



Mitchell-Yancey Substance Abuse Task Force



Substance Use and Mental Health Resource Guide

for Mitchell and Yancey Counties

Revised April 2016

Dear Community Member,

We have created this guide of substance use resources for Mitchell and Yancey County residents. We hope that the information you find will be helpful and current, but please be aware that providers are constantly changing. Please visit www.smokymountaincenter.com or www.healthyancey.org, or call Smoky Mountain Center at 1-800-849-6127 for the most current information on substance abuse resources in our region.

We are working hard to address the issues of substance use in our community. Please contact us if you have suggestions about how we might improve our efforts to serve you and our community.

Best wishes,

Mitchell-Yancey Substance Abuse Task Force
Graham Children's Health Services
828.6872-7899

Graham Children's Health Services and the Mitchell-Yancey Substance Abuse Task Force do not endorse any of the agencies, individuals, or organizations listed. We provide this information solely to assist medical providers and community members to locate available resources that can address substance abuse issues. Please carefully review the licensing, certification or qualification of providers based on your individual needs.

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CRISIS LINES/Toll Free Numbers

Smoky Mountain Center: Access and Referral Source to a network of providers for State and Medicaid.
1-800-849-6127 www.smokymountaincenter.com



2-1-1 is an easy to remember, three-digit telephone number that connects people with important community services to meet everyday needs and the immediate needs of people in crisis. For example, 2-1-1 can offer access to

1. affordable high quality child care/after-school care;
2. counseling and support groups;
3. health services;
4. food, clothing and housing and
5. services for seniors and the disabled.

How does 2-1-1 work?

Callers simply dial 2-1-1 for information on vital local services. 2-1-1 is free, confidential, available 24 hours a day -- everyday, multilingual and staffed by agents ready to help you find the connection you need.

RHA Mobile Crisis Management 1-888-573-1006

Hope4Mitchell County 828-520-1010

Comprehensive Care Center (C3356)
356 Biltmore Avenue
Asheville, NC 28801
828-254-2700



Currently under development, the Comprehensive Care Center (C3356) will provide crisis prevention, crisis intervention, and an array of outpatient services. In addition, it will offer 24/7 crisis response and stabilization services. The implementation will be phased, with full service availability scheduled for early summer 2016. Services currently available at 356 Biltmore Avenue include:

- NAMI Peer and Family Support
- RHA Health Services
 - Same Day Access/Walk-In Crisis
 - Outpatient Behavioral Health Services
 - Comprehensive Clinical Assessments
 - Individual Therapy
 - Group Therapy
 - Psychiatric Services/Medication Management
 - Peer Support Services
 - Community Support Team (CST)
 - Assertive Community Treatment Team (ACTT)
 - Substance Abuse Intensive Outpatient Program (SAIOP)
 - Mobile Crisis Management (MCM)
 - *24/7 Community Based Crisis Response
- ABCCM 356 Pharmacy (Bridge Medications for people without insurance)

Additional services and programs available in 2016 include:

- 24/7 Behavioral Health Urgent Care
- Facility Based Crisis for Adults
- Peer Living Room
- Asheville Buncombe Community Pharmacy
- Facility Based Crisis for Children, located at 277 Biltmore Avenue

OUTPATIENT TREATMENT

Agencies

Daymark Recovery Services- substance abuse assessment and treatment
360 Beech St.
Newland, NC 28659
828-733-5889 www.daymarkcovery.org
Currently serving both children and adults

Mentor Behavioral Health - psychological evaluation and treatment
249 Wilson Dr. #5
Boone, NC 28607
828-268-2172

October Road

Community-based enhanced mental health treatment services (ACTT – Assertive Community Treatment Team) only in Madison, Mitchell & Yancey counties
885 Cross Parkway, Suite A-2
Mars Hill, NC 28754
828-350-1000/Fax: 828-350-1300
www.octoberroadinc.net

RHA Health Services, Inc.

