

UPSOAR



Opioid and Substance Abuse Resource Guide: North Central Arkansas

Introduction

The disease of addiction has plagued America for many years, taking a variety of forms. Substances and social context shift, knowledge and understanding of the disease improves, and new resources are developed. However, one challenge that remains is the negative social stigma associated with this disease. Negative social stigma can cause distrust and conflict between individuals and families and contributes to the lack of policies needed to prevent the spread of the disease. It also places an emotional burden on individuals and families trying to seek treatment and recovery support for themselves or loved ones.

In an effort to both reduce stigma and ease the burden of those affected by the disease, this resource guide has been developed to help individuals better understand and navigate the many different resources available for assistance. It includes resources for prevention, treatment, recovery and support, as well as educational tools and a variety of ways that community members can support those impacted by substance use disorder.

Even with the internet at our fingertips, finding needed resources can be difficult, especially in rural areas where resources and services are more limited. This guide was developed specifically for the North Central region of Arkansas; all resources in this guide can be accessed locally in this region. We would like to acknowledge the inspiration for this guide, "All of Us Can Be Part of the Solution: Little Rock 2019," which was developed by the Clinton Foundation and partners and includes resources available in Central Arkansas.

The Delta Understanding and Preventing Substance and Opioid Abuse in Rurality (UPSOAR) Project is glad to provide this resource to the North Central Arkansas region. Funded by the U.S. Department of Agriculture (USDA), the UPSOAR project is a consortium of educational and mental health specialists, led by Winrock International in partnership with Ozarka College, the University of Arkansas for Medical Sciences (UAMS), and Mid-South Health Systems. UPSOAR was designed to improve the quality of life in rural Arkansas by increasing awareness and understanding of substance and opioid use disorder. For more information about the UPSOAR Project, and to access the educational resources available, please visit <https://www.winrock.org/project/equipping-rural-arkansas-communities-to-prevent-opioid-abuse/>.

We hope you find this guide useful and will share it with friends and family. If you are reading a hard copy and would like to share it via email or social media, a PDF version is available online at the UPSOAR Project site listed above. One of the best ways that we can help reduce the negative stigma of the disease of addiction is to talk about it. On behalf of the UPSOAR project, we hope that you will join us as a catalyst for change in your community.

DISCLAIMER:

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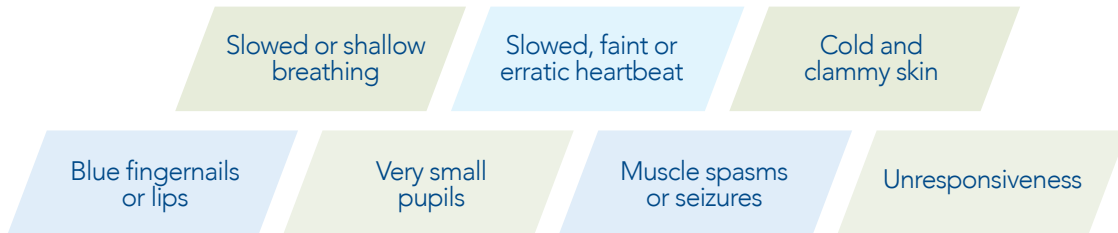
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Overdose Response and Emergency

SIGNS OF OVERDOSE

In 2017, nearly 500 Arkansans died from a drug-related overdose, according to the CDC. If you suspect that someone is experiencing an overdose, **call 911 immediately**. Below are some common signs and symptoms of overdose.



ACCESSING NALOXONE

Naloxone (also known as Narcan) is a medication that can prevent opioid overdose death. For 30-90 minutes, naloxone can help restore breathing, which can allow enough time for the person to receive additional medical treatment. Increasing access to naloxone has been a priority in preventing opioid overdose death across the country and in Arkansas. Many first responders now carry naloxone and have been trained to administer it. There has also been a push for individuals who are not in medical or emergency response fields to have access to naloxone, particularly those who are personally at risk of experiencing an opioid-related overdose or close to someone who is.

Below are a few ways that naloxone can be accessed in Arkansas.

