

**Problem
with
Drugs?**

**Want
Help?**

M e t h a m p h e t a m i n e

A l c o h o l C o c a i n e

M a r i j u a n a H e r o i n O t h e r ? ? ?

Community Resource Guide

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“Grant me the serenity
to accept the things I cannot change;
courage to change the things I can;
and wisdom to know the difference.”

— Reinhold Neibuhr, 1926

Congratulations

you have taken TWO important steps:
You picked up this guide AND you opened it.

THERE IS HELP FOR YOU.

Just turn the page and pick up the phone.

Do you need a place to stay safely while you come off drugs?

Turn to page 14 for detox. Pick up the phone.

Do you need treatment groups a few times each week?

Turn to page 24 for outpatient. Pick up the phone.

Do you need a place you can stay AND get
treatment at the same time?

Turn to page 16 for residential. Pick up the phone.

Not sure what you need?

Read some of the program descriptions starting on page 14.

You can even look at their websites if you can get on a
computer. See what feels right for you.

Then pick up the phone and CALL.

Tell someone what's going on with you.

Then ask what the next step is.

There is HOPE for you.

(If you still don't think so, read Emily's story on the next page)

Emily's Story

Here is what recovery and treatment have done for me:

Everything.

I started using marijuana when I was 13, meth when I was 14. I first used with friends (and sometimes their parents), and then bought from meth dealers. I ended up on juvenile probation. I had a dirty "drop," and my P.O. said I had to go to treatment. I did 30 days of residential treatment with other kids my age, but within two weeks of getting out, I was drinking alcohol and taking acid, and other stuff that I knew wouldn't show up in my drops. Three months later, I was off probation and I went on a binge.

From there on out, all I cared about were drugs.

I got pregnant at 18 and had a baby girl. The whole time I was pregnant, except for the last month, I smoked pot. We both tested clean when she was born, and I took her home from the hospital. As soon as I got home I smoked a joint. And then I was off to the races again with my addiction.

I used meth and other drugs for another year, and then a relationship I was in began to turn abusive. One day, there was a bad fight and the cops showed up. Then Child Protective Services (CPS) got involved in our lives. For a month, I was able to stop using and I left the boyfriend. But that, of course, didn't last. I fell hard. For the next four months, I was spun out, trying to numb all the pain that I had inside of me from the past and present. I got back with the boyfriend and the abuse started all over.

CPS wanted me to go into residential treatment. I went to the appointment and told them, "I don't need it. I can stop on my

own." But I couldn't. Months passed. The abuse got worse, but it didn't matter. I was so addicted to drugs I lost who I was completely. In April 2002, I was almost killed by my boyfriend. I went to a friend's house, looked in the mirror, and saw I was bruised from head to toe. I thought to myself, "This is not how I want to go." I cried. Someone helped me out with a resource guide, and I made a call. I got an interview at a residential treatment center a few days later. Then I went back for an intake. I was high the entire time. They approved me for treatment, but I was on a waiting list. I had to call every week to see if I could start. A few weeks later, I did.

My daughter was placed with me there after 4 months. It took some time for her to bond with me again and for CPS to trust me as well. I was in treatment for about 11 months. I learned how to respect myself, set goals, be a better parent to my daughter. I learned how to control my emotions. I was able to let go of things that had traumatized me when I was younger. I learned about recovery. But most of all, I started finding out who I really was inside and out and not hide out behind the dope.

After I left residential treatment, my recovery was not over. I lived in a transitional house for women and their children. While there, I got my G.E.D., worked part time and found out more about myself while I worked on my recovery. After a year, I moved out on my own. I made some REAL friends (who don't use). For the last year and a half, I have worked for a women's and children's substance abuse treatment program.

Today I have over 4 years of sobriety. And I'm still working on my recovery.

Detox /Inpatient Programs

| Organization | Program | Women | Men | Children | Location | Map Number | Page Number | Telephone |
|--------------------------|-------------|-------|-----|----------|-----------|-------------------------------------|-------------|----------------------------------|
| Compass Health Care | Desert Hope | Y | Y | N | North | 1 | 14 | (520) 624-5272 |
| St. Mary's | | Y | Y | Y | West | 22 | 14 | (520) 872-3000 |
| St. Joseph | | Y | Y | Y | East | 7 | 14 | (520) 873-3000 |
| Sonora Behavioral Health | | Y | Y | Y | Northwest | Not on map. Call for information | 15 | (520) 469-8700 (800) 349-0083 |
| Palo Verde (TMC) | | Y | Y | Y | Northeast | 4 | 15 | (520) 324-4340 |
| VA Substance Abuse | | Y | Y | N | South | 14 | 15 | (520) 792-1450 |

Residential Programs

| Organization | Program | Women | Men | Children | Location | Map Number | Page Number | Telephone |
|---------------------------|-------------------|-------|-----|----------|-----------|-------------------------------------|-------------|----------------------------------|
| Amity | Circle Tree Ranch | Y | Y | N | Northeast | 5 | 16 | (520) 749-5980 |
| La Frontera | Casa De Vida | Y | Y | N | West | 23 | 16 | (520) 792-0591 |
| COPE | | Y | Y | N | Downtown | 16 | 16 | (520) 792-3293 |
| Cottonwood de Tucson | | Y | Y | Y | N/A | Not on map. Call for information | 17 | (800) 877-4520 (520) 743-0411 |
| The Haven | | Y | N | N | Northwest | 31 | 17 | (520) 623-4590 |
| CODAC | Las Amigas | Y | N | N | N/A | Not on map. Call for information | 17 | (520) 882-5898 |
| Compass | Mica | Y | Y | N | Northwest | 30 | 18 | (520) 887-5902 |
| Compass | New Directions | Y | Y | N | North | 2 | 18 | (520) 327-9863 |
| Salvation Army | ARC | N | Y | N | South | 13 | 18 | (520) 624-1741 |
| Sierra Tucson | | Y | Y | Y | N/A | Not on map. Call for information | 18 | (800) 842-4487 |
| Teen Challenge of Arizona | | Y | Y | Y | Northwest | 33 | 19 | (520) 292-2273 |
| Compass | Vida Nueva | Y | N | N | Northwest | 29 | 19 | (520) 888-3361 |
| Compass | Vida Serena | Y | Y | N | Northwest | 25 | 19 | (520) 620-0188 |

