

## Alcohol and Drug Resources

### Helpline:

#### Washington Recovery Help Line.

Operates a statewide 24-hour behavioral health help line for those dealing with substance abuse, problem gambling or mental health. Professionally trained volunteers and staff provide confidential support and referrals to detox, treatment, and recovery support groups.

Website: <http://www.warecoveryhelpline.org/>

Phone: (866) 789 – 1511

#### Washington State Tobacco Quitline

All Washington residents are eligible for some level of quit support from the Washington State Tobacco Quitline. Callers get help setting up a quit plan or receive counseling to help them remain tobacco-free. The organization offers services to all patients who have no insurance, state insurance, or private insurance.

#### 1-800-QUIT-NOW (1-800-784-8669)

<https://www.doh.wa.gov/SmartQuit#waquitline>

2MorrowQuitTM

This is a free research-based smoking program that can be used with or without nicotine replacement therapy. It is a program delivered via a smartphone App and always within reach. The program is private and easy to use. There are three steps: confirm your eligibility, get a free access code, and download the app.

<https://www.doh.wa.gov/SmartQuit#2morrowquit>

#### *Asian Language Quitline*

The Asian Smokers' Quitline (ASQ) is a free nationwide quitline open Monday to Friday 8:00AM to 9:00PM. ASQ offers self-help materials, one-on-one telephone counseling to quit smoking, and a free two-week starter kit of nicotine patches.

<http://www.asiansmokersquitline.org>

## Support Groups:

### **Alcoholics Anonymous (AA)**

This organization is an international fellowship for men and women, of all ages. Members join because they want to do something about their drinking problem

Website: <http://www.aa.org/Narcotics>

### **Anonymous (NA)**

Narcotics Anonymous is a nonprofit, global, multilingual, and multicultural organization. Their goal is to help recovering addicts for whom drugs had become a major problem. Members empower each other to stay clean.

Website: <https://www.na.org/>

## Outpatient Treatment:

### **Asian Counseling and Referral Service**

Provides chemical dependency services for adults and youth by multi-lingual/multi-cultural staff. Services include alcohol & drug information school, DUI assessments, outpatient treatment and intensive outpatient treatment. They do ACCEPT YOUTH 13- 17.

Address: 3639 MLK Jr Way S, Seattle, WA 98144 Phone: (206) 695-7506

Hours: M-F, 8am-6pm. Service hours vary by program.

Website: <http://www.acrs.org>

### **Avalon Center**

Avalon believes to address the addition of drugs and alcohol you must look at how your body, brain and mind are functioning. This facility offers intensive outpatient programs, DUI and drug/alcohol assessments, individual therapeutic sessions, and medication management.

Address: 6959 California Ave SW, Seattle, WA 98136

Phone: (206) 935-6228

Website: <http://www.avalon-center.com/>

## **Matt Talbot Center – Catholic Community Services**

The Matt Talbot Center is a Washington State licensed, intensive outpatient addiction recovery center. Some of their treatment programs include clinical treatment; individual, group, and family counseling; case management; crisis intervention; housing/shelter assistance; drug screening and urine analysis; wilderness initiative; and weight room exercise. **All services are provided free of charge.**

Address: 2313 3rd Ave, Seattle, WA 98121

Phone: (206) 256-9865

Hours: M-F, 8am-3pm.

Website: <http://mtcenter.org>

## **Inpatient Treatment:**

### **Seadrunar – Seattle Drug & Narcotic Center**

Seadrunar is a long-term residential drug and alcohol treatment facility. They are an inpatient facility who accept Medicaid. The organization also provides a nurturing family services center for clients entering the program with children.

Website: <http://www.seadrunar.org>

Phone: (206) 245-1086

Hours: M-F, 8am-5pm.

### **Recovery Place – Valley Cities**

Recovery Place is a new facility that opened recently. This facility is an inpatient center for individuals looking to detox. The center does require a primary care physician to refer the individual to the center. Valley Cities does accept Medicaid and private insurance.

Website: <http://www.valleycities.org>

Phone: (253) 833-7444

### **Schick Shadel Hospital**

Schick Shadel is an inpatient treatment facility who accepts private insurance. They make a 10-day commitment to individuals, who are suffering from addiction, to become sober. They use a counter conditioning treatment method to provide successful and long lasting results.

Website: <http://www.schickshadel.com>

Phone: (888) 802-4206

## **Other Resources:**

### **ADAI Clearinghouse**

THE ADAI CLEARINGHOUSE is a resource center for Washington state residents, with both print and online resources about drugs and alcohol. Browse in person or search online for free materials. Community organizations may contact the Clearinghouse to request bulk quantities of materials available at no charge.

Website: <http://adaiclearinghouse.org/index.html>

## **M-Files**

M-Files is a great resource for helping professionals. The website provides resources about Meth, Marijuana, and prescription Medications. The focus of the organization is to reduce substances use that is commonly abused and misrepresented in the community.

Website: <http://mfiles.org/>

## **Alcohol Addiction Center**

A comprehensive site for education on Alcohol Addiction, as well as resource links to find the help you or a family member might need.

Website: <https://alcoholaddictioncenter.org/alcoholism-resources>