



Treatment Guide

A resource guide for substance use disorder and treatment

April 2019

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Introduction

Recovery is possible. Step into walking a life free of substances and onto a path of recovery. The journey may at first seem impossible, or even hopeless, but be assured the path to recovery is possible. Many in our country have been affected personally or professionally by this disease called substance use disorder. Substance use disorder and mental health disorders affect people from all walks of life and do not discriminate. This disease is not an indication of a weak moral compass; it is in fact considered a chronic brain disease that if left untreated can ultimately destroy the lives of those affected. Today, recovery is offered to any and all. Recovery is a process supported by many family, friends, communities, agencies, and persons already walking on the path of recovery. This choice to choose recovery is a statement of courage and hope. The foundation of recovery provides hope for a personal experience to occur allowing those to see life's improvements. Today we are so fortunate to have programs available that are trying their best to come up with a united front. You are invited to join this front of unity, possibilities and hope. Welcome, your journey has just begun.

We would like to thank all who have contributed to this project, including Brown County Schools and The Brown County Democrat who shared resource listings, and the City of Bloomington Community and Family Resources Department who allowed us to build on their work.

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

Brown County Drug Free Coalition Treatment and Support Group

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.

Other Hotline Resources

Nashville Police - 812-988-5533

Non-emergency dispatch.

Brown County Sheriff - 812-988-6655

Non-emergency dispatch.

Centerstone's Opioid Crisis Response Team - 888-463-6604

A 24 hour crisis hotline.

Centerstone Crisis Line - 800-832-5442

Crisis Text Line - Text CONNECT to 741741

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

Text CONNECT to 741741 from anywhere in the USA, anytime, about any type of crisis.

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.

Bloomington Meadows Hospital - 812-331-8000

A behavioral health hospital with a 24 hour crisis call line staffed by trained counselors.

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.

Suicide Prevention Hotline - 800-273-8255

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

Valle Vista Hospital Hotline - 800-447-1348

A behavioral health hospital 24/7 crisis hotline.

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 isn't 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's a widespread assumption that they are bad, weak-willed, immature, or immoral.

Changes in the brain brought on by prolonged drug use does 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 old fashioned *one size fits all* approach to recovery is no longer widely accepted by the experts in the recovery community. This should, hopefully, mean that more individuals will find the path that is right for them.

MYTH: If treatment is forced, it will fail.

TRUTH: Treatment doesn't 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 but, there is no real graduation day. Recovery is a process, not an event.

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 kits and training are available without charge from:

The Brown County Health Department
201 Locust Lane
Nashville, IN 47448
Phone: 812-988-2255
Email: bchealth@browncounty-IN.us
www.browncountyhealthdept.org/page-12/

Centerstone
1156 Old State Road 46
Nashville, IN 47448
Phone: 800-344-8802

Naloxone is also available from the Nashville CVS Pharmacy for a fee. No prescription is needed.

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

Monroe County Health Department
333 E Miller Drive
Bloomington, IN 47401
Phone: 812-349-7345
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.
Call for information.

Disease Intervention Program
Phone: 812-349-2700
Offers HIV and other sexually transmittable disease testing. Hepatitis C testing also available. Call for more information and appointment.

Treatment Facilities

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 as 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 Provide:

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.

Residential Treatment is a live-in health care facility that provides therapy for substance use disorder.

Outpatient Treatment is a primary treatment program recommended for those who do not need hospitalization or residential treatment.

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.

Treatment Index

Treatment Facility Name	Detox	Inpatient	Outpatient	Residential	Adult	Youth	MAT	Private Insurance	Medicaid
Amethyst House			✓	✓	✓			✓	✓
Bloomington Meadows Hospital	✓	✓	✓		✓	✓	✓	✓	✓
Centerstone		✓	✓	✓	✓	✓	✓	✓	✓
Clean Slate			✓		✓		✓	✓	
Courage to Change Sober Living House				✓	✓				
Fairbanks Hospital	✓	✓	✓	✓	✓	✓	✓	✓	✓
Groups Recover Together			✓		✓		✓	✓	
Hamilton Center		✓	✓	✓	✓	✓			
Heaven Nevaeh Healing Center *				✓	✓				
Indiana Center for Recovery				✓	✓				✓
Limestone Health Clinic			✓		✓		✓	✓	✓
Options Behavioral Health	✓	✓	✓	✓	✓	✓		✓	✓
Resource Treatment Center			✓	✓		✓			✓
Salvation Army Harbor Lights *	✓		✓	✓	✓				
Tara Treatment Center	✓		✓	✓	✓			✓	✓
Transitions, LLC			✓		✓		✓	✓	
Valle Vista Health Center	✓	✓	✓	✓	✓	✓	✓	✓	✓
Wellstone Regional Hospital	✓	✓	✓		✓	✓		✓	✓

*denotes offering spiritual/faith based/religious programming

Note: Ask the treatment provider and your insurance provider for information on what treatment is covered by insurance.

