

THE LITTLE RECOVERY BOOK

THERE ARE MANY PATHS TO RECOVERY.
FIND SUPPORT TO HELP YOU REDUCE YOUR ALCOHOL AND DRUG USE.

IF YOU ARE EXPERIENCING A CRISIS, SUCH AS THINKING ABOUT
HARMING YOURSELF OR ANOTHER PERSON, PLEASE CALL 911.

INTRODUCTION

This handbook has different options for people thinking about stopping or reducing alcohol and/or drug use. There isn't one path that everyone follows in their journey to quitting or reducing their use. There are many resources available in the community.

IF THE FIRST TRY DOESN'T WORK, TRY NOT TO GIVE UP!

FOLLOW LINKS TO SEE
LISTS OF PROVIDERS

- To see a list of mental health and alcohol and other drug treatment providers, scan the QR code or go to: bit.ly/CVTreatmentResources
- To see resources available for teens, scan the QR code or go to: bit.ly/ECTeenResources



**FOR 24/7 SUBSTANCE TREATMENT
AND RECOVERY INFORMATION:**

CALL 1-800-662-4357 OR VISIT WWW.FINDTREATMENT.GOV

TYPES OF RESOURCES

HARM REDUCTION SERVICES

Harm reduction services are meant to reduce the impact of a person's substance use, mental health challenges, or personal choices such as sun exposure or sexual activity. Studies have shown that harm reduction for mental health and substance use doesn't have enabling effects or promote drug use, rather it helps our loved ones and community members to live a little longer which gives them more opportunities to enter treatment, find support, and get the help they need to begin their recovery. Examples of this include Narcan distribution, Fentanyl test strips, supervised use phone apps, and safe ride programs to reduce drunk driving.

HELPLINE

Depending on the source, some are "hotlines" which means someone is available to answer 24/7, or a "warmline" where a caller may have to leave a message and a trained responder will get back to you in a timely fashion. Helplines can offer support over the phone or help connect a person with resources.

INPATIENT TREATMENT

This is a treatment model for mental health or substance use where a person stays in a medical facility for a set amount of time, usually around 10-30 days.

MEDICATION-ASSISTED TREATMENT (MAT)

Medication-assisted treatment (MAT) is the use of specialized medications for the treatment of substance use disorders. MAT is used with other treatments like therapy as part of a larger treatment plan.

MEDICATION MANAGEMENT

Medication management is sometimes done by a family doctor but in other cases is best done by a psychiatrist. Regardless, it must be performed by a medical doctor and is aimed at helping a person find the medications that best support their mental health.

PEER RUN RESPITE

Peer-run respites are generally for people experiencing increased stress or symptoms related to mental health and substance use to stay short-term and receive support and encouragement from people who have similar experiences.

PEER SUPPORT

Peer support is a non-clinical form of support provided by someone with lived experience. A peer support worker walks alongside their peer as they set goals, learn necessary skills, and build a life in recovery as they define it. A peer support worker can also help a person build natural supports within the community to support them in their recovery long term.

RESIDENTIAL TREATMENT

Residential treatment is a structured, live-in program in a licensed treatment facility for people struggling with significant mental health and/or substance use. The length of stay varies based on an assessment of an individual's needs.

SOBER LIVING HOMES

Sober living homes provide a safe, supportive, structured living situation for people after graduating from a mental health, substance use, or similar program. While each may have different funding sources, requirements, restrictions, etc. they are all meant to be a temporary living situation that helps someone establish life in recovery.

SUBSTANCE USE DETOX CENTER

These centers are medically supervised spaces for people who are detoxing from substance use that can help people do so safely. A detox center is sometimes the first stop before or can be part of inpatient care.

SUPPORT GROUPS

This is a gathering of people who have similar lived experiences, challenges, or struggles with the aim of offering mutual support. Groups have many different structures and while some have formal steps (AA, NA, etc.) others are more about sharing and connecting with others with a similar experience to know you're not alone (i.e., grief groups).

THERAPY

There are many different forms of clinical therapy but generally, it is a treatment aimed at relieving emotional distress and learning to navigate mental health problems. This service is performed by psychiatrists, psychologists, social workers, or licensed counselors and is available for individuals, couples, or families.



UPLIFTWI

The statewide peer-run warmline, UpliftWI, provides peer support over the phone at 534-202-5438 from noon to midnight daily.

