



## BEHAVIORAL HEALTH WEB RESOURCES

*The first in a series of three reference guides to helpful behavioral healthcare materials.*

### MENTAL HEALTH

#### ASSOCIATIONS...

##### American Association for Geriatric Psychiatry

<http://www.aagponline.org>

AAGP is a national association dedicated to promoting the mental health and well-being of older people and improving care of those with late-life mental disorders.

##### American Association of Suicidology

<http://www.suicidology.org>

A resource for anyone concerned about suicide, including AAS members, suicide researchers, therapists, prevention specialists, survivors of suicide, and people who are themselves in crisis. Includes resources for clinicians who have lost a patient to suicide.

##### American Hospital Association <http://www.aha.org>

The American Hospital Association is a not-for-profit association of health care provider organizations and individuals that are committed to the health improvement of their communities. The AHA is the national advocate for its members, which includes almost 5,000 hospitals, health care systems, networks, other providers of care and 37,000 individual members. Founded in 1898, the AHA provides education for health care leaders and is a source of information on health care issues and trends. The AHA Section for Psychiatric and Substance Abuse Services (SPSAS) provides leadership and insights on behavioral health issues.

##### American Managed Behavioral Healthcare Association

<http://www.ambha.org>

AMBHA represents managed behavioral healthcare organizations that collectively manage mental health and substance abuse services for over 110 million people. The site includes links to reports, studies, and public policy statements.

##### American Psychiatric Association

<http://www.psych.org>

This medical specialty society represents 37,000 U.S. and international member physicians working together to ensure humane care and effective treatment for all persons with mental disorders, including mental retardation and substance-related disorders. In addition to members-only resources, the site includes links to APA publications and journals, public information including a "Let's Talk Facts..." series, and advocacy materials.

##### American Psychiatric Nurses Association

<http://www.apna.org>

APNA is a professional organization representing the specialty practice of psychiatric-mental health nursing. It has more than 4,000 members and is the largest national association of psychiatric nurses. The site includes publications and other resources.

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## **American Psychological Association**

<http://www.apa.org>

APA is a scientific and professional organization that represents psychology in the United States. With more than 155,000 members, it is the largest association of psychologists worldwide. The site includes both professional and public information.

## **Anxiety Disorders Association of America**

<http://www.adaa.org>

ADAA is a national, non-profit membership organization dedicated to informing the public, healthcare professionals, and legislators that anxiety disorders are real, serious, and treatable. The site includes resources for professionals, the public, and the media.

## **Bazelon Center for Mental Health Law**

<http://www.bazelon.org>

Formerly the Mental Health Law Project, the Judge David L. Bazelon Center for Mental Health Law is a non-profit legal advocacy organization. The site includes information on a wide array of legal issues, including fair housing issues, advance directives, children's and aging issues, and more.

## **Depressive and Bipolar Support Alliance**

<http://www.dbsalliance.org>

DBSA works to educate patients, families, professionals, and the public concerning the nature of depressive and manic-depressive illnesses as treatable medical diseases; to foster self-help for patients and their families; to eliminate discrimination and stigma; to improve access to care; and to advocate for research toward the elimination of these illnesses. The site includes information on mood disorders, links to support groups and chapters, and publications.

## **National Alliance for the Mentally Ill**

<http://www.nami.org>

NAMI is a nonprofit, grassroots, self-help, support and advocacy organization of consumers, families, and friends of people with severe mental illnesses, such as schizophrenia, major depression, bipolar disorder, obsessive-compulsive disorder, and anxiety disorders. Founded in 1979, NAMI has more than 210,000 members who seek equitable services for people with severe mental illnesses. The site includes

advocacy, education, and research resources, including a link to NAMI's "Program of Assertive Community Treatment" Technical Assistance Center, the NAMI Helpline, and more.

## **National Association for Rural Mental Health**

<http://www.narmh.org>

Provides rural providers, consumers, and advocates a forum to share problems, find solutions, and work cooperatively to improve rural mental health services. NARMH membership is diverse, representing direct care, policy, academic, hospital and community-based organizations, as well as individuals involved in professional practice in rural mental health.

## **National Association of Anorexia Nervosa and Associated Disorders**

<http://www.anad.org>

ANAD is a national/international educational and advocacy organization dedicated to helping sufferers of eating disorders and their families. The association works to prevent eating disorders, undertakes and supports training of professionals, and fights insurance and job discrimination.

## **National Association of County Behavioral Health Directors**

<http://www.nacbhd.org>

NACBHD promotes excellence in the delivery of county/local behavioral health services. NACBHD is committed to the well-being of consumers and families in every community, the care and protection of the most vulnerable populations, and strengthening of the public behavioral health system.

## **National Association of Psychiatric Health Systems**

<http://www.naphs.org>

NAPHS advocates for behavioral health and represents provider systems that are committed to the delivery of responsive, accountable, and clinically effective prevention, treatment, and care for children, adolescents, adults, and older adults with mental and substance use disorders. NAPHS represents behavioral healthcare provider organizations, including more than 300 specialty psychiatric hospitals, general hospital psychiatric and addiction treatment units, residential treatment centers, partial hospital services, youth services organizations, behavioral group practices, and other providers of care. The website includes a variety of

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resources for professionals and the public, including a Hay Group study on the erosion of behavioral health benefits, campaign materials to “Make Behavioral Health for Youth a Priority,” and more.

### **National Association of State Medicaid Directors**

<http://medicaid.aphsa.org>

An affiliate of the American Public Human Services Association. Includes information on CHIP, waivers, and publications.

