

*If you, or a loved one, are struggling
with substance use disorder,
don't lose...*



HOPE

Bloomington - Monroe County
RESOURCE GUIDE

For Substance Use Disorder & Recovery

The Bloomington-Monroe County Resource Guide for Substance Use Disorder and Recovery is a publication of the City of Bloomington Community and Family Resources Department. The listing of any company, organization, business or individual in this guide does not imply endorsement by the City of Bloomington or Monroe County Government but is intended for informational purposes only.

Sources for this document include: Substance Abuse and Mental Health Services Administration (SAMHSA) and Addiction.com

For the most up-to-date information regarding a facility's policies, services, costs and accepted insurance plans, please contact the facility directly.

You can also access an updated copy of this guide online at:
<https://bloomington.in.gov/health/substance-use-disorder>

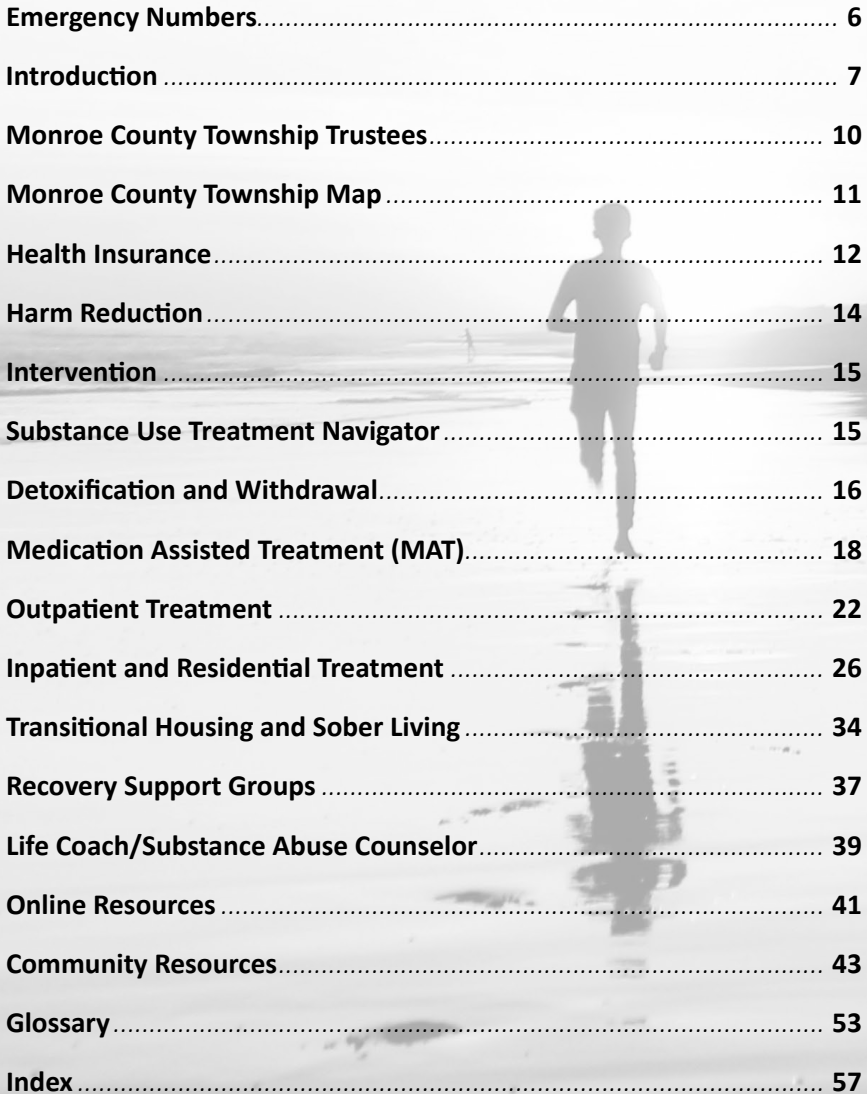
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Dear neighbor,

You may have turned to this guide because you're really struggling. Or you're worried about someone you love. In the last few years, opioid and methamphetamine use has crept into every corner of our community, regardless of zip code or income level. Many of us have a friend or family member whose life has been endangered or destroyed by addiction or substance use disorder. Or, unfortunately, we will: according to recent predictions, half a million Americans could lose their life to opioids in the next decade. But even with the problem so widespread, there's still a lot of shame that keeps folks from seeking out the help they need.

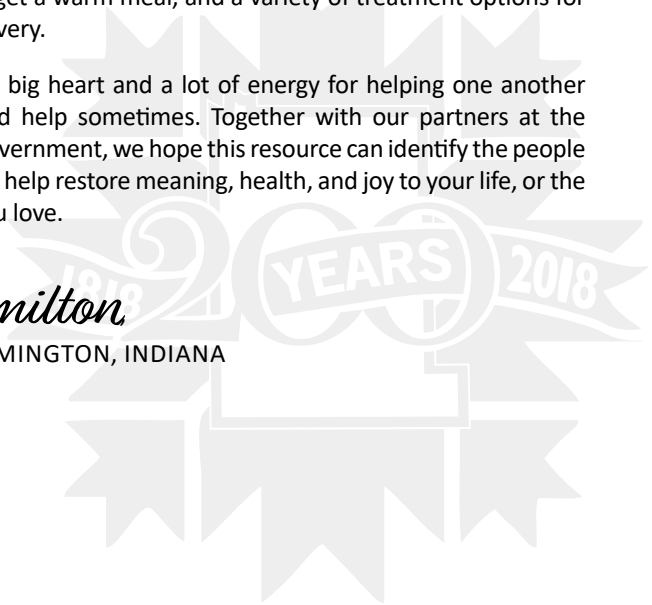
In Bloomington, we want to strip shame of its power. We believe that by keeping this issue out in the open we can start to tackle it. Through our policies, our resources, and our programming, our community is committed to reducing the stigma that surrounds the growing number of people living with substance use disorder, and replacing it with support and respect.

This guide is one tool to help. It's a one-stop shop for information and a helpline to resources in our community and beyond. If you are in immediate danger please call 911 or one of the emergency numbers listed at the front of this guide. In the pages that follow, you will find everything from anonymous support groups for users and those who love them, to safe places to stay and get a warm meal, and a variety of treatment options for those seeking recovery.

Bloomington has a big heart and a lot of energy for helping one another thrive. We all need help sometimes. Together with our partners at the Monroe County Government, we hope this resource can identify the people and places that will help restore meaning, health, and joy to your life, or the life of someone you love.

John Hamilton

MAYOR OF BLOOMINGTON, INDIANA



Dear Residents and Families:

Asking for help for a Substance Use Disorder can be terrifying at first. And families: we know you may feel alone, hopeless and desperate, which is why we created this guide for you. Navigating through the bureaucracy of treatment centers, facing shame and stigma, financial limits and parenting responsibilities are just some of the barriers that people face when thinking about telling someone they need help. Talking to a professional about options for help is scary but we at Monroe County Government applaud you for taking this step. And if you are a family member or loved one, you are not alone and we want you to get the support you deserve. And we are committed to reducing those barriers so you can find hope again.

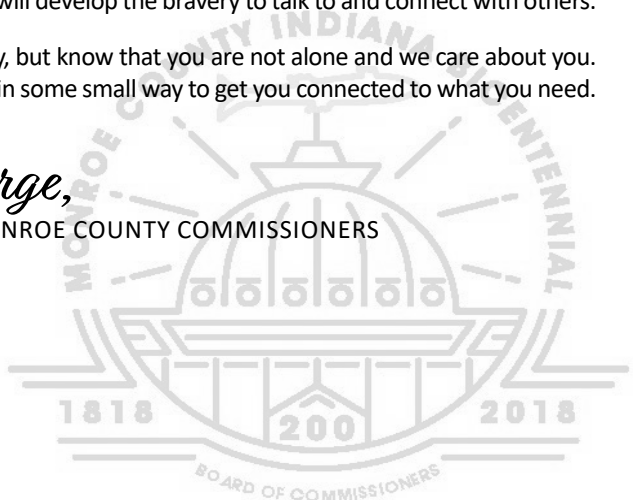
We partnered with the City of Bloomington on this resource guide to get you started on the path to better health. It is a tool for you to use whether you decide to abstain from substances, moderate your use or, as a loved one or family member, learn new skills for taking care of yourself. What we do hope is that one of these resources will get you on the best path for you. We recognize that each person's needs are unique and not "one size fits all" when it comes to tackling a Substance Use Disorder.

We have found that meaningful connection with others goes a long way in finding hope, compassion and meaning. Professionals can definitely help and so can a neighbor, a coworker, a friend or family member. We encourage you to tell someone you trust that you need help and if you don't have someone you trust right now, a professional can guide you to that place. We respect and understand that you might not be ready to talk to someone – especially when stigma and fear are standing in front of you like a mountain that won't move. But if you are intentional, patient and honest with yourself, you will develop the bravery to talk to and connect with others.

You might feel badly today, but know that you are not alone and we care about you. We hope this guide helps in some small way to get you connected to what you need.

Amanda Barge,

PRESIDENT OF THE MONROE COUNTY COMMISSIONERS



Emergency Numbers

Fire/Police/Ambulance..... **Dial 911**

Fire, Police, Sheriff, Ambulance, Emergency Medical Service (EMS).

For aid in fire, serious illness, injury, or crime in progress requiring immediate response.

Bloomington Police Dept **812-339-4477**

Non-emergency dispatch.

Monroe County Sheriff..... **812-349-2780**

Non-emergency dispatch.

Suicide Prevention Lifeline..... **1-800-273-8255**

A 24-hour, toll-free, confidential suicide prevention hotline available to anyone in suicidal crisis or emotional distress.

Indiana Crisis Hotline..... **1-800-832-4462, or text 741-741**

A 24-hour, toll-free Indiana crisis hotline available to anyone considering harming themselves.

First Call For Help..... **812-334-8393**

Free and confidential information about and referrals to the helping services in the community.

Indiana 2-1-1 Services **Dial 211**

Access to health and human services information and referral. Free and confidential help is available for many needs, including housing, employment, legal aid counseling and more.

Rape Crisis Line **812-336-0846**

24-hour emergency service for victims of rape, domestic violence, and abuse. Provides escort to hospital, police, etc.





Introduction

If you, or a loved one, are struggling with substance use disorder, don't lose hope. Substance use disorder is a chronic brain disease in which recurrence of use is common. It isn't a sign of weak moral character or lack of willpower and with proper treatment those suffering CAN find recovery.

Treatment is necessary because if left untreated the disease will progress and can lead to drug-related illness, disability, and premature death.

Substance use disorder develops gradually over time. A person may begin to ignore activities they once enjoyed in order to seek out the substance that gives them the intense pleasure or "high" they constantly crave. Eventually, one will need more and more of the substance to get to an intoxicated, euphoric state. When a person who uses substances is "under the influence" it can affect their thinking, judgment, emotions, and behavior. It can also lead to breathing problems, seizures, coma, and death.

