

“Patience and perseverance have a magical effect before which difficulties disappear and obstacles vanish.” ~ John Quincy Adams

Taking care of your personal health and wellness plays an important role in community reintegration. Making healthier and more educated choices about one's personal wellbeing can substantially improve how someone feels, reduce the risk of many diseases and ensure a long, active and fulfilled lifestyle.

HEALTH & WELLNESS RESOURCES

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES

<http://www.hhs.gov>

The U.S. Department of Health and Human Services is the United States government's principal agency for protecting the health of all Americans and providing human services, especially for those who are least able to help themselves.

The U.S. Department of Health and Human Services represents almost a quarter of all federal outlays, and it administers more grant dollars than all other federal agencies combined. The U.S. Department of Health and Human Service's Medicare program is the nation's largest health insurer, handling more than 1 billion claims per year. Medicare and Medicaid together provide health care insurance for one in four Americans.

The U.S. Department of Health and Human Services works closely with state and local governments, and many agency funded services are provided at the local level by state or county agencies, or through private sector grantees. The Department's programs are administered by 11 operating divisions, including eight agencies in the U.S. Public Health Service and three human services agencies. The U.S. Department of Health and Human Services includes more than 300 programs, covering a wide spectrum of activities. In addition to the services they deliver, the U.S. Department of Health and Human Services programs provide equitable treatment of beneficiaries nationwide, and they enable the collection of national health and other data.

National Contact:

U.S. Department of Health and Human Services
200 Independence Avenue, SW
Washington, DC 20201
P: 877.696.6775

State Contact:

Please refer to [Appendix 13-A: HHS Office of the Secretary Regional Offices](#).

FOOD & NUTRITION ASSISTANCE PROGRAMS

U.S. DEPARTMENT OF AGRICULTURE | FOOD AND NUTRITION SERVICE

<http://www.fns.usda.gov>

The Food and Nutrition Service, formerly known as the Food and Consumer Service, administers the nutrition assistance programs of the U.S. Department of Agriculture. The mission of the Food and Nutrition Service is to provide children and needy families with better access to food and a healthier diet through its food assistance programs and comprehensive nutrition education efforts.

The Food and Nutrition Service has elevated nutrition and nutrition education to a top priority in all its programs. In addition to providing access to nutritious food, the Food and Nutrition Service also works to empower program participants with knowledge of the link between diet and health.

The agency was established August 8, 1969, but many of the food programs originated long before the Food and Nutrition Service existed as a separate agency. The Supplemental Nutrition Assistance Program (formerly the Food Stamp Program), now the cornerstone of the U.S. Department of Agriculture's nutrition assistance, began in its modern form in 1961, but it had its origins in the Food Stamp Plan to help the needy in the 1930's.



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The National School Lunch Program also has its roots in Depression-era efforts to help low-income children. The Needy Family Program, which has evolved into the Food Distribution Program on Indian Reservations, was the primary means of food assistance during the Great Depression.

The Food and Nutrition Service works in partnership with the States in all programs. States determine most administrative details regarding distribution of food benefits and eligibility of participants and the Food and Nutrition Service provides funding to cover most of the States' administrative costs.

Congress appropriated \$82.7 billion for Food and Nutrition Service programs in Fiscal Year 2012. By comparison, Food and Nutrition Services programs cost \$1.6 billion in 1970, the first full year of the agency's operation.

National Contact:

U.S. Department of Agriculture
Food and Nutrition Information Service
3101 Park Center Drive
Alexandria, VA 22302
P: 703.305.2064

Additional Resources:

Food and Nutrition Information Center, *How to Get Food Help Brochure*
<http://publications.usa.gov/USAPubs.php?PubID=549>

CHOOSEMYPLATE

<http://www.choosemyplate.gov>

MyPlate was developed as an effort to promote healthy eating to consumers. The MyPlate icon is easy to understand and it helps to promote messages based on the 2010 Dietary Guidelines for Americans. The new MyPlate icon builds on a familiar image – a plate – and is accompanied by messages to encourage consumers to make healthy choices.

