

Healthy Living Resource Guide

In compiling the resources in this booklet, we have made an effort to identify readily available, low-cost, and quality resources. Although we cannot guarantee the quality of all of the following resources, especially ones that change frequently, this list can encourage individuals seeking assistance to consider various options which may be helpful, and to start exploring sources of information, sources of support and ideas for coping.

Contents:

-  Building Social Connections
-  Diet Modification
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-  Treatment Adherence

Health care providers are free to copy pages from this **Healthy Living Resource Guide** for distribution to individuals for whom they are providing care. Additional copies are available at the website or phone number below.

Building Social Connections

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There are a variety of ways to increase social involvement and decrease social isolation. Doing so may mean addressing a variety of interpersonal issues that can complicate relationships, such as anger, lack of assertiveness, or anxiety. The following resources are varied to reflect the diverse issues related to increasing social involvement.

a. **You-tube video lectures**

- Social Anxiety Documentary: *Afraid of People*
<http://www.youtube.com/watch?v=gmEJEfy5f50>
- Overcoming Social Anxiety in My Life <http://www.socialanxietyinstitute.org/video-1.html>

b. **Websites**

- Volunteer: <http://www.volunteermatch.org/>
- Find social meetup groups in your area: www.meetup.com
- “Social Success”: <http://www.succeedsocially.com/>
- “Finding a Social Group That Is Right for You” <http://www.doingitforme.com/finding-a-social-group-that-is-right-for-you/>
- “8 Tips for Building A Better Social Life”
<http://www.positivityblog.com/index.php/2008/12/12/wayne-dyers-top-8-tips-for-building-a-better-social-life/>

c. **CDs**

- *Overcoming Social Anxiety: Step by Step*
<http://www.socialanxietyinstitute.org/audioseries.html>

d. **Local support groups**

- ONLINE: support group for social anxiety
<http://www.socialanxietysupport.com/forum/f13/succeed-socially-com-200056/>
- **Sliding-Scale Counseling in the Community**
 - Visit to find providers near you. <http://www.freecounselinghelp.com/il-chicago/il-chicago-1.html>
 - Many students enrolled at their colleges have access to counseling that may be free of charge. Inquire at your local college’s Counseling Services.
- **Fee-for-Service Therapists**
 - Hoover & Associates: visit www.licensed-psychologists.com for more information and clinicians available
 - General searches can be made through http://therapists.psychologytoday.com/rms/prof_search.php
 - <http://www.goodtherapy.org>

Diet Modification

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a. Books

- *Eating Mindfully: How to End Mindless Eating and Enjoy a Balanced Relationship with Food* by Susan Albers, Psy.D. (Mar 2003)
- *YOU: The Owner's Manual, Updated and Expanded Edition: An Insider's Guide to the Body that Will Make You Healthier and Younger* by Mehmet C. Oz and Michael F. Roizen (Apr 29, 2008)
- *Eat, Drink, and Be Healthy: The Harvard Medical School Guide to Healthy Eating* by Walter C. Willett, M.D. and P. J. Skerrett (Jun 28, 2005)

b. Educational Videos on Youtube

- “How to Develop Healthy Eating Habits”
<http://www.youtube.com/watch?v=WSWPgFkUUeU>
- *Nutrition and Healthy Eating*, sponsored by the American Diabetes Association
http://www.youtube.com/watch?v=iiPnhh_d6As
- *Finding A Balance*, sponsored by Centers for Disease Control and Prevention
<http://www.youtube.com/watch?v=1DloJanE-OQ>
- “Bob Greene’s 5 Simple Eating Tips” <http://www.youtube.com/watch?v=XwW2UR0pkx0>

c. Websites

- <http://www.webmd.com/diet/features/6-steps-to-changing-bad-eating-habits>
- Eating Habits & Behaviors
<http://www.nlm.nih.gov/medlineplus/ency/patientinstructions/000349.htm>
- Changing Bad Eating Habits <http://skinnychef.com/blog/changing-bad-eating-habits>
- <http://www.mealsmatter.org/Articles-And-Resources/Healthy-Living-Articles/Food-diary.aspx>
- <http://www.cdc.gov/healthyyouth/nutrition/facts.htm>
- Hungry for Change: examines healthy nutritional lifestyle changes
<http://www.hungryforchange.tv/>

d. DVDs

- DVD on nutrition related topics available at <http://www.vms-online.com/Personalizing-MyPlate-Easy-Changes-for-Eating-Habits-DVD-P5431.aspx>

e. CDs

- *Health Journeys: A meditation to help you with weight loss* by Belleruth Naparstek, 1997

f. Types of Nutritionists

a. Consultation with a nutritionist may be helpful in learning more about nutrition options and meal planning. The following types of practitioners may be helpful:

- i. **Registered dietitian:** trained in all aspects of food and nutrition including medical nutrition therapy. Credentialed by the Commission on Dietetic Registration of the Academy of Nutrition and Dietetics. Minimum bachelor's degree.
- ii. **Certified nutrition specialists:** have a master's or doctoral level degree and passed board exam on medical nutrition therapy. Credentialed by the Certification Board for Nutrition Specialists.
- iii. **Certified clinical nutritionist:** requires bachelor's degree, internship, and post graduate study, or master's degree. They approach diet on an individual basis rather than following standard recommendations.
- iv. **Holistic nutritionist:** Practitioners do not necessarily follow the government food pyramid guidelines or those promoted in health associations. They do not practice medication nutrition therapy or diagnose disease. Certified by the Holistic Nutrition Credentialing Board.
- v. **Certified health coach:** Health coaches guide and mentor clients toward achieving personal wellness goals. Certification from the Institute of Integrative Nutrition includes courses on dietary theories.
- vi. **Certified Nutritionist:** involves completing six-week learning program and passing exam. Offered through American Health Science University
- vii. **Certified nutrition consultant:** Credentialed by the American Nutrition Consultants.

g. Local support groups

- Overeaters Anonymous <http://www.oa.org/membersgroups/group-support/> Closest group in Orland Park @ Faith United Methodist Church 8:30 a.m. Saturdays
- ONLINE COMMUNITY GROUPS <http://healthy-eating.fitsugar.com/>

h. Live lecture or talk providers

- Counting Carbs During the Holidays speaker Lisa Szafranowski: visit <http://www.ingallshealthsystem.org/allClasses.aspx>
- Eat Right Every Bite, Diet and Nutrition Consultation through Wellness and Fitness Education through Mercy Medical Hospital (low-cost fees apply) www.mercy-chicago.org/

Apps for smartphones (free apps listed below)

- Healthy Eating Habits by Mental Edge Academy
- Eat Healthy Live Healthy

Insomnia Reduction

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a. Books

- *Say Goodnight to Insomnia* by Gregg D. Jacobs, Ph.D. (2009)
- *The Effortless Sleep Method: The Incredible New Cure for Insomnia and Chronic Sleep Problems* by Sasha Stephens (Jan 31, 2011)
- *The Insomnia Workbook: A Comprehensive Guide to Getting the Sleep You Need* by Stephanie Silberman and Charles Morin (Jun 1, 2009)

b. Educational videos via Youtube

- “Insomnia” <http://sleepcompass.com/videos/insomnia/>
- “Easy Tips to Improve your Sleep” <http://www.youtube.com/watch?v=RaVYueh8LRg>
- “Insomnia: Tips for Improving Sleep” <http://www.youtube.com/watch?v=TPRAYJlJps>
- National Sleep Foundation Video Library: <http://www.sleepfoundation.org/sleep-facts-information/video-library>

c. Websites

- Mayo Clinic’s information on insomnia: <http://www.mayoclinic.com/health/insomnia/DS00187>
- National Sleep Foundation: <http://www.sleepfoundation.org/>
- [HelpGuide.org](http://www.helpguide.org/life/insomnia_treatment.htm) on insomnia: http://www.helpguide.org/life/insomnia_treatment.htm
- WebMD Sleep: <http://www.webmd.com/sleep-disorders/guide/sleep-disorders-symptoms-types>

d. DVDs

- *Mayo Clinic Wellness Solutions for Insomnia*, edited by Brent Bauer, M.D., 83 minute DVD

