



# All of Us Can Be a Part of the Solution

Houston 2019

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



# Members of the following organizations contributed to the resource guide:

Clinton Foundation	Congregation Brith Shalom
Institute for Spirituality and Health	Congregation Emanu El
The Council on Recovery	Faith Lutheran Church
BAPS Shri Swaminarayan Mandir	First Congregational Church
Mercy Street (Chapelwood UMC)	Houston Graduate School of Theology
Christian Tabernacle	Kingdom Works, Inc.
Chung Mei Buddhist Temple	Renacer Community Church
Clear Lake Islamic Center	Wheeler Avenue Baptist Church
Congregation Beth-Israel	

On behalf of the Clinton Foundation and our partners at the Institute for Spirituality and Health and the Council on Recovery, we are pleased to offer this Resource Guide to the greater Houston community. This guide is the fruit of arduous and exciting labor of distinguished faith leaders from throughout Houston. 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 almost 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 Houston 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 greater Houston 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

1. **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.
2. **Abstinence:** Not using alcohol or drugs.
3. **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.
4. **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.
5. **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.
6. **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.
7. **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.
8. **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.
9. **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.
10. **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.
11. **Intervention:** A professionally delivered program, service, or policy designed to prevent substance misuse (prevention intervention) or treat a substance use disorder (treatment intervention).
12. **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.
13. **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.
14. **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.

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.

15. **Positive Reinforcement:** The process by which presentation of a stimulus such as a drug increases the probability of a response like drug taking.
16. **Prescription Drug Misuse:** Use of a drug in any way a doctor did not direct an individual to use it.
17. **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.
18. **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.
19. **Relapse:** The return to alcohol or drug use after a significant period of abstinence.
20. **Remission:** A medical term meaning that major disease symptoms are eliminated or diminished below a pre-determined, harmful level.
21. **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.
22. **Substance:** A psychoactive compound with the potential to cause health and social problems, including substance use disorders (and their most severe manifestation, addiction).
23. **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).
24. **Substance Use:** The use—even one time—of any substance.
25. **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.
26. **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.
27. **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.
28. **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.
30. **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.

# 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

### The Arbor – Austin

Integrative and holistic approach to treat substance use disorders, as well as underlying mental health and psychological issues. Gender-specific programs, intensive outpatient, sober living. Accepts private insurance.

844-560-7269  
www.thearbor.com

### Cheyenne Center – Houston

Transitional and intensive residential treatment for men, and outpatient treatment for adults with chemical dependence. Accepts Medicaid, private insurance, and private-pay.

713-691-4898  
www.cheyennecenter.com

### Cenikor – Deer Park

Offers a variety of programs to treat addiction including detox, inpatient, sober living, and prevention programs. Accepts Medicaid, private insurance, and private-pay.

1-888-236-4567  
www.cenikor.org/

### Driftwood Recovery – Driftwood

Addiction treatment and pain recovery; residential and intensive outpatient. Accepts private insurance.

866-426-4694  
www.driftwoodrecovery.com

### Great Oaks Recovery – Egypt

Complete treatment experience from detoxification to continuing care for individuals and families. Accepts private insurance and self-pay.

877-977-3268  
www.greatoaksrecovery.com

### Into Action Recovery Centers – Houston

Personalized treatment for drug and alcohol use disorders. Detox, residential, and intensive outpatient. Private insurance and flexible self-pay.

844-694-3576  
www.intoactionrecovery.com

### La Hacienda – Hunt

Medical and detox services; collegiate chemical dependency recovery program; recovering professionals program; prescription drug dependence; Christian focus group; Intensive Outpatient Services. Accepts most private insurance plans.

800-749-6160  
www.lahacienda.com

### Memorial Hermann Prevention and Recovery Center – Houston

Alcohol, drug, and dual-diagnosis treatment center serving adults and adolescents. Detox, residential treatment, partial hospitalization, intensive outpatient. Accepts private insurance plans and self-pay.

713-939-7272  
www.parc.memorialhermann.org

### Recovery Unplugged – Austin

Comprehensive music-based treatment for individuals struggling with drug or alcohol addiction. Detox, inpatient, and outpatient. Accepts private insurance.

855-384-6340  
www.rutexas.com

### Sante Center for Healing – Argyle

Addresses addictive behaviors and associated conditions with an integrated addiction treatment model, drawing from traditional and innovative approaches. Detox, residential, intensive outpatient. Accepts private insurance.

