

## Colorado Consortium Affected Families & Friends Resource Guide\*

This resource guide contains information intended to be helpful to family members or friends impacted by a loved-one’s substance use or overdose.

Members of the Affected Families & Friends Work Group curate the following information and attempt to keep it up-to-date as possible. However, information listed can change unannounced and visiting the website or contacting the agency is always recommended. If you discover incorrect information or have recommendations for additional resources for this guide, please email the Affected Families & Friends Work Group co-chairs: Sarah Werner (sjwern@gmail.com) or Tracey Ritter (tritter41@gmail.com).

\*Listing in this guide is not an endorsement by the Colorado Consortium for Prescription Drug Abuse Prevention, the Center for Prescription Drug Abuse Prevention, the University of Colorado, or its affiliates.

Information and Support (General)			
Entity	Purpose	Access via:	Associated Cost(s)
Office of Behavioral Health Treatment Locator	Assist families with finding treatment resources in their local area.	<a href="https://www.colorado.gov/ladders">https://www.colorado.gov/ladders</a>	N/A
Partnership to End Addiction	Provide parents with support, information, and telephonic/text coaching is available. English and Spanish information/services are available.	<a href="https://drugfree.org/">https://drugfree.org/</a> Text CONNECT to 55753 to contact a family coaching specialist	Free
Raymond Roundtree	The Raymond Rountree Jr. Foundation is committed to assisting those in addiction recovery transition. We strive to empower people with the necessary resources to sustain their conversion and help focus their commitment to living a healthy and purposeful life.	<a href="https://sosrrjrfoundation.org">https://sosrrjrfoundation.org</a>	N/A
Hard Beauty	Coaching services We empower people to create the lives they want for themselves, regardless of their circumstances. We know it's possible because we've done it. We have overcome and survived addiction, depression, homelessness, murder, adoption, mental health issues, sexual assault, domestic violence, divorce, absent/addicted parents, teen mom/dad, criminal backgrounds, and more.	<a href="https://www.hardbeauty.life/">https://www.hardbeauty.life/</a>	Accepts CO Medicaid Private pay \$70 for 15 minutes. Sliding scale and scholarship available.
SAFE Project – Stop the Addiction Fatality Epidemic	Family, workplace, community, and veteran-specific resources and tools. Resource guide for families (national resources)	<a href="http://www.safeproject.us">www.safeproject.us</a> <a href="https://safelocator.org/en/search">https://safelocator.org/en/search</a>	Free
Voices for Awareness Foundation	Resources to raise awareness and move toward change for substance use prevention, illicit fentanyl and counterfeit drugs as well as bring	<a href="https://www.voicesforawareness.com/">https://www.voicesforawareness.com/</a>	Free

