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Start Here:
Need help navigating recovery resources?
Talk to someone who can help.

Tennessee REDLINE
Provides addiction information and referrals to all citizens of Tennessee, regardless of income or insurance status.
1-800-889-9789

NuStart
Speak to someone who connects Hamilton County residents with treatment & recovery services.
423-208-3523 or 423-208-3473

Lifeline Peer Project
Peers help connect individuals with treatment and they speak publicly about their own personal experience with recovery. Dave Hodges davidchodges@gmail.com
931-709-1161

TN Statewide Crisis Phone Line
If you are experiencing a mental health emergency, talk to a trained crisis specialist in your area.
Call 855-CRISIS-1 (855-274-7471)

These resources are available free of charge.
Recovery Timeline
an illustrative example of a typical experience

I. Desire to stop using drugs/alcohol, stay clean, and learn to manage health and life

2. Inpatient detox/medically supervised withdrawal
   - 4 to 14 days
   - not always necessary, but recommended if addicted to alcohol or benzodiazepines

3. Residential treatment program or non-residential Intensive Outpatient treatment program
   - 28 days — 2 years
   - counseling and development of recovery tools/12 steps
   - supervised housing with restricted visitation and other rules
   - Resume work as appropriate

4. Recovery Housing/Maintenance
   - 6 months to several years
   - housing without supervision but requirements to stay clean and some restrictions, i.e. Oxford House and CADAS Apartments
   - participation in a recovery community like NA/AA
   - establish healthy work/life routines

5. Independence/Maintenance
   - forever: addiction is a chronic illness, like diabetes or asthma, and requires management
   - participation in a recovery community like NA/AA
   - community service and helping others stay clean and sober
Resources for Detox

Medical support is not always necessary, but is recommended for those recovering from alcohol/benzodiazepine addiction and as appropriate with other conditions.

Bradford Health Services  
www.bradfordhealth.com 423-892-2639 or Crisis 423-322-4032

CADAS (* financial assistance available)  
www.cadas.org 423-756-7644 or 1-877-AT-CADAS

Erlanger Behavioral Health Hospital  
www.erlangerbh.com 877-425-1198

Focus Treatment Centers  
www.focustreatmentcenters.com 800-675-2041

Volunteer Behavioral Health (* financial assistance available)  
Johnson Mental Health Center  
www.vbhcs.org 423-634-8884 or 800-704-2651

Parkridge Valley Hospital  
www.parkridgevalley.com 423-499-2300 or 800-542-9600
Residential and Intensive Outpatient Treatment (IOP)

Stable living environments are needed for recovery. Residential treatment programs have a built-in stable environment with supervision and support, but can be more expensive, and more challenging to transition from. Outpatient Treatment is less expensive and can be more practical, but clients need stable living environment support from family/friends/church. Many people do both residential and IOP.

Bradford Health Services — Residential and IOP
Bradford Health Services, a substance abuse treatment provider, has been treating alcoholism and drug addiction in teens, young adults, and adults for over 40 years.
https://bradfordhealth.com 423-892-2639 or 423-933-2685

CADAS — Residential and IOP (* financial assistance available)
CADAS provides a full continuum of services for adults and adolescents with substance abuse and/or co-occurring disorders.
http://www.cadas.org 423-756-7644 or 1-877-AT-CADAS

Cumberland Heights — Residential and IOP
Our treatment programs encompass the physical, mental, emotional and spiritual dimensions of recovery through professional excellence, the principles of the Twelve Steps, and a safe, loving environment.
www.cumberlandheights.org 800-646-9998 or 423-308-0689
Residential and Intensive Outpatient Treatment (cont’d)

Erlanger Behavioral Health Hospital - IOP
Erlanger Behavioral Health Hospital provides psychiatric and addiction services for individuals of all ages.
https://www.erlangerbh.com/ 877-314-6810

Focus Treatment Centers - Residential and IOP
Focus Treatment Centers offers treatment and advocacy for adults struggling with substance addictions, eating disorders, or those with dual diagnoses.
www.focustreatmentcenters.com 800-675-2041

Health Connect America - IOP
Health Connect America provides therapy, case management, medication management and counseling for children, adolescents, adults, and families.
www.healthconnectamerica.com 423-702-5508

Homeless Health Care Center VIP Program (* financial assistance)
Intensive outpatient treatment for adults age 18-80
Referral to drug/alcohol free shelter
Homeless Health Care Center
730 E 11th Street
Chattanooga, TN 37403 423-305-6863