72 Blue Ridge Lane
Burnsville, North Carolina
828-682-2111
Individual, Family & Group Therapy

129 Skyview Circle
Spruce Pine, NC 28777
828-765-0894
Adult, Youth and Children Services

Substance Use Treatment Providers

Angel Light Counseling of Burnsville

1040 Hwy. 19 E, Suite J
Burnsville, NC. 28714
Contact: John Williams
Phone: 828-689-4600

Cruz Life Center (12-week natural program for recovery)

www.CruzLifeCenter.com

390 East Main Street
Burnsville, NC 28714
828-682-6157

Denise Harrison

205 Locust Street
Spruce Pine NC 28777
Phone: 828-467-0037

Mars Hill Counseling Services (self-pay)

15-A Mountain View Road
Mars Hill, NC 28754
Contact: John Williams
Phone: 828-319-9094 and 828-689-4600

Jade Pierce, L.Ac. NCALB #157

Licensed Acupuncturist
Burnsville & Spruce Pine, NC
Phone: 828-284-3083
(acupuncture, massage, herbal therapy, detox)

Margot Rossi, M.Ac. NCALB #35

Board Certified, Licensed Acupuncturist
Celo Health Center and Yancey Counseling Center
828-675-4369
(life skills, coaching, natural detox)

Isa Soler, LPC, CHt, LCAS

Ph: 828-318-9572
Fx: 828-318-8900
Email: isa@awaretherapy.com
www.awaretherapy.com
(Awareness Therapy)
10 N. Main Street
Burnsville, NC 28714 and 218 E. Chestnut St. Asheville, NC 28801

Local Mental Health Providers

Teresa Emory, LCSW

Mitchell/Yancey Outreach Coordinator
Parent to Parent Family Support Network of the High County
71 Blue Ridge Lane
Burnsville, NC 28714
Cell: 828-284-2287
Office: 828-682-4772
Toll Free: 1-866-448-5781
www.parent2parent.appstate.edu

Tim Evans, LCSW

Bakersville Community Health Center
86 N Mitchell Avenue
Bakersville, NC28705
Phone: (828)-688-2104
(Providing integrated behavioral health services to patients of the clinic. The clinic is accepting new patients.)

Colleen Hannush, LCSW

10 N Main Street
Burnsville, NC 28714
828-675-8771

Isa Soler, LPC, CHt, LCAS

Ph: 828-318-9572
Fx: 828-318-8900
Email: isa@awaretherapy.com
www.awaretherapy.com
(Awareness Therapy)
10 N. Main Street
Burnsville, NC 28714 and 218 E. Chestnut St. Asheville, NC 28801

Yancey Counseling Center; Teresa Emory, LCSW; Paul Feldman, LPC; Bonita Luz, LPC
10 N Main Street
Burnsville, NC 28714
828-682-1551

Individuals can call Smoky Mountain Center's Access Call Center at 1-800-849-6127 anytime to get more information, initial screening, triage and/or referrals for mental health, substance abuse and intellectual/developmental disability services.

YOUTH OUTPATIENT SERVICES

RHA Health Services, Inc.
72 Blue Ridge Lane
Burnsville, NC 28714
(828)-682-2111

RHA Health Services, Inc.
129 Skyview Circle
Spruce Pine, NC. 28777
(828)-765-0894

ASHEVILLE OUTPATIENT AGENCIES AVAILABLE TO YANCEY & MITCHELL RESIDENTS

Angel Counseling of Asheville
44 Merrimon Avenue, Suite 3B
Asheville, NC. 28801
828-350-9191 and 828-689-4600

Family Preservation Services of NC, INC.
1314 Patton Avenue, STE D, F
Asheville NC 28806
828-225-3100

Insight Human Services, INC.
26 N. Liberty Street
Asheville, NC 28801
336-725-8389

932 Old US 70
Black Mountain, NC 28711
336-714-3372

October Road (Adult Outpatient Substance Use Treatment)
119 Tunnel Road, Suite D
Asheville, NC 28805
828-350-1000/Fax: 828-350-1300
www.octoberroadinc.net

