

Recovery follows many paths.



Start your journey here.

Crisis Intervention Hotlines

Listening Ear
989-772-2918

National Suicide Hotline
800-279-8255

Crisis Text Line
Text 741741

Local Information

211
Dial 2-1-1

Hope Portal
www.myhopeportal.com

**IF YOU ARE IN AN
EMERGENCY,
DIAL 9-1-1**



Substance Use Disorder Referral Guide
Copyright 2018
The Legacy Center for Community Success

To order this product, call 989-496-1425

Funding provided by Midland Rotary Foundation

Understanding Addiction

What is Addiction?

Addiction is a chronic brain disease that affects the pleasure center of the brain. The choice to take a substance is voluntary; brain chemistry changes after long-term use. The person develops cravings for the substance that are not easily overcome. The body also depends on the substance to avoid unpleasant or dangerous withdrawal symptoms.

Addiction is a disorder that is prone to relapse, which means that it can return, but with proper treatment and lifestyle choices, you can live a healthy, happy life in recovery.

Addiction can coincide with another condition. When two conditions exist, it is called a co-occurring disorder, or dual diagnosis. A person with co-occurring disorders has a mental health condition, like depression, anxiety, or bipolar disorder. When a co-occurring disorder exists, addiction and the mental health condition should be treated together.

Because addiction is a medical condition, proper guidance and care is necessary to recover. This booklet describes your options to start your road to recovery.

***See back cover for crisis contacts.**

Exploring Your Options

What are my Choices?

There are many types of services. Below are some of the common types, along with an explanation of each.

Detox: A detox facility provides a safe place with close monitoring for you to withdraw from substances.

Residential: Residential is in-patient care, free from the stressors of daily life, where you can begin healing from substance use disorder. Counseling, group sessions, and sometimes medication-assisted treatment, are available in residential care.

Outpatient Therapy: Outpatient therapy includes counseling with a certified therapist in either an individual or group setting.

Medication-assisted Treatment: Medication assisted treatment is a prescription or monthly injection that makes it easier to cope without certain substances. Medication-assisted treatment is most effective when used alongside counseling.

Peer Support: Peer support includes peer support groups and recovery coaches. Peer support groups allow people at different stages of recovery to support one another throughout their recovery journey. Recovery coaches are in long-term recovery and can help you transition to daily living and learn to overcome triggers that may cause relapse.

12 Step Fellowship: 12 Step Programs are abstinence-based groups that work through a process of 12 defined steps, while offering support to one another.

Detox and Residential

What Is Detox?

Withdrawal from a substance can be painful and life-threatening. A detox facility offers medical monitoring so you can withdraw safely. Staff at a detox facility can also help you figure out your next steps and teach early coping skills. It may take a couple of days to secure a spot, so call ahead.

Detox Facilities in Mid-Michigan

Ten16 Recovery Network

2885 Health Parkway
Mt Pleasant, MI 48858
Ph: 989-775-0604
1016.org

Healthsource Saginaw

3340 Hospital Rd
Saginaw, MI 48603
Ph: 989-790-7745
healthsourcesaginaw.org

DOT Caring Centers, Inc

6840 Midland Rd
Freeland, MI 48603
Ph: 989-692-2160
dotcaringcentersinc.com

What is Residential Care?

Learning to live without substances can be challenging when combined with your regular daily stressors. Residential care offers a setting away from your normal daily life while you learn new skills and participate in intensive counseling. Residential treatment can last one month to one year, depending on your needs and insurance.

Local Residential Options

Ten16 Recovery Network

1213 E Isabella
Midland, MI 48640
Ph: 989-835-3466
1016.org

DOT Caring Centers, Inc

6840 Midland Rd
Freeland MI 48603
Ph: 989-692-2160
dotcaringcentersinc.com

Outpatient Services

What is Outpatient Counseling?

Outpatient counseling consists of regular, ongoing appointments with a psychologist or counselor. Counseling helps you work through any behavioral or mental health issues that may be contributing to your substance use disorder. Counseling helps you get to the root of your substance use disorder and learn skills to cope with triggers. You may meet with a therapist many times per week at the beginning of your recovery and taper down the number of sessions as time goes on.

There are numerous counseling service providers throughout Mid-Michigan. If one counselor does not work for you, keep trying until you find the right fit.

If you need financial assistance for counseling, contact Mid-State Health Network (see next tab).

Local Outpatient Options

Ten16 Recovery Network

133 N Saginaw
Midland, MI 48640
Ph: 989-631-0241
ten16.org

Family & Children's Services

1714 Eastman Ave
Midland, MI 48640
Ph: 989-631-5390
fcs-midland.org

J & A Counseling and Evaluations, Inc.