e. CDs

- *Sleep Through Insomnia: Meditations to quiet the mind & still the body* by KRS Edstrom, 2005
- *Health Journeys: A meditation to help you with healthful sleep* by Belleruth Naparstek, 2000
- *Sleep Solutions: The calming collection* by Roberta Shapiro, 2006

f. Smartphone apps

- Health Journeys “Sleep Help” app (\$5) with guided imagery and relaxing music by Belleruth Naparstek
- Sleep Cycle Monitoring Alarms: Sleep as Android (Urbanandriod) Track your sleep and wake up with nature sounds based on sleep cycle phases
- Sleep Bot Tracker (Sleepbot for Android) Sleep Tracker for iPhone
- White Noise and Sound Apps: RelaxMelodies (iPhone, free) and White Noise (Android \$2)

g. Local support groups

- ONLINE: <http://www.dailystrength.org/c/Insomnia/support-group>
- **Midwest Narcolepsy Support Group** 10:30 AM - 12:00 PM CST , at Evanston Hospital, 2650 Ridge Ave, Evanston, IL 60201-1718
- **Alert, Well and Keeping Energetic (AWAKE)** AWAKE is a mutual-help support group for patients with sleep apnea syndrome: several cities host groups, find a group near you or join virtual group at <http://www.sleepapnea.org/support/a.w.a.k.e.-network-map/us-support-groups/illinois.html>

h. Live lecture or talk providers

- *Sleep Problems: Lunch and Learn* speaker Lisa Nowaczyk: visit <http://www.ingallshealthsystem.org/allClasses.aspx> for more information
- *Dream & Breath with Sleep Apnea*
<http://www.provena.org/body.cfm?xyzpdqabc=0&id=290&action=list>
- **Sliding-Scale Counseling in the Community**
 - Visit to find providers near you: <http://www.freecounselinghelp.com/il-chicago/il-chicago-1.html>
 - Many students enrolled at their colleges have access to counseling that may be free of charge. Inquire at your local college’s Counseling Services.
- **Fee-for-Service Therapists**
 - Hoover & Associates: visit www.licensed-psychologists.com for more information and clinicians available
 - General searches can be made through http://therapists.psychologytoday.com/rms/prof_search.php
 - <http://www.goodtherapy.org/>

Physical Exercise Support

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a. **Books**

- *Fitness Motivation: Preventing Participant Drop Out* by W. Jack Rejeski and Elizabeth Kenney
- *Which Comes First, Cardio or Weights?: Fitness Myths, Training Truths, and Other Surprising Discoveries from the Science of Exercise* by Alex Hutchinson (May 24, 2011)
- *Spark: The Revolutionary New Science of Exercise and the Brain* by John J. Ratey and Eric Hagerman (Jan 10, 2008)
- Or search on www.amazon.com or www.barnes&noble.com or visit your local library to check out a variety of books related to exercise and wellness.

b. **Educational Video on Youtube**

- “10 Exercise Motivation Tips” <http://www.youtube.com/watch?v=vBiiZU-R2aA>
- For Children: “Taking Care Of Your Health Through Proper Diet And Exercise / Educational Video” <http://www.youtube.com/watch?v=WYDMqRgwUew>
- “Exercise TV” <http://www.youtube.com/watch?v=QtYgmDEddug>

c. **Websites**

- <http://www.webmd.com/fitness-exercise/features/exercise-motivation>
- <http://zenhabits.net/31-ways-to-motivate-yourself-to-exercise/>
- <http://zenhabits.net/4-simple-steps-to-start-the-exercise-habit/>
- <http://www.fitnessmagazine.com/weight-loss/tips/motivation/recharge-your-exercise-motivation/>
- <http://www.acefitness.org/article/2927/>

d. **DVDs: These websites have compiled the top DVDs for a variety of different exercises**

- <http://www.fitnessmagazine.com/workout/motivation/the-top-10-workout-dvds/?page=7>
- <http://www.livestrong.com/article/83362-top-exercise-dvds/>

e. **CDs**

- *Go Grab Your Shoes* guided meditation CD for exercise motivation <http://www.imadulation.com/exercise.htm>
- *Motivation to Move! Hypnosis Exercise Motivation* by Beverly Hills Hypnosis and Trevor H. Scott

f. **Local support groups**

- Center Steppers and Square Striders Walking Club: find more information at <http://www.ingallshealthsystem.org/allClasses.aspx>
- ONLINE <http://exchanges.webmd.com/fitness-and-exercise-exchange>

