



**SUBSTANCE ABUSE
AND
MENTAL HEALTH RESOURCE GUIDE**



Revised July 2018

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.vayahealth.com or call VAYA Health at 1-800-849-6127 for the most current information on substance abuse resources in our region.

We are working hard on prevention, education, and advocacy around substance use issues in our community. Please contact us at info@pathwnc.org or (828) 682-7899 if you have suggestions about how we might improve our efforts to serve you and our community.

Best wishes,



A Brief Guide to Types of Treatment¹

Inpatient treatment is provided in special units of hospitals or medical clinics, and offers both detoxification and rehabilitation services. People who have a mental disorder or serious medical problem, as well as a substance use disorder, are most likely to receive inpatient treatment.

Residential programs provide a living environment with treatment services. Often residential programs last long enough (1 month to 1 year) to offer general equivalency diploma (GED) preparation classes, training in job-seeking skills, and even career training. In residential programs for adolescents, the participants attend school as a part of the program. Residential programs are best for people who do not have stable living or employment situations, have limited or no family support, and/or those with serious substance use disorders who have been unable to get and stay sober or drug free in other treatment.

Partial hospitalization or day treatment provide treatment for 4 to 8 hours per day, and the person lives at home. These programs usually last for at least 3 months and work best for people who have a stable, supportive home environment.

Outpatient and intensive outpatient programs provide treatment at a program site, but the person lives elsewhere (usually at home). Some programs require daily attendance; others meet only one to three times per week. Intensive outpatient treatment programs require a person to attend 9 to 20 hours of treatment activities per week and usually last from about 2 months to 1 year. People who do best in an outpatient program are willing to attend counseling sessions regularly, have supportive friends or family members, have a place to live, and have some form of transportation to get to treatment sessions

Medication Assisted treatment offers medication-assisted outpatient treatment for people who are dependent on opioid drugs (such as heroin, OxyContin, or Vicodin). These programs use a medication, such as Suboxone, methadone or LAAM, to help a person not use illicit opioids. Counseling and other services are provided along with the medication.

¹ *What Is Substance Abuse Treatment? A Booklet for Families. HHS Publication No. (SMA) 14-4126. Center for Substance Abuse Treatment. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2004*

Partners Aligned Toward Health (PATH) and the Mitchell-Yancey Substance Abuse Task Force (MYSATF) 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 Hotlines and Crisis Services

Walk-In Crisis Centers

Each site is a walk-in crisis center serving individuals of all ages who are experiencing a mental health and/or substance abuse crisis. Professional staff are prepared for any nonmedical emergency - including emergency counseling, and peer support.

Mitchell County

RHA Health

Services

129 Skyview Circle
Spruce Pine, NC
(828) 765-0894

Yancey County

RHA Health

Services

72 Blue Ridge Ln.
Burnsville, NC
(828) 682-2111

Avery County

Daymark

Recovery

360 Beech St.
Newland, NC
(828) 733-5889

Caiyalynn Burrell Child Crisis Center

277 Biltmore Ave., Asheville, NC 28801
(877) 277-8873

Facility-based crisis and non-hospital medical detox program for children and adolescents, ages 6-17. Voluntary and involuntary admissions. Alternative to hospitalization for eligible children experiencing a mental health, substance use or intellectual or developmental disability (IDD) crisis. **slated to open summer 2018*

C3 356 Comprehensive Care Center

356 Biltmore Avenue; Asheville, NC
(828) 254-2700 • www.C3356.org

Behavioral health urgent care anytime, day or night, for mental health and substance use crisis needs. Find a wide range of behavioral health crisis intervention, response, and stabilization services, supports, and resources.

RHA Health Services - Mobile Crisis Management

(888) 573-1006 • www.rhahealthservices.org

(Buncombe, Madison, Yancey, Transylvania, Henderson, Polk, Rutherford, McDowell, Mitchell, Alexander & Caldwell counties)

Intensive, on-site intervention to people of all ages who are experiencing a crisis due to mental health disturbances, intellectual/developmental disabilities, or addiction. RHA's team of behavioral health professionals are available 24/7/365 to safely stabilize the person at home, work, school or wherever in the community the crisis occurs.

Daymark Recovery Services – 24-hour Crisis Hotline and Mobile Crisis Management

(866) 275-9552

Mobile Crisis Management serves anyone within the community experiencing a crisis related to mental health, substance abuse, or developmental disability concerns.

VAYA Health

(800) 849-6127

24/7 access to mental health, substance use, and intellectual and/or developmental disability services.

SAMHSA's National Helpline

(800) 662-HELP (4357)

This is a confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations. Callers can also order free publications and other information.

National Alliance on Mental Illness (NAMI) Helpline

1-800-950-NAMI (6264)

National Suicide Prevention Lifeline

1-800-273-TALK [8255]

Hope4Mitchell County – 24 Hour Substance Abuse Hotline

(828) 520-1010

Veterans Crisis Line

(800) 273-8255 • www.veteranscrisisline.net

Connects veterans in crisis (and their families and friends) with qualified, caring Department of Veterans Affairs responders through a confidential, toll-free hotline, online chat, or text.

2-1-1 or nc211.org

Dial 2-1-1 for free, confidential, multilingual information on vital local services. Available 24/7/365. Sponsored by the United Way of North Carolina.

- * Housing/Shelter/Food
 - * Healthcare
 - * Tax Assistance
 - * Utilities
 - * Clothing and Household
 - * Aging and Disability Services
 - * Mental Health/Substance Abuse
 - * Employment and Income
-

Neil Dobbins Center at C3356 Comprehensive Care Center

356 Biltmore Ave., Suite 150; Asheville, NC

(828) 253-6306/(855) 587-4443 • www.C3356.org

Short-term, intensive therapeutic interventions and stabilization services for individuals experiencing mental health crises as well as detoxification services for those who struggle with substance use/addiction.

