

## Substance Abuse Resources - Trauma Survivors

---

### General Substance Abuse Resources

- **Metrocare** - <https://www.metrocareservices.org/>

Metrocare offers extensive support and resources regarding substance abuse. Their substance use programs focus on person-centered and trauma-informed recovery planning in a therapeutic outpatient environment. Services are provided by a Licensed Chemical Dependency Counselor (LCDC) and delivered based on your personal goals, strengths, and needs. Listed below are some of the services they provide:

- Assessments & Person-Centered Recovery Plans
- Individual Counseling with Certified Recovery Coaches
- Group Counseling
- Support from Certified Peer Specialists
- Wraparound Care from Interdisciplinary teams
- Psychoeducation
- Health risk education on HIV / STDs / TB / Hepatitis / Smoking Cessation
- Step Work (including The 12 Steps)
- Introduction to AA / NA

**To schedule an intake assessment,**

Email [IOPSOPReferrals@metrocareservices.org](mailto:IOPSOPReferrals@metrocareservices.org) | Call 469-705-9170

*Clients can expect to receive a call back the next business day.*

**For more information on Metrocare Substance Abuse Services**, please visit  
<https://www.metrocareservices.org/sud/>

- **North Texas Behavioral Health Authority (NTBHA)** - <https://ntbha.org/>

**Outreach, Screening, Assessment, and Referral (OSAR) Program:** For individuals with substance use and/or co-occurring disorders that provides brief intervention and linkage to treatment and recover-oriented services. For questions or those seeking treatment,

Call 844-275-0600 | Email [osar@ntbha.org](mailto:osar@ntbha.org)

**Kaufman County Bridge:** The Kaufman County Bridge offers a variety of services to assist those in the community that need linkage to mental health and substance use providers and resources for residents of Dallas, Ellis, Hunt, Kaufman, Navarro, and Rockwall Counties. Services include:

- Linkage to mental health providers
- Urgent psychiatric medication refills

- Psychiatric assessment
- Screening for substance use and co-occurring disorders
- Assistance with state and federal benefits, including Social Security, Medicaid, and Medicare
- Linkage to Peer Recovery Specialists

*To contact Kaufman County Bridge,*

Email [SouthandEastCareCoordinators@ntbha.org](mailto:SouthandEastCareCoordinators@ntbha.org) | Call (496) 780-9159

**Community Health Worker (CHW):** The CHW program provides referrals and linkage to substance use, mental health, and medical services, in addition to other community services and resources to increase the retention in substance use and mental health services. To contact,

Email [chwrightreferral@ntbha.org](mailto:chwrightreferral@ntbha.org)

**Community Resource Coordination Groups (CRCGs):** CRCGs are local interagency groups comprised of public and private agencies. Together, they develop service plans for individuals and families whose needs can be met only through interagency coordination and cooperation. Information regarding CRCGs for other counties can be found on the State CRCG web site; below is the information for the Dallas County CRCG:

- Meets the 2nd Monday of each month at 1pm.
- Coordinator: Peggy Alexandre
- Special Instructions: Submit completed application via email or fax no later than the first of the month to be included for that month's CRCG. Cases are added to the agenda on a first come, first served basis and a limited number of cases can be staffed each month. Once your application is received and accepted for a CRCG you will be contacted with meeting details. Questions may be submitted to the CRCG coordinator.
- Application:  
<https://ntbha.org/wp-content/uploads/2020/12/CRCG-Application-Dallas-Update-Dec-2020.pdf>

*To contact the Dallas County CRCG:*

Email [palexandre@ntbha.org](mailto:palexandre@ntbha.org) | Call 469-523-0528| Fax 214-366-9417

- **Rehab Spot** - <https://www.rehabspot.com/>

Rehab Spot is an information hub that focuses on educating individuals on the treatment process: from selection, to what they can expect during treatment, to entering back into a drug-free life. Their goal is to lessen the stigma of addiction and empower those who are struggling with mental health find the treatment they deserve. Contact a treatment provider today to find a rehab:

Call 877-648-4288

- **Residential and Outpatient Substance Abuse Treatment Options**

**Residential treatment** is a more intensive option where a person lives at a treatment facility for a period of time while receiving structured care, therapy, and support in a safe, substance-free environment. This level of care is often helpful for individuals who need close supervision or a break from triggers in their daily life.

