

All of Us Can Be a Part of the Solution

Little Rock 2019

A substance use resource guide for prevention, treatment,
recovery, and harm reduction.



Members of the following organizations contributed to the resource guide:

Clinton Foundation

Interfaith Arkansas

Clinton Presidential Center

Arkansas Department of Health

Arkansas Culture and Dialog Center

San Damiano Ecumenical Catholic Church

Congregation B'nai Israel

Canvas Community Church

Pulaski Heights United Methodist Church

North Pulaski United Methodist Church

St. Andrews Methodist Church

Local Spirituality Assembly of the Bahá'ís of North Little Rock Arkansas

St. Mark's Episcopal Church

Second Presbyterian Church

City Church Network

Christian Ministerial Alliance

St. James UMC (Pine Bluff)

Hindu Society

Islamic Center of Little Rock

On behalf of the Clinton Foundation and our partners at Interfaith Arkansas and the Arkansas Department of Health, we are pleased to offer this resource guide to the Little Rock community. This guide is the fruit of arduous and exciting labor of distinguished faith leaders from throughout Little Rock. This guide provides a listing of prevention, treatment, recovery and harm reduction resources to bring hope and healing to individuals, families, and communities.

In 2017, we lost more than 70,000 lives to drug overdoses in the United States alone. That amounts to nearly 200 lives lost every day, eight overdose deaths every hour, and another life lost every eight minutes. But these deaths are more than statistics; each of these were real people with real stories. They were moms and dads, brothers and sisters, sons and daughters, friends and co-workers. The circumstances of their deaths may differ from person to person, but what they have in common is the reality that they are gone, and they were unable to stave off the horrors of addiction. Sadly, the tragedy is compounded by a continued surge in overdose deaths driven primarily by opioids.

The disease of addiction affects all of us, regardless of age, race, gender, creed, religion, or lack of religion. Gone are the days of not knowing someone – directly or indirectly – with an addiction problem. Because it affects all of us, it will require all of us working together to make a difference. There is no one right way to solve for this crisis. It will take a long-term, sustained approach and the involvement and deep partnership of organizations and individuals across sectors and in all pockets of our communities.

To this end, members of the Little Rock faith-based community worked across their own faith traditions to develop this guide together. Faith leaders help educate, motivate, and mobilize their communities and can be the catalyst and the glue that hold all of us together while we all hold on to hope that this can and will get better. Working together collectively across faith traditions reminds us all that the whole truly is greater than the sum of its parts.

This guide attempts to provide many of the services and resources that are available to the Little Rock community. We hope that it will help residents navigate through the web of available services and find what they need. If you have found this guide useful, please pass it on to a person who needs it!

The Clinton Foundation does not recommend or endorse any health care providers, tests, products, procedures, treatments or resources covered in this guide. They are listed here for informational purposes only.

Glossary of Key Terms

12-Step Program: A group providing mutual support and fellowship for people recovering from addictive behaviors. The first 12-step program was Alcoholics Anonymous (AA), founded in 1935; an array of 12-step groups following a similar model have since emerged and are the most widely used mutual aid groups and steps for maintaining recovery from alcohol and drug use disorders. It is not a form of treatment, and it is not to be confused with the treatment modality called Twelve-Step Facilitation.

Abstinence: Not using alcohol or drugs.

Addiction: The most severe form of substance use disorder, associated with compulsive or uncontrolled use of one or more substances. Addiction is a chronic brain disease that has the potential for both recurrence (relapse) and recovery.

Binge Drinking: For men, drinking 5 or more standard alcoholic drinks, and for women, 4 or more standard alcoholic drinks on the same occasion on at least 1 day in the past 30 days.

Case Management: A coordinated approach to delivering general health care, substance use disorder treatment, mental health, and social services. This approach links clients with appropriate services to address specific needs and goals.

Compulsivity: Repetitive behaviors in the face of adverse consequences, as well as repetitive behaviors that are inappropriate to a particular situation. People suffering from compulsions often recognize that the behaviors are harmful, but they nonetheless feel emotionally compelled to perform them. Doing so reduces tension, stress, or anxiety.

Continuum of Care: An integrated system of care that guides and tracks a person over time through a comprehensive array of health services appropriate to the individual's need. A continuum of care may include prevention, early intervention, treatment, continuing care, and recovery support.

Dependence: A state in which an organism only functions normally in the presence of a substance, experiencing physical disturbance when the substance is removed. A person can be dependent on a substance without being addicted, but dependence sometimes leads to addiction.

Drug Diversion: A medical and legal concept involving the transfer of any legally prescribed controlled substance from the person for whom it was prescribed to another person for any illicit use.

Heavy Drinking: Defined by the Centers for Disease Control

and Prevention (CDC) as consuming 8 or more drinks per week for women, and 15 or more drinks per week for men, and by the Substance Abuse and Mental Health Services Administration (SAMHSA), for research purposes, as binge drinking on 5 or more days in the past 30 days.

Intervention: A professionally delivered program, service, or policy designed to prevent substance misuse (prevention intervention) or treat a substance use disorder (treatment intervention).

Medication assisted treatment (MAT): MAT is the use of FDA-approved medications, in combination with counseling and behavioral therapies, to provide a “whole-patient” approach to the treatment of substance use disorders. Research shows that a combination of medication and therapy can successfully treat these disorders, and for some people struggling with addiction, MAT can help sustain recovery. The FDA has approved several different medications to treat opioid use disorder and alcohol use disorder.

Negative Reinforcement: The process by which removal of a stimulus such as negative feelings or emotions increases the probability of a response like drug taking.

Opioid Treatment Program (OTP): SAMHSA-certified program, usually comprising a facility, staff, administration, patients, and services, that engages in supervised assessment and treatment, using methadone, buprenorphine, or naltrexone, of individuals who have opioid use disorders. An OTP can exist in a number of settings, including but not limited to intensive outpatient, residential, and hospital settings. Services may include medically supervised withdrawal and/or maintenance treatment, along with various levels of medical, psychiatric, psychosocial, and other types of supportive care.

Positive Reinforcement: The process by which presentation of a stimulus such as a drug increases the probability of a response like drug taking.