Substance Abuse Services – Counseling and Therapy

Mountain Community Health Partnership

(828) 688-2104 • <http://thebchc.org/>

- * Behavioral health counseling for established patients
- * Screening, identification, and treatment of substance use disorders.
- * Licensed Clinical Addictions Specialist on staff at Celso, Spruce Pine and Bakersville Health Centers. Accepting new patients.

Appalachian Counseling and Psychological Services

205 Locust St;
Spruce Pine, NC
(828) 372-0432

One Oak Plaza
Asheville, NC
(828) 372-0432

www.acaps-nc.org

- * Counseling and therapy services for substance abuse and mental health
- * Accepts Blue Cross Blue Shield of NC, Aetna, Cigna, United Healthcare, Medicaid, Medicare, and more.

Spruce Pine Counseling

Denise Harrison, MA, MAC, LCAS, CCS, CSOTS
962 Oak Ave.; Spruce Pine, NC

(828) 467-0037 • <http://sprucepinecounseling.vpweb.com/>

- * Individual, couples, and group counseling offered for a variety of needs, including mental health and substance abuse.
- * DWI Services offered.
- * Blue Cross Blue Shield accepted, sliding scale fee for those who are uninsured and have financial need

Angel Light Counseling

(828) 319-9094 • www.angellightnc.com

1040 Hwy. 19E 15 Mountain View Rd 44 Merrimon Ave.
Burnsville, NC Mars Hill, NC Asheville, NC

- * Substance abuse counseling for adults and adolescents, age 16 or older.
- * DWI Services offered.
- * Self-pay only, payment plans can be negotiated.

Therapy of Hickory

31 Cross St (Whitson Bldg); Spruce Pine, NC
(828) 409-6743 • <http://therapyofhickory.com/>

- * Accepts Blue Cross Blue Shield of NC.
- * Substance abuse counseling.
- * Therapy services for individuals, couples, families, and children, as well as marriage counseling

Crossroads Recovery Center

440 East Court St.; Marion, NC
(828) 659-8626

- * Counseling services for substance abuse and mental health.
- * DWI Services offered.
- * Accepts Blue Cross Blue Shield of NC, Cigna, Medicaid, and NC Health Choice.

Substance Abuse Services - Outpatient Treatment Programs

October Road

(828) 350-1000 • www.octoberroadinc.net

Asheville Location:

119 Tunnel Rd., Suite D; Asheville, NC

- * Operates two Assertive Community Treatment Teams (ACTT)
- * Offering Early Recovery, SAIOP, and aftercare programs.
- * Accepts insurance, Medicaid, and offers sliding scale payments based on income.

Mars Hill Location:

885 Crossroads Pkwy, Suite A-2; Mars Hill, NC

- * Serves Madison, Mitchell, and Yancey Counties through Assertive Community Treatment Teams (ACTT) – Referral from RHA Health Services required for ACTT services.

Daymark Recovery Services

360 Beech St.; Newland, NC

(828) 733-5889 • www.daymarkrecovery.org

- * Outpatient Treatment and Intensive Outpatient Treatment available
- * Mobile Crisis Management
- * DWI Services
- * Serves both children and adults.
- * Accepts Medicaid, Medicare, and private insurance
- * Individuals with no insurance will be eligible for a sliding or discounted scaled as defined by the relevant Managed Care Organization/Local Management Entity

Willow Place for Women - Asheville

30 Garfield St.; Asheville, NC

(888) 651-4212 • <https://willowplaceforwomen.com>

- * Treatment for substance abuse, eating disorders, and trauma in women.
- * Substance abuse services include intervention, intensive outpatient program, partial hospitalization program, dual diagnosis, and more.
- * Self-pay only.

Insight Human Services – Women’s Recovery Center

723 Fairview Rd.; Asheville, NC

(828) 350-8343 • insightnc.org/treatment/wrc

- * Substance abuse services for adult and adolescent women
- * Substance abuse services for women who are pregnant, parenting or seeking custody of dependent children
- * Pathways of Change Program is a comprehensive substance use outpatient treatment program
- * Perinatal Health Partners specializes in outpatient substance use and mental health services for pregnant and postpartum mothers who are parenting or seeking custody.
- * Accepts insurance and Medicaid
- * State-funded payment for services provided is also available and is dependent on income and other factors.

RHA Health Services – Substance Abuse Outpatient and Intensive Outpatient Programs

356 Biltmore Ave.; Asheville, NC

828-254-2700 • rhahealthservices.org

Mitchell County

129 Skyview Circle
Spruce Pine, NC
(828) 765-0894

Yancey County

72 Blue Ridge Ln.
Burnsville, NC
(828) 682-2111

- * RHA has flexible payment options and can help individuals without insurance secure funds for treatment.
-

Asheville Recovery Center

9 Old Burnsville Hill Rd., Suite 7; Asheville, NC
(866) 315-8998 • www.ashevillerecoverycenter.com

- * Residential, partial hospitalization, and intensive outpatient services available.
 - * Individual therapy, group therapy, dual diagnosis services and more.
 - * Insurance accepted. Payment plans can be arranged.
-

Next Step Recovery for Men

900 Hendersonville Rd.; Asheville, NC
(828) 350-9960 • <http://nextsteprecovery.com/index.html>

- * Transitional living, intensive outpatient, and recovery support services for men.
 - * Private insurances accepted. Financing available through My Treatment Lender, Prosper Healthcare Lending, and LightStream.
-

Crest View Recovery Center

90 Asheland Ave.; Asheville, NC
(866) 327-2505 • www.crestviewrecoverycenter.com

- * Residential and outpatient programs for substance abuse.
 - * Offers treatment for co-occurring mental health disorders.
 - * Accepts most major insurances including United Healthcare, Aetna, Cigna, and Blue Cross Blue Shield of NC.
-

Family Preservation Services of North Carolina, INC.

