Patient Link
Helping You Find Treatment for the Unhealthy Use of Alcohol and Other Drugs
Congratulations:

You have made the great step towards a healthier lifestyle, by thinking about getting help for alcohol and/or drug use. This packet is to help you make decisions about your recovery plan:

1. This packet includes a list of treatment providers to help you. Some programs can help you if you do not have money or insurance.
2. Your privacy is important. All of these programs will respect it and protect your information by HIPAA and other federal rules.
3. Addiction is a disease just like diabetes or heart disease and is hard to manage. These programs can help you with your recovery. You do not need to feel ashamed for needing help; you can feel proud of yourself for taking this step.
4. Treatment is different for each person, and not all treatment programs are the same. Do not give up if your first attempt is not successful. Talk to treatment staff about your concerns or setbacks.

How to Get Into Treatment:

1. Most people think that inpatient/residential treatment or ‘rehab’ is the only choice, but there are different types of programs and services. Most treatment in the U.S. is outpatient, not inpatient. During the pre-screen and screening process, the treatment provider will help you decide what type of treatment is best for you. See the last page for definitions of the different types of treatment.
2. You should choose a program based on how they fit your needs. If you are currently in mental health treatment check with your psychiatrist, case manager or counselor if they offer substance use disorder treatment as well.
3. Programs often have a waiting list (even for outpatient treatment), so calling as soon as possible is important. Call about openings and add yourself to the waiting list. You can call more than one provider and be on more than one waiting list.
4. You may be asked questions as part of your pre-screen. You will find an example of possible questions in this packet. It is important to answer all of their questions.

For more information about a specific treatment program, please contact:

**Truman Medical Center-Health Sciences District or Lakewood**
Department of Social Work Services, HSD: (816) 404-3200  LW: (816) 404-9305

**Truman Medical Center-Behavioral Health**
Recovery Health Services, (816) 404-5850

**Truman Medical Center-Lakewood**
Medical Detox, (816) 404-8047
DETOXIFICATION
Detoxification (detox) is not treatment. Detox lasts up to 5 days to help you safely manage withdrawal and get ready for a treatment program. You must pre-screen with the detox before you can be admitted.

Cottonwood Springs
13351 S Arapaho, Olathe, KS 66062, (913) 210-0113 or 913-353-3000, www.cottonwoodsprings.com -- Detox and inpatient. MO or KS residents. For pregnant women – must be 20 weeks or less. Self-pay, private insurance, Medicare, or Medicaid.

Heartland Center for Behavioral Change

Johnson County Mental Health Center Adult Detoxification Unit (ADU)

New Visions
2800 E. Rockhavaen Rd., Harrisonville, MO 64701, (816) 355-4870, accept persons with opiates, benzodiazepine, alcohol, methamphetamine or cocaine addiction, Self-pay, private insurance, Medicare, or Medicaid.

Shawnee Mission Medical Center’s Behavioral Health Unit

Truman Medical Center Lakewood Medical Detox
7900 Lee’s Summit Road, Kansas City, MO 64139, (816) 404-8047, http://behavioralhealthkc.org/ -- Medically monitored detox. Private insurance, Medicaid or Medicare. Call Monday – Friday, 8am to 5pm or (816) 404-7000 and ask for TMC-Lakewood Director of Shift Operations (DSO). No weekend admissions.

Valley Hope

Veteran’s Affairs Medical Center – Kansas City
ASSessment and Referral Centers
If you do not need detox, these centers will conduct a pre-screen and then help you find a treatment program at the level of care (outpatient, residential) you need.

First Call Alcohol/Drug Prevention and Recovery,
9091 State Line Road, Kansas City, MO 64114, (816) 361-5900, www.firstcallKansasCity.org -- 24/7 Crisis Hotline: 816-361-5900. Screening appointments Monday through Thursday, 9am – 5pm, and Friday, 9am – 4:30pm. No pay or self-pay with sliding scale.

Heartland Regional Alcohol & Drug Assessment Center (RADAC)
(913) 789-0951 or 1-800-281-0029, www.hradac.com -- KS residents. If you are in the hospital, RADAC will try to complete screening while you are in the hospital or arrange an appointment at discharge. No pay for qualifying people or self-pay.
Locations:
Heartland Assessment Center - 5500 Buena Vista Roeland Park, KS 66205, (913) 789-0951
Heartland Recovery Center - 1321 N. 7th Street Kansas City, KS 66101, (913) 281-7860
OPIOD TREATMENT - METHADONE/BUPRENORPHINE

Opioid use disorder medications are methadone (only from a certified Opioid Treatment Program - OTP), buprenorphine (Suboxone), and naltrexone (Vivitrol, ReVia). Buprenorphine and naltrexone can also be prescribed by specially trained physicians, nurse practitioners and physician assistants in medical offices or treatment programs. Medications help manage withdrawal, and maintain recovery for months to years.

