

Addiction Ministries RESOURCE GUIDE

This guidebook is designed for use by clergy and persons in a position of leadership in the local church. It is made available to help in your ministry of healing and wholeness to those individuals and their families who are affected by addiction.

This book is a quick reference guide to help identify the symptoms of substance abuse, alcoholism and other drugs addictions, as well as a referral source. This guide is not for diagnosing or treating these diseases. The information presented here, in brief, is related directly to the issue of alcohol and other drugs. Other addictions to food, gambling, sex, etc. share some of the same symptoms with notable exceptions.

Numerous individuals and families in our congregations are affected by alcoholism and other abuse. Just as a family can deny there is a problem, we who are a part of the faith community can also be in denial about addictions in our midst. Denial and avoidance eventually cuts us off from a large number of neighbors, co-workers, church members, and our own families.

How can the church minister to dependent people? The first thing we can do is to be open to learning about the disease by becoming familiar with some of the terms and concepts used in the treatment of chemical dependency. Hopefully this book will help. It is a *resource guide* and is not offered as a study of the disease of addiction.

Addiction Ministries offers a number of programs to educate your local church. **Faith Partners** equips the local church on how to develop their own care team that ministers to those that are afflicted or affected by addictions. The **Summer School on Chemical Dependency** is available for anyone wanting to learn more about the disease of addictions. **Awareness, Education, Prevention and Early Intervention** presentations can help faith communities start the conversation about denial, addiction behaviors, boundaries and recovery.

For more information on any of these programs please contact:

Addiction Ministries
1501 NW 24th Street, Oklahoma City, OK 73106
405-530-2010
cdm@okumc.org
www.addictionministries.org

ADDICTION MINISTRIES MISSION STATEMENT

Recognizing that the disease of addiction is also a spiritual issue this ministry provides education and resources, offering hope, healing and understanding within our communities.

FAITH PARTNERS

www.faith-partners.org

A step by set program designed by Faith Partners, Inc. to build local teams that customize and promote healing within their community.

- Start the conversation on addiction
- Understand that addiction is an illness
- Establish healing climates with positive support
- Provide tools to nurture attitude awareness
- Network with other Faith Partner Teams, Faith Partner, Inc., and the Chemical Dependency Ministry
- Know your local resource and treatment facilities
- Honor recovery in individuals and families
- Create spiritual awareness through the power of grace

How to start and grow a Faith Partners Team read *Healing Places* by Johnny Allem and Trish Merrill. Train at regional workshops conducted by the Faith Partners, Inc. Contact www.addictionministries.org or 405-530-2010 for Oklahoma training schedule.

SUMMER SCHOOL

The **Summer School on Chemical Dependency** is an excellent way to gain insights into the world of persons who are chemically dependent. Learn how to recognize the disease in individuals and families and our communities. Understand the spiritual dynamics of addiction and the impact on the church.

Topics include:

- Denial
- Disease of Chemical Dependency
- Pharmacology of Addiction
- Psychosocial Symptoms
- Spiritual Dysfunction of Addiction
- Multicultural Issues
- Youth and Senior Issues
- Family Dynamics
- Enabling vs. Empowering
- Boundaries
- Stages & Goals for Recovery
- Advocacy
- Building Blocks for Healthy Families
- The Spiritual Roots of the 12 Steps
- Relapse Prevention
- Early Intervention
- Tools to Take Home

The Summer School is held at the Oklahoma City University in June for twelve days. Lodging, meals and all materials are included in the cost of school. Full time participation and residence at Oklahoma City University are mandatory because of the experiential nature of the school. Participants receive 80 contact hours of continuing education credit for clergy and certified drug and alcohol counselors. For information and how to register contact the Chemical Dependency Ministries at 405-530-2010.

Register on line at www.addictionministries.org.

SOCIAL PRINCIPLES

The United Methodist Church

ALCOHOL AND OTHER DRUGS—we affirm our long-standing support of abstinence from alcohol as a faithful witness to God’s liberating and redeeming love for persons. We support abstinence from the use of any illegal drugs. Since the use of illegal drugs, as well as illegal and problematic use of alcohol, is a major factor in crime, disease, death, and family dysfunction, we support educational programs as well as other prevention strategies encouraging abstinence from illegal drug use and with regard to those who choose to consume alcoholic beverages, judicious use with deliberate and intentional restraint, with Scripture as a guide.