Prescription Drug Misuse: Use of a drug in any way a doctor did not direct an individual to use it.

Protective Factors: Factors that directly decrease the likelihood of substance use and behavioral health problems or reduce the impact of risk factors on behavioral health problems.

Recovery: A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential. Even individuals with severe and chronic substance use disorders can, with help,

overcome their substance use disorder and regain health and social function. This is called remission. When those positive changes and values become part of a voluntarily adopted lifestyle, that is called “being in recovery”. Although abstinence from all substance misuse is a cardinal feature of a recovery lifestyle, it is not the only healthy, pro-social feature.

Relapse: The return to alcohol or drug use after a significant period of abstinence.

Remission: A medical term meaning that major disease symptoms are eliminated or diminished below a pre-determined, harmful level.

Risk Factors: Factors that increase the likelihood of beginning substance use, of regular and harmful use, and of other behavioral health problems associated with use.

Substance: A psychoactive compound with the potential to cause health and social problems, including substance use disorders (and their most severe manifestation, addiction).

Substance Misuse: The use of any substance in a manner, situation, amount or frequency that can cause harm to users or to those around them. For some substances or individuals, any use would constitute as misuse (e.g., under-age drinking, injection drug use).

Substance Misuse Problems or Consequences: Any health or social problem that results from substance misuse. Substance misuse problems or consequences may affect the substance user or those around them, and they may be acute (e.g., an argument or fight, a motor vehicle crash, an overdose) or chronic (e.g., a long-term substance-related medical, family, or employment problem, or chronic medical condition, such as various cancers, heart disease, and liver disease). These problems may occur at any age and are more likely to occur with greater frequency of substance misuse.

Substance Use: The use—even one time—of any substance.

Substance Use Disorders: A medical illness caused by repeated misuse of a substance or substances. According to the Fifth Edition of the *Diagnostic and Statistical Manual of Mental Disorders* (DSM-5), substance use disorders are characterized by clinically significant impairments in health, social function, and impaired control over substance use and are diagnosed through assessing cognitive, behavioral, and psychological symptoms. Substance use disorders range from mild to severe and from temporary to chronic. They typically develop gradually over time with repeated misuse, leading to changes in brain circuits governing incentive salience (the ability of substance-associated cues to trigger substance

seeking), reward, stress, and executive functions like decision making and self-control.

Substance Use Disorder Treatment: A service or set of services that may include medication, counseling, and other supportive services designed to enable an individual to reduce or eliminate alcohol and/or other drug use, address associated physical or mental health problems, and restore the patient to maximum functional ability.

Tolerance: Alteration of the body’s responsiveness to alcohol or a drug such that higher doses are required to produce the same effect achieved during initial use.

Withdrawal: A set of symptoms that are experienced when discontinuing use of a substance to which a person has become dependent or addicted, which can include negative emotions such as stress, anxiety, or depression, as well as physical effects such as nausea, vomiting, muscle aches, and cramping, among others. Withdrawal symptoms often lead a person to use the substance again.

Wrap-Around Services: Wrap-around services are non-clinical services that facilitate patient engagement and retention in treatment as well as their ongoing recovery. This can include services to address patient needs related to transportation, employment, childcare, housing, legal and financial problems, among others.

Source: U.S. Department of Health and Human Services (HHS), Office of the Surgeon General, Facing Addiction in America: The Surgeon General’s Report on Alcohol, Drugs, and Health. Washington, DC: HHS, November 2016.

Substance Use Disorder Treatment Programs

The goal of substance use disorder treatment is to help individuals stop or reduce harmful substance misuse, improve their health and social function, and manage their risk for relapse. Treatment services are traditionally provided in residential and outpatient programs that are outside of the main healthcare system and may include medication, counseling and other supportive services. The type and duration of treatment depends on the severity of the substance use disorder. Mild substance use disorders often respond to brief interventions and supportive monitoring. Severe substance use disorders often require specialty treatment and continued post-treatment support to achieve full remission and recovery.

SAMHSA TREATMENT SERVICES LOCATOR

A comprehensive, confidential, and anonymous source of information for persons seeking treatment facilities in the United States or U.S. Territories for substance abuse, addiction, and mental health problems.

1-800-662-4357

www.findtreatment.samhsa.gov/

RESIDENTIAL TREATMENT FOR ADULTS

Baptist Health Recover

Inpatient alcohol and drug treatment program for adults 18 years and older. Provides inpatient detoxification. A complimentary assessment is offered.

9601 Interstate 630, Little Rock

(501) 202-2893

<https://www.baptist-health.com/location/baptist-health-recover>

Gyst House

Residential treatment program with a wide range of stabilization services such as job and educational assistance and referral, family-based services and court liaison. Outpatient services are also available (at OP House). Monthly fees are paid with cash or check.

8101 Frenchmans Lane, Little Rock

(501) 568-1682

www.gysthouseinc.com

Harbor House Inc.

Residential treatment services for men and women. Follows a 12-step recovery model with evidence based cognitive behavioral therapy, motivational enhancement therapy and other approaches. Also offers intensive outpatient and outpatient treatment services. Specialized program for pregnant woman and their children. Accepts most insurance, Medicaid and Medicare accepted only for residents of Sebastian, Crawford, Logan, Franklin, Scott, Polk countries. Medication Assisted Treatment available.

Fort Smith, Arkansas

(479) 785-4083 / (855) 631-4648

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

Hoover Treatment Center

Residential treatment using a faith-based approach. Also provides outpatient services. Accepts some private insurance and operates on a sliding scale fee schedule based on a client's documentation of income, no one is turned away for inability to pay.

3604 West 12th Street, Little Rock

(501) 663-4774

www.bcdinc.org/index-9.html

Mid-South Health Systems

Residential treatment program for adult males. Insurance accepted, sliding scale and some funding available. Medication Assisted Treatment available.

801 Newman Drive, Helena

(870) 338-3900

www.mshs.org

New Beginnings C.A.S.A

Residential alcohol and drug treatment program with five levels of care. Detoxification, Medication Assisted Treatment and outpatient treatment services also available. Special program for pregnant and parenting mothers. Sliding scale, some state funding and some insurances accepted.