RHA Health Services, Inc.
90 Asheland Avenue
Asheville, NC 28801
828-254-2700

VA Benefits and Resources

1100 Tunnel Road
Asheville, NC. 28805
828-263-3756

Women’s Recovery Center

(Day Treatment Services for Women/Case Management Prenatal Services)
26 North Liberty Street
Asheville, NC 28801
828-350-8343
828-712-8965

MEDICATION ASSISTED TREATMENT

Crossroads Treatment Center

6 Roberts Rd (Sweeten Creek Rd)
Asheville, NC
828-505-3086, 800-805-6989
(Opiate/Methadone Treatment—self-pay)

901-3 Mars Hill Hwy
Weaverville, NC 28787
828-645-3687

McLeod Addictive Disease Center*

117 West Medical Court,
Marion, NC
828-659-3966 (will connect to home office and then ask for Marion office)
704-332-9001-Charlotte office
(Opiate/Methadone Treatment—self-pay)

Mountain Area Recovery Center

18 Wedgefield Drive
Asheville, NC 28806
828-252-8748
(Methadone Treatment)

Mountain Health Solutions

2 McDowell St.
Asheville, NC 28801
(828) 225-6050 Fax # (828)-225-6051
(Methadone/Suboxone Treatment – Self-pay)

Western Carolina Treatment Center

573 Merrimon Ave #1 B
Asheville, NC 28804
828-251-1478
(Methadone—Outpatient—self-pay)

DETOX CENTERS

Julian F. Keith ADATC

201 Tabernacle Road
Black Mountain, NC
828-257-6200
(21 Day Rehabilitation; 5 – 7 Day Detoxification)Referrals are made through Smoky Mountain Center

Neil Dobbins Center* (Adult Crisis and Detoxification Services) – Services are now integrated into the **Comprehensive Care Center**

356 Biltmore Avenue
Asheville, NC
828-254-2700

Grace Hospital (private insurance, private pay only)
Behavioral Health Unit, Blue Ridge Health Care, Carolina Health Care System
2201 S. Sterling Street,
Morganton, NC 28655
(828) 580-6390 after hours, (828) 580-6393 business hours

CRIMINAL JUSTICE SERVICES

TASC Program Partnership for a Drug Free North Carolina (PDFNC)

370 North Louisiana
Asheville, NC.
828-210-0540
(Services to those in Criminal Justice System)

Western Carolinians for Criminal Justice

218 Patton Avenue
Asheville, NC 28801
828-252-2484

Legal Aid

1-866-219-5262
www.legalaidnc.org

RESIDENTIAL TREATMENT PROGRAMS

Mary Benson House

450 Montford Avenue
Asheville, NC 28801
828-252-5280
(Pregnant woman & women with dependent children ages 0-5 including children in DSS custody)

First Step Farm of WNC

PO Box 1450
Candler, North Carolina
828-667-0587 (Central Office)
www.firststepfarmwnc.org
(Half Way House 90 days - 12 Month Residential Rehabilitation Services)

Julian F. Keith ADATC

201 Tabernacle Road
Black Mountain, North Carolina
828-257-6200
(21 Day Rehabilitation; 5 – 7 Day Detoxification)
Referrals are made through Smoky Mountain Center

McLeod Center of Charlotte

515 Clanton Road

Charlotte, NC.
704-332-9001

October Road Cross Area Service Program

119 Tunnel Road, Suite D

Asheville, NC 28805

828-545-7496/ Fax: 828-350-1300

Men only-18yrs old + with a primary substance use diagnosis who are also uninsured NC residents. 10 week program with 16 beds. Accepts referrals from detox units, inpatient treatment centers and residential programs
www.octoberroadinc.com.

