

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.lcmcmh.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



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