**Outpatient treatment** allows a person to live at home while attending scheduled treatment sessions, such as counseling, group therapy, or education programs, during the week.

*Found in the graphs below are the options for **residential and outpatient substance use treatment options** in the **Dallas County area**. For more information about admission or the facility itself, please call using the phone numbers provided.*

<b>Residential Substance Use Treatment Options</b>			
Name	Address	Type	Phone Number
Homeward Bound	5300 University Hills Blvd., Dallas, TX 75241	Residential	214.941.3500
Nexus	8733 La Prada, Dallas, 75228	Residential/Outpatient, FEMALE ONLY	214.321.0156
Turtle Creek Manor	2707 Routh St, Dallas 75201	Residential/Outpatient	214.871.2483
Serenity House	1535 W. Mockingbird Lane, Suite 400, Dallas, TX	Residential	214.819.0567, 214.819.0568

## **Outpatient Substance Use Treatment Options**

Name	Address	Type	Phone Number
Addicare Group of Texas	2722 W. Kingsley #115, Garland, TX 75042	Outpatient	972.278.4760
Centro de Mi Salud	628 Centre St, Dallas, TX 75208	Outpatient	214.941.0798
Dallas Challenge	201 S. Tyler, Dallas, TX 75208	Outpatient, Youth Program	214.942.5166
First Step Counseling	219B Sunset Ave #101, Dallas	Outpatient	214.942.880
Integrated Psychotherapeutic Services	2121 Main #100, Dallas, TX	Outpatient	214.331.1200
Parkland Smoking Cessation Clinic	5102 Harry Hines Blvd 7th floor. Dallas, TX 75235	Outpatient	214.590.5691
Phoenix House	2345 Regan Street, Dallas, TX 75219	Outpatient, Youth Program	214.999.1044
Remedy Addictions Counselors	2528 N Fitzhugh Ave Dallas, TX 75204	Outpatient	972.253.0000

Solace Counseling	1475 Prudential Dr. Dallas, TX 75235	Outpatient, not in NTBHA network	214.522.4640
S.T.E.P.(Methadone Clinic)	1705 MLK Blvd., Dallas, TX 75215	Outpatient	214.421.9100

---

## Alcohol Abuse Resources

- **Al-Anon Family Groups** – [www.al-anon.org](http://www.al-anon.org)

Al-Anon is a mutual support program for people whose lives have been affected by someone else's drinking. By sharing common experiences and applying the Al-Anon principles, families and friends of alcoholics can bring positive changes to their individual situations, whether or not the alcoholic admits the existence of a drinking problem or seeks help. Find a meeting today at:

<https://al-anon.org/al-anon-meetings/find-an-al-anon-meeting/>

- **Alcoholics Anonymous** – <https://www.aa.org/>

Alcoholics Anonymous is a fellowship of people who come together to solve their drinking problem. It doesn't cost anything to attend A.A. meetings. There are no age or education requirements to participate. Membership is open to anyone who wants to do something about their drinking problem. Alcoholics Anonymous' primary purpose is to help alcoholics to achieve sobriety.

