

FAITH-BASED COMMUNITY RESOURCE GUIDE

Central Arkansas 2023



A listing of prevention, treatment, and recovery resources to bring hope and healing to individuals, families, and communities.

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CONTRIBUTED TO THE RESOURCE GUIDE:

Concord United Methodist Church	Second Baptist Church
Congregation Agudath Achim	Second Presbyterian Church
Congregation B’nai Israel	St. Mark’s Episcopal Church
First United Methodist Church	Southwest Little Rock Ministry Partnership
Haven United Methodist Church	The Clinton Foundation
North Pulaski United Methodist Church	The College of Aspiring Artists
Oaklawn United Methodist Church	The Haven Church
Paradise Baptist Church	The LifeXchange, Center for Truth
Pulaski Heights United Methodist Church	Theresa Hoover Memorial United Methodist Church
San Damiano Ecumenical Catholic Church	Westover Hills Presbyterian Church

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INTRODUCTION

The Clinton Foundation is pleased to offer this resource guide to the Central Arkansas community. This guide is the fruit of arduous and exciting labor of distinguished faith leaders from throughout Central Arkansas. This guide provides a listing of prevention, treatment, recovery and harm reduction resources to bring hope and healing to individuals, families, and communities.

In 2022, we lost more than 109,000 lives to drug overdoses in the United States alone. That amounts to nearly 300 lives lost every day, twelve overdose deaths every hour, and another life lost every five minutes. But these deaths are more than statistics; each of these were real people with real stories. They were moms and dads, brothers and sisters, sons and daughters, friends and co-workers. The circumstances of their deaths may differ from person to person, but what they have in common is the reality that they are gone, and they were unable to stave off the horrors of addiction. Sadly, the tragedy is compounded by a continued surge in overdose deaths driven primarily by opioids.

The disease of addiction affects all of us, regardless of age, race, gender, creed, religion, or lack of religion. Gone are the days of not knowing someone — directly or indirectly — with a substance use disorder. Because it affects all of us, it will require all of us working together to make a difference. There is no silver bullet to solve for this crisis. It will take a long-term, sustained approach and the involvement and deep partnership of organizations and individuals across sectors and in all pockets of our communities.

To this end, members of the Central Arkansas faith-based community worked across their own faith traditions to develop this guide together. Faith leaders help educate, motivate, and mobilize their communities and can be the catalyst and the glue that holds all of us together while we all hold on to hope that this can and will get better. Working together collectively across faith traditions reminds us all that the whole truly is greater than the sum of its parts.

This guide attempts to provide many of the services and resources that are available to the community. We hope that it will help residents navigate through the web of available services and find what they need. If you have found this guide useful, please pass it on to a person who needs it!

Substance Use Disorder Treatment Programs

The goal of substance use disorder treatment is to help individuals stop or reduce harmful substance misuse, improve their health and social function, and manage their risk for relapse. Treatment services are traditionally provided in residential and outpatient programs that are outside of the main healthcare system and may include medication, counseling and other supportive services. The type and duration of treatment depends on the severity of the substance use disorder. Mild substance use disorders often respond to brief interventions and supportive monitoring. Severe substance use disorders often require specialty treatment and continued post-treatment support to achieve full remission and recovery.

BEHAVIORAL HEALTH TREATMENT SERVICES LOCATOR (SAMHSA)

A comprehensive, confidential, and anonymous source of information for persons seeking treatment facilities in the Unites States or U.S. Territories for substance use, addiction, and mental health problems.

1-800-662-4357
https://findtreatment.gov/

RESIDENTIAL TREATMENT FOR ADULTS

Arisa Health Recovery at Mills

Offers 28-to-35-day residential treatment for anyone over 18. Structured and safe environment incorporating counseling and therapy.

3204 E Moore Avenue, Searcy, AR
1-800-592-9503
https://www.arisahealth.org/services/arisa-health-recovery

Baptist Health Recover

Inpatient alcohol and drug treatment program for adults 18 years and older. Provides inpatient detoxification. A complimentary assessment is offered.

9601 Baptist Health Drive, Little Rock, AR
501-202-2893
https://www.baptist-health.com/services/behavioral-health/substance-abuse-treatment-arkansas/

BHG North Little Rock Treatment Center

Inpatient substance use disorder treatment facility that offers counseling and medication-assisted treatment.

4260 Stockton Drive, Suite B
North Little Rock, AR
501-664-7833
https://www.bhgrecovery.com/locations/north-little-rock

Bradford Health Services

Provides inpatient treatment using 12-Steo principles. Also offers detox, outpatient programs and continuing care for adults. A free Concerned-Persons program, for people struggling to understand a loved one’s addiction.

2 St. Vincent Circle, Unity 1 NW, Little Rock, AR
501-725-8000
https://bradfordhealth.com/locations/little-rock-ar-regional-office/

Gyst House

Residential treatment program with a wide range of stabilization services such as job and educational assistance and referral, family-based services and court liaison. Outpatient services are also available (at OP House).

8101 Frenchmans Lane, Little Rock, AR
501-568-1682
www.gysthouseinc.com

Harbor House Inc.

Residential treatment services for men and women. Follows a 12-step recovery model with evidence based cognitive behavioral therapy, motivational enhancement therapy and other approaches. Also offers intensive outpatient and outpatient treatment services. Specialized program for pregnant woman and their children.

620 South 21st Street, Fort Smith, AR
479-785-4083 / 855-631-4648
http://www.recoveryhhi.org/

Hoover Treatment Center

Residential treatment using a faith-based approach. Also provides outpatient services. Accepts some private insurance and operates on a sliding scale fee schedule based on a client’s documentation of income, no one is turned away for inability to pay.

