INFORMATION AND ASSISTANCE FOR ALCOHOL AND/OR DRUG ABUSE

An important step in overcoming any problem is to know where to turn for assistance. Information, counseling, and treatment for alcohol and/or drug problems is available through resources in the community and costs may be covered by health care benefits. Confidential support services are available for those with abuse problems who individually pursue treatment and counseling. Some of those resources include:

Lee Wolfson, M.ED
3434 Fifth Avenue, Rm 229
Pittsburgh PA 15260
(412) 624-1041
email: lkw2@pitt.edu

University of Pittsburgh Counseling Center
334 William Pitt Union
Pittsburgh PA 15206
(412) 648-7930
Website: http://www.counseling.pitt.edu/

University of Pittsburgh Student Health Service
Medical Arts Building, Suite 500
Pittsburgh PA 15213
(412) 383-1825
Website: http://www.studhlth.pitt.edu/

Western Psychiatric Institute and Clinic
Comprehensive Alcohol & Drug Abuse Program
3811 O’Hara Street
Pittsburgh PA 15260
(412) 624-1596
Website: http://www.upmc.com/HospitalsFacilities/Hospitals/wpic/services/Pages/addiction-medicine.aspx

SHARP Committee/ University of Pittsburgh School of Medicine
[http://www.pittmed.pitt.edu/sharp/home.html]
The Student Health Advocacy Resource Program (SHARP) exists to provide, with compassion and confidentiality, a support, referral and advocacy service for students with substance abuse or mental health problems so that they can continue their education and training. Any medical student may obtain assistance by calling, e-mailing or contacting in person, any member of the committee, which is comprised of medical students and faculty members.

Faculty contacts are: Paul Rogers, MD (412-688-6743), Melissa McNeil, MD (work: 412-688-6113/home: 412-963-0504), and Jason Rosenstock, M.D. (work: 412-246-5565)
For Individuals Recovering from Substance Abuse

1) GATEWAY REHABILITATION CENTER  http://www.gatewayrehab.org/
Dr. Neil Capretto, Medical Director
(412) 472-1177
Email: ncapretto@gatewayrehab.org
The program at Gateway requires a four week stay at the Center in Aliquippa as an in-patient. During this time individual and group counseling sessions as well as medical support are available. There are also support groups for families of individuals undergoing the four-week session.

2) CADUCEUS - via Allegheny County Medical Society
(412) 321-5030
This support group deals solely with health professionals, primarily physicians, with substance abuse problems. It has group meetings similar to AA but geared toward the unique problems of being an impaired physician. There is a similar organization by and for lawyers who can provide legal advice for the physicians’ group.

3) THE PHYSICIAN’S HEALTH PROGRAMS (PHP)
http://www.foundationpamedsoc.org/PHP/PHPrograms.aspx
A program of The Foundation of the Pennsylvania Medical Society, which provides support and advocacy to physicians struggling with addiction or physical or mental challenges.

24 Hour Hotlines

1) Allegheny County Mental Health - Mental Retardation Drug and Alcohol Program: (412-243-3400) 24 HOUR
   http://www.alleghenycounty.us/dhs/mhservices.aspx

2) Drug Treatment Center - 24 hour Help Line (800-711-6375)
If you need to speak with a live counselor regarding your concerns you can do so, 24 hours a day/7 days a week: 877-674-2160. There is also a website address for more information.  TheWatershed.com

   Drug 24 hour Abuse Action Hotline and Treatment (800-861-5731)

3) CONTACT PITTSBURGH (412) 820-0100
   http://www.contactpgh.org/
   This hotline deals with all types of problems in addition to substance abuse, e.g. depression and suicide. Make referrals to appropriate long-term counseling services.
Local Chapters of National Support Organizations

1) AA (Alcoholic Anonymous) (412-471-7472) 24 hours
http://www.pghaa.org/is_there.htm  Both crisis and long term help for individuals with alcohol abuse problems.

2) NA (Narcotics Anonymous) (877-871-9281) 24 hours
http://www.na.org/  Both crisis and long term help and support for individuals with problems resulting from drug abuse other than alcohol.

NOTE: AA groups are often comprised of older while NA groups often are comprised of younger individuals and those who have mixed a lot of chemicals during their period of dependency.

3) POTADA (Parents of Teenage Drug Abusers)
http://www.potada.info/wip.html  POTADA is primarily for parents of teen alcoholics and drug abusers, although they will help parents who are concerned about their children of any age.

   There are several groups meeting around the Pittsburgh area.

4) AL ANON (412-572-5141)
http://www.pghaa.org/is_there.htm  This is a support group for concerned families, friends and employers, etc. of alcoholics.

5) ALA TEEN (412-572-5141)
http://www.pghaa.org/is_there.htm  Support group for teenage children of alcoholics.

6) OA (Overeaters Anonymous) (412-765-3004) 24 hours
http://www.gpioa.org/  Crisis and long term help and support for individuals with eating disorders.

Additional Resources
Additional resources may be found in the blue pages of the telephone book under Guide to Human Services.
http://www.clphg.org/research/socialservices/orgs.html