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.

TABLE OF CONTENTS

Crisis Services .............................................. 1
Peer Support Organizations .............................. 2
Outpatient Services ....................................... 3
Residential Treatment Services ....................... 4
Prevention Programs .................................... 4
Opioid Treatment Services ............................ 5
Assistance Programs .................................... 5
**CRISIS SERVICES**

There are times when a person needs immediate mental health support, and 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.

<table>
<thead>
<tr>
<th>Crisis Phone Numbers</th>
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<tbody>
<tr>
<td>Alice’s Place Domestic Violence Shelter</td>
<td>928-289-3003</td>
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<tr>
<td>Navajo County Family Advocacy Center</td>
<td>888-SOS-CHILD (767-2445)</td>
</tr>
<tr>
<td>Community Bridges, Inc. Winslow Stabilization &amp; Recovery Unit (SRU)</td>
<td>928-289-3151</td>
</tr>
<tr>
<td>ChangePoint Integrated Health - Show Low</td>
<td>928-537-2951</td>
</tr>
<tr>
<td>Crisis Response Network Northern AZ</td>
<td>877-756-4090</td>
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<tr>
<td>Arizona Coalition to End Sexual &amp; Domestic Violence</td>
<td>602-279-2900 or 800-782-6400</td>
</tr>
<tr>
<td>Arizona Humane Society Project Safe House</td>
<td>602-997-7585</td>
</tr>
<tr>
<td>Teen Life Line</td>
<td>602-248-TEEN (8336)</td>
</tr>
<tr>
<td>National Suicide Prevention Lifeline</td>
<td>800-273-TALK (8255)</td>
</tr>
<tr>
<td>National Substance Use &amp; Disorder Issues Referral &amp; Treatment Hotline</td>
<td>800-662-HELP (4357)</td>
</tr>
<tr>
<td>Arizona Opioid Assistance &amp; Referral Line</td>
<td>1-888-688-4222</td>
</tr>
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<tr>
<th>Online Resources</th>
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<tr>
<td>Lifeline Chat</td>
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<td>TheHopeLine</td>
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<tr>
<th>Other Resources</th>
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<tr>
<td>Text the word “HOME” to 741741</td>
</tr>
</tbody>
</table>
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.  
[Website](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.  
[Website](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.  
[Website](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.  
[Website](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.  
[Website](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.  
[Website](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.  
[Website](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.  
[Website](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.  
[Website](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.  
[Website](www.lcbhc.org/careandservices.php)  
928-337-4301  
470 W Cleveland, St. Johns, Arizona

Navajo Nation Dilkon
Counseling, domestic violence support, parenting, peer support.  
[Website](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.  
[Website](www.flagstaffaa.org)  
928-779-3569  
Locations vary, Flagstaff, AZ

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

Narcotics Anonymous
12 Step peer recovery.  
[Website](www.arizona-na.org/WP/?page_id=53)  
928-368-7286  
Locations vary

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

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.  
[Website](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.  
[Website](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.  
[Website](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.  
[Website](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.  
[Website](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.  
[Website](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.  
[Website](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.  
[Website](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.  
[Website](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.  
[Website](www.lcbhc.org/careandservices.php)  
928-337-4301  
470 W Cleveland, St. Johns, Arizona

Navajo Nation Dilkon
Counseling, domestic violence support, parenting, peer support.  
[Website](www.nndoh.org/)  
928-657-8000  
P.O. 709 Window Rock 86705  
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[Website](www.aa-meetings.com/arizona/TubaCity.html)  
602-264-1341  
Locations vary, Tuba City, AZ

Narcotics Anonymous
12 Step peer recovery.  
[Website](www.arizona-na.org/WP/?page_id=53)  
928-368-7286  
Locations vary

Al Anon
12 Step peer recovery for friends & family.  
[Website](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.  
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.  
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.  
928-536-6869  
423 S Main St., Snowflake, AZ

**ChangePoint Integrated Health - Winslow**
Individual & family counseling, integrated health & behavioral services, peer support, referral.  
928-289-4658  
1015 E. 2nd St., Winslow, AZ

**Community Bridges, Inc. Winslow Outpatient**
Counseling, opioid treatment medication.  
[http://communitybridgesaz.org/program-directory/](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.nnndoh.org/dbhs.html](http://www.nnndoh.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.  
928-737-6300  
Highway 264 Milepost 388  
Polacca, AZ

**Kayenta Outpatient Treatment Center**
Intensive outpatient, peer support, substance use & trauma counseling.  
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](http://www.lcbhc.org/careandservices.php)  
928-333-2683  
50 N Hopi Dr  
Springerville, Arizona

**Navajo Nation Dilkon**
Counseling, domestic violence support, parenting, peer support.  
[www.nnndoh.org/](http://www.nnndoh.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](http://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](http://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](http://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](http://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

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

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
928-532-6050
600 N. 9th Pl, Show Low, 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

Tsehootsooi Medical Center
Dental, emergency department, inpatient hospital, laboratory, naloxone/Narcan, overdose prevention education, 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, overdose prevention education, pharmacy, surgery, women’s health.
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.
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

Apache and Navajo County Consumer Guide for Substance Use Treatment | 5