Treatment Facilities

Amethyst House
645 N Walnut Street

Bloomington, IN 47407

Phone: 812-336-3570

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

www.amethysthouse.org

Bloomington Meadows Hospital

3600 N Prow Road

Bloomington, IN 47404

Phone: 812-331-8000 or 800-972-4410 (toll free)

Serves children ages 6-17 and adults.

www.bloomingtonmeadows.com

Centerstone

1156 Old State Road 46

Nashville, IN 47448

Phone: 800-344-8802

Provides inpatient and outpatient mental health and addiction treatment services.

Men's Residential Facilities

1811 S 9th Street, Richmond, IN

or

809 W 1st Street, Bloomington, IN

Women's Residential Facility

2426 English Drive, Lexington, IN

Clean Slate

Outpatient Addiction Medicine

502 W 2nd Street, Suite A

Bloomington, IN 47403

Phone: 812-668-1946 or 833-505-HOPE (4673)

www.cleanslatecenters.com

Courage to Change Sober Living House

1203 S Rogers Street

Bloomington, In 47403

Phone: 812-223-7223

Email: Marilyn@couragechangehouse.com or c2csoberlivingsoberliving@gmail.com

www.couragechangehouse.com

Fairbanks Hospital

8102 Clearvista Parkway

Indianapolis IN 46256 (on the Northeast side of Indianapolis).

Phone: 317-849-8222 or 800-225-4673 (toll-free)

Serves adolescents and adults.

www.fairbankscd.org

Groups Recover Together
Phone: 800-683-8313
Email: info@joinGroups.com
www.joingroups.com

Suboxone-based program. Locations listed below:

Bloomington:
4633 W Richland Plaza Drive,
Suite G
Bloomington, IN 47429

Columbus:
1017 Third Street
Columbus, IN 47201

Hamilton Center, Inc.
620 Eighth Avenue
Terre Haute, IN 47804
Phone: 800-742-0787

Heaven Nevaeh Healing Center, Inc.
67 Valley Mission Lane
Bedford, IN 47421
Phone: 812-583-8115
Email: heavennevaeh777@yahoo.com
www.heavennevaeh777.com

Indiana Center for Recovery
1004 W 1st Street
Bloomington, IN 47403
Phone: 877-499-0995
E-mail: info@treatmentindiana.com
www.treatmentindiana.com

Bloomington:
1355 W Bloomfield Road
Bloomington, IN 47403

Martinsville:
1030 E Morgan Street
Martinsville, IN 46151

Limestone Health Clinic
2100 S Liberty Drive
Bloomington, IN 47403
Phone: 812-727-6700
Email: limestonehealthinfo@spsh.com
www.limestonehealth.com

Options Behavioral Health
5602 Caito Drive

Indianapolis, IN 46226
Phone: 866-623-3713 or 855-675-1748 (toll-free)
Inpatient program for ages 11 and older.
www.optionsbehavioralhealthsystem.com

Resource Treatment Center - Substance Abuse
1404 S State Street
Indianapolis, Indiana 46203
Call Resource Treatment Center Admissions
Phone: 855-318-5774
Serves males and females ages 8-21.

Salvation Army Harbor Lights
2400 N Tibbs Avenue
Indianapolis, IN 46222
Phone: 317-972-1450
Faith-based program
www.centralusa.salvationarmy.org/harborlightindiana or
www.facebook.com/saharborlight

Silver Linings Women's Shelter
272 Tuckaway Ridge Drive
Nashville, IN 47448
Phone: 812-320-1201
Trauma-informed recovery and crisis housing for women and dependent children.

Tara Treatment Center
6231 S U.S. Highway 31
Franklin, IN 46131
Phone: 812-526-2611 or 800-397-9978 (toll-free)
www.taratreatmentcenter.org

Transitions, LLC (Bedford & Bloomington)
1212 I Street, Suite 2
Bedford, IN 47421
Phone: 812-675-0902 or 812-822-1395
www.bedfordtransitions.com or [bloomingtontransitions.com](http://www.bloomingtontransitions.com)
Valle Vista Health System
898 E Main Street
Greenwood, IN 46143
Phone: 800-447-1348
Provides medical detoxification and offers services for youth and adults.
www.vallevistahospital.com

Wellstone Regional Hospital
2700 Vissing Park Road

Jeffersonville, IN 47130

Phone: 812-284-8000

Inpatient and outpatient services for children and adults.