866-238-3154  
www.santecenter.com

### Santa Maria – Houston

Multi-site residential and outpatient treatment center for pregnant and parenting women and children. Detox, intensive residential and residential supportive treatment.

713-691-0900  
http://www.santamariahostel.org/

### Starlite Recovery Center – Cedar Point

Offers a variety of specialty programming options including services for young adult men, members of the LGBT+ community, and those who wish to have Christian principles incorporated into their care. Detox and residential treatment. Private insurance accepted.

866-560-3812  
www.starliterecovery.com

### Serenity Light Recovery – Angleton

Detox, residential treatment, intensive outpatient treatment, veteran programs, faith- based recovery programs, family program, holistic treatment. Private insurance and self-pay.

855-658-6109  
www.serenitylightrecovery.com

### Westpark Springs – Richmond

Mental health and addiction treatment for adults, adolescents, and children. Inpatient and outpatient. Accepts most major insurance plans.

832-535-2770  
www.westparksprings.com

## TREATMENT PROGRAMS

## RESIDENTIAL TREATMENT FOR ADOLESCENTS

### Association for the Advancement of Mexican Americans – Houston

Casa Phoenix is a residential treatment center for boys, ages 13-17 who have substance use disorders.

(713) 967-6700  
www.aama.org

### Cenikor – Houston

Provides treatment and education to adolescents age 13-17 whose lives have been impacted by a substance use disorder. Accepts Medicaid, private insurance and private-pay.

1-888-236-4567  
www.cenikor.org/

### The Center for Success and Independence – Houston

Residential and intensive outpatient treatment center providing evidence-based therapy for teens with substance use disorders and mental health issues. Accepts private insurance and self-pay.

713-426-4545  
www.tcsi.org

### Memorial Hermann Prevention and Recovery Center – Houston

Alcohol, drug, and dual-diagnosis treatment center serving adults and adolescents. Detox, residential treatment, partial hospitalization, intensive outpatient. Accepts private insurance plans and self-pay.

713-939-7272  
www.parc.memorialhermann.org

### Unlimited Visions – Pasadena

Offers a residential program to adolescent males, ranging in age from 13-17. Accepts Medicaid, private insurance and self-pay.

713-534-8191  
www.unlimitedvisions.org/

### Phoenix House – Austin

Provides addiction treatment and prevention services. Most insurance plans and private pay.

888-671-9392  
www.phoenixhouse.org



OUTPATIENT TREATMENT FOR ADULTS

The Arbor – Austin

Integrative and holistic approach to treat substance use disorders and a wide variety of addictions as well as underlying mental health and psychological issues. Gender-specific programs, intensive outpatient, sober living. Accepts private insurance.  
844-413-2690  
www.thearbor.com

Career and Recovery – Houston

Offers gender-specific group and individual counseling services provided by licensed, experienced counselors. Serves those disadvantaged by homelessness, disabilities, older age, ex-offender status, returning veteran status, substance use disorders, and those with other significant barriers to employment.  
713-754-7000  
www.careerandrecovery.org

Cheyenne Center – Houston

Transitional and intensive residential and outpatient treatment for adults with chemical dependence. Accepts Medicaid, private insurance, and self-pay.  
713-691-4898  
www.cheyennecenter.com

Council on Recovery – Houston

Intensive outpatient treatment program at the Center for Recovering Families designed to help achieve successful, lasting recovery. Accepts many insurance plans and self-pay.  
713-914-0556  
www.councilonrecovery.org

Into Action Recovery Centers – Houston

Personalized treatment for drug and alcohol abuse. Detox, residential, and intensive outpatient. Accepts private insurance and flexible self-pay.  
844-694-3576  
www.intoactionrecovery.com

Memorial Hermann Prevention and Recovery Center – Houston

Alcohol, drug, and dual-diagnosis treatment center serving adults and adolescents. Detox, residential treatment, partial hospitalization, intensive outpatient. Accepts private insurance plans and self-pay.  
713-939-7272  
www.parc.memorialhermann.org

The Montrose Center – Houston

Outpatient treatment for the LGBT and HIV+ people with substance use disorders. Accepts all insurance and self-pay.  
713-529-0037  
www.montrosecenter.org/hub/