5100 Eastman Ave, Ste 2
Midland, MI 48640
Ph: 989-631-4092
jacounseling.com

Behavioral Medicine Associates of MidMichigan

1205 E Wackerly St
Midland, MI 48642
Ph: 989-832-9161
behavioral-medicine.org

Community Mental Health

218 Fast Ice Dr
Midland, MI 48642
Ph: 989-631-2320
cmhcm.org

Renewal Christian Counseling

5816 Eastman Ave
Midland, MI 48640
Ph: 989-244-1888
renewalcenter.org

Partners In Change

720 W Wackerly, Ste 11
Midland, MI 48642
Ph: 989-832-2165
psychologistsmidland.com

Other Addiction Services

What Is Medication-assisted Treatment (MAT)?

Some substances have such a grip on a person that the individual may need medical support to get sober. This is common with opioids, and sometimes with alcohol. Medication-assisted treatment is a prescription or monthly shot that makes it easier to cope without substances. Medication-assisted treatment is most effective when used alongside outpatient counseling.

Local MAT Options

Recovery Pathways, LLC

Midland CMH Building
218 Fast Ice Dr
Midland, MI 48642
Ph: 989-928-3566
Recoverypathwaysllc.com

Healthsource Saginaw

3340 Hospital Rd
Saginaw, MI 48603
Ph: 989-790-7745
healthsourcesaginaw.org

DOT Caring Centers, Inc

6840 Midland Rd
Freeland, MI 48603
Ph: 989-692-2160
dotcaringcentersinc.com

What Else Do I Need To know?

Below are agencies that offer various supports to assist you as you begin your path to recovery.

Other Local Supports

Hope Not Handcuffs

Law Enforcement Center
2727 Rodd St
Midland, MI 48640
Ph: 989-631-5716

Angels Program

Michigan State Police
2402 Salzburg Rd
Freeland, MI 48623
Ph: 989-495-5555

For A Brighter Tomorrow

1543 Washington St
Midland, MI 48640
Ph: 989-330-9035

Peer 360 Recovery Alliance

709 9th St
Bay City, MI 48708
Ph: 989-415-2049

Mid-State Health Network

530 W Ionia St, Ste F
Lansing, MI 48933
Ph: 517-253-7525

Restoration Fellowship

1550 S Poseyville Rd
Midland, MI 48640
Ph: 989-631-5200

Midland Community Former Offenders Advocacy & Rehabilitation

1415 Washington St
Midland, MI 48640
Ph: 989-423-1124

What is a Recovery Coach?

A recovery coach is a person who has successfully walked the path of recovery. They provide support, empathy, and ideas for success. Recovery coaches have training, but are not counselors. They offer valuable skill-building based on real-life experiences.

If you are interested in becoming connected with a recovery coach, many local facilities and groups can help you find a coach.

What Other Supports Exist?

Peer support groups are an important component to a successful recovery. Some groups follow the 12-Step philosophy, which is a series of steps followed in order to become free from addiction. Other peer support groups carry different

Local Peer Support Groups

Peer 360 Recovery Alliance All Recovery Meetings

Mondays 6:00-7:00pm and
Saturdays 1:00-2:00pm
at Midland Community
Center

Recovery by the Slice

Monday through Friday
at 12:00pm
at Ten16 Recovery
Network

Recovery

Thursdays, 5:30-6:30pm
at Family and Children's
Services

Local 12 Step Groups (Open to the Public)

Alcoholics Anonymous Beginners Information

Mondays, 7:00-8:00pm
at Memorial Presbyterian
Church

Narcotics Anonymous How It Works

Wednesdays, 6:30pm
2808 Waldo Ave
Midland, MI 48642

Celebrate Recovery

Thursdays, 7:00pm
Resurrection Life of
Midland

Groups are not one-size-fits-all. Keep looking until you find the group that is right for you!

Family and Teens

Help for Teens

Teens who are using drugs or alcohol need care specific to their age and stage of life. If you are concerned about your teen, there is help.

Community Mental Health

218 Fast Ice Dr
Midland, MI 48642
Ph: 989-631-2320
cmhcm.org

Partners In Change

720 W Wackerly
Midland, MI 48642
Ph: 989-832-2165
psychologistsmidland.com

Family & Children's Services

1714 Eastman Ave
Midland, MI 48640
Ph: 989-631-5390
fcs-midland.org

Recovering Youth Futures

Jackie Warner
Youth Intervention
Specialist
Ph: 989-832-6855

J & A Counseling and Evaluations, Inc

5100 Eastman Ave, Ste 2
Midland, MI 48640
Ph: 989-631-4092
jacounseling.com

Support for Families

Families of people with substance use disorder often feel worried about their loved one's addiction. Finding comradery with others in similar situations can be helpful. Support groups for families offer an outlet for you and an opportunity to learn from one another.

Local Support for Families

Al-Anon

Various groups meet in Midland. Visit or call Al-Anon for details.
www.alanon-tricity.org
Ph: 989-941-8569

Peer 360 Recovery

Alliance All Recovery Meetings

Mondays 6:00-7:00pm
Saturdays 1:00-2:00pm
at Midland Community Center

Nar-Anon

Mondays, 6:30pm
at Aldersgate Methodist Church

Families Against Narcotics

Second Thursday of each month, 7:00-8:00pm
at Delta College

***See back cover for crisis contacts.**