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# **HOW TO USE THIS GUIDE FOR ADDICTION ISSUES**

This guide is designed to help people navigate the process of seeking treatment for addiction. The process needs to start with the addicted person hitting a bottom in their life and deciding that they are ready for treatment.

The first choice that must be made is whether the treatment will be traditional, clinical style or faith based. This guide has separate lists of traditional and faith based facilities. Go to the appropriate section of this guide that lists the treatment facility that you wish to use. Now, call them and discuss the requirements for admission. Don’t just show up and expect to be admitted. All facilities require an interview or referral. Some facilities provide detox and some don’t. Detox is a critical part of the treatment and must be arranged during this phone call. And, a payment plan may need to be set up. Insurance, if available, can cover some costs. Some facilities are free and don’t require any payment.

After treatment, the person needs to transition back into their daily routine. This can be accomplished with outpatient treatment or transitional housing. Before discharge from the treatment facility, the person arranges the outpatient or transitional housing with the help of the treatment facility staff. This transitional phase is where the person starts living out what they learned in treatment. The treatment facility was a protected environment and transitional phase is a semi-protected phase.

The final piece of treatment is the maintenance phase. This is the phase where the person is back in their daily routine. The person is encouraged to become part of a support group like Alcoholics Anonymous or Celebrate Recovery. These programs give the person a place to connect and get support from other people with similar problems and life experiences. Most importantly, this is a place where the person can use their life experience to help others. A successful long term recovery usually consists of helping others get through what they went through themselves.

If you are reading this and seeking help, remember that no situation is hopeless. There is always hope.

# **HOW TO USE THIS GUIDE FOR MENTAL HEALTH ISSUES**

This guide is also designed to help people navigate the process of seeking treatment for mental health issues. It is important to remember that help is available and that mental health issues can be treated. A lot of times, the journey to help begins with a crisis that requires inpatient treatment and a stay in a hospital or mental health facility. There are positive things that result from the inpatient treatment. The person is usually given a diagnosis, medication, and allowed to take the medication for a few days while being observed. After inpatient treatment, the person can usually return to their previous lifestyle and continue treatment as an outpatient. In more serious cases, the person needs to go to a transitional living home before they return to their previous lifestyle. Then, the person can continue treatment as an outpatient.

This guide lists facilities that provide inpatient and outpatient treatment. Find a treatment facility in your area. Call them and discuss the requirements for admission. Don’t just show up and expect to be admitted. All facilities require an interview or referral. The facility will decide if inpatient treatment is required. And, payment for services must be discussed. Some facilities require private insurance and/or a payment plan. If the payment can’t be worked out, go to another facility on the list. There are government sponsored facilities available.

Helping to solve mental health issues will require long range thinking. It is all about making daily progress.

# **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. lt 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:** Common name for a severe 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.

**Clinical vs. Faith Based Treatment:** Clinical treatment focuses on the mental and emotional aspects of addiction and integrates therapy and counseling into a broader treatment plan. Elements of clinical treatment can include dual diagnosis treatment, group counseling, individual behavioral therapy, and pharmacological treatment. Faith Based Treatment includes many of the elements of clinical treatment. But, Faith Based Treatment adds additional elements that allow patients to establish or restore their faith. Individuals are encouraged to change their lives for the better by growing spiritually through recovery. Faith Based Treatment programs usually have the support of the local church that can serve as a bridge to the local community. Faith Based Treatment programs have individual volunteers and staff that genuinely care about people and will go out of their way to hold them accountable. Finally, Faith Based Treatment programs promote a personal, dynamic relationship with Jesus Christ, who can help people realize that they are not alone in recovery.

**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 individual 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)*.

**Lapse:** A lapse represents a temporary slip or return to a previous behavior that a person is trying to control or quit *(this is usually a onetime occurrence)*.

**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 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.

**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 and signs 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:** All of Us Can Be a Part of the Solution, Clinton Foundation 2019

*End of Glossary Section*

# **CRISIS 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. *(Definition from ‘All of Us Can Be a Part of the Solution.’)*

**Arkansas Adult Protective Services**

[www.aradultprotection.com](http://www.aradultprotection.com)

(Elder mistreatment)

(800) 482-8049

24 hrs per day / 7 days per week

**Arkansas Child Abuse Hotline**

http://arbest.uams.edu

(If you suspect child maltreatment)

(800) 482-5964

24 hrs per day / 7 days per week

**Arkansas Crisis Center**

(888) 274-7472

M-F 8AM-1PM, Sat-Sun 2PM-12AM

https://www.arcrisis.org/

**Arkansas Drug Task Force**

(They can assist with finding mental health or addiction help.)