New Dimensions Day Treatment Centers – Houston

Mental health facility that provides treatment for psychiatric and substance use disorders for adolescents, adults and their families. Intensive outpatient and partial hospitalization. Accepts insurance and offers payment plans for self-pay.  
1-800-685-9796  
www.nddtreatment.com/index

Phoenix House – Houston

Provides addiction treatment and prevention services. Accepts most insurance and private pay.  
888-671-9392  
www.phoenixhouse.org

Santa Maria – Houston

Multi-site residential and outpatient treatment center; provides a comprehensive continuum for pregnant and parenting women and children.  
713-691-0900  
www.santamariahostel.org/

Second Chance Consulting and Outreach – Houston

Eight-week intensive outpatient program. Also offers-approved court order and individual anger management, domestic violence, substance abuse, and parenting classes. Accepts insurance.  
713-623-1811  
www.secondchancereentry.com

Symetria Recovery

Opioid addiction treatment center for adults. Combines medication assisted treatment best practices with a full continuum of counseling, psychiatric and other support services. Accepts most commercial insurance plans and HMOs.  
888-782-6966  
www.symetriarecovery.com/

Unlimited Visions – Houston

Provides evidenced-based, person-centered care in an outpatient, residential, and recovery environment that meets the spiritual, physical, and emotional needs of adults, adolescents, and their families who struggle with substance use disorders. Accepts Medicaid, private insurance, and self-pay.  
713-921-2276  
www.unlimitedvisions.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 ADOLESCENTS

Association for the Advancement of Mexican Americans – Houston

Intensive outpatient and supportive outpatient is offered in English and Spanish.  
713-967-6700  
www.aama.org

Center for Success and Independence – Houston

Adolescent residential and intensive outpatient treatment center providing evidence-based therapy for teens with substance use and mental health issues. Accepts private insurance and self-pay.  
713-426-4545  
www.tcsi.org

Memorial Hermann Prevention and Recovery Center – Houston

Alcohol, drug, and dual-diagnosis treatment center serving adults and adolescents. Detox, residential treatment, partial hospitalization, intensive outpatient. Accepts private insurance plans and self-pay.  
713-939-7272  
www.parc.memorialhermann.org

New Dimensions Day Treatment Centers – Houston

Mental health facility that provides psychiatric and substance abuse treatment for adolescents, adults and their families. Partial day program and intensive outpatient. Accepts insurance and offers payment plans for self-pay.  
1-800-685-9796  
www.nddtreatment.com/index

Phoenix House – Houston

Provides outpatient addiction treatment and prevention services. Accepts private insurance and self-pay.  
888-671-9392  
www.phoenixhouse.org

Unlimited Visions – Houston

Provides evidenced-based, person-centered care in an outpatient, residential, and recovery environment that meets the spiritual, physical, and emotional needs of adults, adolescents and their families who struggle with substance use disorders. Accepts Medicaid, private insurance, and self-pay.  
713-921-2276  
www.unlimitedvisions.org/

HOSPITALS

Cypress Creek Hospital

Treats adolescents and adults who require acute or outpatient psychiatric care or treatment for substance use disorders. Services include: detoxification, chemical dependency residential and inpatient, outpatient, children, adolescent, and adult psychiatric treatment.  
281-586-7600  
www.cypresscreekhospital.com

The Menninger Clinic

Treatment programs and services for adults, young adults, children and adolescents with complex mental illness, including severe mood, personality, anxiety, and substance use disorders.  
713-275-5400  
www.menningerclinic.com

Texas West Oaks Hospital

Provides a full continuum of integrated services to meet the needs of patients suffering from mental illness and/or chemical dependency problems. Services include: detoxification, chemical dependency residential and inpatient, outpatient, children, adolescent, and adult psychiatric treatment.

713-995-0909  
www.westoakshospital.com

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 with the negative effects of the abused drug.

Innovations Clinic at UT Houston  
713-486-2700

Northshore Treatment Center  
713-455-7008

Symetria Recovery  
888-347-7079  
www.symetriarecovery.com/

Texas Clinic  
713-694-8100  
www.texasclinic.com/

COUNSELING & THERAPY

Counseling and therapy can help patients achieve emotional wellness. Counselors often see patients on an ongoing basis as part of a treatment plan. These professionals work with a variety of patients and may specialize in areas such as trauma, addiction, or youth services. The specialty may determine where a mental health counselor works. For example, someone who specializes in helping children may work in a school. However, the work is often clinical, and many professionals operate in private practices, hospitals, rehabilitation centers, and inpatient facilities.