Opioid Treatment Programs (OTPs)

Behavioral Health Group (BHG) - [https://kansas-city.bhgrecovery.com/](https://kansas-city.bhgrecovery.com/) -- Methadone and buprenorphine (Suboxone) and counseling. Self-pay only. Closed on weekends.

Locations:

- **BHG Kansas City Treatment Center** - 2534 Campbell, KCMO 64108, (816) 283-3877
- **BHG Overland Park Treatment Center** - 6331 W 110th Street, Overland Park, KS (913) 696-1911
- **BHG KC North Treatment Center** - 1125 North 5th Street, Kansas City, KS (913) 342-0888

EPICC – [https://commcare1.org/EPICC](https://commcare1.org/EPICC) (816) 412-9417, must be age 16 and older, a Missouri resident and having negative effects from substance use, EPICC then connects you with a person in recovery, to housing, transportation more, personalized path for wellness, all at no cost


Locations:

- **Treatment Options Program (TOP)** - 8800 Blue Ridge Blvd, Suite 101 (West side of building), Kansas City, MO 64138, (816) 965-1151 for intake, or (816) 384-0700
- **Transitions Program** - 1000 E 24th Street, Kansas City, MO 64108, (816) 965-1151 for intake, or (816) 965-1150

Truman Medical Center - **Recovery Health Services (RHS):** 300 W 19th Terr Kansas City, MO 64108, entrance at 23rd & Campbell, (816) 404-5850, walk in appointments 8am – 11am, Monday to Friday. Medication assisted treatment at this location.

Buprenorphine and Naltrexone

In Missouri, state-contracted treatment providers must use medication-assisted treatment (MAT), such as buprenorphine and naltrexone. It can be paid for by Medicaid and other state money for qualified people. If you have private insurance, there are also private clinics. See SAMHSA’s Treatment Facility Locator at [http://findtreatment.samhsa.gov](http://findtreatment.samhsa.gov) or call 1-800-622-4357.
OUTPATIENT AND RESIDENTIAL TREATMENT

The following list is just a few local programs. There are programs for adolescents, women and their children, veterans, Spanish-speakers, Native Americans, and faith-based programs. For more programs and information:

- SAMHSA’s Treatment Facility Locator, http://findtreatment.samhsa.gov or call (800) 622-4357
- Missouri Department of Mental Health’s state certified providers, https://dmh.mo.gov/ada/help.html
  (You do not need to live close to the treatment center for addiction treatment)

Benilde Hall
3220 East 23rd Street, Kansas City, MO 64127 (816) 842-5836, www.benildehall.org -- Outpatient and recovery support services for homeless men (especially veterans or those mandated by courts). Private insurance or 30% of income.

Comprehensive Mental Health Services (CMHS)
Main location: George W. Norman Recovery Center, 4231 South Hocker, Building 13, Independence, MO 64055, (816) 254-3652, https://thecmhs.com/services/substance-use-treatment/ -- Outpatient in several locations, medication assisted treatment, residential for men and women (and children), and adolescent outpatient. Self-pay with sliding scale, private insurance, Medicaid, or Medicare.
  Locations:
  - Men’s residential (Gateway), (816) 836-6301–Jill
  - Women’s residential (Lotus House), (816) 836-6731-Amber
  - Outpatient, (816) 254-3652 ext 1705

Counselors Obediently Preventing Substance Abuse (C.O.P.S)
3800 Agnes, Kansas City, MO 64128, (816) 923-9212, www.copskc.com -- Faith-based outpatient treatment, recovery support services, and transitional housing.

Dismas House of Kansas City, Inc.
3100 Main Street, Suite 301, Kansas City, MO 64111, (816) 531-6050, http://dismashousekc.com/ -- Faith-based outpatient and intensive outpatient, recovery support services, and housing support.