Local Pharmacies	Arkansas-licensed pharmacists are legally permitted to order and dispense naloxone to individuals at risk of overdose or those who might be in a position to help someone who is experiencing an overdose.
Central Arkansas Harm Reduction Project	This nonprofit can provide free naloxone kits and training to individuals who request assistance. Requests can be made via text, phone call, or Facebook message. (501) 438-9158 https://www.facebook.com/centralarkansasharmreductionproject/
The Matt Adams Foundation for Opioid Recovery	This nonprofit can provide free naloxone kits to individuals who request assistance. Requests for naloxone can be made anonymously on their website. (978) 855-4669 https://mattadamsfoundation.org/
Arkansas Take Back	The State of Arkansas has provided a list of naloxone resources on the Arkansas Take Back website and the free NARCANS app. The website and app also include instructions on how to administer naloxone. https://www.artakeback.org/take-back/naloxone/





Prevention

One of the most important things to remember about substance use disorder, including opioid use disorder, is that it is a disease of the brain that can affect anybody. Like any other disease, it is important to learn how substance use disorder can be prevented. There are many different risk factors for substance use disorder (listed below). If a person experiences more risk factors, they are more likely to develop this disease.

Psychological	Biological	Social
<i>Co-occurring mental disorders Difficulty controlling emotions/impulses</i>	<i>Family History Gender Changes to brain</i>	<i>Peer pressure Lack of social support Traumatic past or family experiences Social acceptance Significant life changes</i>

The following section contains some resources and information that can help prevent substance use disorder. These resources are most useful when we remember that this is a disease that can affect us and anyone we know.

RECOGNIZING SIGNS OF SUBSTANCE MISUSE AND ABUSE

Substance use disorder is not developed overnight. It is generally a slow, gradual process of behavior change. It is often difficult for us to notice these changes in ourselves or people with whom we are close. Recognizing signs of substance misuse and abuse can help us notice when we or someone we love might be developing substance use disorder.

Bloodshot or glazed eyes	Dilated or constricted pupils	Abrupt weight changes	Changes in hygiene	Dental issues
Skin changes	Sleep problems	Increased aggression or irritability	Changes in attitude/personality	Lethargy
Depression	Sudden changes in social network	Dramatic changes in habits/priorities	Involvement in criminal activity	



COUNSELING AND THERAPY

Counseling and therapy can be beneficial for those who are concerned that they may be at risk for developing substance use disorder, or for those who are currently suffering from substance use disorder. Counselors are trained to help individuals identify and cope with thoughts, behaviors and outside influences that contribute to harmful actions and thought patterns. Coping strategies empower individuals to deal with negative emotions and circumstances in a healthy and constructive way. Additionally, counselors can help identify if an individual might benefit from medications or more intensive care.

A list of counseling providers available in North Central Arkansas is provided on [page 13](#). Note that these providers offer a range of counseling services in addition to the substance use-specific services listed in this guide.

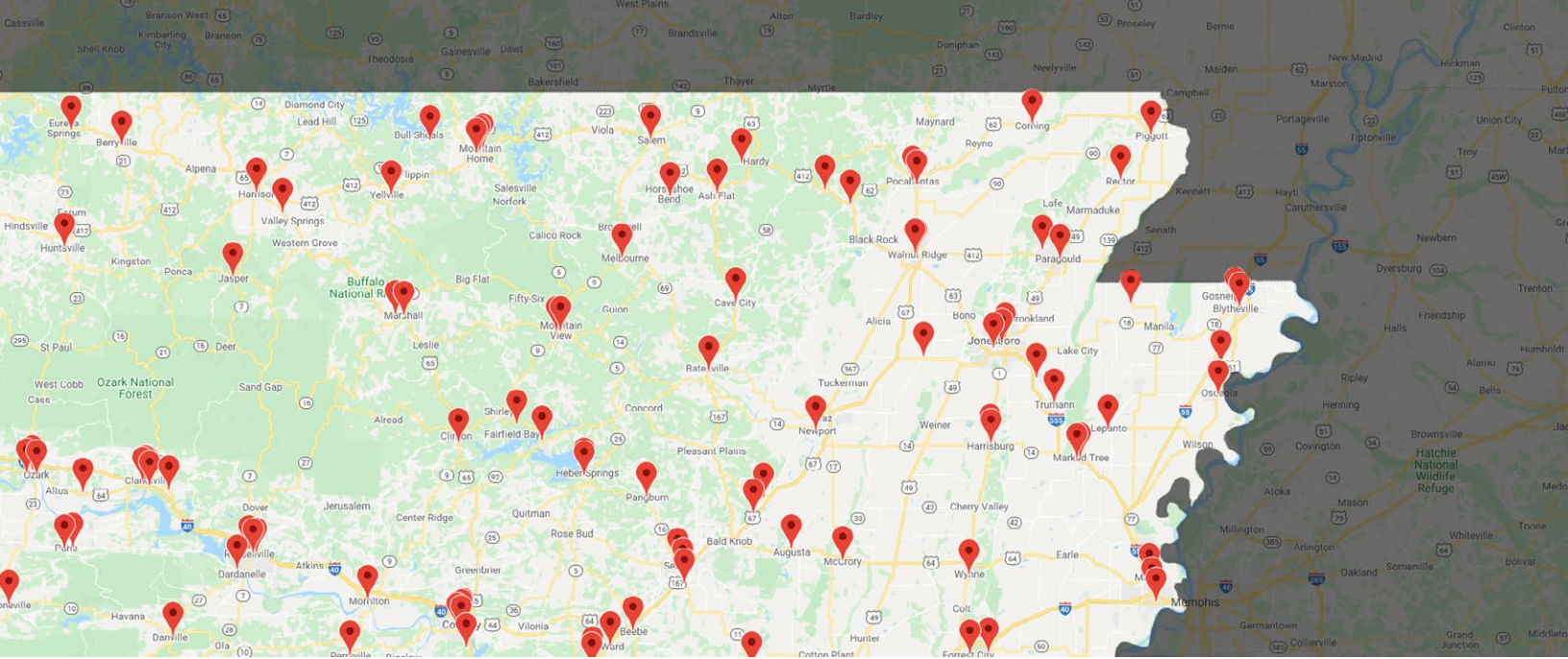
TIPS FOR TALKING TO YOUR DOCTOR ABOUT OPIOIDS

