



Treatment Guide

A resource guide for treatment of substance use disorder

Introduction.....	1
Emergency Numbers/Hotline Numbers.....	1
Harm Reduction.....	3
Resources.....	7
Treatment Index.....	9
Support Groups.....	18
Alternative/Holistic services.....	20
Social Service Agencies.....	21
Health Care and Insurance.....	25
Glossary of Terms.....	27
Myth Busters.....	30

Treatment and recovery are possible. Step into a life free of addictive substances and onto a path of recovery. The journey may seem impossible but be assured that recovery is possible. This disease called substance use disorder has affected many people from all walks of life. Substance Use Disorder is defined a treatable mental disorder that affects a person's brain and behavior, leading to their inability to control their use of certain substances like legal or illegal drugs or alcohol. Substance use disorder is not an indication of a weak moral compass. If left untreated, it can destroy the lives of those affected.

Recovery is a process supported by many families, friends, communities, agencies, and people already walking on the path of recovery. Recovery is a statement of courage and hope. Today we are so fortunate to have programs available that are working together with the goal of demonstrating a united front. Whether you are a person with a substance use disorder, or the loved one of someone with this disorder, you have the ability to begin your own journey of recovery. Please join us in this front of unity, possibility, and hope.

The list of facilities and services in this guide does not imply a recommendation or endorsement of the listing. This guide is provided for informational use only. For the most up-to-date information about facilities and their services, please contact the facility directly.

- Brown County Recovery and Wellness Coalition, Treatment and Intervention Subcommittee

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.

Nashville Police - 812-988-5533

Non-emergency dispatch.

Brown County Sheriff - 812-988-6655

Non-emergency dispatch.

Centerstone Mobile Crisis Unit 877-463-6512

Trained crisis response on site or virtual within 1 hour

Hotline Resources/Triage

Centerstone Crisis Line - 800-832-5442

Stride Stabilization Center for Mental Health Crisis - 877-463-6512

Be Well Hotline - 866-211-9966

Mental Health Crisis - Dial 988

Free 24/7 support for those in crisis, connecting people in crisis to trained Crisis counselors

Indiana 2-1-1 Services - Dial 211 or text your zip code to 898-211

A 24 hour service that can help individuals and family members find health and human services information and referrals. Free and confidential help is available for many needs, including housing, employment, legal aid, counseling, and more.

www.in211.org

Suicide Prevention Hotline - 800-273-8255

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

National Help Line/Indiana Addiction Hotline - 800-662-4357

A 24 hour service with trained mental health counselors who will talk with the person seeking help and with family members. Provides referrals to outpatient and inpatient services. Able to refer to facilities that accept state-financed insurance.

Do Something

812-308-3188

PO Box 2022

Nashville, IN 47448

<https://dosomethingnashville.org>

Partners with individuals, families, and the community to link people in need of help to resources that encourage, equip, and empower them to live a life of wholeness and freedom.

ASAP Hub

812-418-8705

1531 13th street, Suite 1102

Columbus, IN 47201

www.asapbc.org

IN Connect Alliance

www.in.gov/fssa/inconnectalliance

On-line links to a variety of services, including health care and mental health resources.

Know the O Facts social media toolkit www.in.gov/recovery/know-the-o/tools-resources.html

Developed by the Indiana Family Social Services Association Know the O Facts Team to help build awareness and understanding of opioid use disorder.

Next Level Recovery

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.

Substance Abuse and Mental Health Services Administration (SAMHSA)

www.samhsa.gov

SAMHSA is a governmental agency focused on facilitating recovery for people with or at risk for mental or substance use disorder.

HARM REDUCTION

Harm Reduction includes strategies aimed at reducing negative consequences associated with drug use and other risky behaviors.

Naloxone (Narcan™) is a medicine that can rapidly reverse an opioid overdose. Families and friends of people with opioid addiction problems should have Naloxone on hand at all times.

Naloxone training available from Brown County Health Dept. and Centerstone

Naloxone kits available without charge from:

The Brown County Health Department
200 Hawthorne Drive
Nashville, IN 47448
Phone: 812-988-2255
Email: bchealth@browncounty-IN.us
www.in.gov/localhealth/browncounty/

Brown County Music Center
200 Maple Leaf Blvd.
Nashville, IN 47448
812-988-5323

Centerstone
1156 Old State Road 46
Nashville, IN 47448
Phone: 812-988-2258 Naloxone located in box outside front door 24 hours a day

Cordry-Sweetwater Volunteer Fire Department
101 Firehouse Rd.
Nineveh, IN
317-933-2224

Jackson Township Volunteer Fire Department
4831 Helmsburg Rd.
Nashville, IN 47448
812-988-6201

Mother's Cupboard
646 Memorial Drive
Nashville, IN 47448
812-929-4369

Nashville Police Department
25 Artist Dr.
Nashville, IN 47448
812-988-0341

Nashville United Methodist Church
36 S. Jefferson Street.
Nashville, IN 47448
812-988-4666
Naloxone box located inside church

Southern Brown County Volunteer Fire Department
4040 Indiana 135 South
Nashville, IN 47448
812-606-8665

St. David's Episcopal Church
11 State Road 45
Morgantown, IN 46160
812-988-1038
Naloxone located in box outside Ackerman Hall next to the church

YMCA
105 Willow St.
Nashville, IN 47448
812-988-9622

ASAP Hub
1531 13th Street Suite 1102
Columbus, IN 47201
812-418-8705
Naloxone box located outside building

Naloxone is also available from the Nashville CVS Pharmacy for a fee.