Intensive Outpatient Programs

| Organization | Program | Women | Men | Children | Location | Map Number | Page Number | Telephone |
|----------------------------|---------------------------|----------------|----------------|----------|-----------|-------------------------------------|-------------|----------------------------------|
| CODAC | | Y | Y | Y | Various | 27 | 20 | (520) 327-4505 |
| Compass | | Y | Y | N | Northwest | 24 | 20 | (520) 882-5608 |
| COPE | | Y | Y | N | Downtown | 16 | 21 | (520) 884-0707 |
| In Balance | | Y | Y | Y | N/A | Not on map. Call for information | 21 | (520) 722-9631 (877) 304-3329 |
| La Frontera | Meth Center of Excellence | Y | Y | N | South | 15 | 21 | (520) 884-9920 |
| La Frontera | Admire Plus | Y | Y | N | South | 15 | 22 | (520) 741-2351 |
| MCAS | Mother Caring About Self | Y | N | N | N/A | Not on map. Call for information | 22 | (520) 202-1716 |
| Center for Life Skills | | Y | Y | N | Northwest | Not on map. Call for information | 22 | (520) 229-6220 |
| Compass | The Mollner Center | Y | Y | N | North | 24 | 22 | (520) 620-6615 |
| CODAC | Recovery Bridge | Y | Y | N | Northwest | 27 | 23 | (520) 327-4505 |
| Pathway drug abuse program | | Up to 25 years | Up to 25 years | Y | N/A | Not on map. Call for information | 23 | (520) 751-8918 |
| Sonora Behavioral Health | | Y | Y | Y | North | Not on map. Call for information | 23 | (520) 469-8700 |

Outpatient Programs

| Organization | Program | Women | Men | Children | Location | Map Number | Page Number | Telephone |
|-------------------------|---------|-------|-----|----------|-----------|-------------------------------------|-------------|----------------|
| Arizona Families FIRST | | Y | Y | Y | N/A | Not on map. Call for information | 24 | (520) 323-1708 |
| Cactus Counseling | | Y | Y | N | Central | 17 | 24 | (520) 798-3659 |
| COPE | | Y | Y | N | Downtown | 16 | 25 | (520) 792-3293 |
| Counseling & Consulting | | Y | Y | N | Central | 20 | 25 | (520) 882-0090 |
| La Frontera Inc. | | Y | Y | Y | Southwest | 15 | 25 | (520) 884-9920 |
| VA Substance Abuse | | Y | Y | N | South | 14 | 25 | (520) 792-1450 |

Transitional/Halfway Housing Programs

| Organization | Program | Women | Men | Children | Location | Map Number | Page Number | Telephone |
|--|---------|-------|-----|----------|-----------|-------------------------------------|-------------|----------------|
| Arizona Hotel | | Y | Y | N | Downtown | 21 | 26 | (520) 798-3540 |
| 23rd Street - Tucson Alcohol Recovery Home | | N | Y | N | South | 12 | 26 | (520) 884-5180 |
| Bethany House | | Y | N | N | Northwest | 28 | 27 | (520) 690-1295 |
| Casa Santa Clara | | Y | Y | N | N/A | Not on map. Call for information | 27 | (520) 546-0122 |
| Casa Paloma | | Y | N | N | N/A | Not on map. Call for information | 27 | (520) 882-0820 |
| Hedrick House | | N | Y | N | Northwest | 26 | 27 | (520) 795-3334 |
| Joshua House, Inc. | | Y | Y | N | North | 3 | 28 | (520) 512-8448 |
| Oasis House | | Y | N | N | East | 10 | 28 | (520) 546-0122 |
| Re-Entry | | Y | Y | N | N/A | Not on map. Call for information | 28 | (520) 620-0188 |
| TLC | | N | Y | N | Northwest | 32 | 28 | (520) 293-4919 |
| Vida Nueva | | Y | N | N | Northwest | 29 | 29 | (520) 888-3361 |

Support Programs

| Organization | Program | Women | Men | Children | Location | Map Number | Page Number | Telephone |
|--|----------------------|-------|-----|----------|-----------|-------------------------------------|-------------|------------------|
| Alcoholics Anonymous | | Y | Y | Y | Various | 18 | 30 | (520) 624-4183 |
| Various 12 Step Meetings | CA, NA, OA, GA, etc. | Y | Y | Y | Various | Not on map. Call for information | 31 | See page 27 |
| Center for Life Skills | | Y | Y | Y | Northwest | Not on map. Call for information | 30 | (520) 229-6220 |
| Child and Family Resources | | Y | Y | Y | Central | 19 | 30 | (520) 881-8940 |
| Pascua Yaqui Alcohol and Substance Abuse Program | | Y | Y | Y | Southwest | Not on map. Call for information | 32 | (520) 883-5000 |
| The S.O.B.E.R. Project, Inc. | | Y | Y | N | Central | 11 | 32 | (520) 404-6237 |
| Al-Anon | | Y | Y | Y | Various | Not on map. Call for information | 32 | (520) 323-2229 |
| Rational Recovery | | Y | Y | Y | N/A | Not on map. Call for information | 33 | www.rational.org |
| Smart Recovery | | Y | Y | Y | Various | Not on map. Call for information | 33 | (520) 838-3975 |

Behavioral Health

| Organization | Program | Women | Men | Children | Location | Map Number | Page Number | Telephone |
|---|---------|-------|-----|----------|----------|------------|-------------|----------------|
| CODAC Behavioral Health | | Y | Y | Y | North | 27 | 34 | (520) 327-4505 |
| Community Partnership of Southern Arizona | | Y | Y | Y | North | 1 | 34 | (520) 325-4268 |
| COPE Behavioral Services | | Y | Y | N | Downtown | 16 | 34 | (520) 884-0707 |
| La Frontera Center | | Y | Y | Y | South | 15 | 35 | (520) 884-9920 |
| Pantano Behavioral Health | | N | N | Y | East | 6 | 35 | (520) 623-9833 |
| Providence Service Corporation | | N | N | Y | East | 8 | 35 | (520) 748-7108 |
| SAMHC | | Y | Y | Y | East | 1 | 35 | (520) 622-6000 |
| Sonora Behavioral Health | | Y | Y | Y | North | N/A | 35 | (520) 623-9833 |

In Case of an Emergency Dial 911 immediately!