3604 West 12th Street, Little Rock, AR
501-663-4774
https://bcdinc.org/hoover-treatment-center/

New Beginnings C.A.S.A

Residential alcohol and drug treatment program with five levels of care. Detoxification, Medication Assisted Treatment and outpatient treatment services also available. Special program for pregnant and parenting mothers. Locations throughout the state.

1-844-220-9970
https://www.newbeginningscasa.com/

Oasis Renewal Center

Residential, inpatient and outpatient treatment for adults and minors. Emphasis on 12-Step meetings and programs in addition to therapy. Offers post-treatment continuing care.

14913 Cooper Orbit Road, Little Rock, AR
501-376-2747
http://www.oasisrenewalcenter.com

Quality Living Center

Residential treatment with the understanding that alcoholism and drug addiction are primary diseases of a bio-psychosocial nature with a spiritual component. Also offers partial hospitalization and outpatient treatment.

3925 Asher Ave, Little Rock, AR
501-663-3490
https://qualitylct.com/

Quapaw House

Adult residential treatment programs located in Bentonville, Hot Springs and Searcy. Medical and observational detoxification, outpatient services, transitional living and Specialized program for mothers and their children.

501-767-4456

Recovery Centers of Arkansas

Residential treatment following a 12-step model. Four locations in Greater Little Rock including a program specifically for working professionals. Intensive outpatient and outpatient treatment also available. Medication Assisted Treatment available for patients in residential treatment.

501-372-4611
https://www.rcofa.org/

Serenity Park Recovery Center

Residential and inpatient treatment for adults. Also offers medically assisted detox.

2711 West Roosevelt Road, Little Rock, AR
501-313-0066
https://www.serenityparkrecovery.com

OUTPATIENT TREATMENT FOR ADULTS

Bradford Health Services

Intensive outpatient program and continuing care for adults. Referrals for medical detox and residential services. A free Concerned-Persons program, for people struggling to understand a loved one’s addiction.

2 St. Vincent Circle, Unity 1 NW, Little Rock, AR
501-725-8000
https://bradfordhealth.com/locations/little-rock-ar-regional-office/

Center for Addiction Treatment and Rehabilitation (CATAR Clinic)

Treats people suffering from opioid addiction, substance use disorders, alcoholism, mental health, and dual diagnosis. Offers aftercare support, drug rehab, and outpatient levels of care.

4260 Stockton Drive, Suite B, North Little Rock, AR
501-664-7833
www.catarclinic.org

Harbor House Inc.

Intensive outpatient treatment following a 12-step recovery model with evidence based cognitive behavioral therapy, motivational enhancement therapy and other approaches. Residential treatment also offered. Specialized program for pregnant woman and their children.

615 North 19th Street, Fort Smith, AR
479-785-4083 / 855-631-4648
http://www.recoveryhhi.org/

Hoover Treatment Center

Provides outpatient treatment using a faith-based approach. Also provides residential treatment. Accepts some private insurance and operates on a sliding scale fee schedule based on a client’s documentation of income, no one is turned away for inability to pay.

3604 West 12th Street, Little Rock, AR
501- 663-4774
https://bcdinc.org/hoover-treatment-center/

New Beginnings C.A.S.A

Outpatient alcohol and drug treatment programs at multiple locations throughout Arkansas. Residential services, detoxification, Medication Assisted Treatment are available.

1-844-220-9970
https://www.newbeginningscasa.com/

OP House (Outpatient House)

The second phase of Gyst House’s treatment program. The structure is set up to give individuals more freedom while requiring them to abide by certain structures to stay in the program. Monthly fees are paid with cash or check.

1910 S. Park Street, Little Rock, AR
501-372-6800
<http://www.gysthouseinc.com/OP-House.html>

Psychiatric Research Institute’s Center for Addiction Services and Treatment at the University of Arkansas for Medical Sciences

Outpatient program that relies on Medication Assisted Treatment, group and individual therapy to treat opioid addiction in adults.

4224 Shuffield Drive, Little Rock, AR
501-526-8400
<http://psychiatry.uams.edu/clinical-care/cast/>

Quality Living Center

Outpatient treatment with the understanding that alcoholism and drug addiction are primary diseases of a bio-psychosocial nature with a spiritual component. Residential treatment and partial hospitalization also offered.

3925 Asher Ave, Little Rock, AR
501-663-3490
<https://qualitylct.com/>

Quapaw House

Intensive outpatient, outpatient and partial outpatient programs available. Residential treatment also available. Nearly 30 locations throughout Arkansas.

501-767-4456

Recovery Centers of Arkansas

Intensive outpatient and outpatient services following a 12-step model. Residential services and a Veterans Administration housing program also available. Four locations in Greater Little Rock including a program specifically for working professionals.

501-372-4611
<http://www.rcofa.org/>

RESIDENTIAL TREATMENT FOR ADOLESCENTS

Centers for Youth and Families Residential

Offers inpatient residential treatment as well as additional outpatient counseling. Same-day appointments available.

6601 West 12th Street, Little Rock, AR
501-666-8686
<https://www.thecentersar.com/>

Quapaw House

Residential treatment integrates the 12-step model and an outdoor program to provide adolescents a holistic approach toward recovery. Clients will not be admitted if they test positive for alcohol, benzodiazepines, or opiates. Medication Assisted Treatment available.

276 Linden Street, Hot Springs, AR
501-767-4456

OUTPATIENT TREATMENT FOR ADOLESCENTS

Centers for Youth and Families Little Rock Outpatient Services

Outpatient treatment for serious emotional conditions in children, as well as co-occurring mental and substance use disorders in adults.