Millions of living human beings are testimony to the beneficial consequences of therapeutic drug use, and millions of others are testimony to the detrimental consequences of drug misuse. We encourage wise policies relating to the availability of potentially beneficial or potentially damaging prescription and over the counter drugs; we urge that complete information about their use and misuse be readily available to both doctor and patient. We support the strict administration of laws regarding the sale and distribution of alcohol and controlled substances. We support regulations that protect society from users of drugs of any kind, including alcohol, where it can be shown that a clear and present social danger exists. Drug-dependent persons and their family members, including those who are assessed or diagnosed as dependent on alcohol, are individuals of infinite worth deserving of treatment, rehabilitation, and ongoing life-changing recovery. Misuse or abuse may also require intervention in order to prevent progression in to dependency. Because of the frequent interrelationship between alcohol abuse and mental illness, we call upon legislators and health care providers to make available appropriate mental illness treatment and rehabilitation for drug-dependent persons. We commit ourselves to assisting those who suffer from abuse or dependency, and their families, in finding freedom through Jesus Christ and in finding good opportunities for treatment, for ongoing counseling, and for reintegration into society.

TOBACCO—We affirm our historic tradition of high standards of personal discipline and social responsibility. In light of the overwhelming evidence that tobacco smoking and the use of smokeless tobacco are hazardous to the health of persons of all ages, we recommend total abstinence from the use of tobacco. We urge that our educational and communication resources be utilized to support and encourage such abstinence. Further, we recognize the harmful effects of passive smoke and support the restrictions of smoking in public areas and workplaces.

The Social Principles is published in *The Book of Discipline of the United Methodist Church 2005*; copyright 2005 by the United Methodist Publishing House.

THE DISEASE OF ADDICTION

According to the American Psychiatric Association, a person who is addicted has a disease, and *is not* necessarily:

Morally weak
Weak-willed
Basically Stupid
Crazy
Self-inflicted Disease
A Criminal
A Bum
Hopeless

...but *someone who needs treatment*

The *disease of addiction* affects as many as *ten percent* of the population, and those affected are represented across:

All racial and ethnic groups
All religions
All socioeconomic levels
All geographical areas
All professions
All ages

CHARACTERISTICS OF THE DISEASE OF ADDICTION THE FIVE P'S

Primary: Means that it is an illness in its own right, not the result of, complication of, or symptoms of any other disease. It is a sign of mental illness, and is not caused by stress or an unhappy childhood. It is a biological process that involves physical changes at the cellular level in the brain and body of the addicted person.

Predictable: Once acquired, this illness has a predictable progression which is observable. "Once addicted always addicted." This disease is incurable, but very treatable. With proper treatment, addicted persons can recover and resume happy, productive lives.

Progressive: Means that as time passes, the disease always becomes worse. As the months and years go by, the chemical consumption takes a heavier toll on the life of the addicted person and the lives of those around him/her.

Premature Death: Without adequate treatment, the addicted person will inevitably die of his/her disease. Some of the ways that addicted persons can die include: pneumonia, overdose, highway accident, freezing temperatures, suicide, homicide, cirrhosis, hemorrhage, and some forms of cancer.

Permanent: Even if a person gets treatment and recovers, he/she is still subject to the possibility of relapse. And if the recovering person relapses, even after a lengthy period of sobriety, he/she cannot resume "social drinking" or "recreational drug use." There is not going back to safe levels of drinking of drugging with this disease. Total abstinence from all mood-altering chemicals is the basis of recovery for the rest of the addicted person's life.

The disease of addiction involves the:
Physical-body of addict
Emotional-mind of the addict and family
Social-family & peer group of the addict
Spiritual-soul or inner-being of the addict and family.

The social dimensions of an addict's life affected by this disease will include the following:

Family
Relationships
Peers
Community
Job

STAGES OF THE DISEASE OF ALCOHOLISM

EARLY STAGE: The early stage of the disease is characterized by an increased use of a drug for personal and social reason, while maintaining control over its use.

MIDDLE STAGE: The middle stage of the disease is characterized by a growing dependence on the drug, with diminished control, and significant personal and family problems manifesting themselves.

LATE STAGE: The late stage of the disease is marked with total lack of control over use of the drug, and serious physical, social, and economic decline manifesting them, even unto death.

I. Characteristics of the Early Stage of Addiction:

Relief, Euphoria, Need, Etc.

A person finds that the substance of choice makes them feel more at ease with themselves on social occasions.

Change in Mood and Personality

Increased Interest in the Drug

Due to the enhanced feeling after use of a drug, a person begins to use the drug more frequently.

Few or Rare Consequences

In the beginning stages, when the person's control over the substance seems intact, the adverse consequences of use are few and rare.

II. Characteristics of the Middle State of Addiction

Change in Pattern

A person's use of the substance increases substantially to daily use.

Change in Tolerance

Person has the ability to consume even larger doses.

Multiple Drug Use

More than one drug is consumed

Family Problems

Gradually problems with spouse and family manifest themselves.

Abuse Issues

Even to the extent of spouse and child abuse

Driving Under Influence (DUI)

Receiving a citation from the police for driving while under the influence is a distinct possibility.