Achor Counseling & Associates LLC  
Provides counseling and therapy services to individuals and families struggling with mental health and chemical dependency issues. Offers guidance and faith-based instruction on how to maintain a life free from drugs and alcohol.  
281-781-8444  
www.achorcounseling.com

Cornerstone of Houston Team Counseling  
Counseling for adolescents and young adults with substance use disorders.  
832-463-0226  
www.cornerstoneteamcounseling.com/

Council on Recovery  
Provides therapy to individuals and families as stand-alone services or in conjunction with aftercare groups.  
713-942-4100  
www.councilonrecovery.org

Hope and Healing Center  
Comprehensive mental health resource dedicated to transforming lives and restoring hope through education, training, and supportive services.  
713-871-1004  
www.hopeandhealingcenter.org/

The Harris Center for Mental Health and IDD  
Provides outpatient mental health services for adults and children with a mental health diagnosis. Serves Harris County residents who are uninsured or underinsured.  
713-970-7000  
www.theharriscenter.org/

Resource Education Center  
281-463-9292  
www.resourceedcenter.com/index.htm

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  
Twelve-step recovery meeting for those who want to achieve or maintain sobriety. Focus on spiritual growth but not a religious organization. Free.  
AA REPRESENTATIVE: 713-686-6300  
FIND A MEETING: https://www.aa.org/pages/en\_US  
HOST A SUPPORT GROUP: https://www.aa.org/pages/en-us/starting-a-new-aa-group

Al-Anon  
Twelve-step recovery meeting for friends and family of alcoholics. Focus on spiritual growth but not a religious organization. Free.  
FIND A MEETING: https://al-anon.org/al-anon-meetings/

Alateen  
Twelve-step recovery meeting for teens who are friends and family of alcoholics; focus on spiritual growth but not a religious organization. Free.  
FIND A MEETING: https://al-anon.org/al-anon-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 CELEBRATE RECOVERY PROGRAM: www.celebraterecovery.com/crgroups

Cocaine Anonymous  
Twelve-step recovery meeting for people who seek recovery from drug addiction; focus on spiritual growth but not a religious organization. Free.  
HELPLINE: 713-668-6822  
FIND A MEETING: www.ca-texas.org/Meeting.html

Narcotics Anonymous  
Twelve-step recovery meeting for people who seek recovery from drug addiction; focus on spiritual growth but not a religious organization. Free.  
HELPLINE: 713-661-4200  
FIND A MEETING: https://www.na.org/meetingsearch/  
HOST A SUPPORT GROUP: https://www.na.org/?ID=startmeeting

Nar-Anon  
Twelve-step recovery meeting for families and friends of addicts; focus on spiritual growth but not a religious organization. Free.  
FIND A MEETING: https://www.nar-anon.org/find-a-meeting

Pills Anonymous  
Twelve-step recovery meeting for people who seek recovery from their pill addiction; focus on spiritual growth but not a religious organization. Free.  
FIND A MEETING: www.pillsanonymous.org/meetings/find-a-meeting/  
HOST A SUPPORT GROUP: www.pillsanonymous.org/start-a-meeting/

Recovery Support Services Opioid Groups – The Council on Recovery  
Support for individuals and families who are struggling with opioid use. Free and open to all.  
281-200-9201  
CBH@councilrecovery.org

Refuge Recovery  
Mindfulness-based addiction recovery community that utilizes Buddhist philosophy as the foundation. Free and open to all.  
FIND A MEETING: www.refugerecovery.org/meetings?tsml-day=any

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: www.smartrecoverytest.org/local/  
START A SMART RECOVERY MEETING: www.smartrecovery.org/volunteer/

Spirituality and Recovery

Twelve-step recovery meeting with an emphasis on spirituality.

<http://www.chapelwood.org/mercy-street/whats-up/studies-groups/spirituality-and-recovey/315/>

Winners Circle Peer Support Network

Provides peer to peer recovery services groups in several locations in Houston. The Winners Circle is not a place or thing; it is the people. Breaking Chains, and Changing Lives. The only fee is change.

713-448-9896

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.

SHELTER PROGRAMS

The Beacon

Serves the Houston community through daily services, civil legal aid, counseling, mentoring, and access to housing.