Nashville CVS Pharmacy
292 S Van Buren Street # 451 Box 451
Nashville, IN 47448
Phone: (812) 988-7463

Testing for HIV/HCV:

HIV and Hepatitis C (HCV) are two serious diseases that can be spread through both sexual contact and injection drug use. Early diagnosis and treatment can save lives and prevent the spread of HIV and HCV. You may consult your medical provider for testing. Other resources for testing are listed below.

Resources for testing:

Bartholomew County Health Department
2675 Foxpoint Drive, Suite B
Columbus, IN 47201
Phone: 812-379-1555 and choose option one.
By appointment only.
Information about clinics and testing at:
www.bartolomew.in.gov/health-department-nursing.html#services

Indiana Recovery Alliance
118 S Rogers Street, Suite 2
Bloomington, IN 47404
Phone: 812-567-2337
indianarecoveryalliance@gmail.com
www.indianarecoveryalliance.org

Positive Link HIV Prevention/Care
333 E Miller Drive
Bloomington, IN 47401
Phone: 812-353-9150
<https://iuhealth.org/find-medical-services/positive-link-hiv-services>

Monroe County Health Department

333 E Miller Drive

Bloomington, IN 47401

Phone: 812-349-7345

<https://www.co.monroe.in.us/department/?structureid=12>

Harm Reduction Program – offers HIV/HCV testing and other harm reduction services.

Futures Clinic

Phone: 812-349-7343

Offers reproductive health services including HIV/HCV testing. Some restrictions apply.

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

Call for information.

Disease Intervention Program

Phone: 812-349-2700

<https://www.co.monroe.in.us/topic/index.php?topicid=367&structureid=12>

Offers HIV and other sexually transmittable disease testing. Hepatitis C testing is also available.

Call for more information and an appointment.

Once you or your loved one are ready to seek treatment, we hope this guide can assist you with choosing a plan or treatment facility. We encourage you to do your own research of any facility you plan to use, as this guide is intended as a resource, but not 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 and licensed professionals on staff including mental health counselors, social workers, recovery coaches, peer recovery specialists, and psychiatrists.

Use the internet to search the facility, read their reviews, call, and ask for a tour if applicable.

Contact someone familiar with the facility and obtain recommendations.

Treatment Facilities May Provide:

Detox/Inpatient Treatment is 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. Some inpatient facilities offer medically supervised detoxification. This stage of treatment is often 3-7 days.

Residential Treatment is a live-in home-like facility that provides therapy, groups, education and individual interventions for substance use disorder. This stage of treatment is often 21-28 days minimum and can include withdrawal management if needed.

Outpatient Treatment is a primary treatment program recommended for those who do not need hospitalization or residential treatment. This stage of treatment often follows a residential program for ongoing support. It can include therapy, SUD group and recovery coaching.

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.

Recovery Residences In its Working Definition of Recovery, SAMHSA delineates that housing or having a home—a stable and safe place to live—is one of the major dimensions that support a life in recovery.

National Alliance for Recovery Residences' (NARR) four levels of housing range from those that are peer run to those that are clinically focused. Recovery housing meets nationally recognized standards (e.g., Oxford House, Inc. and NARR). For more information on locating a recovery residence, please visit:

<https://inarr.org/dmha-certified-recovery-residence-locator/>

For SAMHSA's publication on recovery residences and levels of care, please visit:

<https://store.samhsa.gov/sites/default/files/pep23-10-00-002.pdf>

This is not intended to be a comprehensive guide of all facilities and options, but rather a starting point for the programs in the central and south central Indiana area. We encourage you to call and ask as many questions as you need to find a right fit for you or your loved one. For more information on treatment options, please also search the following:

<https://www.findtreatment.gov/>

TREATMENT INDEX

Treatment Index

Treatment Facility Name	Detox/ Acute stay	Outpatient	Residential w/ Withdrawal management	Adult	Youth	MAT	Private Insurance	Medicaid
Addiction Rehab Center	✓	✓	✓	✓		✓	✓	
Amethyst House		✓	✓	✓		✓	✓	✓
Anabranch Recovery Center	✓	✓	✓	✓		✓		✓
Bartholomew County Treatment and Support Center (TASC)		✓		✓		✓	✓	✓
Bloomington Meadows Hospital	✓	✓	✓	✓	✓	✓	✓	✓
Boca Recovery Center	✓		✓	✓		✓	✓	
Bridges of Hope		✓	✓	✓		✓	✓	✓
Centerstone		✓	✓	✓	✓	✓	✓	✓
Choice (for pregnant women)		✓		✓		✓	✓	✓
Clean Slate		✓		✓		✓	✓	✓
Courage to Change Sober Living House			✓	✓				
Ethan's Crossing	✓	✓	✓	✓		✓	✓	✓
Evolve Indy		✓	✓	✓			✓	
Fairbanks Hospital	✓	✓	✓	✓	✓	✓	✓	✓
Fertile Ground Ranch (men)*			✓	✓				
Groups Recover Together		✓		✓		✓	✓	

Treatment Facility Name	Detox/ Acute stay	Outpatient	Residential w/ Withdrawal management	Adult	Youth	MAT	Private Insurance	Medicaid
Hamilton Center		✓	✓	✓	✓	✓		✓
Heaven Nevaeh Healing Center *			✓	✓				
Hickory House Recovery	✓	✓	✓	✓			✓	
House of Grace Recovery Homes*			✓	✓				
Indiana Center for Recovery	✓	✓	✓	✓		✓	✓	
Landmark	✓	✓	✓	✓		✓	✓	✓
MedMark Treatment Center		✓		✓		✓	✓	✓
Mockingbird Hill (men only)	✓		✓	✓		✓	✓	✓
The NewDay Center*		✓	✓		✓		✓	✓
Options Behavioral Health	✓	✓	✓	✓	✓ 11 and older		✓	✓
Recovery Center of America	✓	✓	✓	✓		✓	✓	✓
Recovery Works Martinsville	✓	✓	✓	✓		✓	✓	✓
Resource Treatment Center		✓	✓	18-20	✓			✓
Salvation Army Harbor Lights *	✓	✓	✓	✓				✓
Tara Treatment Center	✓	✓	✓	✓		✓	✓	✓
Treatment and Support Center (TASC)		✓		✓		✓	✓	✓
Transitions, LLC	✓	✓		✓		✓	✓	✓
Valle Vista Health Center	✓	✓	✓	✓	✓	✓	✓	✓
Volunteers of America (men)	✓	✓	✓	✓		✓		✓

Treatment Facility Name	Detox/ Acute stay	Outpatient	Residential w/ Withdrawal management	Adult	Youth	MAT	Private Insurance	Medicaid
Volunteers of America Fresh Start Recovery Center (women)	✓	✓	✓	✓		✓	✓	✓
Wellstone Regional Hospital	✓	✓		✓	✓	✓	✓	✓
Wooded Glen	✓		✓	✓		✓	✓	✓

*denotes offering spiritual/faith based/religious programming

Addiction Rehab Center

7322 Noel Rd
Indianapolis, IN 46278 866-348-3816
www.addictionrehabcenters.com

Amethyst House

645 N Walnut Street
Bloomington, IN 47407
812-336-3570

Provides transitional housing and supportive services for people ages 18 and over with chemical dependency and/or gambling addiction.

www.amethysthouse.org

Anabanch Recovery Center

1400 East Crossing Blvd
Terre Haute, IN 47802
888-821-0540; 812-898-5100
<https://anabanchrecovery.com/>

Bartholomew County Treatment and Support Center (TASC)

2630 22nd Street
Columbus, IN 47201
812-375-3784
<https://www.crh.org/physician-practices/treatment-and-support-center>

Bloomington Meadows Hospital
3600 N Prow Road
Bloomington, IN 47404
812-331-8000; 800-972-4410 (toll free)
Serves children ages 6-17 and adults.
www.bloomingtonmeadows.com

Boca Recovery Center
2306 W 3rd Street
Bloomington, IN 47404
812-413-9796
www.bocarecoverycenter.com

Bridges of Hope
2220 Madison Square
Anderson, IN 46011
765-358-7320
www.treatment.legacyhealing.com/

Centerstone
1156 Old State Road 46
Nashville, IN 47448
800-344-8802
Provides inpatient and outpatient mental health and addiction treatment services.
<https://centerstone.org/service/addiction-recovery>

Men's Residential Facilities (Centerstone)
809 W 1st Street, Bloomington, IN
812-337-2380
1811 S 9th Street, Richmond, IN
765-983-8675

Women's Residential Facility (Centerstone)
2426 English Drive, Lexington, IN
812-954-4377

Choice (for pregnant women)
Community East Hospital
1500 N Ritter Ave, Indianapolis, IN 46219
317-355-1482
Community Hospital Anderson
1515 N Madison Ave Anderson, IN 46011
317-355-1482
<https://www.ecommunity.com/services/womens-care/pregnancy-and-planning/choicerecovery-for-mothers>