Mental Health and Addiction Services

(844) 763-0198

Monday - Friday (8:30 AM - 4:30 PM)

Crisis Stabilization Unit

(501) 340-6646

**National Suicide Prevention Lifeline**

[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

(800) 273-TALK(8255) **OR**

Text Line by texting TALK to 741741

**PCA-Professional Counseling Center**

Placement/Screener

(501) 221-1843

**SAMHSA (Substance Abuse and Mental Health Services Administration) National Helpline**

(Treatment referral and information service)

(800) 662-HELP(4357)

24 hrs per day / 7 days per week

Veterans Crisis Line

(800) 273-8255 and Press 1

*End of Crisis Hotlines Section*

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# **DETOXIFICATION**

Detoxification is the process by which an individual’s system is brought back to normal after an extended period of substance abuse. Sometimes drugs are used to reduce or relieve withdrawal symptoms. Detoxification is not a treatment for addiction. Other treatments must be undergone after detoxification to deal with the underlying addiction. *(Definition from ‘All of Us Can Be Part of the Solution’.)*

**Baptist Health**

*Little Rock*

(501) 202-2893

Medical Detox

**Bridgeway**

*North Little Rock*

(501) 771-1500

Medical Detox

**Capstone Treatment Center**

*Judsonia*

(501) 729-4479

Men (ages 14-24)

$495/day

**First Step at Baxter Regional Medical Center**

*Mountain Home*

(870) 508-7590

Medical Detox

*Accepts Medicare, Medicaid, Affordable Healthcare, Commercial Insurance, and Private Pay*

*No payment plans available*

**Freedom House**

*Russellville*

(479) 968-7086

Detox

**Mid-Ark (Quapaw)**

*Little Rock*

(501) 686-9393

Government Funded

Coed/Detox Only

Court Ordered Treatment

**New Beginnings**

*Bigalow*

(501) 330-1225

Detox

**DETOXIFICATION (Continued)**

**New Beginnings**

*Houston*

(501) 759-2244

Men Only

Faith Based

Detox

**New Visions**

*Searcy*

(501) 380-1391 office (501) 291-0814 on call

Medical Detox

**Serenity Park Recovery Center**

*Little Rock*

(501) 313-0066

Detox

**Springwood Behavioral Health**

*Fayetteville*

(479) 973-6000

Medical Detox

*End of Detoxification Section*

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# **TREATMENT FACILITIES (IMMEDIATE / SHORT TERM PLACEMENT)**

The following treatment centers specialize in substance use disorder or mental health counseling and therapy. Substance use disorder treatment is a 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 person to maximum functional ability. *(Definition from ‘All of Us Can Be Part of the Solution.’)*

**TREATMENT FACILITIES (IMMEDIATE / SHORT TERM PLACEMENT)**

**ADULTS**

------------------------------------------------------------------------------------------------------------------------------------------