412 York Street, Warren

(870) 226-9970

www.nbcasa.org

Quality Living Center

Residential treatment with the understanding that alcoholism and drug addiction are primary diseases of a bio-psychosocial nature with a spiritual component. Also offers partial hospitalization and outpatient treatment. Accepts Blue Cross Blue Shield and private pay.

3925 Asher Ave, Little Rock

(501) 663-3490

<https://qualitylivingcentertreatment.net/#about>

Quapaw House

Adult residential treatment programs located in Bentonville, Hot Springs and Searcy. Medical and observational detoxification, outpatient services, transitional living and Medication Assisted Treatment available. Specialized program for mothers and their children. Some insurances accepted.

Bentonville, Hot Springs, Searcy

(501) 767-4456

<https://www.quapawhouseinc.org/>

Recovery Centers of Arkansas

Residential treatment following a 12-step model. Four locations in Greater Little Rock including a program specifically for working professionals. Intensive outpatient and outpatient treatment also available. Offers payment options including partial scholarships and accepts credit cards. Medication Assisted Treatment available for patients in residential treatment.

Little Rock

(501) 372-4611

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

FINDING QUALITY TREATMENT FOR SUBSTANCE USE DISORDERS

This fact sheet serves as a guide for individuals seeking treatment. It provides three necessary steps to complete prior to utilizing a treatment center and the five signs of a quality treatment center, which include a review of the accreditation, medication, evidence-based practices, position on the role of families, and support networks.

<https://store.samhsa.gov/system/files/pep18-treatment-loc.pdf>

OUTPATIENT TREATMENT FOR ADULTS**Bradford Health Services**

Intensive outpatient program and continuing care for adults. Referrals for medical detox and residential services. A free Concerned-Persons program, for people struggling to understand a loved one's addiction. Accepts most major insurances and offers private-pay options as well.

11215 Hermitage Road, Little Rock

(501) 725-8000

<https://bradfordhealth.com/>

Center for Addiction Treatment and Rehabilitation (CATAR Clinic)

Treatment for opioid use disorder utilizing Medication Assisted Treatment, group and individual counseling. Call for pricing and insurance information.

4260 Stockton Drive, Suite B, North Little Rock

(501) 664-7833

www.catarclinic.org

Harbor House Inc.

Intensive outpatient treatment following a 12-step recovery model with evidence based cognitive behavioral therapy, motivational enhancement therapy and other approaches. Residential treatment also offered. Specialized program for pregnant woman and their children. Accepts most insurance, Medicaid and Medicare accepted only for residents of Sebastian, Crawford, Logan, Franklin, Scott, Polk counties. Medication Assisted Treatment available.

615 North 19th Street, Fort Smith

(479) 785-4083 / (855) 631-4648

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

Hoover Treatment Center

Provides outpatient treatment using a faith-based approach. Also provides residential treatment. Accepts some private insurance and operates on a sliding scale fee schedule based on a client's documentation of income, no one is turned away for inability to pay.

3604 West 12th Street, Little Rock

(501) 663-4774

www.bcdinc.org/index-9.html

TREATMENT PROGRAMS

New Beginnings C.A.S.A

Outpatient alcohol and drug treatment programs at multiple locations throughout Arkansas. Residential services, detoxification, Medication Assisted Treatment are available. Sliding scale, some state funding and some insurances accepted.

1-844-220-9970
www.nbcasa.org

OP House (Outpatient House)

The second phase of Gyst House's treatment program. The structure is set up to give individuals more freedom while requiring them to abide by certain structures to stay in the program. Monthly fees are paid with cash or check.

1910 S. Park Street, Little Rock
(501) 372-6800
<http://www.gysthouseinc.com/OP-House.html>

Psychiatric Research Institute's Center for Addiction Services and Treatment at the University of Arkansas for Medical Sciences

Outpatient program that relies on Medication Assisted Treatment, group and individual therapy to treat opioid addiction in adults. Does not accept clients with a history of severe mental illness.

4301 W. Markham, Little Rock
(501) 526-8400
<http://psychiatry.uams.edu/clinical-care/cast/>

Quality Living Center

Outpatient treatment with the understanding that alcoholism and drug addiction are primary diseases of a bio-psychosocial nature with a spiritual component. Residential treatment and partial hospitalization also offered. Accepts Blue Cross Blue Shield and private pay.

3925 Asher Ave, Little Rock
(501) 663-3490
<https://qualitylivingcentertreatment.net/#about>

Quapaw House

Intensive outpatient, outpatient and partial outpatient programs available. Residential treatment also available. Nearly 30 locations throughout Arkansas. Medication Assisted Treatment available. Some insurances accepted.

(501) 767-4456
<https://www.quapawhouseinc.org/>

Recovery Centers of Arkansas

Intensive outpatient and outpatient services following a 12-step model. Residential services and a Veterans Administration housing program also available. Four locations in Greater Little Rock including a program specifically for working professionals. Offers payment options including partial scholarships and accepts credit cards.

(501) 372-4611
<http://www.rcofa.org/>

RESIDENTIAL TREATMENT FOR ADOLESCENTS

Quapaw House

Residential treatment integrates the 12-step model and an outdoor program to provide adolescents a holistic approach toward recovery. Clients will not be admitted if they test positive for alcohol, benzodiazepines, or opiates. Medication Assisted Treatment available. Some insurances accepted.

276 Linden Street, Hot Springs
(501) 767-4456
<https://www.quapawhouseinc.org/>

OUTPATIENT TREATMENT FOR ADOLESCENTS

Quapaw House

Intensive outpatient, outpatient and partial outpatient programs. Medication Assisted Treatment available. Locations in Hot Springs, Searcy, and Bentonville. Some insurances accepted.

(501) 767-4456
<https://www.quapawhouseinc.org/>

INFORMATION FOR MILITARY SERVICE MEMBERS AND VETERANS SEEKING TREATMENT FOR SUBSTANCE USE DISORDER.

If you are serving in an Active Duty capacity, report to the nearest military facility to access treatment. The staff at the health clinic at the base will determine the specific care you need and will work with you to access care at the VA or at a community provider.

