

## Resources for Substance Use Disorders

This packet is meant to offer a starting point for anyone considering making a change in their substance use; whether that is reducing use, using in safer ways, or stopping all together. We hope it is helpful.

Resources change frequently, if you have an addition or correction please let us know

[Recovery@vcu.edu](mailto:Recovery@vcu.edu) or 828-1663

## You Matter

Life can be really challenging at times. It is not unusual for people to feel hopeless, especially when substance use has been part of your journey. Hope is a powerful and confusing feeling to grasp onto when everything seems out of control and unchangeable. But it works, and even the smallest amounts can alter anyone's path.

We encourage you not to give up on yourself and your future. A past is exactly that, a past, and it does not define who you are. There are many people in our community who have lost hope only to find it in something big, small, or somewhere in between. There is hope for you too.

Getting care and support for a substance use disorder is one of the most challenging and courageous actions a person can take. People who struggle with substances often have a lot of shame about their use and the damage that it has caused in their life. Substance use disorders can cause a lot of damage, but there is amazing healing that is possible in recovery.

## Pathways to Recovery

People take many pathways in their recovery and use many different resources as they make changes in their lives. These paths often include formal paths (*treatment, counseling, recovery meetings, medication*) or informal (*family support, personal commitment, exercise, finding purpose etc.*) Most people use many of these together to make changes in their lives. It's important to know that you can find a pathway to recovery that works for you.

## Finding What Works

Choosing your own path to recovery can also mean deciding your own treatment options. There is no right or wrong way to recover, and different people need different levels of support in order to thrive. If you try to make some changes but still struggle, you may just

need a different level of care and support to make the changes that you want to make.

For those who want or need a lot of support, there are recovery communities ready to encourage, inspire, and commend you on a daily basis. Once you connect with others that have been where you've been, it's incredible to see just how far from alone you really are. Don't be shy when it comes to reaching out—we have all desperately needed each other at some point too.

## Not So Sure? Start Where You Are

Not sure about making a big change in your use right now? You are not alone in that either. It can start with small changes, and your safety is really important. Practicing harm-reduction strategies if you are still using substances can be a really important first step. We want you to know that you matter **whether or not** you jump into recovery. This is especially important if you are using opioids. Change examples: not using alone, always having Naloxone, taking a tester shot, being extra careful when using in new environments, and using clean needles are all strategies that reduce the risk of overdose or getting a disease.

## Ask Questions

Many parts of initial recovery are intimidating, complicated, and hard to understand. We urge you to ask questions about all of it. Think of it this way—everyone in recovery has had to be “new” once and was just as nervous and scared as the rest. It's normal and completely okay. There's power in information and you don't have to do it all by yourself. Our bottom line? You are not alone.

Please explore the resources available here and talk to a provider about what might be right for you.