**Bradford Health Services**

*Little Rock*

(501) 725-8008 office (501) 515-0287 on call

Inpatient Facility

15-21 days

**The BridgeWay**

*North Little Rock*

(800) 245-0011

Men/Women/Seniors

Private

*Does not accept Medicaid for Adults*

Substance Abuse Treatment/Dual Diagnosis/Behavioral & Mental Healthcare

**Conway Behavioral Health**

*Conway*

(501) 205-0011

Private

Inpatient Mental Health Treatment/Inpatient Substance Use

**Freedom House**

*Russellville*

(479) 968-7086

Government Funded Substance Abuse Treatment

Residential Treatment, Detoxification

Length: 30 days

*Cost: $5,000 / month*

**Hoover Treatment Center, Better Community Development, Inc.**

*Little Rock*

(501) 663-4774

Government Funded

Residential Treatment Services

**Horizon Adolescent Treatment Program**

*Ft. Smith*

(479) 478-6664

Government Funded

Adolescent Residential Treatment, Co-occurring Disorders

**TREATMENT FACILITIES (IMMEDIATE / SHORT TERM PLACEMENT) (continued)**

**New Beginnings C.A.S.A.**

*Warren*

(870) 226-9970

Government Funded Substance Abuse Treatment Services

Residential Treatment Services, Specialized Women’s Services, Detoxification

**Northeast Arkansas Regional Recovery Center**

*Jonesboro*

(870) 932-0228

Government Funded Substance Abuse Treatment Services

Residential Treatment, Detoxification

**Oasis Renewal Center**

*Little Rock*

(501) 376-2747

Private

Length: 3-6 weeks

*Cost: Insurance / $15,000 / month*

**Ouachita Chemical Dependency**

*Camden*

(870) 836-1289

Inpatient Facility

**Ozark Mountain Alcohol Residential Treatment, Inc. (OMART)**

*Gassville*

(870) 435-6200

Government Funded Substance Abuse Treatment Services

Residential Treatment, Specialized Women’s Services, Detoxification

**Preferred Family Healthcare, Inc. DBA Decision Point**

*Bentonville*

(479) 464-1060

Government Funded Substance Abuse Treatment Services

Residential Treatment, Specialized Women’s Services, Detoxification

**Quapaw House**

*Hot Springs*

(501) 767-4456

Government Funded Substance Abuse Treatment Services

Residential Treatment, Detoxification

Call early, not on Fridays

Length: 30 days

*Cost: $1,500-$6,000 / month*

**TREATMENT FACILITIES (IMMEDIATE / SHORT TERM PLACEMENT) (continued)**

**Riverbend, Recovery Centers of Arkansas (R.C.A.)**

*North Little Rock*

(501) 372-4611

Government Funded Substance Abuse Treatment Services

Residential Treatment Services

Length: 30-45 days

*Cost: $5,250 / month*

**Rivendell**

*Benton*

(800) 264-5640

Private

Detox & Acute Psychiatric Care/Inpatient Hospitalization

**River Ridge Treatment Center**

*Texarkana*

(870) 774-1315

Government Funded

Residential Treatment Services

**Serenity Park Recovery Center**

*Little Rock*

(501) 313-0066

Inpatient Facility

**Serenity Park, Inc. & Serenity Park for Women**

*Little Rock*

(501) 663-7627 or (501) 541-4370

Government Funded

Residential Treatment Services for Males & Females (Gender Separate)

**South Arkansas Substance Abuse, Inc., Union County Drug Court**

*El Dorado*

(870) 881-9301

Government Funded

Residential Treatment Services, Detoxification

**West 13th, Human Development and Research Services, Inc.**

*Pine Bluff*

(870) 879-1051

Government Funded

Residential Treatment Services, Detoxification

**Wilbur D. Mills, DBA Health Resources of Arkansas**

*Searcy*

(501) 268-7777

Government Funded Substance Abuse Treatment

Residential Treatment, Specialized Women’s Services, Detoxification, Co-occurring Disorders

Length: 30-90 days

*Cost: Varies*

**TREATMENT FACILITIES (IMMEDIATE / SHORT TERM PLACEMENT) (continued)**

**TREATMENT FACILITIES (IMMEDIATE / SHORT TERM PLACEMENT)**

**MEN ONLY**

------------------------------------------------------------------------------------------------------------------------------------------

**Harbor House, Inc.**

*Ft. Smith*

(479) 785-4083

Government Funded Substance Abuse Treatment Services

Residential Treatment – Male Only, Detoxification

**TREATMENT FACILITIES (IMMEDIATE / SHORT TERM PLACEMENT)**

**WOMEN ONLY**

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**Barb’s Place, Babies, Adults, Recovery Based Services, Quapaw House**

*Hot Springs*

(501) 767-4456

Government Funded

Specialized Women’s Services

*Cost: Sliding fee scale*

**Gateway House, Inc.**

*Ft. Smith*

(479) 785-4093

Government Funded Substance Abuse Treatment Services

Residential Treatment – Female Only, Specialized Women’s Services, Detoxification

**TREATMENT FACILITIES (IMMEDIATE / SHORT TERM PLACEMENT)**

**CHILDREN/ADOLESCENTS**

------------------------------------------------------------------------------------------------------------------------------------------