If you are serving in the National Guard or Reserves and are a Veteran, you can access services at the VA or at a community provider. Others can use TRICARE insurance to obtain services in the community. You may want to alert your command to your treatment so it can be tracked for unit readiness.

If you are a Military Veteran, services available to you at the VA include:

Medical detoxification

John L. McClellan Memorial Veterans Hospital
4300 W 7th Street, Little Rock
(501) 257-1000

Ambulatory detoxification

Eugene J. Towbin/Foot Roots Facility
2200 Fort Roots Drive, Building 170, Clinic 3L, North Little Rock
Monday-Friday 8am- 3pm
(501) 257-2846

If you are uncertain as to if you require medical detox or ambulatory detox services you can report to the Emergency Department for assistance.

Central Arkansas Veterans Healthcare Facilities

Offer a full spectrum of drug and alcohol services including medical detox, 28-day residential program, intensive outpatient program, Medication Assisted Treatment, dual diagnosis residential treatment, transitional housing and individual and group outpatient programs.

John L. McClellan Memorial Veterans Hospital

4300 W 7th Street, Little Rock
(501) 257-1000

Medication Assisted Treatment (MAT) for Opioid Use Disorder

MAT is the use of medications, in combination with counseling and behavioral therapies, to provide a “whole patient” approach to the treatment of substance use disorders. Research shows that a combination of medication and therapy can successfully treat these disorders, and for some people struggling with addiction, MAT can help sustain recovery. MAT is used for the treatment of addiction to opioids such as heroin and prescription pain relievers that contain opiates and alcohol. It normalizes brain chemistry, blocks the euphoric effects of alcohol and opioids, relieves physiological cravings and normalizes body functions.

Center for Addiction Treatment and Rehabilitation (CATAR Clinic)

Call for pricing and insurance information.

4260 Stockton Drive, Suite B, North Little Rock

(501) 664-7833

www.catarclinic.org

Harbor House Inc.

Accepts most insurance, Medicaid and Medicare accepted only for residents of Sebastian, Crawford, Logan, Franklin, Scott, Polk countries. Medication

(479) 785-4083 / (855) 631-4648

Fort Smith, Arkansas

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

Health For Life Clinic

1100 N University Ave, Little Rock

(501) 603-0003

<https://health-for-life-clinic-jefferson-terry-md.business.site/>

Mid-South Health Systems/Northeast Arkansas Community Center

May be able to provide funding for uninsured and underinsured residents of 20 local counties of Northeast Arkansas.

2707 Browns Lane, Jonesboro

(870) 972-4000

<https://www.mshs.org/>

New Beginnings C.A.S.A

May have funding available for underinsured and uninsured residents of local 10 county area.

412 York Street, Warren, Arkansas

(870) 22-9970

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

Psychiatric Research Institute's Center for Addiction Services and Treatment at the University of Arkansas for Medical Sciences

Does not accept clients with a history of severe mental illness.

4301 W. Markham, Little Rock

(501) 526-8400

<http://psychiatry.uams.edu/clinical-care/cast/>

Quapaw House

Some insurances accepted and may have some state funding for uninsured and uninsured residents.

812 Mountain Pine Road, Hot Springs

(501) 767-4456

<https://www.quapawhouseinc.org/>

Recovery Centers of Arkansas

May have funding available for individuals who are uninsured or underinsured in Lonoke, Prairie, Pulaski and Saline counties.

1201 River Road, North Little Rock

(501) 372-4611

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

Mutual Aid Groups

Mutual aid groups, such as 12-step programs provide support and fellowship for people recovering from addictive behaviors. The members share a problem or status and they value experiential knowledge – learning from each other’s experiences is a central element – and they focus on personal-change goals. The groups are voluntary associations that charge no fees and are self-led by members.

Alcoholics Anonymous (AA)

12-step recovery meetings for those who want to achieve or maintain sobriety. Focus on spiritual growth but not a religious organization. Free.

AA representative: (501) 664-7303

Find a meeting: <http://arkansascentraloffice.org/meetings/>

Host a support group: https://www.aa.org/pages/en_US/starting-a-new-aa-group

Al-Anon & Alateen

12-step recovery meeting for friends and family of alcoholics. Focus on spiritual growth but not a religious organization. Free.

Toll-free Meeting Line: (888) 425-2666

Find a meeting: <https://arkansasalanon.org/meetings/>

Celebrate Recovery

Christ-centered, 12-step recovery program for anyone struggling with hurt, pain or addiction of any kind. Free.

Find a meeting: <https://locator.crgroups.info/>

Host a support group: www.celebraterecovery.com/crgroups

Cocaine Anonymous (CA)

12-step recovery meeting for people who seek recovery from addiction to cocaine and other mind-altering substances; focus on spiritual growth but not a religious organization. Free.

Helpline: (501) 301-4827

Find a meeting: <http://www.caarkansas.org/meetings/>

Narcotics Anonymous (NA)

12-step recovery meeting for people who seek recovery from drug addiction; focus on spiritual growth but not a religious organization. Free.

Helpline: (800) 338-8750

Find a meeting: http://www.arscna.org/?page_id=48

Nar-anon

12-step program for families and friends of addicts; focus on spiritual growth but not a religious organization. Free.

Representative: (800) 477-6391

Find a meeting: <https://www.nar-anon.org/find-a-meeting/>

Parents of Addicted Loved Ones (PAL)

Primary goal is to provide hope through education and support for parents dealing with addicted loved ones. Open to anyone of any faith or background.

Representative: 480-300-4712

Find a meeting: <https://palgroup.org/find-a-meeting/>

SMART Recovery

Abstinence-based, self-help program for people having problems with drinking and using. Ideas and techniques. Free alternative to 12-steps.

Find a meeting: <https://www.smartrecoverytest.org/local/>

Start a SMART Recovery meeting: <http://www.smartrecovery.org/volunteer/>

No Cost and Low-Cost Health Care

Arkansas Department of Health

102 Clinics including WIC-specific clinics covering the entire state. Insurances accepted, sliding scale and some free services available.