Guadalupe Centers

Healing House

Heartland Center for Behavioral Change
Main location: 1534 Campbell, Kansas City, MO 64108, (816) 421-6670, http://heartlandcbc.org/ -- Outpatient treatment and medication assisted treatment in multiple locations. No cost or low cost on a sliding scale, or private insurance.
Kansas City Indian Center Morningstar Outreach Program
Kansas City Indian Center, 600 W 39th St, Kansas City, MO 64111, (816) 421-7608, http://www.kcindiancenter.org/morningstar.shtml -- Outpatient, recovery support services. Self-pay, private insurance, Medicare, or no cost with tribal card.

Mattie Rhodes Nuevo Amanecer Program

Pathways Community Health, Compass Health Network

Preferred Family Healthcare
Multiple locations. www.pfh.org/missouri Adult outpatient and adolescent residential/outpatient. ALEX recovery school for grades 8-12. Self-pay with sliding scale, private insurance, Medicaid, or Medicare.

Locations:
Adolescent residential: 8333 East Blue Pkwy Dr., Kansas City, Missouri 64133, (816) 474-7677
ALEX program: 8333 East Blue Pkwy Dr, Kansas City, Missouri 64133, (800) 587-ALEX
Adult and adolescent outpatient: 7 Westtown, Liberty, MO 64068, (816) 407-1754

ReDiscover
Multiple locations. www.rediscovermh.org, Call (816) 966-0900 or walk-in appointments, Open Access: Flory Center, Building C, 1535 NE Rice Road, Lee’s Summit, MO, Monday – Friday, 8:30am – 3pm; Loma Vista, 8800 Blue Ridge Blvd., Kansas City, MO, Monday and Wednesday, 8am – 3pm Residential Coed program; Residential program (Friendship House) for women and their children (up to 30 days), and 6-month transitional housing program (Catherine’s Place). Outpatient treatment. Self-pay with sliding scale, private insurance, Medicaid, or Medicare.

Salvation Army

Locations:
Adult Rehabilitation Center (ARC): 1351 E. 10th St., Kansas City, MO 64106, (816) 421-5434 - Men’s residential program.
Harbor Light Village Addiction Recovery Services: 6723 State Avenue, Kansas City, KS 66102, (913) 232-5400 – social detox for men and women, residential treatment for men, transitional housing for homeless veteran’s with substance use disorders, outpatient treatment for men and women.

Sheffield Place
6604 East 12th Street, Kansas City, MO 64126, (816) 483-9927, http://sheffieldplace.org/ -- Shelter for homeless women and their children that provides transitional housing, clinical services, and other support services. Also Aftercare Clinical Services.

Swope Health Services - Imani House Treatment Center

Tri-County Mental Health Services
Main location: 3100 NE 83rd St., Suite 100, Kansas City, MO 64119-4460, (816) 468-0400, www.tricountymhs.org -- MO residents of Clay, Platte and Ray counties. Adolescent and adult outpatient treatment. No cost depending on eligibility, self-pay with sliding scale, Medicaid, Medicare, or private insurance.

Locations:
- Adult CSTAR, 1505D NE Parvin Rd., Kansas City, MO 64116
- Adult CSTAR-Richmond, 108 W. North Main Street, Richmond, MO 64085
- Adolescent Substance Abuse Treatment, 1520B NE Parvin Rd. Kansas City, MO 64116-2304

Truman Medical Center
Outpatient treatment. Self-pay, private insurance or Medicaid.

http://behavioralhealthkc.org/services/adult-substance-abuse

Locations:
- Lakewood Counseling: 300 SE 2nd Street, Lee’s Summit, MO 64063, 816-404-6170, or Engagement Specialist: (816) 404-6186
- Recovery Health Services (RHS): 300 W 19th Terr Kansas City, MO 64108, entrance at 23rd & Campbell, (816) 404-5850, walk in appointments 8am – 11am, Monday to Friday. Medication assisted treatment at this location.

Valley Hope

Veterans Affairs Medical Center-Kansas City
4801 E Linwood Blvd., Kansas City, MO 64128, (816) 922-2641 -- Veterans only. Residential and outpatient treatment. Call Al Boutte (816) 861-4700 ext. 57514 or (816) 808-3945; or call (816) 861-4700 ext. 56671 or ext. 56669. If you are in the hospital, call your social worker who can help you with arranging a phone assessment, screening appointments normally have a wait period of 2 weeks. If you need residential treatment, you will be given an admission date.
OTHER RECOVERY SUPPORT

Peer Support Groups (If you would like a printed list, ask your social worker)