1316-D Patton Ave.; Asheville, NC

(828) 225-3100 • <http://www.pathways.com/>

- * Substance abuse and mental health services for youth, family, and adults.
- * Accepts Medicaid, Medicare (currently on a wait list as of Spring 2018), and can apply for state funds for those with no insurance.

Charles George VA Medical Center

1100 Tunnel Rd.; Asheville, NC

(828) 298-7911 • www.asheville.va.gov

- * Substance abuse and mental health services for Military Veterans.

McLeod Addictive Disease Center

515 Clanton Road; Charlotte, NC

(855) 824-9458 • www.mcleodcenter.com

- * Residential and Outpatient Services for adults and adolescents
- * DWI, Criminal Justice, and Opioid Treatment Services
- * Aetna, Cigna, United Healthcare, and Blue Cross Blue Shield of NC insurances accepted. Medicaid and state funding may also be utilized for select treatment services.
- * A service price list can be found on McLeod's website.

Did you know?

Pain killers, tranquilizers and stimulants are the most commonly abused prescription drugs.

Marijuana, Cocaine, and hallucinogens are the most commonly abused illegal drugs.

Substance Abuse Services - Residential Treatment Programs

Asheville Recovery Center

9 Old Burnsville Hill Rd., Ste 7; Asheville, NC
(866) 315-8998 • www.ashevillerecoverycenter.com

- * Residential, partial hospitalization, and intensive outpatient services available.
- * Individual therapy, group therapy, dual diagnosis services and more.
- * Insurance accepted. Payment plans can be arranged.

Red Oak Recovery

631 Willow Creek Rd.; Leicester, NC
(866) 457-7426 • www.redoakrecovery.com

- * Serves young adults ages 18-30
- * Long-term inpatient residential program (70-90 days)
- * Offers Dual Diagnosis Recovery (for Substance Abuse and/or Mental Health issues)
- * Offers Family Therapy and Counseling services
- * Many insurance plans accepted, call for information
- * Financing available through Prosper Healthcare Lending

Neil Dobbins Center –RHA Health Services

356 Biltmore Ave., Ste 150; Asheville, NC
(Lower level of the C3356 Comprehensive Care Center)
(828) 253-6306/(855) 587-4443 • www.rhahealthservices.org

- * Detox services for individuals actively using alcohol or illicit substances. Opiate and benzodiazepine users may also be treated
- * Short-term inpatient residential program (up to 7 days)
- * Offers assessment, treatment, 24-hour medical supervision, case management, and group and individual therapy
- * Private insurance not accepted
- * Can bill through Medicaid

- * Individuals with no coverage may receive services via State Funds; eligibility is based on an income scale
-

Mary Benson House

450 Montford Ave.; Asheville, NC
828-252-5280 • www.rhahealthservices.org

- * Residential substance use disorder treatment center for women who are pregnant or who have dependent children ages 0-5
 - * Must be 18 years of age or older and a resident of North Carolina
 - * Must be WorkFirst and Medicaid eligible
-

First at Blue Ridge

32 Knox Rd.; Ridgecrest, NC
(828) 669-0011 • www.firstinc.org

- * Residential therapeutic community for individuals with chronic substance use disorders
 - * Transitional housing, group counseling, self-help meetings, case management, job-placement assistance, and other services to individuals struggling with addiction.
-

Julian F. Keith Alcohol and Drug Abuse Treatment Center

201 Tabernacle Rd.; Black Mountain, NC
(828) 257-6200 • www.ncdhhs.gov/divisions/dsohf

- * State operated Alcohol and Drug Abuse Treatment Center (ADATC)
 - * Inpatient treatment, psychiatric stabilization and medical detoxification for individuals with substance use and other co-occurring mental health diagnoses
 - * Referrals are made through VAYA Health
 - * Accepts insurance, Medicaid, and offers sliding scale payments that are based on income and assets.
-

Insight Human Services – Robert S. Swain Recovery Center

932 Old US 70, 2nd Floor, Moore II; Black Mountain, NC

(828) 669-4161 • www.insightnc.org

- * Residential substance abuse programs for adults and adolescents.
- * Accepts insurance and Medicaid.
- * State Funded-payment for services provided is also available and is dependent on income and other factors.

October Road – Cross Area Service Program

119 Tunnel Road, Suite D; Asheville, NC

(828) 350-1000 • www.octoberroadinc.net

- * 90-day residential treatment program for men only.
- * Accepts insurance, Medicaid, and offers sliding scale payments based on income.

Crest View Recovery Center

90 Asheland Ave.; Asheville, NC

(866) 327-2505 • www.crestviewrecoverycenter.com

- * Residential and outpatient programs for substance abuse.
- * Offers treatment for co-occurring mental health disorders.
- * Accepts most major insurances including United Healthcare, Aetna, Cigna, and Blue Cross Blue Shield of NC.

First Step Farm of WNC

P.O. Box 1450; Candler, NC

(828) 667-0587 • www.firststepfarmwnc.org

- * Licensed residential supervised living center for substance dependent adults
 - * Work Therapy Program, Counseling, and Self-Help Meetings
-

Four Circles Recovery Center

156 Clear Crossing Lane; Horseshoe, NC
(877) 896-5003 • www.fourcirclesrecovery.com

- * Licensed, adventure-based addiction treatment program that utilizes a blend of research-supported services and outdoor programming to provide treatment for individuals who are struggling with addiction and co-occurring disorders.
- * Insurance accepted and *Payment plans can be arranged

Pavilion Treatment Center

241 Pavilion Place; Mill Spring, NC
(828) 694-2300 or (800) 392-4808 • www.pavillon.org

- * Residential treatment programs for alcohol and substance abuse.
- * Private insurance accepted.

McLeod Addictive Disease Center

515 Clanton Road; Charlotte, NC
(855) 824-9458 • www.mcleodcenter.com

- * Residential and Outpatient Services for adults and adolescents
- * DWI, Criminal Justice, and Opioid Treatment Services
- * Aetna, Cigna, United Healthcare, and Blue Cross Blue Shield of NC insurances accepted. Medicaid and state funding may also be utilized for select treatment services.
- * A service price list can be found on McLeod's website.