Assessment and Referral services available 24/7.

www.wellstonehospital.com

Additional Resources:

Additional information, resources, treatment facilities, and programs may be found through the State of Indiana Next Recovery Website:

www.in.gov/recovery

Do Something

PO Box 2022

Nashville, IN 47448

Phone: 812-308-3188

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

Todd's Place Transitional Housing & Detox Facility

4990 N Hwy 31

Seymour, Indiana

Phone: 812- 271-1199

Transitional Housing Facility for men coming out of jail and prison, and men who want a change in their lives. Faith based.

www.facebook.com/pg/Todds-Place-Transitional-Housing-Detox-Facility-1608131022802559/about/?ref=page_internal

Women's Recovery Center/ Silver Linings

272 Tuckaway Ridge Drive

Nashville, IN 47448

Phone: 812-320-1201

Services for families, women, and children in Brown county including: referrals to addiction and mental health treatment and programs; advocacy and case management; crisis counseling; assistance for domestic violence; and assistance with basic needs such as housing.

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. Non-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 has meetings every weekday at several Brown County locations:

Monday & Wednesday 8pm
Sycamore Valley Community Center (at the fairgrounds)
746 Memorial Drive
Nashville, IN 47448
Open discussion meetings.

Tuesday 6:30pm
Brown County Presbyterian Fellowship
602 State Road 135 North
Nashville, IN 47448
Closed men's discussion.

Tuesday 8pm
The Fieldhouse
98 W Washington
Nashville, IN 47448
Closed literature study.

Thursday 7pm
Sycamore Valley Community Center (at the fairgrounds)
746 Memorial Drive
Nashville, IN 47448
Closed discussion meetings.

Friday 9:30am
Brown County Public Library (lower-level meeting room)
205 N Locust Lane
Nashville, IN 47448
Open literature discussions.

Al-Anon Family Groups: A mutual support group of peers who are experiencing the effects of a problem drinker in their lives. www.familiesanonymous.org or www.indiana-al-anon.org

Al-Anon Meetings:

Wednesday 10am
Brown County Public Library
205 N Locust Lane
Nashville, IN 47448

Recovery Groups:

Tuesday 7:30pm-8:30pm
Battlefield for Freedom
New Life Community Church
1435 SR 135 North
Nashville, IN 47448
Phone: 812-320-9838 Melissa Tatman
Addiction Recovery Meetings.

Celebrate Recovery
State Representative for Central and Southern Indiana: John O.
Phone: 317-340-1776
Email: jo-po@sbcglobal.net
www.celebraterecoveryindiana.org
A 12-step recovery program based on the Bible. More information is available at the website or through regional representatives.

Celebrate Recovery (at City Church of Bloomington)
1200 N Russell Road
Bloomington, IN 47408
Phone: 812-336-5958
Email: info@citychurchbloomington.org
www.citychurchbloomington.org/get-involved/celebrate-recovery
A 12-step recovery program based on the Bible.

Do Something, Inc.
Phone: 812-308-3188
www.facebook.com/groups/269619803
Partners with individuals, families, and the community to link people in need to resources. Phone is answered by trained recovery coach.

Narcotics Anonymous

Sunday 7pm Parkview (open meeting)
Thursday 7:30pm (closed meeting)
Parkville Church of the Nazarene
1750 State Road 46 W
Nashville, IN 47448
Phone: 317-875-5459 (24 hour hotline)
www.naindiana.org

Sunday 4pm
PAL – Parents of Addicted Loved Ones
Parkville Church of the Nazarene
1750 State Road 46 W
Nashville, IN 47448

Refuge Recovery - A Buddhist path to recovering from addiction
Unitarian Universalist Church of Bloomington
2120 North Fee Lane, Room 112
Bloomington, IN 47408
Phone: 812-727-3942
Email: btownrefugerecovery@gmail.com
www.refugerecovery.org

Monday 6:30pm
Women's Recovery Center
Phone: 812-320-1201
Call for more information including location.
Offers a women's recovery group meeting. Child care is available. Also can make referrals to addiction and mental health treatment and programs, crisis counseling, advocacy and case management assistance for domestic violence, basic needs, housing, and services for families, women, and children in Brown County.