WHO TO CALL WHEN THERE IS A CRISIS

CRISIS WORKERS CAN PROVIDE A SUPPORTIVE EAR, GIVE REFERRALS, AND KEEP YOU SAFE WHEN THINGS ARE REALLY BREAKING DOWN.

KEEP THESE
NUMBERS HANDY!

- Northwest Connections Mental Health Crisis Services **1-888-552-6642**
- WI HOPELINE –text messaging support line. Text “**HOPELINE**” to **741741** to be connected to peer support specialist.
- Mental Health & Substance Use Crisis Line – **Call 988**



**IF THERE IS AN
EMERGENCY CALL 911!**

YOU DON'T HAVE TO DO THIS ALONE!



COUNTY PROGRAMS EXIST TO SUPPORT PEOPLE WHO WANT HELP IN FINDING RECOVERY - WHETHER OR NOT YOU HAVE INSURANCE.

CALL THE EAU CLAIRE COUNTY CENTRALIZED ACCESS LINE

MONDAY THROUGH FRIDAY, 8AM-4:30PM
AT 715-839-7118*

They can help determine what programs you qualify for and can make the process of getting help so much easier than doing it on your own.

***If you call after hours, you will be directed to the Eau Claire County Communications Center where you can leave your information for a follow-up call the next business day.**

RESOURCES

CRIMINAL JUSTICE INVOLVED

POSSIBLE DIVERSION OR SENTENCING OPTIONS **IF YOU QUALIFY*

Speak with your attorney to see what programs you may qualify for if you are involved in the criminal justice system. There are many services available, including: pre-charge diversion, OWI 2nd-3rd early intervention, deferred acceptance of a guilty plea, and treatment courts.

FAMILY SUPPORT

CHILDREN'S MENTAL & BEHAVIORAL HEALTH RESOURCE NAVIGATOR

This free, online, anonymous tool helps navigate resources for kids with mental or behavioral health concerns. Scan the code with your phone or visit www.wellbadger.org/s/cmh-resource-navigator



COMMUNITY REINFORCEMENT AND FAMILY TRAINING (CRAFT)

The CRAFT model is a highly effective, evidence-based, motivational program that helps to foster positive change for families who have a loved one struggling with substance use. Through a partnership with Eau Claire City-County Health Department, At The Roots LLC offers free CRAFT groups to the community as well as individual fee-based appointments.

Call 715-600-6079 or visit attherootsllc.com/craft to learn more.

EAU CLAIRE AREA HMONG MUTUAL ASSISTANCE ASSOCIATION, INC.

ECAHMAA has many services available for Hmong-Americans, including help with access to services, food pantry, victim advocacy, and more. Address: 1320 West Clairemont Ave., Eau Claire, WI
Call (715) 832-8420 or visit www.ecahmaa.org

FAMILY RESOURCE CENTER

The Family Resource Center offers programs and services that build on family strengths through prevention, education, support, and networking in collaboration with other resources in the community. Visit www.frcec.org or in the Oakwood Mall (4800 Golf Road, Eau Claire, WI) Mon.-Sat. 9am-1pm

FIRST BREATH - WI WOMEN'S HEALTH FOUNDATION

First Breath is a program that helps people make positive changes in their tobacco, alcohol, and other substance use during pregnancy and beyond. The program connects with people with accurate and judgement-free information about tobacco and other substance use during pregnancy, breastfeeding, and caregiving.

Visit wwhf.org/firstbreath

HOSPITAL CONTACTS

Marshfield Medical Center 715-858-8100 Address: 2310 Craig Rd, Eau Claire

Mayo Clinic Health System 715-838-3311 Address: 1221 Whipple St, Eau Claire

MENTAL HEALTH

NATIONAL ALLIANCE ON MENTAL HEALTH (NAMI)

NAMI's mission is to provide education, support, and advocacy for individuals living with mental illness and their families.

Call (715) 450-6484 or visit www.namivv.org

HARM REDUCTION

COMMUNITY VENDING MACHINE

A vending machine in the Eau Claire County Jail lobby provides 24/7 access to no-questions-asked FREE fentanyl test strips and nasal Narcan.

Address: 710 2nd Ave, Eau Claire, WI

VIVENT HEALTH

Vivent Health provides STI testing, Lifepoint Needle Exchange, and Narcan. Call (715) 836-7710 or visit www.viventhealth.org

Address: 505 South Dewey St. Suite #107, Eau Claire, WI

PEER RUN RESOURCES

MONARCH HOUSE (IN MENOMONIE)

Monarch House Peer Run Respite is a voluntary, non-medical overnight program for people who are experiencing mental health and substance use related crises or other emotional challenges.