Other Important Numbers

**Arizona Poison and Drug
information Center:**
1-800-222-1222

Police Department
(Non-Emergency line):
(520) 791-4441
270 S. Stone Ave.
Tucson, AZ, 85701

Fire Department
(Non-Emergency line):
(520) 791-4512
265 S. Church Ave.
Tucson, AZ, 85701

**Pima County
Sheriff's Department**
(Non-Emergency Line):
(520) 741-4900
1750 E. Benson Highway
Tucson, AZ, 85714

Crisis Services and Hotlines:

SAMHC *(24 hr crisis line):*
(520) 622-6000
2502 N. Dodge, Ste. 190
Tucson, AZ, 85716

Help on Call *(24 hr crisis line):*
(520) 323-9373

**Warm Line/Peer Mentor
Program**
*(evenings & weekends,
Non-crisis line):* (520) 770-9909

**Department of Economic
Security** *(Administrative office):*
(520) 628-6810

Social Security Administration:
1-800-772-1213

Other Important Numbers

Information and Referral:

(520) 881-1794
*Call Information and Referral for
additional community resources.*

Methamphetamine Hotline:

1- 877-787-6384

Do not enter a site that you think may have been used for cooking meth. Meth labs present extreme dangers from explosions and exposure to hazardous chemicals. If you suspect an illegal lab, contact the police or Sheriff's department or call the Methamphetamine hotline. If it is an emergency, **call 911.**

*“Watch your thoughts, for they become words.
Chose your words, for they become actions.
Understand your actions, for they become habits.
Study your habits, for they will become your character.
Develop your character, for it becomes your destiny.”*

— Anonymous

Detoxification/Inpatient Programs

Detoxification is a service provided to people who are experiencing difficult withdrawal symptoms from substance abuse and dependence. It is typically a 3-7 day process which may include a medical component if the symptoms are severe. The main purpose of detoxification is to ensure the physical health and safety of the individual while reducing the uncomfortable aspects of withdrawal.

Desert Hope at Compass Health Care

2502 N. Dodge
Tucson, AZ 85716
(520) 624-5272

Desert Hope provides detoxification services for people on AHCCCS and/or in the CPSA system. It has a medical level and a treatment level. It treats virtually all substance detoxifications. Services are available for adult males and females. Desert Hope will create and foster discharge plans based on the needs of the individual.

Hospital Detoxes Most private hospitals in Pima County will perform medical detoxification for insured persons.

St. Mary's Hospital

1601 W. St. Mary's Rd.
Tucson, AZ 85745
(520) 872-3000

Cost: depends on insurance.
St. Mary's Hospital is an inpatient hospital with emergency room and urgent care services, services for medical conditions, and an extensive psychiatric unit.

St. Joseph Hospital

305 N. Wilmot Rd.
Tucson, AZ 85711
(520) 873-3000

Cost: depends on Insurance.
St. Joseph's Hospital is an inpatient hospital with emergency room and urgent care services, inpatient services for medical conditions, and a psychiatric unit.

Sonora Behavioral Health

6050 N. Corona Rd.,
Tucson, AZ 85704
(520) 469-8700,
(800) 349-0083
www.sonorabehavioralhealth.com

Cost: Depends on insurance.
Full range of quality psychiatric and chemical dependency crisis evaluation, stabilization, and treatment services for children, adolescents, adults, and seniors. Sonora provides intensive outpatient chemical dependency services as well as detoxification and inpatient treatment services.

Tucson Medical Center: Palo Verde Hospital

2695 N. Craycroft Rd.,
Tucson, AZ 85712
(520) 324-4340

Cost: depends on Insurance.
Tucson Medical Center is an inpatient hospital with emergency room and urgent care services, services for medical conditions, and an extensive psychiatric Hospital (Palo Verde Psychiatric Hospital).

VA Substance Abuse

3601 S. 6th Ave.,
Tucson, AZ 85713
(520) 792-1450

Outpatient and inpatient treatment programs for veterans.

Residential Programs

Residential treatment requires the person to live in a structured environment (apartment, dormitory, house) that is solely dedicated to a treatment program. Residential treatment may last from 30 days to 18 months. Residents are in a restrictive environment with specific guidelines and rules. The primary purpose is to provide a safe, sober, and stable environment in order to allow the person an undistracted opportunity to learn about and practice abstinence and recovery from substance abuse and dependence.

Amity at Circle Tree Ranch

10500 E. Tanque Verde,
Tucson, AZ, 85749
(520) 749-5980

Amity offers residential substance abuse treatment for men and women (with or without children). Family support services are also available.

Casa de Vida (La Frontera)

1900 W. Speedway,
Tucson, AZ 85745
(520) 792-0591

Cost: Fees based on sliding scale.
Casa de Vida offers a residential program for men and women who are addicted to drugs and alcohol. They provide intensive individual, group, and family counseling, along with structured learning experiences.

COPE Admin

82 S. Stone Avenue,
Tucson, AZ 85701
(520) 793-3293

COPE provides programming at a number of residential behavioral health facilities throughout Tucson including gender-specific sites.