Hiding and Sneaking

The heavy user of a drug seeks to keep the habit a secret from family and friends, so begins attempts to hide use.

Protecting Supply

This entails stashing supplies of the drug of choice in secret places

Economic Issues

Because of the heavy use of alcohol and other drugs and their cost, the family economic security is threatened.

III. Characteristics of the Late Stages of Addiction:

Family Problems

A person now has constant and serious problems relating to spouse and children

Violence

Family problems may lead to physical violence towards spouse and children

Job Problems

There is a question of losing employment due to alcohol and other drug abuse and related problems.

Change in Peers

Now the drug abuser only associates with drug-abusing companions.

Psychiatric Symptoms

The person now suffers from delusions and paranoia, etc.

Withdrawal

The abrupt withdrawal from the drug may lead to convulsions

Death

Is the inevitable end of this progressive disease, unless treatment is obtained?

Commonly Misused Substances

Substance	Other Names	Intoxication Effects	Negative Health Effects	Average Age of First Use in 2007	Number of People who Used it in the Past Month in 2007
<i>Stimulants: Affect the nervous system by increasing alertness and mental and motor activity</i>					
Cocaine	Coke, Snow, Toot, white Lady, Rock, Crack	Feelings of exhilaration, increased energy, mental alertness	Rapid or irregular heartbeat, insomnia, strokes, abdominal pain	20.2 years	2.1 Million People
Ecstasy (MDMA)	XTC, adam, eve, decadence, M&M, X	Mild hallucinogenic effects, increased sensitivity, empathic feelings	Impaired memory & learning. Sharp increase in body temp. liver, kidney, cardiovascular system failure	20.2 years	503,000 People
Methamphetamine	Meth, crank, speed, chalk, ice	Aggression, violence, psychotic behavior, increased physical activity	Impaired memory & learning. Neurological and cardiac damage, high blood pressure, delusions	19.1 years	529,00 People
Tobacco Products	Cigarettes, Cigars, snuff, chew	Increased adrenaline and metabolism. Feeling of increased alertness & concentration	Breathing paralysis, damaged lungs & cardiovascular system. Cancer, high blood pressure, pneumonia, bronchitis	16.9 years (for cigarettes)	70.9 Million People
<i>Depressants: Decrease awareness and capacity to function; include medications used to treat anxiety and sleep disorders</i>					
Alcohol	Booze, sauce, drink	Reduced sensitivity to pain, taste, and odor; impaired vision, decreased attention and memory	Damaged organs (liver, heart, pancreas, and brain). High blood pressure, gastrointestinal irritations	16.8 years	126.8 Million People
Tranquilizers	Benzos (Xanax®, Ativan®, Valium®)	Reduced anxiety, lowered inhibitions, feeling of well being	Seizure, respiratory depression, decreased heart rate	24.5 years	1.8 Million People (nonmedically)
Sedatives	Haldon®, Thorazine®, Navane®, Prolixin®	Reduced anxiety, lowered inhibitions, feeling of well being	Seizure, respiratory depression, decreased heart rate, reduced mental alertness	24.2 years	346,000 People

*Adapted by: SAMHSA, Substance Abuse and Mental Health Services Administration, US Department of Health and Human Services

Commonly Misused Substances

Substance	Other Names	Intoxication Effects	Negative Health Effects	Average Age of First Use in 2007	Number of People who Used it in the Past Month in 2007
<i>Opioids: Include drugs derived from morphine, most often prescribed to treat pain</i>					
Pain Relievers (hydrocodone, oxycodone, morphine, codeine)	Vike, Oxycontin®, dance fever	Pain relief, feeling of sedation, euphoria, drowsiness	Seizure, respiratory depression, decreased heart rate	21.2 years	5.2 Million People
Heroin	Big H, dope, smack, white horse	Feeling of euphoria, flushing of the skin, dry mouth, feeling of heavy extremities, fluctuation between awake and drowsy states	Collapsed veins, infections of the heart lining and valves, abscesses, liver disease, pulmonary complications	21.8 years	200,000 People
<i>Cannabinoids: Hemp plant drugs made from the shredded leaves, stems, seeds, and flowers</i>					
Marijuana	Pot, weed, hash, Mary Jane, grass, reefer, ganja	Euphoria, slowed thinking and reaction time. Impaired balance and coordination	Respiratory infections, increased heart rate, impaired memory, anxiety	17.6 years	14.4 Million People
<i>Hallucinogens: Cause changes in a person's perception of reality</i>					
LSD	Acid, boomers, yellow sunshine	Altered state of perception and feeling. Change in senses, mood, body temp.	Persistent mental disorders, increased blood pressure and heart rate	18.3 years	145,000 People
<i>Inhalants: Volatile substances that produce chemical vapors inhaled to induce a psychoactive, mind altering effect</i>					
Gases, Nitrites, aerosols	Ether, chloroform, nitrous oxide, isobutyl, isoamyl,	Stimulation, loss of inhibition, loss of motor coordination, slurred speech	Memory impairment, muscle weakness, depression, cardiovascular and nervous system damage	17.1 years	616,000 People