501-666-4949
6601 West 12th Street, Little Rock, AR
<https://www.thecentersar.com/>

Quapaw House

Intensive outpatient, outpatient and partial outpatient programs. Medication Assisted Treatment available. Locations in Hot Springs, Searcy, and Bentonville.

501-767-4456

Medication Assisted Treatment (MAT) for Opioid Use Disorder

MAT is the use of medications, in combination with counseling and behavioral therapies, to provide a “whole patient” approach to the treatment of substance use disorders. Research shows that a combination of medication and therapy can successfully treat these disorders, and for some people struggling with addiction, MAT can help sustain recovery. MAT is used for the treatment of addiction to opioids such as heroin and prescription pain relievers that contain opiates and alcohol. It normalizes brain chemistry, blocks the euphoric effects of alcohol and opioids, relieves physiological cravings and normalizes body functions with the negative effects of the abused drug.

Center for Addiction Treatment and Rehabilitation (CATAR Clinic)

Call for pricing and insurance information.

4260 Stockton Drive, Suite B, North Little Rock, AR
501-664-7833
www.catarclinic.org

Harbor House Inc.

Accepts most insurance, Medicaid and Medicare accepted only for residents of Sebastian, Crawford, Logan, Franklin, Scott, Polk countries.

15 North 19th Street, Fort Smith, AR
479-785-4083 / 855-631-4648
<https://www.recoveryhhi.org/outpatient/>

Health For Life Clinic

1100 N University Ave, Little Rock, AR
501-603-0003
<https://health-for-life-clinic-jefferson-terry-md.business.site/>

New Beginnings C.A.S.A

May have funding available for underinsured and uninsured residents of local 10 county area.

412 York Street, Warren, AR
870-226-9955
<https://www.newbeginningscasa.com/>

Psychiatric Research Institute’s Center for Addiction Services and Treatment at the University of Arkansas for Medical Sciences

4224 Shuffield Drive, Little Rock, AR
501-526-8400
<http://psychiatry.uams.edu/clinical-care/cast/>

Quapaw House

Some insurances accepted and may have some state funding for uninsured and uninsured residents.

812 Mountain Pine Road, Hot Springs, AR
501-767-4456

Recovery Centers of Arkansas

May have funding available for individuals who are uninsured or underinsured in Lonoke, Prairie, Pulaski and Saline counties.

1201 River Road, North Little Rock, AR
501-372-4611
<http://www.rcofa.org/>

Mutual Aid Groups

Mutual aid groups, such as 12-step programs provide support and fellowship for people recovering from addictive behaviors. The members share a problem or status and they value experiential knowledge — learning from each other’s experiences is a central element — and they focus on personal-change goals. The groups are voluntary associations that charge no fees and are self-led by members.

Alcoholics Anonymous (AA)

12-step recovery meetings for those who want to achieve or maintain sobriety. Focus on spiritual growth but not a religious organization. Free.

AA REPRESENTATIVE: 501-664-7303
FIND A MEETING: <http://arkansascentraloffice.org/meetings/>
HOST A SUPPORT GROUP: https://www.aa.org/pages/en_US/starting-a-new-aa-group

Al-Anon & Alateen

12-step recovery meeting for friends and family of alcoholics. Focus on spiritual growth but not a religious organization. Free.

TOLL-FREE MEETING LINE: 888-425-2666
FIND A MEETING: <https://arkansasalanon.org/meetings/>

Celebrate Recovery

Christ-centered, 12-step recovery program for anyone struggling with hurt, pain or addiction of any kind. Free.

FIND A MEETING: <https://locator.crgroups.info/>
HOST A SUPPORT GROUP: www.celebraterecovery.com/crgroups

Cocaine Anonymous (CA)

12-step recovery meeting for people who seek recovery from addiction to cocaine and other mind-altering substances; focus on spiritual growth but not a religious organization. Free.

HELPLINE: 501-301-4827
FIND A MEETING: <http://www.caarkansas.org/meetings/>

Narcotics Anonymous (NA)

12-step recovery meeting for people who seek recovery from drug addiction; focus on spiritual growth but not a religious organization. Free.

HELPLINE: 800-338-8750
FIND A MEETING: http://www.arscna.org/?page_id=48

Nar-anon

12-step program for families and friends of addicts; focus on spiritual growth but not a religious organization. Free.

REPRESENTATIVE: 800-477-6391
FIND A MEETING: <https://www.nar-anon.org/find-a-meeting/>

Parents of Addicted Loved Ones (PAL)

Primary goal is to provide hope through education and support for parents dealing with addicted loved ones. Open to anyone of any faith or background.

REPRESENTATIVE: 480-300-4712
FIND A MEETING: <https://palgroup.org/find-a-meeting/>

SMART Recovery

Abstinence-based, self-help program for people having problems with drinking and using. Ideas and techniques. Free alternative to 12-steps.

FIND A MEETING: <https://www.smartrecoverytest.org/local/com/index.php/action/for-volunteers-and-professionals/start-a-smart-recovery-meeting.html>

Mental Health Counseling and Therapy

Mental health counseling and therapy are ways of helping people with mental health concerns.

Behavioral Health Services of Arkansas

Offers a variety of therapy services including individual, couples, family, and parenting counseling. Provides ‘teletherapy’ or remote online therapy as an option.

10 Corporate Hill Drive, Suite 330, Little Rock, AR 501-954-7470
<http://www.BHSArkansas.org>

The Centers for Youth and Families

Prevention, intervention and treatment services that promote emotional and social wellness for children and families. Residential treatment, outpatient counseling and day treatment.