Prescription opioids are powerful medications that help relieve pain. They are often prescribed after a surgery or to help with chronic pain management. In 2017, there were 105 opioid prescriptions for every 100 persons in Arkansas. Put another way, there were more opioid prescriptions than people in the state. While opioids do help relieve pain, they can also be highly addictive.

One way to help prevent potential opioid use disorder is to understand your opioid prescriptions and feel confident talking to your doctor about pain management options. This is also important for parents, guardians and caregivers. Below are things to consider if you or a loved one are prescribed opioids.

Recognize prescription opioids	OxyContin (oxycodone), Vicodin (hydrocodone), and Tramadol are commonly prescribed opioids. Ask your doctor about the purpose of your prescriptions, associated benefits and risks, precautions to consider, and potential alternatives.
Discuss your personal risk factors and concerns	If you have a family history of substance use disorder, mental illness, experience high stress, or have any other risk factor or concern, talk to your doctor. Your doctor may be able to recommend alternative pain medications or lower the dosage.
Know your options	<p>Fewer Prescriptions: If you are prescribed multiple opioids, you can ask for fewer prescriptions.</p> <p>Lower Dosage: Ask your doctor to start you at a low dosage to see how you respond to the drug.</p> <p>Wait to Fill Prescription: Remember that you do not have to fill your prescription. You might want to monitor your pain for a few days before deciding you need a pain reliever.</p> <p>Alternative Pain Management: If you want to avoid taking opioids, ask your doctor about alternative pain management options. This might include taking anti-inflammatory medications, practicing mindfulness or meditation, or being referred to a pain management specialist.</p>
Discuss signs of tolerance or dependence	When taking any medication, it is important that you monitor your response to the medication. This is just as true for opioids. Ask your doctor how you can recognize signs of tolerance or dependence.





DRUG TAKE BACK PROGRAMS

An easy way to help prevent opioid use disorder or overdose death is to ensure that unused prescriptions are not easily accessible in the home. These prescriptions could be accidentally taken by a child, taken for a reason not prescribed (e.g. headache, backache, etc.), or stolen by someone with a substance use disorder. Drug Take Back is a national initiative that has been implemented by most states and counties with the purpose of helping people dispose of unused prescriptions in their homes.

Every county in Arkansas has at least one Drug Take Back location, usually the county sheriff's office or a local police department. This map shows locations in the North Central Arkansas Region. To see the full map, visit the Arkansas Take Back website <https://www.artakeback.org/take-back/collection-sites/>

County	Location	Phone Number
Baxter	Baxter County Sheriff's Office (Mountain Home)	(870) 425-7000
	Mountain Home Police Department	(870) 425-6336
	Mountain Home Walgreen's	(870) 424-3814
Fulton	Fulton County Sheriff's Office (Salem)	(870) 895-2601
Izard	Izard County Sheriff's Office (Melbourne)	(870) 368-4203
	Horseshoe Bend Police Station	(870) 368-4203
Sharp	Sharp County Sheriff's Office (Ash Flat)	(870) 994-7329
	Cherokee Village Police Station	(870) 257-5225
Stone	Stone County Sheriff's Office (Mountain View)	(870) 269-3825
	Mountain View Police Department	(870) 269-4211

?
DID YOU
KNOW?