- ONLINE <http://www.dailystrength.org/c/Diets-Weight-Maintenance/support-group>
 - Form a Support Group: If you can't find an exercise support group that suits you, you can form your own. Ask your friends, family, fellow gym patrons, coworkers, neighbors and anyone else you can think of if they would like to join. The more people you have in your support unit during your journey toward lifestyle change and fitness, the better you'll be able to meet your goals. (from www.livestrong.com)
- g. **Live lecture or talk providers**
- EMPOWER! FUSION Weekend Fitness Celebration March 7, 2013-March 10, 2013 Chicago, Intercontinental Ohare <http://empowerfitnessevents.com/events/empower-fitness-events/fusion-chicago/>
 - HEALTH FREEDOM EXPO June 7-9 Chicago <http://www.healthfreedomexpo.com/hfe/>
- h. **Nature trails**
- Lake Katherine Nature Center & Botanic Garden, 7402 W Lake Katherine Dr., Palos Heights, IL 60463, 708-361-1873
 - Lake Sedgwick @ Centennial Park, 15600 West Ave, Orland Park, IL
 - Old Plank Biking Trail, at Kansas & Nebraska Avenues, Frankfort, IL
- i. **Yoga Studios**
- Pure Life Yoga Studio, 17605 Oak Park Ave., Tinley Park 708-614-9642
 - Sunshine Yoga Studio 8600 W 159th, Ste 11, Orland Park 708-813-6030
 - Yoga 360, LaGrange & Colorado Ave., Frankfort 815-806-0360
- j. **APPS for smartphones (free apps listed below; others available for fee)**
- Motivate Me to Exercise (gray2rgb): sends reminders and motivational quotes
 - Motivation to Exercise (by Mental Edge Academy)
 - Workout Trainer (by SkimbleInc)
 - FitnessClass for iPad
- k. **Gyms & Fitness Clubs/Recreation Centers**
- Visit www.gymandfitnessclubs.com to find club closest to your area. Charter, Blast and Plant Fitness now offer gym memberships as affordable as \$10 per month; local park districts can also be available outlets for recreation and exercise; call you local park district for events and more information.
- l. **Sliding-Scale Counseling in the Community**
- Visit to find providers near you. <http://www.freecounselinghelp.com/il-chicago/il-chicago-1.html>
 - Many students enrolled at their colleges have access to counseling that may be free of charge. Inquire at your local College Counseling Services.
- m. **Fee-for-Service Therapists**
- Hoover & Associates: visit www.licensed-psychologists.com for more information and clinicians available
 - General searches can be made through http://therapists.psychologytoday.com/rms/prof_search.php
 - <http://www.goodtherapy.org/>

Smoking Cessation

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a. **Books**

- *The Easy Way for Women to Stop Smoking: A Revolutionary Approach Using Allen Carr's Easyway Method* by Allen Carr and Francesca Cesati (Jan 5, 2010)
- *Cognitive Quitting: A Rational Approach to Smoking Cessation* by Steve Polansky (Apr 29, 2012)
- *Allen Carr's Easyway to Stop Smoking* by Allen Carr (Nov 17, 2011)

b. **You-tube video lectures**

- “Nicotine Addiction and Smoking Cessation”
<http://www.youtube.com/watch?v=wUB9KhEWMa0>
- “Trying to Quit Smoking” from PhizerHealth
<http://www.youtube.com/watch?v=sDp3uUHqzC0>
- “Helpful Strategies to Quit”
<http://www.youtube.com/watch?v=4WBx3JIRPwE&feature=relmfu>

c. **Websites**

- American Lung Association at www.lung.org
- Freedom From Smoking Online Program through the American Lung Association At <http://www.ffsonline.org/>
- American Cancer Society <http://www.cancer.org>
- Smoke Free.gov <http://www.smokefree.gov/Default.aspx>
- Resource Guides for Diverse Populations: <http://www.smokefree.gov/resources.aspx>
- Center for Disease Control: Smoking and Tobacco Use <http://www.cdc.gov/tobacco/>