### **National Association of State Mental Health Program Directors**

<http://www.nasmd.org>

NASMHPD organizes to reflect and advocate for the collective interests of State Mental Health Authorities and their directors at the national level. NASMHPD analyzes trends in the delivery and financing of mental health services and builds and disseminates knowledge and experience reflecting the integration of public mental health programming in evolving healthcare environments.

### **National Council for Community Behavioral Healthcare**

<http://www.nccbh.org>

The National Council is a nonprofit trade association serving the education, advocacy and networking needs of more than 800 community providers of mental health and addiction treatment services. The site includes a Learning Center, public policy materials, and consulting services.

### **National Mental Health Association**

<http://www.nmha.org>

NMHA is the country's oldest and largest nonprofit organization addressing all aspects of mental health and mental illness. With more than 340 affiliates nationwide, NMHA works to improve the mental health of all Americans, especially the 54 million individuals with mental disorders, through advocacy, education, research and service. The site includes mental health information, advocacy materials, and links to local affiliates.

## FEDERAL & STATE GOVERNMENT SITES

### **Centers for Disease Control and Prevention**

<http://www.cdc.gov>

CDC works to promote health and quality of life by preventing and controlling disease, injury, and disability. The site includes links to national data and statistics (such as mortality data), occupational health and safety information, disaster-preparedness and infectious disease information, and more.

### **Centers for Medicare and Medicaid Services**

<http://www.cms.gov>

CMS (formerly known as HCFA) runs the Medicare and Medicaid programs — two national healthcare programs that benefit about 75 million Americans. And with the Health Resources and Services Administration, CMS runs the State Children’s Health Insurance Program (SCHIP), a program that is expected to cover many of the approximately 10 million uninsured children in the United States. The site includes information for both consumers and professionals.

### **Knowledge Exchange Network (KEN)**

<http://www.mentalhealth.org>

KEN provides information about mental health via a toll-free telephone number (800-789-2647), its web site, and more than 200 publications. The Center for Mental Health Services developed KEN for users of mental health services and their families, the general public, policy makers, providers, and the media.

### **National Center for Health Statistics**

<http://www.cdc.gov/scientific.htm>

A component of the Centers for Disease Control and Prevention, NCHS provides data on a wide variety of health issues, including mental health. See, for example, the Youth Risk Behavioral Surveillance System.

### **National Conference of State Legislatures – Health Policy Tracking Service**

<http://www.hpts.org>

Provides information on important developments in state legislation, policies, and programs affecting health. Tracks developing health legislation, policies, and programs. Engages state officials in ongoing

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discussions about what is important. Site includes free fact sheets on issues such as mental health parity. In addition, the home page of the National Conference of State Legislatures ([www.ncsl.org](http://www.ncsl.org)) provides news and information from the association.

**National Governors Association** <http://www.nga.org>  
Site includes news and perspective on policy positions of the nation's governors.

**National Institute of Mental Health** <http://www.nimh.nih.gov>  
NIMH works to reduce the burden of mental illness and behavioral disorders through research on mind, brain, and behavior. The site includes resources for practitioners, researchers, and the public. Information is available on funding, clinical trials, intramural research, and more.

**National Institute on Alcohol Abuse and Alcoholism (NIAAA)** <http://www.niaaa.nih.gov>  
NIAAA supports and conducts biomedical and behavioral research on the causes, consequences, treatment, and prevention of alcoholism and alcohol-related

problems. The site includes publications, data, and other resources for both professionals and the public.

**National Institute on Drug Abuse (NIDA)** <http://www.nida.nih.gov>  
NIDA works to bring the power of science to bear on drug abuse and addiction. Both 1) research and 2) the rapid dissemination and use of the results of that research are used to significantly improve drug abuse and addiction prevention, treatment, and policy. The site includes information for students and young adults, parents and teachers, and researchers and health professionals.

**Substance Abuse and Mental Health Services Administration (SAMHSA)** <http://www.samhsa.gov>  
SAMHSA is the Federal agency charged with improving the quality and availability of prevention, treatment, and rehabilitative services in order to reduce illness, death, disability, and cost to society resulting from substance abuse and mental illnesses. The site includes information on grant and contract opportunities, financing and quality, policy issues, and publications.

## OF SPECIAL NOTE (by subject):

**ADA ACCOMMODATIONS...**  
**Center for Psychiatric Rehabilitation / Reasonable Accommodations for Employment and Education** <http://www.bu.edu/sarpsych/reasaccom.html>  
Practical information for employers and educators about reasonable accommodations for people who have psychiatric disabilities (as required by the Americans with Disabilities Act and other laws). Provided by Boston University's Center for Psychiatric Rehabilitation. Sponsored by the Tower Foundation.

**Office of Disability Employment Policy: Department of Labor** <http://www.dol.gov/odep>  
Includes links to the Job Accommodation Network with information on making workplace accommodations for people with disabilities, the Employer Assistance Referral Network, grants, etc.

**ADVANCE DIRECTIVES...**  
**Bazelon Center for Mental Health Law** <http://www.bazelon.org/advdir.html>  
Includes advance directive templates to help consumers

concerned that they may be subject to involuntary commitment prepare a legal document to express their choices about treatment.

**CLINICAL GUIDELINES...**  
**National Guideline Clearinghouse** <http://www.guideline.gov>  
A repository for evidence-based clinical practice guidelines developed by the Agency for Health Care Policy and Research in partnership with the American Medical Association and the American Association of Health Plans. Includes guidelines on depression, addiction, and more.

**STATISTICS...**  
**National Center for Health Statistics** <http://www.cdc.gov/scientific.htm>  
A component of the Centers for Disease Control and Prevention, NCHS provides data on a wide variety of health issues, including mental health. See, for example, the Youth Risk Behavioral Surveillance System.