Clean Slate

Outpatient Addiction Medicine
502 W 2nd Street, Suite A
Bloomington, IN 47403
812-668-1946 or 833-505-HOPE (4673)
www.cleanslatecenters.com

Courage to Change Sober Living House

1203 S Rogers Street
Bloomington, In 47403
812-223-7223
Marilyn@couragetochangehouse.com or c2csoberlivingsoberliving@gmail.com
www.couragetochangehouse.com

Ethan's Crossing

2317 E Home Rd
Springfield, OH 45503
937-817-4095
<https://newvistahealth.com/location/addiction-treatment-centers/indianapolis/>

Evolve Indy

8770 Guion Rd Suite B
Indianapolis, IN 46268
317-648-2887
<https://evolveindy.com/>

Fairbanks Hospital

8102 Clearvista Parkway
Indianapolis, IN 46256
317-849-8222 or 800-225-4673 (toll-free)
www.fairbankscd.org

Fertile Ground Ranch Discipleship Ministry (men only)

8756 Bethany Rd
Nashville, IN 47448
812-200-0883 for House or 630-776-5463 for Bill Schlipp, Director
www.fertilegroundranch.org

Groups Recover Together

812-200-2789 or 812-289-7502

info@joinGroups.com

www.joingroups.com

Suboxone-based program.

Several locations below. Visit website for a more comprehensive list of locations

3520 W 2 Mile House Rd, Columbus, IN 47201

508 W 2nd St, Bloomington, IN 47403

4633 W Richland Plaza Dr Ste G, Bloomington, IN 47404

225 Morton Ave, Martinsville, IN 46151

590 Ironwood Drive, Franklin, IN 46131

905 W Keegans Way Ste 3, Greensburg, IN 47240

Hamilton Center, Inc.

900 Southfield Drive

Plainfield, IN 46168 800-742-0787

<https://www.hamiltoncenter.org>

Heaven Neveah Healing Center

67 Valley Mission Ln

Bedford, IN 47421

812-583-8115

Heavenneveah777@yahoo.com

Hickory House Recovery

5486 W US Hwy 40

Greenfield, IN 46140 317-434-5375 www.hickoryhouse.com

Hickory Recovery Center

1-800-604-2117

www.hickorytreatmentcenters.com

Several Locations:

3960 Southeastern Ave Suite 200, Indianapolis, IN 46203

600 Trail Ridge Rd, Albion, IN 46701

315 Country Club Rd SE, Corydon, IN 47112

27 S. 7th Street, Gosport, IN 47433

1501 A Street NE, Linton, IN 47441

768 US 41, Rockville, IN 47872

830 South 6th Street, Terre Haute, IN 47807

House of Grace Recovery Homes
4448 US Hwy 52
Thorntown, IN 46071 (also a location in Rensselaer, IN)
765-481-1570
Executive Director, Tammy Tidd
houseofgracerecoveryhomes@gmail.com

Indiana Center for Recovery

1004 W 1st Street
Bloomington, IN 47403
812-289-7409 or 812-289-7220
info@treatmentindiana.com
www.treatmentindiana.com

Landmark

6330 Digital Way
Indianapolis, IN 46278
317-449-8029
<https://www.hamiltoncenter.org/>

MedMark Treatment Center (Methadone MAT)

2100 S Liberty Drive
Bloomington, IN 47403
812-727-6700
aalllor@medmark.com
www.medmark.com

Mockingbird Hill (men only) 4038 Ridgeview Dr.

Anderson, IN 46013
765-641-8231
<https://www.mockingbirdhill.org/>

New Day Center

9240 N Meridian St Suite B
Indianapolis, IN 46260
317-291-1967
<https://thenewdaycenter.com/>

Options Behavioral Health

5602 Caito Drive
Indianapolis, IN 46226
877-552-0032 or 855-820-3801
Inpatient program for ages 11 and older.
www.optionsbehavioralhealthsystem.com

Recovery Centers of America

8530 Township Line Rd

Indianapolis, IN 46260

1-800-Recovery for 24/7 admissions or contact Patrick Littlejohn at 812-929-1339

P.Littlejohn@recoverycoa.com

Recovery Works Martinsville

504 Grand Valley Blvd,

Martinsville, IN 46151

765-516-6275

<https://pinnacletreatment.com/location/indiana/martinsville/recovery-works-martinsville/>

Resource Treatment Center

1404 S State Street

Indianapolis, Indiana 46203

855-779-8944

Serves people ages 11-20.