It can be very hard for someone with substance use disorder to admit or even recognize that they have a problem. According to the U.S. Department of Health and Human Services, here are some of the most common signs:

- Change in friends and hangouts
- Changes in mood, motivation, attitude
- Absenteeism at work or school
- Increased need for cash
- Bloodshot eyes or enlarged pupils
- Sudden weight changes (gain or loss)
- Tremors in hands
- Ignoring once-loved activities

Additionally, there may be a problem if you, or your loved one, exhibit the following behaviors:

- Being secretive about substance use, hiding or lying about it
- Not showing up to important events or obligations
- Craving and seeking out the substance or behavior
- Needing to use more often to achieve the same pleasure or high
- Experiencing physical symptoms of withdrawal when not using (vomiting,

muscle aches, sweating, tremors, fever, diarrhea, yawning, insomnia) or psychological symptoms (anger, upset, sadness)

- Changing daily routine to allow more time or opportunity to use
- Selling belongings to get cash or taking out cash advances on credit cards
- Stealing money or things; or considering doing so to pay for use

If you, or your loved one, are displaying any of the behaviors outlined above, it may be time to consult a doctor or counselor for additional screening. A health care professional can recommend treatment options.

Treatment may include: Medication Assisted Treatment (MAT) and counseling/therapy, Inpatient or Outpatient Treatment or Day Treatment/Partial Hospitalization Program (PHP). Sober Living may be recommended after completing a treatment program.

Once you, or your loved one, are ready to seek treatment, we hope this guide can assist you with choosing a treatment facility. We encourage you to do your own investigating of any facility you plan to use, as this guide is intended as a resource but not as a recommendation. Please take time to check out prospective treatment facilities. Below are some helpful tips when looking into a treatment program and/or facility.



Look for the following accreditations:

- The Commission on Accreditation of Rehabilitation Facilities (CARF) is an international, independent, not-for-profit organization that accredits providers of human services. Its mission is to provide and ensure the quality and value of the services provided.
- The Joint Commission on Accreditation of Healthcare Organizations (JCAHO) standards for hospital accreditation provide measurable performance goals that help provide high quality care for patients.
- The Division of Mental Health and Addiction (DMHA) sets care standards for the provision of mental health and addiction services to Hoosiers. DMHA is committed to ensuring that clients have access to quality services that promote individual, family and community resiliency and recovery.

Look for qualified, licensed professionals on staff. Use the Internet to search the facility, read their reviews, call, and ask for a tour. Contact someone familiar with the facility and obtain recommendations.

Call or text Monroe County Pathways (Substance Use Treatment Navigator) at 812-223-7223. This is a free service that can help you find a suitable treatment facility.

This publication is a collaborative effort of the City of Bloomington and Monroe County Government and was created to address the ever increasing number of Hoosiers with substance use disorder. It was developed with advice from the Monroe County Health Department and with the input of community members with lived experience of substance use disorder. We hope you find it to be a useful tool in making an informed choice when selecting a treatment plan for recovery.



Monroe County Township Trustees

Monroe County Township Trustees may be able to help with shelter or housing costs, utility bills, food, clothing, medical needs, burial expenses, or school supplies. Please consult Township Trustee for area in which you live (see Monroe County Township map).

❖ **Bean Blossom Township Trustee**

7322 North Red Hill Road
Ellettsville, IN 47429
Phone: 812-935-7174

❖ **Polk Township Trustee**

9220 Last Horse Lane
Heltonville, IN 47436
Phone: 812-837-9446

❖ **Benton Township Trustee**

7606 East State Road 45
Unionville, IN 47468
Phone: 812-339-6593

❖ **Richland Township Trustee**

102 South Park Street
Ellettsville, IN 47429
Phone: 812-876-2509

❖ **Bloomington Township Trustee**

2111 Fountain Drive
Bloomington, IN 47404
Phone: 812-336-4976

❖ **Salt Creek Township Trustee**

7333 East Salt Creek Drive
Bloomington, IN 47401
Phone: 812-837-9140

❖ **Clear Creek Township Trustee**

9206 South Old State Road 37
Bloomington, IN 47403
Phone: 812-824-7225

❖ **Van Buren Township Trustee**

2130 South Kirby Road
Bloomington, IN 47403
Phone: 812-825-4490

❖ **Indian Creek Township Trustee**

8383 South Mount Zion Road
Bloomington, IN 47403
Phone: 812-824-4981

❖ **Washington Township Trustee**

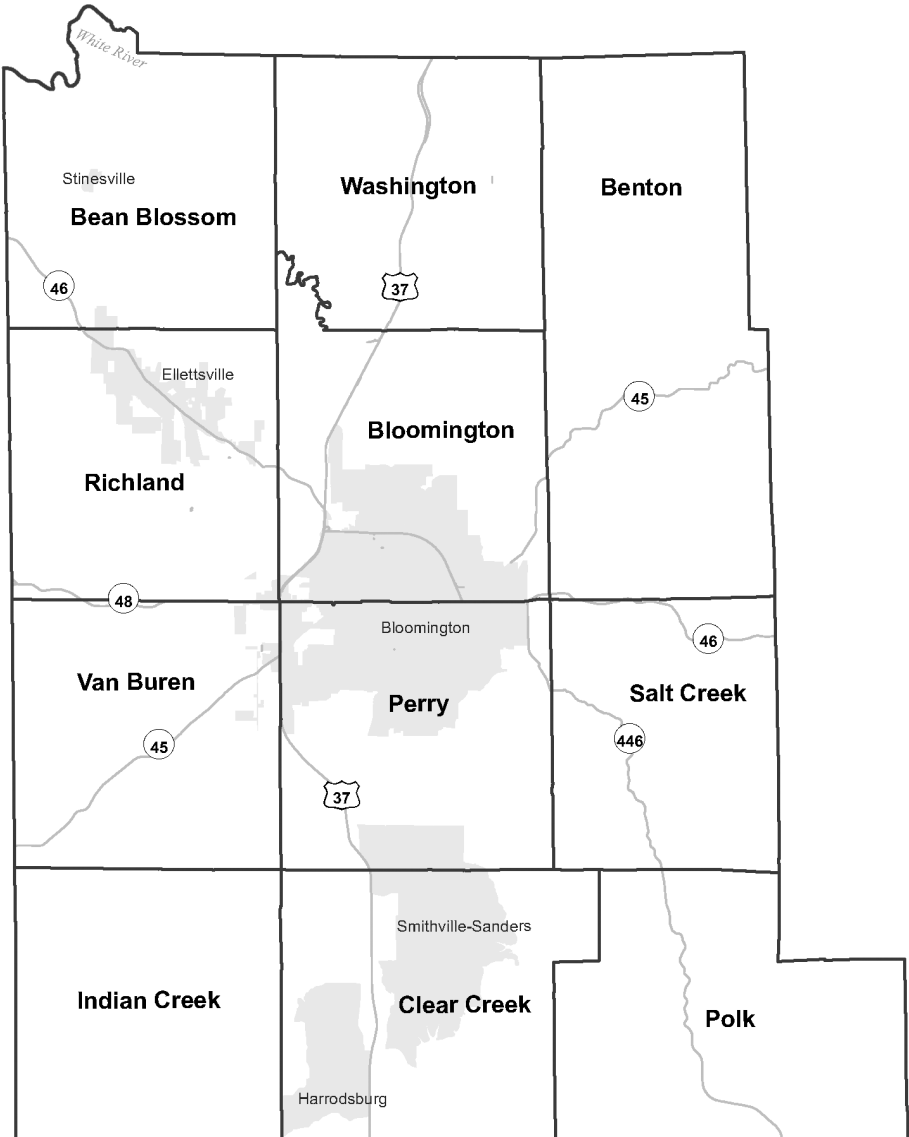
8137 North Fox Hollow Road
Bloomington, IN 47408
Phone: 812-876-1158

❖ **Perry Township Trustee**

1010 South Walnut Street, Suite A
Bloomington, IN 47401
Phone: 812-336-3713



Monroe County Township Map



Source: IBRC at Indiana University's Kelley School of Business, using data from the U.S. Census Bureau. March 2012.



Health Insurance

Health insurance may be required to enter into a substance use disorder treatment program. There are several free local resources that can guide you through the process, explain coverage options, answer questions, and help you enroll. Insurance Navigators provide free unbiased assistance and can work with you one-on-one to enroll in a health care plan.

❖ **ASPIN Health Navigators**

8440 Woodfield Crossing Boulevard, Suite #460

Indianapolis, IN 46240

Phone: 317-471-0000 or 877-313-7215 (toll free)

Website: <http://www.aspinhealthnavigator.org>

Open Monday-Friday, 8:30 a.m.-4:30 p.m.

❖ **Covering Kids & Families of SCCAP**

Phone: 812-339-3447 (press 6 for Healthcare Assistance Program)

Website: <http://www.insccap.org/pages/hcap>

❖ **Individual Solutions-IU Health**

413 South Landmark Avenue

Bloomington, IN 47401

Phone: 1-888-531-3004 or 1-800-313-1328

Email: individualsolutions@iuhealth.org

Website: <https://iuhealth.org/patient-family-support/individual-solutions>

Spanish-speaking assistance available on-site

❖ **Monroe County Health Department**

119 West 7th Street

Bloomington, IN 47404

Phone: 812-349-2543

Open Monday-Friday, 8:00 a.m.-4:00 p.m.; Certified Navigator, Mondays only

❖ **Monroe County Pathways**

501 North Morton Street, Room 106J

Bloomington, IN 47404

Phone: 812-223-7223

Instagram: @monroe_county_pathways

Facebook: Monroe County Pathways

Twitter: @MCpathways

Free service. Text or call: 812-223-7223 to make a face-to-face appointment.

The State of Indiana provides health insurance for low income residents including the following options:

❖ **Healthy Indiana Plan (HIP)**

Phone: 1-877-438-4479 (toll-free)

Website: <https://www.in.gov/fssa/hip/>

The HIP program covers all eligible Hoosiers ages 19-64. HIP provides affordable healthcare choices to thousands of otherwise uninsured or underinsured individuals.

❖ **Health Insurance Marketplace**

Phone: 1-800-318-2596

Website: <http://healthcare.gov>

Insurance options through the Affordable Care Act.

❖ **Hoosier Healthwise**

Phone: 1-800-403-0864 (toll-free)

Website: <http://member.indianamedicaid.com/programs--benefits/medicaid-programs/hoosier-healthwise.aspx>

Hoosier Healthwise is a health care program for children up to age 19 and pregnant women. The program covers medical care like doctor visits, prescription medicine, mental health care, dental care, hospitalizations, and surgeries at little or no cost to the member or the member's family.

❖ **Indiana Medicaid**

Website: <https://www.in.gov/medicaid/>

Medicaid is a joint federal and state program that provides free or low-cost health coverage to low-income people, families and children, pregnant women, the elderly and people with disabilities. Indiana Medicaid will now cover residential treatment, detoxification and peer recovery services.



Harm Reduction

Harm Reduction includes strategies aimed at reducing negative consequences associated with drug use and sex work. Efforts to decrease the health risks of people who use drugs include syringe service programs, through which used syringes can be traded for new sterile syringes and people who use drugs can be connected with other social and medical services.



Programs may also provide other supplies and counseling aimed at lowering the risk of infectious disease and fatality. Naloxone (Narcan™)—a medicine that can rapidly reverse an opioid overdose — and Naloxone use training may also be offered. Although there are currently no official supervised injection sites in the U.S., harm reduction advocates work toward their establishment.

Harm Reduction is also a movement for social justice and the reform of current drug policies built on a belief in, and respect for, the rights of people who use drugs.

