**DRUGS and ALCOHOL**

Do you or someone you know have a problem with drugs or alcohol?

Lots of people have problems with drugs and alcohol

Sometimes they can’t see that they have a problem

Drug and alcohol abuse hurts people and their families

**Signs of abuse are when someone:**

* Wants to drink or use drugs most days
  + Feels sick if they do not have a drink or a drug
* Misses work or school, or stands friends up a lot
  + Displays big mood swings and acts like a different person
* Forgets things all the time
  + Has trouble eating or sleeping

**People who abuse drugs or alcohol need help:**

* They are hurting themselves may be hurting others
* They might feel sad and lonely or overwhelmed

**If you take drugs or drink alcohol excessively, you risk:**

* + Overdose
  + Dependence
  + Poor health
  + Accidents
  + Legal problems
  + Destroyed relationships
  + Harming your children

**There is help!**

**If you’d like help, please talk to your child’s doctor or nurse**

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**Helpful Resources**

### **Treatment Referral Routing Service**

For a referral to local treatment facilities or support groups call 1-800-662-HELP (4357) or visit the online treatment locator at [*www.samhsa.gov/treatment*](http://www.samhsa.gov/treatment). This is a confidential, free, 24-hour, 365-day-a-year, information service in English and Spanish for individuals and family members facing substance abuse.

If you have no insurance or are low-income, they will refer you to:

* + State-funded treatment programs
  + Facilities that charge on a sliding fee scale, or accept Medicare or Medicaid

If you have health insurance, you should contact your insurer for a list of participating health care providers and facilities

**Alcoholics Anonymous (AA) and Narcotics Anonymous (NA)**

AA and NA are fellowships of men and women who share their experience, strength and hope to recover from alcoholism and drug addiction. There are no membership dues or fees. To find the closest AA or NA group, visit the national websites, [*www.aa.org*](http://www.aa.org)or [*www.na.org*](file:///\\adshare\vol1\UMshared\SEEK\www.na.org).

An internet search of the name of a town or region you live in and “Alcoholics Anonymous” or “Narcotics Anonymous”will often locate local meetings. Phone numbers for AA and NA are also often listed in local telephone directories.

**Family Preservation Services, INC-Eastern Shore Region**

FPS offers substance abuse services for adolescents and young adults requiring substance abuse assessment, treatment and/or relapse prevention services. The program objective is to assist individuals to understand their alcohol and other drug use and the stages of change in overcoming drug problems. We facilitate movement through the stages of change to help teens make healthier choices in all areas of their lives. Please call for further information.

**Website:** [**www.fpscorp.com**](http://www.fpscorp.com)

**PH: 757-442-7690 Fax: 757-442-7692**

**Community Services Board-Chesapeake**

The Community Services Board offers mental health and substance abuse services for citizens through direct operation and through contracts with private agencies. Fees: Charges for most services are available based on individuals' ability to pay. Major insurers accepted.

**Website:** [**www.cityofchesapeake.net/csb**](http://www.cityofchesapeake.net/csb)

**PH: 757-547-9334**

**Addiction Rehab Nationwide Hotline**

Addiction Rehab Nationwide Hotline is a 24/7 is a national hotline that provides direct services to anyone affected by substance abuse. They assist individuals with resources and also assist to locate a rehab facility to start their recovery. Please call for further information.

**Hotline: 844-279-7170**

**Latch Key Projects, LLC**

Inpatient alcohol and drug abuse treatment and counseling services. Please call for further information.

**PH: 757-424-2357**

**Bruder Alcohol-Drug Treatment**

Inpatient alcohol and drug abuse treatment and counseling services. Please call for further information.

**PH: 757-498-9320**

**Alcoholism and Drug Detox Help**

Inpatient alcohol and drug abuse treatment and counseling services. Please call for further information.

**PH: 757-516-7604**

**Western Tidewater Community Services Board**

Western Tidewater Community Services Board assure the delivery of treatment for individuals affected with substance abuse. They provide a coordinated system of quality recovery oriented care in Mental Health and rehabilitation. Please call for further information.

**Main: 757-255-7133   
Substance Abuse Services PH: 757- 942-1988**

**Western Tidewater Clinic**

Western Tidewater Free Clinic primary focus-mix of mental health/substance abuse services; substance abuse treatment; outpatient; persons with HIV/AIDS, Women, DUI/DWI offenders; self-payment, Medicare, private health insurance, military insurance (e.g. VA, TRICARE); sliding fee scale (fee is based on income/other factors); ASL or other assistance for hearing impaired.

