



Mitchell-Yancey Substance Abuse Task Force



# **Substance Use and Mental Health Resource Guide**

## **for Mitchell and Yancey Counties**

**Revised April 2016**

Dear Community Member,

We have created this guide of substance use resources for Mitchell and Yancey County residents. We hope that the information you find will be helpful and current, but please be aware that providers are constantly changing. Please visit [www.smokymountaincenter.com](http://www.smokymountaincenter.com) or [www.healthyancey.org](http://www.healthyancey.org), or call Smoky Mountain Center at 1-800-849-6127 for the most current information on substance abuse resources in our region.

We are working hard to address the issues of substance use in our community. Please contact us if you have suggestions about how we might improve our efforts to serve you and our community.

Best wishes,

Mitchell-Yancey Substance Abuse Task Force  
Graham Children's Health Services  
828.6872-7899

*Graham Children's Health Services and the Mitchell-Yancey Substance Abuse Task Force do not endorse any of the agencies, individuals, or organizations listed. We provide this information solely to assist medical providers and community members to locate available resources that can address substance abuse issues. Please carefully review the licensing, certification or qualification of providers based on your individual needs.*

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## **CRISIS LINES/Toll Free Numbers**

Smoky Mountain Center: Access and Referral Source to a network of providers for State and Medicaid.  
1-800-849-6127 [www.smokymountaincenter.com](http://www.smokymountaincenter.com)



2-1-1 is an easy to remember, three-digit telephone number that connects people with important community services to meet everyday needs and the immediate needs of people in crisis. For example, 2-1-1 can offer access to

1. affordable high quality child care/after-school care;
2. counseling and support groups;
3. health services;
4. food, clothing and housing and
5. services for seniors and the disabled.

### **How does 2-1-1 work?**

Callers simply dial 2-1-1 for information on vital local services. 2-1-1 is free, confidential, available 24 hours a day -- everyday, multilingual and staffed by agents ready to help you find the connection you need.

RHA Mobile Crisis Management 1-888-573-1006

Hope4Mitchell County 828-520-1010

Comprehensive Care Center (C3356)  
356 Biltmore Avenue  
Asheville, NC 28801  
828-254-2700



Currently under development, the Comprehensive Care Center (C3356) will provide crisis prevention, crisis intervention, and an array of outpatient services. In addition, it will offer 24/7 crisis response and stabilization services. The implementation will be phased, with full service availability scheduled for early summer 2016. Services currently available at 356 Biltmore Avenue include:

- NAMI Peer and Family Support
- RHA Health Services
  - Same Day Access/Walk-In Crisis
  - Outpatient Behavioral Health Services
    - Comprehensive Clinical Assessments
    - Individual Therapy
    - Group Therapy
    - Psychiatric Services/Medication Management
  - Peer Support Services
  - Community Support Team (CST)
  - Assertive Community Treatment Team (ACTT)
  - Substance Abuse Intensive Outpatient Program (SAIOP)
  - Mobile Crisis Management (MCM)
    - \*24/7 Community Based Crisis Response
- ABCCM 356 Pharmacy (Bridge Medications for people without insurance)

**Additional services and programs available in 2016 include:**

- 24/7 Behavioral Health Urgent Care
- Facility Based Crisis for Adults
- Peer Living Room
- Asheville Buncombe Community Pharmacy
- Facility Based Crisis for Children, located at 277 Biltmore Avenue

## OUTPATIENT TREATMENT

### Agencies

**Daymark Recovery Services**- substance abuse assessment and treatment  
360 Beech St.  
Newland, NC 28659  
828-733-5889 [www.daymarkcovery.org](http://www.daymarkcovery.org)  
Currently serving both children and adults

**Mentor Behavioral Health** - psychological evaluation and treatment  
249 Wilson Dr. #5  
Boone, NC 28607  
828-268-2172

#### **October Road**

Community-based enhanced mental health treatment services (ACTT – Assertive Community Treatment Team) only in Madison, Mitchell & Yancey counties  
885 Cross Parkway, Suite A-2  
Mars Hill, NC 28754  
828-350-1000/Fax: 828-350-1300  
[www.octoberroadinc.net](http://www.octoberroadinc.net)