Swain Recovery Center (PDFNC)

932 Old Highway 70, Black Mountain

828-669-4161

(42 – 60 Day Residential Treatment Services)

Western Carolina Rescue Mission (Men's program)

225 Patton Avenue

Asheville, NC. 28801

828-254-0471

www.westerncarolinarescue.org (programs)-application online

For information regarding Half-Way Houses or other Substance Abuse Residential Resources visit Smoky Mountain Center website (www.smokymountaincenter.com)

PRIVATE PAY/PRIVATE INSURANCE RESIDENTIAL PROGRAMS

First Step at Blue Ridge, Inc.

32 Knox Road

Ridgecrest, NC 28770

828-669-0011

www.firstinc.org

Drug and alcohol rehab treatment

Private Pay through work performed as part of the program

Four Circles Recovery Center

156 Clear Crossing Lane

Horse Shoe, NC

866-632-5429

Outdoor Recovery Program for Young Adults (18-28 years old)

PRIVATE PAY ONLY

Next Step Recovery for Men

104 Roberts Lake Circle Apt. 107

Arden, NC 28704

828-350-9960

PRIVATE PAY ONLY

Pavilion Treatment Center

241 Pavilion Place

Mill Spring, NC 28756

828-694-2300

www.nextsteprecovery.com
Contact: Kent Spark
PRIVATE PAY/PRIVATE INSURANCE ONLY

ADOLESCENT RESIDENTIAL PROGRAMS

McLeod Center

515 Clanton Road
Charlotte, NC
704-332-9001, Ext. 2228
(90 day program)

SUWS of the Carolinas

363 Graphite Rd.

Old Fort, NC 28762
888-828-9770
www.suwscarolinas.com
Wilderness Program for Children ages 10-17 (55 day program)
Contact: Josh Gualda or Akela Bryson, Admission Directors
PRIVATE PAY/ loan and financing options

Swain Recovery Center (PDFNC)

932 Old Highway 70
Black Mountain, NC
828-669-4161
(90-Day Residential Treatment Services)

Youth Focus

301 E. Washington Street
Greensboro, NC. 27401
336-333-6853
(90 day program)

DWI PROVIDERS

Angel Light Counseling of Burnsville

1040 Highway 19E, Suite J
Burnsville NC 28714
Contact: John Williams
Phone: 828-689-4600
(self-pay)

Asheville Institute

70 Woodfin Place, Suite 232
Asheville, NC 28801
828-253-7066
(self-pay)

Mountain Treatment Center

370 N. Louisiana Ave. Suite G2
Asheville, North Carolina 28806
www.mountaintreatment.com
Contact: Glenda Laswell
828-255-8655
(self-pay)

Beyond Addiction

70 Woodfin Place, 326 D
Asheville, NC 28801
Contact: Linda Hamilton
Phone: 828-225-2535
(self pay)

AAT Un Nuevo Dia Asheville

526 Haywood Road, Office #1
Asheville, NC 28803
Contact: Mario Moraga
Phone: 828-606-1718
Fax: 828-251-1211
Spanish language services (self-pay)

October Road

119 Tunnel Road, Suite D
Asheville, NC 28805
828-350-1000/Fax: 828-350-1300
www.octoberroadinc.net

PREVENTION SERVICES**RHA Prevention Resource Center**

84 Coxe Avenue Suite 1C
Asheville, North Carolina
828-253-5057
(free programming; Nurturing Skills Parenting Program offered in Burnsville)

Perennial Screening Group, LLC

P.O. Box 487
Burnsville, NC 28714
Contact: Rose Gordon; President (574-286-7673)

TRANSPORTATION SERVICES**Mitchell County Transportation**

Bakersville, NC
828-688-4715

Yancey County Transportation

Burnsville, NC
828-682-6144

WEBSITE RESOURCES

- www.drugfree.org (this is a national educational resource)
www.samhsa.gov (national website on substance abuse and mental health)
www.nida.nih.gov (this is a national website on drugs)
www.suwcarolinas.com (adolescent residential center and resource guide)
www.alcoholdrughelp.org (Alcohol/Drug Council of NC, help and referral resources by county)
<http://www.nchealthinfo.org/> (NC health information)

RECOVERY SUPPORT SERVICES

Equinection – offers Equine Facilitated Learning for clients. Recovery workshops are for individuals with at least 2 years of recovery. Workshops for treatment professionals also available.