4815 W. Markham, Little Rock

1-800-462-0599

<https://www.healthy.arkansas.gov/local-health-units>

Community Clinic, A Healthcare Ministry of St. Francis House NWA

Medical and mental health services. Accepts ARKids, Medicaid, Medicare, most private insurance plans and has a sliding scale for fees. Offers assistance to apply to state-sponsored health insurance. Bilingual staff. Clinics in Fayetteville, Roger, Siloam Springs, Springdale

1-855-438-2280

<https://www.communityclinicnwa.org/>

Jericho Way Day Resource Center

Day resource center with a range of services including basic health care, meals, showers, case management, internet, and transportation services offered.

3000 Springer Blvd, Little Rock

(501) 916-9859

<https://www.littlerock.gov/city-administration/mayors-office/jericho-way-center/>

River City Ministry

Day resource center with a range of services including health and dental clinics, meals, food pantry, clothing closet, showers, case management and referral for services. Spiritual counseling is offered. Call to schedule.

1021 E. Washington, North Little Rock

(501) 376-6694

<https://www.rivercityministry.org/>

St. Francis House Health Clinic

Healthcare for the uninsured or under-insured. Call to schedule an appointment. information.

2701 S. Elm Street, Little Rock

(501) 552-3241

<http://stfrancishouselr.org/>

Mental Health Counseling and Therapy

Mental health counseling and therapy are ways of helping people with mental health concerns.

The Centers for Youth and Families

Prevention, intervention and treatment services that promote emotional and social wellness for children and families. Residential treatment, outpatient counseling and day treatment. Accepts some private insurance plans.

6601 West 12th Street, Little Rock

(501) 666-8686

www.cfys.org

Counseling Associates

Community-based behavioral health services provided in Pope, Johnson, Yell, Conway, Perry and Faulkner counties. Sliding scale, insurance and payment plans available.

(501) 336-8300

www.caiinc.org

Family Service Agency, Inc.

Adolescent and adult counseling for a range of psychological issues. Accepts some insurance and has some funding for specific populations. Able to accommodate Spanish-speakers in individual counseling.

628 West Broadway, Suite 300, North Little Rock

(501) 372-4242

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

Little Rock Community Mental Health Center

24/7 crisis intervention, intake and assessment, outpatient therapy, medication management, housing services and mental health day treatment. Accepts Medicare, Medicaid, private insurance, sliding scale fees, and has grant money to be able to assist those without insurance.

1100 N. University Avenue, Little Rock

(501) 686-9300

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

Professional Counseling Associates

Mental health center offering services for children, adolescents and adults. Seven locations in Pulaski, Lonoke and Prairie counties. Crisis services available 24/7, intake and assessment, individual and group therapy, full-service pharmacy, medication management, housing and residential supports, day treatment services, and community intervention.

(501) 955-7600

<http://www.pca-ar.org/home.html>

Rivendell Behavioral Health Services

Group, individual and family therapy sessions for processing and developing coping skills. Assessments provided at no charge.

100 Rivendell Drive, Benton

(501) 316-1255

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

Southwest Arkansas Counseling and Mental Health Center

Outpatient mental health and substance use disorder treatment at various clinics throughout Southwest Arkansas.

(870) 773-4655

www.swacmhc.com

Youth Bridge

Counseling, medication management, treatment for substance use disorders, professional program referrals, academic and social support services and aftercare services available. Serves the 9 counties of Northern Arkansas, ages 14-18. Accepts Medicaid, AR Kids First, and other forms of private insurance, as well as a sliding scale based upon need.

(479) 575-9471

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

Hotlines

Hotlines are staffed by people who are trained to assist individuals who are experiencing a non-life-threatening mental health or substance use disorder-related crisis and/or feel overwhelmed and unsure of how to respond to the situation they are facing. For life-threatening emergencies please call 911 or your local emergency number.

Arkansas Crisis Center

Confidential and anonymous suicide intervention and counseling. Open Monday – Friday from 8am – 1am; Saturday – Sunday from 2pm -12 am.

(888) 274-7472

Central Arkansas Harm Reduction Project

A grassroots initiative, provides free naloxone, training and other life-saving resources to those who call their anonymous, confidential hotline number.

(501) 438-9158

Little Rock Community Mental Health Center

24/7 crisis intervention by mental health professionals.

(501) 686-9300

National Suicide Prevention Hotline

Provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

1-800-273-8255

Substance Abuse Treatment Helpline (SAMHSA)

Provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

1-800-662-4357

The Trevor Project

24/7 crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and queer (LGBTQ) young people ages 13-24.

1-866-488-7386

United Way's 2-1-1

Free, confidential referral and information helpline and website that connects people from all communities and of all ages to the essential health and human services they need, 24 hours a day, seven days a week.

www.211.org/

Wrap Around Services

Wrap-around services are non-clinical services that facilitate patient engagement and retention in treatment as well as their ongoing recovery. This can include services to address patient needs related to housing, transportation, employment, childcare, legal and financial problems, among others.

SOBER LIVING HOMES AND TRANSITIONAL LIVING

Having stable housing is a key indicator of an individual being successful in recovery. Sober living homes provide both a substance-free environment and mutual support from fellow recovering residents. Many residents stay in sober living homes during and/or after outpatient treatment, with self-determined residency lasting for several months to years.

Harbor House Inc.

Transitional living for men and women. Residents are required to be employed or in school. Most insurance accepted.

4500 Kelley Hwy, Fort Smith

(479) 785-4083 / (855) 631-4648

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

Hope House of Recovery

Women's chemical free transitional living with locations in Little Rock and Benton. Must be drug and alcohol free, medically stable, working with a recovery mentor; attend three recovery meetings weekly and over the age of 18. No children or men are allowed on the property. Must adhere to all rules of the house and pay rent of \$100.00 a week or \$360.00 a month. There are no time limits to living in the house.

(501) 565-4673

Phoenix Recovery of Arkansas

Chemical-free living environment for men and women recovering from alcohol and drug addiction. Women's program is located in Little Rock and men's programs are located in Conway and Springdale. Cost is approximately \$150/week, some funding may be available.

(501) 725-4907

<http://www.phoenixarkansas.com/>

Quapaw House

Clients are permitted to participate in transitional living for up to two years after completion of a residential treatment program. Programs located in Searcy and Hot Springs.