ChooseMyPlate.gov is the consumer access point to the U.S. Department of Agriculture's guidance on food and nutrition and is updated and managed by the Center for Policy and Promotion.

National Contact:

National Agriculture Research Library
10301 Baltimore Avenue, Room 105
Beltsville, MD 20705
P: 301.504.5414

Additional Resources:

ChooseMyPlate.gov, *Let's Eat for the Health of It*
<http://publications.usa.gov/USAPubs.php?PubID=1350>

ChooseMyPlate.gov, *Focus on Fruits*
<http://publications.usa.gov/USAPubs.php?PubID=649>

ChooseMyPlate.gov, *Got Your Dairy Today?*
<http://publications.usa.gov/USAPubs.php?PubID=653>

ChooseMyPlate.gov, *Make Half Your Grains Whole*
<http://publications.usa.gov/USAPubs.php?PubID=651>

ChooseMyPlate.gov, *Sample Menus for a 2000 Calorie Food Pattern*
<http://publications.usa.gov/USAPubs.php?PubID=648>

FEEDING AMERICA

<http://www.feedingamerica.org>

Feeding America is a charitable hunger relief organization that feeds approximately 37 million people annually through a network of more than 200 food banks and 61,000 local charitable agencies including food pantries, soup kitchens, emergency shelters, after-school programs, Kids Cafes, Community Kitchens, and Backpack Programs.

National Contact:

Feeding America
35 East Wacker Drive, Suite 2000
Chicago, IL 60601
P: 800.771.2303

Additional Resources:

Feeding America, *Food Bank Locator*
<http://feedingamerica.org/foodbank-results.aspx>

MEALS ON WHEELS ASSOCIATION OF AMERICA

<http://www.mowaa.org>

Meals on Wheels Association of America is an association with programs throughout the United States that provide nutritious meals and other nutrition services to men and women who are elderly, homebound, disabled, frail, or at risk.

National Contact:

Meals on Wheels Association of America
203 South Union Street
Alexandria, VA 22314
P: 703.548.5558

Additional Resources:

Meals on Wheels Association of America, *"Find a Meal" Program Locator*
<http://www.momaa.org/page.aspx?pid=253>

THE CENTER FOR NUTRITION POLICY AND PROMOTION

<http://www.cnpp.usda.gov>

The Center for Nutrition Policy and Promotion, an organization of the U.S. Department of Agriculture, was established in 1994 to improve the nutrition and well-being of Americans. Towards this goal, the Center for Nutrition Policy and Promotion focuses its efforts on two primary objectives:

1. Advance and promote dietary guidance for all Americans, and
2. Conduct applied research and analysis in nutrition and consumer economics.

The Center for Nutrition Policy and Promotion's core projects to support its objectives is:

- Dietary Guidelines for Americans
- U.S.D.A. Food Guidance System (MyPlate, MyPyramid, Food Guide Pyramid)
- Expenditures on Children by Families

For additional information on the Center for Nutrition Policy and Promotion and its projects, visit

<http://www.cnpp.usda.gov> or contact them directly.

National Contact:

U.S. Department of Agriculture
Center for Nutrition Policy and Promotion
3101 Park Center Drive, 10th Floor
Alexandria, VA 22302
P: 703.305.7600

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM

<http://www.fns.usda.gov/snap>

The Supplemental Nutrition Assistance Program is the largest nutrition assistance program administered by the U.S. Department of Agriculture. The goal of the program is "to alleviate hunger and malnutrition by increasing food purchasing power of all eligible households who apply for participation" as stated in the Food Stamp Act of 1977, as amended (P.L. 108-269). The program provides monthly benefits to eligible low-income families which can be used to purchase food. As of October 1, 2008, SNAP is the new name for the Federal Food Stamp Program. It stands for the Supplemental Nutrition Assistance Program.

The amount of benefits a household gets is called an allotment. The net monthly income of the household multiplied by .3, and the result is subtracted from the maximum allotment for the household size to find the household's allotment. This is because Supplemental Nutrition Assistance Program households are expected to spend about 30 percent of their resources on food. The maximum monthly allotment for a single individual is \$200.