#### **RHA Health Services, Inc.**

72 Blue Ridge Lane  
Burnsville, North Carolina  
828-682-2111  
Individual, Family & Group Therapy

129 Skyview Circle  
Spruce Pine, NC 28777  
828-765-0894  
Adult, Youth and Children Services

### Substance Use Treatment Providers

#### **Angel Light Counseling of Burnsville**

1040 Hwy. 19 E, Suite J  
Burnsville, NC. 28714  
Contact: John Williams  
Phone: 828-689-4600

#### **Cruz Life Center** (12-week natural program for recovery)

**[www.CruzLifeCenter.com](http://www.CruzLifeCenter.com)**

390 East Main Street  
Burnsville, NC 28714  
828-682-6157

#### **Denise Harrison**

205 Locust Street  
Spruce Pine NC 28777  
Phone: 828-467-0037

#### **Mars Hill Counseling Services** (self-pay)

15-A Mountain View Road  
Mars Hill, NC 28754  
Contact: John Williams  
Phone: 828-319-9094 and 828-689-4600

**Jade Pierce, L.Ac. NCALB #157**

Licensed Acupuncturist  
Burnsville & Spruce Pine, NC  
Phone: 828-284-3083  
(acupuncture, massage, herbal therapy, detox)

**Margot Rossi, M.Ac. NCALB #35**

Board Certified, Licensed Acupuncturist  
Celo Health Center and Yancey Counseling Center  
828-675-4369  
(life skills, coaching, natural detox)

**Isa Soler, LPC, CHt, LCAS**

Ph: 828-318-9572  
Fx: 828-318-8900  
Email: [isa@awaretherapy.com](mailto:isa@awaretherapy.com)  
[www.awaretherapy.com](http://www.awaretherapy.com)  
(Awareness Therapy)  
**10 N. Main Street**  
**Burnsville, NC 28714 and 218 E. Chestnut St. Asheville, NC 28801**

**Local Mental Health Providers**

**Teresa Emory, LCSW**

Mitchell/Yancey Outreach Coordinator  
Parent to Parent Family Support Network of the High County  
71 Blue Ridge Lane  
Burnsville, NC 28714  
Cell: 828-284-2287  
Office: 828-682-4772  
Toll Free: 1-866-448-5781  
[www.parent2parent.appstate.edu](http://www.parent2parent.appstate.edu)

**Tim Evans, LCSW**

Bakersville Community Health Center  
86 N Mitchell Avenue  
Bakersville, NC28705  
Phone: (828)-688-2104  
(Providing integrated behavioral health services to patients of the clinic. The clinic is accepting new patients.)

**Colleen Hannush, LCSW**

10 N Main Street  
Burnsville, NC 28714  
828-675-8771

**Isa Soler, LPC, CHt, LCAS**

Ph: 828-318-9572  
Fx: 828-318-8900  
Email: [isa@awaretherapy.com](mailto:isa@awaretherapy.com)  
[www.awaretherapy.com](http://www.awaretherapy.com)  
(Awareness Therapy)  
**10 N. Main Street**  
**Burnsville, NC 28714 and 218 E. Chestnut St. Asheville, NC 28801**

**Yancey Counseling Center;** Teresa Emory, LCSW; Paul Feldman, LPC; Bonita Luz, LPC  
10 N Main Street  
Burnsville, NC 28714  
828-682-1551

*Individuals can call Smoky Mountain Center's Access Call Center at 1-800-849-6127 anytime to get more information, initial screening, triage and/or referrals for mental health, substance abuse and intellectual/developmental disability services.*

### **YOUTH OUTPATIENT SERVICES**

**RHA Health Services, Inc.**  
72 Blue Ridge Lane  
Burnsville, NC 28714  
(828)-682-2111

**RHA Health Services, Inc.**  
129 Skyview Circle  
Spruce Pine, NC. 28777  
(828)-765-0894

### **ASHEVILLE OUTPATIENT AGENCIES AVAILABLE TO YANCEY & MITCHELL RESIDENTS**

**Angel Counseling of Asheville**  
44 Merrimon Avenue, Suite 3B  
Asheville, NC. 28801  
828-350-9191 and 828-689-4600

**Family Preservation Services of NC, INC.**  
1314 Patton Avenue, STE D, F  
Asheville NC 28806  
828-225-3100

**Insight Human Services, INC.**  
26 N. Liberty Street  
Asheville, NC 28801  
336-725-8389

932 Old US 70  
Black Mountain, NC 28711  
336-714-3372

**October Road** (Adult Outpatient Substance Use Treatment)  
119 Tunnel Road, Suite D  
Asheville, NC 28805  
828-350-1000/Fax: 828-350-1300  
[www.octoberroadinc.net](http://www.octoberroadinc.net)