6601 West 12th Street, Little Rock, AR 501-666-8686
<https://www.thecentersar.com/>

Counseling Associates

Community-based behavioral health services provided in Pope, Johnson, Yell, Conway, Perry and Faulkner counties.

501-336-8300
www.caiinc.org

Family Service Agency, Inc.

Adolescent and adult counseling for a range of psychological issues. Accepts some insurance and has some funding for specific populations. Able to accommodate Spanish-speakers in individual counseling.

628 West Broadway, Suite 300, North Little Rock, AR 501-372-4242
<http://www.helpingfamiliesfirst.org/>

Professional Counseling Associates

Mental health center offering services for children, adolescents and adults. Seven locations in Pulaski, Lonoke and Prairie counties. Crisis services available 24/7, intake and assessment, individual and group therapy, full-service pharmacy, medication management, housing and residential supports, day treatment services, and community intervention.

501-955-7600
<https://pca-ar.org/contact-us>

Rivendell Behavioral Health Services

Group, individual and family therapy sessions for processing and developing coping skills. Assessments provided at no charge.

100 Rivendell Drive, Benton 501-316-1255
<https://www.rivendellofarkansas.com/>

Southwest Arkansas Counseling and Mental Health Center

Outpatient mental health and substance use disorder treatment at various clinics throughout Southwest Arkansas.

870-773-4655
<https://www.swacmhc.net/>

Hotlines

Hotlines are staffed by people who are trained to assist individuals who are experiencing a non-life-threatening mental health or substance use disorder-related crisis and/or feel overwhelmed and unsure of how to respond to the situation they are facing. For life-threatening emergencies please call 911 or your local emergency number.

Arkansas Crisis Center

Confidential and anonymous suicide intervention and counseling. Open Monday – Friday from 8am – 1am; Saturday – Sunday from 2pm -12 am.

888-274-7472

Central Arkansas Harm Reduction Project

A grassroots initiative, provides free naloxone, training and other life-saving resources to those who call their anonymous, confidential hotline number.

501-438-9158

Little Rock Community Mental Health Center

24/7 crisis intervention by mental health professionals.

501-686-9300

National Suicide Prevention Hotline

Provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

1-800-273-8255

Substance Abuse Treatment Helpline (SAMHSA)

Provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

1-800-662-4357

The Trevor Project

24/7 crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and queer (LGBTQ) young people ages 13-24.

1-866-488-7386

United Way’s 2-1-1

Free, confidential referral and information helpline and website that connects people from all communities and of all ages to the essential health and human services they need, 24 hours a day, seven days a week.

www.211.org/

Wrap Around Services

Wrap around services are non-clinical services that facilitate patient engagement and retention in treatment as well as their ongoing recovery. This can include services to address patient needs related to housing, transportation, employment, childcare, legal and financial problems, among others.

SOBER LIVING HOMES AND TRANSITIONAL LIVING

Having stable housing is a key indicator of an individual being successful in recovery. Sober living homes provide both a substance-free environment and mutual support from fellow recovering residents. Many residents stay in sober living homes during and/or after outpatient treatment, with self-determined residency lasting for several months to years.

Better Community Development, Inc. Hoover Treatment Center

Transitional housing and a halfway house. Treatment plan includes structured inpatient and outpatient treatment for substance use disorders that incorporates group and individual therapy and physical activity.

3604 W 12th St, Little Rock, AR

501-663-4774

<https://bcdinc.org/hoover-treatment-center/>

Hope House of Recovery

Women’s chemical free transitional living with locations in Little Rock and Benton. Must be drug and alcohol free, medically stable, working with a recovery mentor; attend three recovery meetings weekly and over the age of 18. No children or men are allowed on the property. Must adhere to all rules of the house and pay rent of \$100.00 a week or \$360.00 a month. There are no time limits to living in the house.

501-565-4673

Phoenix Recovery of Arkansas

Chemical-free living environment for men and women recovering from alcohol and substance use disorders. Women’s program is located in Little Rock and men’s programs are located in Conway and Springdale. Cost is approximately \$150/week, some funding may be available.

501-725-4907

<http://www.phoenixarkansas.com/>

Quapaw House

Clients are permitted to participate in transitional living for up to two years after completion of a residential treatment program. Programs located in Searcy and Hot Springs.

501-767-4456

Recovery Centers of Arkansas

Transitional living for men and women. Offers two chemical-free living programs in Little Rock for adults progressing successfully in recovery. Residents are required to be employed, disabled or actively seeking employment. Offers payment options including partial scholarships and accepts credit cards.

501-372-4611

<http://www.rcofa.org/>

Serenity Park Treatment Center

Residential living with 20 beds for those in treatment. Also offers medically assisted detox. Private insurance and Medicaid accepted.

2711 West Roosevelt Road, Little Rock, AR

501-313-0066

<http://www.serenityparkrecovery.com>

Sober Living

Accepts men. Females need to be veterans and enter the program through the VA Day Treatment Center.

4201 John Barrow Road, Little Rock, AR

(501) 562-0507

SHELTER PROGRAMS

Shelter programs can help address the root causes of homelessness through a range of services including mental and substance use disorder treatment, employment and other supports.

Compassion Center

Christian oriented shelter for men, women and youth, both emergency and long-term. 12 Step substance use recovery program.

WOMEN: 4210 Asher Ave, Little Rock 501-663-2972.

MEN: 3618 W Roosevelt Road, Little Rock 501-296-9114

<https://www.lrcompassioncenter.org/index.php>

Family Promise of Pulaski County

Local houses of faith work together to meet the needs of families with children under age 18. Offer food, shelter, shower, laundry facilities, and transportation. Each family receives job skills, budgeting and household management instruction to help ensure a successful future once they leave the program.