Hebron Colony Ministries

356 Old Turnpike Rd.; Boone, NC

(828) 963-4842 • <http://www.hebroncolony.org>

- * 10-week residential treatment for drug or alcohol addiction
- * Christ-centered addiction recovery

Real Recovery

145 Powers Rd.; Asheville, NC

(855) 363-7325 • myrealrecovery.com

- * Traditional sober living program for young men ages 18-28.
- * Financing available through Prosper Healthcare Lending.

Western Carolina Rescue Mission – Men’s Recovery Program

225 Patton Ave.; Asheville, NC

(828) 254-1529 • www.westerncarolinarescue.org

- * A free, 12-month residential drug and alcohol Men's Recovery program
-

Substance Abuse Services - Medication Assisted Treatment

McLeod Addictive Disease Center - Marion

117 West Medical Court; Marion, NC
(828) 659-3966 • www.mcleodcenter.com

- * Medication-assisted treatment center, including the use of Methadone
- * Private insurance and Medicaid accepted
- * Service Price List can be found on McLeod's website.

Crossroads Treatment Center

www.crossroadstreatmentcenters.com

6 Roberts Rd. Asheville, NC (800) 805-6989	901-3 Mars Hill Hwy. Weaverville, NC (800) 805-6989 or (828) 645-3687
--------------------------------------------------	--------------------------------------------------------------------------------

- * Self-pay only. Medicaid accepted
- * Medication-Assisted Treatment that combines counseling services and Methadone. On-site DATA 2000 program for patients seeking treatment with buprenorphine products (Buprenorphine, Suboxone, and Subutex)

Behavioral Health Group (BHG) Asheville Treatment Center

18 Wedgefield Drive; Asheville, NC
(828) 252-8748 • bhgrecovery.com

- * Outpatient Drug Detox & Rehab
- * Medication-assisted treatment includes the use of Methadone and Suboxone
- * NC Medicaid accepted

Asheville Recovery and Psychiatric Services

5B Doctors Park, 417 Biltmore Ave; Asheville, NC
(828) 232-1994 • <http://ashevillerecovery.com/>

- * Medication-assisted treatment using Suboxone
 - * Individual therapy, group therapy, and treatment of co-occurring psychiatric conditions.
-

Real Recovery

145 Powers Rd.; Asheville, NC
(855) 363-7325 • www.myrealrecovery.com

- * Medication-assisted treatment for young men ages 18-28.
 - * Includes the use of Suboxone or Vivitrol.
 - * Financing available through Prosper Healthcare Lending.
-

Western Carolina Treatment Center

573 Merrimon Ave., Ste 1B; Asheville, NC
(828) 251-1478 • www.carolinatreatmentcenters.com

- * Opioid Treatment Program that provides medication-assisted treatment, combined with counseling and group therapy.
 - * Includes the use of Methadone and Suboxone.
 - * Fee schedule for Methadone and Suboxone patients can be found on WCTC's website.
 - * Insurance not accepted.
-

The Pisgah Institute

158 Zillicoa St; Asheville, NC
(828) 254-9494 • www.pisgahinstitute.com

- * Medication-assisted treatment using Suboxone
 - * Group sessions available
-

Asheville Comprehensive Treatment Center
2 McDowell St., Suite B; Asheville, NC
(828) 705-3049 • www.westerncarolinactc.com/

- * Medication-assisted treatment using Methadone Subutex, and Suboxone.
- * Individual, group, and family counseling offered.
- * Accepts private insurance and Medicaid.

Did you know?

Signs of an Opioid Overdose:

- * Will not wake up or respond to your voice or touch
- * Breathing is very slow, irregular or has stopped
- * Center part of their eye is very small — sometimes called “pinpoint pupils”
- * Fingernails and lips turning blue or purple
- * Slow heartbeat and/or low blood pressure

Substance Abuse Services – DWI and Court Diversion Services

Angel Light Counseling Services

(828) 319-9094 • <https://www.angellightnc.com/>

1040 Hwy. 19E 15 Mountain View Rd 44 Merrimon Ave.
Burnsville, NC Mars Hill, NC Asheville, NC

* Court-ordered DWI Assessments

Spruce Pine Counseling

Denise Harrison, MA, MAC, LCAS, CCS, CSOTS
962 Oak Ave.; Spruce Pine, NC

(828) 467-0037 • <http://sprucepinecounseling.vpweb.com/>

* Court-ordered DWI Assessments

October Road

(828) 350-1000 • www.octoberroadinc.net

119 Tunnel Rd., Suite D 885 Crossroads Pkwy, Suite A-2
Asheville, NC Mars Hill, NC

* Court-ordered DWI Assessments

Crossroads Recovery Center

440 East Court St.; Marion, NC
(828) 659-8626

* Court-ordered DWI Assessments

Daymark Recovery Services

360 Beech St.; Newland, NC
(828) 733-5889 • www.daymarkrecovery.org

* Court-ordered DWI Assessments

RHA Health Services

800-848-0180/828-232-6844 • rhahealthservices.org

* Court-ordered DWI Assessments

Beyond Addiction

70 Woodfin Place, Ste 326-D; Asheville, NC
(828) 225-2535 • www.lindahamilton.org/

* Court-ordered DWI Assessments

Mountain Treatment Center

370 N. Louisiana Ave., Ste G2; Asheville,
(828) 255-8655 • www.mountaintreatmentcenter.net

* Court-ordered DWI Assessments

AAT, Inc. - Un Nuevo Dia

526 Haywood Rd., Office #1; Asheville, NC
(828) 606-1718

* Spanish speaking

* Court-ordered DWI Assessments

The Relationship Center

70 Woodfin Place, Ste 021; Asheville, NC
(828) 225-5555 • <https://www.trccounseling.com/>

* Court-ordered DWI Assessments

Asheville Institute

70 Woodfin Place, Ste 232, Asheville, NC
(828) 253-7066

* Court-ordered DWI Assessments

Insight Human Services – Justice Services, Region 4 (includes Mitchell and Yancey)