Call (715) 505-5641 or visit www.milkweedalliance.org/monarchhouse

SOBER LIVING

WISCONSIN RECOVERY RESIDENCE DIRECTORY

Find website and contact information for sober housing locations by county in Wisconsin.

Visit www.dhs.wisconsin.gov/guide/recovresdir.pdf

STATE RESOURCE LINE

GREAT RIVERS 211

Knowledgeable community resource specialists provide up-to-date information about available resources.

Dial 2-1-1 or call 1-800-362-8255

WELL BADGER RESOURCE CENTER

Designed to be a one-stop connection to community, social, health, and government programs. Search the online directory or connect one-on-one by calling, texting, emailing, using the chat box, or submitting an online form.

Call 1-800-642-7837, text 608-360-9328,

email help@wellbadger.org, or visit wellbadger.org



VETERANS' RESOURCES

VETERANS OUTREACH AND OUTREACH PROGRAM (VORP)

Connects veterans to community services and provides case management and support with a special focus on treatment and recovery. All who have served in any component of the US Armed Forces, including National Guard and Reserve, are eligible. Any discharge status other than Dishonorable is accepted. Call 608-381-1525 or visit WisVets.com and search "VORP"

NEED HELP FINDING RESOURCES?

Search and connect to support services like financial assistance, food pantries, medical care, and other free or reduced-cost help in your area, anywhere in the US.

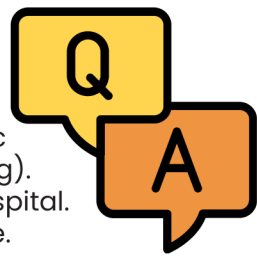
Call **1-800-662-4357** or visit www.findhelp.org

QUESTION: HELP! I DON'T HAVE INSURANCE.

ANSWER: If you need non-emergency medical care, you can see if the Chippewa Valley Free Clinic can help you (715-839-8477 or cvfreeclinic.org). If it is an emergency, you should go to the hospital. You can ask what payment options they have.

To learn more about getting health insurance, call 2-1-1 or Eau Claire County Centralized Access Line (715-839-7118) to see if you are eligible for any programs. Other options are to visit healthcare.gov or call 1-800-318-2596 for more info and/or to apply for insurance through the Marketplace.

To apply for BadgerCare or Medicaid you can do so by visiting www.access.wisconsin.gov or calling the Great Rivers Consortium at 1-800-283-0012



QUESTION: I DON'T KNOW WHO OR WHAT MY INSURANCE COVERS.

ANSWER: There should be a number to call on the back of your insurance card. When you call that number, they'll be able to help you walk through your options and who/what is covered. If you do not have your insurance card, visit the company's website and look for the customer service line.

QUESTION: I TRIED TO MAKE AN APPOINTMENT BUT THERE IS A WAITING LIST.

ANSWER: Make an appointment anyway. You can always cancel if you get an earlier appointment somewhere else.

QUESTION: WAIT, BUT WHAT DO I DO IN THE MEANTIME?

ANSWER: Call 2-1-1 and ask about sliding-scale, reduced cost or free services that your community may offer. Local peer-support groups are available. Scan the QR codes or follow the links on page 1 to find resources.

QUESTION: HOW DO I GET MEDICATIONS I NEED?

ANSWER: Contact your primary care provider to discuss your mental health needs and request a prescription until you find a mental health provider you trust.

QUESTION: HOW DO I GET HELP FOR MY YOUTH?

ANSWER: First, identify what support and resources you need as a supportive adult. Second, call the Eau Claire County Centralized Access Line at 715-839-7118 to see what programs they may qualify for. Talk to your child about what they feel they need. Help find activities to keep them connected to others such as art classes, sports, church, etc. And talk to your insurance company and primary care provider about referral options and covered programs.



Eau Claire Health Alliance Action Team

Substance Misuse



Eau Claire

Health Alliance

The Eau Claire Health Alliance consists of a broad-based Coalition and focused Action Teams that are all working to promote the health and well-being of individuals, families, and communities of Eau Claire County.

OUR MISSION:

Promote the health and well-being of individuals, families and communities of Eau Claire County through collaborative and focused action.

WWW.ECHEALTHALLIANCE.ORG