	awareness to mental health issues relating to self-harm.		
Cody's Fresh Start	Providing resources and information to parents, periodic support groups	<a href="http://www.codysfreshstart.org/">http://www.codysfreshstart.org/</a>	Free
Generations United	Resources for grandparents raising grandchildren due to parent substance use.	<a href="https://www.gu.org/resources/grand-resource-help-for-grandfamilies-impacted-by-opioids-and-other-substance-use/">https://www.gu.org/resources/grand-resource-help-for-grandfamilies-impacted-by-opioids-and-other-substance-use/</a>	Free
Maddie Wright Foundation	Our mission is to combat the fentanyl poisoning epidemic through education, awareness, harm reduction techniques to create a safer and healthier Denver Metropolitan community.	<a href="https://maddiewrightfoundation.org/">https://maddiewrightfoundation.org/</a>	Free
JP Opioid Interaction Awareness Alliance	Resources for individuals & communities regarding dangers of combining opioids with other medications	<a href="https://www.jpopioidalliance.org/">https://www.jpopioidalliance.org/</a>	Free
Mom Power	Support and resources for mothers of a child with a substance use disorder. Managed by Sandy Swenson	<a href="http://mompower.org/">http://mompower.org/</a>	Free and some services/products for sale.
Tough as a Mother	Information and support to help moms on their recovery journey.	<a href="https://www.toughasamother.org/">https://www.toughasamother.org/</a>	Free
Forward Together	Resources for parents and teens in building and maintaining healthy, helpful relationships. Resources available in English and Spanish.	<a href="https://parents.forwardtogetherco.com/">https://parents.forwardtogetherco.com/</a>	Free
Rise Above Colorado	Prevention programming for youth & teens	<a href="https://www.riseaboveco.org/">https://www.riseaboveco.org/</a>	Free
Rural Alliance Addressing Substance Use Disorder Colorado RAS-COL	Providing resources specific to NW Colorado	<a href="https://solvingsudtogether.org/friend-family-resources/">https://solvingsudtogether.org/friend-family-resources/</a>	Free
Lift the Label	Information for and stories from individuals with a use disorder and their members. This was created to assist in dismantling stigma around substance use. Available in English and Spanish.	<a href="https://liftthelabel.org/">https://liftthelabel.org/</a>	Free
Opioid Response Network	The Opioid Response Network has local consultants in all 50 states and nine territories to respond to local needs by providing free educational resources and training to states, communities and individuals in the prevention, treatment and recovery of opioid use disorders and stimulant use.	<a href="https://opioidresponsenetwork.org">https://opioidresponsenetwork.org</a>	N/A

Center for Loss & Life Transition	Grief resources, curated by Dr. Alan Wolfelt; some specific to losing someone to drug overdose.	<a href="https://www.centerforloss.com/">https://www.centerforloss.com/</a>	Free	
<b>Support Groups (Grief-specific)</b>				
<b>Entity</b>	<b>Purpose</b>	<b>Location/Venue</b>	<b>Cost(s)</b>	<b>To Learn More:</b>
GRASP - Grief Recovery After a Substance Passing	Support group for parents who have lost a child to substance use	<u>In-person</u> : Durango, SE Metro-Denver, Colorado Springs. Pre-registration required.	Free	<a href="http://grasphelp.org/">http://grasphelp.org/</a>
TRU Community Care	Support group for anyone who has lost a loved one to overdose	<u>Online</u> : 2 <sup>nd</sup> Thursday of each month, 6:00-8:00pm. Registration required. Call to register: (303) 604-5213	Free	<a href="http://www.TRUcare.org">www.TRUcare.org</a>
The Compassionate Friends	Provides support for bereaved family members from any cause of death.	Individual online support and in-person chapters/groups. Also has 24/7 private Facebook groups that can be joined.	Free	<a href="http://compassionatefriends.org">http://compassionatefriends.org</a>
Bereaved Parents of USA	Provides support for bereaved family members from any cause of death.	In-person and online support groups	Free	<a href="https://www.bereavedparentsusa.org">https://www.bereavedparentsusa.org</a>
<b>Support Groups (General)</b>				
<b>Entity</b>	<b>Purpose</b>	<b>Location/Venue</b>	<b>Cost(s)</b>	<b>To Learn More:</b>
CRAFT – Community Reinforcement Approach to Family Training	Educational program offered to parents and family members on coping, communication, boundary- setting, and many other necessary skills/tools.	In-person and online, professionally-facilitated groups. 12-week curriculum covered. Offered in multiple counties across Colorado. See <a href="#">list</a> of free groups across Colorado, funded by the Office of Behavioral Health. Additional groups not included in the list above include:	Free	<a href="https://srchope.org/family-support/#">https://srchope.org/family-support/#</a>  Group schedule: <a href="https://app.smartsheet.com/b/home?dlp=%2Fsheets%2F4V296JJ2XMM8Pr4j3RphxrV4xfFH8CVfjFXPm9F1&amp;dlq=view%3Dgrid">https://app.smartsheet.com/b/home?dlp=%2Fsheets%2F4V296JJ2XMM8Pr4j3RphxrV4xfFH8CVfjFXPm9F1&amp;dlq=view%3Dgrid</a>
Parents of Addicted Loved Ones	Support for parents with children experiencing substance use disorder.	In-person: Grand Junction, Pueblo, Steamboat Springs	Free	<a href="https://palgroup.org/">https://palgroup.org/</a>
Families Anonymous	12 Step fellowship for families and friends concerned about the destructive behavior of someone very near to them.	Online and in-person meeting directory	Free	<a href="https://www.familiesanonymous.org/meetings/virtual-meetings">https://www.familiesanonymous.org/meetings/virtual-meetings</a>