*Adapted by: SAMHSA, Substance Abuse and Mental Health Services Administration, US Department of Health and Human Service

TREATMENT CENTERS

KEY TO TREATMENT FACILITIES

(Taken from SAMHSA)

SA-Substance abuse treatment services

MH-Mental health services

MH-SA-Mix of mental health and substance abuse services

GH-General health services

TX-Substance abuse treatment

DT-Detoxification

MM-Methadone maintenance

DM-Methadone detoxification

BU-Buprenorphine used in treatment

HH-Halfway House

HI-Hospital Inpatient

OP-Outpatient

PH-Partial hospitalization/day treatment

RS-Residential short-term treatment (30 days or less)

RL-Residential long-term treatment (more than 30 days)

AD-Adolescents

CO-Persons with co-occurring mental and substance abuse disorders

HV-Persons with HIV/AIDS

GL-Gay and Lesbians

SE-Seniors and Older Adults

PW-Pregnant/postpartum women

WM-Women

MN-Men

BC-Residential beds for client's children

DU-DUI/DWI offenders

CJ-Criminal justice clients

SF-Self payment

MD-Medicaid

MC-Medicare

SI-State financed insurance (other than Medicaid)

PI-Private health insurance

MI-Military insurance

AR-Access to Recovery voucher

SS-Sliding fee scale

PA-Payment assistance

AH-ASL or other assistance for hearing impaired

SP-Spanish

Name	Address	Phone	Codes/Website
Ada Area Chemical Dependency Ctr. Inc.	704 North Oak Ave. Ada, OK 74820	580-332-3001	SA/TX/OP/AD WM DU CJ/SF/SS/AH www.geocities.com/adaareacdc
Chickasaw Nation Alcohol/Drug Problem	3115 East Arlington St. Ada, OK 74820	Intake: 580-436-3980 580-332-6345	SA/TX/RS/PA/AH www.chickasaw.net
Mental Health & Substance Abuse Centers of South OK/Pontotoc County	111 East 12 th Street Ada, OK 74820	580-436-2690 800-522-1090	MH-SA/TX/OP/CO DU/SF MD MC/SS PA www.mhssso.org
Rolling Hills Hospital	1000 Rolling Hills Lane Ada, OK 74820	Intake: 580-436-3600 580-436-3600	MH/TX/DT/HI/CO SE/SF MD MC SI PI MI/AH www.rollinghillshospital.com
New Hope Outpatient Services Divison of New Hope of Mangum	710 East Sutherland St. Altus, OK 73521	580-477-2871	SA/TX/OP/CJ/MD MC SI PI
Counseling Center of Southeast OK	107 South High Antlers, OK 74523	580-298-2830	MH-SA/TX/OP/CO CJ/SF MD SI PI MI/SS/AH www.oklahomatherapy.com
Pushmataha Counseling Services	326 West Main Antlers, OK 74523	580-298-5050	SA/TX DT/OP/DU CJ/SF/SS/AH www.pushcounseling.com
Arbuckle Life Solutions	9 10 th Ave. NW Ardmore, OK 73401	Intake: 877-626-1656	SA/TX/OP/DU/MC PI/SS www.arbucklelifesolutions.com
Broadway House Inc.	221 2 nd St. NW Ardmore, OK 73401	580-226-3252	SA/TX HH/RL/MN/SF
Southern OK Treatment Services DBA Ardmore	905 Holiday Drive Ardmore, OK 73401	Intake: 580-226-5038 580-226-5003	MH-SA/TX DT MM DM/OP/CO WN MN DU/MC SI/SS www.treatmentservices.org
Phoenix Gate Inc.	803 S. Mississippi Suite 100 Atoka, OK 74525	Intake: 580-364-0700 918-423-9400	SA/TX/OP/WN DU/SF PI/SS/ AH www.phoenixgateok.org
Family Crisis & Counseling Ctr. Inc. DBA Turning Point Alcohol & Drug Ctr.	622 SE Frank Phillips Blvd. Bartlesville, OK 74003	Intake: 918-336-4646	SA/TX/OP/AD DU CJ/SF PI MI/SS/AH
Recovery Plus Family Counseling Center	817 South Elm Place Suite B Broken Arrow, OK 74012	918-258-6900	MH-SA/TX/OP/DU/SF PI MI/SS/AH
Narconon	HC 67 Box 5	800-468-6933	SA/TX DT/RS