713-220-9737

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

Center for Empowerment (Sonrise Shelter)

An emergency 24hr/day facility providing food, shelter, and clothing to those in need.

281-449-0994

<https://sonrisechurchhouston.com/shelter>

Covenant House

Provides shelter for homeless, abused, and abandoned youth ages 18-24.

713-523-2231

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

Lord of the Streets

A church community that welcomes, restores, and rebuilds lives through relationship-focused ministries with the homeless and formerly homeless. Offers days shelter, a free medical clinic, and other supportive services.

713-526-0311

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

Magnificat House

Offers an alternative to the streets, providing shelter, meals, community, and guidance toward a bright future.

713-529-4231

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

Mission of Yahweh

Faith-based, non-denominational emergency and transitional shelter.

713-466-4785

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

Recenter

Aids homeless men and women with alcohol and drug addictions through services and programs. Provides onsite housing and meals for men and women recovering from alcoholism and drug addiction.

713-524-3682

[www.recenterhouston.com/about-recenter/](http://www.recenterhouston.com/about-recenter/)

Salvation Army

Offers four emergency shelters which serve as refuge for homeless men, women, and families.

713-752-0677

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

Salvation Army Sally’s House

Transitional housing for single women who have completed an alcohol/drug detoxification program.

(713) 223-8889

[www.salvationarmyhouston.org/homeless/](http://www.salvationarmyhouston.org/homeless/)

SEARCH

Specializes in skilled case management to help those who are homeless move from the streets into jobs and safe, stable housing.

713-739-7752

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

UNITED WAY’S 2-1-1

Free and confidential service that helps people across the US find the local resources they need. Available 24/7.

<http://www.211.org/>

Star of Hope Family Shelter

Christ-centered community dedicated to meeting the needs of homeless men, women and their children. Positive life-changes are encouraged through structured programs which focus on spiritual growth, education, employment, life-management, and recovery from substance abuse.

713-748-0700

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

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.

Cenikor

Offers a variety of programs to treat addiction including detox, inpatient, sober living, and prevention programs.

1-888-236-4567

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

Pathway to Serenity

Welcomes people who want to learn and refine skills that will lead to lasting recovery from addiction.

713-631-0366

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

Road to Recovery

Ninety-day drug and alcohol program and transitional living center for men.

713-742-6514

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

Treatment Recovery Transitional Center

Provides resources and opportunities for immediate and long-term care.

281-974-2892

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

SOBER SCHOOLS

Archway High School

Provides a supportive and sober learning environment to meet the individual educational needs of adolescents in recovery.

713-328-0780

[www.archwayacademy.net/](http://www.archwayacademy.net/)

EMPLOYMENT, CLOTHING AND FOOD SERVICES

Career and Recovery Resources

Assists with preparation for, attainment and sustainment of employment.

713-754-7000

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

Christian Community Service Center

Assists with basic needs such as food, clothing, medical assistance, and rental/utility assistance.

713-961-3993

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

Emergency Aid Coalition

Serves individuals and families in Harris County who need food and/or clothing.

713-528-3663

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



**Goodwill Job Connection Centers**

713-590-3132

**KW Employment and Training Services**

Employment program for people with disabilities.

626-354-0426

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

**Lord of the Streets**

A church community that welcomes, restores, and rebuilds lives through relationship-focused ministries with the homeless and formerly homeless. Offers days shelter, a free medical clinic, and other supportive services.

713-526-0311

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

**Montrose Grace Place**

Provides a safe, welcoming environment for vulnerable, homeless youth of all sexual orientations and gender identities, by providing nourishment, healthy relationships, and hope for the future.

832-239-0824

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

**Salvation Army Social Services**

Provides shelter, financial assistance, food, and other basic needs.

713-752-0686

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

**Southeast Area Ministries**

Provides food assistance, household, hygiene and infant care, financial assistance, clothing, and referral.

713-944-0093

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

**Stand Up for Kids**

Serves unaccompanied and at-risk youth and young parents with children. Provides street outreach, outreach centers, mentoring, and apartment support.

1-800-365-4543

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

**Star of Hope (Men & Women)**

Christ-centered community dedicated to meeting the needs of homeless men, women and their children. Positive life-changes are encouraged through structured programs which focus on spiritual growth, education, employment, life-management, and recovery from substance abuse.

