

2019 Recovery Resource Guide

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



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

<http://health.hamiltontn.org/>



Table of Contents

Start Here	3
Recovery Timeline	4
Resources for Detox	5
Residential & Intensive Outpatient Treatment (IOP)	6
What is Medically Assisted Treatment?	9
Medically Assisted Treatment (MAT) Resources	10
Recovery Housing	11
12-Step Programs for Addicts	12
12-Step Programs for Families/Friends of Addicts	13
Faith-Based Resources for Support	14
Certified Recovery Congregations	15
Financial Assistance Available	16
Support Resources	18
Signs and Symptoms of Substance Abuse	20
Chattanooga Fire Department Safe Stations	21
A Note about Recovery Month	22

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

1. 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

Self-run. Self-supported Recovery Houses.

marty.walker@oxfordhouse.org

www.oxfordhouse.org

985-265-2991

CADAS

Long-term permanent furnished housing units.

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

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.

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

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

<http://www.al-anonchattanooga.com/>

423-892-9462

Alateen Web Group

An online place just for teens affected by someone else's alcoholism

<https://al-anon.org/newcomers/teen-corner-alateen/>

Nar-Anon

A Program of Families and Friends of Addicts

<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>

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.

<https://www.tn.gov/behavioral-health/research/tdmhsas-fast-facts-test-3/fast-facts--faith-based-initiatives-recovery-congregations.html>

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

<https://www.tn.gov/behavioral-health/substance-abuse-services/faith-based-initiatives/become-a-certified-faith-based-community.html>



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

<https://www.tn.gov/behavioral-health/substance-abuse-services/treatment---recovery/treatment---recovery/crisis-detoxification.html>

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

<https://www.tn.gov/content/tn/behavioral-health/substance-abuse-services/treatment---recovery/treatment---recovery/adult-substance-abuse-treatment.html>



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. Cempa 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 Naloxone.

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.



JOIN THE VOICES FOR RECOVERY:
TOGETHER WE ARE STRONGER

recoverymonth.gov



A National Recovery Month Event

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.