(501) 767-4456

<https://www.quapawhouseinc.org/>

Recovery Centers of Arkansas

Transitional living for men and women. Offers two chemical-free living programs in Little Rock for adults progressing successfully in recovery. Residents are required to be employed, disabled or actively seeking employment. Offers payment options including partial scholarships and accepts credit cards.

(501) 372-4611

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

Sober Living

Accepts men. Females need to be veterans and enter the program through the VA Day Treatment Center.

4201 John Barrow Road, Little Rock

(501) 562-0507

SHELTER PROGRAMS

Shelter programs can help address the root causes of homelessness through a range of services including mental and substance use disorder treatment, employment and other supports.

Compassion Center

Christian oriented shelter for men, women and youth, both emergency and long-term. 12 Step substance use recovery program.

Women: 4210 Asher Ave, Little Rock (501) 663-2972.

Men: 3618 W Roosevelt Road, Little Rock (501) 296-9114

<https://www.lrcompassioncenter.org/index.php>

Family Promise of Pulaski County

Local houses of faith work together to meet the needs of families with children under age 18. Offer food, shelter, shower, laundry facilities, and transportation. Each family receives job skills, budgeting and household management instruction to help ensure a successful future once they leave the program.

222 E 8th Street, Little Rock

(501) 372-0733

<https://www.familypromisepc.org/>

WRAP AROUND SERVICES

Gaines House

Transitional living shelter for homeless women, 18 or older who have been treated for a mental, physical or emotional disability. Fee is \$360/month. Provides assistance with locating long-term housing.

1702 South Gaines Street, Little Rock
(501) 376-4015

Immerse Arkansas

Provider of housing and a range of services of help young people ages 14-21 work towards success and independence.

5300 Asher Avenue, Little Rock
(501) 404-9890

<https://www.immersearkansas.org/youth>

Lucie's Place

Drop-in center for LGBTQ+ (lesbian, gay, bisexual, transgender, queer, questioning and other) young people ages 18-25. Provides LGBTQ young adults experiencing homelessness with safe living environments, job training and counseling services in order to ensure lifelong stability and success.

300 Spring Street, Suite 715, Little Rock
(501) 508-5005

<https://www.luciesplace.org/>

Our House

Housing, career, education and health and wellness services for individuals and families offered free of charge. Residents must find a full-time job in three weeks and can stay for up to two years.

302 East Roosevelt Road, Little Rock
(501) 374-7383

<https://ourhouseshelter.org/>

Salvation Army

The Salvation Army, an international movement, is an evangelical part of the universal Christian Church. Emergency shelter and transitional housing in Little Rock, shelter and nutrition assistance in Pine Bluff and nutrition assistance in Hot Springs.

(501) 374-9296

<http://salvationarmyaok.org/caac/about-us/>

Youth Bridge Adolescent Emergency Shelter

Emergency shelter for at-risk youth from 13 to 18 years of age. Serves the 9 counties of Northern Arkansas.

2153 E. Joyce Blvd., Suite 201, Fayetteville

(479) 575-9471

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

DAY SHELTERS AND RESOURCE CENTERS

Service agencies that offer space for people to go to obtain food, job counseling, training, health care and other support services.

Jericho Way Day Resource Center

Meals, showers, job counseling and training, case management, internet, basic health care and transportation services.

3000 Springer Blvd, Little Rock

(501) 916-9859

<https://www.littlerock.gov/city-administration/mayors-office/jericho-way-center/>

Partners Against Trafficking Humans (PATH)

Day Center, emergency transportation, vocational and other classes and referrals for survivors of sex trafficking, sexual assault or prostitution who are female teenagers and adults. Locations in Little Rock, Hot Springs, Jonesboro and Fayetteville.

(501) 993-1641/(501) 301-HELP(4357)

<http://pathsaves.org/>

River City Ministry

Meals, food pantry, clothing closet, showers, case management and referral for services, health clinic, dental clinic, eye clinic and pharmacy for healthcare clients. Spiritual counseling is offered.

1021 E. Washington, North Little Rock

(501) 376-6694

<https://www.rivercityministry.org/>

St. Francis House

Emergency and transitional housing for military veterans.

2701 S. Elm Street, Little Rock

(501) 664-5036

<http://stfranchishouselr.org/>

Veterans Administration Day Treatment Center

Hot meals, showers, job assistance, medical care for military veterans.

10th and Main Street, Little Rock

(501) 257-1000, ask for Day Treatment Center

Women and Children First

Emergency shelter for women and children fleeing domestic violence. Shelter intake is available 24-hours a day. Food, clothing, linens and hygiene items available at no cost.

(501) 376-3219

<https://www.wcfarkansas.org/>

FOOD & CLOTHING SERVICES

Arkansas Food Bank

Food is distributed daily throughout the state to local organizations, call or go to their website to see where you can get meals and food to take home locally. No income requirements, all are welcome.

(501) 565-8121

<https://arkansasfoodbank.org/>

Goodwill Industries Main Office

Goodwill Thrift Stores located throughout Greater Little Rock, call office or go to the website for addresses and business hours. For job interview clothing: open by appointment for registered clients ONLY. Must have interview before receiving clothes, referral is required, 1 outfit for job interview and one upon hire.

7400 Scott Hamilton Drive, Suite #50, Little Rock

(501) 372-5100

www.goodwillar.org

Greater Second Care Center

Food pantry and clothes closet open on 3rd Wednesday of every month at 12:00 pm. Open by appointment

5615 Geyer Springs Road, Little Rock

(501) 319-7874

www.greatersecond.org

LEGAL RESOURCES

Local

Legal Aid of Arkansas

Free legal services for low-income individuals residing in the state of Arkansas in civil (non-criminal) cases.

Locations in Arkansas Children's Hospital, Little Rock, Helena-West Helena, Jonesboro (main office), Harrison, Newport, Springdale and West Memphis, Arkansas

(870) 972-9224

<http://arlegalaid.org/welcome.html>

UA Little Rock William H. Bowen School of Law Clinics

Free legal services for individuals who qualify.

1201 McMath Avenue, #105, Little Rock

(501) 324-9441

<https://ualr.edu/law/clinical-programs/legal-clinic-services/>

Center for Arkansas Legal Services/Legal Aid of Arkansas

Website provides free resources to assist with finding legal support. Free civil legal assistance available to eligible low-income people throughout the state.