**The BridgeWay**

*North Little Rock*

(800) 245-0011

Children/Adolescents

Private

*Accepts Medicaid*

Behavioral & Mental Healthcare

***CHILDREN/ADOLESCENTS (continued next page)***

**TREATMENT FACILITIES (IMMEDIATE / SHORT TERM PLACEMENT) (continued)**

**Conway Behavioral Health**

*Conway*

(501) 205-0011

Private

Adolescents

Inpatient Mental Health Treatment

**Deborah G. Dunston Adolescent Treatment Center, Quapaw House**

*Mt. Ida*

(870) 867-2266

Government Funded

Residential Adolescent Treatment Services

**Methodist Family Health**

*Maumelle*

(501) 803-3388

Private

*Accepts Medicaid*

Children Ages 4-17

Acute (short term) care ages 4-17

Sub-Acute (long term) care ages 5-11

Psychiatric Residential Treatment Center/Counseling

**Pinnacle Pointe Behavioral Healthcare System**

*Little Rock*

(800) 880-3322

Children Ages 5-17

Private

*Accepts Medicaid*

Acute Inpatient Care/Residential Outpatient Care/Partial Hospitalization Program

**Rivendell**

*Benton*

(800) 264-5640

Private

Child/Adolescent

Inpatient Behavioral Health Services/Inpatient Psychiatric Hospitalization Program

*End of Treatment Facilities (Immediate/Short Term Placement) Section*

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# **FAITH BASED TREATMENT (LONG TERM PLACEMENT)**

Faith based treatment facilities address a recovering addict’s medical and spiritual needs. Faith based treatment is especially impactful on those with a strong spiritual or religious belief. Faith is one of the most important elements of addiction recovery, as it encourages spiritual transformation.

FAITH BASED TREATMENT (LONG TERM PLACEMENT)

**MEN ONLY**

------------------------------------------------------------------------------------------------------------------------------------------

**Chance Sobriety Ministries**

*North Little Rock*

Men

Faith Based

Length: 30-45 days

Cost: Varies

**Complete in Christ**

*Searcy*

(501) 380-6673

Men Only

Faith Based

**John 3:16**

*Charlotte*

(870) 799-2525

Men Only

Faith Based

Must attend chapel before face to face interview

Length: 6-12 months

Cost: Donation

**M18 Revovery**

*Little Rock*

(501) 301-4973

Men Only

Faith Based

**Nehemiah House**

*Little Rock*

(501) 374-1108

Men Only

Call first

Length: 9 months

*Cost: $75 Application fee & $80 / month*

***MEN ONLY (continued next page)***

**FAITH BASED TREATMENT (LONG TERM PLACEMENT) (continued)**

**New Beginnings**

*Houston*

(501) 759-2244

Men Only

Faith Based

Detox

Length: 1 year

*Cost: Varies*

**The Other Side**

*Heber Springs*

(501)362-2535

Men Only

Faith Based

Length: 6 months

*Cost: $200*

**The Other Side**

*Wilburn*

(501) 250-5297

Men Only

Faith Based

**Renewal Ranch**

*Conway*

(501) 269-4306

Men Only

Faith Based

Length: 6-12 months

*Cost: $200 / month ($100 entry fee)*

**Zoo Outfitters Operation**

*Dennard*

(501) 514-8535

Men Only

Faith Based

Length: 6 months

*Cost: $400 / month*

**FAITH BASED TREATMENT (LONG TERM PLACEMENT) (continued)**

FAITH BASED TREATMENT (LONG TERM PLACEMENT)

**WOMEN ONLY**

------------------------------------------------------------------------------------------------------------------------------------------

**Butterfly Ranch**

*Swifton*

(870) 485-2000

Women

Faith Based

Length: 10 months

*Cost: $500 / month*

**Daughters of Hope & Transformation (D.O.H.T.S.)**

*Marshall*

(973) 738-2113

Women

Faith Based

Length: 6-8 months

*Cost: Varies*

**Daughters of the Other Side**

*Kensett*

(501) 365-7080

Women Only

Faith Based

Length: 6 months

*Cost: $200 / month*

**Harbor Home**

*Conway, AR*

(501) 499-8622

Women Only

Faith Based

Length: 9 months

*Cost: $400 / month*

**John 3:17**

*Newport*

(870) 217-5603

Women

Faith Based

Attend chapel before face to face interview

Length: 12 months

*Cost: $50 / month*

***WOMEN ONLY (continued next page)***

**FAITH BASED TREATMENT (LONG TERM PLACEMENT) *(continued)***

**Mercy Multiplied**

*Nashville, TN*

(615) 831-6987

Women ages 13-32

Faith Based

Anxiety, depression, sexual abuse, eating disorders, self-harm, addictions, unplanned pregnancy, and sex trafficking