Cottonwood de Tucson

(800) 877-4520
(520) 743-0411

Treatment at Cottonwood de Tucson is based on a four-to-six week, intensive program that includes a solid base of medical management, twelve-step concepts, family involvement, group therapy, nutritional counseling and individualized small specialty groups.

The Haven

1107 E. Adelaide,
Tucson, AZ 85719
(520) 623-4590

Cost: Fees based on sliding scale.
The Haven offers residential substance abuse treatment for women. The program provides individual, group, and family counseling, as well as education regarding addictions, re-entry skills training, aftercare, and AA orientation. May admit mother and children

Las Amigas (CODAC)

(520) 882-5898

16-bed residential substance use disorder treatment facility for pregnant and parenting women and their children up to the age of six. Older children visit and stay over on weekends. Counseling, case management, education and referrals for medical services are offered. In southern Arizona, CODAC is one of very few organizations to offer programs that allow pregnant women and mothers to enter treatment with their children. Hours of operation: 24-hour facility.

MICA (Compass)

202 E. Mohave,
Tucson, AZ 85705
(520) 887-5902

Cost: Sliding Scale Fee.
MICA is a six-month residential program for males or females with mental illness and substance abuse issues. Participants are required to stay on site for the first thirty days.

Residential Programs

(continued)

New Directions (Compass)

2950 N. Dodge Ave.,
Tucson, AZ 85745
(520) 327-9863

New Directions is a residential substance abuse treatment facility for men and women. The program is usually 90 days in length, and accommodations are dorm-style living.

Salvation Army Adult Rehabilitation Center

PO Box 7729
Tucson, AZ 85725
(520) 624-1741

Provides 6 month residential, rehabilitation program for men ages 21 and over who have identifiable and treatable social, emotional, or substance abuse problems, and/or spiritual needs and who are unable to cope with their problem.

Sierra Tucson

(800) 842-4487

Sierra Tucson is a unique treatment center dedicated to the prevention, education, and treatment of addictions and behavioral disorders. Sierra Tucson provides individualized treatment for the following addictions and mental health issues: Coexisting Disorders Trauma & Abuse, Alcoholism & Drug Addiction, Depression, Anxiety/Panic Disorders, Bipolar Disorder, Eating Disorders (Anorexia, Bulimia, and Compulsive Overeating), Compulsive Gambling, Codependency, Sexual Addiction/Compulsivity, and Obsessive-Compulsive Disorder.

Teen Challenge of Arizona

8464 N. Oracle,
Tucson, AZ 85704
(520) 292-2273
(800) 346-7859

Residential alcohol and drug abuse treatment programs for men, women, and adolescent females with additional aim to get the word out about substance abuse prevention and drug abuse education.

Vida Nueva (Compass)

3525 N. Stone,
Tucson, AZ 85705
(520) 888-3361

Cost: Not to exceed 30% of income.

Vida Nueva offers transitional housing, case management and peer support for recovering women and their children.

Vida Serena/ Safe Harbor II (Compass)

2835 N. Stone, Tucson, AZ 85705
(520) 620-0188

Cost: Fees based on sliding scale.

Vida Serena is a residential treatment program for men and women with a structured, comprehensive, holistic approach to treatment. After treatment completion, clients may participate in employment counseling. Vida Serena also offers the Safe Harbor II program which is a permanent housing program for homeless, chronic alcohol/addicted, dually-diagnosed (mental illness and addiction). The goals of the program are to provide education in relapse prevention, education support services, and case management to 60 client residents - to assist them in coping with the demands of society, provide them with tools for success, and to return them to the community as sober, responsible and independent people.

“A residential community is extremely important in recovery. At a residential treatment program you are able to do extensive internal and external work with people who can relate to you.”

— A recent graduate of Amity's Circle Tree Ranch program.

Intensive Outpatient Programs

Intensive Outpatient treatment services provide a minimum of 9 hours of treatment per week. Typically, IOP programs are 6-12 months in duration. Like regular outpatient treatment, IOP can often be attended while maintaining many of their regular daily activities, including living at home and working. Services incorporated in IOP are similar to those found in outpatient, except they are scheduled more often and continue for a longer period of time. IOP is appropriate for people with moderate to significant substance abuse issues.

CODAC Behavioral Health Services

3100 N. 1st Ave.,
Tucson, AZ 85719
(520) 327-4505

Cost: Free.

CODAC provides mental health services for general mental health issues, serious mental illness, and/or those with substance abuse problems. In most cases, clients must be eligible for AHCCCS or ordered by the court to seek substance abuse treatment. Substance use prevention and treatment and mental health services are available for adults, children, and families.

Compass Intensive Outpatient Services

2475 N Jackrabbit Avenue,
Tucson, AZ 85745
(520) 882-5608
www.compasshc.org

Screening, evaluation, intensive outpatient and relapse prevention treatment, separate male/female adult and adolescent programs, introduc-

tion to 12-Step Programs, and after-care services through individual and group therapy for chemical dependency and co-dependency.

COPE Behavioral Services

101 S. Stone Ave.,
Tucson, AZ 85701
(520) 884-0707

Cost: Free in most cases.

COPE Behavioral Services provides behavioral health services to individuals with general mental health issues, serious mental illness, or substance abuse issues. Individuals must be on AHCCCS, AHCCCS pending, or are court-ordered to receive mental health treatment.

In Balance

(520) 722-9631
(877) 304-3329

In Balance is dedicated to providing top quality, interactive services for a chemically-dependent population with moderate to severe drug problems. Its very name derives its commitment to address all four elements of an individual human being: physical, emotional, social and spiritual. In Balance works in three different ways: using a 12-step model, using Gorski Relapse Prevention certified therapists and incorporating experiential therapy.

Methamphetamine Center of Excellence (La Frontera)

502 W. 29th St.,
Tucson, AZ 85713
(520) 884-9920

Cost: Free.