370 North Louisiana Ave.; Asheville, NC
(828) 210-0540 • <http://insightnc.org/>

- * Treatment Accountability for Safer Communities - community-based treatment for substance abusing and mentally ill offenders who would otherwise burden the justice system with repeat offenses
 - * Drug Education School - a system, based on North Carolina General Statute 90.96, which offers sentencing alternatives for people with low-level drug offenses
 - * Recidivism Reduction Services - an Insight program that works with high risk offenders in need of cognitive behavioral intervention and/or substance abuse treatment.
-

Substance Abuse Services - Alternative Treatments

Mountain Community Healing Arts

Jade Pierce, Licensed Acupuncturist, NCALB #157

<http://jadepierce.com/>

131 N. Main St.
Burnsville, NC
(828) 536-9709

31 Cross St.
Spruce Pine, NC
(828) 536-9709

- * Acupuncture, Herbal Medicine, Massage Therapy, and Holistic Living Counseling.

Margot Rossi, M.Ac

Licensed Acupuncturist, NCALB #35

Celo Health Center - 116 Seven Mile Ridge Rd.; Burnsville, NC

(828) 536-9030 • <http://margotrossi.com/home.html>

- * Licensed Acupuncturist, Comprehensive Healthcare, Medical Counseling.

Cruz Life Center

390 East Main St.; Burnsville, NC

(828) 682-6157/(800) 772-7955 • www.cruzlifecenter.com

- * 12-week natural program for addiction recovery
- * Monthly payment plans offered

Appalachian Therapeutic Riding Center

Burnsville, NC

(828) 675-5814 • <https://www.atrcriding.com/>

- * Email is preferred method of contact (atrcriding@gmail.com)

Equinection

561 Piercy Rd.; Green Mountain, NC
(828) 682-9157 • <http://www.equinection.org/>

Horse Sense of the Carolinas

6919 Meadows Town Rd.; Marshall, NC
(828) 683-7304/(828) 206-3057 • www.horsesenseotc.com

Substance Abuse Services - Support Groups/Peer Support

NAMI Western Carolina

(828) 505-7353 • namiwnc.org

- * Peer and Family Support
 - * Monday, Tuesday and Thursday, 10am to 3pm
-

Celebrate Recovery

Celebrate Recovery is a Christ-centered, 12 step recovery program for anyone struggling with hurt, pain or addiction of any kind.

Bakersville • Bear Creek Baptist Church

327 Bear Creek Church Rd; Bakersville, NC
828-688-4331 (church office), 910-876-2109 (Rev. Bruce Cannon), or 828-385-0061 (Josh Wise)

- * Meets every Thursday at Bear Creek Baptist Church.
- * Fellowship begins at 6:30pm, followed by worship from 7:00-8:00pm, then small groups (for men, women, and families) from 8:00-9:00pm.

Mars Hill • New Spring Church

7394 NC Hwy 213; Mars Hill, NC
(828) 776-2262

- * Meets Thursdays at 6:00pm.
-

Narcotics Anonymous

Higgins United Methodist Church (106 Academy St)
Burnsville, NC
<http://www.wncna.org>

- * Meets Sundays from 4:00-5:00pm and Wednesdays from 6:30-7:30pm.
-

RHA Health Services – Recovery Education Centers

rhahealthservices.org

13 S. Main St.
Marshall, NC
828-649-9174

72 Blue Ridge Lane
Burnsville, NC
828-682-2111

129 Skyview Circle
Spruce Pine, NC
828-765-4463

- * Licensed clinicians and certified Peer Support Specialists teach classes, seminars and workshops on various recovery-related topics.
- * Peer Support Specialists, having been successful in their own recovery efforts, also offer knowledge, hope and motivation to others seeking to achieve or maintain recovery.

Hope Counseling and Recovery, Inc.

232 Reems Creek Rd, Ste 2; Weaverville, NC
(828) 649-9999

- * Serves Yancey, Madison, Buncombe, and other areas.
- * Licensed Clinical Pastoral counselors (LCPC), and LCSWs.
- * Special program for people in recovery.

Abbreviation Key

C- Closed, **D** –Discussion, **ENG** – English Spoken Here, **O-** Open to anyone, **SL-** Speaker Lead, **SN** –Spanish, **SP-** Speaker, **SS-** Step Study, **TR** -Tradition Study, **W-** Women only

* **Open Meetings:** Open meetings may be attended by anyone.

* **Closed Meetings:** Attendance is limited to persons who have a problem with alcohol and a desire to stop drinking.

*All meetings are non-smoking unless noted otherwise.

AI-Anon/Alateen of North Carolina and Bermuda

<https://ncbermudaafg.org/newsite/>

Meeting Location	Time	Day(s)	Meeting Type
AFG Spoken Here Ledger Baptist Church - 208 Church Rd.; Bakersville, NC	7-8 pm	Monday	O, ENG
Spruce Pine AFG Trinity Episcopal Church (basement) - 15 Hemlock Ave.; Spruce Pine, NC	8- 9 pm	Thursday	O,ENG

Alcoholics Anonymous

N.C. Mountain Central Office

(828) 254-8539 • <http://aancmco.org/>

Meeting Location	Time	Day(s)	Meeting Type
Avery County			
Cannon Memorial Hospital - 434 Hospital Dr.; Linville, NC	7-8 pm	Tuesday, Friday	O, D
Banner Elk United Methodist Church 468 College Dr; Banner Elk, NC	7-8 pm	Monday	O, SS