❖ **Indiana Recovery Alliance**

118 South Rogers Street, Suite 2

Bloomington, IN 47404

Phone: 812-567-2337

Email: indianarecoveryalliance@gmail.com

Website: <http://indianarecoveryalliance.org>

Collaborates with and assists people in making positive change, as the person defines it for themselves without judgment. Program offers: Con-

nection to anonymous, free harm reduction services, including (but not limited to) clean syringes and supplies, naloxone and naloxone use training, condoms and HIV/HCV testing, clothing and clothing vouchers, hygiene products, nursing triage services, social service and medical referrals. Visit IRA website for the most up to date outreach hours & locations:

Office hours: *Tuesday, 5:00-7:00 p.m.; Wednesday, 12:00-2:00 p.m.; Thursday, 5:00-7:00 p.m.; Saturday and Sunday, 5:00-7:00 p.m.*

Shalom Center Outreach Hours: *Monday, 12:00-2:00 pm; Friday, 12:00-2:00 pm*

Crawford Outreach Hours: *Wednesday, 12:00-2:00 pm*

Intervention

Intervention is a process during which a professional interventionist works with the family and friends of a person with substance use disorder to help get that person to accept treatment.

❖ **Brandon Drake, Interventionist**

Bloomington, IN 47402

Phone: 812-223-7223

Email: stigmakills@gmail.com

❖ **Perkins Intervention PC**

213 South Brittain Avenue

Muncie, IN 47304

Phone: 765-759-7339

Fax: 765-216-6358

Website: <http://www.bruceperkins.com/>

Free 30-minute phone consultation.

Substance Use Treatment Navigator

Substance Use Treatment Navigator is a service that helps navigate clients to treatment options that fit their needs. They advocate for clients throughout the admittance and treatment process and will help create a safety plan while they are awaiting treatment.

❖ **Monroe County Pathways**

501 North Morton Street, Room 106J

Bloomington, IN 47404

Phone: 812-223-7223

Instagram: [@monroe_county_pathways](https://www.instagram.com/monroe_county_pathways)

Facebook: Monroe County Pathways

Twitter: [@MCpathways](https://twitter.com/MCpathways)

Free service. Text or call: 812-223-7223 to make a face-to-face appointment.



Detoxification and Withdrawal

Detoxification (Detox) is a process in which the body is allowed to free itself of a drug. During this period, the symptoms of withdrawal are also treated. Detoxification is the primary step in any substance abuse treatment program, and is used as the initial phase in treating alcohol, benzodiazepine, opioid and stimulant addictions.

The goal of detoxification is to clear the toxins out of the body so that the body can adjust and heal itself after being dependent on a substance. In order for the recovering person to stay abstinent, detoxification needs to lead into a long-term treatment program.

Withdrawal symptoms result from either the sudden removal of, or abrupt decrease in the regular dosage of a drug. The symptoms of withdrawal can vary greatly from one drug to the next. Acute withdrawal from drugs and alcohol can be unpleasant and dangerous. **For this reason, supervised medical detox in a hospital or inpatient rehab center is advised to ensure safety.**



Alcohol withdrawal is dangerous and should not be carelessly handled, or done without close medical attention. Depending on the severity of alcohol use, symptoms can appear just a few hours after the last drink, but can last for as long as a week. Symptoms can progress over the course of time to seizures or another quite serious condition known as delirium tremens (DTs), which can include signs of marked confusion, agitation, hallucination and violent tremors of the arms and legs. Other, less severe symptoms can include: shakiness, increased heart rate, fever, sweating, high blood pressure and anxiety.

Benzodiazepines (benzos) like Valium, Ativan and Xanax, to name a few, can have a potentially life threatening withdrawal syndrome similar to that of alcohol. The period of withdrawal from benzos is exceedingly long, and can take anywhere from a week to a month before symptoms subside. Withdrawal symptoms include: heightened anxiety, elevated blood pressure and heart rate, delirium, hallucination and, potentially, seizures.

Opiate/opioid withdrawal is very uncomfortable, but doesn't carry the severity of risks characteristic of alcohol and benzodiazepines. Those withdrawing from opiates such as heroin and opioid drugs such as OxyContin and hydrocodone, to name a few, can experience the following symptoms: chills and sweats, sleeplessness, runny eyes and nose, muscle aches and cramps, nausea and vomiting, and fever.

Stimulant withdrawal (cocaine, amphetamines, methamphetamine, or medications such as methylphenidate or Ritalin) can last about 1 to 2 weeks. Physically, withdrawal from stimulants isn't dangerous, in most cases. People tend to be moody, sleepy, and hungry as they rebound from the effects of the stimulants. Emotionally however, people can find themselves quite depressed and at risk for suicide or other self-harm.

*For facilities offering detoxification services please see the **Inpatient/Residential Treatment** section of this guide on pages 26-33.*

Notes: _____



Medication Assisted Treatment (MAT)

Medication Assisted Treatment (MAT), also called Medication Assisted Recovery, is the practice of using a combination of medication, counseling and behavioral therapy to treat substance use disorder. Studies show that this combination offers most patients the greatest chance of attaining and sustaining lasting sobriety. Use of medications during recovery is geared toward reducing withdrawal symptoms that would otherwise lure the patient back to using the substance while, at the same time, reducing the patient's cravings. During the time that the withdrawal symptoms and cravings are kept at bay by the medication, it is expected that the patient will participate in counseling and behavior therapy.

The following medications may be used for alcohol and opioid addiction:

- Methadone tricks the brain into thinking it's still getting the abused drug. In fact, the person is not getting high from it and feels normal, so withdrawal doesn't occur. Pregnant or breastfeeding women must inform their treatment provider before taking methadone. It is the only drug used in Medication Assisted Recovery approved for women who are pregnant or breastfeeding.
- Buprenorphine suppresses and reduces cravings for the abused drug. It can come in a pill form or sublingual tablet that is placed under the tongue. (Rx sold as Suboxone, Subutex, Zubsolv)
- Naltrexone is an opioid antagonist used to treat alcohol and opioid dependence. It is used primarily in the treatment of alcoholism to prevent cravings. In the treatment of opioid dependence, naltrexone is used to block the euphoric effects of opioid drugs such as heroin, morphine, codeine and methadone. (Rx sold as Vivitrol, ReVia, Depade)
- Disulfiram is a medication that treats chronic alcoholism. It is most effective in people who have already gone through detoxification or are in the initial stage of abstinence. (Rx sold as Antabuse)
- Acamprosate is a medication for people in recovery who have already stopped drinking alcohol and want to avoid drinking. It works to prevent people from drinking alcohol. (Rx sold as Campral)

❖ **Bedford Transitions, LLC Outpatient Addiction Treatment**

1212 I Street, Suite 2
Bedford, IN 47421

Phone: 812-675-0902

Fax: 812-675-8251

Website: <https://www.bedfordtransitions.com/>

Team of medical and behavioral health professionals dedicated to addiction recovery and relapse prevention. Treats addiction to heroin, opiates, prescription painkillers using medications including Suboxone and Vivitrol.

Open Monday-Friday, 8:00 a.m.-5:00 p.m. Accepts most major insurance plans.

❖ **Bloomington Transitions Outpatient Addiction Treatment**

411 West 1st Street

Bloomington, IN 47403

Phone: 812-822-1395

Fax: 812-822-1436

Website: <http://www.bloomingtontransitions.com>

Team of medical and behavioral health professionals dedicated to addiction recovery and relapse prevention. Treats addiction to heroin, opiates, prescription painkillers using medications including Suboxone and Vivitrol.

Open Monday-Friday, 8:00 a.m.-5:00 p.m. Accepts most major insurance plans.

❖ **Centerstone Bloomington - South Rogers Street**

645 South Rogers Street

Bloomington, IN 47403

Phone: 812-339-1691 or 812-355-6310

Website: <https://centerstone.org/locations/indiana/facilities/centerstone-bloomington-south-rogers-Street>

Services Include: addictions care for teens and adults, counseling for children, teens and adults, crisis services (outpatient, telephone, walk-in, mobile), psychiatric medical services, forensic diversion (helping teens and adults with court and jail issues) and more.

Open Monday-Friday, 8:00 a.m.-5:00 p.m.

❖ **CleanSlate Outpatient Addiction Medicine**

502 West 2nd Street, Suite A

Bloomington, IN 47403

Phone: 812-668-1946 or 833-505-HOPE (4673)

Website: <https://cleanslatecenters.com/>

Patient-focused treatment for opioid, alcohol and other drug addictions in a clinical setting. Appointment-based outpatient treatment using FDA-approved medications including buprenorphine (Suboxone, Zubsolv) and naltrexone (Vivitrol) and counseling.

Open Monday, Tuesday, Thursday, 9:00 a.m.-5:00 p.m.; Wednesday, 9:00 a.m.-8:00 p.m.; Friday, 9:00 a.m.-2:00 p.m. Accepts most insurance including Medicaid and Medicare.

❖ **Groups Recover Together**

4633 West Richland Plaza Dr., Suite G
Bloomington, IN 47429

New members: 800-683-8313 / **Current members:** 812-287-9823

Email: info@joinGroups.com

Website: <http://joiningroups.com/indiana/>

Suboxone-based program for opioid addicts. Clients pay \$65 via money order or debit card per visit plus the cost of the Suboxone if insurance does not cover it. Accept a variety of insurance plans and offer discounted private pay fee. For clients without insurance, medication typically costs \$45-50 per week.

Open Monday, 9:00 a.m.-5:00 p.m.; Tuesday, 9:00 a.m.-7:00 p.m.; Wednesday, 9:00 a.m.-9:00 p.m.; Thursday, 9:00 a.m.-9:00 p.m.; Friday, 9:00 a.m.-5:00 p.m.



❖ **Groups Recover Together also at:**

1355 West Bloomfield Road
Bloomington, IN 47403

Requires an hour of counseling before issuing a prescription for Suboxone. Cost is \$65 per visit, plus price of medication.

Open Monday-Friday, 8:00 a.m.-6:00 p.m.

❖ **Indiana Comprehensive Treatment Center**

2626 East 46th Street, Suite J

Indianapolis, IN 46204

Phone: 877-425-4043 or 855-654-0341 (call 24/7)

Website: <https://www.indianactc.com>

A network of providers of medically-supervised medication assisted treatment for men and women, aged 18 and older. Provides medications that can be included within a client's individualized treatment plan. The first phase of treatment includes the administration of medication in order to keep withdrawal and cravings for opioids at bay so that the therapeutic process can be navigated. Medications used include: Methadone, Suboxone, Vivitrol, Subutex.

Open Monday-Friday, 8:00 a.m.-4:30 p.m.; Saturday and Sunday-business office closed, but medication and counseling are available. Accepts most insurance.

❖ **Limestone Health Clinic**

2100 South Liberty Drive

Bloomington, IN 47403

Phone: 812-727-6700 or 765-701-6060

Fax: 812-767-6701

Email: limestonehealthinfo@spsh.com

Website: <http://www.limestonehealth.com/>

Outpatient medication assisted treatment program for opioid addiction using FDA approved medication Methadone. Individual counseling and group therapy are required as part of the program. Clinic is located on city bus route.

Medication Hours: *Monday-Friday, 5:00 a.m.-11:30 a.m.; Saturday, 6:00 a.m.-10:00 a.m.; Sunday, 6:00 a.m.-9:00 a.m.*

Counseling Hours: *Monday-Friday, 5:00 a.m.-1:00 p.m.*

Treatment Fees: Patients - \$17.00 per day or \$119.00 per week.