222 E 8th Street, Little Rock
501-372-0733
<https://www.familypromisepc.org/>

Gaines House

Transitional living shelter for homeless women, 18 or older who have been treated for a mental, physical or emotional disability. Fee is \$360/month. Provides assistance with locating long-term housing.

1702 South Gaines Street, Little Rock
501-376-4015

Immerse Arkansas

Provider of housing and a range of services of help young people ages 14-21 work towards success and independence.

5300 Asher Avenue, Little Rock
501-404-9890
<https://www.immersearkansas.org/youth>

Lucie's Place

Drop-in center for LGBTQ+ (lesbian, gay, bisexual, transgender, queer, questioning and other) young people ages 18-25. Provides LGBTQ young adults experiencing homelessness with safe living environments, job training and counseling services to ensure lifelong stability and success.

300 Spring Street, Suite 715, Little Rock
501-508-5005
<https://www.luciesplace.org/>

Our House

Housing, career, education and health and wellness services for individuals and families offered free of charge. Residents must find a full-time job in three weeks and can stay for up to two years.

302 East Roosevelt Road, Little Rock
501-374-7383
<https://ourhouseshelter.org/>

Salvation Army

The Salvation Army, an international movement, is an evangelical part of the universal Christian Church. Emergency shelter and transitional housing in Little Rock, shelter and nutrition assistance in Pine Bluff and nutrition assistance in Hot Springs.

501-374-9296
<https://southernusa.salvationarmy.org/central-arkansas/locations>

Union Rescue Mission: Dorcas House (women) and Nehemiah House (men)

Shelter and 9 month-long residential treatment programming for men and women. Treatment is based in Christian 12 steps, education, and professional mental health therapy. Mental health medication is allowable and medicated-assisted substance use treatment is not permitted.

Office 3001 Springer Blvd, Little Rock
501-374-4022
<https://urmissionlr.org/>

Youth Bridge Adolescent Emergency Shelter

Emergency shelter for at-risk youth from 13 to 18 years of age. Serves the 9 countries of Northern Arkansas.

2153 E. Joyce Blvd., Suite 201, Fayetteville
479-575-9471
<https://www.givepulse.com/group/7038-Youth-Bridge-Inc>

DAY SHELTERS AND RESOURCE CENTERS

Service agencies that offer space for people to go to obtain food, job counseling, training, health care and other support services.

Jericho Way Day Resource Center

Meals, showers, job counseling and training, case management, internet, basic health care and transportation services.

3000 Springer Blvd, Little Rock
501-916-9859
<https://depaulusa.org/programs/little-rock/>

Partners Against Trafficking Humans (PATH)

Day Center, emergency transportation, vocational and other classes and referrals for survivors of sex trafficking, sexual assault or prostitution who are female teenagers and adults. Locations in Little Rock, Hot Springs, Jonesboro and Fayetteville.

501- 993-1641/501-301-HELP(4357)
<http://pathsaves.org/>

River City Ministry

Meals, food pantry, clothing closet, showers, case management and referral for services, health clinic, dental clinic, eye clinic and pharmacy for healthcare clients. Spiritual counseling is offered.

1021 E. Washington, North Little Rock
501-376-6694
<https://www.rivercityministry.org/>

St. Francis House

Emergency and transitional housing for military veterans.

2701 S. Elm Street, Little Rock
501-664-5036
<http://stfrancishouselr.org/>

Veterans Administration Day Treatment Center

Hot meals, showers, job assistance, medical care for military veterans.

10th and Main Street, Little Rock
501-257-1000, ask for Day Treatment Center

Women and Children First

Emergency shelter for women and children fleeing domestic violence. Shelter intake is available 24-hours a day. Food, clothing, linens and hygiene items available at no cost.

501-376-3219
<https://www.wcfarkansas.org/>

FOOD & CLOTHING SERVICES

Arkansas Food Bank

Food is distributed daily throughout the state to local organizations, call or go to their website to see where you can get meals and food to take home locally. No income requirements, all are welcome.

501-565-8121
<https://arkansasfoodbank.org/>

Goodwill Industries Main Office

Goodwill Thrift Stores located throughout Greater Little Rock, call office or go to the website for addresses and business hours. For job interview clothing: open by appointment for registered clients ONLY. Must have interview before receiving clothes, referral is required, 1 outfit for job interview and one upon hire.

7400 Scott Hamilton Drive, Suite #50, Little Rock
501-372-5100
www.goodwillar.org

Greater Second Care Center

Food pantry and clothes closet open on 3rd Wednesday of every month at 12:00 pm. Open by appointment.

5615 Geyer Springs Road, Little Rock
501-319-7874
www.greatersecond.org

LEGAL RESOURCES

LOCAL

Legal Aid of Arkansas

Free legal services for low-income individuals residing in the state of Arkansas in civil (non-criminal) cases.

Locations in Arkansas Children's Hospital, Little Rock, Helena-West Helena, Jonesboro (main office), Harrison, Newport, Springdale and West Memphis, Arkansas

870-972-9224
<http://arlegalaid.org/welcome.html>

UA Little Rock William H. Bowen School of Law Clinics

Free legal services for individuals who qualify.

1201 McMath Avenue, #105, Little Rock
501-324-9441
<https://ualr.edu/law/clinical-programs/legal-clinic-services/>

Center for Arkansas Legal Services/ Legal Aid of Arkansas

Website provides free resources to assist with finding legal support. Free civil legal assistance available to eligible low-income people throughout the state.