This is a 16-week intensive outpatient program where adults receive a combination of weekly drug testing, motivational counseling, housing and employment assistance. Participants also attend up to six and a half hours of group therapy a week and ten individual therapy sessions throughout the program. The Meth Center of Excellence is a collaboration between La Frontera, Compass, and CPSA.

Intensive Outpatient Programs (continued)

La Frontera- ADMIRE +
1210 E Pennsylvania St.
Tucson, Arizona 85713
(520) 741-2351

Admire + is an intensive outpatient treatment program for persons with co-occurring disorders. The program is a highly structured, 9 hours per week group, utilizing SMART recovery skills and other motivational tools to maintain recovery. The average length of stay is one year.

MCAS - Mothers Caring About Self
Tucson, AZ 85701
(520) 202-1716

Intensive outpatient, outreach and case management program designed to serve the needs of pregnant and post-partum women with substance abuse issues. MCAS is a collaborative effort by CODAC, COPE and La Frontera, Compass and COSA.

Center for Life Skills
2231 W. Ina Rd.,
Tucson, AZ 85741
(520) 229-6220

Center for Life Skills offers many forms of counseling: individual, couple, family, and group. We have groups for Substance Use, DUI, Domestic Violence, Anger Management, Life Skills, and Boundaries. We offer IOP for substance use disorders. We believe that healing begins with creating a safe place to connect with others and experiment with new behaviors and thoughts.

Compass-The Mollner Center
3333 E. Grant Rd., Tucson, AZ,
(520) 620-6615

The Mollner Center is the outpatient services headquarters for Compass Health Care. It offers a variety of outpatient treatment services, including: Groups, Individual counseling, DUI classes and Prevention services. Most services are based on a sliding fee scale.

CODAC-Recovery Bridge Intensive Outpatient
3100 N 1st Ave
Tucson, AZ 85719
(520) 327-4505
www.codac.org

An intensive outpatient treatment program for individuals with a simultaneous diagnosis of substance use and mental health disorders. Group therapy and health education is offered for twenty hours per week; treatment modules provide individualized options. This is a Co-ed Program.

Pathway Drug Abuse Program
3450 E. Broadmont Drive,
Suite 108, Tucson, AZ 85713
Tucson, Arizona 85713
(520) 751-8918

The Pathway Intensive Outpatient Program is a comprehensive program designed to assist individuals, between the ages of 13 and 25, in the beginning stages of their recovery. I.O.P. consists of group counseling, individual counseling, and family counseling. Group sessions are four hours per day, five days a week. Parents are involved through both weekly sessions with a counselor and weekly parent meetings. For individuals successfully discharged from I.O.P. a twelve week After Care Program is offered.

Sonora Behavioral Health
6050 N. Corona Rd.,
Tucson, AZ 85704
(520) 469-8700, (800) 349-0083
www.sonorabehavioralhealth.com

Full range of quality psychiatric and chemical dependency crisis evaluation, stabilization, and treatment services for children, adolescents, adults, and seniors. Intensive outpatient chemical dependency services as well as detoxification and inpatient treatment services are available.

Outpatient Programs

Outpatient treatment is help people can get while still living at home, maintaining their jobs and otherwise continue their typical daily activities. It is the least restrictive and most convenient form of treatment available. It is also most successful for people with milder forms of substance abuse and the problems that arise from this abuse. Typical services might include: weekly educational groups, and/or therapy groups, and/or individual therapy sessions.

Arizona Families FIRST
PO Box 40250,
Tucson, AZ, 85717
(520) 323-1708
www.ourfamilyservices.org

Arizona Families FIRST provides services to families involved with the Arizona Department of Economic Security (AZDES) who have substance abuse problems that compromises their ability to parent or earn an income. Services include intake and assessment, substance abuse education, outpatient treatment, residential treatment, and aftercare services.

Cactus Counseling
110 S. Church Ave.,
Bldg. 2, Ste. 2070
Tucson, AZ 85701
798-3659

Cactus Counseling is a private outpatient treatment provider that offers a wide variety of therapeutic services. A staff of contract therapists encourages personal growth and empowerment to those in need of insight, skills, and resolution with regard to issues such as trauma, anger/conflict, substance abuse, domestic violence, and other problem areas.

COPE Behavioral Health
101 S. Stone Ave., #200,
Tucson, AZ 85701
(520) 792-3293, (520) 884-0707
www.copebhs.com

Outpatient substance abuse treatment, including individual and group counseling, alcohol or drug assessment, evaluation, referrals and assistance for families of alcoholics.

Counseling & Consulting Services, Inc.
24 E. Sixth St., Tucson, AZ 85719
(520) 882-0090
www.counselingconsulting.org

Counseling & Consulting Services is a licensed outpatient behavioral health agency. They also offer an outpatient substance abuse program.

La Frontera, Inc.
502 W. 29th St., Tucson, AZ 85713
(520) 884-9920, (520) 296-3296
www.lafrontera.org/sub_gmh.htm

Prevention and substance abuse/general mental health treatment services. Prevention and early intervention, outpatient individual, family and group treatment screening and evaluation, family intervention, psychiatric evaluation and medication, women's groups, and substance use education, compulsive gambling treatment.

VA Substance Abuse
3601 S. 6th Ave.,
Tucson, AZ 85713
(520) 792-1450

Outpatient and inpatient treatment programs for veterans.

Transitional/Halfway Programs

Transitional Housing typically, this is not a treatment service, it is a housing service. Some transitional housing programs have case management available to help people with employment, child issues, etc. They may offer recovery meetings (AA, NA, etc.) on-site. These programs usually provide housing for 3-18 months, which allows the person to save money to obtain permanent housing.

Half-Way Houses are similar to Transitional Housing. Halfway houses provide temporary living quarters for people in need. Typically, they do not provide treatment services, but often will have self-help group meetings on their property. Mostly, Halfway houses are for people with substance abuse problems that are homeless or have legal issues. Length of stay may vary greatly, but 3-9 months is average.