Arrowhead/OK	Canadian, OK		www.stopaddiction.com
Southwest Youth & Family Services	198 East Almar Dr. PO Box 829 Chickasha, OK 73023	405-222-5437	MH-SA/TX/OP/AD CJ/SF MD/SS PA
Tri City Youth and Family Center	14625 NE 23 rd Choctaw, OK 73020	405-390-8131	MH-SA/TX DT/OP/AD CO DU/SF MD MC PI MI/SS PA/AH
Rogers County Drug Abuse Program	1010 East Will Rogers Blvd. Claremore, OK 74018	918-342-3334	SA/TX/OP/AD CO MN DU CJ/SF/SS PA/AH
George Hawkins Memorial Treatment Ctr.	709 North 20 th St. Clinton, OK 73601	580-323-9400	SA/TX/RL OP/SE PW WN MN/PA
Muskogee Creek Nation Behavioral Health	31870 E. Hwy 51 Coweta, OK 74429	918-279-3471	MH-SA/TX/OP/CO/MD MC PL MI
Cushing Valley Hope	100 S. Jones Cushing, OK 74023	Intake: 800-722-5940	SA/TX/DT BU/RS/WN/MC www.valleyhope.com
Kiamichi Council on Alcoholism and Other Drug Abuse	307 W. Elm St. Durant, OK 74701	580-924-6692	SA/TX/OP/CO PW WN DU CJ/MC SI/SS
Mental Health and Subst. Abuse Ctrs of Southern OK/Bryan County	1001 W. Main St. Durant, OK 74701	800-522-1090	MH-SA/TX/OP/SF MD MC SI PI MI/SS PA/AH www.mhssso.org
Edmond Family Counseling Inc. Outpatient Drug/Alcohol Services	1251 N. Broadway Edmond, OK 73034	405-341-3554	MH-SA/TX/OP/AD CO HV GL SE PW WN MN DU CJ/SF MD/SS www.edmondfamilycounseling.org
Gary E Miller Canadian Co. Children's Justice Center	7905 E. Hwy 66 El Reno, OK 73036	Intake: 405-264-5575	SA/TX/RS RL OP/ AD CJ/SF/AH SP www.canadiancokids.com
Diversified Family Services	1021 E. Hwy. 66 Elk City, OK 73648	580-225-4337	MH-SA/TX/OP PH/AD WN MN/SF MD SI PI MI
Van's House	701 W. Main St. Enid, OK 73701	580-233-6070	SA/TX HH/RL OP/ WN MN/MC www.vanshouse.com
Behavioral Health Services of Creek Nation	200 Selmon Rd. Eufaula, OK 74432	918-618-2168	MH-SA/TX/OP/MD SI/PA
Oaks Rehab. Services Ctr.	119 E. McKinley Eufaula, OK 74432	918-689-3265	SA/TX/OP/AD PW WN MN/MD MC SI PI MI/SS PA/AH www.theoaksrehab.org
House of Hope Inc.	32300 South 625	918-786-2930	SA/TX/RS RL/MC

	Grove, OK 74344		
Four Winds Ranch Recovery Center for Adolescent Females	501 N. Santa Fe. Guthrie, OK 73044	Intake: 405-848-9393 405-260-0212	SA/TX DT/RS RL PH/AD CO/SF PI www.fourwindsranchrtc.com
Next Step Network	1004 Hwy 54 NW Guymon, OK 73942	Intake: 580-338-3707 580-338-7259	SA/TX/RL OP/ CO PW WN MN DU CJ/MC SS PA www.nextstepnetwork.com
Northwest Center for Behavioral Health Outpatient Satellite	1007 NE 4 th St. Guymon, OK 73942	580-338-5851	MH-SA/TX/OP/SF MD MC SI PI MI/SS PA/AH www.odmhsas.org
OK Families First Inc.	118 Main St. Holdenville, OK 74848	405-379-5256	MH-SA/TX/OP/SF MD MC PI MI/SS/AH www.okfamiliesfirst.com
Kiamichi Council on Alcoholism and Other Drug Abuse Inc.	308 East Jefferson Hugo, OK 74743	580-326-7862	SA/TX/OP/AD CO HV/DU MC SI/SS PA/AH
New Hope of Mangum Chemical Dependency Unit	2 Wickersham Drive Mangum, OK 73554	580-782-3337	SA/TX/RL OP/CO HV PW WN MN CJ/MC
Morning Star Adolescent Treatment Unite	Rt. 1 Box 14 Marietta, OK 73448	580-276-5443	MH-SA/TX/RL/AD CO/M
Oaks Behavioral Health Center	628 East Creek St. McAlester, OK 74501	918-423-6030	SA/TX DT HH/RS RL OP/AD PW WN BC MN/MD MD SI PI MI/SS PA/AH www.theoaksrehab.org
Professional Counseling And Consulting Services PC	400 E. Wyandotte McAlester, OK 74501	Intake: 918-420-5290	MH-SA/TX/OP/SF MD PI MI
Southeastern OK Social Services	512 East Chickasaw McAlester, OK 74501	918-302-0389	SA/TX/OP/AD CO WN DU CJ/SF MD PI MI/SS/AH
Southern OK Treatment Services	5912 US Highway Mead, OK 73449	580-745-9083	MH-SA/TX DT MM DM/OP/AD CO WN MN DU/ MC SI/SS www.treatmentservices.org
Northeastern OK Council on Alcoholism Inc.	130 West Steve Owens Miami, OK 74354	918-542-2848	SA/TX HH/RS RL OP/WN MN DU/SF SS PA
Quapaw Counseling Services	58150 E. 66 Rd. Miami, OK 74354	Intake: 918-542-1926 Hotline: 918-533-0000	SA/TX DT MM DM/OP/CO PW WN /SF MD SI
Quapaw Tribal Substance Abuse	51850 E. 66 Rd. Miami, OK 74354	888-333-4902	SA/TX/OP/AD DU/SF/SS www.quapawtribe.com