1300 West 6th Street, Little Rock
1-800-950-5817
<http://www.arlegalservices.org/>

Stateside Legal

Legal help for military members, veterans and their families.

<https://statesidelegal.org/statesidemap/Arkansas>

NATIONAL

Good Samaritan Laws

Information about state laws that may protect those who are providing and/or calling for help when someone has overdosed.

www.ncsl.org/research/civil-and-criminal-justice/drug-overdose-immunity-good-samaritan-laws.aspx

Parity Track

Understand the law, your rights, and your options in seeking behavioral health treatment.
<https://www.paritytrack.org/>

Parity Registry

Find resources in your state for consumer advocates, health plan contacts, state regulators, federal regulators or veteran and military resources.
<https://www.parityregistry.org/resources>

EMPLOYMENT RESOURCES

Employment supports recovery and can help people experiencing homelessness gain income, stable housing, and a sense of purpose.

Arkansas Department of Workforce Services

Multiple offices throughout the state aimed at assisting job seekers and employers, offers free job skill training.
1-855-225-4440/501-682-2121

Arkansas Employment Career Center

Career support provided to young adults (18-30), returning citizens, veterans, the homeless and others in need. GED prep, college entrance assistance, career building, resume development, job referrals, interview skills.
300 S. Spring Street, Suite 508, Little Rock
501-615-8922
<http://arkansasemploymentcareercenter.com/>

Dr. Emma K. Rhodes Education Center

Adult education and GED preparation, life Skills training, and certificate programs including: Certified Nursing Assistant, Home Health Aide, Medical Billing and Coding, Pharmacy Tech., Phlebotomy, HVAC, Painting and Drywall Finishing. Also, a licensed minister and provider of other community services. Personal Development for women.
1815 Wright Ave House Vision, Little Rock
501-372-0281
<https://ekreducationcenter.weebly.com/dremma-kelly-rhodes-education-center-at-little-rock-arkansas.html>

Job Corps

Job training and remedial education for youth, ages 15-24 at no cost.
6900 Scott Hamilton Dr, Little Rock
501-618-2500
<https://littlerock.jobcorps.gov/>

Literacy Action of Central Arkansas

Teaching adults to read and English as a second language.
100 S Rock St, Little Rock
501-372-7323
<http://www.literacyactionar.org/>

Little Rock Adult Education Center

Community and adult education courses. Refresher classes, GED classes and English as a second language.
4800 West 26th Street (26th & Madison) Little Rock
501-447-1850
<https://www.lrsd.org/Page/1382>

Our House Career Center

Full range of services offered free of charge.
302 Roosevelt Road, Little Rock
501-374-7383
<https://ourhouseshelter.org/careercenter/>

ADDITIONAL INFORMATION

Substance Use Prevention Resources

Prevention programs, carried out before the need for treatment, can delay early use and stop the progress from use to problematic use or substance use disorder.

Above the Influence Youth Prevention Toolkit

Facilitator guides and educational materials to empower teens (12-17) with the necessary intellectual, social and emotional skills to avoid negative influences.

www.hhs.gov/sites/default/files/ati_toolkit_new.pdf

Arkansas Prevention Service Providers

Thirteen regional prevention providers.

https://dese.ade.arkansas.gov/Files/6_AR_RegionalPreventionProviderList_2021_20210802103519.pdf

Botvin Life-Skills Training Program

Evidence-based prevention programs for schools, families and communities.

www.lifeskillstraining.com/

Dose of Reality

Website with information about the risks and dangers of using prescription drugs, as well as the signs of abuse.

<https://doseofreality.adh.arkansas.gov/>

NIDA for Parents and Educators

Blogs, videos, games and educational resources on substance use for teens.

<https://nida.nih.gov/research-topics/parents-educators>

Partnership to End Addiction

Resources for parents or other caregivers looking for information and strategies to prevent or stop illicit drug use by adolescents.

www.drugfree.org/

PreventionWorksAR.org

Source of Arkansas drug and alcohol use data and analytical tools. Conducts data dissemination and prevention outreach and provides a forum for policymakers, researchers and community representatives to discuss data-driven approaches to prevention.

<https://afmc.org/health-care-professionals/behavioral-health/>

The Center for Prevention and Training

Assists substance use, violence and other prevention professionals' efforts to plan, implement, and evaluate science-based programming. Provides training, technical assistance, and a resource library housed on the UALR campus.

The Center for Prevention and Training
2801 South University Ave. Little Rock
(501) 296-1920

<http://www.midsouth.ualr.edu/the-center-for-prevention-and-training/>

Educational Resources

These resources can be used for learning, teaching and decision-making about substance use disorders.

Drugs, Brains, and Behavior: The Science of Addiction (NIDA)

Fosters understanding about the need for long-term support for people in recovery.

www.drugabuse.gov/publications/drugs-brains-behavior-science-addiction/preface

Opioid Basics (CDC)

Information regarding the opioid epidemic that's designed for non-health professionals and ideal for community and faith-based organizations.

<https://www.cdc.gov/opioids/basics/index.html>

Effective Treatments for Opioid Addiction (NIDA)

Educates on Medication-Assisted Treatment (MAT) and how to offer the best support for people in treatment.

www.drugabuse.gov/publications/effective-treatments-opioid-addiction/effective-treatments-opioid-addiction

Q&A on Naloxone (NIDA)

Information on medications that can reverse an opioid overdose and save lives.

www.drugabuse.gov/related-topics/opioid-overdose-reversal-naloxone-narcan-evzio

Opioid Overdose Prevention Toolkit (SAMHSA)

Offers strategies to health care providers, communities, and local governments for developing practices and policies to help prevent opioid-related overdoses and deaths.

