



# Jefferson County/St. Louis County Substance Use Disorder Resources

PREVENT, TREAT, RECOVER

*Please be advised that funding availability may affect resources listed below*

As humans, when things get tough, we tend to fall back into our old (unhealthy) patterns. In order to overcome an addiction, something that takes a lot of hard work and personal dedication, we desperately need support and encouragement. The below information is brought to you by multiple agencies within the Jefferson County & St. Louis County limits. We understand that addiction rarely is overcome without help from additional resources. If you suffer from addiction, please take a moment and review the below material.

For family members of someone suffering from addiction, please see the reverse side of this document.

**For emergencies that threaten life or property and require immediate attention, always call 911**

Jefferson County Sheriff's Office: (636) 797-5000  
Jefferson County Non-Emergency: (636) 797-9999  
St. Louis County Police Department: (314) 615-5000

City of Arnold Police Department: (636) 296-3204  
Arnold Dispatch Non-Emergency: (636) 296-2222  
St. Louis County Non-Emergency: (636) 529-8210

## Treatment in the Area:

ACPD: 314-578-3640  
Adult & Teen Challenge (Men 18-30): 636-677-1776  
Chestnut Health Systems: 800-446-0972 or Chestnut.org  
Compass Health Network: 636-220-5397;  
compasshealthnetwork.org  
Mercy StepOne Service: 636-224-8494  
Preferred Family Healthcare: 636-224-1000 or  
centralizedonboarding@pfh.org  
SAMHSA Treatment Services Locator:  
<https://findtreatment.samhsa.gov>  
<https://www.samhsa.gov/medication-assisted-treatment>  
Sana Lake Recovery: 636-205-4090

## State Funded/Free Programs:

Assisted Recovery Ctrs of America (ARCA): 314-645-6840  
Center for Life Solutions: 314-731-0100  
Diane's House (Women): 314-352-0056  
Gibson Recovery Center: 573-334-5513  
Preferred Family: 573-632-4321  
Queen of Peace Center (Women): 314-531-0511  
Refuge Recovery: 570-817-7055  
Salvation Army (Men): 314-652-3310  
Southeast Behavioral: 800-455-5749  
The Wish Center (Pregnant): 314-768-8230  
Turning Point Recovery Center: 573-248-1196

## Private Insurance, Private Pay:

- American Addiction Centers (Men and Women): 636-248-0243; Nationwide 20 Residential Options
- Aviary Recovery Center: 314-282-5272 and 636-660-0990; <https://aviaryrecoverycenter.com>
- Centerpointe Hospital: 636-441-7300; Located in St. Charles, Missouri
- Harris House (Men and Women): 314-736-3362 Located in South St. Louis
- Sana Lake Recovery Center (Men and Women): 314-287-8937; Located in Dittmer, MO
- Southeast Behavioral Hospital; 573-708-5000; Located in Cape Girardeau, MO
- Valley Hope (Men and Women): 800-544-5101; Located in Boonville, Missouri

## Recovery Meeting Links:

<https://arcamidwest.com>  
[www.stl-al-anon.org](http://www.stl-al-anon.org)  
[www.aastl.org](http://www.aastl.org)  
[www.celebraterecovery.org](http://www.celebraterecovery.org)  
[www.crystalmeth.org](http://www.crystalmeth.org)  
[www.heroinanonymouse.org](http://www.heroinanonymouse.org)  
[www.na.org](http://www.na.org)  
[www.nomodeaths.org](http://www.nomodeaths.org)  
[www.refugerecovery.org](http://www.refugerecovery.org)  
[www.smartrecovery.org](http://www.smartrecovery.org)  
[www.thepointofrefuge.com/refuge-recovery](http://www.thepointofrefuge.com/refuge-recovery)

## Other Resources:

Assisted Recovery Centers of America:  
314-645-6840  
ATL Austin's Transitional Living: 314-971-2237  
or 314-501-4996; Located in Festus  
Jeffco Express (Transportation): 888-875-6287  
Jefferson County Health Department/JCDPC:  
636-797-3737 / [www.jeffcohealth.org](http://www.jeffcohealth.org)  
L.I.V. Recovery Sober Living: 314-667-5255  
National Domestic Violence Hotline:  
1-800-799-7233  
PreventEd: 314-962-3456 or [prevented.org](http://prevented.org)  
Start Here STL Area Resource Directory:  
[www.startherestl.org](http://www.startherestl.org)  
Suicide & Crisis Hotline: 988 (text or call)  
Veteran's Helpline: 1-800-273-8255 Press 1