Circle of Parents (Colorado Chapter)	Supporting parents with a variety of parenting concerns. Some groups are specific to parents in recovery.	In-person and some online groups available.	Free	<a href="https://www.circleofparentsco.org/">https://www.circleofparentsco.org/</a>
Cody's Fresh Start	Support and information discussions	Online	Free	<a href="http://www.codysfreshstart.org/">http://www.codysfreshstart.org/</a>
Sandstone Care	Support group for parents	Online; registration required	Free	<a href="https://www.sandstonecare.com/for-parents/parent-support-groups">https://www.sandstonecare.com/for-parents/parent-support-groups</a>
Rooted 303	Denver-based, peer-based support groups for family members, and for those in recovery	In-person	Free	<a href="https://www.rooted303.com/programs">https://www.rooted303.com/programs</a>
Face It TOGETHER	One on one support focusing on helping loved ones learn to set healthy boundaries, effective methods for communication, and education on addiction.	Phone, online, or in-person	Free	<a href="https://www.wefaceittogether.org/get-started">https://www.wefaceittogether.org/get-started</a>
Al-Anon	12-Step-based ongoing support group for adults with a partner with an alcohol use disorder.	Online	Free	
Al-Ateen	12-Step-based ongoing support group for teenagers with a parent who struggles with substances.	Online and in-person	Free	
Nar-Anon	12-Step-based ongoing support group for loved ones of an individual with a narcotic disorder.	Online and in-person	Free	

**Family Programs Offered by Treatment Facilities**

Agency	Information	Website	Phone/Email
CeDAR	Family workshops. Your loved one does not need to have been in treatment at CeDAR. Fees may apply.	<a href="http://www.cedarcolorado.org">www.cedarcolorado.org</a>	(720) 848-3000
Betty Ford Children's Program	Workshops for children (7-12) impacted by a family member's substance use. Fees may apply.	<a href="https://www.hazeldenbettyford.org/treatment/family-children">https://www.hazeldenbettyford.org/treatment/family-children</a>	(303) 745-2275 <a href="mailto:ChildrensCO@hazeldenbettyford.org">ChildrensCO@hazeldenbettyford.org</a>