**Find a Meeting:** <https://www.aa.org/find-aa>

**Meetings in Dallas:** Dallas AA Intergroup Central Office (<https://www.aadallas.org/>) is the official place to find Alcoholics Anonymous meetings in the Dallas area. All meeting details come straight from local AA groups. If you are looking for AA meetings near you, there are many options in Dallas found here: <https://www.aadallas.org/meetings/>

- **LifeRing** - <https://lifering.org/>

LifeRing Secular Recovery is an organization of people who share practical experiences and sobriety support. There are as many ways to live free of drugs and alcohol as there are stories of successful sober people. LifeRing's network of support offers abstinence-based, secular, and self-empowered pathways for individuals seeking to achieve and maintain recovery. Join an online meeting today at:

<https://meetings.lifering.org/meetings/?scope=only>

- **NIH National Institute on Alcohol Abuse and Alcoholism (NIAAA) -**  
<https://www.niaaa.nih.gov/>

The mission of the National Institute on Alcohol Abuse and Alcoholism is to generate and disseminate fundamental knowledge about the adverse effects of alcohol on health and well-being, and apply that knowledge to improve diagnosis, prevention, and treatment of alcohol-related problems, including alcohol use disorder, across the lifespan.

**NIAAA Alcohol Treatment Navigator:** The search for alcohol treatment can feel overwhelming, and the Navigator can help you through a difficult and important decision, pointing the way to a healthy future. The Navigator's 3-step "road map" offers expert guidance to focus and support your efforts. We'll help you learn how to find higher-quality, science-backed care that can raise your chances for success. Use the Navigator at:

[https://alcoholtreatment.niaaa.nih.gov/how-to-find-alcohol-treatment?\\_gl=1\\*rkli3\\*\\_ga\\*MTEwMDEyNjE4LjE3Njg0MjAxMjA.\\*\\_ga\\_E2D8B2PVE9\\*czE3Njg0OTc2NzkkbzIkZzEkdDE3Njg0OTc3MiMkajE2JGwwJGgw](https://alcoholtreatment.niaaa.nih.gov/how-to-find-alcohol-treatment?_gl=1*rkli3*_ga*MTEwMDEyNjE4LjE3Njg0MjAxMjA.*_ga_E2D8B2PVE9*czE3Njg0OTc2NzkkbzIkZzEkdDE3Njg0OTc3MiMkajE2JGwwJGgw)

**Treatment for Alcohol Problems: Finding and Getting Help:** This guide is written for individuals—and their family and friends—who are looking for options to address alcohol problems. It is intended as a resource to understand what treatment choices are available and what to consider when selecting among them. Information found at:

<https://www.niaaa.nih.gov/publications/brochures-and-fact-sheets/treatment-alcohol-problems-finding-and-getting-help>

- **SMART Recovery -**<https://smartrecovery.org/>

SMART Recovery is a fresh approach to addiction recovery. SMART stands for Self-Management and Recovery Training. This is more than an acronym: it is a transformative method of moving from addictive substances and negative behaviors to a life of positive self-regard and willingness to change. SMART provides specialized meetings and resources for a variety of communities, including Family & Friends, veterans, and more. To find an online meeting or an in-person meeting near you, please visit:

<https://meetings.smartrecovery.org/meetings/?coordinates=50&location=Dallas%2C+TX>

---

## Drug Abuse Resources

- **American Society of Addiction Medicine (ASAM) -**<https://www.asam.org/>

ASAM is a physician-led professional community for those who prevent, treat, and promote remission and recovery from the disease of addiction, and to provide resources for continuing innovation, advancement, and implementation of addiction science and care.

**Addiction Specialists & The ASAM Physician Directory:** Addiction specialists are addiction medicine physicians and addiction psychiatrists who hold either subspecialty board certification in addiction medicine. To find an ASAM physician, search the ASAM Physician Directory at:

<https://my.asam.org/membership/physicianSearch>

**Addiction Treatment Needs Assessment:** Every person has different needs when it comes to addiction treatment. By starting at the right level of care you can greatly increase the chances of success. Take the free needs assessment at:

<https://www.treatmentconnection.com/assessment>

- **Center for Disease Control and Prevention: Overdose Prevention**

The Center for Disease Control and Prevention funds national research, specializes in health education, resources, and raising awareness. Some medications, such as prescription opioids, can help relieve pain in the short term but also come with serious risks and potential complications—and should be prescribed and used carefully. The CDC highlights that the best ways to prevent opioid overdose deaths are to improve opioid prescribing, reduce exposure to opioids, prevent misuse, and treat opioid use disorder.

