

Top 10 Self-Help Resources for Addictions in General Psychiatry

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Introduction

Self help resources are empowering for psychiatric patients and their families. Many self help resources are available in the realm of addictions. Outpatient mental health care providers may find it helpful to have a list of informative, low-cost resources they can recommend during routine office visits. Such addictions resources could include books, websites, and mobile apps.

Method

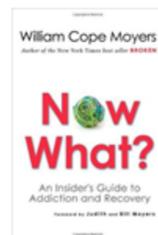
We reviewed a variety of books, websites and mobile apps generated from internet research and found the resources that can be most helpful in our adult outpatient practice. We selected the best resources to help patients and families begin their journey to recovery.

Results: Top 10 Resources



Alcoholics Anonymous: www.aa.org

AA is a mutual aid fellowship of men and women who have had a drinking problem. Nonprofessional, self-supporting, open to everyone.



Now What? An Insider's Guide to Addiction and Recovery. By William Cope Moyers (Hazelden, \$15.95)

Outlines what to consider in contemplation, intervention, treatment, and recovery. Helps to identify when help is needed, then navigate treatment process for both short and long term.



Quit Drinking with Andrew Johnson (HiveBrain Software, \$2.99)

Mobile app to help relax and overcome emotional and physical cravings for alcohol. Plays a motivational program that uses hypnotherapy, positive suggestions and visualization.



Hazelden Betty Ford Foundation:

www.hazeldenbettyford.org

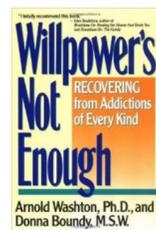
Leading organization in addiction recovery, with diverse treatment and education options. Publishes popular literature on addiction and recovery including many self help books for individuals and families struggling with addiction. Several notable mobile apps to support recovery.



SMART Recovery:

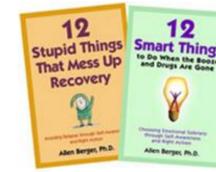
www.smartrecovery.org

Offers self management for addiction recovery, face to face and online meetings, chat room, and other tools for addiction recovery. A prominent secular alternative to AA.



Willpower's Not Enough: Recovering from Addictions of Every Kind. By Arnold Washton and Donna Boundy (William Morrow Paperbacks, \$14.99)

Authors outline why attempts to control addiction with willpower alone rarely work. The book presents a method to give up the addictive lifestyle and recover emotionally from addiction.



12 Stupid Things That Mess Up Recovery and 12 Smart Things to Do When the Booze and Drugs Are Gone . By Allen Berger (Hazelden, \$15.95 each)

In simple, down-to-earth language, these books promote self awareness and look at common beliefs and attitudes in recovery, also tools for working through problems.



Al-Anon Family Groups

www.al-anon.org

Devoted to helping friends and families of problem drinkers; offers information on self-help activities. Quiz assesses whether you are affected by someone else's drinking.



Codependent No More. By Melody Beattie (Hazelden, \$16.95)

About what happens to people when they love someone who is addicted to alcohol and other drugs. Author herself experienced how an addict impacts lives of others.



National Institute on Drug Abuse

(NIDA): www.drugabuse.gov

Multifaceted government site, with science-based approaches. Useful for those who are experiencing addiction, affected by another's addiction, or who work with addictions.

Conclusion

This poster familiarizes clinicians with important resources for addictions in general psychiatry.