Volunteer Behavioral Health - IOP (* financial assistance available)
Johnson Mental Health Center
Outpatient treatment for co-occurring disorders, outpatient counseling, care coordination, medication assessment and medication management for co-occurring disorders.
https://www.vbhcs.org/locations/chattanooga 423-634-8884
Residential and Intensive Outpatient Treatment (cont’d)

Mental Health Cooperative  -  IOP (* financial assistance available)
Mental Health Cooperative is a nationally recognized behavioral health organization that incorporates intensive community-based case management, psychiatry, and psychotherapy into an integrated system of care for children, adolescents, and adults.

www.mhc-tn.org  866-816-0433

Parkridge Valley Adult and Senior Campus  -  Residential and IOP
Parkridge Valley Adult and Senior Campus serves adults and seniors needing assistance with behavioral health and/or chemical dependency issues (including drug and alcohol) in both an inpatient and outpatient setting, PHP, IOP—day and night.

https://parkridgehealth.com/service/adult-senior-behavioral-health-care  423-499-2300

Transition House  -  IOP
Family therapy, play therapy, individual counseling, couples counseling, group therapy, mental health evaluations, psychiatric evaluations, medication management, substance abuse evaluations, IOP. Anger management, impulse control, coping skills, addictive thinking, family systems in addiction, co-occurring disorder, relapse prevention, group counseling. Accepts all major insurance, including TennCare and Medicaid.

https://thetransitionhouse.org/transform-your-life/tthi-counseling-center-chattanooga  423-682-8130

Spero Health  -  IOP
Spero Health, Inc., is an integrated healthcare services organization specializing in local and affordable outpatient care for individuals suffering from substance use disorder with a mission to “Save Lives, Instill Hope, and Restore Relationships.”

https://sperohealth.com/  423-301-5930
What is Medically Assisted Treatment (MAT)?

MAT is an effective method of addiction treatment that combines medication and counseling. Examples of MAT are methadone + counseling, buprenorphine + counseling, and naltrexone + counseling. The goal of MAT is FULL RECOVERY. It has been shown to:

- Improve patient survival
- Increase retention in treatment
- Decrease opiate use and criminal activity in people with addiction problems
- Increase employment success
- Improve birth outcomes in women who have addiction problems and are pregnant

Read more at: https://www.samhsa.gov/medication-assisted-treatment/treatment
MAT Treatment Resources

Bradford Health Services
MiAT: Medication in Addiction Treatment Program
www.bradfordhealth.com 423-892-2639 or 423-933-2685

CADAS: MAT IOP (* financial assistance available)
Long term taper buprenorphine + counseling. Clients 18 years or older.
www.cadas.org 423-756-7644

Volunteer Comprehensive Treatment Center - Acadia Healthcare:
MAT Outpatient Program
Methadone + Counseling
www.chattanoogactc.com 423-265-3122

Crossroads Treatment Center: MAT Outpatient Program (Ringgold)
Methadone/Counseling
crossroadstreatmentcenters.com 706-820-6087 or 800-805-6989

The Transition House
https://thetransitionhouse.org/transform-your-life/tthi-counseling-center-chattanooga/
423-682-8130
Recovery Housing

Unhealthy or unstable living environments can derail recovery so secure, supportive, sober housing is very important. Recovery housing is unsupervised, requires sobriety and restricts overnight guests. It is recommended after treatment as a transition to completely independent living.

**Oxford House**
[www.oxfordhouse.org](http://www.oxfordhouse.org) 985-265-2991

**CADAS**
Long-term permanent furnished housing units.
[www.cadas.org](http://www.cadas.org) 423-756-7644

**CADAS Family Way**
Supportive Housing for women and children (1-2 years)
Treatment, support, and life skills. Accepts pregnant women and their children under 12
[www.cadas.org](http://www.cadas.org) 423-756-7644

**Recovery Within Reach**
Resource Guide provided by the Department of Mental Health & Substance Abuse Services. Visit the link and search Education, Employment, Housing, Support Services & Transportation resources in your area.
12-Step Programs for Addicts

Establishing a home group is an essential part of recovery. Not everyone’s recovery looks the same, but it is necessary to spend time with and get support from those who have been there. Most 12-step programs suggest starting with 90 meetings in 90 days, then attending meetings as frequently as needed for effective support.