To apply for benefits, or for information about the Supplemental Nutrition Assistance Program in your community, call the National Supplemental Nutrition Assistance Program hotline at 800.221.5689 or contact your local American Job Center for additional information.

State Contact:

Please refer to [Appendix 13-B: SNAP Application and Local Office Locator Links](#).

Additional Resources:

Food and Nutrition Information Center, *Food Stamp Pre-Screening Tool*
<http://www.foodstamps-step1.usda.gov>

Food and Nutrition Information Center, *Supplemental Nutrition Assistance Program Brochure*
<http://publications.usa.gov/USAPubs.php?PubID=551>

HEALTH INFORMATION, CENTERS AND CLEARINGHOUSES

CDC NATIONAL PREVENTION INFORMATION NETWORK

<http://www.cdcnpin.org>

The Centers for Disease Control and Prevention's National Prevention Information Network is the United States reference, referral and distribution service for information on HIV/AIDS, sexually transmitted diseases, and tuberculosis. The National Prevention Information Network produces and disseminates materials and information on HIV/AIDS, sexually transmitted diseases and tuberculosis to organizations and people working in those disease fields in international, national, state and local settings.

National Contact:

CDC National Prevention Information Network
 P.O. Box 6003
 Rockville, MD 20849
 P: 800.458.5231

CENTER FOR HEALTH JUSTICE

<http://www.centerforhealthjustice.org>

Formerly Correct Help, Center for Health Justice provides information related to HIV in prison. Individuals are encouraged to contact them if they do not receive proper medical assistance or are denied access to programs as a result of HIV status.

National Contact:

Center for Health Justice
 900 Avila Street, Suite 102
 Los Angeles, CA 90012
 P: 213.229.0979

CLEARINGHOUSE ON DISABILITY INFORMATION

<http://www.ed.gov/about/offices/list/osers>

The Clearinghouse on Disability Information provides assistance to people with disabilities, or anyone requesting information, by doing research and providing documents in response to inquiries. Information provided includes areas of federal funding for disability-related programs. The Clearinghouse on Disability Information staff is trained to refer requests to other sources of disability-related information, if necessary. Information provided may be useful to individuals with disabilities, their families, schools and universities; teacher's and/or school administrators, and organizations that have persons with disabilities as clients.

National Contact:

U.S. Department of Education
 Office of Special Education and Rehabilitative Services
 550 12th Street, SW, Room 5133
 Washington, DC 20202
 P: 202.245.7307

NATIONAL ALLIANCE FOR THE MENTALLY ILL

<http://www.nami.org>

The National Alliance for the Mentally Ill provides a wide range of services to individuals and families living with mental illness including support groups and special interest networks; up-to-date, scientific information through publications; a toll-free helpline; annual Mental Illness Awareness Week campaigns; advocacy for services; and support for research.

National Contact:

National Alliance for the Mentally Ill
 2107 Wilson Boulevard, Suite 300
 Arlington, VA 22201
 P: 703.524.7600

Additional Resources:

U.S. Department of Health and Human Services, *Mental Health Medications*
<http://publications.usa.gov/USAPubs.php?PubID=696>

NATIONAL ASSOCIATION OF STATE ALCOHOL/DRUG PROGRAM DIRECTORS

<http://www.nasadad.org>

The National Association of State Alcohol/Drug Program Directors is a private, not-for-profit educational, scientific, and informational organization whose basic purpose is to foster and support the development of effective alcohol and other drug abuse prevention and treatment programs throughout every State. The National Association of State Alcohol/Drug Program Directors serves as a focal point for the examination of alcohol and other drug related issues of common interest to both other national organizations and federal agencies by conducting research, fostering collaboration, providing training and cross-training, providing technical assistance, promoting national standards, shaping policy, and ensuring stable funding.