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

Salvation Army Harbor Lights

2400 N Tibbs Avenue

Indianapolis, IN 46222

317-972-1450

www.centralusa.salvationarmy.org/harborlightindiana

www.facebook.com/saharborlight

Tara Treatment Center

6231 S U.S. Highway 31

Franklin, IN 46131

812-526-2611 or 800-397-9978 (toll-free)

www.taratreatmentcenter.org

Treatment and Support Center (TASC)

2620 22nd Street

Columbus, IN 47201

812-375-3781

[https://www.crh.org/physician-practices/treatment-and-support-center](http://www.crh.org/physician-practices/treatment-and-support-center)

Transitions Bedford

2811 Washington Ave

Bedford, IN 47421

812-675-0902

www.bedfordtransitions.com

Transitions Medical
822 W 1st Street
Bloomington, IN 47403
www.transitionsmedical.com

Valle Vista Health System
898 E Main Street
Greenwood, IN 46143
800-447-1348
Provides medical detoxification and offers services for youth and adults.
www.vallevistahospital.com

Volunteers of America Fresh Start Recovery Center (Women)

Multiple Locations:

703 Washington Street
Columbus, IN 47201
833-659-4357

927 N Pennsylvania Street
Indianapolis, IN 46202
833-659-4357

1351 W Buena Vista Rd
Evansville, IN 47710
833-659-4357

313 S Meridian Street (Accepts pregnant women, mothers with 2 or less children ages 2-5)
Winchester, IN 47394
833-659-4357

Volunteers of America Brandon Hall (Men; Accepts men with sexual and violent offenses)

611 N Capital Ave
Indianapolis, IN 46204
317-686-9841

Wellstone Regional Hospital
2700 Vissing Park Road
Jeffersonville, IN 47130
812-284-8000
www.wellstonehospital.com

Wooded Glen
2602 Hebron Church Rd, Henryville, IN 47126
888-202-7226
www.woodedglen.com

SUPPORT GROUPS

Recovery Support Groups function to help people who share the same disorder or circumstance work through issues. They meet voluntarily, are peer-led, and 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: www.district8area23aa.org

Open meetings are available to anyone interested in this program of recovery from alcoholism. People that do not identify as alcoholics can attend open meetings as observers.

Closed meetings are for AA members only, or for those who have a drinking problem and want to stop.

Alcoholics Anonymous have meetings every weekday at several Brown County locations:

Tuesday Night Literature Group 7:00pm
The Fieldhouse
98 W. Washington Nashville, IN 47448
Closed literature study.

Heard it Through the Grapevine
Friday 10am
United Methodist Church
36 S Jefferson Street
Nashville, IN 47448
Basement, elevator available

Al-Anon Family Groups: A mutual support group of peers who are experiencing the effects of alcoholism in their lives.

www.familiesanonymous.org or www.indiana-al-anon.org

Al-Anon Meetings:
Keep it Simple AFG
Wednesday 10am
Brown County YMCA
105 Willow Street
Nashville, IN 47448
(child watch room)

Battlefield for Freedom
Friday 7-9pm
Facebook.com/battlefieldforfreedom/ or battlefieldforfreedom@yahoo.com
812-320-9838 Melissa Tatman
Faith-based addiction recovery group.

Celebrate Recovery (at City Church of Bloomington)

1200 N Russell Road

Bloomington, IN 47408

812-336-5958

info@citychurchbloomington.org or www.citychurchbloomington.org/get-involved/celebrate-recovery

A 12-step recovery program based on the Bible.

317-340-1776

jo-po@sbcglobal.net

www.celebraterecoveryindiana.org

Narcotics Anonymous

Serenity in the Hills meeting of Narcotics Anonymous

Sundays and Thursdays 7-8:15pm, open meeting

Parkville Church of the Nazarene

1750 State Road 46 W

Nashville, IN 47448

www.naindiana.org or www.na.org

PAL – Parents of Addicted Loved Ones

www.palgroup.org

Refuge Recovery - A Buddhist path to recovering from addiction.

Unitarian Universalist Church of Bloomington

2120 North Fee Lane, Room 112

Bloomington, IN 47408

812-727-3942

btownrefugerecovery@gmail.com

www.refugerecovery.org

Recovery Out Loud (ROL)

Wednesday 7pm

Brown County YMCA

105 Willow Street

Nashville, IN 47448

Recover Out Loud (ROL)

Tuesday 6pm

ASAP Hub

1531 13th Street

Columbus, IN

This is My Story Group
Faith-based by Ackerman Family Ministries
Tuesday 7pm
Brown County YMCA
105 Willow Street
Nashville, IN 47448

ALTERNATIVE/HOLISTIC SERVICES

Explore resources for recovery, treatment and experiences utilizing the alternative practitioners below:

Erica Weddle- Simply Fitness
Personal Trainer, Assisted Stretch, Yoga, & Paddleboard Instructor
37 W Main St
Nashville, IN 47448
<https://www.simplyfitnessyoga.com/>

Katie Arnold
Intuitive Empath + Reiki Healer + Yoga Teacher + Breathwork +Intuitive Spiritual Healing Guidance +Intuitive Medium
812-320-8445
kjoarnold@gmail.com
Business Contact:
riseandpeacehealing@gmail.com
Rise and Peace Healing

Leah Craig Licensed Acupuncturist
Roots of Healing Acupuncture
812-929-0068
leah@rootsofhealingacupuncture.com

Joanna's Therapeutic Massage
37 W Main Street
Nashville, IN 47448
joannapowersmassage@gmail.com
812-272-4544
*submit invoice for HAS reimbursement

Brown County Bikes
www.browncountybikes.com
812-200-1115
185 S Jefferson St
Nashville, IN 47448
danielle@browncountybikes.com

Soulful Trail
www.soulfultrail.com 812-449-6134
danielle@knkpresents.com

SOCIAL SERVICE AGENCIES

Brown County Township Trustees may be able to help with shelter or housing costs, medical needs, and other services. Please consult Township Trustee for township you live.