Guests - One time fee of \$25.00 and then \$17.00 per day.

Other fees may be required. All fees are payable by cash, credit/debit card. Please call about acceptable insurance providers.



Outpatient Treatment

Outpatient Treatment is a primary treatment program recommended for those who do not need medically-supervised detoxification. Outpatient treatment can enable people in recovery to continue their recovery therapies on a part-time yet intensive schedule, designed to accommodate work and family life.

❖ **Advantage Counseling - Education Services**

1710 Hospital Drive
Martinsville, IN 46151
Phone: 866-856-0200

A private rehabilitation service that specializes in the treatment of drug and alcohol abuse. Offers outpatient and intensive outpatient treatment. Treatment approaches include the following: cognitive/behavioral therapy, substance abuse counseling approach, rational emotive behavioral therapy.

❖ **Centerstone Bloomington Outpatient Services & Administrative Office**

645 South Rogers Street
Bloomington, IN 47403
Phone: 812-355-6310 or 1-800-344-8802 (toll-free)
Website: <https://centerstone.org/>

Serving children, adolescents, adults, seniors, and their families who suffer from a variety of behavioral health challenges. Provides a full range of mental health services, substance abuse treatment, intellectual and developmental disability services, housing, educational services and community supports for people of all ages. Follows the philosophies of Recovery and Resiliency in every aspect of treatment planning. Works with clients and their families at all stages of life, providing outpatient therapy and counseling to addiction treatment, prevention services, intensive in-home treatment, family therapy, case management, and more.

❖ **Centerstone Martinsville**

1175 West Southview Drive
Martinsville, IN
Phone: 765-343-6950

❖ **Centerstone Mooresville**

11370 North SR 67
Mooresville, IN 446158
Phone: 765-342-6616

❖ **Centerstone Opioid Crisis Response Team**

Phone: Anytime 888-463-6604
Email: recovery@centerstone.org

The team works with emergency responders and other organizations to enhance services available to people with opioid use disorder.

❖ **Hamilton Center**

909 West Hillside Avenue
Spencer, IN 47460
Phone: 1-800-742-0787 (toll free)
Website: <http://www.hamiltoncenter.org>

The Hamilton Center provides services for those struggling with addiction problems and offers facilities in a variety of locations in central and west central Indiana. Services emphasize support from the community at large and include the following: Evaluation and Consultation, Outpatient Services (individual and group therapy), Seeking Safety, Matrix, Relapse Prevention, Education, Dual Diagnosis, Transitional Living Services, 24-hour Crisis Intervention Services, and Case Management Services. Treatment is individualized and may utilize individual, group and family therapy, case management, and educational groups. Accepts all types of insurance and is a Recovery Works provider.

❖ **Life Recovery Center**

8150 Madison Avenue
Indianapolis, IN 46227
Phone: 317-887-3290
Website: <http://www.liferecoverycenterindiana.com/>

Substance abuse services provided at five Indianapolis locations. Services include the following: substance abuse assessment, group therapy (intensive outpatient, outpatient and aftercare/education levels), individual counseling, family counseling, peer recovery coaching, counseling support for patients in medication assisted treatment, Christian counseling for substance abuse, onsite urine drug screen and breathalyzer testing, women's addiction and trauma group, ongoing alumni support, and employee assistance programs.

❖ **LifeSpring - Integrated Treatment Center**

1036 Sharon Drive
Jeffersonville, IN 47130
Phone: 812-280-6606 or 800-456-2117 (toll-free)

Website: <http://www.lifespringhealthsystems.org/>

LifeSpring provides an array of mental health and primary care services: education, prevention, information, assessment, intervention, and treatment. At the Recovery Campus, the Integrated Treatment Center provides behavioral health and addiction services to men and women over the age of 18 in an outpatient setting.

❖ **Peer Run Recovery Administrative Office**

817 West First Street
Bloomington, IN

Phone: 812-337-2435

Website: <https://centerstone.org/locations/indiana/facilities/centerstone-bloomington-peer-run-recovery>

A low-barrier center staffed by state-certified recovery specialists. Individuals can meet with recovery coaches, seek referrals for treatment, attend support group meetings, life skills classes, and take advantage of the center's free services such as laundry room, bathroom (equipped with shower), and kitchen.

❖ **Recovery Engagement Center (REC)**

221 North Rogers Street
Bloomington, IN

Phone: 812-337-2424

Website: <https://centerstone.org/in/bloomington/centerstone-bloomington-recovery-engagement-center>

A low-barrier community center for adults over the age of 18 seeking recovery. A hub for resources in the community. Provides recovery classes, recovery coaching, 12-step meetings, computers with Internet, a Friday community lunch, and special recovery events. No appointment necessary, and no expectation of a period of sobriety to utilize services. Open Monday-Friday, 9:00 a.m.-5:00 p.m.

❖ **Restorative Solutions**

1602 West 3rd Street, Suite D
Bloomington, IN 47404

Phone: 812-337-0771

Text: 812-353-6137

Email: joni@restorativerecoverysolutions.com

Offers evaluation and treatment recommendations, intensive outpatient program, group counseling, substance abuse education, aftercare/relapse prevention program and recovery support group. Also offers family support program and training for community members.



❖ **Stepping Stone | Outpatient Services**

4001 John Street

Evansville, IN 47714

Phone: 812-473-3144

Website: <http://www.southwestern.org/>

Provides a continuum of services for addictions and co-occurring mental illness. Services offered include the following: social detoxification program, residential program, transitional residential program, Intensive Outpatient Program, outpatient specialty groups, individual and family therapy, physician visits, alumni services, and Community Reinforcement Approach and Family Training (CRAFT).

❖ **The Willow Center**

515 North Green Street, Suite 402

Brownsburg, IN 46112

Phone: 317-852-3690

Website: <http://www.thewillowcenter.com/index.html>

Offers a continuum of services including the following: substance use disorder treatment, anger management, life coaching, individual and group counseling, couples and family counseling, substance abuse education, domestic violence education, acupuncture therapy, drug screening and professional assessment. Open Monday-Friday 9:00 a.m.-4:00 p.m.; groups are offered during the daytime, evening and weekends.



Inpatient & Residential Treatment

Inpatient and Residential Treatment — also called a rehab — generally indicate a live-in health care facility that provides therapy for substance use disorder. Many also provide detoxification and continued care into outpatient services.

Inpatient facilities offer the most intense level of treatment, offering 24-hour care in a clinical or hospital setting. The main goal is to stabilize symptoms while developing a continuing treatment plan. Programs are generally shorter in duration than residential treatment.

Residential facilities offer a more comfortable home-like environment. Treatment is structured and monitored. Medical staff is available to assist patients, but not with the same intensity as inpatient treatment. Programs are longer in duration than inpatient treatment.



Please note: Continuum of care is dependent on private pay and/or enrollment in private health insurance versus public health insurance program. Please contact facilities directly for more information regarding their services and the health insurance plans they accept. Contact your health insurance provider for services covered.

❖ **Bloomington Meadows Hospital**

3600 North Prox Road
Bloomington, IN 47404

Phone: 812-331-8000, 1-800-972-4410 (toll free)

Website: <https://www.bloomingtonmeadows.com>

Provides medical detoxification.

Offers both inpatient and outpatient services by board-certified physicians and clinicians for adults and children (ages 6-17) that focus on a number of mental health and substance addiction diagnoses. Adult inpatient program features expressive therapies, group counseling, medication management and education, and coordination with outpatient providers. Child and adolescent inpatient program uses expressive therapies, as well as medication management and education. Intensive Outpatient Program (IOP) is used to promote the development of coping skills individuals can use to handle life's stressors and can help support successful recovery and foster improved problem-solving and communication skills. Payment types: Self payment, Medicaid, Medicare, Private health insurance, Military insurance (e.g., VA, TRICARE).

❖ **Centerstone Recovery Center (Scott County)**

1092 West Community Way
Scottsburg, IN 47170

Admissions Phone: 812-595-9936

Phone: 800-344-8802 1092 (toll-free)

Offers social detoxification.

A women's residential substance use treatment facility. Program emphasizes building skills for long-term sobriety, employment readiness, improved relationships, parenting, emotion management, and community integration. Residents can stay for 21-30 days, and may have additional days for detox. Unable to facilitate detox from alcohol or benzodiazepine.

❖ **Fairbanks Hospital**

8102 Clearvista Parkway
Indianapolis IN 46256

Phone: 317-849-8222, 1-800-225-4673 (toll-free)

Website: <https://www.fairbanksd.org/>

Provides medical detoxification.

Fairbanks Hospital has programs available for adults, young adults, adolescents, and families struggling with addiction including an extended residential treatment program. The adult program includes all levels of care including detox, education, supportive living, outpatient and residential treatment. Young Adult Programs for young men 19-24 years old focuses on recovery and the development of life-skills tailored to this age group. Adolescent Programs treat teens with substance use disorder. Extended

residential treatment offers a gender-specific residential treatment program for men and women struggling with addiction who have complex recovery issues. Family programs offer family support and encourage family involvement as part of the overall recovery process. The final cost of treatment is determined by the level of care required, the length of participation and specific medical treatment required. Fairbanks offers a variety of payment options for treatment services, and offers financial assistance and finance options.

❖ **Heaven Nevaeh Healing Center**

67 Valley Mission Lane
Bedford, IN 47421

Phone: 812-583-8115

Email: heavennevaeh777@yahoo.com

Website: <http://www.heavennevaeh777.com/>

Offers social detoxification.

A Christianity based program for men on a rural 17,000-square foot campus. The Live-In Program is 7 months long. During this time, clients are required to attend all meetings, participate in daily devotions, complete Bible Studies, and offer four hours of volunteer service in the community per day. After completing the Live-In Program, clients have the option of applying to live in the Phase II house (P. Street house), a facility within Bedford city limits that houses up to five men.

❖ **Indiana Center for Recovery**

1004 West 1st Street
Bloomington, IN 47403

Phone: 877-499-0995 (toll-free)

Fax: 888-516-3613

Email: info@treatmentindiana.com

Website: <http://www.treatmentindiana.com/>

Detoxification not provided on site.

An independent addiction treatment center that offers a residential experience and customized recovery plans designed to prevent relapse, including a variety of therapeutic modalities and integrative treatments by addiction specialists. Private rooms and baths are available. Accepts most major insurance companies.

❖ **La Verna Lodge (Fairbanks' extended residential treatment program)**

1550 East 156th Street
Carmel, IN 46032

Phone: 317-867-4330, 800-225-4673 (toll-free)

Website: <https://www.lavernalodge.com/>

Detoxification not provided on site.

A gender-specific program for men and women who are struggling with addiction and have complex recovery issues that require extended treatment. Residential setting assists in healing from core interactive issues that can endanger sobriety and personal growth. The lodge teaches life skills, provides recovery tools and instills values it considers necessary to regain self-sufficiency and begin a life in recovery.

❖ **LifeSpring - Turning Point Center**

1060 Sharon Drive

Jeffersonville, IN 47130

Phone: 812-283-7116 or 800-456-2117 (toll-free)

Website: <http://www.lifespringhealthsystems.org/>

Provides medical detoxification.