Two-thirds of teenagers and young adults who report abuse of prescription medications say they get most of their medications from friends, family & acquaintances.



EDUCATIONAL RESOURCES

The more we learn and understand about substance use disorder, the more prepared we will be to help prevent it. Check out some of the resources below if you are interested in learning more about substance use disorder. There are hundreds of free resources available online in addition to the ones listed here. If you find a source that you really like, share with a friend or on social media. You never know who might need this information.

RESOURCE	DESCRIPTION
ARKANSAS-SPECIFIC RESOURCES	
Arkansas Take Back https://www.artakeback.org/	In addition to information on Drug Take Back, Arkansas Take Back has informational resources regarding substance use disorder in Arkansas, as well as community resources for addressing this problem.
Dose of Reality https://doseofreality.adh.arkansas.gov/	Dose of Reality is a national movement adopted by many states to help educate citizens on the realities of substance use disorder. Includes resources for a wide variety of populations including businesses, parents, coaches and senior adults.
PBS Personal Recovery Stories https://www.pbs.org/video/fighting-the-stigma-of-addiction-with-stories-of-recovery-1507239610/	Short PBS film on fighting the stigma of addiction with stories of recovery.
Prevention Works AR https://afmc.org/health-care-professionals/behavioral-health/	A resource developed by several Arkansas state agencies. Includes data, reports, tools, and resources related to substance and alcohol use disorder in Arkansas.
Together Arkansas https://togetherarkansas.com/	A coalition of Arkansas agencies. Website provides tools designed specifically for employers dealing with challenges related to substance use.
University of Arkansas for Medical Sciences (UAMS) Learn on Demand www.winrock.org/project/upsoar/	As an UPSOAR partner, UAMS has developed several online educational modules regarding substance use disorder. Modules are free and offer a more in-depth look at different substance use disorder topics.



NATIONAL RESOURCES	
<p>Centers for Disease Control and Prevention (CDC) Opioid Overdose</p> <p>https://www.cdc.gov/drugoverdose/index.html</p>	<p>General information on opioids, national and state statistics, and prevention resources.</p>
<p>Faces and Voices of Recovery</p> <p>https://facesandvoicesofrecovery.org/</p>	<p>A national nonprofit dedicated to reducing the stigma of substance use disorder and advocating for better recovery programs. Website includes a recovery blog where you can read and share stories of recovery.</p>
<p>National Institute on Drug Abuse (NIDA)</p> <p>https://www.drugabuse.gov/</p>	<p>NIDA is the lead federal agency supporting scientific research on drug use and its consequences. The website has information on many different drugs as well as clinical resources.</p>
<p>Partnership for Drug-Free Kids</p> <p>https://drugfree.org/</p>	<p>Resources for parents and adults who are concerned about a youth. Includes help phone lines and text services, parent blogs, practical steps, and basic education.</p>
<p>Rural Community Toolbox (Rural Opioid Federal Interagency Working Group)</p> <p>https://www.ruralcommunitytoolbox.org/</p>	<p>Resources, data and tools to help rural communities address substance use disorder. Also includes a list of funding opportunities for communities.</p>
<p>Substance Abuse and Mental Health Service Administration (SAMSHA)</p> <p>https://www.samhsa.gov/</p>	<p>SAMHSA is the lead federal agency in addressing the public health concerns of substance abuse and mental health disorders. The website has information on where to find treatment and understanding the risks of certain substances.</p>
RESOURCES FOR YOUTH	
<p>Above the Influence Youth Prevention Toolkit</p> <p>https://www.hhs.gov/sites/default/files/ati_toolkit_new.pdf</p>	<p>Facilitator guides and educational materials to empower teens with necessary intellectual, social and emotional skills to avoid negative influences. Designed for group settings or workshops led either by adults or older teens.</p>
<p>National Institute on Drug Abuse (NIDA) for Teens</p> <p>https://teens.drugabuse.gov/</p>	<p>A website tailored for teens with blogs, videos, games and other educational resources. Includes information for parents and teachers also.</p>





Treatment

The goal of substance use disorder treatment is to help individuals stop or reduce harmful substance misuse, improve their health and social function, and help prevent relapse. Treatment options may include medication, counseling and other supportive services. There is no linear, step-by-step process in seeking treatment. While some people may want to start with counseling, others may seek residential programs. It is important to remember that one size does not fit all with substance use disorder treatment. Treatment is most effective and long-lasting when individuals are able to make informed decisions about the type of care they want to receive.

An overview of treatment settings and common treatments is listed below along with options available in the North Central Arkansas region. Visit the provider websites or give them a call to see if their services may be right for you.

