

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.



A Note about the A and D Committee of the Regional Health Council

The mission of the **Hamilton County Regional Health Council** is to serve as the lead community-based organization designated by the Tennessee Department of Health, responsible for community health assessment, regional health planning and the provision of input regarding funding decisions for health and health related initiatives.



Addictions & Dependency Committee of the Regional Health Council Chattanooga-Hamilton County Recovery Resources

2018

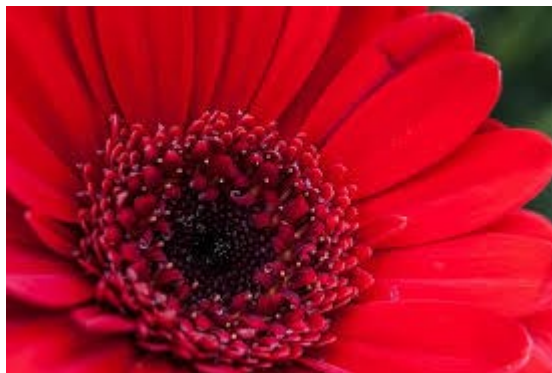


Chattanooga-Hamilton County Health Department
921 E 3rd Street
Chattanooga, TN 37403
423-209-8000



**For immediate help and information on treatment,
contact the Tennessee **REDLINE** 800-889-9789**

The Tennessee **REDLINE provides accurate, up-to-date
alcohol, drug, problem gambling, and other addiction
information and referrals.**



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

Project Lifeline

Project Lifeline is a partnership of the Tennessee Department of Mental Health and Substance Abuse Services and 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.

Contact: www.tnlifeline.com dave@tnlifeline.com

Synergies

Synergies is a non-profit corporation to reduce the instances of inhalant abuse and prenatal substance abuse. We established and coordinate National Inhalants & Poisons Awareness Week (NIPAW) every March, which assists communities, coalitions and organizations to raise awareness and promote inhalant abuse prevention.

Contact: Harvey Weiss 423-265-4662 nipc@prismnet.com

Tobacco Free Chattanooga

Quitting smoking and tobacco use improves recovery outcomes. Cessation resources, education, carbon monoxide screenings, monthly newsletters and annual Clear the Air Conference. Tobacco Free Chattanooga is a coalition dedicated to improving the health of our community by promoting effective tobacco-free policies, reducing tobacco exposure, preventing kids from tobacco and nicotine addiction, and promoting cessation.

Contact: paulac@hamiltontn.gov



Prevention & Support Resources in Hamilton County

Cempa Community Care/STEP TN

Cempa reaches, assists and supports people impacted by HIV, Hepatitis C, and STI's. Primary care, education and outreach, syringe exchange program and naloxone kits.

Contact: 423-265-2273 www.cempa.org

Hamilton County Regional Health Council

The Hamilton County Regional Health Council is supported by the Chattanooga-Hamilton County Health Department. They meet the first Monday of each month to address the health priorities of the community. The Addictions and Dependency Committee of the Regional Health Council meets the fourth Thursday of each month.

Contact: 423-209-8088

<https://bit.ly/2OoPssu>

Hamilton County Coalition

Since its inception in 2008, the HCC has operated as community-based “*Change Agent.*” *The Coalition's vision is to promote safe, healthy drug- free communities in Hamilton County & the regional area..* The HCC has more than seventy-five youth and adult members, spanning across thirteen organizational sectors. The Coalition's ability to affect change is relies heavily on comprehensive, multi-agency strategies that include youth, young adults, college students, parents, grand-parents, law enforcement officers, intervention prevention specialist, clergy, school officials, university professors, merchants, & social service workers. The HCC continues to work toward institutionalizing a collaboration of comprehensive, evidence based prevention services and supports that builds community capacity and reduces substance use/ abuse among youth and young adults.

Services/ Programs: Opioid Overdose Prevention and Reversal Training, Free Naloxone, Rx Safety Workshops, Community & National Drug Take Back Events, Monthly Alcohol Awareness Training for Servers and Retailers; Youth Empowerment Society Summer Program, Alcohol & Drug Prevention Presentations, Assists local Law Enforcement with Retailer Compliance Checks to Prevent Underage Tobacco and Alcohol Sales.

Contact: 423-305-1449 hccoalition@gmail.com www.hccoalition.org

Recovery Timeline

an illustrative example of a typical experience



1. **Desire to stop using drugs/alcohol, stay clean, and learn to manage health and life**
2. **Inpatient detox/medically supervised withdrawal** (optional)
 - 4 to 14 days
 - not always necessary, but recommended if addicted to alcohol or benzodiazepines
 - depends on insurance, health and drug use history, and current health and other factors
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 Apts.
 - 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 other stay clean and sober

Project Lifeline

Recovery Specialists and Tennessee Recovery Navigators

Talk to someone who has been there and get help
deciding your next steps.