Provides an array of mental health and primary care services including education, prevention, information, assessment, intervention, and treatment. Services are provided for men and women who are experiencing mental illness or alcohol/drug related problems at a fully staffed residential facility open 24 hours a day. There is an additional physician-supervised sub-acute unit for clients requiring stabilization. Admission by appointment only.

❖ **Options Behavioral Health**

5602 Caito Drive

Indianapolis, IN 46226

Phone: 866-623-3713 or 855-675-1748 (toll-free)

Website: <http://www.optionsbehavioralhealthsystem.com/>

Provides medical detoxification.

Adolescent inpatient program for ages 11-18 who have been engaging in substance abuse or have become addicted to alcohol or are experiencing co-occurring mental health disorders. Typical stay is 3-21 days. Adult inpatient program for men and women 18-64 who are struggling with mental, behavioral, psychiatric and/or co-occurring substance abuse issues. Persons who have been unable to wean themselves from their substance prior to entering treatment may spend 5-10 days in their medically monitored detox program, then transition into patient care. Typical stay is 3-21 days.

❖ **Progress House**

201 Shelby Street

Indianapolis, IN 46202

Phone: 317-637-9816

Email: info@progresshouse.org

Website: <https://www.progresshouse.org/>

Detoxification not provided on site.

A recovery program for men over the age of 18. Residents' typical length of

stay ranges from 90 days to two years in one of three residential recovery properties located in Indianapolis. A 90-day minimum requirement is necessary to successfully complete Phase I of the program. Most residents complete Phase II near the six-month mark, at which time they can apply for residency at Next Step (sober living apartment complex). Programming is based on the 12-Step philosophy and addresses residents in a holistic (mind, body and soul) manner. Monthly fees cover room and board, three hot meals per day, utilities, cable in TV room, 24/7 full time staff, intensive case management/weekly one-on-one meetings, life skills class, game room, workout room, chapel. Certified as an approved Recovery Works provider.

❖ **Regional Mental Health**

Main Phone: 219-769-4005

New Patient Phone: 219-392-6001

24 hour crisis Line: 219-736-7200

Website: <http://regionalmentalhealth.org/>

Provides medical detoxification.

Provides inpatient and outpatient programs that are highly structured and includes group and individual therapy, educational groups, and an introduction to self-help groups such as Alcoholics Anonymous (AA) and Narcotics Anonymous (NA).

❖ **Stark Center**

3903 Indianapolis Boulevard

East Chicago, IN 46312

Phone: 219-398-7050

Fax: 219-392-6998

Website: <http://regionalmentalhealth.org/>

❖ **Strawhun Center**

8555 Taft Street

Merrillville, IN 46410

Phone: 219-769-4005

Fax: 219-769-2508

Website: <http://regionalmentalhealth.org/>

❖ **Salvation Army Harbor Lights**

2400 North Tibbs Avenue

Indianapolis, IN 46222

Office Phone: 317-972-1450

Fax: 317-972-4114

Website: <http://corps.salvationarmyindiana.org/harborlight/>

Facebook: <https://www.facebook.com/saharborlight>

Provides medical detoxification.

Christianity-based program offering a continuum of Addiction Treatment Services including detox, residential treatment, and intensive outpatient program. Transitional Housing Program for adults ages 18+ including professional counseling that includes psychological, vocational, and spiritual guidance. Harbor Light Center is CARF accredited and state certified with the Indiana Division of Mental Health and Addiction. Harbor Light Center is open 24 hours a day, 365 days a year and conducts both weekly and Sunday morning worship services for those in treatment and rehabilitation programs and their families.

❖ **Stepping Stone | Residential Services**

4001 John Street

Evansville, IN 47714

Phone: 812-473-3104

Website: <http://www.southwestern.org/>

Offers social detoxification.

Provides a continuum of services for addictions and co-occurring mental illness. Services offered include: residential program, transitional residential program, intensive outpatient program, outpatient specialty groups, individual and family therapy, physician visits, alumni services, and Community Reinforcement Approach and Family Training (CRAFT).

❖ **Tara Treatment Center**

6231 South U.S. Highway 31

Franklin, IN 46131

Phone: 812-526-2611, 1-800-397-9978 (toll-free)

Fax: 812-526-9949

Website: <https://www.taratreatmentcenter.org/>

Provides medical detoxification.

Program is holistic in nature and focuses on various approaches to help individuals learn the concepts of recovery while healing physically, emotionally, mentally, and spiritually. Treatment is delivered by a team of professionals representing many disciplines and includes the following levels of care: detox, residential, partial hospitalization (PHP), transitional residential, outpatient, aftercare, education and family programming. Call for insurance and payment options.

❖ **Valle Vista Health System**

898 East Main Street

Greenwood, IN 46143

Phone: 1-800-447-1348

Website: <https://www.vallevistahospital.com/>

Provides medical detoxification.

Offers a continuum of specialized mental health services for youth and adults. Provides treatment for psychiatric issues as well as drug and

alcohol addiction. Levels of care include inpatient, residential, partial hospitalization and intensive outpatient programs. Professionals in the fields of psychiatry, medicine, nursing, social services, education and recreational therapy provide comprehensive mental health services. Provides free and confidential assessment and referral services 24 hours a day, seven days a week. Payment: Insurance, self-pay and finance options.

❖ **Wheeler Mission**

Phone: 317-635-3573

Website: <https://wheelermission.org>

Most services are provided free of charge.

Offers social detoxification.

❖ **Center for Men (Bloomington)**

215 South Westplex Avenue

Bloomington, IN 47404

Phone: 812-333-1905

Website: <https://wheelermission.org/our-work/mens-services/>

Christianity-based organization offering shelter, meals, chapel services, medical clinics, residential programs, addiction recovery. Addiction recovery program assists men struggling with substance use disorder or other problems by focusing on a total life change through a relationship with Christ. This long-term, residential opportunity for men is a six-month program designed to help men learn how to overcome addictions using Biblical philosophy.

❖ **Hunt Training Center**

7790 North Fish Road

Bloomington, IN 47408

Phone: 812-332-2452

Website: <https://wheelermission.org/our-work/mens-services/>

Christianity-based long-term, residential training program for men. Situated on 285-acres in north Bloomington, bordering the Morgan Monroe State Forest. Dedicated to Christian Regeneration, Discipleship, Ministry Training, and Fellowship. Hunt Training Center exists to serve men and their families and specializes in serving those overcoming addictions or other large problems.

❖ **Men's Residential Center (Indianapolis)**

245 North Delaware Street

Indianapolis, IN 46204

Phone: 317-636-2720

Addictions: call 317-750-1471 and speak with Intake Manager.

Website: <https://wheelermission.org/our-work/mens-services/>



❖ **Center for Women and Children**

400 South Opportunity Lane
Bloomington, IN 47404

Phone: 812-334-4047

Website: <https://wheelermission.org/our-work/womens-services/>

Guests are allowed to stay at the Center for Women and Children-Bloomington Emergency Shelter while seeking treatment for substance use disorder. Wheeler Mission manages Higher Ground Recovery Center, Indianapolis and a case manager at the Emergency Shelter can refer to the Higher Ground Addiction Recovery Program in Indianapolis.

❖ **Center for Women and Children**

3208 East Michigan Street
Indianapolis, IN 46201

Phone: 317-687-3630

Website: <https://wheelermission.org/our-work/womens-services/>

Christianity-based program that assists women struggling with substance use disorder or other large problems by focusing on a total life change through a relationship with Christ. The residential program provides a structured environment that allows the client more autonomy as the program continues, over a minimum of eight months. The program is designed to focus on total life change, rather than a single focus on the addiction.



Transitional Housing & Sober Living

Transitional Housing and Sober Living refer to group homes for people with substance use disorder who desire sober living in a structured, safe environment. Both offer refuge from triggers and allow residents to put newly learned skills into practice. They usually have an on-site manager and/or counselor who coordinates daily activities. Residents must follow certain rules, attend recovery meetings, and may be subject to random drug tests to prove they are sober.

Transitional housing and sober living have many similarities, but there is a difference. Transitional housing helps a person who has lived in a restrictive environment (such as inpatient care or prison) make a transition back into a less restrictive environment. Sober living gives people who are living in an unhealthy environment a safe, supportive place to stay while they are recovering from addiction.

❖ **Amethyst House**

Outpatient and Administrative Offices

645 North Walnut Street

Bloomington, IN 47407

Phone: 812-336-3570

Website: <http://www.amethysthouse.org/>

Open Monday-Thursday, 9:00 a.m.-5:30 p.m.; Friday, 9:00 a.m.-4:00 p.m.

Provides transitional housing and supportive services for men and women ages 18 and over with chemical dependency and/or gambling addiction. Residents are required to secure a job and become financially secure, attend the Outpatient Treatment Program, and start a support network through attending AA or NA meetings. Offers preferential admission for pregnant women and IV drug users. Women can have dependent children up to the age of 6 living with them at the house (on a case by case basis/space is limited). A potential client needs to be clean and sober for at least a week before coming into the house since detox services are not provided. Fees are based on a sliding scale and first month's rent is preferred at time of admission. Clients can enroll through the criminal justice system, in Recovery Works program to receive free outpatient services and a discount in monthly housing fees. Free outpatient services are offered to individuals addressing problem gambling issues.

❖ **Amethyst Men’s House**

215 North Rogers Street
Bloomington, IN 47404
Phone: 812-336-2812

❖ **Amethyst Women’s House**

322 West Second Street
Bloomington, IN 47403
Phone: 812-336-2666

❖ **Courage to Change Sober Living House**

1203 South Rogers Street
Bloomington, IN 47403
Phone: 812-223-7223
Email: marilyn@couragetochangehouse.com
Email: c2csoberliving@gmail.com
Website: <http://couragetochangehouse.com>
Available 24/7 via email.

Courage to Change is a 12-step-based, low-barrier, sober living environment for men and women centered in Bloomington and surrounding counties. Engages the individual on many different levels to address their substance abuse. Utilizes proven methods of treatment that include 12-step recovery, one-on-one counseling, intensive outpatient classes, peer support, individual accountability, leadership opportunities, and connection to resources in the community safety net. Accepts self-referrals, referrals from other agencies, those being released from incarceration, those experiencing homelessness, and anyone else interested in a sober living environment.

❖ **Dove Recovery House**

3351 North Meridian Street, Suite 110
Indianapolis, IN 46208
Phone: 317-964-0450
Email: info@doverecoveryhouse.com
Website: <https://doverecoveryhouse.org/home>

A recovery program for women that works to empower them to become substance-free, self-sufficient and healthy, by providing safe housing and quality programming.

❖ **Progress House**

201 Shelby Street
Indianapolis, IN 46202
Phone: 317-637-9816
Email: info@progresshouse.org

Website: <https://www.progresshouse.org/>

A recovery program for men over the age of 18. Resident's typical length of stay ranges from 90 days to two years in one of three residential recovery properties located in Indianapolis. A 90-day minimum requirement is necessary to successfully complete Phase I of the program. Most residents complete Phase II near the six-month mark, at which time they can apply for residency at Next Step (sober living apartment complex). Programming is based on the 12-step philosophy and addresses residents in a holistic (mind, body and soul) manner. Monthly fees cover room and board, three hot meals per day, utilities, cable in TV room, 24/7 full time staff, intensive case management/weekly one-on-one meetings, life skills class, game room, workout room, chapel. Certified as an approved Recovery Works provider.

