_\_\_\_  
 Inpatient  Outpatient

**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 outpatient treatment for alcohol and other drugs for those 16 and older targeted toward African American and Latinos.

**Hispanic Clinic**  
1 Long Wharf Drive, New Haven .....789-7387  
Mo., Tu., 9:00 am - 5:00 pm, Wed., 9:00 am - 5:00 pm  
Evaluation and treatment of alcohol and other drug use serving the Hispanic community. Call for an appointment or walk-in.

**South Central Detoxification 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 .....785-7201  
Evening detoxification programs for chemically addicted persons.

**Substance Abuse Treatment Unit (SATU)**  
1 Long Wharf Drive, Box 18, 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.