1300 West 6th Street, Little Rock

1-800-950-5817

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

Stateside Legal

Legal help for military members, veterans and their families.

<https://statesidelegal.org/statesidemap/Arkansas>

National

Good Samaritan Laws

Information about state laws that may protect those who are providing and/or calling for help when someone has overdosed.

www.ncsl.org/research/civil-and-criminal-justice/drug-overdose-immunity-good-samaritan-laws.aspx

Parity Track

Understand the law, your rights, and your options in seeking behavioral health treatment.

<https://www.paritytrack.org/>

Parity Registry

Find resources in your state for consumer advocates, health plan contacts, state regulators, federal regulators or veteran and military resources.

<https://www.parityregistry.org/resources/>

EMPLOYMENT RESOURCES

Employment supports recovery and can help people experiencing homelessness gain income, stable housing, and a sense of purpose.

Arkansas Department of Career Education

Programs and services to improve the education of Arkansans and help meet the demands of employers in the state.

Three Capitol Mall, Little Rock

(501) 682-1500

<https://arcareereducation.org/home>

Arkansas Department of Workforce Services

Multiple offices throughout the state aimed at assisting job seekers and employers, offers free job skill training.

1-855-225-4440/(501) 682-2121

Arkansas Employment Career Center

Career support provided to young adults (18-30), returning citizens, veterans, the homeless and others in need. GED prep, college entrance assistance, career building, resume development, job referrals, interview skills.

300 S. Spring Street, Suite 508, Little Rock

(501) 615-8922

<http://arkansasemploymentcareercenter.com/>

Dr. Emma K. Rhodes Education Center

Adult education and GED preparation, life Skills training, and certificate programs including: Certified Nursing Assistant, Home Health Aide, Medical Billing and Coding, Pharmacy Tech., Phlebotomy, HVAC, Painting and Drywall Finishing. Also, a licensed minister and provider of other community services. Personal Development for women.

1815 Wright Ave House Vision, Little Rock

(501) 372-0281

<https://www.workforce.arkansas.gov/ACRS/ProviderDetails.aspx?providerId=589>

Job Corps

Job training and remedial education for youth, ages 15 – 24 at no cost.

6900 Scott Hamilton Dr, Little Rock

(501) 618-2500

<https://littlerock.jobcorps.gov/>

Literacy Action of Central Arkansas

Teaching adults to read & English as a second language.

100 S Rock St, Little Rock

(501) 372-7323

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

Little Rock Adult Education Center

Community and adult education courses. Refresher classes, GED classes and English as a second language.

4800 West 26th Street (26th & Madison) Little Rock

(501) 447-1850

<http://schools.lrsd3.org/?q=content/adult-education-center>

Our House Career Center

Full range of services offered free of charge.

302 Roosevelt Road, Little Rock

(501) 374-7383

<https://ourhouseshelter.org/careercenter/>

Substance Use Prevention Resources

Prevention programs, carried out before the need for treatment, can delay early use and stop the progress from use to problematic use or substance use disorder.

Above the Influence Youth Prevention Toolkit

Facilitator guides and educational materials to empower teens (12-17) with the necessary intellectual, social and emotional skills to avoid negative influences.

www.hhs.gov/sites/default/files/ati_toolkit_new.pdf

Arkansas Prevention Service Providers

Thirteen regional prevention providers.

https://humanservices.arkansas.gov/images/uploads/dbhs/SFY18_Arkansas_Prevention_Services_Providers_List.pdf

Botvin Life-Skills Training Program

Evidence-based prevention programs for schools, families and communities.

www.lifeskillstraining.com/

Dose of Reality

Website with information about the risks and dangers of using prescription drugs, as well as the signs of abuse.

<https://doseofreality.adh.arkansas.gov/>

NIDA for Teens

Blogs, videos, games and educational resources on substance use for teens.

www.teens.drugabuse.gov/

Partnership for Drug-Free Kids

Resources for parents or other caregivers looking for information and strategies to prevent or stop illicit drug use by adolescents.

www.drugfree.org/

Prescription for Life

Interactive course that empowers high school students with the skills and knowledge they need to make safe and healthy decisions about prescription drugs. Course is currently taught in Arkansas public high schools.

<https://arkansasag.gov/programs/prescription-abuse/prescription-for-life/>

PreventionWorksAR.org

Source of Arkansas drug and alcohol use data and analytical tools. Conducts data dissemination and prevention outreach and provides a forum for policymakers, researchers and community representatives to discuss data-driven approaches to prevention.

<https://afmc.org/health-care-professionals/behavioral-health/>

University of Arkansas Little Rock MidSOUTH

Assists substance use, violence and other prevention professionals' efforts to plan, implement, and evaluate science-based programming. Provides training, technical assistance, and a resource library housed on the UALR campus.

The Center for Prevention and Training

2801 South University Ave. Little Rock

(501) 296-1920

<http://www.midsouth.ualr.edu/the-center-for-prevention-and-training/>

Educational Resources

These resources can be used for learning, teaching and decision-making about substance use disorders.

Drugs, Brains, and Behavior: The Science of Addiction (NIDA)

Fosters understanding about the need for long-term support for people in recovery.

www.drugabuse.gov/publications/drugs-brains-behavior-science-addiction/preface

Adverse Childhood Experiences (SAMHSA)

Teaches how childhood adversities can increase a person's risk for substance misuse.

www.samhsa.gov/capt/practicing-effective-prevention/prevention-behavioral-health/adverse-childhood-experiences

Opioid Basics (CDC)

Information regarding the opioid epidemic that's designed for non-health professionals and ideal for community and faith-based organizations.

www.cdc.gov/drugoverdose/opioids/index.html

Effective Treatments for Opioid Addiction (NIDA)

Educates on Medication-Assisted Treatment (MAT) and how to offer the best support for people in treatment.

www.drugabuse.gov/publications/effective-treatments-opioid-addiction/effective-treatments-opioid-addiction

Q&A on Naloxone (NIDA)

Information on medications that can reverse an opioid overdose and save lives.

