## **COMMUNITY RESOURCES:**

# Alcoholics Anonymous 608-222-8989 24/7, or visit the local meetings:

Richland Center- 701 W. Seminary Richland Hills- park in Old Mill Pond Park Mondays at 8pm, Wednesdays at 8pm, Fridays at 5:30 pm, and Saturdays at 8pm Lone Rock- 33831 Hwy 14 Lone Rock Community Center, Mondays 8pm Muscoda- 341 N. Wisconsin Ave St John the Baptist Catholic School, Tuesdays 8pm Spring Green- 237 E. Daley St. Christ Lutheran Church, Tuesdays 10am Viola Clubhouse, Tuesdays, Thursdays 7pm

#### **Narcotics Anonymous**

Boscobel-205 W. Bluff St. Gundersen Hospital, Saturdays 7pm Viroqua-1321 N. Main St. The Other Door, Tuesdays 5:30pm Richland Center-405 S. Park St. Free Methodist Church, Thursdays 7:00pm

#### Celebrate Recovery

A faith-based support group that meets Thursdays at 6:30pm at Nazarene Church Outreach Center, 391 S. Main Richland Center.

#### **SMART Recovery online**

Get help online at www.smartrecovery.org Self Management and Recovery Trainings daily online meetings, online message board and 24/7 chat room for addiction recovery.

#### Veterans Outreach and Recovery Program

608-306-0390, Connects Veterans to community services and case management for treatment and recovery.

#### NAMI

Peer-led support group for individuals with mental illness and their families. Wednesdays 7pm, The Richland Hospital in Room Pippin 3

#### **Your Pastor or Priest**

# **RESIDENTIAL PROGRAMS:**

# Tellurian's Residential Treatment 608-222-7311, Madison

Inpatient facility that provides a safe and structured living environment for 90 days. Includes individual and group therapy, spiritual care groups, and counseling for mental health.

#### Solstice House, 608-244-5077, Madison

A short-term stay (1-5 days) in a home-like environment offers connections for individuals who are experiencing difficult times as an opportunity for growth and change.

Free to all adult residents of Wisconsin and also offers 24-hour access to one-on-one peer support through our warmline.

# Adult & Teen Challenge of Wisconsin 414-748-(HELP) 4357, Milwaukee

A one-year, live-in Christian discipleship program for adults struggling with problems such as drugs and alcohol. We help our students become established in society through holistic recovery and Christ-based mentoring, education, and job training.

#### Hope Haven, 608-251-8881, Madison

Residential treatment program that provides up to 25 hours/week of counseling integrated with art and canine therapies, meditation, and family support. Treatment plans can include a "Preparation for Employment" program to assist clients in finding jobs and housing.

### Rogers Memorial Inpatient, 800-767-4411 Oconomowoc, West Allis, Brown Deer

Around-the-clock nursing care oversee the safe medical detoxification of all patients.

# Rosecrance Addiction Rehab, 888-928-5278, Illinois

Individualized Treatment for Substance Abuse & Mental Health Disorders. Accept Most Insurance.

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Quick Start Guide Resources and more for Southwest Wisconsin here: http://southwestern.wi. networkofcare.org/mh

# Richland County Quick Start Guide: Connecting Individuals with Treatment for Substance Use



THANK YOU FOR TAKING THIS COURAGEOUS STEP TO WORK ON THESE ISSUES

> If you are in crisis or emergency, involving suicide, mental health, addiction, and other crisis situations, call 888-552-6642 24/7 to speak with a crisis professional.

## **Great Rivers 2-1-1**

offers free, confidential community information and referrals 24/7. Call 2-1-1 or visit www.greatrivers211.org

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We are here to **listen and serve you** with information you can use to **move forward** 

Would you like **someone to help** you review these resources to find which program or provider is best for you?

# Contact local Peer Support Provider 24/7 at: (608) 574-8187

## **THINGS TO CONSIDER:**

#### Do you have insurance?

If No: You might want to apply for badgercare. You can call to do this: 888-794-5556 or online. Here is the website: https://access. wisconsin.gov/access/

If you want someone to help you apply for Badgercare, contact Health & Human Services in Richland County to do this: 608-647-8821.

If Yes: Continue with contacting a resource that works for you.

#### Do you have transportation to get to treatment in or outside of Richland County?

- Badgercare will cover MTM medical transportation if you call 48 hours in advance: 866-907-1493.
- Think about who could help get you to appointments.
- Richland Transit Taxi Service: (608) 649-8294; Towne Taxi: (608) 647-3114
- ADRC Public Transportation runs bus routes through the county. Reservations are required at least one business day (24hrs) prior. Call 608-647-4616 for reservations.

# LOCAL TREATMENT OPTIONS: New Day Counseling, LLC, 608-856-5225 Richland Center

Substance Abuse and Mental Health Counseling

### Pauquette Center Outpatient Services 608-647-4705, Richland Center, Reedsburg

Offers assessment, referral, and treatment for substance abuse and mental health in Richland County. Most services are covered by private insurance, Medicaid and Medicare. Short and long term recovery counseling one-on-one.

# Richland County Health and Human Services, 608-647-8821, Richland Center

Offers assessment, referral, and treatment for substance abuse and mental health for Richland County residents. Most services are covered by private insurance, Medicaid and Medicare, or sliding-scale fees for those without insurance. They support recovery from addiction with short-term services, and long term assistance to those coping with persistent substance abuse issues.

Some programs are full or have requirements that won't work for you. If you hit a roadblock, consider a local resource like Health and Human Services at 608-647-8821.

#### Richland Hospital Clinic, 608-647-6161, Richland Center

Offers Medication-Assisted Treatment for substance abuse.

#### The Richland Hospital 608-647-6321, Richland Center

Medication-Assisted Treatment for substance abuse at clinic locations.

#### Pine Counseling, 920-285-2453, Richland Center

Substance Abuse and Mental Health counseling.

#### Unified Community Services 608-723-6357, Dodgeville, Lancaster

For residents of Iowa or Grant Counties, offers an outpatient program that is designed for someone who has already completed an inpatient stay and is looking to continue their growth in recovery.

### DAY TREATMENT OUTSIDE RICHLAND:

# Tellurian's Day Treatment Program 608-223-3300, Madison, Baraboo

Patients receive weekly individual therapy alongside daily group sessions and learn essential recovery tools.

#### UnityPoint Health- Meriter, 608-417-8144 Madison

Their NewStart program provides intensive outpatient treatment for adults and adolescents. Experts develop individual treatment plans for each person and family.

#### UW Health, 608-282-8270, Madison

Intensive outpatient program that interrupts the addictive process and introduces you to recovery. Offers a day track and an evening track.

#### Rogers Behavioral Health, 800-767-4411 Madison, Oconomowoc

Intensive outpatient care for 3 hours/day, 5 days/week, 6 to 8 weeks. Care includes addiction treatment and medicationassisted options.

### **OUTPATIENT:**

### ASAP (Addiction Services and Pharmocotherapy) 608-807-1428, Madison

Offers outpatient medication-assisted treatment with methadone, suboxone, or vivitrol.

### **DETOX:**

Tellurian's Detox, open 24/7 608-223-3311, Madison 608-519-3080, La Crosse Average stay is 72 hours.

> Before calling a resource, think about what times you are generally available and the type of commitment you are looking to make. If you have previously received services, think about what worked for you. Build on the positive!

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