**Overdose Prevention Education and Learning Hub:** CDC's Division of Overdose Prevention is working to reduce overdose deaths and related harms by creating and disseminating overdose prevention materials and resources nationwide. These resources can be found at:

<https://www.cdc.gov/overdose-prevention/communication-resources/resource-hub.html>

**Treatment of Substance Use Disorders (SUD):** To learn more about what SUDs are and the best practices from treatment, please visit: <https://www.cdc.gov/overdose-prevention/treatment/index.html>

**Overdose Prevention Resources:** Access resources about the importance of overdose prevention and stay up to date with news from the Division of Overdose Prevention.

<https://www.cdc.gov/overdose-prevention/communication-resources/index.html>

**Commonly used terms in reference to opioids and drug overdose:**

<https://www.cdc.gov/overdose-prevention/glossary/index.html>

- **Detox.com - <https://www.detox.com/>**

Detox.com is a searchable directory of accredited, nationwide treatment centers that offer detoxification programs for alcohol and drug addiction. On our site, we also share informational articles about substance abuse and detox, as well as inspirational stories of recovery. To find detox centers in your area,

Call 800-996-6135 | Visit <https://www.detox.com/listings/>

**Dallas Detox Centers:** There are 18 inpatient detox, 21 outpatient, and 3 medication assisted detox centers in Dallas. Explore treatment options for alcohol, opiate, or prescription drug addiction and begin healing today:

<https://www.detox.com/texas/dallas/>

**Information About PTSD and Addiction:** How to Recognize the Signs and Find the Right Treatment

<https://www.detox.com/ptsd>

- **Finding Substance Use Treatment Services**

There are several ways to find adult substance use treatment services, such as by contacting the substance use program directly, your local Outreach, Screening, Assessment, Referral (OSAR), or Local Mental Health Authority or Local Behavioral Health Authority.

**Health and Human Services - Substance Use Service Locations:**

<https://txdshsea.maps.arcgis.com/apps/instant/nearby/index.html?appid=bc7fa0d73d6049acaf5e7c98e5497fc4&sliderDistance=10>

**Outreach, Screening, Assessment and Referral (OSAR) Provider Search:**

<https://www.hhs.texas.gov/services/mental-health-substance-use/mental-health-substance-use-resources/outreach-screening-assessment-referral>

**Local Mental Health or Behavioral Health Authority:**

<https://www.hhs.texas.gov/services/mental-health-substance-use/adult-substance-use-services>

- **Narcotics Anonymous (NA)- <https://na.org/>**

Narcotics Anonymous is a global, community-based organization with a multilingual and multicultural membership. NA members hold nearly 76,000 meetings weekly in 143 countries. We offer recovery from the effects of addiction through working a twelve-step program, including regular attendance at group meetings.

**Find A Meeting:** NA meetings can be in-person or virtual. To find in-person NA meetings near you, choose “Find NA Near You” below to find your closest NA community for updated and accurate meeting information. For online meetings, choose “Virtual Meeting Finder.” Visit the link below to begin:

<https://na.org/meetingsearch/>

**Meetings in Dallas:** There are currently 63 groups in the Dallas Area, offering a total of 287 meetings per week. Follow the link below for more information:

<https://dallasareana.org/meetings/>

- **Nar-Anon Family Groups - <https://www.nar-anon.org/>**

The Nar-Anon Family Groups is primarily for those who know or have known a feeling of desperation concerning the addiction problem of someone very near to you. The Nar-Anon Family Groups are a worldwide fellowship for those affected by someone else's addiction. As a twelve-step program, we offer our help by sharing our experience, strength, and hope. Find a meeting today at:

<https://www.nar-anon.org/find-a-meeting>

**Injury Prevention Coordinator: Grace – 214-947-1772 for additional resources and information**