Moore Alcohol and Drug Center Inc.	624 NW 5 th St. Moore, OK 73160	405-799-3379	MH-SA/TX/OP/AD/SF MD MC SI/SS PA/AH
White Horse Ranch LLC	1601 Wilkie Rd. Mooreland, OK 73852	580-994-5649	MH-SA/TX/RS RL/AD SF MD PL
Monarch Inc.	2310 W. Broadway Muskogee, OK 74401	918-682-7210	SA/TX DT HH/RS RL/AD CO HV GL SE PW WN DU CJ/SF/SS PA/AH www.monarchok.org
Women in Safe Home Inc. ANEWWAY	514 MLK Street Muskogee, OK 74401	918-682-7879	SA/TX/OP/CO WN/PA
Crossroads Youth and Family Services	1650 W. Tecumseh Rd. Norman, OK 73069	405-321-0240	MH/TX/OP/AD/SF MD/AH www.crossroadsyfs.com
NAIC/Center for Oklahoma Alcohol and Drug Services Inc.	215 West Linn Norman, OK 73070	405-321-0022	SA/TX/OP/AD CO PW WN DU CJ/MD MC SI PI/SS PA/AH www.naichelp.org
Norman Alcohol and Drug Treatment Ctr.	900 E. Main St. Norman, OK 73070	405-573-6624	MH-SA/TX/RS/WN MN/MC PL/AH www.odmhsas.org
Norman Regional Hospital	901 North Porter Norman, OK 73071	405-307-1000	MH/DT/HI/SF MD MC PI MI www.normanregional.com
A Chance to Change	5228 Classen Cr. OKC, OK 73118	405-840-9000	SA/TX/OP/AD/MC/AH www.achancetochange.org
Care for Change Inc.	3621 Kelley Ave. OKC, OK 73111	405-524-5525	SA/TX/OP/AD WN MN CJ/MD MC SI/AH www.careforchange.org
Community House	1501 NW 11 th St. OKC, OK 73117	Intake: 405-230-1138	SA/TX/RS RL/CO HV PW WN MN/MC MI/SS/AH www.drionline.org
Drug Recovery Inc. Outpatient	425 NW 7 th OKC, OK 73102	Intake: 405-230-1147	MH-SA/TX/OP/CO PW WN MN CJ/MC SI MI/SS PA www.drugrecoveryinc.org
Enrichment Center Reach for the Light Inc.	1418 Linwood Blvd. OKC, OK 73106	405-601-0295	MH-SA/TX/OP/CO MN CJ/SF/SS PA www.reachfortheight.com
Family Recovery Counseling Center Inc.	4801 Classen Blvd. OKC, OK 73118	405-879-0482	SA/TX/OP/CO PW WN DU CJ/MC/SS
Integrus Mental Health Decisions Day Treatment Program	5100 N. Brookline Suite 950 OKC, OK 73112	Intake: 405-717-9840	MH-SA/TX DT/OP PH/CO/MC PI www.integrus-health.com
Jordan's Crossing Inc.	301 SW 74 th St. OKC, OK 73139	405-604-9644	SA/TX/RL OP/PW WN BC/SF/SS PA/SP www.jordanscrossinginc.org