www.drugabuse.gov/related-topics/opioid-overdose-reversal-naloxone-narcan-evzio

Opioid Overdose Prevention Toolkit (SAMHSA)

Offers strategies to health care providers, communities, and local governments for developing practices and policies to help prevent opioid-related overdoses and deaths.

www.store.samhsa.gov/shin/content//SMA18-4742/SMA18-4742.pdf

Decisions in Recovery: Treatment for Opioid Use Disorder (SAMHSA)

Handbook for anyone seeking help or information about cutting down or cutting out narcotics, prescription pain medications, heroin and/or other opioid drugs.

www.store.samhsa.gov/shin/content/SMA16-4993/SMA16-4993.pdf

"Step-by-Step" Guides

Guides for those who have problem with drugs or know someone who does. Versions for teens, young adults and adults available.

www.drugabuse.gov/related-topics/treatment

Personal Recovery Stories (Hazelden Betty Ford)

Short PBS film on fighting the stigma of addiction with stories of recovery.

www.pbs.org/video/fighting-the-stigma-of-addiction-with-stories-of-recovery-1507239610/

Personal Recovery Stories (Faces and Voices of Recovery)

Review the personal stories of people recovering from substance use disorders and share your own story.

<https://facesandvoicesofrecovery.org/resources/recovery-stories.html>

Stigma Reducing Language (Shatterproof)

We can reduce stigma of addiction and help save lives, just by changing our language. Learn how to use person-first language and avoid stigmatizing language.

<https://www.shatterproof.org/about-addiction/stigma/stigma-reducing-language>

Training Resources

These resources can improve capacity to recognize and respond to a mental health crisis and drug overdose.

Mental Health First Aid Training

Training on how to identify, understand and respond to signs of mental illness and substance use disorders. One day course is free. Instructor course is 3 or 5 days and costs \$2,000.

www.mentalhealthfirstaid.org/take-a-course/find-a-course/

Overdose Response Training

Training on how to recognize, prevent and respond to an overdose by using naloxone, a prescription medication that is used to reverse an overdose.

Central Arkansas Harm Reduction Project

501-438-9158

American Red Cross

<https://www.redcross.org/take-a-class/opioidoverdose>

Screening, Brief Intervention and Referral to Treatment Training

Training on a public health approach to encourage early intervention and refer people to the appropriate treatment and support.

Addiction Technology Transfer Center offers free, self-paced courses:

www.attcnetwork.org/national-focus-areas/content.aspx?rc=sbirt&content=DISTANCEED&header=Distance+Education

Supportive Local Organizations

Many organizations in the Little Rock area provide prevention, treatment, recovery, harm reduction services and other supportive services. Contact them and collaborate!

Central Arkansas Harm Reduction Project

A grassroots initiative that provides free naloxone, training and other life-saving resources to those who call their anonymous, confidential hotline number.

(501) 438-9158

Boston Public Health Commission

Training on how to recognize, prevent and respond to an overdose by using naloxone, a prescription medication that is used to reverse an overdose.

Central Arkansas Harm Reduction Project – 501-438-9158

www.bphc.org/whatwedo/Recovery-Services/prevention/Pages/Narcan-Program.aspx

El Zocalo Centro de Recursos para los Inmigrantes

Support groups, workshops, life coaching, referrals and assistance accessing mental health services to Spanish-speaking adults.

5500 Guyer Springs Road, Little Rock

(501) 301-4652

<http://www.zocalocenter.com>

L.O.V.E “Let our Violence End” Inc. (Healing Waters Outreach Center)

Provides services to youth with behavioral, emotional or addiction challenges, with the ultimate goal of reducing violence in schools and communities. Education, mentoring, counseling, coalition building.

14036 Sardis Road, Shannon Hills

(501) 516-1602

www.letourviolenceend.com

Wolfe Street Foundation

Recovery groups, education and community outreach for individuals and families looking for a way out of alcoholism and addiction. No fee for services.

1015 Louisiana Street, Little Rock, Arkansas

(501) 372-5662

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

Winthrop Rockefeller Institute

Works to identify solutions to key issues facing Arkansas and the world. Check website for current civic engagement programs.

1 Rockefeller Drive, Morrilton

(501) 727-5435

<http://rockefellerinstitute.org/>

Willie Hinton Neighborhood Resource Center

Facilitates partnerships among local government, businesses, universities, and non-for-profit organizations to study issues, develop strategies and test solutions for the citizens of Little Rock. Check website for neighborhood connections meeting schedule.

3805 W 12th Street, Little Rock

(501) 379-5000

<https://www.littlerock.gov/city-administration/city-departments/housing-and-neighborhood/willie-l-hinton-neighborhood-resource-center/>

Mutual Aid Groups & Other Supportive Organizations (National)

Mutual aid groups, such as 12-step programs provide support and fellowship for people recovering from addictive behaviors. The members share a problem or status and they value experiential knowledge – learning from each other’s experiences is a central element – and they focus on personal-change goals. The groups are voluntary associations that charge no fees and are self-led by members.

Al-Anon and Alateen

Help and hope for families and friends of alcoholics.

1-888-425-2666

al-anon.org

al-anon.org/newcomers/teen-corner-alateen

Alcoholics Anonymous

An international fellowship of men and women who have had a drinking problem. It is nonprofessional, self-supporting, multiracial, apolitical, and available almost everywhere.

aa.org

Daily Strength

Online social network centered on support groups, where users provide one another with emotional support by discussing their struggles and successes with each other.

www.dailystrength.org/

In the Rooms

Online social network for the Global Recovery Community.

www.intherooms.com/

National Association for Children of Addiction

Resources to support individuals in pain due to alcohol and drug dependence in their family.

Nacoa.org

Nacoa.org/just-4-teens

Narcotics Anonymous

A global organization that brings together members of the community who are either in recovery for various types of narcotics addiction or who wish to be in recovery.

800-407-7195

na.org

Recovery 2.0

Global movement that embraces an holistic approach to recovery from addiction of all kinds. Emphasizes the importance of mind-body practices as part of an effective path to recovery and joy in life.

recovery2point0.com/asp?rc=sbirt&content=DISTANCEED&header=Distance+Education

All of us can be a part of the solution
Little Rock 2019