## Recovery Support Resources

Term	Definition
Takes Uninsured	Services are available regardless of ability to pay. Eligibility restrictions may apply.
Takes Medicaid	Will work with folks with Medicaid plans (some facilities take more plans than others) i.e Aetna Better Health of Virginia, Anthem HealthKeepers Plus, Magellan Complete Care of Virginia, OptimaHealth Family Care, UnitedHealthcare Community Plan, and Virginia Premier.
Private Insurance	Will provide services to folks under the qualifications of their private insurance plans (may still have out-of-pocket copays)
Methadone	Methadone is a long and slow-acting opioid used to treat opioid (heroin, oxycontin etc) addiction. Treatment facilities and clinics have been established for the dispensing of medications used in treatment of opioid use disorder.
Buprenorphine (Suboxone/subutex)	Buprenorphine(Subutex) is a medication for treatment of OUD (Opiate Use Disorder) and for acute and chronic pain; While methadone can be administered only in highly regulated opioid treatment programs (OTPs), buprenorphine can be prescribed in a wide variety of settings like primary care and other health care settings. Buprenorphine/naloxone(Suboxone) is a formulation that further reduces risk of overdose. Like many medications, people often experience significant side-effects when discontinuing use of these prescription drugs, so always consult your physician if you would like to make a change in medication.
Medication for Alcohol Use Disorder	Treats chronic alcoholism by decreasing cravings or by causing unpleasant side effects when alcohol is consumed. Medications include Acamprosate, Disulfiram, and Naltrexone
Psychiatrist	Offers individual work with a licensed Psychiatrist who can provide and manage tailored treatment goals in addition to prescribing medications for mental health and substance use disorder
Individual Counseling	Offers one-on-one support by a licensed therapist or counselor to address personal trauma, fears, and barriers to recovery
Group Counseling	Offers the ability to work with others in a supervised group setting to discuss similarities and commonalities between members
Intensive Outpatient (9+ hours a week)	Intensive outpatient programs (IOPs) are treatment programs used to address addictions, depression, eating disorders, or other dependencies that do not require detoxification or round-the-clock supervision. They enable patients to continue with their normal, day-to-day lives in a way that residential treatment programs do not (living at home)
Residential Treatment	Residential treatment centers (rehab) provide treatment for a wide-range of issues, including mental disorders, behavioral issues, and substance use disorders. Residential treatment centers are clinically focused, intensive, live-in facilities where patients are continually monitored and supervised by trained staff.
Inpatient Withdrawal Management (Detox)	Inpatient withdrawal management (detox) centers provide a safe place for people to go through withdrawal. Medical complications sometimes arise during detox, which makes the 24/7 close patient monitoring and supervision provided by the treatment team a good option for those at risk. It can ensure you remain as comfortable and safe as possible during withdrawal.
Residential Peer Based Support	These residential programs primarily rely on peer support to deliver services for substance use disorder recovery. They typically strongly encourage or require attendance at mutual aid meetings (AA, NA, SMART or Recovery Dharma) and provide support primarily through non-professional peers. Most allow people to stay for an extended period of time and have step down level of support.
Religious Residential Program	These residential programs are not treatment programs but support recovery through religious engagement (usually Christian). Religious based activities are usually required for participation, and most do not provide clinical treatment.
Recovery Housing	For people who are newly sober, recovery housing can provide time and support as they learn how to sustain long-term recovery. These homes are a good alternative by providing safe and healthy environments that support residents in their recovery. These communities empower people by providing support as they transition towards living independent and productive lives in their respective communities. Most do not provide clinical support.
Peer Drop in Center	Provides peer-delivered or peer-operated support services that give individuals opportunities to learn and share coping skills and strategies, move into assistance that is more active and away from passive roles, and to build and/or enhance self-esteem and self-confidence to become self-reliant and improve the quality of their lives.
Peer Support	Peer support workers are people who have been successful in the recovery process (substances, mental health, eating disorders, etc.) who help others experiencing similar situations. Through shared understanding, respect, and mutual empowerment, peer support workers help people become and stay engaged in the recovery process and reduce the likelihood of relapse. Peers extend the reach of treatment beyond the clinical setting into the everyday environment of those seeking a successful, sustained recovery process.