Arizona Hotel

35 N. 6th Ave., Tucson, AZ 85701
(520) 798-3540

Cost: Rent is based on income. Applications must go through a case manager.

Arizona Hotel provides housing subsidized under Section 8 including private bedrooms, shared kitchens and bathrooms. Occupants must be clean and sober from alcohol and drugs for at least 6 months and psychiatrically stable.

23rd Street - Tucson Alcohol Recovery Home

1809 E. 23rd St.,
Tucson, AZ 85713
(520) 884-5180

Cost: \$105/week, includes food.
23rd Street is an AA-based halfway house for males recovering from substance abuse addictions. They require at least four AA meetings per week, and enforce a 10:00 pm curfew.

Bethany House

1130 W. Miracle Mile,
Tucson, AZ 85705
(520) 690-1295

Bethany House offers a halfway house for females (with or without children) in substance abuse recovery. Their beds are often full but worth a try.

Casa Santa Clara

8230 E. Broadway, #W-8,
Tucson, AZ 85710
(520) 546-0122

Cost: \$110/week.
Casa Santa Clara provides clean and sober living for men and women. Participants must be able to work, attend at least five 12-step meetings a week, work with a sponsor, and be drug and alcohol free.

Casa Paloma

Primavera Program -
Call for directions
(520) 882-0820 or (520) 882-0539
Hours: M-F, 8-5

Cost: Free.
Casa Paloma is a long-term transitional home for up to 9 homeless unaccompanied women. Women can stay from 3 months to 2 years. Drop-in services for women (hours Mon., Tues., Wed., & Fri., 9-12:30) include phone, laundry, showers, clothing, and lunch.

Transitional/Halfway Programs

Hedrick House

1632 E. Hedrick,
Tucson, AZ, 85719
(520) 795-3334

Cost: \$520/month.
The Hedrick House is a halfway house for recovering alcoholic men. They ask for a six-month commitment and are based on the 12-step program of Alcoholics Anonymous.

Joshua House, Inc

947 N. Alvernon Way,
Tucson, AZ 85711
(520) 512-8448

Transitional housing for adults with substance use issues. Provides structured living environment, addictive behaviors education, life skills and relapse prevention education.

Oasis House

4501 E. 5th St.,
Tucson, AZ 85711
(520) 546-0122

Cost: \$90/week, plus \$10/week for counseling fees.
The Oasis House is a sober living environment for women. Women should be in recovery and willing to work full-time.

Re-Entry

2835 N. Stone Ave.
Tucson, AZ 85705
(520) 620-0188

Cost: Determined by income.
The Re-Entry Program is a Compass Health Care Level III substance abuse facility on the campus of Vida Serena. It is a transitional living format where adult men and women work full-time and participate in a reduced treatment setting. Residents are recent graduates of various intensive residential substance abuse treatment programs.

TLC

843 W. Thurber Rd.,
Tucson, AZ, 85705
(520) 293-4919
www.transitionalliving.org

TLC is an AA-based residential substance abuse program for males. The program requires a 90-day minimum stay.

Vida Nueva

3525 N. Stone, Tucson, AZ 85705
(520) 888-3361

Cost: Not to exceed 30% of income.
Vida Nueva offers transitional housing, case management and peer support for recovering women and their children aged 2-10 years old.

“Life is good. Don’t Meth it up.
There is HOPE after dope.”

— LizzAnne K.

Support/Counseling Programs

The following programs offer support to those in recovery.

Alcoholics Anonymous

840 S. Campbell,
Tucson, AZ 85719
(520) 624-4183 (hotline)
(800) 362-3474
www.aatucson.org

Call the hotline or purchase a meeting booklet for 50 cents at the above address to obtain meeting times and locations.

Center for Life Skills

2231 W. Ina Rd.,
Tucson, AZ 85741
(520) 229-6220

Center for Life Skills offers many forms of counseling: individual, couple, family, and group. We have groups for Substance Use, DUI, Domestic Violence, Anger Management, Life Skills, and Boundaries. We offer IOP for substance use disorders. We believe that healing begins with creating a safe place to connect with others and experiment with new behaviors and thoughts. We have a staff of wonderful counselors who are ready to assist with many kinds of life problems.

Child and Family Resources

2800 E. Broadway Blvd.,
Tucson, AZ 85716
(520) 881-8940

CFR provides In-Home family support and youth programs for families with substance use issues or who need additional support.

Cocaine Anonymous

(520) 326-2211

Meeting times and locations can be obtained by calling this phone number.

Co-Dependents Anonymous

(520) 570-1233

Meeting times and locations can be obtained by calling this phone number.

Gamblers Anonymous

(520) 570-7879

Meeting times and locations can be obtained by calling this phone number.

Narcotics Anonymous

(520) 881-8381

Meeting times and locations can be obtained by calling this phone number.

Nicotine Anonymous

(520) 889-1271

Meeting times and locations can be obtained by calling this phone number.

Overeaters Anonymous

(520) 733-0880

Meeting times and locations can be obtained by calling this phone number.

Pascua Yaqui Alcohol and Substance Abuse Program

7490 S. Camino de Oeste,
Tucson, AZ 85746
(520) 883-5000

Individual, group, family and after-care counseling for substance use and referrals to care. Treatment program in a family environment helping each other to work their own individual program

Sex Addicts Anonymous

(520) 745-0775

Meeting times and locations can be obtained by calling this phone number.

Support/Counseling Programs

The S.O.B.E.R Project, Inc.

758 S. Columbus Blvd.,
Tucson, AZ 85711
(520) 404-6237

www.thesoberproject.com

A bible-based 12-step program for recovering addicts.

Support Groups: 12-Step Programs for Families and Friends of Persons with Addictions

Al-Anon (Alcohol)

1011 N. Craycroft,
Tucson, AZ 85711
(520) 323-2229

Meeting times and locations can be obtained by calling this phone number.