Dave Hodges 931-709-1161

dave@tnlifeline.com

Tracy McClain 423-643-1663

tracy.mcclain@cadas.org

** also available for inpatient and ER visits



Tennessee Save a Life



**Opioid Overdose Reversal Training &
Free Naloxone**

**Contact Hamilton County Coalition
423-305-1449**

In crisis? Call 855-2571-7471

Recreational Drug Use puts you at high risk for Hepatitis A

To prevent Hepatitis A

- ◆ Wash your hands with soap and water after using the bathroom and before eating and preparing food
- ◆ Get vaccinated



**For more information, contact your healthcare provider or
the Health Department 423-209-8190**

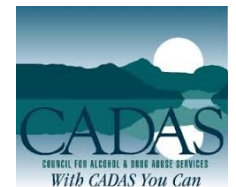


Yoga for Recovery

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.

info@trinifoundation.org

www.trinifoundation.org



Faith Based Resources for Support

Celebrate Recovery

Christ-Centered 12 Step Program

<https://www.celebraterecovery.com/>

Contact Chris Jackson cljscuba@gmail.com

423-309-4254



Certified Recovery Congregations

Provide pastoral support, view addiction as a treatable disease, embrace and support those in recovery and their families, provide visible outreach, provide resources and meetings.

<https://bit.ly/2JWAJ4R>

Harbor Lights Recovery

Birchwood Church of God of Prophecy

11218 Dolly Pond Road, Birchwood TN 37308

423-653-2150

Recovery at Ooltewah

a Partner of the Recovery at Cokesbury Network

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. *“Christ works through all these things to create miracles among us.”*

Ooltewah United Methodist Church

6131 Relocation Way, Ooltewah, TN 37363

423-238-9216

<http://oumclive.org/recovery/>



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

Contact: www.bradfordhealth.com

423-892-2639 OR Crisis 423-322-4032

Buffalo Valley

Contact: www.buffalovalley.org

800-447-2766

CADAS

Contact: www.cadas.org

423-756-7644 OR 1-877-AT-CADAS

Erlanger Behavioral Health Hospital

Must have primary psychiatric diagnosis/dual diagnosis

Contact: www.erlangerbh.com

877-425-1198

Focus Treatment Centers

Contact: www.focustreatmentcenters.com

800-675-2041

New Leaf Recovery Center

1200 S Willow Ave, Cookeville, TN 38506

<https://www.vbhcs.org/locations/cookeville/>

931-260-8042

Parkridge Valley Hospital

Contact: www.parkridgevalley.com

24/7 Community Helpline RESPOND

423-499-2300 or 800-542-9600



Resources for 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 is a Community Resource Agency that provides free consults 24/7 and specializes in treating drug/alcohol addiction in adolescents and adults through In/Out patient services. Free Concerned Persons Group each Thursday. Bradford is also a Community Partner and offers free trainings to businesses interested in Drug Free Workplaces. Bradford accepts nearly all commercial insurance, TNCare, Bluecare, and Private Pay. Consults are free. Contact: www.bradfordhealth.com

423-892-2639 Office or 423-322-4032 24/7 Crisis Number



Buffalo Valley — Residential and IOP

Buffalo Valley, Inc. provides alcohol and substance abuse treatment, including Levels I-IV residential, out-patient treatment, and detox. They also provide emergency shelter, transitional housing, and affordable permanent housing to those in our service area. Buffalo Valley, Inc. offers case management, job training and job placement services, as well as GED screening, and vocational rehabilitation. Buffalo Valley, Inc. can also provide psychological evaluations, self esteem enhancement training, and life skills counseling. Buffalo Valley, Inc. works with Community Correction Services and Federal Probation to help people recover instead of doing jail time.

Contact: www.buffalovalley.org
800-447-2766

Resources for Support

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 treatment programs begin with 90 meetings in 90 days, then attending meetings as frequently as needed for effective support.



12 Step Programs For Addicts

Narcotics Anonymous (NA) Chattanooga

A nonprofit fellowship or society of men and women who meet regularly to help each other stay clean
PO Box 23222

Chattanooga, TN 37422

cascna@gmail.com

1-888-463-2117 <http://www.nachattanooga.com/>

Chattanooga Alcoholics Anonymous (AA) Central Office

A nonprofit fellowship or society of men and women who meet regularly to help each other stay clean

5611 Ringgold Road, Suite 130

Chattanooga TN 37412

chattcentraloffice@gmail.com

423-499-6003 <http://www.chattanooga-aa.com/index.html>

12 Step Programs for Families/Friends of Addicts

Al-Anon of Chattanooga

A fellowship of family and friends of addicts

423-892-9462 <http://www.al-anonchattanooga.com/>

Nar-Anon

A 12 Step Program of Families and Friends of Addicts

<https://www.nar-anon.org/>

Homeless Resources

Homeless Health Care Center VIP Program

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

Contact: Bill Sweenie

423-305-6863



Resources for Employment

American Job Center

Career Services, including support for youth, veterans, and history of felony

Help with job search, resume, interview skills, and federal bonding program

Eastgate Town Center

5600 Brainerd Rd. Suite A-5

Chattanooga, TN 37411 423-894-5354 <http://www.secareercenter.org/www>

Pirate Springs/Clean Time

Employment/Jobs for those in Sober Living Facilities

Multi County (Hamilton, Bradley, Rhea, McMinn, etc.)