National Contact:

National Association of State Alcohol/Drug Abuse Directors
 808 17th Street NW, Suite 410
 Washington, DC 20006
 P: 202. 293.0090

NATIONAL ASSOCIATION OF STATE MENTAL HEALTH PROGRAM DIRECTORS

<http://www.nasmhpd.org>

The National Association of State Mental Health Program Directors is an organization that advocates for the collective interests of state mental health authorities and their directors at the national level. The National Association of State Mental Health Program Directors analyzes trends in the delivery and financing of mental health services and identifies public mental health policy issues and best practices in the delivery of mental health services. The association apprises its members of research findings and best practices in the delivery of mental health services, fosters collaboration, provides consultation and technical assistance, and promotes effective management practices and financing mechanisms adequate to sustain the mission.

National Contact:

National Association of State Mental Health Program Directors
66 Canal Center Plaza, Suite 302
Alexandria, VA 22314
P: 703.739.9333

NATIONAL CENTER FOR COMPLEMENTARY AND INTEGRATIVE HEALTH

<http://www.nccam.nih.gov>

The National Center for Complementary and Integrative Health Information Clearinghouse operates a toll-free telephone service through which information specialists search National Center for Complementary and Integrative Health databases for scientific information on complementary and alternative medicine therapies or conditions and can answer inquiries in English and Spanish. The Fax-on-Demand service, with fact sheets and other information, is also available through the toll-free number. National Center for Complementary and Integrative Health services and materials are provided at no cost. The clearinghouse does not provide medical referrals, medical advice, or recommendations for specific complementary and alternative medicine therapies

National Contact:

National Center for Complementary and Integrative Health
P.O. Box 7923
Gaithersburg, MD 20898
P: 888.644.6226

NATIONAL CRIMINAL JUSTICE REFERENCE CENTER

<http://www.ncjrs.gov>

The National Criminal Justice Reference Service was established in 1972 as a centralized information services for criminal justice practitioners and researchers. The National Criminal Justice Reference Service provides reference services; distributes publications of the U.S. Department of Justice, Office of Justice Programs; acquires publications for its collection; and provides other services, such as document loan and information dissemination, via the internet. A computerized database includes abstracts of all materials in The National Criminal Justice Reference Service collection. (The database is available on CD-ROM and on DIALOG.) Health issues covered by The National Criminal Justice Reference Service includes violence prevention; mental health illness and crime; victimization; human development and criminal behavior; family violence and child abuse; health care fraud; substance abuse and treatment; and correctional health care, including AIDS and tuberculosis.

National Contact:

National Criminal Justice Reference Service
P.O. Box 6000
Rockville, MD 20849
P: 800.851.3420

NATIONAL HEALTH INFORMATION CENTER

<http://www.health.gov/nhic>

The National Health Information Center helps the public and health professionals locate health information through identification of health information resources, an information and referral system, and publications. The National Health Information Center uses a database containing descriptions of health-related organizations to refer inquiries to the most appropriate resources. The National Health Information Center does not diagnose medical conditions or give medical advice. The National Health Information Center prepares publications and directories on health promotion and disease prevention topics.

National Contact:

National Health Information Center
P.O. Box 1133
Washington, DC 20013
P: 800.336.4797

NATIONAL INSTITUTE ON DRUG ABUSE VIRTUAL INFORMATION CENTER

<http://www.nida.nih.gov>

The National Institute on Drug Abuse Virtual Information Center responds to inquiries sent by the public, medical and health professionals, educators, researchers, people in the substance abuse field, and the media. Information is provided on the common drugs of abuse and a variety of topics related to drug abuse and addiction. The National Institute on Drug Abuse Research Dissemination Center distributes publications for the National Institute on Drug Abuse. To order free print copies of publications, call the National Institute on Drug Abuse Virtual Information Center at 877.643.2644, send them a fax at 240.645.0227, or e-mail them at drugpubs@nida.nih.gov.

National Contact:

National Institute of Drug Abuse
Office of Science Policy and Promotion
6001 Executive Boulevard, Room 5213
Bethesda, MD 20892
P: 301.443.1124

NATIONAL INSTITUTE OF MENTAL HEALTH

<http://www.nimh.nih.gov>

The National Institute of Mental Health makes available a variety of brochures on mental disorders free of charge by contacting them directly. Their pamphlets offer the latest information about symptoms, diagnoses, and treatment of various mental illnesses. Easy-to-read materials on topics such as bipolar disorder, depression, post-traumatic stress disorder, schizophrenia and psychiatric medications are available.