<https://store.samhsa.gov/product/Opioid-Overdose-Prevention-Toolkit/SMA18-4742>

Decisions in Recovery: Treatment for Opioid Use Disorder (SAMHSA)

Handbook for anyone seeking help or information about cutting down or cutting our narcotics, prescription pain medications, heroin and/or other opioid drugs.

<https://store.samhsa.gov/product/Decisions-in-Recovery-Treatment-for-Opioid-Use-Disorders/SMA16-4993>

Personal Recovery Stories (Hazelden Betty Ford)

Short PBS film on fighting the stigma of addiction with stories of recovery.

www.pbs.org/video/fighting-the-stigma-of-addiction-with-stories-of-recovery-1507239610/

Stigma Reducing Language (Shatterproof)

We can reduce stigma of addiction and help save lives, just by changing our language. Learn how to use person-first language and avoid stigmatizing language.

<https://www.shatterproof.org/about-addiction/stigma/stigma-reducing-language>

Supportive Local Organizations

Many organizations in the Little Rock area provide prevention, treatment, recovery, harm reduction services and other supportive services. Contact them and collaborate!

Central Arkansas Harm Reduction Project

A grassroots initiative that provides free naloxone, training and other life-saving resources to those who call their anonymous, confidential hotline number.

501-438-9158
<https://www.arkansasharmreduction.org/>

El Zocalo Centro de Recuros para los Inmigrantes

Support groups, workshops, life coaching, referrals and assistance accessing mental health services to Spanish-speaking adults.

5500 Guyer Springs Road, Little Rock
501-301-4652
<http://www.zocalocenter.com>

L.O.V.E “Let our Violence End” Inc. (Healing Waters Outreach Center)

Provides services to youth with behavioral, emotional or addiction challenges, with the ultimate goal of reducing violence in schools and communities. Education, mentoring, counseling, coalition building.

14036 Sardis Road, Shannon Hills
501-516-1602
<https://www.lovehealingwaters.com/>

Wolfe Street Foundation

Recovery groups, education, naloxone training and community outreach for individuals and families looking for a way out of alcoholism and addiction. No fee for services.

1015 Louisiana Street, Little Rock
501-372-5662
<http://www.wolfestreet.org/>

Winthrop Rockefeller Institute

Works to identify solutions to key issues facing Arkansas and the world. Check website for current civic engagement programs.

1 Rockefeller Drive, Morrilton
(501) 727-5435
<http://rockefellerinstitute.org/>

Willie Hinton Neighborhood Resource Center

Facilitates partnerships among local government, businesses, universities, and non-for-profit organizations to study issues, develop strategies and test solutions for the citizens of Little Rock. Check website for neighborhood connections/meeting schedule.

3805 W 12th Street, Little Rock
(501) 379-5000
<https://www.littlerock.gov/city-administration/city-departments/housing-and-neighborhood/willie-l-hinton-neighborhood-resource-center/>

Mutual Aid Groups & Other Supportive Organizations (National)

Mutual aid groups, such as 12-step programs provide support and fellowship for people recovering from addictive behaviors. The members share a problem or status and they value experiential knowledge — learning from each other’s experiences is a central element — and they focus on personal-change goals. The groups are voluntary associations that charge no fees and are self-led by members.

Al-Anon and Alateen

Help and hope for families and friends of alcoholics.
1-888-425-2666
<https://al-anon.org/>
<https://al-anon.org/newcomers/teen-corner-alateen/>

Alcoholics Anonymous

An international fellowship of men and women who have had a drinking problem. It is nonprofessional, self-supporting, multiracial, apolitical, and available almost everywhere.

aa.org

Daily Strength

Online social network centered on support groups, where users provide one another with emotional support by discussing their struggles and successes with each other.

www.dailystrength.org/

In the Rooms

Online social network for the Global Recovery Community.

www.intherooms.com/

National Association for Children of Addiction

Resources to support individuals in pain due to alcohol and drug dependence in their family.

<https://nacoa.org/>

Narcotics Anonymous

A global organization that brings together members of the community who are either in recovery for various types of narcotics addiction or who wish to be in recovery.

800-407-7195
<https://na.org/>

Recovery 2.0

Global movement that embraces an holistic approach to recovery from addiction of all kinds. Emphasizes the importance of mind-body practices as part of an effective path to recovery and joy in life.

<https://r20.com/>

GLOSSARY OF KEY TERMS

12-Step Program: A group providing mutual support and fellowship for people recovering from addictive behaviors. The first 12-step program was Alcoholics Anonymous (AA), founded in 1935; an array of 12-step groups following a similar model have since emerged and are the most widely used mutual aid groups and steps for maintaining recovery from alcohol and drug use disorders. It is not a form of treatment, and it is not to be confused with the treatment modality called Twelve-Step Facilitation.

Abstinence: Not using alcohol or drugs.

Addiction: The most severe form of substance use disorder, associated with compulsive or uncontrolled use of one or more substances. Addiction is a chronic brain disease that has the potential for both recurrence (relapse) and recovery.

Binge Drinking: For men, drinking 5 or more standard alcoholic drinks, and for women, 4 or more standard alcoholic drinks on the same occasion on at least 1 day in the past 30 days.

Case Management: A coordinated approach to delivering general health care, substance use disorder treatment, mental health, and social services. This approach links clients with appropriate services to address specific needs and goals.

Compulsivity: Repetitive behaviors in the face of adverse consequences, as well as repetitive behaviors that are inappropriate to a particular situation. People suffering from compulsions often recognize that the behaviors are harmful, but they nonetheless feel emotionally compelled to perform them. Doing so reduces tension, stress, or anxiety.