Narcotics Anonymous (NA) Chattanooga
Anyone who wants to stop using drugs may become a member of Narcotics Anonymous. Membership is not limited to addicts using any particular drug. Those who feel they may have a problem with drugs, legal or illegal, including alcohol, are welcome in NA. Recovery in NA focuses on the problem of addiction, not on any particular drug.
http://www.nachattanooga.com  I-888-463-2117

Chattanooga Alcoholics Anonymous (AA) Central Office
Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.
https://chattanooga-aa.com/  423-499-6003
12-Step Programs for Families/Friends of Addicts

If you are worried about a friend or family member who may be addicted to alcohol, opioids or other narcotics, a 12-Step program for friends/families of addicts may help. Groups are available in-person and online.

**Al-Anon / Alateen of Chattanooga**
A fellowship of family and friends of alcohol addicts

**Alateen Web Group**
An online place just for teens affected by someone else's alcoholism
[https://al-anon.org/newcomers/teen-corner-alateen/](https://al-anon.org/newcomers/teen-corner-alateen/)

**Nar-Anon**
A Program of Families and Friends of Addicts
[https://www.nar-anon.org/](https://www.nar-anon.org/)

**Narateen**
Narateen is for young people whose lives have been affected by someone else's drug use.
[https://www.familiesagainstnarcotics.org/naranon-narateen](https://www.familiesagainstnarcotics.org/naranon-narateen)
Faith Based Resources

**Celebrate Recovery**
Christ-Centered 12-step program
https://www.celebraterecovery.com/ 423-309-4254

**Recovery at Ooltewah United Methodist Church**
Embraces people who are struggling with all sorts of addictive issues, compulsive behaviors, loss, and life challenges. The 12 Steps, accountability, and fellowship with others in recovery are our tools.
Wednesday evenings at 6:30 p.m.
http://oumclive.org/recovery/ 423-238-9216

**Adult and Teen Challenge Mid-South** - Residential
Adult and Teen Challenge is a 12-month residential discipleship program that provides an effective and comprehensive faith-based solution.
www.tcmidsouth.org 423-756-5558

**Cry for the Broken** is a Church of Christ ministry that reaches out to addicted prostitutes in Chattanooga, Tennessee.
https://www.facebook.com/cryforthebroken/ 423-596-6042

**Love’s Arm, Beyond The Shame**
Provides residential, 12-step programs for persons in addiction-related prostitution and the sex industry.
https://www.lovesarmoutreach.org/home 423-580-6553
Certified Recovery Congregations

The TN Dept. of Mental Health & Substance Abuse Services Office of Faith-Based Initiatives engages communities of faith across the state to meet the needs of the people in their pews and in their area.

Certified Recovery Congregations meet six criteria:

- Providing spiritual/pastoral support
- Viewing addiction as a treatable disease, not a moral issue
- Embracing and support people in recovery and walk with them on their journey
- Providing a visible outreach in the community
- Sharing recovery information
- Hosting recovery support groups

Visit the link and click on your county to find Certified Recovery Congregations in your area.

If your congregation is interested in hosting a meeting or having a training, please contact Monty Burks, Director of Faith Based Initiatives, via email as soon as possible: Monty.Burks@tn.gov

Certified Recovery Congregation Application
Financial Assistance Available

TN REDLINE (800) 889-9789
Provides addiction information and referrals to all citizens of Tennessee regardless of income or insurance.
https://www.taadas.org/our-programs-and-services/redline

Crisis Detoxification Treatment
Available through Medically Monitored Withdrawal Management Services (MMWM). In Hamilton County, CADAS and Johnson Mental Health Center provide this service.
CADAS (423) 756-7644
Johnson Mental Health Center (423) 634-8884

Adult Substance Abuse Treatment
For adults with an alcohol or drug dependency, or adults with a co-occurring substance use and a psychiatric diagnosis. Services include Outpatient, Intensive Outpatient, Partial Hospitalization, Halfway House, Residential, and Social Detox and Medically Monitored Detox. In Hamilton County, this service is provided by:
CADAS (423) 756-7644
Johnson Mental Health Center (423) 634-8884
CEMPA Community Care (423) 265-2273
Helen Ross McNabb (423) 266-6751
Financial Assistance Available (cont’d)

A Step Ahead  (Family Planning)
Provides free long-acting reversible contraception which can be removed at any time when a woman is ready to add to her family.
Free transportation is provided.
www.astepaheadchattanooga.org/  423-265-7837 (265-STEP)

Behavioral Health Safety Net of Tennessee
Provides essential mental health services to people who are uninsured, underinsured, or have no means to pay.
www.tn.gov/behavioral-health/mental-health-services/mental-health-services-for-adults0/behavioral-health-safety-net-.html