## Recovery Support Resources

Facility	Phone Number	No-Cost Services Available	Takes Medicaid	Private Insurance	Self pay/ Cash	Methadone	Buprenorphine (Suboxone/subutex)	Naltrexone ( Vivitrol)	Medication for Alcohol Use Disorder	Psychiatrist	Individual Counseling	Group Counseling	Intensive Outpatient (9+ hours a week)	Residential Treatment	Inpatient Detoxification	Residential Peer Based Support	Religious Residential Program	Recovery Housing	Peer Drop in Center	Peer Support
Motivate Clinic (VCU Health)	804-628-6777	X	X	X	X		X	X	X	X	X	X								
Richmond Behavioral Health Authority	804-819-4100	X	X		X		X	X	X	X	X	X	X	X	X					X
Family Counseling for Recovery	804 354-1996		X	X	X	X	X	X		X	X	X	X							
The Healing Place	804-230-1217	X														X		X		X
McShin Foundation	804-249-1845				X											X		X	X	X
Clean Slate Medical	804-521-0050		X	X	X		X	X	X	X	X	X								
The Master Center (VCAM)	804-376-8020		X	X	X		X	X	X	X	X	X	X							X
Richmond IOP	804-320-8032		X	X	X						X	X	X							
The Daily Planet Health services	804-783-2505	X	X	X	X		X	X	X	X	X	X								X
Henrico Mental Health	804-727-8515	X	X	X	X		X	X	X	X	X	X	X							X
Chesterfield CSB	804-748-1227	X	X	X	X		X	X	X	X	X	X	X							X
Hanover CSB	804-365-4222	X	X	X	X			X	X	X	X	X								
District 19 CSB (Petersburg)	804-862-8002	X	X	X	X		X		X	X	X	X								
River City Comprehensive Counseling	804-230-0999		X	X	X		X				X	X	X							
Chippenham Medical - Tucker Pavillion	804-483-0050		X	X			X	X	X	X	X	X	X		X					
Richmond Treatment Center	877-284-7074		X	X	X						X									
Richmond Private Methadone Clinic	804-673-5241		X	X	X	X	X				X	X								
The Coleman Institute	804-409-3198			X	X		X	X	X											
Southside Treatment Center	804-275-1116		X	X	X	X	X				X	X								
Salvation Army Rehabilitation	804-359-0269	X															X			
Good Samaritan Ministries	804-231-9995	X															X			
Rams in Recovery	(804) 366-8027	X																X	X	X
SAARA Center	(804) 762-4445	X		X	X														X	X
Mount Regis	(855) 202-5883			X	X		X	X						X						
The Farley Center	(757) 280-1154			X					X					X						
Williamsville Wellness	(804) 559-9959		X	X	X			X	X		X	X	X	X						
Harrison House	(844) 889-9433			X			X							X						
Real Life	804-406-4111												X			X		X	X	X
Life Center of Galax	866-896-4206		X	X	X	X	X	X			X	X		X	X		X			
Phoenix House	703-841-0703		X	X	X		X			X	X	X	X	X						
Bridging the Gaps INC	540-306-5416			X	X						X	X	X	X	X					
INOVA CATS Program	571-623-3500		X	X			X	X	X	X	X	X	X		X					

### Needle Exchange Program Health Brigade

Health Brigade's Comprehensive Harm Reduction/Needle Exchange Program is part of a public health strategy. It is evidence-based and prevents the spread of HIV/AIDS, and hepatitis C among persons that inject drugs, their families, and the larger community.

**For Current Hours and Mobile locations call:  
804-358-6140**

No ID needed, Judgment free, No pressure to stop use.

Questions or follow-up needed? Please feel free to leave a voicemail with program staff. They will be returning all calls and offering as much support as possible by phone. Emily (804-358-6140) Colin (804-476-0795) Arthur (804-508-0932)

#### NON-COST SERVICES AVAILABLE

- Free needles, cookers, filters, ties, etc.
- Wound care supplies
- Safer sex supplies
- Naloxone (Narcan®) to reverse overdoses
- Safer snorting materials
- Syringes for injecting hormones or steroids
- Referrals to medical care, mental health and wellness, substance use treatment, PEP, PEP, medication assisted treatment and other community resources

#### FOR SAFER USE

- **Do a test shot:**When using a new supply or dealer, "test" the strength. Inject slowly.
- **Avoid using alone.** This can put you at a higher risk of overdosing because no one is there to help you. Use with a friend and/or ask someone to check on you.
- **Keep your tolerance in mind.**If you have not used in a while, your body can't handle the same amount it did before. Use a smaller amount.
- **No clean equipment?** Try using other methods, like snorting or smoking. Snorting or smoking poses less of a chance of overdosing, and spreading disease and viruses.