Mitchell County			
Pine Grove Methodist Church - 53 Pine Grove Rd; Spruce Pine, NC	8-9 pm	Sunday	O, D
Ledger Baptist Church 573 Bear Creek Church Rd; Bakersville, NC	7-8 pm	Monday	O, SS
Penland School of Crafts Conley Ridge Rd.; Bakersville, NC	7-8 pm	Tuesday, Friday	O, D
Trinity Episcopal Church 15 Hemlock Ave.; Spruce Pine, NC	8-9 pm	Thursday	O,D
Trinity Episcopal Church 15 Hemlock Ave; Spruce Pine, NC	10-11 am	Saturday	C, D

Yancey County			
Micaville Presbyterian Church - 587 Micaville Loop; Burnsville, NC *enter thru side door*	9-10 am	Monday	O,D,SS
Higgins Methodist Church 101 North Main St.; Burnsville, NC (meeting in house behind church)	8-9 pm	Tuesday, Friday	O,D
Higgins Methodist Church 101 North Main St; Burnsville, NC (meeting in house behind church)	Noon -1 pm	Wednesday	O, D, SS
Newdale Presbyterian Church - 71 Newdale Church Rd; Burnsville, NC (meeting in basement)	8-9 pm	Saturday	O, D

Mental Health Services - Counseling and Therapy

Yancey Counseling Center

Teresa Emory, LCSW; Paul Feldman, LPC; Bonita Luz, LPC
10 North Main St.; Burnsville, NC
(828) 682-1551 • www.yanceycounselingcenter.com/

- * Therapy services for individuals, couples, and families.
- * Private Insurance accepted (Blue Cross Blue Shield of NC, Cigna, Magellan, Tricare and more)
- * A reduction in cost of services may be available for self-payers

Parent to Parent Family Support Network of the High Country

Teresa Emory, LCSW, Mitchell/Yancey Outreach Coordinator
10 North Main St.; Burnsville, NC
(828) 284-2287 or (866) 448-5781
www.parent2parent.appstate.edu

Mountain Community Health Partnership

Donna Hensley Beck, DSW, LCSW
Amy Earnheart, LCSW, LCAS
Bakersville Community Health Center
86 N. Mitchell Avenue; Bakersville, NC
(828) 688-2104 • <http://thebchc.org/>

- * Integrated behavioral health services to patients of the clinic.
The clinic is accepting new patients.

Colleen Hannush, LCSW

10 North Main St.; Burnsville, NC
(828) 675-8771

- * Mental health services specializing in trauma.
- * Medicare accepted, sliding fee scale available for uninsured.

Spruce Pine Counseling

Denise Harrison, MA, MAC, LCAS, CCS, CSOTS

962 Oak Ave; Spruce Pine, NC

(828) 467-0037 • <http://sprucepinecounseling.vpweb.com/>

- * Individual, couples, and group counseling offered for a variety of needs, including mental health and substance abuse.
- * Blue Cross Blue Shield accepted, sliding scale fee for those who are uninsured and have financial need.

Appalachian Counseling and Psychological Services

205 Locust St

Spruce Pine, NC

(828) 372-0432

One Oak Plaza

Asheville, NC

(828) 372-0432

www.acaps-nc.org

- * Counseling and therapy services for substance abuse and mental health
- * Accepts Blue Cross Blue Shield of NC, Aetna, Cigna, United Healthcare, Medicaid, Medicare, and more.

Integrated Therapies

Dr. Jeannette Murray

47 Easy St; Burnsville, NC

(828) 284-0040 • <http://www.jamurray.net/>

- * Licensed Professional Counselor, National Board Certified Clinical Hypnotherapist, and Certified Emotion Code Practitioner
- * Offers counseling services for mental health.
- * Private pay only, sliding scale payments available.

Therapy of Hickory

31 Cross St (Whitson Bldg); Spruce Pine, NC
(828) 409-6743 • <http://therapyofhickory.com/>

- * Accepts Blue Cross Blue Shield of NC.
 - * Substance abuse counseling.
 - * Therapy services for individuals, couples, families, and children, as well as marriage counseling.
-

Crossroads Recovery Center

440 East Court St.; Marion, NC
(828) 659-8626

- * Counseling services for substance abuse and mental health.
 - * Accepts Blue Cross Blue Shield of NC, Cigna, Medicaid, and NC Health Choice.
-

Hope Counseling and Recovery, Inc.

232 Reems Creek Rd, Ste 2; Weaverville, NC
(828) 649-9999

- * Serves Yancey, Madison, Buncombe, and other areas.
 - * Licensed Clinical Pastoral counselors (LCPC), and LCSWs.
 - * Special program for people in recovery.
-

Mental Health Services - Outpatient Treatment Programs

RHA Health Services rhahealthservices.org

Yancey County

72 Blue Ridge Lane
Burnsville, NC
(828) 682-2111

Mitchell County

129 Skyview Circle
Spruce Pine, NC
(828) 765-4463

Buncombe County

356 Biltmore Ave
Asheville, NC .
(828) 254-2700

Madison County

13 S. Main St;
Marshall, NC
(828) 649-9174

- * Provides routine outpatient mental health services for children, adolescents, and adults.
- * Offers assessments, treatment, group therapy, individual therapy, and peer support specialist interventions
- * Payment options include private insurance, Medicaid, Medicare, and State Funding for eligible individuals

October Road

(828) 350-1000 • www.octoberroadinc.net

Asheville Location
119 Tunnel Rd., Suite D
Asheville, NC

- * Offering outpatient therapy and medication management, peer support services, and operates two Assertive Community Treatment Teams (ACTT).
- * Accepts insurance, Medicaid, and offers sliding scale payments based on income.

Mars Hill Location
885 Crossroads Pkwy, Suite A-2
Mars Hill, NC 28754

- * Serves Madison, Mitchell, and Yancey Counties through Assertive Community Treatment Teams (ACTT) – Referral needed from RHA Health Services
-

Daymark Recovery Services

360 Beech St; Newland, NC
(828) 733-5889 • www.daymarkrecovery.org

- * Mental Health Outpatient Treatment
 - * Mobile Crisis Management
 - * Serves both children and adults.
 - * Accepts Medicaid, Medicare, and private insurance
 - * Individuals with no insurance will be eligible for a sliding or discounted scale
-

Family Preservation Services of North Carolina, INC.