❖ **Seeds of Hope**

1425 South Mickley Avenue
Indianapolis, IN 46241

Phone: 317-244-0203

Fax: 317-481-0749

Email: info@seedsofhopeindy.org

Website: <http://www.seedsofhopeindy.org/>

A recovery program for women over the age of 18. Seeds of Hope offers a family-like environment in which residents can begin to build new sober and responsible lives for themselves. Residents live in a safe, clean, secure environment that encourages the development of a dynamic, caring support system. This program focuses specifically on aiding women through the difficult transition from substance abuse to sustained, independent, healthy living.

Notes: _____



Recovery Support Groups

Recovery Support Groups function to help people who share the same disorder or circumstance work through issues. They meet voluntarily, can be professionally-guided or peer-led and they typically meet on a set schedule.

Members are allowed to remain anonymous. Underlying almost all support groups is the premise of non-judgmental attitudes and caring for one another.

❖ **Alcoholics Anonymous (AA) Area 23; District 10**

Phone: 812-360-0040

Email: chrisa@area23aa.org/

Website: <http://dist10.area23aa.org/>

❖ **Celebrate Recovery**

State Representative for Central and Southern Indiana: John O.

Phone: 317-340-1776

Email: jo-po@sbcglobal.net

A 12-step recovery program based on the Bible. More information is available at the website or through regional representatives.

❖ **Celebrate Recovery (at City Church of Bloomington)**

1200 North Russell Road

Bloomington, IN 47408

Phone: 812-336-5958

Email: info@citychurchbloomington.org

Website: <https://citychurchbloomington.org/get-involved/celebrate-recovery/>

A 12-step recovery program based on the Bible designed to help people recover from life's hurts, habits and hang-ups: this includes emotional hurts, unhealthy habits, and dealing with anxieties.

Group meets on Fridays at the City Church of Bloomington from 7:00 p.m. - 9:00 p.m. (light refreshments and snacks available starting at 6:30 pm).

❖ **Heroin Anonymous:**

Phone: 317-778-5451 (HAIN hotline)

- ❖ **Indiana Al-Anon Family Groups, District 12**
Phone: 888-425-2666
Website: <http://indiana-al-anon.org/meetings/meetings-by-district/district%2012/>

- ❖ **In The Rooms, a Global Recovery Community**
Website: <https://www.intherooms.com/livemeetings/list>
Video meetings for individuals who live in rural areas, can't attend as many meetings as they would like, are too shy to go to a meeting in person, or are struggling at any hour of any night.

- ❖ **Narcotics Anonymous Indiana**
Phone: 317-875-5459 (24 hour hotline) or 812-331-9767 for a full list of area meetings.
Website: <http://www.naindiana.org/>

- ❖ **Nar-Anon, "Seekers of Serenity" family group meeting**
Sherwood Oaks Christian Church
2700 East Rogers Road, Room 363
Support group information: 812-339-8826
Open Tuesday, 7:30 p.m.

- ❖ **Refuge Recovery – A Buddhist path to recovering from addiction**
Unitarian Universalist Church of Bloomington
2120 North Fee Lane, Room 112
Phone: 812-727-3942
Email: btownrefugerecovery@gmail.com
Website: <http://refugerecovery.org>
Open Fridays, 6:00 p.m.

- ❖ **Students in Recovery-Bloomington**
1900 East 10th Street
Bloomington, IN 47506
Phone: 812-855-4011
Email: SIRB@indiana.edu
Website: <https://beinvolved.indiana.edu/organization/SIRB>
Weekly meetings available to unite Indiana University students in recovery on campus.



Life Coach/Substance Abuse Counselor

Life Coach/Substance Abuse Counselor refers to a support system for people with substance use disorder that teaches individuals how to modify their behavior with the intention of full recovery. Because clients are susceptible to recurrence of use, many life coaches and substance abuse counselors work with clients on an ongoing basis.

❖ **Indiana University Bloomington Counseling & Psychological Services (CAPS)**

600 North Jordan Avenue
Bloomington, IN 47405

Phone: 812-855-5711

Email: capsinfo@indiana.edu

Website: <http://healthcenter.indiana.edu/counseling/index.shtml>

Provides evaluation and counseling services for students on the IUB campus. Groups for students who desire to get and/or remain sober are available throughout the year.

Open 8:00 a.m.-4:30 p.m. daily



❖ **Indiana University Bloomington Office of Alternatives Screening and Intervention Services (OASIS)**

Eigenmann Hall West, 726 West

1900 East 10th Street

Bloomington, IN 47506

Phone: 812-856-3898

Email: oasis@indiana.edu

Website: <https://studentaffairs.indiana.edu/oasis/>

Counseling, resource identification and support are provided to all Indiana University students across the substance use spectrum.

❖ **Meng Ai Counseling**

101 West Kirkwood Avenue

Bloomington, IN 47404

Phone: 812-333-1988

Website: <http://www.mengaicounseling.com/>

Specializes in substance abuse, addiction, anxiety, depression, and relationship issues. Integrates clinical skills and techniques from cognitive-behavioral, solution-focused, and motivational enhancement therapy depending on individual's need. Provides group, individual and couple/family therapy.

Group therapy – Wednesday, Friday, 5:30 p.m.-7:30 p.m.; Saturday, 10:00 a.m.-12:00 p.m. Payment Options: Self-pay and most insurance plans accepted.

Notes: _____



Online Resources

❖ **Division of Mental Health and Addiction (DMHA)**

Website: <https://www.in.gov/fssa/dmha/index.htm>

A service of the state of Indiana, DMHA collaborates with a network of mental health care providers. DMHA operates six psychiatric hospitals and funds addiction prevention and treatment programs.

❖ **Indiana 2-1-1**

Website: <https://www.in211.org/>

2-1-1 is a simple way to connect to food, shelter and housing assistance, employment services, counseling resources and more.

❖ **In The Rooms, a Global Recovery Community**

Website: <https://www.intherooms.com/livemeetings/list>

Video meetings for individuals who live in rural areas, can't attend as many meetings as they would like, are too shy to go to a meeting in person, or are struggling at any hour of any night.

❖ **LookupIndiana.org**

Phone: 1-800-284-8439 or text 494949

Website: <http://www.LookupIndiana.org>

LookupIndiana.org (Lookup) has partnered with Indiana System of Care (INSOC) to provide online resources to support Systems of Care in all 92 Indiana counties. Through the new My Community area of the Lookup website, users can find news, resources, and events for their county related to System of Care and mental/behavioral health.

❖ **Mental Health America (MHA)**

Phone: (703) 684-7722 or 1-800-969-6642 (toll-free)

Website: <http://www.mentalhealthamerica.net/about-us>

A community-based, national non-profit dedicated to addressing the needs of those living with mental illness and promoting the overall mental health of all Americans. Resources are available on their website to help locate resources and to learn more about mental health and prevention strategies.

❖ **Next Level Recovery**

Website: <http://www.in.gov/recovery/>

A service of the state of Indiana, Next Level Recovery allows individuals to search for inpatient, outpatient, residential, and opioid treatment providers by location, treatment options, and the age and gender of patients served.

❖ **Open Beds**

Website: <http://www.openbeds.net/>

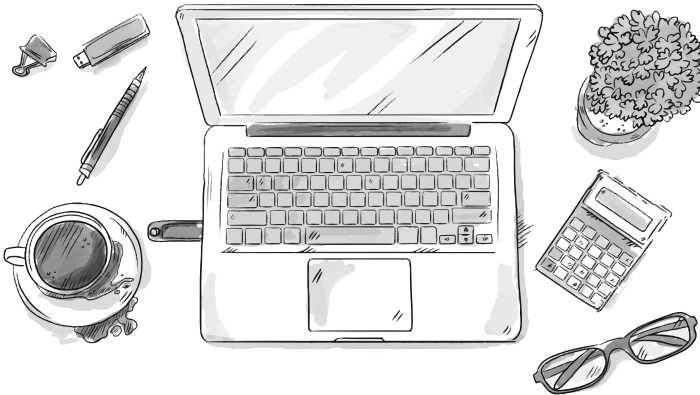
Open Beds is a database of service providers designed to give Indiana residents access to addiction treatment options in real time.

❖ **Substance Abuse & Mental Health Services Administration (SAMHSA)**

Phone: 1-800-662-HELP (4357) or 1-800-487-4889 (TTY)

Website: <https://www.samhsa.gov/>

SAMHSA is a governmental agency established in 1992 to focus on facilitating recovery for people with or at risk for mental or substance use disorder. SAMHSA's National Helpline is a confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorder. This service provides referrals to local treatment facilities, support groups, and community-based organizations. Callers can also order free publications and other information.





Community Resources

Child Care

❖ Chances and Services for Youth (CASY)

1101 South 13th Street

Terre Haute, IN 47802

Phone: 812-232-3952 or 800-886-3952 (toll free)

Website: <http://casonline.org/>

The Child Care and Development Fund (CCDF) Voucher Program provides financial assistance through vouchers for low-income families. Parents must be working or enrolled in an education or training program. Appointments are available at WorkOne in Bloomington.

❖ Monroe County United Ministries (MCUM)

827 West 14th Court

Bloomington, IN 47404

Phone: 812-339-3429 ext. 40

Website: <http://mcum.org/>

Child care for ages 2-6, year round. Sliding fee scale considers income and family size.

Clothing

❖ Bloomington Thrift Shop

220 South Madison

Bloomington, IN 47404

Phone: 812-332-5851

Website: <http://www.bloomingtonthriftshop.com>

Open Tuesday-Friday, 10:00 a.m.-5:00 p.m.; Saturday, 10:00 a.m.-2:00 p.m.

❖ Goodwill Industries

Website: <http://www.goodwill.org>

Wide selection of used clothing and household goods at low cost.

Eastside

512 South College Mall Road
Bloomington, IN 47401
Phone: 812-331-8170

Westside

1284 South Liberty Drive
Bloomington, IN 47403
Phone: 812-336-8104

❖ My Sister's Closet

414 South College Avenue
Bloomington, IN 47403
Phone: 812-333-7710

Website: <http://sisterscloset.org/>

Provides workforce attire to low-income women pursuing employment.
Also sells gently used clothing to public.

Open Monday-Friday, 10:00 a.m.-6:00 p.m.; Saturday, 10:00 a.m.-5:00 p.m.

❖ Opportunity House

907 West 11th Street
Bloomington, IN 47404
Phone: 812-336-2443

Free emergency vouchers
issued by Monroe County
United Ministries (MCUM).

*Open Monday-Saturday,
9:00 a.m.-3:00 p.m.*

**❖ Salvation Army Thrift Store**

111 North Rogers Street
Bloomington, IN 47402
Phone: 812-334-1366

Website: <http://corps.salvationarmyindiana.org/bloomington/services/thrift-store/>

Used clothing and household goods. Salvation Army may also assist with
food, rent, utilities and prescriptions.

Open Monday- Saturday, 10:00 a.m. - 5:00 p.m. Closed Sunday.

Employment

❖ WorkOne

450 South Landmark Avenue
Bloomington, IN 47403

Phone: 812-331-6000

Website: <http://www.in.gov/dwd/WorkOne/index.html>

Website: <https://www.indianacareerready.com/>

Government Assistance Programs

❖ Indiana Family Helpline | Indiana State Dept. of Health

Phone: 1-800-433-0747 (toll-free)

Website: <https://www.in.gov/fssa/dfr/3143.htm>

Connects callers with providers. Foreign language interpreters available.
Locates health care, emergency housing, food, utility and other assistance.