### Mutual Aid Recovery Meetings

Peer Based Recovery Meetings are widely available in the community especially AA and NA. With the pandemic, the easiest way to find meetings that are meeting virtually or in person are through the phone or online. If you are comfortable with Virtual meetings, you can find huge variety of virtual supports all over the world; some starting points are listed below:

Richmond AA: (804)355-1212

[AARichmond.org](http://AARichmond.org)

Richmond NA: (804)965-1871RVANA.org

SMART Recovery: [smatrecovery.org](http://smatrecovery.org)

Celebrate Recovery (Christian):

[celebraterecovery.org](http://celebraterecovery.org)

Recovery Dharma(Budhist):

[RecoveryDharma.org](http://RecoveryDharma.org)

Refuge Recovery(Budhist):

[RefugeRecovery.org](http://RefugeRecovery.org)

Unity Recovery (all recovery):

[unityrecovery.org](http://unityrecovery.org)

Trying out a Recovery Meeting can be scary, but also can be really helpful to people. You will find people with similar experiences who are working to make changes in their lives. People often find hope and inspiration in meetings. There is no cost to these groups though many will take up a collection to pay for group expenses such as coffee and rent. Feel free to contribute or not.

### Support for Family Members



**Speak love  
to your  
loved one.**

FREE education and support  
for family and friends of  
people with addiction.

**Thursdays 6:30-8 p.m.**

**[vcu.zoom.us/j/299427496](https://vcu.zoom.us/j/299427496)**

Other peer based supports are available as well:  
Al-Anon (Families): [alanonrichmond.org](http://alanonrichmond.org)  
Nar-Anon (Families): [Nar-anon.org](http://Nar-anon.org)

Family members are often heavily impacted by their loved ones substance use. Finding support and education can be critical to learning to support your loved one.

## Richmond Recovery Houses

<p><b>*PETER'S PLACE RVA-LGBTQIA+ Specific MAT ACCEPTED</b> Shauntelle Hammonds (804)539-2507</p> <p><b>*MCSHIN FOUNDATION- Men and women MAT ACCEPTED (804)249-1845</b> (housing in chesterfield and Henrico county)</p> <p><b><u>FROG HOUSES-(804)399-7900</u></b> <b>Men and Women</b> (housing in Richmond city)</p> <p><b>*JOURNEY HOUSE (Men and Women) MAT ACCEPTED</b> Mike Tillem 1400 Lakeside Ave Henrico, Va 23228 (804)201-8060</p> <p><b>*REAL LIFE (Men and Women) MAT ACCEPTED</b> 406 E Main St Richmond, Va 23219 (804)406-4111</p> <p><b>*TRUE RECOVERY (includes eco flats) MEN AND WOMEN MAT ACCEPTED</b> David R. (Richmond) (804)690-2204</p> <p><b>**OXFORD HOUSES</b></p> <p><b>BON AIR (WOMEN)</b> 200 N Pinetta Dr N Chesterfield, Va 23235 (804)330-6788</p> <p><b><u>Brookland Park (Women)</u></b> 3010 Barton Ave Richmond, Va 23222 (276)468-9066</p>	<p><b><u>EDGEHILL (WOMEN)</u></b> 2504 Brook rd Richmond, Va 23220 <b>(804)303-0555</b> <b><u>Chester House (Men)</u></b> 10213 Kayvee Rd N. Chesterfield, Va 23236 (804)709-1774</p> <p><b><u>Pollard Park II (Women)</u></b> 2914 Edgewood Dr Richmond, Va 23222 (804)658-0119</p> <p><b><u>Clay House (men)</u></b> 719 ½ West Clay St Richmond, Va 23220 (804)225-8919</p> <p><b><u>River City House (Men)</u></b> 3211 Semmes Avenue Richmond, VA 23225 804-232-5448</p> <p><b><u>Ramekin House (Men)</u></b> 510 W. 26<sup>th</sup> st Richmond, Va 23225 (804)230-8771</p> <p><b><u>Mountain Road (Woman)</u></b> 9500 Emmett Rd Glen Allen, Va 23060 (804)270-1391</p> <p><b><u>Tuckahoe (Men)</u></b> 8421 Yolanda Rd Henrico, Va 23229 (804)562-9183</p> <p><b><u>Serenity Path (Men)</u></b> 3019 North Ave Richmond, Va 23222 (804)709-1676</p> <p><b><u>Carver (Men)</u></b> 1206 W. Clay St Richmond, Va 23220 (804)213-3078</p>	<p><b>*WAR FOUNDATION-REAL RECOVERY (MEN AND WOMEN HOUSING)</b> Anthony G (804)489-4224 Kate G. (Henrico) (804)237-4011</p> <p><b>*Broad Highway Recovery (Men) Vivitrol Only</b> Mary Page Cramer (877)487-1599</p> <p><b>*Tri-Hope (Men) MAT ACCEPTED</b> Joel Hughes (804)677-9513</p> <p><b><u>Regenesis(Men and Women) MAT ACCEPTED</u></b> Marcus Walker (804)451-4481</p> <p><b><u>Supreme(Women) MAT ACCEPTED</u></b> Kevin Spearman (804)625-6474 Denis Cobb (804)909-8947</p> <p><b><u>Awareness House (Men) MAT ACCEPTED</u></b> (804)320-3626</p> <p><b><u>U Promise (Women) MAT ACCEPTED</u></b> Regina Baker (804)528-9922</p> <p><b><u>CARITAS(Men and Women) MAT FRIENDLY</u></b> Benjamin Carr (804)887-1581</p> <p><b><u>Starfish Recovery (Men and Women) MAT ACCEPTED</u></b> (804)442-7968</p>
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\*Virginia Association of Recovery Residences (VARR) sets standards of services for and accredits recovery residences in Virginia. While this does not guarantee quality care, it does mean the organization has worked to meet these standards and gone through a certification process.