National Contact:

National Institute of Mental Health
Office of Information and Publications
6001 Executive Boulevard, Room 8184, MSC 9663
Bethesda, MD 20892
P: 866.615.6464

Additional Resources:

U.S. Department of Health and Human Services, *Depression*
<http://publications.usa.gov/USAPubs.php?PubID=442>

U.S. Department of Health and Human Services, *Depression in Women*
<http://publications.usa.gov/USAPubs.php?PubID=708>

SAMHSA's HEALTH INFORMATION NETWORK

<http://www.samhsa.gov/shin>

The Substance Abuse and Mental Health Services Administration's Health Information Network is central to SAMHSA's mission to disseminate information and products to promote the adoption of effective prevention, intervention, and treatment policies, programs, and practices; provide access to scientific research on substance abuse and mental health issues; and serve as a first point of contact for individuals seeking information on the prevention and treatment of mental and substance use disorders.

National Contact:

SAMHSA's Health Information Network
P.O. Box 2345
Rockville, MD 20847
P: 877.726.4727

SAMHSA's HOMELESSNESS RESOURCE CENTER

<http://www.homeless.samhsa.gov>

The Substance Abuse and Mental Health Services Administration's Homelessness Resource Center, seeks to improve the daily lives of people affected by homelessness and who have mental health, substance use problems and trauma histories. The Homelessness Resource Center does this through training and technical assistance,

online learning opportunities, and publications for homeless service providers. The Homelessness Resource Center also maintains an extensive knowledge database of studies, papers, and reports related to homelessness.

National Contact:

SAMHSA's Homelessness Resource Center
Center for Social Innovation
200 Reservoir Street, Suite 202
Needham, MA 02494
P: 617.467.6014

HEALTH INSURANCE ASSISTANCE & COVERAGE

For information about government supported medical assistance and insurance coverage, individuals are encouraged to contact the U.S. Department of Health and Human Services. The U.S. Department of Health and Human Services is the primary funding source for all government medical assistance programs and is the administrator for the 2010 Affordable Care Act, and both Medicare and Medicaid at the federal level. For more detailed information, visit <http://www.cms.gov>.

2010 AFFORDABLE CARE ACT

<http://www.healthcare.gov>

The 2010 Affordable Care Act puts in place comprehensive health insurance reforms that will roll out over several years. Most provisions will take effect by early 2014; a timeline is available at <http://www.healthcare.gov/law/timeline>. The law is intended to lower health care costs, provide more health care choices, and enhance the quality of health care for all Americans. Major provisions effecting consumers include:

- Coverage for seniors who hit the Medicare Prescription Drug “donut hole,” including a rebate for those who reach the gap in drug coverage.
- Expanded coverage for young adults, allowing them to stay on their parents’ plan until they are 26 years old.
- Providing access to insurance for uninsured Americans with pre-existing conditions.
- Expanded preventative care (e.g. wellness visits and mammograms) to Medicare and Medicaid participants.
- Medical coverage to children not eligible for care under Medicaid.
- In 2013, consumers can set aside up to \$2,500 in a flexible spending account for medical expenses that aren’t covered by insurance.

The Affordable Care Act also requires states to establish online “Health Insurance Marketplaces” to facilitate the comparison of available insurance options and ultimately subscriber enrollment in the program of their choice.

The following levels of coverage are designed to enable individuals to select the most comprehensive and financially appropriate option for their circumstances:

- Bronze – 60% insurance coverage with 40% responsibility of the subscriber
- Silver – 70% insurance coverage with 30% responsibility of the subscriber
- Gold – 80% insurance coverage with 20% responsibility of the subscriber
- Platinum – 90% insurance coverage with 10% responsibility of the subscriber

Individual subscribers may qualify for a health insurance premium subsidy based on income and household size to reduce the out-of-pocket expenses associated with coverage.

For additional information about the Affordable Care Act and how it can best serve you and your health insurance coverage needs, contact the national toll-free enrollment hotline at 800.318.2596 or visit their website at <http://www.healthcare.gov>.