TYPES OF TREATMENT

Treatment Settings

RESIDENTIAL SERVICES

Residential treatment can be provided in a hospital setting or specialized substance use disorder treatment facility. Residential services generally provide several weeks of intensive care and support and are often a starting point for recovery. Rehabilitation centers provide longer-term care and support patients as they transition back to society.

Considerations

- Intense process, usually short-term
- Care must be continued with outpatient counseling and therapy in order to progress in recovery
- Only utilizing residential treatment can lead to relapse

OUTPATIENT SERVICES

Outpatient services can be provided in a variety of settings including treatment centers and counseling centers that specialize in substance abuse disorder. Outpatient options can provide continued care and support for those exiting a residential program.

Considerations

- Can provide care and support throughout recovery process
- Builds support network for recovery

Medication-Based Treatments

MEDICALLY SUPPORTED DETOX

Detoxing occurs when the body eliminates drug and alcohol chemicals from its systems. For those with substance use disorder, detoxing can lead to withdrawal symptoms which can be very painful and even dangerous to the patient. Withdrawal can include diarrhea and vomiting, panic attacks, high fever, and muscle pain. Medically supported detox can help ease some of these symptoms and make the process safer for the patient.

Considerations:

- Only addresses physical aspects of disease
- Ongoing care and treatment to address psychological, behavioral and social factors is necessary for recovery
- Detox centers can help connect patients to longer-term care

MEDICATION ASSISTED TREATMENT (MAT)

MAT is the use of medications to block the euphoric effects of substances, relieve cravings, and normalize body function and brain chemistry. Research shows that a combination of MAT and counseling and behavioral therapy can successfully treat substance use disorder and help sustain recovery.

Considerations:

- Works most effectively when paired with counseling
- Treatment is monitored by a physician who specializes in pain management and substance use disorder

Counseling and Therapy

Counseling and therapy are used extensively throughout the treatment and recovery process. Although there are many different techniques, most counselors focus on helping the individual recognize and cope with thoughts, behaviors and outside influences that contribute to their addiction behaviors. This is critical in treating the psychological aspects of substance use disorder.

Counseling and therapy are also available to family and friends of someone suffering from substance use disorder. This type of counseling can help individuals understand and process their feelings and emotions and also provide ways in which they can support their loved one during treatment and recovery.

Counseling and therapy can be delivered in either individual or group settings, both of which offer different advantages.

INDIVIDUAL THERAPY CONSIDERATIONS:

- Offers more privacy and one-on-one attention
- Helps with adapting to a new lifestyle in recovery

GROUP THERAPY CONSIDERATIONS:

- Commonly known as Intensive Out-Patient Therapy
- Often incorporated into residential treatment programs
- Typically offered as a six-week outpatient program

SUBSTANCE USE DISORDER TREATMENT OPTIONS IN NORTH CENTRAL ARKANSAS

PROVIDER	TYPES OF SERVICES OFFERED	LOCATIONS	WEBSITE
Baxter Regional Medical Center – First Step Recovery	<ul style="list-style-type: none"> • Medically Supported Detox • Inpatient Services 	Mountain Home	https://www.baxterregional.org/medical-services/
Birch Tree Communities	<ul style="list-style-type: none"> • Residential Services • Outpatient Services • Counseling 	Melbourne, Mountain View, Oxford	https://www.birchtree.org/
Counseling Associate Inc. (Arisa Health)	<ul style="list-style-type: none"> • MAT • Residential Services • Outpatient Services • Counseling 	Mountain View	https://caiinc.org/
Hometown Behavioral Health Services	<ul style="list-style-type: none"> • Counseling 	Hoxie, Mountain Home	http://hometownbhs.com/
Ozark Guidance Center (Arisa Health)	<ul style="list-style-type: none"> • Outpatient Services • Counseling 	Harrison, Mountain Home	https://www.ozarkguidance.org/
Mid-South Health Systems (Arisa Health)	<ul style="list-style-type: none"> • Residential Services • Outpatient Services • Counseling 	Batesville, Cherokee Village, Melbourne, Salem	https://www.mshs.org/
Youth Bridge	<ul style="list-style-type: none"> • Residential Services • Outpatient Services • Counseling (youth to age 18) 	Harrison, Mountain Home	https://www.youthbridge.com/



STATE AND NATIONAL RESOURCES

ARKANSAS

The Arkansas Department of Human Services (DHS) has several resources to support those with mental health or substance use disorders.

