

## 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](mailto:lkw2@pitt.edu)

SHARP COMMITTEE  
Melissa McNeil, MD  
Work (412) 692-4891; (Home) 963-0504

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](mailto: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/PHPPrograms.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](http://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 \(Alcoholic Anonymous\)](http://www.pghaa.org/is_there.htm): (412-471-7472) 24 hours

[http://www.pghaa.org/is\\_there.htm](http://www.pghaa.org/is_there.htm) Both crisis and long term help for individuals with alcohol abuse problems.

2) [NA \(Narcotics Anonymous\)](http://www.na.org/) (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](http://www.potada.info/wip.html) (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](http://www.pghaa.org/is_there.htm) (412-572-5141)

[http://www.pghaa.org/is\\_there.htm](http://www.pghaa.org/is_there.htm)

This is a support group for concerned families, friends and employers, etc. of alcoholics.

5) [ALA TEEN](http://www.pghaa.org/is_there.htm) (412-572-5141)

[http://www.pghaa.org/is\\_there.htm](http://www.pghaa.org/is_there.htm)

Support group for teenage children of alcoholics.

6) [OA \(Overeaters Anonymous\)](http://www.gpioa.org/) (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.clpgh.org/research/socialservices/orgs.html>