\*\*OXFORD HOUSE: Phone numbers and locations may change, acceptance into housing is individual from house to house including the acceptance of MAT. If a phone number for these houses doesn't work please visit [www.vaoxfordhouse.org](http://www.vaoxfordhouse.org) for updated contact information.



# Greater Richmond Street Sheet: Richmond

ACCESS POINTS
Entry points into the region's network of homeless services
<b>The Homeless Connection Line</b> If you are currently homeless or within three days of losing your housing, please call: (804) 972-0813
<b>EmpowerNet Hotline</b> Domestic/sexual violence shelter; counseling; crisis assistance; support. 24/7 Hotline: (804) 612-6126
CONNECTION POINTS
Assistance, connection to access points/resources
<b>The Daily Planet</b> Mental health; in-/out-patient substance abuse services; vision; medical; dental; Safe Haven Call (804) 783-2505 for intake/appointments 517 W. Grace Street Richmond, VA 23220
<b>Commonwealth Catholic Charities of Virginia</b> Baby clothes; food pantry; housing/financial counseling; immigration services: (804) 648-4177 809 Oliver Hill Way Richmond, VA 23219
<b>H.H. McGuire VA Medical Center</b> Medical/mental health services; social work: (804) 675-5000 1201 Broad Rock Blvd. Richmond, VA 23249
<b>St. Joseph's Villa</b> For children and families: developmental disabilities services; education; mental health; housing/homeless services; career/transition: (804) 553-3200 8000 Brook Road Richmond, VA 23227
<b>Richmond Behavioral Health Authority</b> 24/7 crisis intervention services: (804) 819-4100
<b>Richmond City Department of Social Services</b> To apply for benefits: (804) 646-7000 CPS: (800) 552-7096 / APS: (888) 832-3858
<b>OAR of Richmond</b> Re-entry services for adults post-incarceration and returning to the Richmond area: (804) 643-2746 3111 W Clay Street Richmond, VA 23230
REAL LIFE
Supportive services for adults post-incarceration, experiencing homelessness, and/or with substance abuse disorder: (804) 322-3311 Community Center: 1111 N 25 <sup>th</sup> Street Richmond, VA 23223
<b>RVA Light</b> Safe place to sit indoors, charge phones, use computer and phone, connect with local resources: (804) 447-7087 504 W Broad Street Richmond, VA 23220
<b>Richmond Public Library – Main Branch</b> Internet access; public use computers; job assistance; notary; law library: (804) 646-7223 101 E Franklin Street Richmond, VA 23219
LOCAL RESOURCES
<b>Housing Resource Line</b> For other housing concerns call: (804) 422-5061
<b>Warm Line</b> Peer-run service for Richmond residents to request mental health resources/ask questions: (866) 400-6428
<b>CARITAS Residential Recovery Programs</b> No cost; walk-ins encouraged Monday-Friday, 8am – 4pm
<b>The Healing Place for Men:</b> (804) 230-1184 700 Dinwiddie Ave. Richmond, VA 23224
<b>The Healing Place for Women:</b> (804) 418-3049 2220 Stockton Street Richmond, VA 23224