Hamblen Township: Philip Stephens 317-560-9275

psteph22@embarqmail.com

Jackson Township: Sandy Higgins 812-320-4564

higginsoffice@yahoo.com

Van Buren Township: Shannon Ayers 812-371-4375

Washington Township: Brandon Magner 812-720-1439

IN Connect Alliance: www.in.gov/fssa/inconnectalliance

On-line links to a variety of services, including health care and mental health resources.
www.in.gov/fssa/addiction

Next Level Recovery: 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.

Substance Abuse and Mental Health Services Administration (SAMHSA): www.samhsa.gov SAMHSA is a governmental agency focused on facilitating recovery for people with or at risk for mental or substance use disorder.

Volunteers of America Indiana: www.voa.org/offices/volunteers-of-america-of-indiana A spiritually guided organization offering a variety of services including addiction treatment.

Brown County Community Closet – household goods, clothing, and other resources

284 S Van Buren Street

Nashville, IN 47448 Phone: 812-988-6003

www.buzzfile.com/business/Brown-County-Community

Tuesday & Thursday 10am-5pm

Offers clean, gently used, and workable household items and clothing.

Brown County Division of Family Resources

121 Locust Lane

Nashville, IN 47448 Phone: 800-403-0864 www.in.gov/fssa/dfr/4494.htm

Monday-Friday 8am-4:30pm

Contact for online benefits, i.e., SNAP, TANF, Medicaid, HHW, and HIP

Brown County Department of Child Services

121 Locust Ln

Nashville, IN 47448

812-988-2239

Hotline for reporting abuse or neglect statewide: 800-800-5556

Brown County Habitat for Humanity

646 Memorial Rd

Nashville, IN 47448 812-988-4926 www.bc-habitat.com

Habitat for Humanity joins families and communities together with volunteers and resources to build affordable housing and remodel or repair. Partner families contribute "sweat equity."

Brown County Health Department

201 Locust Lane

Nashville, IN 47448 Phone: 812-988-2255

www.browncountyhealthdept.org Monday-

Friday 8am-4pm

By appointment public health nurses offer immunizations, flu shots, health tests, blood pressure checks, lice checks, pregnancy tests, and TB tests. Also screens for cholesterol, diabetes, and anemia. Can provide referrals for other testing including HIV. Some charges may apply; insurance is accepted but not required. Naloxone and sharps containers also available.

Brown County Schools

Administrative Building

357 E Main Street

Nashville, IN 47448 Phone: 812-988-6601

www.browncountyschools.com

Brown County WIC (Women, Infants, and Children) Program

54 Pittman House Lane

Nashville, IN 47448 Phone: 812-988-6792

www.wicprograms.org/li/brown_county_wic_program_47448

Hours: Monday, Wednesday, Thursday 8:30am-5pm; Tuesday 10:30am-7pm; Friday 9am-4:30pm

WIC is designed to provide food to low-income pregnant, postpartum and breastfeeding women, infants, and children until the age of five. The program provides a combination of nutrition education, supplemental foods, breastfeeding promotion and support, and referrals for health care.

Clarity Pregnancy Services of Brown County

1750 State Road 46 East

Nashville, IN 47448 Phone: 812-988-4500 www.Claritycares.org

Hours: Tuesday & Wednesday 11am-4:30pm

Calls accepted 24 hours a day, 7 days a week

Offers free pregnancy tests and education on all pregnancy options and community referrals. Material assistance for mother and babies ages birth to five i.e. diapers, formula, clothing, bottles, Pack & Play, and car seats. Provides compassionate non-judgmental client support and referrals for free ultrasounds and STI testing at another Clarity location.

Community Partners for Child Safety

Phone: 812-403-0380 or 877-403-0380 (toll free) www.ihbs.us/community-partners-for-child-safety

Calls answered 24 hours a day

Community Partners for Child Safety is a voluntary, free service to help parents and children. Services available include parenting, home based therapy, home based casework, and community resourcing. Services can last up to three months.

First Steps

Phone: 866-644-2454 www.firststepssoutheast.org

Indiana's First Steps system is a family-centered, locally-based, coordinated system that provides early intervention services to infants and young children through age three who may have developmental delays or who have a diagnosed mental or physical condition that has a high probability of resulting in developmental delays. Service is generally provided in the home.