**RHA Health Services, Inc.**  
90 Asheland Avenue  
Asheville, NC 28801  
828-254-2700

**VA Benefits and Resources**

1100 Tunnel Road  
Asheville, NC. 28805  
828-263-3756

**Women’s Recovery Center**

(Day Treatment Services for Women/Case Management Prenatal Services)  
26 North Liberty Street  
Asheville, NC 28801  
828-350-8343  
828-712-8965

**MEDICATION ASSISTED TREATMENT**

**Crossroads Treatment Center**

6 Roberts Rd (Sweeten Creek Rd)  
Asheville, NC  
828-505-3086, 800-805-6989  
(Opiate/Methadone Treatment—self-pay)

901-3 Mars Hill Hwy  
Weaverville, NC 28787  
828-645-3687

**McLeod Addictive Disease Center\***

117 West Medical Court,  
Marion, NC  
828-659-3966 (will connect to home office and then ask for Marion office)  
704-332-9001-Charlotte office  
(Opiate/Methadone Treatment—self-pay)

**Mountain Area Recovery Center**

18 Wedgefield Drive  
Asheville, NC 28806  
828-252-8748  
(Methadone Treatment)

**Mountain Health Solutions**

2 McDowell St.  
Asheville, NC 28801  
(828) 225-6050 Fax # (828)-225-6051  
(Methadone/Suboxone Treatment – Self-pay)

**Western Carolina Treatment Center**

573 Merrimon Ave #1 B  
Asheville, NC 28804  
828-251-1478  
(Methadone—Outpatient—self-pay)

**DETOX CENTERS**

**Julian F. Keith ADATC**

201 Tabernacle Road  
Black Mountain, NC  
828-257-6200  
(21 Day Rehabilitation; 5 – 7 Day Detoxification)Referrals are made through Smoky Mountain Center



**Neil Dobbins Center\*** (Adult Crisis and Detoxification Services) – Services are now integrated into the **Comprehensive Care Center**

356 Biltmore Avenue  
Asheville, NC  
828-254-2700

**Grace Hospital** (private insurance, private pay only)  
Behavioral Health Unit, Blue Ridge Health Care, Carolina Health Care System  
2201 S. Sterling Street,  
Morganton, NC 28655  
(828) 580-6390 after hours, (828) 580-6393 business hours

### **CRIMINAL JUSTICE SERVICES**

**TASC Program Partnership for a Drug Free North Carolina (PDFNC)**

370 North Louisiana  
Asheville, NC.  
828-210-0540  
(Services to those in Criminal Justice System)

**Western Carolinians for Criminal Justice**

218 Patton Avenue  
Asheville, NC 28801  
828-252-2484

**Legal Aid**

1-866-219-5262  
[www.legalaidnc.org](http://www.legalaidnc.org)

### **RESIDENTIAL TREATMENT PROGRAMS**

**Mary Benson House**

450 Montford Avenue  
Asheville, NC 28801  
828-252-5280  
(Pregnant woman & women with dependent children ages 0-5 including children in DSS custody)

**First Step Farm of WNC**

PO Box 1450  
Candler, North Carolina  
828-667-0587 (Central Office)  
[www.firststepfarmwnc.org](http://www.firststepfarmwnc.org)  
(Half Way House 90 days - 12 Month Residential Rehabilitation Services)

**Julian F. Keith ADATC**

201 Tabernacle Road  
Black Mountain, North Carolina  
828-257-6200  
(21 Day Rehabilitation; 5 – 7 Day Detoxification)  
Referrals are made through Smoky Mountain Center

**McLeod Center of Charlotte**

515 Clanton Road

Charlotte, NC.  
704-332-9001

**October Road Cross Area Service Program**

119 Tunnel Road, Suite D

Asheville, NC 28805

828-545-7496/ Fax: 828-350-1300

Men only-18yrs old + with a primary substance use diagnosis who are also uninsured NC residents. 10 week program with 16 beds. Accepts referrals from detox units, inpatient treatment centers and residential programs  
[www.octoberroadinc.com](http://www.octoberroadinc.com).