713-748-0700

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

**WorkFaith connection**

713-984-9611

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

**Workforce Solutions**

1-888-469-5627

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

**MONEY MANAGEMENT & RESUME BUILDING**

**Family Houston**

Free classes on money management; banking and credit; and resume building.

713-861-4849

[www.familyhouston.org/financialworkshops/](http://www.familyhouston.org/financialworkshops/)

**CASE MANAGEMENT**

Under case management: a range of services provided to assist and support individuals in developing their skills to gain access to needed medical, behavioral health, housing, employment, social, educational, and other services essential to meeting basic human needs. This also includes providing linkages and training for the patient served in the use of basic community resources, and monitoring of overall service delivery.

**COMPASS**

Assists the disadvantaged and unemployed in gaining direction and control over their lives through employment or other appropriate means. Offers one-on-one visits with experienced case managers and direct assistance.

713-229-8319

[www.houstoncompass.org/index.html](http://www.houstoncompass.org/index.html)

**Unlimited Visions Aftercare**

Provides group counseling, case management, psycho education/didactic groups, and recovery support services.

713-921-2276

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

**LEGAL SERVICES**

**Beacon Law**

Provides justice to Houston’s homeless through legal services and advocacy. Assistance with public benefits, ID issues, Veterans Benefits, wills, and estates and much more.

713-220-9737

[www.beaconhomeless.org/beaconlaw](http://www.beaconhomeless.org/beaconlaw)

**Houston Volunteer Lawyers Program**

Provides pro bono legal services to men and women with low income in Harris County.

713-228-0732

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

**Lone Star Legal Aid**

Provides free legal aid.

713-652-0077

[www.lonestarlegal.blog](http://www.lonestarlegal.blog)

**YMCA International Services**

Provides affordable legal services, including immigration legal services to those in need.

713-339-9015

[www.ymcahouston.org/locations/ymca-international](http://www.ymcahouston.org/locations/ymca-international)



MANDATED COURSES AND LIFE SKILLS TRAINING

Resource Education Center

Offers a wide variety of state mandated courses and other services to meet the needs of individuals and families. Offers DWI First offender classes, DWI II Intervention Classes, Texas Drug Offender Education Program, Family Education, Minor in Possession Alcohol, Anger Management Therapy, Decision Making, and Smoking Cessation.

281-463-9292  
www.resourceedcenter.com/index.htm

Second Chance Consulting and Outreach

Educational and life skills training and programs are designed to rehabilitate as well as provide the knowledge, skills, and abilities for individuals to make a positive impact on their communities and increase community safety. Offers classes on anger management, anti-theft, battering intervention prevention program, defensive driving, and more.

713-623-1811  
www.secondchancereentry.com

LOCAL 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.

Teen Crisis Hotline

Free, confidential, anonymous crisis and suicide prevention counseling, 24 hours a day, seven days a week.

CALL: 832-416-1177

TEXT: 281-201-4430

The Harris Center Crisis Line

Help available 24/7 for people experiencing a mental health or intellectual or developmental disability-related crisis.

713-970-7000 press 1

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](http://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](http://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](http://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](http://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](http://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](http://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 our narcotics, prescription pain medications, heroin, and/or other opioid drugs.

[www.store.samhsa.gov/shin/content/SMA16-4993/SMA16-4993.pdf](http://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](http://www.drugabuse.gov/related-topics/treatment)

STORIES OF RECOVERY

A recovery story is an accounting or recounting of a person’s experience with substance use and/or mental illness. They are meant to offer hope and inspiration to others who are experiencing similar issues while at the same time celebrating how far a person has come.

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/](http://www.pbs.org/video/fighting-the-stigma-of-addiction-with-stories-of-recovery-1507239610/)

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 REDUCTION LANGUAGE

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.

Office of National Drug Control Policy

Appropriate terminology related to substance use and substance use disorders:

[bit.ly/2iGOGLz](http://bit.ly/2iGOGLz)

Shatterproof

Stigma reduction language:

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

PRAYER FOR HEALING

Prayer for Healing for Those Suffering with Addiction by Rabbi Paul Steinberg

Prayer and Discussion Guide: [bit.ly/2LUwZG4](http://bit.ly/2LUwZG4)

COMMUNITY SKILL BUILDING

These training 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/](http://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.