1. The DHS Mental Health & Addiction Support Line (1-844-763-0198) can help locate treatment options in your area
2. A directory of Licensed Substance Abuse Treatment Providers has been compiled for each county: https://human-services.arkansas.gov/images/uploads/dbhs/Licensed_Substance_Abuse_Treatment_Sites_08012018.pdf
3. A directory of Behavioral Health Agencies and Individually Licensed Practitioners has been compiled for each county: https://humanservices.arkansas.gov/images/uploads/dbhs/Provider_Database_by_County_5.31.2020.pdf
4. The DHS website can provide more information <https://humanservices.arkansas.gov/about-dhs/daabhs/mental-health>

UNITED STATES

The US Substance Abuse and Mental Health Services Administration (SAMHSA) provides a Treatment Services Locator that can be used to find services across the US.

1-800-662-4357 <https://findtreatment.samhsa.gov>





Recovery

Substance use disorder is a highly complex disease rooted in social, biological and psychological factors. Individuals have unique needs, challenges and personal goals that should be taken into account when considering recovery support options. Just as there is no one-size-fits-all treatment, there’s no one path to recovery. Many describe recovery as a journey or way of life. It is important to remember that recovery is a long-term process that can include setbacks and unexpected challenges. Different recovery resources may be needed at different times in an individual’s life depending on changing circumstances.

An overview of some common recovery resources in North Central Arkansas is listed below.

SUPPORT GROUPS

Support groups provide fellowship and connection for people in recovery as well as friends and family members of those suffering from the disease of addiction. Most of these groups are 12-step programs that focus on sharing knowledge and experiences and developing personal change goals. All of these groups are self-led by members and free to anyone wishing to attend; no membership or invitation is required.

Contact information for specific meetings can be found using the Meeting Locator links listed below. Local mayors, county judges, pastors and other community leaders are often knowledgeable of different support groups in their area. Contacting City Hall or other local offices may be useful as well.

GROUP	DESCRIPTION	LOCAL MEETINGS
Alcoholics Anonymous (AA)	For those who want to achieve or maintain sobriety	Batesville, Clinton, Harrison, Heber Springs, Mountain Home, Mountain View, Salem Meeting Locator: http://arkansascentraloffice.org/meetings/?tsml-view=map
Al-Anon & Alateen	For friends and families of alcoholics	Batesville, Clinton, Heber Springs, Mountain View Meeting Locator: https://al-anon.org/al-anon-meetings/find-an-al-anon-meeting/
Narcotics Anonymous (NA)	For those seeking recovery from drug addiction	Batesville, Clinton, Gassville, Greers Ferry, Heber Springs, Harrison, Mountain Home, Mountain View, Meeting Locator: http://www.arscna.org/?page_id=48
Nar-anon	For friends and families of addicts	Harrison Meeting Locator: https://www.nar-anon.org/find-a-meeting/
Celebrate Recovery	A Christ-centered program for anyone struggling with hurt, pain or addiction (not a 12-step program)	Batesville, Gassville, Harrison, Melbourne Meeting Locator: https://locator.crgroups.info/

COUNSELING AND THERAPY

Counseling and therapy are often key components of recovery. Counseling offers more intensive and directed therapy than support group programs and may be beneficial for those who are just beginning their recovery process. Like support groups, counseling is available both for those who have a substance use disorder and their loved ones.

A list of counseling providers available in North Central Arkansas is provided on [page 13](#). Note that these providers offer a range of counseling services in addition to the substance use specific services listed in this guide.



PEER RECOVERY SUPPORT SPECIALISTS

Peer Recovery Support Specialists offer peer advice, mentorship and support for those who are trying to navigate their recovery. Peer Recovery Support Specialists are in long-term recovery from substance use disorder and understand the unique challenges of those just beginning the recovery process. This shared lived experience is very beneficial, because many individuals beginning recovery have lost most of their healthy social support systems. Peer Recovery Support Specialists guide individuals in building new relationships, habits and coping skills to help them sustain their recovery.

Peer Recovery Support is a growing field across the country and in Arkansas. Peer Recovery Support Specialists may be employed by some of the counseling providers listed on [page 13](#).

HOTLINES

Hotlines are staffed by people trained to help individuals cope and respond to personal crises, overwhelming situations, and feelings of despair and hopelessness. Staff can often help connect individuals to local resources to help them get the support they need.

Hotlines are intended for non-life-threatening crises. For a life-threatening emergency, call 911 immediately.