National Contact:

U.S. Department of Health and Human Services
 200 Independence Avenue, SW
 Washington, DC 20201
 P: 877.696.6775

Additional Resources:

U.S. Department of Health and Human Services, *About the Health Insurance Marketplace*
<http://publications.usa.gov/USAPubs.php?PubID=971>

U.S. Department of Health and Human Services, *Get Ready to Enroll in the Marketplace*
<http://publications.usa.gov/USAPubs.php?PubID=973>

U.S. Department of Health and Human Services, *The Affordable Care Act and Women*
<http://publications.usa.gov/USAPubs.php?PubID=661>

MEDICAID

<http://www.medicaid.gov>

Medicaid is available only to certain low-income individuals and families who fit into an eligibility group that is recognized by federal and state law. Medicaid does not pay money to eligible participants; it sends payments directly to a specified health care provider. Depending on state rules, participants may also be asked to pay a small part (co-pay) of the cost for some medical services. Medicaid is a state administered program and each state sets its own program guidelines regarding eligibility and level of service. Medicaid is administered federally by the Centers for Medicare and Medicaid Services, a division of the U.S. Department of Health and Human Services.

National Contact:

Centers for Medicare and Medicaid Services
 Office of External Affairs
 7500 Security Boulevard
 Baltimore, MD 21244
 P: 877.267.2323

MEDICARE

<http://www.medicare.gov>

Medicare is a government sponsored health care program for people 65 years of age or older, some younger people with disabilities, and those with permanent kidney failure. Medicare is administered federally by the Centers for Medicare and Medicaid Services, a division of the U.S. Department of Health and Human Services.

National Contact:

Centers for Medicare and Medicaid Services
 Office of External Affairs
 7500 Security Boulevard
 Baltimore, MD 21244
 P: 800.633.4227

Additional Resources:

U.S. Department of Health and Human Services, *Welcome to Medicare*
<http://publications.usa.gov/USAPubs.php?PubID=573>

U.S. Department of Health and Human Services, *A Quick Look at Medicare*
<http://publications.usa.gov/USAPubs.php?PubID=577>

U.S. Department of Health and Human Services, *Medicare Basics: A Guide for Families and Friends with Medicare*
<http://publications.usa.gov/USAPubs.php?PubID=6039>

U.S. Department of Health and Human Services, *Enrolling in Medicare Part A & Part B*
<http://publications.usa.gov/USAPubs.php?PubID=2120>

U.S. Department of Health and Human Services, *MyMedicare.gov – Free and Secure Online Account Access*
<http://www.mymedicare.gov>

THE MEDICARE RIGHTS CENTER

<http://www.medicarerights.org>

The Medicare Rights Center works to ensure access to affordable health care for older adults and people with disabilities through counseling, advocacy, and educational programs. It works with clients nationwide through a telephone hotline, internet services, a large volunteer network and community programs. The Medicare Rights Center also produces and disseminates a wide variety of consumer education materials to those looking for accurate and reliable information.

National Contact:

The Medicare Rights Center
520 8th Avenue, North Wing, 3rd Floor
New York, NY 10018
P: 800.333.4114

ONLINE HEALTH INFORMATION

There are many online resources available to help those looking for health information make educated and informed health care decisions. Individuals should be wary of websites sponsored by companies that are trying to sell a particular treatment or product. It's better to contact reputable associations or visit sites run by government agencies and recognized organizations such as the Centers for Disease Control and Prevention (<http://www.cdc.gov>), Food and Drug Administration (<http://www.fda.gov/consumer>), National Cancer Institute (<http://www.cancer.gov>), National Institute on Aging (<http://www.nia.nih.gov>), National Women's Health Information Center (<http://www.womenshealth.gov>), the Mayo Clinic (<http://www.mayoclinic.com>) or the American Medical Association (<http://www.ama.org>). This information should complement, not replace, what is received from a doctor or other medical professional. MedlinePlus and HealthFinder.gov are sites that are generally recognized as reliable and definitive information sources.