**Potter’s Clay**

*Hot Springs*

(501) 624-1366

Women Only

Faith Based

**Restoration Home – Arkansas Dream Center**

*Little Rock*

Email: Jessica@ardreamcenter.tv

Women

Faith Based

**Restoration House**

*Harrisburgh*

(870) 578-2604

Women Only

Faith Based

**Shalom Women’s Center**

*Hot Springs*

(501) 625-3811

Women Only

Faith Based

**FAITH BASED TREATMENT (LONG TERM PLACEMENT) *(continued)***

FAITH BASED TREATMENT (LONG TERM PLACEMENT)

**WOMEN WITH SMALL CHILDREN**

------------------------------------------------------------------------------------------------------------------------------------------

**Dorcas House**

*Little Rock*

(501) 374-4022

Women (Young children can stay with their Mothers)

Faith Based

Length: 9 months

*Cost: $75 / month*

**Potter’s Clay**

*Hot Springs*

Women (Young children can stay with their Mothers)

Faith Based

Length: 9-12 months

*Cost: Varies*

FAITH BASED TREATMENT (LONG TERM PLACEMENT)

**MEN & WOMEN**

------------------------------------------------------------------------------------------------------------------------------------------

**The Father’s House**

*Donaldson*

(501) 384-2265

Men/Women

Faith Based

Length: 6+ months

*Cost: Varies*

**Teen Challenge**

*Hot Springs*

(501) 624-2446

Men/Women

Faith Based

Length: 13 months

*Cost: $1,000 / month ($650 upon admissions & 35% of SSI)*

**Teen Challenge**

*Russellville*

(479) 967-1355

Men/Women (Not just for teens)

Faith Based

Length: 13 months

*Cost: $1,000 / month*

**FAITH BASED TREATMENT (LONG TERM PLACEMENT) *(continued)***

FAITH BASED TREATMENT (LONG TERM PLACEMENT)

**MEN & WOMEN WITH SMALL CHILDREN**

------------------------------------------------------------------------------------------------------------------------------------------

**Bethlehem House**

*Conway*

(501) 329-4862

Men/Women (Young children can stay with their Mothers)

Faith Based

Length: Up to 2 years Long

*Cost: Varies*

**Project New Start**

*Newport*

(870) 523-8413

Men/Women & Children

Faith Based

Length: 6-12 months

*Cost: $500 / month*

**Shalom Treatment Center**

*Hot Springs*

(501) 625-3811

Men/Women (Young children can stay with their Mothers)

Faith Based

Length: 6 months

*Cost: $850 / month*

*End of Faith Based Treatment Section*

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# **OUTPATIENT TREATMENT FACILITIES**

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**Better Community Development, Inc.**

*Little Rock*

(501) 663-4774

Hoover Treatment Center

Men/Women

Government Funded

Outpatient Treatment Services

Partial Day

**Bradford Health Services**

*Little Rock*

(501) 725-8008 office (501) 515-0287 on call

PHP, IOP

**The BridgeWay**

*North Little Rock*

(800) 245-0011

Men/Women/Children/Adolescents/Seniors

Commercial Insurance/Private Pay

Does not accept Medicaid for Adults

Partial Hospitalization for Substance Abuse/Intensive Outpatient Therapy for Substance Abuse/Mental Health

