

Attachment I. Resource Guides for Respondents

Resource Guide for Parents

Sources for Immediate Help: Crisis Lines and Service Referrals

Resource	Useful for:	Contact Information
24-Hour Crisis Help Lines	Help 24-hours/day, 7 days a week for mental health problems, substance abuse problems, suicide and service referrals	Substance Abuse and Mental Health Services Administration (SAMHSA) Treatment Referral Helpline, 1-877-SAMHSA7 (1-877-726-4727) National Suicide Prevention Lifeline, 1-800-273-TALK (8255)
NAMI-National Alliance on Mental Illness	Support finding mental health treatment.	Email: info@nami.org Phone: 800-950-NAMI
Adoption-Competent Counselors	Names and contact information by state of counselors trained on adoption.	US Directory Adoption Competent Professionals: Website: https://adoptionssupport.org/member-types/adoption-competent-professionals/
State Adoption Program Managers	Names and contact information for every state adoption program manager.	Website: https://www.childwelfare.gov/organizations/?CWIGFunctionaction=rols:main.dspList&rolType=Custom&RS_ID=154&rList=RCL

General Resources: Information on Adoption Supports and Mental Health

Resource	Useful for:	Contact Information
Adoption Support and Counseling Services	General information about adoption.	Website: https://adoptionssupport.org/ Email: caseadopt@adoptionssupport.org
	Information about mental health services for families and adopted children.	Website: https://adoptionssupport.org/counseling-services/ Email: appts@adoptionssupport.org Phone: 866-217-8534
	Free resources including books, booklets, webinars, workshops, and other materials on adoption	Education and Resources for Parents and Families: Website: https://adoptionssupport.org/education-resources/for-parents-families/
Dave Thomas Foundation	Free book: Step by Step Guide to Post Adoption	Website: https://www.davethomasfoundation.org/library/

Survey of NSCAW Adopted Youth, Young Adults, and Adoptive Parents

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<i>for Adoption</i>		<u>strengthen-your-forever-family-a-step-by-step-guide-to-post-adoption/</u>
	Free resources including adoption-friendly workplaces, video interviews with experts, and videos about adoption.	Education and Resources for Parents and Families: Website: <u>https://www.davethomasfoundation.org/library/</u>
<i>Mental Health Resources</i>	Information about mental health including brochures and booklets.	Website: <u>https://www.mentalhealth.gov/</u>
<i>NAMI-National Alliance on Mental Illness</i>	Factsheets explaining mental health problems.	Website: <u>https://www.nami.org/Find-Support/NAMI-HelpLine/Top-HelpLine-Resources</u>

[Resource Guide for Youth and Adults who do not know their adoption status]

Resource Guide for Youth and Adults

Sources for Immediate Help: Crisis Lines and Service Referrals

Resource	Useful for:	Contact Information
<i>24-Hour Crisis Help Lines</i>	Help 24-hours/day, 7 days a week for mental health problems, substance abuse problems, suicide and service referrals	Substance Abuse and Mental Health Services Administration (SAMHSA) Treatment Referral Helpline, 1-877-SAMHSA7 (1-877-726-4727) National Suicide Prevention Lifeline, 1-800-273-TALK (8255)
<i>NAMI- National Alliance on Mental Illness</i>	Support finding mental health treatment.	Email: info@nami.org Phone: 800-950-NAMI

General Resources: Information on Mental Health

Resource	Useful for:	Contact Information
<i>Mental Health Resources</i>	Information about mental health including brochures and booklets.	Website: https://www.mentalhealth.gov/
<i>NAMI- National Alliance on Mental Illness</i>	Factsheets explaining mental health problems.	Website: https://www.nami.org/Find-Support/NAMI-HelpLine/Top-HelpLine-Resources

[Resource Guide for Youth and Adults who know their adoption status]

Resource Guide for Adopted Youth and Adults

Sources for Immediate Help: Crisis Lines and Service Referrals

Resource	Useful for:	Contact Information
<i>24-Hour Crisis Help Lines</i>	Help 24-hours/day, 7 days a week for mental health problems, substance abuse problems, suicide and service referrals	Substance Abuse and Mental Health Services Administration (SAMHSA) Treatment Referral Helpline, 1-877-SAMHSA7 (1-877-726-4727) National Suicide Prevention Lifeline, 1-800-273-TALK (8255)
<i>NAMI- National Alliance on Mental Illness</i>	Support finding mental health treatment.	Email: info@nami.org Phone: 800-950-NAMI
<i>Adoption-Competent Counselors</i>	Names and contact information by state of counselors trained on adoption.	US Directory Adoption Competent Professionals: Website: https://adoptionsupport.org/member-types/adoption-competent-professionals/
<i>State Adoption Program Managers</i>	Names and contact information for every state adoption program manager.	Website: https://www.childwelfare.gov/organizations/?CWIGFunctionsaction=rols:main.dspList&rolType=Custom&RS_ID=154&rList=RCL

General Resources: Information on Foster Care Alumni Supports, Adoption Supports and Mental Health

Resource	Useful for:	Contact Information
<i>Foster Care Alumni of America</i>	Contact information and networking for youth and adults who experienced foster care. Resources on adoption.	Website: https://fostercarealumni.org/ Email: info@fostercarealumni.org Phone: 1-918-862-2586
<i>State Youth Advocacy/ Advisory Boards & Foster Care Alumni Associations</i>	Names and contact information by state of youth and adults that experienced foster care.	Website: https://www.childwelfare.gov/organizations/?CWIGFunctionsaction=rols:main.dspList&rolType=Custom&RS_ID=160

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Adoption Support and Counseling Services	General information about adoption.	Website: https://adoptionsupport.org/ Email: caseadopt@adoptionsupport.org
	Information about mental health services for families and adopted children.	Website: https://adoptionsupport.org/counseling-services/ Email: appts@adoptionsupport.org Phone: 866-217-8534
	Free resources including books, booklets, webinars, workshops, and other materials on adoption	Education and Resources for Parents and Families: Website: https://adoptionsupport.org/education-resources/for-parents-families/
Dave Thomas Foundation for Adoption	Free book: Step by Step Guide to Post Adoption	Website: https://www.davethomasfoundation.org/library/strengthen-your-forever-family-a-step-by-step-guide-to-post-adoption/
	Free resources including adoption-friendly workplaces, video interviews with experts, and videos about adoption.	Education and Resources for Parents and Families: Website: https://www.davethomasfoundation.org/library/
Mental Health Resources	Information about mental health including brochures and booklets.	Website: https://www.mentalhealth.gov/
NAMI- National Alliance on Mental Illness	Factsheets explaining mental health problems.	Website: https://www.nami.org/Find-Support/NAMI-HelpLine/Top-HelpLine-Resources