

A Note about Recovery Month

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

September 2017



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

STARS

STARS provides school climate professional development (bullying prevention, positive support, etc.), student leadership and empowerment, parent workshops, and positive student support groups to encourage students to make healthy decisions and refrain from the use of illegal/illicit drugs and violence.

Contact: Karen Glenn Glenn_k@hcdc.org

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

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



Hamilton County Coalition

Hamilton County Coalition is a non-profit community anti-drug and alcohol prevention advocacy organization targeting the youth in Hamilton County ages 12 to 20. We partner with law enforcement to reduce youth access to alcohol, tobacco, prescription drugs and synthetic drugs. We collaborate with Neighborhood Associations and grassroots organizations to increase education and awareness of the consequences of ATOD use/abuse. We also facilitate training and technical support to neighborhood groups and schools and collaborate with community partners to increase knowledge and skills needed to move communities to action.

Contact: www.HcCoalition.org 423-305-1449

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
Contact: 423-476-4860 www.piratesprings.org

Project Lifeline

Project Lifeline is a partnership of the Tennessee Department of Mental Health and Substance Abuse Services focusing on treating addictions by making the most of mental health resources in communities and using peer recovery specialists.

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

Recovery Resource Navigation

Pirate Springs

Paul Hook

4053 Old Freewill Rd. NW

Cleveland, TN 37312

423-476-4860

www.piratesprings.org



Recovery Housing in Hamilton County

Brothers Helping Brothers (Men only)

3418 Cleo Avenue

Chattanooga, TN 37407

Pete Forman 706-419-8312

CADAS

Estimated completion is Fall/2017

24 long-term permanent

furnished housing units

sober living

www.cadas.org



Oxford House

Throughout Tennessee + 8 locations in Chattanooga area

Self-supporting, democratically run

Marty Walker, TN Outreach Services

985-265-2991

marty.walker@oxfordhouse.org

www.oxfordhouse.org

Resources for Employment

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

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 Sweeney

423-305-6863



How to prevent drug abuse at any age parent toolkit

<http://www.drugfree.org/the-parent-toolkit/age-by-age-advice/>

North Cleveland Church of God Wednesdays 6:30 pm

335 11th Street NE, Cleveland TN, 37311

Sharon Maloney 423-467-5513

sjmaloney100@yahoo.com

<http://nccog.com/>

Shelter Church Wednesdays 6:30 pm

9516 E. Brainerd Road, Chattanooga, TN 37421

Monty Reeves 423-488-5018

mergoski@gmail.com

South Cleveland Church of God Thursdays 7 pm

1846 Volunteer Drive SW, Cleveland, TN 37311

Brian Keplinger 423-244-8376

mississippigal21@aol.com

<http://southcleveland.org/>



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/>

Celebrate Recovery Chattanooga Area

Brainerd Baptist Church Thursdays 7 pm

BX, 4011 Austin St, Chattanooga, TN 37411

Dan Creed 423-313-8888

bbcmail@brainerdbaptist.org

<http://brainerdbaptist.org/info/celebrate-recovery/>

Clearview Baptist Church (Benton, TN) Wednesdays 7 pm

7118 Hwy 411, Benton, TN 37307

Tara Denton 423-284-8841

tara4chad@charter.net

<http://www.clearviewministry.net/>

Jones Memorial United Methodist Church Fridays 7 pm

4131 Ringgold Road, Chattanooga, TN 37412

Jerry Harrison 423-653-7337

celebraterecovery@epbf.com

<http://jmumc.org/>

Mile Straight Baptist Church Tuesdays 6:30 pm

8448 Springfield Road, Soddy Daisy, TN 37379

Jason Grizzard 423-834-3010

igrizzard@milestraightbc.org

<http://milestraightbc.org/>



Resources for Support

Narcotics Anonymous (NA) Chattanooga

PO Box 23222

Chattanooga, TN 37422

cascna@gmail.com

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

Chattanooga Alcoholics Anonymous (AA) Central Office

5611 Ringgold Road, Suite 130

Chattanooga TN 37412

chattcentraloffice@gmail.com

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

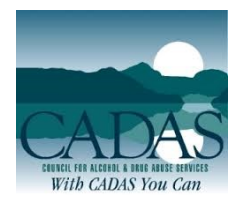


Yoga for Recovery

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



Resources for Women

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
info@bluemonarch.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

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
www.thistlefarms.org

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



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
2347 Rossville Blvd. Chattanooga, TN 37408
423-265-3122
www.chattanoogaactc.com



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.

Resources for Women

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

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
<http://www.serenitynetwork.org/>

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

Case management/wrap-around services
Program Coordinator 865-541-6676, ext. 3023
<http://www.mcnabbcenter.org/content/substance-abuse-addiction-0>



Treatment Options in Hamilton County

Bradford Health Services

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. We are also a Community Partner and offer 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



CADAS

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

Treatment Options in Hamilton County

Teen Challenge Mid-South Adult Center

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.

1108 W. 33rd Street
Chattanooga, TN 37410

Contact: 423-756-5558

info@tcmidsouth.org www.tcmidsouth.org

Transition House

Family therapy, play therapy, individual counseling, couples counseling, group therapy, medication assisted treatment (vivitrol), 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: 423-682-8134

www.thetransitionhouse.org



Treatment Options in Hamilton County

Providence Ministries

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

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

Treatment Options in Hamilton County

Cumberland Heights

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

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. Focus Treatment Centers is in network with most major insurance companies.

Contact: www.focustreatmentcenters.com
800-675-2041

Treatment Options in Hamilton County

Johnson Mental Health

Addiction recovery and supportive housing
420 Bell Avenue
423-634-8884

Johnson Mental Health/Volunteer Behavioral Health

Intensive outpatient and recovery services
413 Spring St.
423-634-8884
<https://www.vbhcs.org/locations/chattanooga/>



Health Connect America

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

Treatment Options in Hamilton County

Mental Health Cooperative

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. Walk-ins are welcome as well as appointments during business hours. We take all types of TennCare, adults with low income and no insurance, and have a no cost Safety Net program.

Contact: www.mhc-tn.org
Referrals: 866-816-0433

Omni Community Health

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