Centerstone of Tennessee  423-499-1031
Helen Ross McNabb Center  423-266-6751
Mental Health Cooperative  423-697-5950
Volunteer Behavioral Health Center  423-634-8884

Recovery Within Reach
Resource Guide provided by the Department of Mental Health & Substance Abuse Services. Visit the link and search Education, Employment, Housing, Support Services & Transportation resources in your area.
http://www.recoverywithinreach.org/
Support Resources

Cempa Community Care/STEP TN
Cempa reaches, assists and supports people impacted by HIV, Hepatitis C, and STI’s. Cempra offers primary care, education and outreach, syringe exchange program and naloxone kits.

www.cempa.org 423-265-2273

Hamilton County Coalition
Provides youth & family advocacy, access to individual & family counseling, family stabilization & support services, in-patient, out-patient, MAT, transportation services, opioid overdose reversal training, free Nalaxone.

www.hccoalition.org 423-208-3523 or 423-208-3473

Lifeline Peer Project
The Lifeline Peer Project, a program of the Tennessee Department of Mental Health and Substance Abuse Services, uses peer recovery specialists to increase treatment resources across Tennessee. Creates and supports Faith-Based Recovery Coalitions to engage churches in the empathetic support of those in recovery. Provides inpatient and ER support to facilitate recovery. Area Coordinator: Dave Hodges.

www.tnlifeline.com 931- 709-1161
Support Resources (cont’d)

**Employment**

Pirate Springs/Clean Time
Employment/Jobs for those in Sober Living Facilities
Multi County (Hamilton, Bradley, Rhea, McMinn, etc.)
www.piratesprings.org 423-476-4860

**Drug Court**

Hamilton County Drug Court
Alternative sentencing program in which clients are put in treatment and given assistance establishing recovery and a new life, rather than going to jail. U.S. citizens, non-violent offenders, willing to do the work of recovery.
https://criminalcourt2.org/drug-recovery-court 423-209-7560

**Yoga for Recovery**
The Trini Foundation provides yoga teachers to treatment facilities, and scholarships for those in recovery to continue practicing yoga at local studios following treatment. Treatment centers who would like to add yoga classes at their facility and individuals in recovery who would like to apply for a scholarship to practice yoga should email the Trini Foundation. Yoga Landing and CADAS are local partners.
www.trinifoundation.org info@trinifoundation.org
Signs and Symptoms of Substance Abuse

Common signs and symptoms of drug abuse
- Neglecting responsibilities at school, work, or home
- Risk taking when you’re using, such as driving, having unprotected sex
- Legal trouble, such as arrests for disorderly conduct, driving under the influence

Physical warning signs of drug abuse
- Bloodshot eyes, pupils larger or smaller than usual
- Changes in appetite, sleep patterns, physical appearance
- Unusual smells on breath, body, or clothing, or impaired coordination

Behavioral signs of drug abuse
- Drop in attendance and performance at work or school
- Engaging in secretive or suspicious behaviors
- Sudden change in friends, favorite hangouts, and hobbies

Psychological warning signs of drug abuse
- Unexplained change in personality or attitude
- Sudden mood swings, irritability, spaced-out, or angry outbursts
- Appears fearful, anxious, or paranoid with no reason
Safe Station

Chattanooga Fire Department and Nu-Start can connect you and your family with treatment and recovery services. Stop by any CFD Station for details.
A Note about Recovery Month: September

Recovery Month promotes the societal benefits of prevention, treatment, and recovery for mental and substance use disorders, celebrates people in recovery, lauds the contributions of treatment and service providers, and promotes the message that recovery in all its forms is possible.

Recovery Month spreads the positive message that behavioral health is essential to overall health, that prevention works, treatment is effective and people can and do recover.
UNITY ON THE BRIDGE

SEPTEMBER 22, 2019 | 8:00 AM
WALNUT STREET BRIDGE

Follow us on Facebook
Unity On The Bridge Chattanooga Tennessee
The Addictions and Dependency Committee of the Hamilton County Regional Health Council meets the fourth Thursday of each month. The Hamilton County Regional Health Council meets the first Monday of each month to address the health priorities of the community. The Committee and the Council are supported by the Chattanooga-Hamilton County Health Department. Contact: 423-209-8088

Note: The Recovery Resource Guide is a non-exhaustive list of recovery resources in Hamilton County. The Guide is meant to serve as a tool for connecting people to recovery resources. The Hamilton County Health Department does not endorse or recommend providers.