Continuum of Care: An integrated system of care that guides and tracks a person over time through a comprehensive array of health services appropriate to the individual's need. A continuum of care may include prevention, early intervention, treatment, continuing care, and recovery support.

Dependence: A state in which an organism only functions normally in the presence of a substance, experiencing physical disturbance when the substance is removed. A person can be dependent on a substance without being addicted, but dependence sometimes leads to addiction.

Drug Diversion: A medical and legal concept involving the transfer of any legally prescribed controlled substance from the person for whom it was prescribed to another person for any illicit use.

Heavy Drinking: Defined by the Centers for Disease Control and Prevention (CDC) as consuming 8 or more drinks per week for women, and 15 or more drinks per week for men, and by the Substance Abuse and Mental Health Services Administration (SAMHSA), for research purposes, as binge drinking on 5 or more days in the past 30 days.

Intervention: A professionally delivered program, service, or policy designed to prevent substance misuse (prevention intervention) or treat a substance use disorder (treatment intervention).

Medication assisted treatment (MAT): MAT is the use of FDA-approved medications, in combination with counseling and behavioral therapies, to provide a “whole-patient” approach to the treatment of substance use disorders. Research shows that a combination of medication and therapy can successfully treat these disorders, and for some people struggling with addiction, MAT can help sustain recovery. The FDA has approved several different medications to treat opioid use disorder and alcohol use disorder.

Naloxone: is an example of an opioid receptor antagonist.

Negative Reinforcement: The process by which removal of a stimulus such as negative feelings or emotions increases the probability of a response like drug taking.

Opioid Treatment Program (OTP): SAMHSA-certified program, usually comprising a facility, staff, administration, patients, and services, that engages in supervised assessment and treatment, using methadone, buprenorphine, or naltrexone, of individuals who have opioid use disorders. An OTP can exist in a number of settings, including but not limited to intensive outpatient, residential, and hospital settings. Services may include medically supervised withdrawal and/or maintenance treatment, along with various levels of medical, psychiatric, psychosocial, and other types of supportive care.

Positive Reinforcement: The process by which presentation of a stimulus such as a drug increases the probability of a response like drug taking.

Prescription Drug Misuse: Use of a drug in any way a doctor did not direct an individual to use it. Prevalence The proportion of a population who have (or had) a specific characteristic — for example, an illness, condition, behavior, or risk factor — in a given time period.

Protective Factors: Factors that directly decrease the likelihood of substance use and behavioral health problems or reduce the impact of risk factors on behavioral health problems.

Recovery: A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential. Even individuals with severe and chronic substance use disorders can, with help, overcome their substance use disorder and regain health and social function. This is called remission. When those positive changes and values become part of a voluntarily adopted lifestyle, that is called “being in recovery”. Although abstinence from all substance misuse is a cardinal feature of a recovery lifestyle, it is not the only healthy, pro-social feature.

Relapse: The return to alcohol or drug use after a significant period of abstinence. An increasingly more common and compassionate term for a relapse is referred to as a ‘setback.

Remission: A medical term meaning that major disease symptoms are eliminated or diminished below a pre-determined, harmful level. Residential Treatment Intensive, 24-hour a day services delivered in settings other than a hospital.

Risk Factors: Factors that increase the likelihood of beginning substance use, of regular and harmful use, and of other behavioral health problems associated with use.

Substance: A psychoactive compound with the potential to cause health and social problems, including substance use disorders (and their most severe manifestation, addiction).

Substance Misuse: The use of any substance in a manner, situation, amount or frequency that can cause harm to users or to those around them. For some substances or individuals, any use would constitute as misuse (e.g., under-age drinking, injection drug use).

Substance Misuse Problems or Consequences: Any health or social problem that results from substance misuse. Substance misuse problems or consequences may affect the substance user or those around them, and they may be acute (e.g., an argument or fight, a motor vehicle crash, an overdose) or chronic (e.g., a long-term substance-related medical, family, or employment problem, or chronic medical condition, such as various cancers, heart disease, and liver disease). These problems may occur at any age and are more likely to occur with greater frequency of substance misuse.

Substance Use: The use — even one time — of any substance. Substance Use Disorders A medical illness caused by repeated misuse of a substance or substances. According to the Fifth Edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM-5), substance use disorders are characterized by clinically significant impairments in health, social function, and impaired control over substance use and are diagnosed through assessing cognitive, behavioral, and psychological symptoms.

Substance Use disorders: Range from mild to severe and from temporary to chronic. They typically develop gradually over time with repeated misuse, leading to changes in brain circuits governing incentive salience (the ability of substance-associated cues to trigger substance seeking), reward, stress, and executive functions like decision making and self-control. Note: Severe substance use disorders are commonly called addictions.

Substance Use Disorder Treatment: A service or set of services that may include medication, counseling, and other supportive services designed to enable an individual to reduce or eliminate alcohol and/or other drug use, address associated physical or mental health problems, and restore the patient to maximum functional ability.

Tolerance: Alteration of the body's responsiveness to alcohol or a drug such that higher doses are required to produce the same effect achieved during initial use.

Withdrawal: A set of symptoms that are experienced when discontinuing use of a substance to which a person has become dependent or addicted, which can include negative emotions such as stress, anxiety, or depression, as well as physical effects such as nausea, vomiting, muscle aches, and cramping, among others. Withdrawal symptoms often lead a person to use the substance again.

Wrap-Around Services: Wrap-around services are non-clinical services that facilitate patient engagement and retention in treatment as well as their ongoing recovery. This can include services to address patient needs related to transportation, employment, childcare, housing, legal and financial problems, among others.

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