Consumer Guide for
Substance Use Treatment

# NAVAJO & APACHE COUNTIES

Arizona Center for Rural Health • Sonoran Prevention Works

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Are you or a loved one worried about substance use, like drugs and alcohol? Health, recovery, and wellness are possible, even if it is a bumpy journey. A person with substance use issues may need different types of support. This resource guide has county-specific options to meet those needs. Recovery from substance use can look like harm reduction. Some examples include avoiding infectious disease and overdose, enrolling in medication assisted treatment, reunifying with family and friends, and more. Change does not happen overnight. With support from friends, families, and treatment, it is possible to make any positive change one day at a time.

**What's in this guide?**

This guide has information about local resources including treatment, recovery, and health support. There is no one-size-fits-all method of substance use treatment. We have included many options like detox, peer support, medication assisted treatment, residential, and outpatient services. We also included information about community supports such as food, housing, and health care.

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## CRISIS SERVICES

There are times when a person needs immediate mental health support, & that means crisis services. Crisis hotlines are often available 24/7 to provide support & resources to an individual who needs them. We have also listed phone numbers to local crisis centers who can provide in-person assistance with urgent psychiatric assessment, medications, and short-term stabilization.

| Crisis Phone Numbers | |
|---|---|
| Alice's Place Domestic Violence Shelter | 928-289-3003 |
| Navajo County Family Advocacy Center | 888-SOS-CHILD (767-2445) |
| Community Bridges, Inc. Winslow Stabilization & Recovery Unit (SRU) | 928-289-3151 |
| ChangePoint Integrated Health - Show Low | 928-537-2951 |
| Crisis Response Network Northern AZ | 877-756-4090 |
| Arizona Coalition to End Sexual & Domestic Violence | 602-279-2900 or 800-782-6400 |
| Arizona Humane Society Project Safe House | 602-997-7585 |
| Teen Life Line | 602-248-TEEN (8336) |
| National Suicide Prevention Lifeline | 800-273-TALK (8255) |
| National Substance Use & Disorder Issues Referral & Treatment Hotline | 800-662-HELP (4357) |
| Arizona Opioid Assistance & Referral Line | 1-888-688-4222 |
| **Online Resources** | |
| NAMI Arizona | http://www.namiarizona.org/ |
| Lifeline Chat | www.suicidepreventionlifeline.org/chat/ |
| TheHopeLine | www.thehopeline.com |
| **Other Resources** | |
| Text the word "HOME" to 741741 | www.azahcccs.gov/BehavioralHealth/crisis.html |

## PEER SUPPORT ORGANIZATIONS

It is well documented that having the support of a "peer" — a person who has been through similar difficult experiences — is an important part of the recovery journey. Below we have listed information about peer & family support groups & agencies that provide individualized peer support as a recovery service.

**ChangePoint Integrated Health - Holbrook**
Individual & family counseling, integrated health & behavioral services, peer support, referral.
www.mychangepoint.org/alcohol-substance-abuse-treatment
928-524-6126
103 N. 1st Ave., Holbrook, AZ

**ChangePoint Integrated Health – Show Low**
Crisis, detox, individual & family counseling, integrated health & behavioral services, opioid treatment medication, peer support, referral.
www.mychangepoint.org/alcohol-substance-abuse-treatment
928-537-2951
2500 E Show Low Lake Rd
Show Low, AZ

**ChangePoint Integrated Health - Snowflake**
Individual & family counseling, integrated health & behavioral services, peer support, referral.
www.mychangepoint.org/alcohol-substance-abuse-treatment
928-536-6869
423 S Main St., Snowflake, AZ

**ChangePoint Integrated Health - Winslow**
Individual & family counseling, integrated health & behavioral services, peer support, referral.
www.mychangepoint.org/alcohol-substance-abuse-treatment
928-289-4658
1015 E. 2nd St., Winslow, AZ

**Community Bridges, Inc. Winslow Stabilization & Recovery Unit (SRU)**
Crisis, detox, individual & family counseling, peer support, referral, short-term inpatient (3-5 days), stabilization.
www.communitybridgesaz.org/program-directory/
928-289-3151
105 N. Cottonwood Ave., Winslow, AZ

**Fort Defiance Outpatient Treatment Center**
Peer support, substance use & trauma counseling, traditional tribal services.
www.nndoh.org/dbhs.html
928-729-4012
Old Fort Defiance Chapter House
Fort Defiance, Arizona