Co-Anon (Cocaine)

(520) 513-5028
(800) 898-9985

Meeting times and locations can be obtained by calling this phone number.

Support Groups: Non-12-Step Programs

Rational Recovery

www.rational.org

Rational Recovery is a literature based recovery program based on the Addictive Voice Recognition Technique model that teaches "self-recovery through planned abstinence." The program is held mostly through Internet based discussion groups, and literature and videos are sold.

Smart Recovery

(520) 838-3975

www.smartrecovery.org

Smart Recovery emphasizes self-reliance, views addiction as a complex maladaptive behavior, and avoids using labels like "alcoholic" or "addict." Online meetings are available on the Web site.

A boy was walking down the street, crying. A man asked him "Why are you crying?" The boy said. "Because, I have no shoes." The man replied. "look at me, I am not crying and I have no feet." This story reminds me that it's never too late and there's always hope to exit this winding dead end road we call addiction.

— Willy

Behavioral Health

The following agencies can provide services to individuals, adults, children and families who have general mental health issues, serious mental illness, or substance abuse issues.

CODAC Behavioral Health Services

3100 N. 1st Ave.,
Tucson, AZ 85719
(520) 327-4505

CODAC provides mental health services for general mental health issues, serious mental illness, and substance use issues. In most cases, clients must be eligible for AHCCCS or ordered by the court to seek substance use treatment.

Community Partnership of Southern Arizona (CPSA)

4575 E. Broadway Blvd.,
Tucson, AZ 85711
(520) 325-4268

CPSA oversees and allocates funding to COPE, CODAC, La Frontera, and others. CPSA is an administrative oversight organization that ensures its network of providers is sufficient to meet the needs of members and their families. Grievances, appeals, complaints, and concerns regarding care under one of its provider agencies can be addressed to CPSA.

Compass Health Care

2475 N Jackrabbit Avenue,
Tucson, AZ 85745
(520) 882-5608
www.compasshc.org

Compass provides detoxification, residential and outpatient treatment services for individuals with alcohol and substance use disorders, and prevention and educational services.

COPE Behavioral Services

101 S. Stone Ave.,
Tucson, AZ 85701
(520) 884-0707

COPE Behavioral Services provides behavioral health services to individuals with general mental health issues, serious mental illness, or substance abuse issues. Individuals must be on AHCCCS, AHCCCS pending, or are court-ordered to receive mental health treatment.

La Frontera Center

502 W. 29th St.,
Tucson, AZ 85713
(520) 884-9920

La Frontera provides mental health treatment for individuals with general mental health issues, serious mental illness, and substance use who qualify for AHCCCS.

Pantano Behavioral Health

7840 E. Broadway Blvd.,
Tucson, AZ 85710
(520) 623-9833

Services provided by Pantano to help children and families include: Child and Family Teams, individual, family, and group counseling, behavioral management services, substance abuse treatment, case management, psychiatric assessment and treatment, residential treatment, rural services, therapeutic foster care. Pantano has on-call crisis therapists available for children with emergency needs.

Providence

620 N. Craycroft Road,
Tucson, AZ 85711
Business: (520) 748-7108
Fax: (520) 745-1707
Toll Free: (800) 489-0064

Providence of Arizona serves as one of the three children's networks in Pima County. Our network of service providers offers a full continuum of behavioral health services.

Behavioral Health

Providence offers direct services that include home-based counseling, case management, substance abuse groups, crisis intervention, and Prevention Services.

Southern Arizona Mental Health Corporation (SAMHC)

2502 N. Dodge, Suite 190,
Tucson, AZ 85716
(520) 622-6000

SAMHC provides 24-hour crisis urgent care walk-in services and crisis telephone line for those in a mental health emergency. In addition, SAMHC's mobile acute crisis team provides emergency outreach services.

Sonora Behavioral Health Hospital

6050 N. Corona Rd., #3,
Tucson, AZ 85704
469-8700

Cost: Depends on insurance.

Sonora Behavioral Health Hospital is an inpatient hospital specifically for mental health/psychiatric issues. Also offers medical detox.

“My experience with meth started innocently enough, friends of mine did it and I figured why not? But once I tried the drug and discovered the power and potency of it, it literally changed my life. I was able to stay awake for 24-48 hours even as much as 72 hours straight. During the entire time I was eating very little, so needless to say, living a life like this catches up with one. I traveled the path that most users take, the gradual downslide of everything: losing jobs, losing relationships, losing or selling everything of value to get the prized methamphetamine. My entire drug career lasted a little over 12 years and I am pleased to announce that I have almost 11 years clean as I write this. Quitting meth was the biggest single accomplishment of my life.”

— Steven, from Temecula, CA.

Map

1. Compass (Detox) Desert Hope, CPSA, SAMHC
2502 N. Dodge Blvd., 85716
2. New Directions
2950 N. Dodge Ave., 85745
3. Joshua House, Inc
947 N. Alvernon Way, 85711
4. TMC Palo Verde
2695 N. Craycroft Rd., 85712
5. Amity at Circle Ranch
10500 E. Tanque Verde, 85749
6. Pantano Behavioral Health
7840 E. Broadway Blvd., 85710
7. St Joseph Hospital
305 N. Wilmot Rd., 85711
8. Providence Service Corporation
620 N. Craycroft Road, 85711
9. Al-Anon
1011 N. Craycroft, 85711
10. Oasis House
4501 E. 5th St., 85711
11. The S.O.B.E.R Project
758 S. Columbus Blvd., 85711
12. 23rd Street-Tucson Alcohol Recovery Home
1809 E. 23rd St., 85713
13. Salvation Army
PO Box 7729, 85725
14. VA Hospital
3601 S. 6th Ave., 85713
15. La Frontera-Main Clinic*
502 W. 29th St., 85713
16. COPE- Admin*
82 S. Stone Avenue, 85701
17. Cactus Counseling - 110 S. Church Ave.
Bldg. 2, Ste. 2070, 85701
18. Alcoholics Anonymous
840 S. Campbell, 85719
19. Child and Family Resources
2800 E. Broadway Blvd., 85716
20. Counseling & Consulting
24 E. Sixth St., 85719
21. Arizona Hotel
35 N. 6th Ave., 85701
22. St. Mary's Hospital
1601 W. St. Mary's Rd., 85745
23. Casa De Vida
1900 W. Speedway, 85745
24. Compass – Admin*
2475 N. Jackrabbit Avenue, 85745
25. Vida Serena
2835 N. Stone, 85705
26. Hedrick House
1632 E. Hedrick, 85719
27. CODAC- Admin*
3100 N. 1st Ave., 85719
28. Bethany House
1130 W. Miracle Mile, 85705
29. Vida Nueva
3525 N. Stone, 85705
30. Mica
202 E. Mohave, 85705
31. Haven
1107 E. Adelaide, 85719
32. TLC
843 W. Thurber Rd., 85705
33. Teen Challenge – Admin*
8464 N. Oracle, 85704