1316-D Patton Ave; Asheville, NC
(828) 225-3100 • www.pathways.com/

- * Substance abuse and mental health services for youth, family, and adults.
 - * Accepts Medicaid, Medicare (currently on a wait list), and can apply for state funds for those with no insurance.
-

Mentor Behavioral Health

249 Wilson Dr. Suite 5; Boone, NC
(828) 268-2172

- * Psychological testing and treatment for children and adults.
 - * Accepts Medicaid and Blue Cross Blue Shield of NC.
 - * Rates for patients with no insurance based on Medicaid rate.
-

The Pisgah Institute

158 Zillicoa St.; Asheville, NC

(828) 254-9494 • www.pisgahinstitute.com

- * Provides consultation, medication management, individual and group psychotherapies, neuropsychological testing, educational testing, stress management, quantitative EEG, referenced EEG and EEG biofeedback (neurofeedback).
 - * Services for children, adults and families.
-

Charles George VA Medical Center

1100 Tunnel Rd; Asheville, NC

(828) 298-7911 • www.asheville.va.gov

- * Substance abuse and mental health services for Military Veterans.
-

Residential Mental Health Treatment Programs

Blue Ridge Center for Behavioral Health

2201 S. Sterling St; Morganton, NC
(828) 580-6393/(828) 580-6390 • www.blueridgehealth.org

- * Hospital-based psychiatric program specifically for adults.
- * Accepts private insurance, Medicaid, Medicare, and offers financial assistance programs.

Did you know?

The coexistence of both a mental health and a substance use disorder is referred to as co-occurring disorders.

According to a 2014 National Survey on Drug Use and Health, 7.9 million people in the U.S. experience both a mental disorder and substance use disorder simultaneously

<https://www.nami.org/Learn-More/Mental-Health-Conditions/related-conditions/dual-diagnosis>.

MindKare Kiosks

MindKare mental health screening kiosks are touchscreen devices that allow residents to learn about behavioral health conditions, participate in confidential assessments and find local treatment resources. The kiosks are free and anonymous. Western North Carolina residents can also take confidential assessments online at www.vayamindful.org.

Yancey County

Yancey County Public Library
321 School Circle; Burnsville, NC



Mitchell County

Bakersville Community Health Center
86 N. Mitchell Ave.; Bakersville, NC



Madison County

Madison County Health Department
493 Medical Park Drive; Marshall, NC



McDowell County

McDowell County Public Library
90 W. Court St.; Marion, NC



Avery County

Sloop Medical Office Plaza
436 Hospital Drive; Newland, NC



Buncombe County

Buncombe County Department of Health and Human Services
40 Coxe Ave.; Asheville, NC

Youth and Adolescent Services - Counseling and Therapy

Angel Light Counseling

(828) 319-9094 • www.angellightnc.com

Burnsville Location Mars Hill Location Asheville Location
1040 Hwy. 19E 15 Mountain View Rd 44 Merrimon Ave.

- * Substance abuse counseling for adolescents, age 16 or older.
- * Self-pay only, payment plans can be negotiated.

Therapy of Hickory

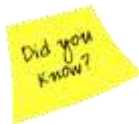
31 Cross St (Whitson Bldg); Spruce Pine, NC
(828) 409-6743 • <http://therapyofhickory.com/>

- * Accepts Blue Cross Blue Shield of NC.
- * Substance abuse counseling.
- * Therapy services for individuals, couples, families, and children, as well as marriage counseling

Karen Osborne Rowland, MAEd, LPC

2 South Main St; Weaverville, NC
(828) 768-5440 • www.osbornetherapy.com

- * Substance Abuse and Mental Health Counseling services for adolescents, age 14 and older.
- * Aetna, Blue Cross Blue Shield, Crescent, EAN, Medcost, and Tricare accepted.
- * Lower cost services offered through Open Path Collective for those without insurance and who have a financial need



13 is the average age children begin to experiment with drugs

Youth and Adolescent Services - Outpatient Treatment

RHA Health Services rhahealthservices.org

Yancey County

72 Blue Ridge Lane
Burnsville, NC
(828) 682-2111

Mitchell County

129 Skyview Circle,
Spruce Pine, NC
(828) 765-4463

Buncombe County

356 Biltmore Ave
Asheville, NC
(828) 254-2700

Madison County

13 S. Main St;
Marshall, NC
(828) 649-9174

- * Provides routine outpatient mental health services for children and adolescents.
- * Offers assessments, treatment, and group and individual therapy.
- * Payment options include private insurance, Medicaid, Medicare, and State Funding for eligible individuals

Daymark Recovery Services

360 Beech St; Newland, NC
(828) 733-5889 • www.daymarkrecovery.org

- * Outpatient treatment available for substance abuse and mental health disorders. Serves children and adults.
- * Accepts Medicaid, Medicare, and private insurance. Individuals with no insurance will be eligible for a sliding or discounted scale

Family Preservation Services of North Carolina, INC.

1316-D Patton Ave.; Asheville, NC

(828) 225-3100 • <http://www.pathways.com/>

- * Substance abuse/mental health services for youth and families.
- * Accepts Medicaid, Medicare (currently on a wait list), and can apply for state funds for those with no insurance.

The Pisgah Institute

158 Zillicoa St; Asheville, NC

(828) 254-9494 • www.pisgahinstitute.com

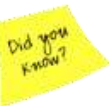
- * Provides consultation, medication management, individual and group psychotherapies, neuropsychological testing, educational testing, stress management, quantitative EEG, referenced EEG and EEG biofeedback (neurofeedback).
- * Services for children, adults and families.