**Hopi Behavioral Health Services**
Dual diagnosis, intensive outpatient, peer support, substance use & trauma counseling.
www.sobernation.com/listing/hopi-behavioral-health-polacca-az/
928-737-6300
Highway 264 Milepost 388
Polacca, AZ

**Kayenta Outpatient Treatment Center**
Intensive outpatient, peer support, substance use & trauma counseling.
www.sobernation.com/listing/kayenta-outpatient-treatment-center-kayenta-az/
928-697-5570
Highway 160 Mile Post 394.3
Kayenta, AZ

**Little Colorado Behavioral Health Centers – Springerville**
Individual & family counseling, peer support, referral, stabilization.
www.lcbhc.org/careandservices.php
928-333-2683
50 N Hopi Dr
Springerville, Arizona

**Little Colorado Behavioral Health Centers – St. Johns**
Individual & family counseling, peer support, referral, stabilization.
www.lcbhc.org/careandservices.php
928-337-4301
470 W Cleveland, St. Johns, Arizona

**Navajo Nation Dilkon**
Counseling, domestic violence support, parenting, peer support.
www.nndoh.org/
928-657-8000
P.O. 709 Window Rock 86705
(Behind Bashas), Winslow, AZ

**Alcoholics Anonymous - Navajo County**
12 Step peer recovery.
928-537-7800 & 928-368-7172
Multiple Locations

**Alcoholics Anonymous**
12 Step peer recovery.
www.flagstaffaa.org
928-779-3569
Locations vary, Flagstaff, AZ

**Alcoholics Anonymous**
12 Step peer recovery.
www.aa-meetings.com/arizona/TubaCity.html
602-264-1341
Locations vary, Tuba City, AZ

**Narcotics Anonymous**
12 Step peer recovery.
www.arizona-na.org/WP/?page_id=53
928-368-7286
Locations vary

**Al Anon**
12 Step peer recovery for friends & family.
www.al-anon.org/al-anon-meetings/find-an-al-anon-meeting-1/
888-425-2666
Locations vary

## OUTPATIENT SERVICES

Outpatient services are an excellent option for those who prefer to stay in their communities. These services can include individual & family counseling, medication, & mental health assistance, & can range in frequency from daily contact to one hour a month, depending on the treatment provider & the individual's need.

**ChangePoint Integrated Health - Holbrook**
Individual & family counseling, integrated health & behavioral services, peer support, referral.
www.mychangepoint.org/alcohol-substance-abuse-treatment
928-524-6126
103 N. 1st Ave., Holbrook, AZ

**ChangePoint Integrated Health – Show Low**
Crisis, detox, individual & family counseling, integrated health & behavioral services, opioid treatment medication, peer support, referral.
www.mychangepoint.org/alcohol-substance-abuse-treatment
928-537-2951
2500 E Show Low Lake Rd
Show Low, AZ

**ChangePoint Integrated Health - Snowflake**
Individual & family counseling, integrated health & behavioral services, peer support, referral.
www.mychangepoint.org/alcohol-substance-abuse-treatment
928-536-6869
423 S Main St., Snowflake, AZ

**ChangePoint Integrated Health - Winslow**
Individual & family counseling, integrated health & behavioral services, peer support, referral.
www.mychangepoint.org/alcohol-substance-abuse-treatment
928-289-4658
1015 E. 2nd St., Winslow, AZ

**Community Bridges, Inc. Winslow Outpatient**
Counseling, opioid treatment medication.
http://communitybridgesaz.org/program-directory/
928.289.1222
110 E 2nd St
Winslow, AZ

**Fort Defiance Outpatient Treatment Center**
Peer support, substance use & trauma counseling, traditional tribal services.
www.nndoh.org/dbhs.html
928-729-4012
Old Fort Defiance Chapter House
Fort Defiance, Arizona

**Hopi Behavioral Health Services**
Dual diagnosis, intensive outpatient, peer support, substance use & trauma counseling.
www.sobernation.com/listing/hopi-behavioral-health-polacca-az/
928-737-6300
Highway 264 Milepost 388
Polacca, AZ

**Kayenta Outpatient Treatment Center**
Intensive outpatient, peer support, substance use & trauma counseling.
www.sobernation.com/listing/kayenta-outpatient-treatment-center-kayenta-az/
928-697-5570
Highway 160 Mile Post 394.3
Kayenta, AZ

**Little Colorado Behavioral Health Centers – Springerville**
Individual & family counseling, peer support, referral, stabilization.
www.lcbhc.org/careandservices.php
928-333-2683
50 N Hopi Dr
Springerville, Arizona