Paul Hook, 4053 Old Freewill Rd. NW, Cleveland, TN 37312

423-476-4860 www.piratesprings.org

Legal Resources

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.

Contact: 423-209-7560

www.criminalcourt2.org/drug-recovery-court

CADAS — Residential and IOP

CADAS provides a full continuum of services for adults and adolescents with substance abuse and/or co-occurring disorders. We offer Medical Detoxification for adults, Residential services for adults and adolescents, Partial Hospitalization for adults and adolescents, and Intensive Outpatient for adults and adolescents. CADAS offers transitional living services for adults including some specific programming for women and children. CADAS also offers Prevention Services, DUI school, and drug testing services as requested. CADAS is accredited by the Joint Commission. Most private insurance and TennCare accepted as well as services offered to those without insurance in our area meeting the criteria.

Contact: www.cadas.org

423-756-7644 OR 1-877-AT-CADAS

Correctional Counseling & Probation Services (CCPS) - Outpatient

CCPS uses various therapeutic intervention counseling strategies. Our programs are designed for changing dysfunctional beliefs, values and thinking errors that contribute to and sustain a destructive lifestyle. CCPS programs are formatted to be conducted in group or individual sessions.

Contact: William H. Daniel 423-629-0840

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.

Contact: www.cumberlandheights.org

800-646-9998 OR 423-308-0689



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. Our Whole Person Treatment approach applies to inpatient detoxification, residential, partial hospitalization (PHP) and intensive outpatient (IOP). We offer 12-step programming alongside holistic therapeutic modalities. In network with most major insurance companies.

Contact: www.focustreatmentcenters.com

800-675-2041

Johnson Mental Health/Volunteer Behavioral Health

Outpatient treatment for co-occurring disorders, outpatient counseling, care coordination, medication assessment and medication management for co-occurring disorders.

420 Bell Ave

Chattanooga, TN 37405

Phone: 423-634-8884

For FIRST time appointments call: 1-877-567-6051

Health Connect America - IOP

Health Connect America is a provider agency in Tennessee, Alabama, Georgia and Virginia. We provide community-based, office-based, and home-based therapy, case management, medication management and counseling for children, adolescents, adults, and families with the steadfast goal of promoting personal positive growth, healthy coping skills, preserving/repairing relationships and natural support systems and adding additional needed community support systems. HCA is dedicated to providing quality services with the goal of attaining positive outcomes for children, families and adults. Services are covered by TN Care, Blue Cross Blue Shield of Tennessee, and by sliding scale fee.

Contact: www.healthconnectamerica.com
423-702-5508



Recovery Housing in Hamilton County

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.

Brothers Helping Brothers (Men only)

3418 Cleo Avenue

Chattanooga, TN 37407

Pete Forman 706-419-8312



CADAS

24 long-term permanent furnished housing units
sober living

www.cadas.org

FUSE Program

Pilot program to provide permanent housing with support services to those who cycle through jails, hospitals and homelessness.

Contact: Tyler Yount tyount@chattanooga.gov

Oxford House

Self-supporting, democratically run
Marty Walker, TN Outreach Services
985-265-2991

marty.walker@oxfordhouse.org

www.oxfordhouse.org



Residential Treatment for Women with Children, **continued**

Ocoee Mist Program for Women with Children **Faith Based

Affordable medium to long-term residential treatment for pregnant women and women with children 10 and under

Develop a sound foundation for long term recovery and self-sufficiency

Personal Treatment Plans, Cooperation with DCS

Paul Hook, Pirate Springs 423-476-4860

<https://piratesprings.org/ocoe-mist/>

Oxford House for Women and Children (Johnson City)

Self-supporting, democratically run

Oxford House Harmony 423-722-3200

Oxford House Namaste, Shaunna 423-557-6480

www.oxfordhouse.org

Renewal House (Nashville)

Family-based in-house treatment program that includes children ages 0-10

4-18 months of services

Treatment, support, and life skills

Laura Berlind, CEO

www.Renewalhouse.org 615-255-5222

Serenity Network of Tennessee (Knoxville)

Residential expectant mothers' program

21-28 day program including detoxification and residential treatment

Call 865-247-5196 for admissions

<https://journeypureserenitynetwork.com/programs/serenity-womens-center/>

Women's Liaison Program/Helen Ross McNabb (Knoxville)

Case management/wrap-around services

Program Coordinator 865-541-6676, ext. 3023

<http://www.mcabbcenter.org/content/substance-abuse-addiction-0>



Mental Health Cooperative — IOP

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. We take all types of TennCare and adults and children with low income or no insurance who qualify for the Behavioral Health Safety Net Program. All of our services are at no cost to individuals.