McLeod Addictive Disease Center

515 Clanton Rd; Charlotte, NC

(855) 824-9458 • www.mcleodcenter.com

- * Services for male and female adolescents ages 13-17.
- * Aetna, Cigna, United Healthcare, and Blue Cross Blue Shield of NC insurances accepted. Medicaid and state funding may also be utilized for select treatment services.
- * A service price list can be found on McLeod's website.



Over **70 percent** of people who abused prescription painkillers got them from friends or relatives, and **20 percent** of teens say that these drugs are easier to access than beer.

Youth and Adolescent Services - Residential Treatment

Caiyalynn Burrell Child Crisis Center

277 Biltmore Ave., Asheville, NC

(877) 277-8873

Facility-based crisis and detox program for children and adolescents. Provides an alternative to hospitalization for eligible children experiencing a mental health, substance use or intellectual or developmental disability (IDD) crisis. **Slated to open summer 2018*

- * Crisis facility for children & youth, ages 6-17
- * 16-bed facility for boys and girls
- * Non-hospital medical detox
- * Assessments & short-term therapeutic interventions
- * Evidence-based practices & trauma informed care
- * Voluntary & involuntary admissions
- * Wraparound services
- * Multidisciplinary professional teams
- * Accepts Medicaid, NC Health Choice, and will work with those with private or no insurance to determine the best option

SUWS of the Carolinas

363 Graphite Rd.; Old Fort, NC

(877) 395-5243 • www.suwscarolinas.com

- * SUWS offers life-changing wilderness-based therapy programs for adolescents ages 10-17 who are struggling with mental illness, mood disorders, and substance abuse issues.
 - *Self-pay only, admissions advisors are prepared to work with patients and families to develop a detailed financial plan.
-

Insight Human Services – Robert S. Swain Recovery Center

932 Old US 70, 2nd Floor, Moore II; Black Mountain, NC
(828) 669-4161 • <http://insightnc.org/treatment/adolescents/>

- * Residential substance abuse programs for adults and adolescents.
- * State Funded - payment for services provided is dependent on income and other factors.

Trails Carolina

500 Winding Gap Rd.; Lake Toxaway, NC
(800) 975-7303 • <https://trailscarolina.com/>

- * Wilderness based therapy program for adolescents, 10 – 17

Trails Momentum

555 Sky Valley Camp Rd.; Hendersonville, NC
(877) 296-8711 • <https://trailsmomentum.com/>

- * Wilderness based therapy program for young adults, 18 – 25

Youth Focus

405 Parkway, Ste A; Greensboro, NC
(336) 274-5909 • www.youthfocus.org

- * Residential mental health treatment services for adolescents ages 13 to 17.
- * Inpatient and outpatient substance abuse treatment services for adolescents ages 13 to 17.
- * NC Health Choice and Medicaid accepted. Funding options available for private pay or private insurance.

McLeod Addictive Disease Center

515 Clanton Road; Charlotte, NC

(855) 824-9458 • www.mcleodcenter.com

- * Residential services for males ages 13-17
 - * Aetna, Cigna, United Healthcare, and Blue Cross Blue Shield of NC insurances accepted. Medicaid and state funding may also be utilized for select treatment services.
 - * A service price list can be found on McLeod's website.
-

Solstice East

530 Upper Flat Creek Rd.; Weaverville, NC

(855) 672-7058 • <https://solsticeeast.com>

- * Residential treatment center for young women, ages 14-18.
 - * Offers treatment for substance abuse and mental health disorders.
 - * Individual, Group, Family and Equine Therapy offered.
 - * Accepts Blue Cross Blue Shield of NC, Cigna, Aetna, and United Healthcare.
-



Other Helpful Resources – Legal Aid/Advocacy

Southmountain Children and Family Services – Children’s Advocacy Centers

<https://southmountain.org/childrens-advocacy-centers/>

- * Designed to minimize trauma to children and their non-offending family members resulting from child physical or sexual abuse; to advocate for and support child victims and their non-offending family members and to enhance the legal process in achieving optimal criminal prosecutions.
- * Accepts Medicaid, offers Sliding Scale payments, and can make other payment arrangements depending on the situation.

Children’s Advocacy Center of the Toe River (Ally’s House)
49 Rock Wall Lane; Burnsville, NC
(828) 764-1601

McDowell County Children's Advocacy Center (Lily's Place)
378 S. Main Street; Marion, NC
(828) 659-5565

Legal Aid of North Carolina

(866) 219-LANC (5262) • <http://www.legalaidnc.org/>

547 Haywood Rd.
Asheville, NC
(828) 239-2995

171 Grand Blvd.
Boone, NC
(828) 355-4890

Other Helpful Resources – Drug Testing

Perennial Screening Group, LLC

P.O. Box 487; Burnsville, NC
(574) 286-7673 • <https://perennial.us/>

* Drug testing for the workplace and at home.

Other Helpful Resources – Transportation

Mitchell County Transportation

Bakersville, NC
(828) 682-6144

Yancey County Transportation

Burnsville, NC
(828) 688-4715

Other Helpful Resources – Web Resources

www.vayahealth.com

(Provider Search and Resource Library)

www.drugabuse.gov

(Website for National Institute on Drug Abuse)

www.samhsa.gov

(National Website on Substance Abuse and Mental Health)

www.nc211.org

(Locator tool for local services including substance abuse and mental health services)

www.drugfree.org

(National education website)

<https://openpathcollective.org/>

(Locator tool for finding affordable therapy and counseling services)

www.nida.nih.gov

(National website on drugs)

www.alcoholdrughelp.org

(Alcohol and Drug Council of NC, help and referral resources by county)

www.ncdhhs.gov

(NC Dept. of Health and Human Services)

www.suwcarolinas.com

(Adolescent residential center and resource guide)

<http://www.nchealthinfo.org/>

(NC health information)



Did you know?

Teens who consistently learn about the risks of drugs from their parents are up to **50% less likely** to use drugs than those who don't.



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