Human Services Inc. Head Start

105 Willow Street

Nashville, IN 47448 812-988-6630 www.hsi-indiana.com

Hours: Monday-Thursday 9am-3pm

Head Start is a holistic year-round preschool program at no cost. Head Start Performance Standards are followed as well as Indiana licensing regulations to create and maintain a high-quality educational experience for children. Eligible first enrollees must be age three prior to August 1. Services are offered to families who have incomes below the federal poverty guidelines.

Mothers Cupboard Community Kitchen

646 Memorial Drive (at the Fairgrounds)

Nashville, IN 47448

Phone: 812-988-8038

Open 7 days a week 4pm-6pm

Mother's Cupboard provides a free hot meal seven days a week, 364 days a year (closed Thanksgiving). Also offers a food pantry with items available during dinner hours. Walk in; no questions asked.

St. Vincent DePaul Society of Brown County

2901 Long Lake Road (off Clay Lick Road)

Nashville, IN 47448 Phone: 812-988-8821

www.stvincentdepaulbrowncounty.com

Hours: Monday & Saturday 10am-Noon except on holiday weekends

St. Vincent DePaul is a food pantry and distribution center that relies on many local partners for donations.

Furniture, clothing, and household goods are available.

Access Brown County

105 Willow Street

Nashville, IN 47448

812-988-0185 (dispatch)

Hours: Monday-Friday 7:30am-12:30pm

A county-wide transportation system that offers curb to curb service to all. Riders must call 24 hours ahead to schedule rides. Cost: \$5.00 one way per rider in County and \$7.50 one way out of County. Young children must be accompanied by a designated adult. Persons over age 60 travel free.

Be Loved Transportation

Phone: 812-287-2610am-pm

Email: Beloved.transportation@gmail.com www.belovedtransportation.net/about-us Non-emergency medical transportation

Rates: 0-5 miles \$15; 5-10 miles \$30; everything after 10 miles is \$2 per mile

Medicaid accepted as a form of payment, however, the client or individual seeking services would have to contact Medicaid for approval.

LCP Transportation

www.lcptransportation.com

317-291-9318

Verida Transportation Services

1-855-325-7586

Monday-Friday 8am-6pm EST

Medicaid members for NEMT (Non-Emergency Medical Transportation)

Turning Point Domestic Violence Services

729 Washington Street

Columbus, IN 47201

812-657-1992 or 800-221-6311 (Crisis Line)

www.turningpointdv.org

Services targeting the prevention and elimination of domestic and dating violence include a 24hour crisis/help line; emergency residential shelter services; non-residential services; prevention education and professional training; children's program; and legal services.

HEALTH CARE & INSURANCE

Health insurance may be required to enter 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

550 Congressional Blvd Suite 120 N

Carmel, IN 46032

Phone: 317-471-0000 or 877-313-7215 (toll free) www.aspinhealthnavigator.org

Covering Kids and Families of SCCAP

Phone: 888-975-4253

Email: ckf@insccap.org or jmartlage@insccap.org

Assistance with Indiana Insurance Programs and Marketplace by appointment. We are happy to meet you at our Bloomington, Martinsville, Spencer, or Nashville offices.

Indiana 2-1-1

2-1-1 or 866-211-9966 or text 898-211

Can provide information about health care and coverage for individuals, families, and children.

www.in211.org

Individual Solutions-IU Health

413 S Landmark Avenue

Bloomington, IN 47401

888-531-3004 or 800-313-1328 (toll free)

www.iuhealth.org/patient-family-support/individual-solutions

individualsolutions@iuhealth.org

Spanish-speaking assistance available onsite.

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

Healthy Indiana Plan (HIP)

877-438-4479 (toll-free)

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

800-318-2596 www.healthcare.gov

Insurance options through the Affordable Care Act.

Hoosier Healthwise 800-457-4584 www.member.indianamedicaid.com/programs--benefits/medicaid-programs/hoosierhealthwise.aspx Hoosier Healthwise is a health care program for children up to age 19 and pregnant women.

Indiana Medicaid 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.

Federally Qualified Health Care Centers (FQHCs)

FQHC's serve medically underserved areas and populations. Federally qualified health centers provide primary care on a sliding scale fee based on income.

Windrose FQHC - Trafalgar Center

14 Trafalgar Square
Trafalgar, IN 46181-9515
317-412-9190
lvaughn@windrosehealth.net
www.windrosehealth.net/trafalgar-center

Indiana Health Centers

113 N Chestnut Street Seymour, IN 47274
812-524-8388
Medical, dental and behavioral healthcare
www.indianahealthonline.org

Brown County Health and Wellness Center

246 E Main St
Nashville, IN 47448
(812) 720-3297

Healthnet Bloomington Health Center

811 W 2nd Street
Bloomington, IN 47403
(812) 333-4001
www.indyhealthnet.org

GLOSSARY OF TERMS

Detoxification (detox) is a process in which the body removes the toxic substances or qualities. During this period, the symptoms of withdrawal are also treated. Detoxification is the primary step in any substance use treatment program. It 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.