**Swain Recovery Center (PDFNC)**

932 Old Highway 70, Black Mountain

828-669-4161

(42 – 60 Day Residential Treatment Services)

**Western Carolina Rescue Mission (Men's program)**

225 Patton Avenue

Asheville, NC. 28801

828-254-0471

[www.westerncarolinarescue.org](http://www.westerncarolinarescue.org) (programs)-application online

*For information regarding Half-Way Houses or other Substance Abuse Residential Resources visit Smoky Mountain Center website ([www.smokymountaincenter.com](http://www.smokymountaincenter.com))*

**PRIVATE PAY/PRIVATE INSURANCE RESIDENTIAL PROGRAMS**

**First Step at Blue Ridge, Inc.**

32 Knox Road

Ridgecrest, NC 28770

828-669-0011

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

Drug and alcohol rehab treatment

Private Pay through work performed as part of the program

**Four Circles Recovery Center**

156 Clear Crossing Lane

Horse Shoe, NC

866-632-5429

Outdoor Recovery Program for Young Adults (18-28 years old)

PRIVATE PAY ONLY

**Next Step Recovery for Men**

104 Roberts Lake Circle Apt. 107

Arden, NC 28704

828-350-9960

PRIVATE PAY ONLY

**Pavilion Treatment Center**

241 Pavilion Place

Mill Spring, NC 28756

828-694-2300

www.nextsteprecovery.com  
Contact: Kent Spark  
PRIVATE PAY/PRIVATE INSURANCE ONLY

## **ADOLESCENT RESIDENTIAL PROGRAMS**

### **McLeod Center**

515 Clanton Road  
Charlotte, NC  
704-332-9001, Ext. 2228  
(90 day program)

### **SUWS of the Carolinas**

#### **363 Graphite Rd.**

Old Fort, NC 28762  
888-828-9770  
www.suwscarolinas.com  
Wilderness Program for Children ages 10-17 (55 day program)  
Contact: Josh Gualda or Akela Bryson, Admission Directors  
PRIVATE PAY/ loan and financing options

### **Swain Recovery Center (PDFNC)**

932 Old Highway 70  
Black Mountain, NC  
828-669-4161  
(90-Day Residential Treatment Services)

### **Youth Focus**

301 E. Washington Street  
Greensboro, NC. 27401  
336-333-6853  
(90 day program)

## **DWI PROVIDERS**

### **Angel Light Counseling of Burnsville**

1040 Highway 19E, Suite J  
Burnsville NC 28714  
Contact: John Williams  
Phone: 828-689-4600  
(self-pay)

### **Asheville Institute**

70 Woodfin Place, Suite 232  
Asheville, NC 28801  
828-253-7066  
(self-pay)

### **Mountain Treatment Center**

370 N. Louisiana Ave. Suite G2  
Asheville, North Carolina 28806  
www.mountaintreatment.com  
Contact: Glenda Laswell  
828-255-8655  
(self-pay)

**Beyond Addiction**

70 Woodfin Place, 326 D  
 Asheville, NC 28801  
 Contact: Linda Hamilton  
 Phone: 828-225-2535  
 (self pay)

**AAT Un Nuevo Dia Asheville**

526 Haywood Road, Office #1  
 Asheville, NC 28803  
 Contact: Mario Moraga  
 Phone: 828-606-1718  
 Fax: 828-251-1211  
 Spanish language services (self-pay)

**October Road**

119 Tunnel Road, Suite D  
 Asheville, NC 28805  
 828-350-1000/Fax: 828-350-1300  
 www.octoberroadinc.net

**PREVENTION SERVICES****RHA Prevention Resource Center**

84 Coxe Avenue Suite 1C  
 Asheville, North Carolina  
 828-253-5057  
 (free programming; Nurturing Skills Parenting Program offered in Burnsville)

**Perennial Screening Group, LLC**

P.O. Box 487  
 Burnsville, NC 28714  
 Contact: Rose Gordon; President (574-286-7673)

**TRANSPORTATION SERVICES****Mitchell County Transportation**

Bakersville, NC  
 828-682-6144

**Yancey County Transportation**

Burnsville, NC  
 828-688-4715

**WEBSITE RESOURCES**

- [www.drugfree.org](http://www.drugfree.org) (this is a national educational resource)
- [www.samhsa.gov](http://www.samhsa.gov) (national website on substance abuse and mental health)
- [www.nida.nih.gov](http://www.nida.nih.gov) (this is a national website on drugs)
- [www.suwcarolinas.com](http://www.suwcarolinas.com) (adolescent residential center and resource guide)
- [www.alcoholdrughelp.org](http://www.alcoholdrughelp.org) (Alcohol/Drug Council of NC, help and referral resources by county)
- <http://www.nchealthinfo.org/> (NC health information)
- <http://www.ncdhhs.gov/mhddsas/> (NC department of Health and Human Services)

## RECOVERY SUPPORT SERVICES

Equinection – offers Equine Facilitated Learning for clients. Recovery workshops are for individuals with at least 2 years of recovery. Workshops for treatment professionals also available.