d. **DVDs**

- *The Quit with Nancy™ Tobacco Cessation Program*
<http://www.quitandliveglobal.com/content1.asp?id=65>
- Stop Smoking DVD
<http://allencarr.com/57/the-easy-way-to-stop-smoking-dvd>

e. **CDs**

- *Forever Smoke Free! Stop Smoking Hypnosis* (3 CD Set) by Beverly Hills Hypnosis and Trevor H. Scott (Nov 8, 2005)

f. **Local support groups**

- Evergreen Park: Little Company of Mary: Huff and Puff group; contact Michelle Ciszewski 708-229-6558
- Pulmonary Rehabilitation Program at Advocate Christ Medical Center
- ONLINE: Voices of Nicotine Recovery at <http://health.groups.yahoo.com/group/voicesofnicotinerecovery/>

g. **Live lecture or talk providers /Programs**

- Freedom from Smoking by the American Lung Association: 8 session group/lecture series visit www.willcountyhealth.org
- 12-week program through Alexian Brother's Hospital Alexian Pathway to Freedom **866-ALEXIAN** (1-866-253-9426)
- **APPS for smartphones** (free apps listed below; others available for fee)
 - Quit Smoking: Cessation Nation (Ron Horner)
 - Quit Smoking (Azati)
 - Quit Smoking SideKick (Parnham)
 - <http://smokefree.gov/apps/>
- **Sliding-Scale Counseling in the Community**
 - Visit to find providers near you. <http://www.freecounselinghelp.com/il-chicago/il-chicago-1.html>
 - Many students enrolled at their colleges have access to counseling that may be free of charge. Inquire at your local College Counseling Services.
- **Fee-for-Service Therapists**
 - Hoover & Associates: visit www.licensed-psychologists.com for more information and clinicians available
 - General searches can be made through http://therapists.psychologytoday.com/rms/prof_search.php
 - <http://www.goodtherapy.org/>

Pain Management

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a. **Books**

- *Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain and Illness* by Jon Kabat-Zin
- *Managing Pain Before It Manages You*, Third Edition by Margaret A. Caudill, M.D., Ph.D., M.P.H. and Herbert Benson, M.D. (Oct 2, 2008)
- *10 Simple Solutions to Chronic Pain: How to Stop Pain from Controlling Your Life* (The New Harbinger Ten Simple Solutions Series) by Blake H. Tearnan (May 1, 2007)
- *Living Beyond Your Pain: Using Acceptance and Commitment Therapy to Ease Chronic Pain* by JoAnne Dahl, Ph.D., Tobias Lundgren, M.S. and Steven C. Hayes, Ph.D. (May 3, 2006)
- *Fibromyalgia and Chronic Myofascial Pain: A Survival Manual* (2nd Edition) by Devin J. Starlanyl and Mary Ellen Copeland (Jun 30, 2001)

b. **You-tube video lectures**

- Elliot Krane: *The Mystery of Chronic Pain*
http://www.ted.com/talks/elliott_krane_the_mystery_of_chronic_pain.html
- “What is Chronic Pain?” <http://theacpa.org/videoPlayer.aspx?id=5>
- “Pain Management Part 1” (Series by University of Maryland Medical Center)
http://www.youtube.com/watch?v=-Oq5_maeN_s
- “Understanding Pain” <http://www.youtube.com/watch?v=4b8oB757DKc>

c. **Websites**

- Stress and Chronic Pain on [About.com](http://pain.about.com)
<http://pain.about.com/od/livingwithchronicpain/a/relaxation.htm>
- American Chronic Pain Association <http://www.theacpa.org/default.aspx>
- “Ten Steps from Patient to Person” http://www.theacpa.org/uploads/Bifold-Ten_Steps_Brochure.pdf
- WebMD Pain Management Center <http://www.webmd.com/pain-management/default.htm>
- The American Academy of Pain Management <http://www.aapainmanage.org/>