Harm Reduction includes strategies aimed at reducing negative consequences associated with drug use and other risky behaviors. Efforts to decrease the health risks of people who use drugs include syringe service programs, through which used syringes can be exchanged for new sterile syringes. People who use utilize these programs 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. 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.

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 disorders. Studies show that this combination offers most patients the greatest chance of attaining and sustaining lasting sobriety. Use of medications during recovery is focused on 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 managed by the medication, it is expected that the patient will participate in counseling and behavior therapy. Your health care provider can provide more information about Medication Assisted Recovery options.

The following medications may be used for alcohol and opioid addiction: Methadone, Buprenorphine, Naltrexone, Disulfiram, and Acamprosate.

Methadone is an opiate. It's long acting and blocks the effects of other opiates. It reduces cravings and withdrawals.

Buprenorphine suppresses and reduces cravings for opioid drugs. It can come in a pill form or sublingual tablet that is placed under the tongue. The prescription is sold as Suboxone, Subutex or Zubsolv.

Naltrexone is an opioid antagonist used to treat alcohol and opioid dependence. It is used primarily in the treatment of alcohol use disorder 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. The prescription is sold as Vivitrol, ReVia or 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. The prescription is 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. The prescription is sold as Campral.

Outpatient Treatment is a primary treatment program recommended for those who do not need medically supervised detoxification. Outpatient treatment can help people in recovery to continue their treatment on a part-time yet intensive schedule, designed to accommodate work and family life. It is also utilized after an individual's discharge from a residential treatment program.

Residential Treatment 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. 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.

Sober Living and Transitional Housing refers 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 onsite 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.

Sober living and Transitional Housing 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, to make a transition back into a less restrictive environment.

Substance use disorder according to NIMH (National Institute on Mental Health) Substance use disorder (SUD) is a treatable mental disorder that affects a person's brain and behavior, leading to their inability to control their use of substances like legal or illegal drugs, alcohol, or medications. Symptoms can be moderate to severe, with addiction being the most severe form of SUD. It is not a sign of weak moral character or lack of willpower.

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, psychosis, 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, signs of substance use disorder include:

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

Behavior changes in substance use disorder can include:

- 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
- Neglecting self-care and hygiene

Recovery Support Groups function to help people who share the same disorder or circumstance work through issues. They meet voluntarily, are peer-led, and 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.

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 often 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 withdrawal (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. Physical withdrawal from stimulants is not 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.

MYTH BUSTERS

There are many misunderstandings about substance use disorder. Below are some of the most common myths about addiction followed by correct information.

MYTH: Addiction is a choice.

TRUTH: Recovery is not as simple as exercising enough willpower. People do not choose to become addicted. Genetics make up about half the risk of addiction; environmental factors such as family life, upbringing, and peer influences make up the other half.

Brain imaging studies show that differences in the brain are both a cause and effect of addiction. Long before drugs enter the picture, there are neurobiological differences in people who become addicted compared to those who do not become addicted. Once an individual starts using drugs, prolonged drug use changes the structure and function of the brain, making it difficult to control impulses, feel pleasure from natural rewards, and focus on anything other than getting and using drugs.

MYTH: Addicts are bad people.

TRUTH: Man or woman, rich or poor, young, or old, if a person develops an addiction, there is a widespread assumption that they are bad, weak-willed, immature, or immoral.

Changes in the brain brought on by prolonged drug use do affect the character of those suffering from Substance Use Disorder but this does not make them “bad”.

Sick people need a treatment program to get better.

MYTH: There is only one way to recover from addiction.

TRUTH: One thing that has become obvious in recent years is that there are many ways to help people escape an addiction, and there is no one way that works for everyone. Just because a recovery path has worked well for one individual does not mean that it is going to work for someone else. The prior *one size fits all* approach to recovery is no longer widely accepted by the experts in the recovery community. This will likely mean that more individuals will find the path that is right for them.

MYTH: If treatment is forced, it will fail.

TRUTH: Treatment does not have to be voluntary to be successful. People who are persuaded into treatment by their family, employer, or the legal system can benefit as much as those who enter treatment voluntarily. Clarity comes with abstinence from substance use, which can help foster change.

MYTH: Once people enter recovery their problems will be over.

TRUTH: Giving up substance use is a wonderful start, but it is not the end of the process. It would be more realistic to say that abstinence from “using” is the first step in a journey that never really ends. The further along the path of recovery the individual travels, the better their ability is to “cope” or accept life on life’s terms. There is no real graduation day. Many people with addiction problems may experience relapse and begin using again before eventually quitting for good. Recovery is a process, not an event.

Notes

Notes