**Little Colorado Behavioral Health Centers – St. Johns**
Individual & family counseling, peer support, referral, stabilization.
www.lcbhc.org/careandservices.php
928-337-4301
470 W Cleveland, St. Johns, Arizona

**Navajo Nation Dilkon**
Counseling, domestic violence support, parenting, peer support.
www.nndoh.org/
928-657-8000
P.O. 709 Window Rock 86705, behind Bashas, Winslow, AZ

**Project Recovery**
Domestic violence outpatient, individual, family, & group counseling, intensive outpatient.
www.winslowga.org
928-524-6413
309 E Hopi Dr., Holbrook, AZ

**Sage Behavioral Health Clinic**
Individual, family, & group counseling, psychiatric evaluation & treatment.
www.sagememorial.com
928-755-4500
US-191 & State Highway 264
Ganado, Arizona

**White Mountain Counseling**
Grief, domestic violence support, individual & group counseling.
www.whitemountaincounseling.org/services.html
928-532-3238
141 E Cooley, Show Low, AZ

**Winslow Guidance Associates, Inc.**
Domestic violence outpatient, individual, family, & group counseling, intensive outpatient.
www.winslowga.org
928-289-2650
1301 W 2nd St., Winslow, AZ

## RESIDENTIAL TREATMENT SERVICES

These services provide drug & alcohol treatment in a residential setting, meaning that the individual receives treatment while temporarily living at the treatment center. This can be helpful for a person who needs a higher level of support, or who does not have another place to live while receiving treatment.

**ChangePoint Psychiatric Hospital**
Detox & psychiatric hospital. Must be referred from a doctor or other ChangePoint clinic.
https://www.mychangepoint.org/alcohol-substance-abuse-treatment
928-368-4110
1920 W Commerce Dr
Lakeside, AZ

**Community Bridges, Inc. Albert Long Residential Treatment Center**
Men's 30-day inpatient.
https://communitybridgesaz.org/program-directory/
928-524-1151
993 N Hermosa Dr.
Holbrook, AZ

**Community Bridges, Inc. Payson Stabilization & Recovery Unit (SRU) & Outpatient**
Crisis, detox, individual & family counseling, peer support, referral, short-term inpatient (3-5 days), stabilization, women's 30-day inpatient.
https://communitybridgesaz.org/program-directory/
928-468-0022
803 W Main St., Payson, AZ

## PREVENTION PROGRAMS

Unhealthy substance use may be prevented through the support of community prevention agencies. The organizations listed here can provide information about safe prescription opioid use and disposal of unwanted opioid medications, teach overdose prevention education, and provide other interventions to prevent substance abuse in communities. Additionally, resources like hospitals are included which can help to prevent medical issues or further harm from substance use.

**Apache County Health Department**
HIV/STI testing & prevention, naloxone/Narcan, overdose prevention education.
www.co.apache.az.us/let-us-help-you-find-us/public-health-services-district/
928-337-4364
323 S Mountain Ave., Springerville, AZ

**Little Colorado Medical Center**
Emergency department, inpatient hospital, laboratory, naloxone/Narcan, overdose prevention education, outpatient medical, pharmacy, surgery, women's health.
www.lcmcwmh.com
928-289-4691
1501 N Williamson Ave, Winslow, AZ

**Navajo County Health Department - Holbrook**
HIV/STI prevention, testing, & treatment, naloxone/Narcan, overdose prevention education.
www.navajocountyaz.gov/Departments/Public-Health-Services/Programs-and-Services/Nursing-Services/Sexually-Transmitted-Diseases
928-524-4750
117 E. Buffalo St.
Holbrook, AZ

**Navajo County Health Department – Show Low**
HIV/STI prevention, testing, & treatment, naloxone/Narcan, overdose prevention education.
www.navajocountyaz.gov/Departments/Public-Health-Services/Programs-and-Services/Nursing-Services/Sexually-Transmitted-Diseases
928-532-6050
600 N. 9th Pl, Show Low, AZ

**Navajo County Health Department – Winslow**
HIV/STI prevention, testing, & treatment, naloxone/Narcan, overdose prevention education.
www.navajocountyaz.gov/Departments/Public-Health-Services/Programs-and-Services/Nursing-Services/Sexually-Transmitted-Diseases
(928) 289-6830
619 E 3rd St, Winslow, AZ

**North Country HealthCare – Show Low**
HIV/AIDS testing & treatment, family medicine, women's health.
www.northcountryhealthcare.org
928-537-4300
2650 E Show Low Lake Rd, Suite 1