Contact: www.mhc-tn.org

Referrals: 866-816-0433



Omni Community Health — IOP

Omni Community Health is a full-service statewide behavioral health organization helping to heal children and adults ages 2 to 92. All major forms of payment are accepted, along with TennCare and most other insurance.

Contact: 877-258-8795

www.omnicommunityhealth.com

Providence Ministries — Residential and IOP **Faith-Based

Providence Ministries is a faith-based program in Dalton, GA, and provides addiction recovery for men and women, and shelter for men, women and children. Programs are 180 days and cost \$3000. Transitional living and work therapy are also available.

Contact: 706-275-0268

www.providenceministries.com



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.

Parkridge Valley Child & Adolescent Campus

Parkridge Valley Child & Adolescent Campus serves the psychiatric needs of children under age 18.

Contact: www.parkridgevalley.com

24/7 Community Helpline RESPOND 423-499-2300 or 800-542-9600



Residential Treatment for Women with Children,
continued

Choices Women's Program, Volunteer Behavioral Health

(4 locations in TN)

Intensive outpatient and recovery services 800-567-6051

Murfreesboro 615-898-0771 Cookeville 931-432-4123

Athens 423-745-8802 Madisonville 423-442-9850

<https://www.vbhcs.org/services/adult-services/>

Magdalene Residential Program, Thistle Farms (Nashville)

2-year residential program

Housing, medical care, therapy, education and job training

615-298-1140

<https://thistlefarms.org/pages/magdalene-residential-program>

MIST Program, Ridgeview Health Services (Oak Ridge)

Modified outpatient; can bring children to group therapy

In-home case management

Court advocacy

Michelle Jones, Program Coordinator

jonesmm@ridgevw.com 865-481-6170

MOMS Program/Helen Ross McNabb (Knoxville)

Linkage/facilitation to appropriate care

Case management and education

NAS specific parenting and recovery skills

865-329-9105

www.mcnabbcenter.org



Recovery Resources for Women

All women have the challenge of family planning during recovery. Many women are also parents. Several residential treatment centers improve family outcomes by allowing children to stay with their mother while establishing recovery.

Family Planning for Women - FREE

A Step Ahead provides free long-acting reversible contraception that allows women to take control of their future and recovery. Contraception can be removed at any time when a woman is ready to add to her family. Free transportation is also provided.

Contact: www.astepaheadchattanooga.org/
423-265-7837 (STEP)



Residential Treatment for Women with Children

Blue Monarch (Monteagle)

1-2 year residential treatment
Treatment, support, and life skills
Accepts pregnant women and their children under 12
Christian/Faith-Based 501c3
Susan Binkley <https://www.blumonarch.org/>
info@blumonarch.org 931-924-8900

CADAS Family Way (Chattanooga)

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 423-756-7644

Adult and Teen Challenge Mid-South — Residential **Faith-Based

Adult and Teen Challenge is a 12-month residential discipleship program that provides an effective and comprehensive faith-based solution to drug and alcohol addiction as well as other life-controlling problems. Teaches how to live life and function as a contributing citizen in society by applying biblically motivated principles to lives, relationships, family, local church, chosen vocation, and the community. Adult & Teen Challenge ministers to men and women ages 18-50.

1108 W. 33rd Street
Chattanooga, TN 37410
Contact: 423-756-5558
info@tcmidssouth.org www.tcmidssouth.org



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.

1024 E MLK Blvd
Chattanooga, TN 37403

Contact: 423-682-8130
<https://bit.ly/2LUA1XJ>

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>



Special Resources for those in MAT are needed because many traditional treatment programs do not support the use of medication + counseling.

MAT Treatment Options and Resources in Hamilton County

Bradford Health Services Bridge to Recovery Program

MAT Intensive Outpatient Program

Coordinates care with client's physician

Weekly support group for client and families

800-879-7272

www.bradfordhealth.com



CADAS

MAT Intensive Outpatient Program

Long term taper buprenorphine + counseling or

Naltrexone/vivitrol + counseling

Clients 18 years or older

423-756-7644

www.cadas.org

Volunteer Comprehensive Treatment Center—Acadia Healthcare

MAT Outpatient Program

Methadone/Suboxone + Counseling

Clients 18 years or older

2347 Rossville Blvd. Chattanooga, TN 37408

423-265-3122

www.chattanoogaactc.com