**Conway Behavioral Health**

*Conway*

(501) 205-0011

Private

Men/Women/Adolescents

Partial Hospitalization/Intensive Outpatient Programs

**Counseling Clinic, Inc.**

*Benton*

(501) 315-4224

Government Funded

Community Mental Health Center/Outpatient Treatment Services

**Family Service Agency, Inc.**

*North Little Rock*

(501) 372-4242

Government Funded

Counseling & Education Program

Outpatient Treatment Services

**Freedom House**

*Russellville*

(479) 968-7086

PHP, IOP

**OUTPATIENT TREATMENT FACILITIES *(Continued)***

**Inspiration Day Treatment**

*Little Rock*

(501) 221-1941

Medicaid

Individual Therapy/Group Therapy/Family Therapy Mental Health Services

**Natural State Recovery**

*Little Rock*

(501) 319-7074

PHP/IOP

Group/Individual Therapy,

Career Development, College Exploration, Services for Professionals

90 Day Program

**Oasis Renewal Center**

*Little Rock*

(501) 376-2747

PHP, IOP

**Ouachita Chemical Dependency**

*Camden*

(870) 836-1289

PHP, IOP

**Pinnacle Pointe Behavioral Healthcare System**

*Little Rock*

(800) 880-3322

Government Funded

Children Ages 5-17

Intensive Outpatient Services/School Based Services/Outpatient Services

Commercial Insurance

Accepts Medicaid

**Quapaw House, Inc.**

*Hot Springs*

(501) 767-4456

Government Funded

Outpatient Treatment Services

**Recovery Centers of Arkansas**

*Cabot*

(501) 352-4650

Government Funded

Outpatient Treatment Services

**OUTPATIENT TREATMENT FACILITIES *(Continued)***

**Recovery Centers of Arkansas**

*Des Arc*

(501) 352-4650

Government Funded

Outpatient Treatment Services

**Recovery Centers of Arkansas**

*Little Rock*

(501) 907-7490

RCA-Williamsburg

Government Funded

Outpatient Treatment Services

**Recovery Centers of Arkansas**

*Lonoke*

(501) 352-4650

Government Funded

Outpatient Treatment Services

**Restored Life Counseling**

Conway

(501) 499-8699

Private Pay

Men/Women/Children

**Rivendell**

*Benton*

(800) 264-5640

Men/Women

Partial Hospitalization Program/Intensive Outpatient Program

Private

**RiverStone Wellness Center**

*Little Rock*

(501) 777-3200

Psychotherapy and Trauma Recovery

**Serenity Park Recovery Center**

*Little Rock*

(501) 313-0066

Outpatient Program

**Serenity Park, Inc. & Serenity Park for Women**

*Little Rock*

(501) 663-7627 or (501) 541-4370

Male / Female

Government Funded

Outpatient Treatment Services

Partial Day

**OUTPATIENT TREATMENT FACILITIES *(Continued)***

**Sober Point Center**

*Little Rock*

(501) 246-8865

Outpatient Only

**The Step Up Support Center**

*Little Rock*

(501) 565-3579

Government Funded

Outpatient /Day Treatment Services

**UAMS Substance Abuse Treatment Center**

*Little Rock*

(501) 526-8400

Government Funded

Opioid Treatment Services

Methadone

*End of Outpatient Treatment Facilities Section*

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# **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. Source: All of Us Can Be a Part of the Solution, Clinton Foundation 2019

**Center for Addiction Treatment and Rehabilitation**

(CATAR Clinic)

*North Little Rock*

(501) 664-7833

Outpatient Opiate Treatment

*Call for pricing and insurance information*

**Harbor House, Inc.**

*Ft. Smith*

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

*Medicaid and Medicare accepted*

**Health For Life Clinic**

*Little Rock*

(501) 603-0003

**Mid-South Health Systems/Northeast Arkansas Community Center**

*Jonesboro*

(870) 972-4000

*May be able to provide funding for uninsured and underinsured residents*

**New Beginnings C.A.S.A.**

*Warren*

(870) 226-9970

*May be able to provide funding for uninsured and underinsured residents*

**UAMS Substance Abuse Treatment Clinic**

*Little Rock*

(501) 526-8400

Sliding Fee Scale

Outpatient Opiate Treatment (methadone)

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

**Quapaw House**

*Hot Springs*

(501) 767-4456

*May be able to provide funding for uninsured and underinsured residents*

**Recovery Centers of Arkansas**

*North Little Rock*

(501) 372-4611

*May be able to provide funding for uninsured and underinsured residents*

*End of Medication Assisted Treatment*

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# **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. (Definition from ‘All of Us Can Be Part of the Solution.’)

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**Birch Tree Communities, Inc.**

*Benton*

(501) 303-3109

Residential Housing/Day Treatment

For serious mental illnesses

*Covered by SS disability income*

*Must be assigned to PASSE for tier 2/3*

**Central AR Veterans**

*Little Rock*

(501) 257-1000

Men/Women

*Apply in person*

**Compassion Center**

*Little Rock*

(501) 296-9114

**Decision Point**

*Bentonville*

(479) 464-1060

**Dill House Female Housing**

*Little Rock*

(501) 352-6371

Women Only

Cost: $125 / week

**Empowerment Village “Apartments”**

Hoover Center (BCD, Inc.)