❖ Monroe County Division of Family Resources

1531 South Curry Pike, Suite 300

Bloomington, IN 47403

Phone: 1-800-403-0864 (toll free)

A single point-of-entry for many social services including Temporary Assistance for Needy Families (TANF), Food Stamp Program, Medicaid, Hoosier Healthwise for Children and Healthy Indiana Plan (HIP).

Open Monday-Friday, 8:00 a.m.-4:30 p.m.

Groceries

❖ City Church of Bloomington

1200 North Russell Road

Bloomington, IN 47408

Phone: 812-336-5958

Email: info@citychurchbloomington.org

Website: <https://citychurchbloomington.org/>

Contact City Church of Bloomington to arrange for groceries.

❖ First Assembly of God

121 West Association Street

Ellettsville, IN 47429

Phone: 812-876-4334

Website: <https://www.ellettsvillefirst.org/>

Monday-Friday, 9:00 a.m.-4:00 p.m.

❖ Monroe County United Ministries (MCUM)

827 West 14th Court

Bloomington, IN 47404

Phone: 812-339-3429

Website: <http://mcum.org/programs/ssc/>

First-time visitors to the Self-Sufficiency Center will complete a brief intake form and meet with a MCUM coach to create a personal game plan directed at financial stability.

Food pantry open Monday, Thursday, Friday, 12:00 p.m.-5:00 p.m.; Tuesday, 12:00 p.m.-7:00 p.m.

❖ **Mother Hubbard's Cupboard**

1100 West Allen Street

Bloomington, IN 47403

Phone: 812-355-6843 or 812-339-5887

Website: <http://mhcfoodpantry.org/>

Cooking classes are also offered.

Pantry Hours are Monday-Friday, 12:00 p.m.-6:00 p.m.

Meals

❖ **Community Kitchen**

1515 South Rogers Street

Bloomington, IN 47403

Phone: 812-332-0999

Dine-in and take-out dinner. Monday-Saturday, 4:00 p.m.-6:00 p.m.

❖ **Community Kitchen Express**

1100 West 11th Street

Bloomington, IN 47404

Phone: 812-332-0999

Take-out dinner. Monday-Saturday, 4:00 p.m.-6:00 p.m.

❖ **Geno's Cafe (Wheeler Mission)**

215 Westplex

Bloomington, IN 47404

Phone: 812-333-1905

Saturday, 8:30 a.m.-9:30 a.m. (breakfast); Monday-Sunday, 12:00 p.m.-1:00 p.m. (lunch) and 5:30 p.m.-6:30 p.m. (dinner).

❖ **Shalom Center**

620 South Walnut Street

Bloomington, IN 47401

Hospitality Desk Phone: 812-334-5728

Administrative Office Phone: 812-334-5734

Fax: 812-334-5736

Mail: P.O. Box 451, Bloomington, IN 47402-0451

Website: <http://shalomcommunitycenter.org>

All-inclusive resource center for people who are living in poverty and experiencing hunger, homelessness, and a lack of access to basic life necessities. Provides emergency groceries once per household per month. Also provides other life essentials to help people stabilize in times of need. Services include day shelter and daytime sleep room, restrooms, showers, laundry, bus tickets, prescription assistance, health insurance payment assistance, rent and utility assistance, birth certificates and ID assistance, telephones, mailing address, day and long-term storage, copying, faxing, and postage, clothing, shoes, sleeping bags, backpacks, socks, coats, gloves, hats, hygiene products including, soap, shampoo, toothbrushes and toothpaste, feminine hygiene products, deodorant, razors, diapers and other baby supplies.

Open daily from 8:00 a.m.-4:00 p.m. Shalom provides breakfast from 8:00 a.m.-9:00 a.m. and lunch from 12:00 p.m. - 1:30 p.m. every day (except holidays when the center is open from 8:00 a.m.-12:00 p.m. and serves one meal usually at 8:00 a.m.).

Housing

❖ **Bloomington Housing Authority**

1007 North Summit Street

Bloomington, IN 47404

Phone: 812-339-3491

Website: <http://www.bhaindiana.net/>

Subsidized housing, Section 8, Public Housing, Veterans Affairs Supportive Housing and Family Self-Sufficiency (FSS). Cost: varies to income eligible.

❖ **City of Bloomington Housing & Neighborhood Development (HAND)**

401 North Morton Street, Suite 130

Bloomington, IN 47404

Phone: 812-349-3420

Website: <https://bloomington.in.gov/departments/hand>

Offers housing programs, services, and partnerships to preserve community character; promotes affordable housing and encourages neighborhood vitality.

Incarceration and Post-Incarceration Services

❖ **New Leaf New Life**

1010 South Walnut Street, Suite H

Bloomington, IN 47401

Phone: 812-355-6842

Email: Newleaf1010@gmail.com

Website: www.newleafnewlife.org

A nonprofit organization that offers services to inmates in the Monroe

County Jail during incarceration and after release. Applying the philosophy of therapeutic justice, the organization encourages personal growth and self-advocacy, supporting incarcerated individuals in their efforts to make a successful transition back into the community. Provides clothing, hygiene products, bus tickets and basic information about jobs and social services for formerly incarcerated persons.

Open Monday-Friday, 10:00 a.m.-5:00 p.m.

❖ **Recovery Works**

Website: <https://www.in.gov/fssa/dmha/2940.htm>

A voucher-based state-run program that offers specialized services to those struggling with mental illness and/or substance use disorder. This voucher-based system is intended to cover the cost of services for individuals without insurance or Medicaid. Focuses on pre-incarceration diversion services and post-incarceration reentry services, with the intention of diverting low-level offenders from incarceration to community services, and reducing recidivism.

Legal Assistance

❖ **Community Legal Clinic**

211 South Indiana Avenue
Bloomington, IN 47405

Phone: 812-855-9229

Website: <https://www.indianalegalservices.org/node/523/community-legal-clinic>

Free to low-income persons, in and out of Monroe County. Also for abuse victims.

❖ **District 10 Pro Bono Project**

PO Box 8382
Bloomington, IN 47407

Phone: 812-339-3610

Website: <http://www.d10probono.org/about-us/contact-us/>

Monday, 12:00 p.m.; Tuesday, 5:00 p.m.-7:00 p.m.; Thursday, 2:00 p.m.-5:00 p.m.

❖ **Indiana Legal Service**

214 South College Avenue
Bloomington, IN 47404

Phone: 812-339-7668

Website: <https://www.indianalegalservices.org/bloomington>

Civil matters for low income and seniors 60+, public benefits, housing, family, consumer and IRS controversies.

Tuesday, 1:30 p.m.-4:30 p.m.; Thursday, 10:00 a.m.-1:00 p.m.

❖ **Project Help (Trinity Episcopal Church)**

111 South Grant Street
Bloomington, IN 47408

Phone: 812-336-4466

Website: <https://trinitybloomington.org>

Legal clinic for people experiencing homelessness

Friday, 1:00 p.m.-4:00 p.m.

Low Cost Dental Services

❖ **Affordable Dentures**

3800 Industrial Boulevard
Bloomington, IN 47403

Phone: 812-339-0066

Website: <https://www.affordabledentures.com>

Reduced rate dentistry & dentures.

Open Monday-Friday,

7:30 a.m.-4:30 p.m.



❖ **Dental Care Center of Monroe County**

1602 West 3rd Street #A
Bloomington, IN 47404

Phone: 812-339-7700

Medical and Dental

❖ **Futures Family Planning Clinic**

119 West 7th Street
Bloomington, IN 47404

Phone: 812-349-7343

Website: <https://www.co.monroe.in.us/department/division.php?structureid=116>

*Open Monday, Wednesday, Thursday, 8:00 a.m.-12:00 p.m., 1:00 p.m.-4:30 p.m.;
Tuesday, 11:00 a.m.-3:00 p.m., 3:30 p.m.-7:00 p.m.; Friday, 8:00 a.m.-12:00 p.m.*

❖ **Positive Link HIV Prevention/Care**

333 East Miller Drive
Bloomington, IN 47401

Phone: 812-353-9150

Website: <https://iuhealth.org/in-the-community/south-central-region/positive-link-hiv-services>

❖ **Veterans Administration Outpatient Clinic**

455 South Landmark Avenue

Bloomington, IN 47403

Phone: 812-336-5723

Website: https://www.indianapolis.va.gov/locations/bloomington_cboc.asp
Healthcare, including health exams, care for chronic and acute illnesses.

Monday-Friday, 8:00 a.m.-4:00 p.m.

❖ **Volunteers in Medicine**

811 West 2nd Street

Bloomington, IN 47403

Phone: 812-333-4001

Website: www.vimmonroecounty.org

Medical clinic for residents lacking insurance and the ability to pay for health care services.

Open Monday-Friday, 8:00 a.m.-5:00 p.m. Walk in hours available.

Rent and Utility Assistance

❖ **Bloomington St. Vincent de Paul**

1413 East 17th Street

Bloomington, IN 47408

Phone: 812-961-1510

Email: info@bloomingtonsvdp.org

Website: <https://www.svdpbloomington.org/>

Financial assistance, counseling, furniture, appliances.

Open Tuesday, Thursday, 11:00 a.m.-1:00 p.m.; Saturday, 8:00 a.m. to 10:00 a.m.

❖ **South Central Community Action Program (SCCAP)**

1500 West 15th Street

Bloomington, IN 47404

Phone: 812-339-3447

Website: <http://www.insccap.org/>

Programs for low-income residents include emergency home repair, energy assistance program, weatherization, free garbage bags.

Open Monday-Friday, 8:00 a.m.-4:30 p.m.

Temporary Shelters

❖ **A Friend's Place**

919 South Rogers Street

Bloomington, IN 47401

Phone: 812-332-1444

A Friend's Place is the only non-religious, emergency shelter for adults (18 and over) in our region. A Friend's Place provides 40 safe and sober beds, 28 for men and 12 for women. The shelter opens at 5:15 p.m. To access an available bed, please arrive at the shelter at that time. Guests must not be under the influence of alcohol or illegal drugs. Monroe County residents are given priority. Open daily, 5:15 p.m.-7:45 a.m.

❖ **Becky's Place**

1108 5th Street

Bedford, IN 47421

Phone: 812-275-5773

Website: <http://www.archindy.org/cc/bloomington/beckysplace.html>

Shelter for women and children. May take out-of-county clients.

Open Monday-Friday, 8:00 a.m.-8:00 p.m.

❖ **Interfaith Winter Shelter**

Various Churches in Bloomington

Phone: 812-332-6396

A low-barrier winter homeless shelter.

❖ **Middle Way House**

Administration Phone: 812-333-7404

24 hour crisis line: 812-336-0846

Website: www.middlewayhouse.org

Confidential emergency shelter for female victims of domestic violence and their children.

Open 24 hours.

❖ **New Hope Family Shelter**

409 West Second Street

Bloomington, IN

Phone: 812-334-9840

Temporary shelter for families experiencing homelessness.

Open Monday-Friday, 8:00 a.m.-2:00 p.m.

❖ **Wellspring Shelter**

301 West Harrison

Martinsville, IN 46151

Phone: 765-342-6661

Website: <http://wellspringcenter.org>

Shelter for families. May take out-of-county clients.