- d. **DVDs**
- *Chronic Pain Patient* DVD can be found on http://chronicpainrecovery.com/pain_reduction_set.asp
 - *Managing Chronic Pain: A Guide for Patients* featuring Donna Mills through the American College of Physicians
 - *The War on Pain* by Dr. Lamb http://www.drlamb.com/the_war_on_pain.htm
 - Exercise DVDs through the Fibromyalgia Information Foundation http://www.myalgia.com/VIDEOS/Video_Introduction.htm
- e. **CDs**
- *Health Journeys: A meditation to ease pain* by Belleruth Naparstek, 1992
 - *Living with Chronic Pain* <http://www.paincd.org>.
 - *Free Yourself from Chronic Pain* by David Ison <http://www.cduniverse.com/productinfo.asp?pid=7980152>
 - *Mindfulness Meditation for Pain Relief: Guided Practices for Reclaiming Your Body and Your Life* by Jon Kabat-Zinn (Dec. 28, 2009)
- f. **Local support groups**
- ONLINE support groups through Yahoo Groups: Chronic Pain Assistance
 - FACES-Fribomyalgia, Arthritis, Coping and Support in Willowbrook (other locations available) visit www.fmcpaware.org
- g. **Live lecture or talk providers**
- “Back Pain-Chronic” lecture <http://www.ingallshealthsystem.org/allClasses.aspx>
 - Hip Pain Seminar <http://www.ingalls.org/allClasses.aspx>
- **APPS for smartphones** (free apps listed below; others available for fee)
 - Manage My Pain Lite (by Life Control Software)
 - The Pain App (by Social Care Alba)
 - Back Pain (by Foundation)
- h. **Sliding-Scale Counseling in the Community**
- Visit to find providers near you. <http://www.freecounselinghelp.com/il-chicago/il-chicago-1.html>
- n. **Fee-for-Service Therapists**
- Hoover & Associates: visit www.licensed-psychologists.com for more information and clinicians available
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 - <http://www.goodtherapy.org/>

Substance Harm Reduction

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a. **Books**

- *Breaking Addiction: A 7-Step Handbook for Ending Any Addiction* by Lance M. Dodes (Mar 1, 2011)
- *Everything I Never Wanted to Be: A Memoir of Alcoholism and Addiction, Faith and Family, Hope and Humor* by Dina Kucera (Oct 1, 2010)
- *7 Tools to Beat Addiction* by Stanton Peele (Jul 27, 2004)
- *Addiction and Grace: Love and Spirituality in the Healing of Addictions (Plus)* by Gerald G. May, M.D. (Jan 9, 2007)

b. **You-tube video lectures**

- The Substance Abuse and Mental Health Services Administration's Youtube Channel <http://www.youtube.com/user/SAMHSA>
- "What is Substance Abuse? Addiction" <http://www.youtube.com/watch?v=sNJEhaKAfX8>
- "Common Causes of Substance Abuse and Addiction" <http://www.youtube.com/watch?v=BfXu9DXVY18>
- "Harm Reduction 101" <http://www.youtube.com/watch?v=H8EC9FYbOzg&feature=related>
- "Knowing the Signs of Drug Abuse" <http://www.youtube.com/watch?v=Rb4jHtQGTHU>
- "How Does Harm Reduction Work in Addiction Therapy?" <http://www.youtube.com/watch?v=tyB26QJk9KQ>

c. **Websites**

- Alcoholics Anonymous <http://www.aa.org>
- Narcotics Anonymous <http://www.chicagona.org/>
- DHS: Division of Alcoholism and Substance Abuse <http://www.dhs.state.il.us/page.aspx?item=32300>
- Harm Reduction Coalition Resource Page <http://harmreduction.org/our-resources/>
- Self-Help for Substance Misuse and Addictions <http://www.get.gg/substancemisuse.htm>
- Foundation for A Drug Free World <http://www.drugfreeworld.org/public-service-announcements.html>
- Chicago Recovery Alliance <http://anypositivechange.org/menu.html> Services for syringe access/exchange, hepatitis vaccinations, etc
- The Substance Abuse and Mental Health Services Administration <http://www.samhsa.gov/>
- Addictions and Recovery <http://www.addictionsandrecovery.org/>
- SMART Recovery: Self-management and recovery training <http://www.recoveryzone.org/>