**Treatment & Resource Locators**

Entity	Details	Website
--------	---------	---------

Recovery Resource Hub	Contains map of variety of resources, including, but not limited to: treatment, recovery support, advocacy, prevention, housing, etc.	<a href="http://www.recoveryresourcehub.org">www.recoveryresourcehub.org</a>
Colorado Treatment Finder	Treatment services licensed with the Office of Behavioral Health	<a href="https://www.colorado.gov/ladders">https://www.colorado.gov/ladders</a>
<b>Social Media Groups</b>		
Drug Epidemic Walk Across America	Private Facebook group for parents who have lost a child to drug use.	<a href="https://www.facebook.com/groups/509224853015202/">https://www.facebook.com/groups/509224853015202/</a>
Moms Against Drugs		<a href="http://www.momsagainstdrugs.com">www.momsagainstdrugs.com</a>
<b>National Advocacy Groups</b>		
Shatterproof	Provides advocacy and information about types of treatment, accreditation, & standards. Anti-stigma campaign and resources for communities and employers.	<a href="https://www.shatterproof.org/">https://www.shatterproof.org/</a>
<b>Books</b>		
<b>Title/Author/Year</b>	<b>Summary</b>	
<i>Difficult: Mothering Challenging Adult Children</i> by Judith Smith (2022)	Brings to life the conflicts that arise for mothers who are confronted with the unexpected, burdensome, and even catastrophic dependencies of their adult children associated with mental illness, substance use, or chronic unemployment.	
<i>From Heroin to Hope: Making sense of the loss of a child</i> , by Marsha Wiggins (2018)	A professor emerita of counseling at the University of Colorado Denver and retired ordained clergywoman, Dr. Wiggins shares her experience of losing her son to a heroin overdose and relates ways she coped with this heart-breaking loss.	
<i>The Teenage Brain: A Neuroscientist's Survival Guide to Raising Adolescents and Young Adults</i> by Frances Jensen and Amy Ellis Nutt (2016)	Renowned neurologist Dr. Frances E. Jensen offers a revolutionary look at the brains of teenagers, dispelling myths and offering practical advice for teens, parents and teachers.	
<i>Recovering My Kid: Parenting Young Adults in Treatment and Beyond</i> by Joseph Lee (2012)	National expert Dr. Joseph Lee explains the nature of youth addiction and treatment, and how families can create a safe and supportive environment for their loved ones during treatment and throughout recovery.	
<i>Beautiful Boy</i> , by David Scheff (2009)	"What had happened to my beautiful boy? To our family? What did I do wrong?" Those are the wrenching questions that haunted David Scheff's journey through his son Nic's addiction to drugs and tentative steps toward recovery.	
<i>Comeback, a mother and daughter's journey through hell and back</i> by Claire & Mia Fontaine (2008)	In powerful parallel stories, mother and daughter give mesmerizing first-person accounts of the nightmare that shattered their family and the amazing journey they took to find their way back to each other.	
<i>Demon Copperhead</i> , by Barbara Kingsolver (2022)	Set in the mountains of southern Appalachia, <i>Demon Copperhead</i> is the story of a boy born to a teenaged single mother in a single-wide trailer, with no assets beyond his dead father's good looks and copper-colored hair, a caustic wit, and a fierce talent for survival. Relayed in his own unsparing voice, <i>Demon</i> braves the modern perils of foster care, child labor, derelict schools,	

	athletic success, addiction, disastrous loves, and crushing losses. Through all of it, he reckons with his own invisibility in a popular culture where even the superheroes have abandoned rural people in favor of cities.	
<b>Other Resources</b>		
OpiRescue	Smartphone app that houses overdose and treatment resources, including step-by-step guide on how to walk-through a rescue effort using naloxone (Narcan).	Learn more at <a href="https://opisafe.com/products/opirescue">https://opisafe.com/products/opirescue</a> Or look for OpiRescue in your App Store.
Celebrating Lost loved ones	Individuals who have lost a loved one can add their loved-one's picture and some information about them on a tribute page, hosted by the National Safety Council.	<a href="https://nscsafety.maps.arcgis.com/apps/instant/attachmentviewer/index.html?appid=1709030e6f054a67b576857d844d2ed4">https://nscsafety.maps.arcgis.com/apps/instant/attachmentviewer/index.html?appid=1709030e6f054a67b576857d844d2ed4</a>
All the Beauty and the Bloodshed	Follows the life of artist Nan Goldin and the downfall of the Sackler family, the pharmaceutical dynasty who was greatly responsible for the opioid epidemic's unfathomable death toll.	<a href="https://www.imdb.com/title/tt21374850/?ref=mv_sr_srsrg_2">https://www.imdb.com/title/tt21374850/?ref=mv_sr_srsrg_2</a>
Anonymous Sister	When a young woman turns to the camera for refuge, she ends up with a firsthand account of what will become the deadliest man-made epidemic in United States history.	<a href="https://www.imdb.com/title/tt15721072/?ref=mv_sr_srsrg_0">https://www.imdb.com/title/tt15721072/?ref=mv_sr_srsrg_0</a>