- The Council on Recovery offers free in-person training.
- Texas Overdose Naloxone Initiative offers free in-person trainings, medication, fentanyl test strips.
- Boston Public Health Commission online course <https://delvalle.bphc.org/course/view.php?id=659>

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: [attcnetwork.org/national-focus-areas/content.aspx?rc=sbirt&content=DISTANCEED&header=Distance+Education](http://attcnetwork.org/national-focus-areas/content.aspx?rc=sbirt&content=DISTANCEED&header=Distance+Education)
- Access Health provides free training every Thursday at 6:15-7:15 PM; [www.myaccesshealth.org/sbirt](http://www.myaccesshealth.org/sbirt) 281-663-3195



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](http://www.hhs.gov/sites/default/files/ati_toolkit_new.pdf)

**Botvin Life-Skills Training Program**  
Evidence-based prevention programs for schools, families, and communities.  
[www.lifeskillstraining.com/](http://www.lifeskillstraining.com/)

**NIDA for Teens**  
Blogs, videos, games and educational resources on substance use for teens.  
[www.teens.drugabuse.gov/](http://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/](http://www.drugfree.org/)

**Texans Standing Tall – Prescription Drug Take Back Toolkit**  
Step-by-step guide on how to successfully and safely host a drug take back event in Texas. Drug take back events remove unused, unneeded or expired medications from the home and dispose of them safely to prevent prescription drug misuse, prevent poisonings, and protect the environment.  
<https://texansstandingtall.org/pdfs/Rx%20takeback%20final.pdf>

SUPPORTIVE ORGANIZATIONS

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

**Bay Area Council on Drugs and Alcohol**  
1-800-510-3111  
[www.bayareacouncilondrugsandalcohol.homestead.com/](http://www.bayareacouncilondrugsandalcohol.homestead.com/)

**Council on Recovery**  
Houston’s largest nonprofit provider of prevention, education, treatment, and recovery services.  
713-942-4100  
855-942-4100  
[www.councilonrecovery.org/](http://www.councilonrecovery.org/)

**Fort Bend Regional Council**  
Addresses problematic substance use through youth prevention and leadership development programs, treatment for individuals and families, and outreach programs.  
281-207-2400  
<https://www.fortbendcouncil.org/>

**Institute for Spirituality and Health**  
Brings together scholars, health care professionals, religious leaders, and the public to learn how spirituality can impact health and healing. The Institute engages in education, research, and direct services.  
713-797-0600  
[www.ish-tmc.org/](http://www.ish-tmc.org/)

**Hope and Healing Center**  
Comprehensive mental health resource dedicated to transforming lives and restoring hope through education, training, and supportive services.  
713-871-1004  
[www.hopeandhealingcenter.org/](http://www.hopeandhealingcenter.org/)

**Houston Area Spiritual Care Network**  
Integration of the spiritual and therapeutic recovery communities. Meets monthly to offer support, guidance and resources for mental health and substance use disorders in the faith community.  
[www.facebook.com/groups/532223950258506/](https://www.facebook.com/groups/532223950258506/)

**Houston Recovery Initiative**  
Works toward a recovery-oriented system of care for those who are affected by alcoholism and addiction. Creates opportunities to collaborate with agencies across Houston, working together to aid those in recovery.  
[www.houstonrecoveryinitiative.org/mission/](http://www.houstonrecoveryinitiative.org/mission/)

**Interfaith Ministries**  
Fosters understanding, respect, and engagement among people of all faiths.  
713-533-4900  
[www.imgh.org/](http://www.imgh.org/)

**Mayor’s Youth Council**  
Organization that allows Houston youth to discuss pertinent issues while promoting activism and community service through its role in civic engagement.  
832-393-0891  
[www.houstontx.gov/myc/](http://www.houstontx.gov/myc/)

**North Harris County Substance Abuse Prevention Coalition**  
713-439-6000  
[www.nhcprevention.com/](http://www.nhcprevention.com/)

SUPPORT GROUPS

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  
www.narcotics.com/narcotics-anonymous/

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. Membership is open to anyone who wants to do something about his or her drinking problem.

https://www.aa.org/pages/en\_us

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/

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.

https://recovery2point0.com/about/

HOTLINES

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/

LAWS AND RIGHTS

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.

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.

www.parityregistry.org/resources/



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All of us can be a part of the solution  
Houston 2019