* Various locations around town. Call main/admin office for more information.

For bus information call Sun Tran's Customer Service Center at (520) 792-9222 (TTY/TDD 628-1565)

MAP

Acknowledgements

This resource guide was produced by the Pima County Juvenile Court and the Meth Free Alliance Prevention and Treatment Task Force. The following individuals worked diligently putting this resource guide together:

Judge Joan Wagener - Pima County Juvenile Court

Tina Hernandez - Community Partnership of Southern Arizona

Meth Free Alliance

Chris Swenson Smith - Pima County Juvenile Court

Paul Guiffre - Pima County Juvenile Court

Margaret Stemple - Pima County Juvenile Court

Lorena Stanford - Pima County Juvenile Court

Athena Babb - Pima County Juvenile Court

Margie G. Dorame - Pima County Juvenile Court

Craig Lees - COMPASS

Ron Misiorowski - Court Appointed Special Advocate

Kathy Miller - Court Appointed Special Advocate

Thank you to those who participated on the committee:

Emily Plasterer
CODAC

Misty Dillon
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Mark Clark
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William B. Brown, Jr.
Art of Recovery

Judy Kany
Amity/Meth Free Alliance

Deborah Carey
Teen Challenge/Meth Free Alliance

Mary Specio
COPE/Meth Free Alliance

Javier Herrera
COPE/Meth Free Alliance

Margo Donaldson
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Peggy Young
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Linda Russell
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Kim Hudson
Pantano/Meth Free Alliance

Chris Miller
La Frontera

Anne Chamberlain
Family Drug Court

Maureen Accurso
Family Drug Court

Julie Duncan
Child Protective Services

Natasha Norris
Pima County Juvenile Court

Dr. Eric Schindler
Child & Family Resources

Dr. David Harvey
Counseling & Consulting

A special thanks to
COPE Health Promotion
Services for providing us
with the format and some
of the content for this
resource guide.

Disclaimer: We realize that not every organization is included in this resource guide. Thank you to those agencies who provided information. If your agency is not represented in this guide and you would like to be included in the next edition please contact Pima County Juvenile Court, Paul Guiffre (520) 740-2910.

My Name: “Is meth”

I destroy homes, I tear families apart,
take your children, and that’s just the start.
I’m more costly than diamonds, more precious than gold
The sorrow I bring is a sight to behold.

If you need me, remember I’m easily found,
I live all around you — in schools and in town.
I live with the rich, I live with the poor,
I live down the street, and maybe next door.

I’m made in a lab, but not like you think,
I can be made under the kitchen sink.
In your child’s closet, and even in the woods,
If this scares you to death, well it certainly should.

I have many names, but there’s one you know best,
I’m sure you’ve heard of me, my name is crystal meth.

My power is awesome, try me you’ll see,
But if you do, you may never break free.
Just try me once and I might let you go,
But try me twice, and I’ll own your soul.

When I possess you, you’ll steal and you’ll lie,
You do what you have to — Just to get high.
The crimes you’ll commit for my narcotic charms,
Will be worth the pleasure you’ll feel in your arms.

You’ll lie to your mother, you’ll steal from your dad,
When you see their tears, you should feel sad.
But you’ll forget your morals and how you were raised,
I’ll be your conscience, I’ll teach you my ways.

I take kids from parents, and parents from kids,
I turn people from God, and separate friends.
I’ll take everything from you, your looks and your pride,
I’ll be with you always — right by your side.

If you try me be warned — this is no game,
If given the chance, I’ll drive you insane.
I’ll ravish your body, I’ll control your mind
I’ll own you completely, your soul will be mine.

You’ll give up everything — your family, your home,
Your friends, your money, then you’ll be alone.
I’ll take and take, till you have nothing more to give
When I’m finished with you, you’ll be lucky to live.

The nightmares I’ll give you while lying in bed,
The voices you’ll hear, from inside your head.
The sweats, the shakes, the visions you’ll see,
I want you to know, these are all gifts from me.

But then it’s too late, you’ll know in your heart,
That you are mine, and we shall not part.
You’ll regret that you tried me, they always do,
but you came to me, not I to you.

You knew this would happen, many times you were told,
But you challenged my power, and chose to be bold.
You could have said no, and just walked away,
If you could live that day over, now what would you say?

I’ll be your master, you will be my slave,
I’ll even go with you, when you go to your grave.
Now that you have met me, what will you do?
Will you try me or not? It’s all up to you.

I can bring you more misery than words can tell,
Come take my hand, let me lead you to hell.

This was written by a young girl who was in jail for drug charges, and was addicted to meth. She wrote this while in jail. As you have just read, she fully grasped the horrors of the drug, as she tells in this simple, yet profound poem. She was released from jail, but, true to her story, the drug owned her. They found her dead not long after, with the needle still in her arm.



Brought to you By:

Pima County Juvenile Court Center