Open Monday-Friday, 8:00 a.m.-5:00 p.m.

❖ **Wheeler Mission Center for Men**

215 South Westplex Avenue
Bloomington, IN 47404
Phone: 812-333-1905

Services include shelter, meals, chapel services, medical clinics, residential programs, addiction recovery. Addiction recovery program assists men struggling with substance use disorder or other large problems by focusing on a total life change through a relationship with Christ.

❖ **Wheeler Mission Center for Women and Children**

400 South Opportunity Lane
Bloomington, IN 47404
Phone: 812-334-4047

Website: <https://wheelermission.org/our-work/womens-services/>

Guests are allowed to stay at the Center for Women and Children-Bloomington Emergency Shelter while seeking treatment for substance use disorder. Wheeler Mission manages Higher Ground Recovery Center, Indianapolis and a case manager at the Emergency Shelter can refer to the Higher Ground Addiction Recovery Program in Indianapolis.

Transportation

❖ **Bloomington Transit**

130 West Grimes Lane
Bloomington, IN 47403
Phone: 812-336-7433
Website: www.bloomingtontransit.com

\$1.00, adults; K-Grade 12 or Seniors over 60, \$.50; under 5, free. Special services for those with disabilities. \$30, monthly pass.

Open Monday-Friday, 6:10 a.m.-11:30 p.m.; Saturday, 7:30 a.m.-11:30 p.m.; Sunday, 9:30 a.m.-10:30 p.m.



❖ **Rural Transit**

7500 West Reeves Road
Ellettsville, IN 47429
Phone: 812-876-1079
Website: www.area10agency.org/ruraltransit

\$1.50 one way for two counties. \$.75 one way for one county. Seniors over 60, donation. \$1.00 for Medicaid patients. Reduced fare and monthly passes also available.

Open Monday-Friday, 8:00 a.m.-4:30 p.m.

Glossary

Abstinence - The state of refraining from using drugs or alcohol or from engaging in any addictive activity or behavior.

Addiction - A chronic, progressive but treatable disorder in which someone becomes dependent on a substance or behavior that is psychologically or physically dangerous and habit-forming. Addiction causes a person to act compulsively and experience a lack of control. Without treatment or changing behavior (such as moving toward recovery) the condition worsens over time and can lead to related illness, disability, and even death.

Al-Anon - A support group for families and friends of people who abuse alcohol. The group is a spin-off organization of Alcoholics Anonymous (AA).

Alcoholics Anonymous (AA) - An international mutual aid organization that unites people who have struggled with alcohol dependency. Its mission is to help alcoholics become and stay sober without judgment or segregation using a 12-step model.

Alcoholism - A chronic disease characterized by uncontrolled drinking and preoccupation with alcohol.

Chemical dependence - A condition in which a person experiences physical withdrawal symptoms when certain drugs are removed from use. Those who are using substances but who can stop without feeling physical withdrawal symptoms are not chemically dependent on them.

Delirium tremens (DTs) - The most severe form of alcohol withdrawal (characterized by violent delirium with tremors) that causes sudden critical mental and neurological changes. Delirium tremens occurs after the habitual drinker abruptly stops consumption after a physical dependence has been fully developed. It may also occur after a period of heavy alcohol consumption, especially without any meals.

Detoxification (Detox) - A process in which the body is allowed to free itself of a drug. During this period, the symptoms of withdrawal are also treated. Detoxification is the primary step in any substance abuse treatment program, and is used as the initial phase in treating alcohol, benzodiazepine, opioid and stimulant addictions.

Drug Overdose (also known as OD or drug poisoning) - Defined as an individual taking more of a substance than is medically recommended or generally practiced. Drug overdose is a highly critical medical emergency as it can cause increased toxicity, create an altered state of consciousness, induce coma, heart or respiratory failure, or result in death.

Dual diagnosis (also called co-occurring disorders or comorbid disorder) - When a person has a substance abuse problem and a diagnosable underlying psychological or psychiatric issue that may be contributing to substance use disorder. Most people who have addictions also have an underlying psychiatric issue such as depression, anxiety, post-traumatic stress disorder (PTSD) or attention-deficit hyperactivity disorder (ADHD).

Enabling - The act of making it easy for a person with an addiction to continue

engaging in undesirable, self-destructive, and, in some cases, dangerous behavior. This can perpetuate the cycle of addictive behavior.

Harm Reduction - includes strategies aimed at reducing negative consequences associated with drug use and sex work. Efforts to decrease the health risks of people who use drugs include syringe service programs, through which used syringes can be traded for new sterile syringes and people who use drugs can be connected with other social and medical services. Programs may also provide other supplies and counseling aimed at lowering the risk of infectious disease and fatality. Naloxone (Narcan™) — a medicine that can rapidly reverse an opioid overdose — and Naloxone use training may also be offered. Although there are currently no official supervised injection sites in the U.S., harm reduction advocates work toward their establishment. Harm Reduction is also a movement for social justice and the reform of current drug policies built on a belief in, and respect for, the rights of people who use drugs.

Inpatient Treatment (also called a rehab) - is a live-in health care facility that provides therapy for substance use disorder. Many also provide detoxification. Inpatient facilities offer the most intense level of treatment, offering 24-hour care in a clinical or hospital setting. The main goal is to stabilize symptoms while developing a continuing treatment plan. Programs are generally shorter in duration than residential treatment.

Intervention - is a process during which a professional interventionist works with the family and friends of a person with substance use disorder to help get that person to accept treatment.

Life Coach/Substance Abuse Counselor - is a support system for people with substance use disorder that teaches individuals how to modify their behavior with the intention of full recovery. Because clients are susceptible to recurrence of use, many work with clients on an ongoing basis.

Medication Assisted Treatment (MAT) - also called Medication Assisted Recovery, is the practice of using a combination of medication, counseling and behavioral therapy to treat substance use disorder. Studies show that this combination offers most patients the greatest chance of attaining and sustaining lasting sobriety. Use of medications during recovery is geared toward reducing withdrawal symptoms that would otherwise lure the patient back to using the substance while, at the same time, reducing the patient's cravings. During the time that the withdrawal symptoms and cravings are kept at bay by the medication, it is expected that the patient will participate in counseling and behavior therapy.

Naloxone (or Narcan™) - is a treatment that can rapidly reverse an opiate overdose. Naloxone works by blocking the effects of opioids on the central nervous system and reversing the consequences of an overdose. Naloxone has no potential for misuse, meaning it will not produce a high if not used as indicated. It is only effective if opioids are present in the body. Previously, Indiana law only allowed emergency personnel (EMT, EMS, fire department, law enforcement, paramedic, etc.) to carry and administer Naloxone. Aaron's Law (passed in 2015) allows Indiana residents to obtain a prescription for Naloxone if they believe a friend or family member is at risk for accidental drug poisoning.

Nar-Anon - A twelve-step program for those affected by the addiction of a family member or friend.

Narcotic Anonymous (NA) - International mutual aid fellowship whose primary purpose is to stay sober and help others achieve sobriety.

Opioid - A chemical that works by binding to opioid receptors, which are found in the central nervous system and the stomach and intestines. Common opioids include OxyContin, Vicodin, fentanyl and heroin. The pain-relieving effects of opioids are due to decreased perception of pain, decreased pain reaction, and increased pain tolerance. Physical dependence can develop with continued opioid use, leading to a withdrawal syndrome with abrupt discontinuation. Opioids can produce a feeling of euphoria, which can lead to recreational use of opioid drugs.

Outpatient Treatment - is a primary treatment program recommended for those who do not need medically-supervised detoxification. Outpatient treatment can enable people in recovery to continue their recovery therapies on a part-time yet intensive schedule, designed to accommodate work and family life.

Partial Hospitalization Program (PHP) - sometimes referred to as day treatment program, this option offers outpatient addiction treatment services, such as group counseling, individual therapy, and access to medical care. A PHP is a more intensive program than typical outpatient programs.

Recovery - A process of change whereby individuals work to improve their own health and wellness and to live a meaningful life in a community of their choice while striving to achieve their full potential. Key areas that contribute to recovery are:

- **HEALTH:** People in recovery need to work toward overcoming their disease, though it may be a gradual process. They also need to adopt a lifestyle that promotes physical and emotional health.
- **HOME:** The person in recovery needs to have a stable living environment that supports the practices of recovery.
- **PURPOSE:** The person in recovery needs to have purpose. Having purpose yields identity and dignity. Purpose can be derived from volunteering, school, work, family responsibilities or creative pursuits. Daily purpose gives life meaning and direction.
- **COMMUNITY:** Everyone needs social connection, love and friendship. People in recovery benefit from being surrounded by a group that offers encouragement and hope.

Recovery Support Groups - are used to help people who share the same disorder or circumstance work through issues together. They meet voluntarily, can be professionally-guided or peer-led and they typically meet on a set schedule. Members are allowed to remain anonymous. Underlying almost all support groups is the premise of non-judgmental attitudes and caring for one another. Some examples of recovery support groups are Alcoholics Anonymous (AA) and Narcotics Anonymous (NA).

Recurrence of Use (also known as relapse) - A return to drinking, drug misuse or process addiction behaviors after a period of abstinence.

Residential Treatment (also called rehab) - is a live-in health care facility that provides therapy for substance use disorder. Residential facilities offer a comfortable home-like environment. There is structure and monitoring to treatment and medical staff is available to assist patients. Programs are longer in duration than inpatient treatment.

Sober Living - is a group home for people with substance use disorder who desire sober living in a structured, safe environment. There is usually a house manager and/or counselor on site who coordinates daily activities. Residents must follow certain rules, attend recovery meetings, and may be subject to random drug tests to prove they are sober. Sober living gives people who are living in an unhealthy environment a safe, supportive place to stay while they are recovering from addiction.

Suboxone - a prescription medicine that contains the active ingredients buprenorphine and naloxone. It is used to treat adults who are dependent on opioids. It can come in a pill or sublingual film placed under the tongue.

Substance Use Disorder (SUD) - occurs when a person's use of alcohol or another substance (drug) leads to health issues or problems at work, school, or home. (Also see Addiction)

Transitional Housing (also known as a Halfway House) - is a group home for people with substance use disorder who desire sober living in a structured, safe environment. There is usually a house manager and/or counselor on site who coordinates daily activities. Residents must follow certain rules, attend recovery meetings, and may be subject to random drug tests to prove they are sober. Transitional housing helps a person who has lived in a restrictive environment (such as inpatient care or prison) make a transition back into a less restrictive environment.

Vivitrol - is a prescription medication (naltrexone) used in the treatment of alcohol dependence and opioid addiction. It is administered by injection once per month to reduce cravings and lower the risk of relapse.

Withdrawal - A predictable group of signs and symptoms that result from either the sudden removal of, or abrupt decrease in the regular dosage of a drug. The signs and symptoms of withdrawal can vary greatly from one drug to the next. Acute withdrawal from drugs and alcohol can be unpleasant and dangerous. For this reason, supervised medical detoxification in a hospital or inpatient rehabilitation center is advised to ensure safety.

12-Step Program - A set of guiding principles outlining a course of action for recovery from addiction, compulsion, or other behavioral issues.

12-Step Sponsors - A mentor or guide who has been through recovery and worked through the 12-steps and is no longer drinking alcohol or using drugs.

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