561 Piercy Rd.

Green Mountain, NC 28740

828.682.9157

Email: info@equinection.org

Website: www.equinection.org

Asheville A.A. Central Office: 828-254-8539

ashevilleaa.org, info@ncmco.net

Asheville AI Anon: 800-286-1326

www.wnc-alanon.org

National Office AI Anon: 888-425-2666

Western NC Area Narcotics Anonymous 866-925-2148

www.wncna.org

MITCHELL AND YANCEY COUNTY SUPPORT GROUPS

All meetings are non-smoking!

Meeting Types: C-Closed, O-Open, D-Discussion, SP-Speaker, 12&12-Twelve Steps & Twelve Traditions

Alcoholics Anonymous-AA

Day	Meeting City	Time	Group	Meeting Type	Meeting Place	Meeting Address
Sunday	Burnsville	4:00 PM	Burnsville	O, D	Higgins Memorial United Methodist Church	106 Academy Street, Burnsville, NC. 28714
	Spruce Pine	8:00 PM	Pine Grove	O,D	Pine Grove Methodist Church	1 Pine Grove Road, Spruce Pine, NC. 28777 (off Mullen Hill Rd AKA 3 Mile)
Monday	Micaville	9:00 AM	Micaville 12&12	O,SS,D	Micaville Presbyterian Church	587 Micaville Loop Burnsville, NC 28714
	Ledger	8:00 PM	Ledger	O,D	Ledger Baptist Church	573 Bear Creek Church Road, Bakersville, NC. 28705
Tuesday	Penland	7:00 PM	Penland	O,D	Ridgeway Hall @ Penland School of Crafts	19 Lucy Morgan Lane, Bakersville, NC. 28705

	Burnsville	8:00 PM	Burnsville	O,D	Higgins Memorial United Methodist Church Annex	106 Academy Street, Burnsville, NC. 28714
Wednesday	Burnsville	NOON	Burnsville	O, 12 &12	Higgins Memorial United Methodist Church Annex	106 Academy Street, Burnsville, NC. 28714
Thursday	Spruce Pine	8:00 PM	Spruce Pine	O	Trinity Episcopal Church	15 Hemlock Avenue, Spruce Pine, NC. 28714
Friday	Penland	7:00 PM	Penland	O, D	Ridgeway Hall @ Penland School of Crafts	19 Lucy Morgan Lane, Bakersville, NC 28705
	Burnsville	8:00 PM	Burnsville	O, D	Higgins Memorial United Methodist Church Annex	106 Academy Street, Burnsville, NC. 28714
Saturday	Spruce Pine	10:00 AM		C, D	Trinity Episcopal Church	15 Hemlock Avenue, Spruce Pine, NC. 28714
	Burnsville	8:00 PM		O,D (1 st Sat., O,SP)	Newdale Presbyterian Church	71 Newdale Church Road, Burnsville, NC. 28714 (behind Kid's Mini Storage)

Narcotics Anonymous-NA

Sunday	Burnsville	4:00 PM	Burnsville Backroom	O, D	Higgins Memorial United Methodist Church Annex	106 Academy Street, Burnsville, NC. 28714
Wednesday	Burnsville	6:30 PM	Burnsville Backroom	O, SS	Higgins Memorial United Methodist Church Annex	106 Academy Street, Burnsville NC. 28714

AI-Anon

Monday	Ledger	8:00 PM	Ledger	O, D	Ledger Baptist Church	573 Bear Creek Church Road Bakersville, NC. 28705
Thursday	Spruce Pine	8:00 PM	Spruce Pine	O, 12& 12	Trinity Episcopal Church	15 Hemlock Avenue, Spruce Pine, NC. 28777