ORGANIZATION	CALL NUMBER
Arkansas Crisis Center Provides confidential and anonymous suicide intervention and counseling and can help connect callers with resources in their local area	(888) 274-7472 https://www.arcrisis.org/
Central Arkansas Harm Reduction Provides confidential and anonymous support and free naloxone, training and other life-saving resources	(501) 438-9158
National Suicide Prevention Hotline Provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals	1-800-273-8255
Substance Abuse Treatment Helpline (SAMHSA) Provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals	1-800-662-4357
The Trevor Project Provides 24/7 crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and queer (LGBTQ) young people ages 13-24	1-866-488-7386
United Way's 2-1-1 Provides 24/7, free and confidential referral and information that connects to the essential health and human services they need	www.211.org/





Wrap-Around Support Services

Wrap-around services are non-clinical services that can help address patient needs that might prevent them from going to treatment, therapy, or continuing to make progress in their recovery. Wrap-around services can include support around housing, transportation, employment, childcare, legal and financial problems, and other aspects that affect daily life.

The following services are all available in North Central Arkansas.

HOUSING: TRANSITIONAL LIVING AND SHELTER PROGRAMS

ORGANIZATION	DESCRIPTION	CONTACT
Mission of Hope	Homeless shelter for men	Hardy (870) 856-5551
Serenity, Inc.	Domestic shelter for women and children	Mountain Home (870) 424-7576
Sparks Gamma House, Inc.	Homeless shelter for women and children	Mountain Home (870) 425-9186
Stone County Abuse Prevention	Domestic violence shelter	Mountain View (870) 269-9941

EMPLOYMENT AND EDUCATION RESOURCES

RESOURCE	DESCRIPTION	ORGANIZATION CONTACT
Arkansas Department of Workforce Services (ADWS)	Local ADWS offices serve as workforce centers and help provide the training, education and resources people need to gain employment	<p>Melbourne Office 218 College Dr. (870) 202-8881</p> <p>Mountain Home Office 1058 Highland Circle (870) 425-2386</p> <p>Mountain View Office 211 Blanchard Ave (870) 269-4070</p> <p>Other offices in Arkansas: https://www.dws.arkansas.gov/contact/</p>
Goodwill Industries of Arkansas	Goodwill’s Career Centers offer career guidance, interview preparation, resume assistance, job search help, and other employment services.	<p>Mountain Home Office 759 Hwy 62 E (870) 508-0042</p> <p>Harrison Office 814 Hwy 62/65 (870) 330-7077</p> <p>Other offices in Arkansas: https://www.goodwillar.org/locations</p>



<p>Adult Education Centers</p>	<p>AECs provide basic education and job skills training courses</p>	<p>Baxter County Adult Education Center 1600 S. College Street Mountain Home (870) 508-6304</p> <p>Highland Adult Education Center 33 Choctaw Center Cherokee Village (870) 612-2058</p> <p>Ozarka College Adult Education Program (multiple campuses) (870) 368-2047</p> <p>Other centers in Arkansas: https://aalrc.org/find-a-center/</p>
<p>Adult Learning Alliance of Arkansas</p>	<p>A nonprofit that provides support to local literacy councils who offer basic education classes (often includes reading, math, computer skills, and English as Second Language)</p>	<p>Ozark Foothills Literacy Project (870) 793-5912 www.oflp.org</p> <p>Twin Lakes Literacy Council (870) 425-7323 www.twinlakesliteracycouncil.org</p> <p>Other programs in Arkansas: https://www.arkansasliteracy.org/local-programs/</p>

LEGAL RESOURCES

ORGANIZATION	DESCRIPTION	CONTACT
<p>Legal Aid of Arkansas</p>	<p>Free legal services for low-income individuals with civil (non-criminal) case. Can apply for aid online or over the phone.</p>	<p>Harrison Office 205 W. Stephenson Ave. 800-967-9224</p> <p>https://arlegalaid.org/welcome.html</p>
<p>Parity Track</p>	<p>An organization dedicated to helping people understand the law, their rights, and options in seeking treatment for substance use or mental disorders.</p>	<p>https://www.paritytrack.org/</p>





Services for Veterans

If you are serving in an active duty capacity, report to the nearest military facility to access treatment. The staff at the health clinic at the base will determine the specific care you need and will work with you to access care at the VA or at a community provider.

If you are serving in the National Guard or Reserves and are a veteran, you can access services at the VA or at a community provider. Others can use TRICARE insurance to obtain services in the community. You may want to alert your command to your treatment so it can be tracked for unit readiness.