Maximus Counseling Inc.	5714 S. Western OKC, OK 73109	Intake: 405-822-1754 405-601-1154	MH-SA/TX/OP/AD CO PW WN DU CJ/SF MD/SS PA
New Day Recovery Youth and Family Services Inc.	4420 N. Lincoln Blvd. OKC, OK 73105	405-525-0452	MH/TX/OP/AD CJ/MC SI/AH
New Discoveries Youth/Family Services Inc.	628 NW 4 th St. OKC, OK 73104	405-232-1401	MH-SA/TX/OP/CO/MD SI MI/SS
OKC Valley Hope Drug and Alcoholism Center	6110 NW 63th St. OKC, OK 73132	405-946-7337	SA/TX/OP/CO/SF PI www.valleyhope.com
Red Rock Behavioral Health Services Northside Office	1214 N. Hudson St. OKC, OK 73112	Intake: 405-524-6500	MH-SA/TX/OP/AD CO HV GL SE WN MN CJ/SF MD MC/SS www.red-rock.com
Referral Center for Alcohol and Drug Services of Central OK Inc.	1215 NW 25 th St. OKC, OK 73106	405-525-2525	SA/TX DT BU/HI RS OP/SF MD PI www.trcok.com
Saint Anthony's Hospital Start Recovery Program and Treatment Program	2129 SW 59 th St. OKC, OK 73159	Intake: 405-272-6216 405-713-5710	SA/TX DT BU/HI RS OP PH/SF MD MC PI MI/AH www.saintsok.com
Specialized Outpatient Services Inc.	5208 N. Classen Cr. OKC, OK 73118	405-810-1766	SA/TX OP/AD CO WN MN DU CJ/SF MD/SS PA/SP www.okcsos.com
Total Life Counseling	3000 United Founders Blvd. OKC, OK 73112	405-840-7040	SA/TX/OP/AD CO PW WN DU CJ/MC SI PI MI/PA
Transitions Inc.	6051 N. Brookline OKC, OK 73112	405-810-0054	MH/TX/OP/MD MC SI PI www.transitionsokc.com
Veterans Affairs Medical Center Substance Abuse Treatment Center	921 NE 13 th OKC, OK 73104	405-270-0501	SA/TX DT MM BU/HI OP/CO SE WN /MC PI/PA/AH SP
Creek Nation Behavioral Health Substance Abuse Services	100 W. 7 th St. Okmulgee, OK 74447	918-758-1910	MH-SA/TX/OP/SU/SF MD SI/PA
Osage Nation Counseling Center Substance Abuse Program	518 Leahy Street Pawhuska, OK 74056	918-287-5422	TX/OP/WN/SF www.osagetribe.com
PRT Residential Inpatient Treatment	1107 Grandview Pawhuska, OK 74056	918-287-5417	SA/TX/RL/SF www.osagenation.org
Community	600 Denver	918-762-3686	SA/TX/OP/SE WN MN DU/MC

Alcoholism Services	Pawnee, OK 74058		SI/SS PA/AH
Bridgeway Inc.	620 W. Grand St. Ponca City, OK 74601	580-762-9057	SA/TX HH/RS OP/CO HV GL SE PW WN MN DU CJ/MD MC SI PI MI/AH SP
McAlester Alcoholism Council Inc. DBA The Oaks	700 S. Broadway Poteau, OK 74953	918-647-3546	SA/TX/OP/AD PW WN MN/MD MC SI PI MI/SS PA/AH www.theoaksrehab.org
Oklahoma Treatment Services LLC	117 E. Ray Fine Roland, OK 74954	918-427-3344	Methadone and Buprenorphine Clients Only SA/TX DT MM DM BU/OP PW/SF PI AH
FOCUS	1401 N. Maple St. Sallisaw, OK 74955	918-775-2657	SA/TX DT MM DM BU/OP/PW/SF PI/AH
People Inc.	205 S. JT Stites St. Sallisaw, OK 74955	918-775-7787	MH-SA/TX/OP/AD WN MN CJ/MD MC SI MI/AH www.peopleinc.org
Tulsa's Boys Home	2727 S. 137 th W. Ave. Sand Springs, OK 74063	918-245-0231	MH-SA/TX HH/RI RL/AD SF/SS www.tulsaboyshome.org
Gateway to Prevention and Recovery	1010 E. 45 th St. Shawnee, OK 74804	405-273-1170	SA/TX/OP/AD/MC SI PI/SS/AH www.gatewaytoprevention.org
Starting Point II Inc.	608 Highpoint Dr. Stillwater, OK 74075	Intake: 405-377-1547	SA/TX DT/RS OP/CJ/SF MD/SS www.stillwatermall.com
Bill Willis Community Mental Hlth and Subst. Abuse Ctr. Adair County Satellite	716 S. 2 nd St. Stilwell, OK 74960	918-696-6212	MH-SA/TX/OP/SF MD MC PI/PA www.odmhsas.org/subab.htm
Bill Willis Community Mental Health and Substance Abuse Center	1400 S. Hensley Tahlequah, OK 74464	918-207-3000	MH-SA/TX/RS OP/MN/SF MD MC PI/PA/AH www.odmhsas.org/subab.htm
Jack Brown Regional Treatment Center		918-453-5500	SA/TX/RS RL/AD/SI/PA
Choctaw Nation Recovery Center	Highway 63 Talihina, OK 74571	918-597-2389	SA/TX/RS/N6 www.choctawnation.com
Family and Children's Services	3604 N. Cincinnati St. Tulsa, OK 74106	918-425-4200	MH-SA/TX/OP/CO/MN/MD MC/PA/SP www.fcsok.org