MEDLINEPLUS

<http://www.medlineplus.gov>

Look up a condition or disease at MedlinePlus, and you'll find a page organized to make it easy to find the information you're looking for. Sponsored by the National Library of Medicine – part of the National Institute of Health – the website draws from the National Library of Medicine, National Institute of Health, other government agencies, and health-related organizations. Other MedlinePlus features include a drug and supplement look-up, an illustrated medical encyclopedia, and current health news headlines and links.

HEALTHFINDER.GOV

<http://www.healthfinder.gov>

A one-stop-shop for finding reliable health information online, HealthFinder.gov draws on more than 1,600 government and nonprofit organizations to point you to current information. The site – a product of the Office of Disease Prevention and Health Promotion in the U.S. Department of Health and Human Services – also offers consumer health guides, recent health news by topic, and a directory of health-related organizations.

FREE OR LOW-COST CLINICS

As a result of the 2010 Affordable Care Act, consumers have many options when choosing a health care provider regardless of their income or social standing. However, there are still many free or low cost clinics that focus on the needs of under-served populations throughout the United States. Finding a free or low-cost clinic is as easy as visiting <http://www.findhealthcenter.hrsa.gov> and entering the zip code for the area in which you would like service.

ADDICTION RESOURCES

ALCOHOLICS ANONYMOUS

<http://www.aa.org>

Alcoholics Anonymous is a fellowship of men and women who share their experiences, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The primary purpose of Alcoholics Anonymous membership is to stay sober and help other alcoholics to achieve sobriety. Alcoholics Anonymous produces and disseminates a wide variety of informational brochures and literature to help individuals understand and overcome alcoholism. Informational resources are available in printed format for those individuals who are unable to actively participate in meetings by contacting Alcoholics Anonymous, Inc. directly.

National Contact:

Alcoholics Anonymous, Inc.
Grand Central Station
P.O. Box 459
New York, NY 10163
P: 212.870.3400

AL-ANON & AL-ATEEN

<http://www.al-anon.org>

Since its founding in 1951, Al-Anon Family Groups has pursued its mission to help family and friends recover from the effects of someone else's drinking. The mission of Al-Anon Family Groups is advanced through the creation and dissemination of educational books and pamphlets to assist individuals to understand and overcome the challenges of addiction and through community-based meetings designed to help in the healing process by bringing individuals with similar issues and circumstances together to discuss and share their experiences.

National Contact:

Al-Anon Family Group, Inc.
1600 Corporate Landing Parkway
Virginia Beach, VA 23454
P: 757.563.1600

NARCOTICS ANONYMOUS

<http://www.na.org>

The Narcotics Anonymous program started as a small movement within the United States, which has grown into one of the world's oldest and largest organizations of its type. Narcotics Anonymous offers recovery to addicts around the world by focusing on the disease of addiction rather than any particular drug. Narcotics Anonymous meetings are a place to share recovery with other addicts.

National Contact:

Narcotics Anonymous, Inc.
P.O. Box 9999
Van Nuys, CA 91409
P: 818.773.9999

NATIONAL ASSOCIATION FOR SHOPLIFTING PREVENTION

<http://www.shopliftingprevention.org>

The National Association for Shoplifting Prevention is the nationwide leader in shoplifting prevention efforts. The National Association for Shoplifting Prevention's unparalleled shoplifter research and ongoing collaboration with community stakeholders – from crime prevention, to law enforcement, to retailers, to criminal and juvenile justice – has been the basis for all its organizational activities and the foundation for its programs and services.

National Contact:

National Association for Shoplifting Prevention
225 Broadhollow Road, Suite 400E
Melville, NY 11747
P: 631.923.2737

SEX ADDICTS ANONYMOUS

<http://www.sexaa.org>

Sex Addicts Anonymous is a national nonprofit organization committed to the treatment of individuals who have an addiction to sex. Sex Addicts Anonymous coordinates meetings in local communities to encourage open and honest discussion of related issues among its members.

National Contact:

Sex Addicts Anonymous
P.O. Box 70949
Houston, TX 77270
P: 800.477.8191