



As individuals and family members living life in recovery, we have unique needs, opportunities and responsibilities. Since NCADD was founded in 1944 by Marty Mann, the first woman to recover in Alcoholics Anonymous (AA), NCADD and our National Network of Affiliates have been privileged to have been the first call and start point of recovery for **millions of individuals and family members**.

It's great that you're visiting the NCADD website to [Learn About Alcohol](#), [Learn About Drugs](#) for your own benefit and "continuing education." But, you may be in need of some assistance or support in finding a way to [Get Help](#) for a family member, a friend or for somebody who knows you are in recovery and knows that you can help.

But, when it comes to taking action, you'll probably want to reach out for help closer to home. That's where NCADD and our National Network of Affiliates comes in.

For information on NCADD's **National Network of Affiliates** and to find help nearest you, go to "[Find An Affiliate](#)." If you are looking for local resources where we do not currently have a local NCADD Affiliate, you will be directed to the Treatment Facility Locator operated by the Substance Abuse and Mental Health Services Administration (SAMHSA). The directory of drug and alcohol treatment programs shows the location of facilities around the country that treat alcoholism, alcohol abuse and drug abuse problems.

Finding a Doctor Specialized in Addiction Medicine: NCADD played a key role in helping to start the American Society on Addiction Medicine (ASAM) and ASAM is an ex-officio member of the NCADD's Board of Directors. As a person in recovery you understand how important it is to have a physician who is specifically trained and experienced in dealing with alcohol and drug addiction. Separate from contacting your local NCADD Affiliate and seeking their advice, you can locate local **doctors who are certified in addiction medicine** through the [ASAM Doctor Finder](#).

Mutual Aid/Support Groups: NCADD has compiled a simple and straightforward list of the most common mutual aid/support groups (self-help). NCADD's list provides information and links to **Alcoholics Anonymous (AA)**, **Narcotics Anonymous (NA)** and other **anonymous 12-step programs** that are available in most communities across the country and around the world. If you are traveling or making a connection for a friend, the links will help you to find a nearby meeting.

For Friends and Family: NCADD's listing of [Mutual Aid/Support Groups](#) will help you to find information about Al-Anon Family Groups, Nar-Anon and information about Adult Children of Alcoholics.

Resources from Faces & Voices of Recovery: [Recovery/Remission from Substance Use Disorders: An Analysis of Reported Outcomes in 415 Scientific Reports, 1868-2011](#) by

William L. White, MA. This report reviews 415 scientific studies of recovery outcomes (79 community studies, 276 adult clinical studies, and 60 adolescent clinical studies) conducted with clinically and culturally diverse populations in multiple countries over the past century. The paper answers the 5 critical questions below and includes a way for communities to develop their own measures.

1. How many persons are in recovery from substance use disorders in the United States?
2. What percentage of those who develop AOD problems eventually achieve remission/recovery?
3. What is the rate of remission/recovery for persons whose problems are severe enough to warrant professional treatment?
4. Does the rate of remission/recovery for adolescents following specialized addiction treatment differ from that of adults who have completed such specialized treatment?
5. How can local communities establish baseline remission/recovery prevalence data?

[The Recovery Carrier](#) by Bill White describes the qualities and contributions of people, usually in recovery, who make recovery infectious to those around them by their openness about their recovery experiences, their quality of life and character, and the compassion they exhibit for those still suffering.