**Website: www.wfreeclinic.org**

**PH: 757-923-1060 Fax: 757-923-1068**

**Salvation Army-Adult Rehabilitation Program**

The Salvation Army has no-fee adult rehabilitation residential treatment facilities to offer spiritual, emotional, and social assistance to those who have lost the ability to cope with their problems and provide for themselves. Their free programs provide housing, food, counseling, community, and employment as we work to treat the symptoms, and ultimately the root causes, of prolonged alcohol and drug dependence. Please call for further information.

**PH: 757- 516-2636**

**South-Eastern Family Project (SEPF)**

South-Eastern Family Project (SEPF) provides comprehensive, day and residential treatment for pregnant and parenting women who have substance use disorders (who are dependent on or addicted to alcohol and/or other drugs). Medicaid is accepted.

**PH: 757-245-1070**

**Southampton Memorial Hospital-Addiction Self Recovery**

Southampton Memorial Hospital-Addiction Self Recovery program offers a three-step detoxification program that includes primary care, individual and group counseling and professional treatment groups and patient directed social and support activities. Referral is uncomplicated and can be initiated by the patient, a family member, friend, employer, court program or any health care professional. The program accepts most insurance, including Medicare and Medicaid, but there are also private payment options set up through the hospital. Please call for further information.

**PH: 757- 569-6100 Hotline: 800- 838-1752 OR 866-255-3350.**

**The Center for Child and Family Services-New Start Program (Substance Abuse)**

The Center for Child and Family services provides a trauma focused approach to substance abuse treatment for adolescents and young adults called "New Start ". The adolescents program (Ages:12-17) provides a treatment plan and assessment , six weekly individual sessions in conjunction with parent education/support sessions, weekly group sessions, four family therapy sessions and randomized saliva drug screenings, Cost: 260.00, weekly payment arrangements may be made. The Young Adult Program (Ages: 18-25) ,includes individualized treatment planning and assessment, twelve weekly group counseling sessions, simultaneous family support groups and randomized saliva drug screenings, Cost: $335.00,weekly payment arrangements may be made. Please call for further information.

**Website:** [**www.kidsandfamilies.com**](http://www.kidsandfamilies.com)

**PH: 757-838-1960   
Fax: 757-838-3280**

**Sentara CarePlex Hospital (Rev.4/3/18)**

Sentara CarePlex Hospital provides addiction treatment services.

**PH: 757- 736-1000 Hotline: 800- 838-1752**

**Colonial Behavioral Health - CSB**

Colonial Behavioral Health -CSB provides comprehensive mental health and substance abuse services for people of all ages who live in Williamsburg and James City County. Please call for further information.

**Website: www.ColonialBehavioralHealth.org**

**PH: 757-220-3200 24-hour Behavioral Health Crisis: 757-220-3200**

**Project LINK**

Project LINK provides intensive gender-specific case management services to pregnant, post-partum and parenting women whose lives have been affected by substance use and/or co-occurring disorder. They provide the following services: childcare and transportation assistance to attend treatment for mental illness, substance use or co-occurring disorders, support groups, parenting education groups, prenatal and pediatric medical appointments, and other approved appointments. Provides emotional support and education about substance abuse and mental illness. Provides linkages and referrals to community resources offers recreational and social activities for enrolled participants to promote family bonding, reducing community isolation and developing social support networks. Eligibility Criteria: Priority enrollment is given to pregnant women who report using alcohol or other non-prescription drugs during their pregnancy or the immediate 12-months prior to their pregnancy; post-partum women (up to six months post birth) who report using alcohol or other non-prescription drugs either during their pregnancy or within​ six months after giving birth; women who have a past or current history of substance abuse AND are the custodial parent of a child aged birth through 12. Secondary Enrollment - parenting women who have lost custody at time of enrollment but are actively working with the Dept. of Social Services to regain custody. If custody is not regained within six months of enrollment, participant will be discharged from program.

**Katalin Cannady  
Program Manager/Project LINK Coordinator  
PH: 757-788-0547  
Fax: 757- 251-1126  
Email: KCannady@hnncsb.org**

**Oxford House Jamestown**

Oxford House is a concept in recovery from drug and alcohol addiction. In its simplest form, an Oxford House describes a democratically run, self-supporting and drug free home. Fees: Vary from house to house, typically $65-$165 per day.