Indian Healthcare Resource Center of Tulsa Inc.	550 S. Peoria Ave. Tulsa, OK 74120	918-588-1900	GH/TX/OP/CO/SF MD MC PI/SS PA www.ihcrc.org
Laureate Psych Clinic and Hospital CD IOP	6655 S. Yale Tulsa, OK 74136	918-491-5675	MH-SA/TX DT BU/HI OP PH/SF MC PI/AH www.laureate.com
New Choice Inc.	2761 E. Skelly Dr. Suite 700 Tulsa, OK 74105	918-663-6057	SA/TX/OP/GL PW WN MN/SF PI www.drrandyvan.mystie.com
Palmer Drug Abuse	711 S. Sheridan Tulsa, OK 74112	918-832-776	SA/TX/OP/AD/SF SI MI/PA/SP www.palmer-tulsa.org
Tulsa Center for Behavioral Health	2323 S. Harvard Tulsa, OK 74114	918-293-2140	MH-SA/TX DT/HI RS RL/CO WN MN/PA/AH
Tulsa Women and Children's Center Palmer Continuum of Care	2442 E. Mohawk Tulsa, OK 74110	918-430-0975	SA/TX/RL/WN BC/PA www.palmer-tulsa.org
Valley Hope Assoc. DBA Tulsa Valley Hope	1422 E. 71 st ST. Tulsa, OK 74136	918-493-9475	SA/TX/OP/SF PI www.valleyhope.com
Valliant House LLC	300 N. Dalton Valliant, OK 74764	580-933-7031	SA/TX/RL OP/WN SF/PA www.vallianthouse.com
House of Hope	442606 E. 250 R. Building 4 Vinita, OK 74301	918-786-2930	SA/TX/RS RL OP/SF
Vinita Alcohol And Drug Treatment Ctr.	442104 E. 250 Building 7 Vinita, OK 74301	918-256-7841	MH-SA/TX/RL/CO WN/SF MD MC SI PI/SS PA www.geocities.com/vadtc
Northwest Substance Abuse Treatment Women and Children	500 S. Nickerson St. Waynoka, OK 73860	580-824-0674	SA/TX/RL/WN BC MD MC SI PI MI/SS PA/AH
Lighthouse Substance Abuse Services of NW Center Behavioral Health	5050 Williams Woodward, OK 73801	580-256-9700	SA/TX/RS/WN MN/SF PI/SS

TWELVE STEP PROGRAMS PHONE NUMBERS AND WEB SITES

Adult Children of Alcoholics (California)		www.adultchildren.org
Alanon and Alateen World Service Office (Virginia) Meeting Info English & Hispanic	212.870.3400 888.4AL.ANON 800.344.2666 212.870.3400	www.al-anon.org www.al-anon-alateen.org
Oklahoma City Intergroup	405.767.9071	okcal-anon@prodigy.net
Tulsa Intergroup/Info Service	918.627.9114	www.tulsa.org/alanon
Alcoholics Anonymous World Services, Inc. (New York)	212.870.3400	www.alcoholics-anonymous.org
OKC Intergroup OKC Hotline	405.949.0910 405.524.1100	okcintergroup.org
Tulsa Hotline and Intergroup	918.627.2224	
Cocaine Anonymous World Service Office (California) International Referral	310.559.5833 800.347.8998	www.ca.org
Oklahoma City	405.560.0017	
Tulsa	918.734.0982	
Co-Anon Family Groups World Services (Arizona)	800.898.9985 520.513.5028	www.co-anon.org
Marijuana Addicts Anonymous World Services (California)	800.766.6779	www.marijuana-anonymous.org
Narcotics Anonymous World Services	818.773.9999	www.na.org
Oklahoma City	405.524.7068	www.okna.org
Tulsa Eastern Oklahoma	918.747.0017 888.749.0017	www.okna.org/easc
Plains Area	800.982.0242	www.okna.org/pasc
Western Area	405.524.7068	www.okna.org/wasc
Red River Area	888.629.6757 (888.NAWORKS)	www.redriverareana.org

OTHER RECOMMENDED CONTACTS

Contact – Crisis Hotline – OKC	405.848.2273
Helpline – Tulsa	918.836.4957 (918.836.HELP)