- d. **DVDs**
- Addiction Education DVDs
http://www.cnsproductions.com/index.php?option=com_virtuemart&Itemid=63
 - *Creating A Drug Free World* DVD <http://www.drugfreeworld.org/freeinfo.html>
- e. **CDs**
- *Alcohol and Other Drug Recovery* by Belleruth Naparstek, 1997
 - *The Big Book* on CD <http://www.recoveryzone.org/>
 - Audio CD: *Overcome Addictions* by Glenn Harrold (Sep 1, 2005) - Abridged
- f. **Local support groups**
- Find an AA meeting in your community <http://www.chicagoaa.org/find-a-meeting-search-return>
 - Open meetings Sundays 7pm Tinley Park Community Church - 7939 W 167 St, Tinley Park
 - Open meetings Friday 7 pm St Stephen Church - 17500 S 84th Av, Tinley Park
 - Find an NA meeting in your community <http://www.chicagona.org/MeetingFinder.html>
 - Solutions Not Sedation at St. George Church 6700 W 176th Street, Tinley Park, Fridays at 8 pm
- o. **Sliding-Scale Counseling in the Community**
- Visit to find providers near you. <http://www.freecounselinghelp.com/il-chicago/il-chicago-1.html>
 - Many students enrolled at their colleges have access to counseling that may be free of charge. Inquire at your local college's Counseling Services.
- p. **Fee -for-Service Therapists**
- Hoover & Associates: visit www.licensed-psychologists.com for more information and clinicians available
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Treatment Adherence

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a. Medication Management

**Remembering when and how often to take medications -- especially if you are prescribed a number of them -- can be challenging. The following strategies may be helpful in taking your medications as prescribed and following your treatment plan!

- **Identify what gets in the way of you taking your medications (i.e., time, costs, forgetfulness, side effects, etc.)**
 - Discuss these concerns with your treatment provider
- **Timing Strategies**
 - Set a timer on your *cell phone or other watch* and take your meds when the timer goes off.
 - Take your medication at the *same time* as another regular activity, such as going to bed or eating a regular meal.
 - Ask loved ones who live with you to provide reminders.
- **Scheduling Your Medications**
 - Use a *whiteboard or chalkboard* to keep track of when you take your medications. Post the board in your bedroom or on your refrigerator, where it can be *easily seen*.
 - Use a calendar or log sheet to keep track of all your medications. Mark the calendar when you have taken each one.
 - If you regularly travel or stay the night away from home, set up reminders, so you don't forget to bring your medications. These reminders could range from a loved one's reminder to a sticky note in your car, alarms, etc.
- **Handling Multiple Medications**
 - Purchase a *day-of-the-week pill box* that contains enough spots to hold all of your medications.
 - Keep the pill box at your kitchen table or in the bathroom, where it will be *easily spotted*.
 - If you use a pill box, *set a convenient weekly or daily time to refill* the box.
 - Get a label maker or colored stickers and use them to mark which medications are to be taken in the morning, afternoon or night.
 - Many pharmacies provide labeling systems. Talk with yours about color coding systems or labeling tools that could help you keep track of which medications need to be taken in the morning, afternoon or evening.

- **Talking with Your Doctor**
 - Medication routines can be complicated. If you find that yours is difficult to understand, talk with your doctor. There may be changes you can make so that remembering to take your medications isn't such a challenge.
 - When you are in your physician's office, don't be afraid to ask questions and write down information about your medication dosages. It may also help to bring along a friend or loved one who can help make sense of your medication schedule.
 - Don't stop taking a medication without consulting your doctor, even if you feel that it may not be working for you, unless you have been advised by your doctor to do so. Set up a time to chat and talk with your doctor about your concerns.
- **Cost**
 - Check to see whether you are eligible for drug assistance programs at local pharmacies, with agency social worker, etc. Often Walmart and other low-cost chains have discounts on generic medications.
 - Pharmaceutical companies that manufacture your medicines may also have assistance programs. Visit their websites for contact and service information.

b. **Treatment Adherence**

- **Visits**

- Use reminders, alarms, calendars to note appointment times.

- **Mindset**

- Explore reasons for change (lifestyle and otherwise) to help with adherence
 - Butterworth (2008) noted that people change when:
 - a. Their values support it
 - b. They think change will be worth it
 - c. They think they can
 - d. They think it is important
 - e. They are ready for it
 - f. They believe that they need to take charge of their health
 - g. They have a good plan and adequate social support