**PH: 757-645-4567**

**The Hampton-Newport News Community Services Board**

The Hampton-Newport News Community Services Board provides comprehensive mental health and substance abuse services for people of all ages who live in Hampton and Newport News.

**Website:** [**www.hnncsb.org**](http://www.hnncsb.org)

**PH: 757-788-0300  
Emergency Services: PH: 757-788-0011**

**GAP Fact Sheet for GAP information and Assistance PH: 757-788-0262**

**Middle Peninsula-Northern Neck Community Services Board-CSB**

Middle Peninsula-Northern Neck Community Services Board-CSB provides services to ensure that individuals who need mental health services receive them with care and compassion using the highest clinical standards. Services: Consumer-Operated Services provide those who experience mental health and substance abuse challenges with opportunities for recovery, work, and peer support. Substance abuse services for individuals during incarceration and transition into society. Please call for further information.

**Contact: Joanne P. Brown, LPC, LMFT**

**Director of Clinical Services   
Email: mhsa@mpnn.state.va.us  
PH: 804-758-5314**

**COPE Crisis Hotline: 800-542-2673**

**The Center for Child and Family Services-New Start Program (Substance Abuse)**

The Center for Child and Family services provides a trauma focused approach to substance abuse treatment for adolescents and young adults called "New Start ". The adolescents program (Ages:12-17) provides a treatment plan and assessment , six weekly individual sessions in conjunction with parent education/support sessions, weekly group sessions, four family therapy sessions and randomized saliva drug screenings, Cost:260.00, weekly payment arrangements may be made. The Young Adult Program (Ages:18-25) ,includes individualized treatment planning and assessment, twelve weekly group counseling sessions, simultaneous family support groups and randomized saliva drug screenings, Cost:$335.00,weekly payment arrangements may be made. Please call for further information.

**Website:** [**www.kidsandfamilies.com**](http://www.kidsandfamilies.com)

**PH: 757-838-1960 Fax: 757-838-3280**

**Mental Health and Substance Abuse Division**

Primary focus-mix of mental health/substance abuse services; substance abuse treatment; outpatient; serve adolescents, persons with co-occurring intellectual/substance abuse disorders; self-payment, Medicaid, private health insurance, military insurance (e.g. VA, TRICARE); sliding fee scale (fee based on income/other factors), payment assistance available.

**PH: 757- 437-6200**

**Oxford House Norfolk**

Oxford House is a concept in recovery from drug and alcohol addiction. In its simplest form, an Oxford House describes a democratically run, self-supporting and drug free home. Fees: Vary from house to house, typically $65-$165 per day.   
**Website:** [**www.oxfordhouse.org**](http://www.oxfordhouse.org)

**Peninsula ASAP**

The Peninsula ASAP Program Purpose is to reduce accidents and incidences of substance abuse which causes injury, death, property, and human damage. Services: Peninsula ASAP has developed three unique programs. For those persons with an alcohol or drug problem there is a special program called Progress Levels. For individuals who have an alcohol or drug problem and who do not respond well to traditional treatments, there is a program called HOPE (Habitual Offender Program for Empowerment). Finally for those persons who are in serious trouble, there is the Last Chance Program, DUI and drug assessment referral, education, treatment, and probation. Driver improvement for ADAP and DMV referrals. There is also a program specially designed for our younger offenders - Building A Future (BAF): Hours: 8:00 a.m. - 5:00 M-F Service available 8:00 a.m. - 9:00. Eligibility: Referral to Program must be by a Court. Serving individuals of age 16 and older. Access for individuals with disabilities: Yes. Service Area/Misc.: All Participants in any Peninsula ASAP program will be required to abstain 100% from alcohol or drug use for the duration of their program. Fee: There are fees associated with this program. Contact office for details. Reduced or waived fees for indigent.  
**PH: 757- 896-6822**

**Norfolk CSB-Counseling Services**

Norfolk Community Services Board in partnership with Old Dominion University's Graduate Counseling Program, has established the Olney Road Counseling Center to provide affordable outpatient therapy services for Norfolk resident with mental health and/or co-occurring substance use problems. Services are offered to adults, adolescents, children and their families. Typical issues may include: Short Term Substance Use, after an assessment of service needs, the individual will work with the counselor to develop therapy goals. Clients may receive individual or group counseling, and various therapeutic and wellness groups are offered throughout the week. Family sessions will be available for children and adolescents enrolled in services. Fees: Fees for services are based on income, and Medicaid and other third-party insurance are accepted. Please call for further information.

