



Limit Alcohol and Be Tobacco Free Resources List

This is a list of resources of the surrounding neighborhoods of Edward Hines, Jr. VA Hospital and its six CBOCs. This is not a comprehensive list, additional resources are available in these service areas. The programs and services on this list is not an endorsement of Hines Hospital or the VA, and are used to identify some of the resources available in the surrounding neighborhoods of our facilities. Information on this list maybe subjected to change, please contact individual programs for most current information. (Updated June 2012). **If you know of any additional resources that should be added, please contact Lorry Luscri, MPH, CPH, RD, LDN Health Promotion and Disease Prevention Manager lorry.luscri@va.gov.**

| HLM | Program Name | Program Description | Website |
|---------------|--|---|---|
| Limit Alcohol | Al-Anon Family Groups | Has online/electronic meeting feature under "How to find a meeting." Support group for family and friends of problem drinkers. | http://www.al-anon.alateen.org/ |
| | Chicago Area Alcoholics Anonymous | Alcoholic Anonymous Directory. Use "Meeting Directory" link to use search functions to find meetings by day of the week, time, distance from zip code, etc. | http://www.chicagoaa.org/ |
| | Cooke's Manor Edward Hines, Jr. VA Hospital, Bldg 14 708-343-2873 | A transitional residential recovery program in a sober environment. Priority is given to veterans. | http://www.catholiccharities.net/services/substance_abuse |
| | Fetal Alcohol Spectrum Disorders Center for Excellence | Under links click "Family and Support Groups." There is an online forum for parents raising children with FAS and adults with FAS. | http://www.fasdcenter.samhsa.gov/links/links.cfm |
| | Halzelden | Recovery program that has online forums as well as hosting recovery oriented events and speakers. | http://www.halzelden.org/web/public/in_recovery.page |
| | Illinois Re-entry Resources | An extensive listing of sober housing and recovery housing throughout Illinois. Contact information included. | http://ilreentryresources.com/Housing.asp |





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|-----------------|---|---|---|
| Limit Alcohol | Northern Illinois Al-Anon Family Group | A directory of the 500 face-to-face Al-Anon meetings in Northern Illinois. Searchable by zip code, city, language, etc. Support program for family and friends of problem drinkers. | http://www.niafg.org/ |
| | Online Intergroup Alcoholics Anonymous | Has online/electronic meeting feature select "Online Meetings." Support group for those with alcohol problems and alcoholics. | http://www.aa-intergroup.org/ |
| | Smart Recovery | A secular and science-based addiction recovery program. Has both face-to-face meetings and online/electronic meetings. | http://www.smartrecovery.org/ |
| | DHS Substance Abuse and Mental Health Services Administration | A comprehensive listing of alcohol/substance abuse recovery programs. Click on state then enter city, zip code, etc to find programs. List contact information, services, and payment/payment assistance. | http://findtreatment.samhsa.gov/ |
| | YMCA of Metro Chicago | Description and contact information regarding the various housing options provided by the Metro YMCA. | http://www.ymcachicago.org/programs/housing |
| Be Tobacco Free | Agency for Health Research and Quality | Quit smoking worksheet. Great for use in discussion of quitting smoking and options. | http://www.ahrq.gov/consumer/tobacco/helpsmokers.htm |
| | American Lung Association | Use "How to Quit Smoking" link to get to Freedom from Smoking Online Program. Programs begins with preparing to quitting smoking. | http://www.lungusa.org/stop-smoking/ |
| | EX | Online quit program focused on addressing triggers and learning to cope without cigarettes. | http://www.becomeanex.org/ |





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| Be Tobacco Free | Nicotine Anonymous | 12 Step recovery program from nicotine. Use "Find a Meeting" link to search by state to find meetings. | http://nicotine-anonymous.org/ |
| | Quit Tobacco-Make Everyone Proud | Veteran-oriented quit smoking program with live support component, story sharing, and additional support tools. | http://www.ucanquit2.org/ |
| | QuitNet | Online support program for those quitting smoking. | http://www.quitnet.com/gnhome page.aspx |
| | SmokeFree.Gov (1-800-QuitNow) | Online quit smoking guide. Also, instant messaging and telephone smoking support component. | http://www.smokefree.gov/ |
| | SmokeFree.Gov (1-800-QuitNow) | Online quit smoking guide. Also, instant messaging and telephone smoking support component. Aimed at women. | http://www.women.smokefree.gov/ |