# Family Member of Someone who has a Substance Use Disorder

Recovery is a process of change through which people improve their health and wellness, live self-directed lives, and strive to reach their full potential. Even people with severe and chronic substance use disorders can, with help, overcome their illness and regain health and social function. Oftentimes, those closest to individuals suffering substance abuse struggle the most, and for numerous reasons. Family and friends uncomfortably watch their loved ones transform in harmful ways, lost to the grip of dangerous substances. The below listed information is to help support the loved ones of someone caught in the world of addiction.

## Parent Support Groups:

- Al-Anon Support Group: Help for family and friends of alcoholics; 1-888-425-2666 or [www.alanon.org](http://www.alanon.org)
- Aviary Family Wellness Program: <https://aviaryrecoverycenter.com/family-wellness-program/>
  - Free and open to the public. Wednesdays in Kirkwood from 6-7:30pm. Led by a professional - social support and education.
- Care Connections: 636-223-0365 (3581 Jeffco Blvd, Arnold, MO 63010)
  - GriefShare Support Group: A 13-week support group to help those who have lost someone close to them. This support group is free and open to all.
- Crisis Nursery St Louis: 314-768-3201 (24-Hour Helpline for families facing a crisis situation) or 314-374-1700 (Jefferson County direct line)
  - Family Empowerment Program offers strength-based counseling, coordinated case management & parenting support available to families in their home.
- H.O.P.E. Support Group: For family and friends of those suffering from opiate addiction
  - 314-550-4382, [info@hopegroupstl.org](mailto:info@hopegroupstl.org), 3579 Jeffco Blvd. Arnold, MO 63010
- Missouri Network Opiate Reform for Recovery: [monetwork.org](http://monetwork.org) or 844-732-3587
- Nar-Anon Support Group: A 12-Step Program for Family & Friends of Addicts; [www.nar-anon.org](http://www.nar-anon.org)
- New Dawn Family Healing: An outpatient therapy program designed to assist and support family members & loved ones of those suffering from substance use disorders; 314-287-8937
- Refuge Recovery: 570-817-7055 (Every Thursday at 7pm 4024 Lower Byrnes Mill Rd., Byrnes Mill, MO)
  - A support group focused on strengthening the skills & character traits required to effectively create & maintain healthy interactions with individuals struggling w/ substance abuse.
- The Life Center: Grief group offered to family and friends in De Soto; 636-725-6145

## Parenting Classes:

- Care Connections: 636-223-0365 (3581 Jeffco Blvd, Arnold, MO 63010)
  - Parenting A Second Time Around (PASTA) caters to grandparents, family members, or foster parents who are raising children other than their own. Topics include: Rebuilding families, Advocacy, and Discipline.
  - Strengthening Families Program & Strengthening Families Program for Kids is specifically designed for high-risk families due to abuse, neglect, drug/alcohol addiction, and/or behavioral issues, this program teaches parenting, social, and family life skills. Parents and children work together and separately to help strengthen the family unit.

## Naloxone (aka: Narcan) Distribution:

- List of locations in Jefferson County where you can get free Naloxone (aka: Narcan):
  - [www.jeffcohealth.org/anyonecan](http://www.jeffcohealth.org/anyonecan)
- Missouri Opiate Reform for Recovery: [www.monetwork.org](http://www.monetwork.org) or 844-732-3587
- PreventEd: [prevented.org](http://prevented.org) (Request Narcan Tab) or 314-962-3456

## Hepatitis/HIV Testing:

- Jefferson County Health Department: [www.jeffcohealth.org](http://www.jeffcohealth.org) or 636-797-3737
- Missouri Network Opiate Reform for Recovery: [www.monetwork.org](http://www.monetwork.org) or 844-732-3587

## Utility Assistance:

- Care Connections: 636-223-0365 (3581 Jeffco Blvd, Arnold, MO 63010)
- Gracelife Chapel: 636-475-3000 Serves Pevly & De Soto
- Herculaneum United Methodist Church: 636-479-5802 Serves Herculaneum & Pevly; one-time help
- Jefferson Franklin Community Action Corporation (JFCAC): 636-789-2686 x 2
- National Energy Assistance Referral (NEAR): 1-866-674-6327
- St. Vincent DePaul: 314-881-6000