Enrollment and Information

**PH: 757-823-1617**

**Bon Secours Maryview  
Behavioral Medicine Services**

Offers psychiatric care for adults, specialized treatment for alcoholism and drug abuse, and a pain management program. In addition to inpatient treatment, the hospital provides day-hospital programs, outpatient services, and Information and Referral services.

**PH: 757- 398-2367   
Fax: 757- 398-2396**

**The “Up” Center- Substance Abuse Prevention Group**

The “Up” Center- Substance Abuse Prevention Group will provide prevention, addiction, and recovery group counseling for adolescents ages 14 – 18. Hours: Mondays at 4:00-5:00 pm. Cost: FREE of charge. The Curriculum will include: Open/Weekly Group Meetings, Abuse vs. Addiction, Stress/Anger Management, Substance Abuse Assessment, Medical Aspects of Substance Use (Alcohol), Relapse Prevention, Education and Process, Oriented Treatment, Family Dynamics/Co Dependency and Recovery Options. Please call for further information. Must obtain parental permission to participate.

**Contact: Jessica Oulahan PH: 757-965-8622**

**IHCCS, Inc. /Benny's Place**

IHCCS, Inc. /Benny's Place provides outpatient therapy to individuals, couples, families, and groups including substance abuse services (evaluation and treatment) and Art Therapy. We provide services to sex offenders and to victims of sex offenses. Age: Children (6 to 10); Preteens / Tweens (11 to13); Adolescents / Teenagers (14 to 19) and Adults. Payments: they accept the following insurances: Aetna, Anthem, BlueCross and BlueShield, Cigna, Magellan Behavioral Health, Medicaid, Optima and TRICARE. Private payment is also accepted on sliding scale, Avg. Cost (per session): $40 - $80. Major credit cards are accepted. Spanish speaking clinician is available. Please call for further information.

**Website:** [**www.ihccs-inc.com**](http://www.ihccs-inc.com)

**Contact: Dr. Bernard Curry  
PH: 757- 663-4229**

**Mental Health and Substance Abuse - Child and Youth Services**

Child and Youth Services offers out-client services for children/adolescents with mental health and substance abuse, medication management and parent support group. Time and location varies. Please call for specific information.

**PH: 757-385-0850**

**Emergency Services After Hours: PH: 757-385-0888**

**Portsmouth Department of Behavioral Healthcare Services-CSB**

Portsmouth Department of Behavioral Healthcare Services-CSB provides comprehensive services for individual with substance abuse and/or co-occurring disorders. Call to schedule an appointment and/or walk in Monday-Friday, 8:00 A.M. – 5:00 P.M. for screening. Individuals are assessed and triaged within 24 hours of contact with the agency.

**PH: 757- 393-5357   
If experiencing a psychiatric emergency in Portsmouth, please call:   
Crisis Hotline at: 757- 393-8990 immediately.   
(Emergency services are available 24 hours a day/7 days a week.)**

**Colonial Behavioral Health-Substance Use Disorder Services for Pregnant and Parenting Women**

Colonial Behavioral Health-Substance Use Disorder Services for Pregnant and Parenting Women provides services to pregnant women, they are given preference in admission to treatment and are seen within 48 hours of their request to reduce health risks to her and her unborn child. Treatment choices include: Outpatient Women’s substance Use Disorder (SUD) Counseling Groups, Counseling for relationships, sexual and physical abuse, and parenting issues, Intensive Outpatient Program, Referral to inpatient treatment, through South-Eastern Family Project. Case Management Services: Helping establish eligibility for public assistance programs, Assisting in arranging transportation for services, Linking to child care providers during services, Arranging for primary medical care, including prenatal care and Linking to inpatient services. Services available in Spanish. Please call for further information.

**Website:** [**www.ColonialBehavioralHealth.org**](http://www.ColonialBehavioralHealth.org)

**Intake: 757-220-3200 PH: 757-898-7926  
Fax: 757-898-4505**

**District 19 Community Services Board**

District 19 Community Services Board helps to improve the quality and productivity of the lives of individuals who experience, or are at risk of experiencing, mental disabilities and/or substance abuse. Integrated services are available for adults, children and families through a screening/assessment process. Our Services  
Adult Services: Adult Case Management, Residential Support Services, Day Programs, Substance Abuse Services, Psychiatric & Nursing Services, read more Child & Adolescent Services. Children's Clinical & Prevention Services: Juvenile Corrections School-Based Therapy, Infant Intervention, VICAP. Crisis Services: Emergency & Evaluation Services, Liaison Services to State and Local Psychiatric Hospitals. Community Integration: Crisis Intervention Team, CIT Crisis Assessment Center, Commonwealth Coordinated Care Project, Enhanced Care Coordination Case Management.