561 Piercy Rd.

Green Mountain, NC 28740

828.682.9157

Email: [info@equinection.org](mailto:info@equinection.org)

Website: [www.equinection.org](http://www.equinection.org)

Asheville A.A. Central Office: 828-254-8539  
[ashevilleaa.org](http://ashevilleaa.org), [info@ncmco.net](mailto:info@ncmco.net)

Asheville AI Anon: 800-286-1326  
[www.wnc-alanon.org](http://www.wnc-alanon.org)

National Office AI Anon: 888-425-2666

Western NC Area Narcotics Anonymous 866-925-2148  
[www.wncna.org](http://www.wncna.org)

## MITCHELL AND YANCEY COUNTY SUPPORT GROUPS

All meetings are non-smoking!

Meeting Types: C-Closed, O-Open, D-Discussion, SP-Speaker, 12&12-Twelve Steps & Twelve Traditions

### Alcoholics Anonymous-AA

Day	Meeting City	Time	Group	Meeting Type	Meeting Place	Meeting Address
Sunday	Burnsville	4:00 PM	Burnsville	O, D	Higgins Memorial United Methodist Church	106 Academy Street, Burnsville, NC. 28714
	Spruce Pine	8:00 PM	Pine Grove	O,D	Pine Grove Methodist Church	1 Pine Grove Road, Spruce Pine, NC. 28777 (off Mullen Hill Rd AKA 3 Mile)
Monday	Micaville	9:00 AM	Micaville 12&12	O,SS,D	Micaville Presbyterian Church	587 Micaville Loop Burnsville, NC 28714
	Ledger	8:00 PM	Ledger	O,D	Ledger Baptist Church	573 Bear Creek Church Road, Bakersville, NC. 28705
Tuesday	Penland	7:00 PM	Penland	O,D	Ridgeway Hall @ Penland School of Crafts	19 Lucy Morgan Lane, Bakersville, NC. 28705
	Burnsville	8:00 PM	Burnsville	O,D	Higgins Memorial United Methodist	106 Academy Street, Burnsville, NC. 28714

					Church Annex	
Wednesday	Burnsville	NOON	Burnsville	O, 12 & 12	Higgins Memorial United Methodist Church Annex	106 Academy Street, Burnsville, NC. 28714
Thursday	Spruce Pine	8:00 PM	Spruce Pine	O	Trinity Episcopal Church	15 Hemlock Avenue, Spruce Pine, NC. 28714
Friday	Penland	7:00 PM	Penland	O, D	Ridgeway Hall @ Penland School of Crafts	19 Lucy Morgan Lane, Bakersville, NC 28705
	Burnsville	8:00 PM	Burnsville	O, D	Higgins Memorial United Methodist Church Annex	106 Academy Street, Burnsville, NC. 28714
Saturday	Spruce Pine	10:00 AM		C, D	Trinity Episcopal Church	15 Hemlock Avenue, Spruce Pine, NC. 28714
	Burnsville	8:00 PM		O, D (1 <sup>st</sup> Sat., O, SP)	Newdale Presbyterian Church	71 Newdale Church Road, Burnsville, NC. 28714 (behind Kid's Mini Storage)

**Narcotics Anonymous-NA**

Sunday	Burnsville	4:00 PM	Burnsville Backroom	O, D	Higgins Memorial United Methodist Church Annex	106 Academy Street, Burnsville, NC. 28714
Wednesday	Burnsville	6:30 PM	Burnsville Backroom	O, SS	Higgins Memorial United Methodist Church Annex	106 Academy Street, Burnsville NC. 28714

**Al-Anon**

Monday	Ledger	8:00 PM	Ledger	O, D	Ledger Baptist Church	573 Bear Creek Church Road Bakersville, NC. 28705
Thursday	Spruce Pine	8:00 PM	Spruce Pine	O, 12 & 12	Trinity Episcopal Church	15 Hemlock Avenue, Spruce Pine, NC. 28777