**Summit Healthcare**
Emergency department, inpatient hospital, laboratory, naloxone/Narcan, overdose prevention education, outpatient medical, pharmacy, surgery, women's health, wound care.
www.summithealthcare.net
928-537-4375
2200 E Show Low Lake Rd
Show Low, AZ

**Tsehootsooi Medical Center**
Dental, emergency department, inpatient hospital, laboratory, outpatient medical, pharmacy, surgery, women's health.
www.fdihb.org
928-729-8000
Corner of Rt N 12 & Rt N 7
Fort Defiance, AZ

**White Mountain Regional Medical Center**
Emergency department, inpatient hospital, naloxone/Narcan, outpatient medical, overdose prevention education, pharmacy, surgery.
www.wmrmc.com/getpage.php?name=contact&sub=About+Us
928-333-4368
118 S Mountain Ave., Springerville, AZ

## OPIOID TREATMENT SERVICES

Opioid use disorder impacts the opioid receptors in the brain. When a person stops using opioids after using them consistently, the brain experiences physiological symptoms that can make it very difficult for a person to learn new skills. Opioid treatment, also called "medication assisted treatment," uses medication to stabilize the brain while a person engages in counseling & skill-building. It is the most effective treatment for opioid use disorder.

**ChangePoint Integrated Health – Show Low**
Crisis, detox, individual & family counseling, integrated health & behavioral services, opioid treatment medication, peer support, referral.
www.mychangepoint.org/alcohol-substance-abuse-treatment
928-537-2951
2500 E Show Low Lake Rd.

**Community Bridges, Inc. Winslow Outpatient**
Counseling, opioid treatment medication.
www.communitybridgesaz.org/program-directory/
928-289-1222
110 E 2nd St., Winslow, AZ

## ASSISTANCE PROGRAMS

Listed below are additional resources that may be of use, such as food banks, WIC, health insurance sign-up, and more. Everybody can use a little help now and then, and that's exactly what these agencies are here to provide.

**Alice's Place Domestic Violence Shelter**
Domestic violence shelter.
www.alicesplace.org
928-289-3003
Winslow, AZ

**Arizona Center for Rural Health Navigator Consortium**
Assistance in enrolling in health care coverage.
http://crh.arizona.edu/programs/navigator
520-343-0660
arielt1@email.arizona.edu
Northern AZ

**Arizona Department of Economic Security**
Cash assistance, child care, child support services, developmental disability services, disabled veterans outreach program (DVOP), employment service, medical assistance, nutrition assistance (food stamps), vocational rehabilitation.
https://des.az.gov/find-your-local-office
855-432-7587
Multiple locations: Chinle, Eagar, Kayenta, Kykotsmovi, Show Low, Whiteriver, Window Rock, Winslow

**Association of Arizona Food Banks**
Food boxes & assistance.
www.azfoodbanks.org
800-445-1914
Call for nearest location & referral, statewide.

**Navajo Nation Food Bank**
Food boxes & assistance.
www.azfoodbanks.org/images/uploads/EN-025_8-13.pdf
928-871-6868
Window Rock, AZ

**New Covenant Church Community Food Bank**
Food boxes & assistance.
www.newcovenantchurch.ws/ncc-community-foodbank.html
928-337-3205
820 W Cleveland St
St Johns, AZ

**Women Infants & Children (WIC)**
Federally-funded health & nutrition program for women, infants, & children.

www.co.apache.az.us/let-us-help-you-find-us/public-health-services-district/

http://www.navajocountyaz.gov/Departments/Public-Health-Services/Programs-and-Services/Women-Infants-and-Children

Heber/Overgaard: 928-535-7115

Holbrook: 928-524-4750 ext. 4

Show Low: 928-532-6050 ext. 2

Snowflake: 928-536-4656

Springerville: 928-337-2415

Winslow: 928-289-6834

## PREVENTION (cont.)

**Nexus Coalition for Drug Prevention**
Substance abuse prevention coalition.
http://ncdp.rocks
(928) 358-1645
PO Box 1596, Pinetop, AZ

**Apache County Drug Free Alliance**
Substance abuse prevention coalition.
http://www.acdrugfree.org
928-551-3416

THE UNIVERSITY OF ARIZONA
MEL & ENID ZUCKERMAN COLLEGE OF PUBLIC HEALTH
Center for Rural Health

HOPI HEALTH CARE
CENTER

NAVAJO HEALTH
FOUNDATION

SAGE MEMORIAL
HOSPITAL

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