**PH: 804- 862-8054 Crisis Services PH: 804 862-8000  
Toll-Free Crisis Line: 866- 365-2130**

**Appomattox Health and Wellness Center**

Appomattox Health and Wellness Center offers fully-integrated and confidential Behavioral Health Services in several of our office locations. A fairly broad range of services are available, and vary by site depending on provider specialization. Certain sites offer specialized services for issues such as alcohol and substance abuse. Medicaid and Private insurance is accepted. Sliding Scale Fee is available. The Patient Services Representative is available to assist you if you would like to apply for the sliding fee.  
**PH: 804-733-3506**

**Friends and Family Education Program-CSB**

Friends and Family Education Program offers education for the friends and family members of people who has a substance use disorder/addiction. The goal of the classes is to help friends and family members understand addiction and learn coping skills that help them lead healthier, more productive lives. Time location: 6:30p.m-8:30 p.m. Tuesdays for six weeks. Please call for the next scheduled program dates, location and to register. No fee.

**PH: 757-385-0800**

**Mary Immaculate Hospital Rehabilitation Services**

Mary Immaculate Hospital Rehabilitation Services provides addiction treatment services.

**PH: 757- 886-6000 HOTLINE: 800- 838-1752**

**Beach Area Service Committee-Narcotics Anonymous**

Narcotics Anonymous is a fellowship of men and women who are learning to live without drugs. We meet regularly to help each other stay clean. We are not interested in what you have done in the past, only in what you want to do about your problem and how we can help. Narcotics Anonymous meetings provide an atmosphere of recovery from drugs where individuals can share their common problem and solutions. In our recovery we have found that living clean is very difficult without support. The only requirement for membership is the desire to stop using. You don’t have to be clean when you get here. You don’t have to wait for an overdose or a jail sentence to get help from NA. Addiction is not a hopeless condition from which there is no recovery. We do recover. Area Meeting First Saturday of the Month 1:00 PM  
**Contact: Chair- David C PH: 757-724-3205**

**Colonial Behavioral Health-Substance Use Disorder Services for Pregnant and Parenting Women**

Colonial Behavioral Health-Substance Use Disorder Services for Pregnant and Parenting Women provides services to pregnant women, they are given preference in admission to treatment and are seen within 48 hours of their request to reduce health risks to her and her unborn child. Treatment choices include: Outpatient Women’s substance Use Disorder (SUD) Counseling Groups, Counseling for relationships, sexual and physical abuse, and parenting issues, Intensive Outpatient Program, Referral to inpatient treatment, through South-Eastern Family Project. Case Management Services: Helping establish eligibility for public assistance programs, Assisting in arranging transportation for services, Linking to child care providers during services, Arranging for primary medical care, including prenatal care and Linking to inpatient services. Services available in Spanish. Please call for further information.

**Intake PH: 757-220-3200  
TDD: 757-253-4377  
Fax: 757-229-7173**

**Salvation Army-Adult Rehabilitation Program**

The Salvation Army has no-fee adult rehabilitation residential treatment facilities to offer spiritual, emotional, and social assistance to those who have lost the ability to cope with their problems and provide for themselves. Their free programs provide housing, food, counseling, community, and employment as we work to treat the symptoms, and ultimately the root causes, of prolonged alcohol and drug dependence. Please call for further information.

**PH: 757- 499-0032**

**Riverside Behavioral Health Center-Detoxification**

Riverside Behavioral Health Center provides psychiatric and substance abuse care in Hampton Roads. Their services: Inpatient Adult Services, Inpatient Child and Adolescent Services and Adolescent Residential. All insurance plans accepted, self-pay.

**General Information  
PH: 757- 827-1001  
Admissions & Inpatient Information**

**Website:** [**http://riversideonline.com/rbhc/index.cfm**](http://riversideonline.com/rbhc/index.cfm) **PH: 757- 827-3119  
757- 827-3121 TTY**