*Little Rock*

(501) 663-7223 ext 210

Men Only

*Single Rooms Available*

**SOBER LIVING HOMES AND TRANSITIONAL LIVING *(Continued)***

**Exodus.Life**

*Little Rock*

(501) 353-0347

Classroom instruction

Career Development/Recovery from Substance Abuse/Personal Development

Supply fee=$250

**Freedom Seekers Ministry**

*Berryville*

(870) 929-6179

**GYST House**

*Little Rock*

(501) 568-1682

Men/Women

**Haven Homes**

*Texarkana, TX*

(903) 374-7059

Transitional Housing, Work and Service Programs, Counseling and Spiritual Guidance

**The Hope House, Female Housing**

One in *Little Rock* & One in *Benton*

(501) 794-9634

Women Only

**Life Changine Chem. Free Living**

*Little Rock*

(501) 831-2577

**Natural State Recovery**

*Little Rock*

(501) 319-7074

Recovery Housing

**New Life Challenges**

*Berryville*

(870) 600-2723

**Next Step Woman**

*Little Rock*

(501) 777-1881

**Oxford House**

*Bentonville*

(479) 268-6610

**SOBER LIVING HOMES AND TRANSITIONAL LIVING *(Continued)***

**Oxford House**

*Fayetteville*

(479) 935-809

**Oxford House**

*Rogers*

(479) 228-7472

**Phoenix Recovery Male Housing**

*Conway*

(501) 499-6696

 pheonixarkansas.com

Men Only

**Phoenix Recovery Female Housing**

*Little Rock*

(501) 725-4907

Women Only

**Quality Living Center**

*Little Rock*

(501) 663-3490

Men/Women

Dual Diagnosis

Screening first; Provide proof of income and address

**Recovery Centers of Arkansas (RCA) Williamsburg**

*Little Rock (Midtown)*

(501) 907-7490

Must be 30 days clean/sober.

Cost: $105 / week with meals included.

Chem-free

OP group charge

Separate grants available

**Recovery Directions**

*Little Rock*

(501) 529-0358 or (501) 765-6465

Men Only

Cost: $150 / week, $300 deposit ($150 Deposit + $150 Rent)

Chem-free

**St. Francis House (veterans)**

*Little Rock*

(501) 664-5036

**SOBER LIVING HOMES AND TRANSITIONAL LIVING *(Continued)***

**Salvation Army**

*Bentonville*

(479) 271-9545

**Salvation Army**

*Fayetteville*

(479) 531-2151

**Souls Harbor**

*Rogers*

(479) 631-7878

**Steering Straight Recovery Ranch**

*Forest City*

(870) 208-4604

Men Only

**Turning Place, Male Housing**

*Little Rock*

(501) 414-0176

Men Only

**Youth Bridge**

*Fayetteville*

(479) 521-1532

*End of Sober Living Homes and Transitional Living Section*

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# **SUPPORT GROUPS (MUTUAL AID)**

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. *(Definition from ‘All of Us Can Be Part of the Solution.’)*

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**Alcoholics Anonymous**

[www.arkansasaa.org](http://www.arkansasaa.org)

**Al-Anon (Relatives and friends of alcoholics)**

[www.arkansasalanon.org](http://www.arkansasalanon.org)

**Celebrate Recovery (Christ-Centered 12 Step Program)**

[www.celebraterecovery.com](http://www.celebraterecovery.com)

**Cocaine Anonymous**

[www.caarkansas.org](http://www.caarkansas.org)

(501) 301-4827

**Grief Recovery After A Substance Passing (GRASP)**

New Life Church – *North Little Rock* (501) 812-5433

Every 3rd Thursday 6:00PM

**Narcotics Anonymous**

[www.na.org](http://www.na.org)

(501) 373-8683

**Regeneration (Biblically Based 12 Step Program)**

[www.regenerationrecovery.org](http://www.regenerationrecovery.org)

New Life Church – *North Little Rock* (501) 812-5433

Thursday 6:30PM

*End of Support Groups Section*

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# **HOMELESS SHELTERS**

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**Little Rock Compassion Center**

Women 663-2972

Men/Families 296-9114

Charges a small fee

Need picture ID & SS Card

**Our House**

*Little Rock*

(501) 374-7383

Men/Women

*End of Homeless Shelters Section*

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“He refreshes my soul.”

Psalm 23:3