OTHER RESOURCES		
<b>Medicaid Transportation (Non-Emergency)</b> By appointment only for qualified Medicaid recipients. To schedule an appointment: 1 (866) 386-8331		
<b>FeedMore Hunger Hotline</b> Serves all of Virginia; contact to locate local food emergency resources: (804) 521-2500		
<b>Senior Connections</b> Assistance/resources for older adults, caregivers, and persons with disabilities: (804) 343-3000		
<b>Central Virginia Legal Aid Society</b> Provides free legal advice to low-income individuals in civil cases and preventative legal education: (800) 868-1012		
<b>U.S. Department of Veteran's Affairs</b> Homeless Call Center 24/7 Hotline: (877) 424-3838		
<b>Virginia Veteran and Family Support</b> Information/referrals to resources for homeless veterans in Virginia; care/health/PTSD services : (804) 786-0286 VA 211 Dial 2-1-1		
BASIC NEEDS COMMUNITY RESOURCES		
Location	Breakfast / Lunch	Dinner / other
2 <sup>nd</sup> Presbyterian 5 N Fifth Street (804) 649-9148	Mondays 11:30a-12:45p (bagged)	
St. Peter's Catholic Church 800 E Grace St. (804) 643-4315	Tuesdays 11:45a-12:30p (hot) Shower/Pantry: 1p-3p	Wednesday 4:00p-4:30p (hot)
Oregon Hill Baptist 400 S Pine St. (804) 648-1353	Thursdays 10a-11a (bagged)	
St. Paul's Episcopal 815 E Grace St. (804) 643-3589	Thursdays 10:30a -12p (bagged lunch)	
Richmond's First Baptist Church 2709 Monument (804) 355-8637	Thursdays 6p-8:30p Fellowship and hot meal	Clothes Closet M/W 10a-12p Shower M/W/Sat. 10a-12p
Centenary United Methodist 411 E Grace St. (804) 648-8319	Fridays 11a-12:30p (bagged)	
Grace and Holy Trinity 8 N Laurel St. (804) 359-5628	Fridays 12p-2p (to-go)	
St. Mark's Episcopal Church 520 N Arthur Ashe Blvd (804) 358-4771		Food pantry 2 <sup>nd</sup> & 4 <sup>th</sup> Saturdays 9a-10:30a
Shepherd's Way Relief Center 400 E Main St (804) 212-1164	M/T/W: 9a-10:30a Sat.: 12p-1p Sun: 8:30a-9:30a	Meals, emergency food pantry, clothes closet, toiletries
Bon Air Baptist Church 2531 Buford Road (804) 272-1475	Wednesdays 3p-4:30p Drive-thru	
RVA Community Fridges Multiple locations Linktr.ee/rvacommunity fridges	Groceries, hygiene products, etc.	

Greater Richmond Street Sheets are designed to connect those experiencing a housing crisis with immediate basic needs assistance. Please contact each agency for details. For more resources, visit [www.homewardva.org/get-help](http://www.homewardva.org/get-help).

Call (804) 343-2045 or email [info@homewardva.org](mailto:info@homewardva.org) with changes to the above information. Last updated 4/22/2021 / expires 6/31/21