If you are a military veteran, services available to you at the VA include:

FACILITY	SERVICES	CONTACT INFO
John L. McClellan Memorial Veterans Hospital	<ul style="list-style-type: none">• Medical detox• Emergency Department	4300 W 7th Street, Little Rock (501) 257-1000
Eugene J. Towbin Healthcare Center	<ul style="list-style-type: none">• Ambulatory detox	2200 Fort Roots Dr, North Little Rock (501) 257-3131
Arkansas Veterans Healthcare Facilities	<ul style="list-style-type: none">• Medical detox• 28-day residential program• Intensive outpatient program• MAT• Dual diagnosis residential treatments• Transitional housing	Mountain Home VA Clinic 759 Highway 62 E Twin Lakes Plaza Suite 331 (870) 594-8387 **can help refer patients to needed services





Ways to be Involved

Substance use disorder is a public health challenge that impacts every community. Most of us know someone who suffers from substance use disorder or has been affected by it. There are many different ways that we can be involved in addressing this challenge. Below are a few ideas to consider.

CHANGE THE STIGMA

One way that anyone can help address substance use disorder is by making a conscious effort to change the negative social stigma associated with this disease. Social stigma is the general public's negative attitude toward a specific group of people. Stigma affects how people in the group are treated by others, which can lead to feelings of shame, guilt and isolation. For people affected by substance use disorder, this can make it even harder to seek treatment and support and even sustain their recovery. An easy way to start to change the negative stigma associated with substance use disorder is to use more neutral, less stigmatized words when talking about the disease and those whom it affects.

STIGMATIZING LANGUAGE	PREFERRED LANGUAGE
✗ Addict	✓ Person with substance use disorder
✗ Addicted to (substance)	✓ Has a (substance) use disorder
✗ Addiction	✓ Substance use disorder
✗ Clean	✓ In recovery
✗ Clean screen	✓ Substance free

Many nonprofits, foundations and advocacy groups are committed to changing the negative stigma of substance use disorder. The following organizations are well-known national leaders to check out if you are interested in this movement.

GROUP	WEBSITE
Hazelden Betty Ford Foundation	https://www.hazeldenbettyford.org/recovery-advocacy
Shatterproof	https://www.shatterproof.org/

BECOME A PEER RECOVERY SUPPORT SPECIALIST

As described briefly on page 14, Peer Recovery Support Specialists (PRSS) are individuals who are personally in recovery from a substance use disorder, generally for at least two years, and are working in a mentorship-like role with others in recovery. PRSS are recognized as a critical resource for those working to begin and sustain their recovery.

If you are interested in learning more about PRSS in Arkansas, contact Arkansas Recovery Coordinator, Jimmy McGill. Jimmy.Mcgill@dhs.arkansas.gov

If you want to learn more about the PRSS field, visit the Association for Addiction Professionals website which explains the national certification process. <https://www.naadac.org/ncprss>



EXPAND SUPPORT GROUPS

Support groups like Alcoholics Anonymous (AA), Narcotics Anonymous (NA), and others listed on [page 13](#) are free and self-led by members. Most of these groups are started by an individual or group who see a need in their community. If you are interested in supporting one of these groups, contact the leader to see if there is some way that you can help. This might include providing a safe space for the group to meet, helping the leaders promote the group, or helping start a group in a community that doesn't have a regular meeting. More personally, it might mean attending a meeting with a friend or family member who has asked for your support.

VOLUNTEER WITH LOCAL GROUPS

Many communities have local task forces, coalitions, advocacy groups, or faith-based ministries that are working to address different community-based challenges associated with substance use disorder. Activities might include increasing access to naloxone, awareness and education campaigns, and improving connections across different community entities like local government, healthcare providers, and law enforcement. These groups generally welcome input and support from community members.

Local mayors, county judges, pastors and other community leaders are often knowledgeable of different volunteer groups or committees in their area. Contacting City Hall or other local offices may be a good starting place in learning how you can be more involved in your community.

SUPPORT YOUTH-LED INITIATIVES

Many adults with substance use disorder report first being exposed to a substance as a teen or young adult. Part of reducing the negative social stigma of substance use disorder is understanding the social and cultural aspects of the disease. It is important to not only help youth understand the risks of substance use but to also listen to their insights, concerns, and solutions for addressing this challenge. Youth around the nation have been addressing substance use for years and their leadership is a critical component in reducing rates of substance use disorder. The following are a few ways to foster youth leadership in your community.

- Ask youth if they have concerns about substance use in their community, school, sports team or friend group.
- Ask youth what they see as their role in reducing substance use disorder.
- Help provide resources, support and mentorship to youth wanting to make a change in their community.
- Ask for youth representation on local task forces or advocacy groups.
- Normalize conversations about substance use.
- Create safe spaces for youth to voice their concerns.





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