*for recovery groups meetings outside of Brown County, dial 2-1-1 for information.

On-Line Resources

211: www.in211.org

2-1-1 is a simple way to connect to treatment programs, food, shelter, housing assistance, and more.

ASAP: www.asapbc.org

Columbus-based educational, resource, and referral service.

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.

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 Trustees and Other Social Service Providers

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 317-474-0140
psteph22@embarqmail.com

Jackson Township: Sandy Higgins 812-320-4564
higginsoffice@yahoo.com

Van Buren Township: Vickie Payne 812-988-4020

Washington Township: Brandon Magner 812-720-1439

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 9am-4pm

Friday Noon-4pm

First and Third Saturday 10am-1pm

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, HIP

Brown County Habitat for Humanity

156 W Gould Street

Nashville, IN 47448

Phone: 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/locations

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: 800-644-2454

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

Phone: 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

YMCA

105 Willow Street

Nashville, IN 47448

Phone: 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.

Southeastrans

Phone: 855-325-7586

Hours: Monday-Friday 8am-6pm

Non-emergency medical transportation needs for Medicaid clients. Call 2 days in advance to schedule, change, or cancel appointment. Agents will obtain Medicaid approval.

Turning Point Domestic Violence Services

36 S Jefferson Street (Nashville United Methodist Church)

Nashville, IN 47448

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

Hours: Monday, Wednesday, Thursday 8am-5pm

www.turningpointdv.org

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

Women's Resource Center/ Silver Linings

Phone: 812-320-1201

www.bcwomensresourcecenter.org

Silver Linings is an emergency/long term women's shelter, and outgrowth of the larger mission of Women's Resource Center. It is both a crisis shelter for short-term needs of women in crisis due to homelessness, domestic violence, and other circumstances in which women and their children are unable to find safe housing.

Health Care and Insurance

Health insurance may be required to enter into 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
8440 Woodfield Crossing Boulevard, Suite 460
Indianapolis, IN 46240
Phone: 317-471-0000 or 877-313-7215 (toll free)
www.aspinhealthnavigator.org

Covering Kids and Families of SCCAP
Phone: 812-339-3447 ex 512 or 510
Email: aobrien@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
Phone: 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)
Phone: 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
Phone: 800-318-2596
www.healthcare.gov
Insurance options through the Affordable Care Act.

Hoosier Healthwise
Phone: 800-403-0864
www.member.indianamedicaid.com/programs--benefits/medicaid-programs/hoosier-healthwise.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
Phone: 317-412-9190
Email: lvaughn@windrosehealth.net
www.windrosehealth.net/trafalgar-center

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

Glossary of Terms

Detoxification (Detox) is a process in which the body is allowed to free itself of a drug. During this period, the symptoms of withdrawal are also treated. Detoxification is the primary step in any substance use treatment program, and 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. In order for the recovering person to stay abstinent, detoxification needs to lead into a long-term treatment program.

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 traded for new sterile syringes and people who use drugs 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 geared toward 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 kept at bay by the medication, it is expected that the patient will participate in counseling and behavior therapy. You may want to talk with your health care provider about Medication Assisted Recovery options.

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

Methadone tricks the brain into thinking it's still getting the abused drug. In fact, the person is not getting high from it and feels normal, so withdrawal doesn't occur. Pregnant or breastfeeding women must inform their treatment provider before taking methadone. It is the only drug used in medication assisted recovery approved for women who are pregnant or breastfeeding.

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

Naltrexone is an opioid antagonist used to treat alcohol and opioid dependence. It is used primarily in the treatment of alcoholism 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. (Rx sold as Vivitrol, ReVia, 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. (Rx 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. (Rx sold as Campral)

Outpatient Treatment is a primary treatment program recommended for those who do not need medically-supervised detoxification. Outpatient treatment can enable people in recovery to continue their recovery therapies 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 (also called a rehab) 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) make a transition back into a less restrictive environment.

Substance use disorder is a brain disease in which recurrence of use is common. Substances used can include opioids, alcohol, or other drugs. The drug or drugs bind in areas of brain causing temporary euphoria, but also causing the person to desire and need the drug again and again. Logical behavior is prevented as the person is under control of the drug. Substance use disorder isn't a sign of weak moral character or lack of willpower and with proper treatment those suffering CAN find recovery.

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, 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
- Stealing money or things or considering doing so to pay for use

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 isn't 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.