Alcoholic Anonymous
KC Central office, 200 E. 18th Ave, North Kansas City, MO 64116, (816) 471-7229 (24 hours a day), www.Kansas City-aa.org

Cocaine Anonymous

Gambler’s Anonymous

Narcotics Anonymous
8 Westport Road, KANSAS CITY MO 64111, (816) 531-2250, www.kansascityna.org

SMART Recovery

Recovery Support Services - MO residents. Recovery support providers provide low-income adults recovery support services to address wellness, stable housing, employment, spirituality, positive social connections, and crime-free lifestyles. Provider list: https://dmh.mo.gov/ada/atr/

Half Way/Transitional Housing - If you are committed to remain drug and alcohol free, you can apply to live at a half-way house or transitional housing facility. There are homes for men and for women. Request a list from your social worker.

Homeless Shelters - If you are currently homeless, contact Hotline for Homeless at (816) 474-4599. You can also request an expanded list of homeless shelters and housing assistance from your social worker.

Oxford Houses – 1-800-689-6411 website: www.oxfordhouse.org
Homes are managed by the residents who are committed to a drug free home and self-support. There are homes for men or women. Usually 6-15 residents. Need to complete an application and interview and be approved by all residents. You would be responsible for remaining drug-free, sharing chores and costs of the home. You can request a copy of application and print out of local vacancies from your social worker.

9-8-8 Suicide & Crisis Lifeline – Available Nationwide: Anyone experiencing a mental health crisis, including substance use crisis or thoughts of suicide, can get confidential support 24/7 by calling 9-8-8 or visiting 988lifeline.org
DEFINITIONS

Alcohol: Any drink that has alcohol, such as wine, beer, vodka, tequila, rum and whiskey.

Benzodiazepines or Benzos: A depressant drug, such as diazepam (Valium), alprazolam (Xanax), clonazepam (Klonopin), chlordiazepoxide (Librium), lorazepam (Ativan), stupefy, tranx, qual, heavenly blues, goofballs. Taking with alcohol or opioids is very dangerous and can cause overdose and death.

Cannabis: Marijuana, hash, weed, pot, skunk, grass. Like alcohol, marijuana is addictive and can harm your health. Synthetic cannabis (K2) has more severe health effects.

Depressants/Sedatives: Benzodiazepines, alcohol, barbiturates, barb, disco biscuit, downer, gorilla pills, blue angels, reds. Causes sleepiness, low pulse, blood pressure and breathing, and can cause death.

Detoxification (Detox): Can last up to 5 days (usually 3 days). Detox helps you manage withdrawal so that you can participate in treatment.

Detoxification (Detox)
- Medically monitored detox: Occurs in hospital or residential setting with 24/7 supervision and medications
- Social detox: Occurs in residential setting with 24/7 supervision and support

Hallucinogens: PCP, LSD, DMT, purple hearts, angel dust, acid, lethal weapon, dots, blotter, businessman’s special. Ecstasy is a hallucinogen/stimulant. PCP causes paranoia and hallucinations.

Inhalants: Glues, paint thinners, aerosol sprays, glading, highball, snotballs. Causes severe brain damage.

Medication Assisted Treatment (MAT): The most helpful treatment for alcohol or opioid use disorders is a combination of counseling and medications. Medications are NOT replacing one drug for another but help ease withdrawal and craving, letting people stay in recovery. Alcohol: naltrexone (Vivitrol), disulfiram, acamprosate. Opioids: methadone (can only be dispensed through an opioid treatment program), buprenorphine (Suboxone), naltrexone.

Opioids: Heroin, morphine, oxycodone (Percocet), hydrocodone (Vicodin), codeine, fentanyl, opium, dilaudid, D, juice, demmies, Watson-387, oxy, OC, percs, vikes, black tar, painkillers, smack, horse.

Outpatient Treatment: 1-8 hours of individual or group counseling. Intensive outpatient is 8-20 hours per week. You work with the program to determine the number of sessions. Many programs also suggest that you participate in a peer support group like AA.

Residential/inpatient treatment: Overnight treatment for up to 28 days that includes group and individual counseling. Some programs are longer.

Stimulants: Uppers, cocaine, methamphetamine, methylphenidate (Ritalin), amphetamine (Adderall), blue, candy, jelly bean, black beauties.

Withdrawal: Symptoms after you reduce or stop using a drug, lasting several days to weeks. You may need detoxification to be safe.
PRE-TREATMENT PHONE SCREEN

When you call an alcohol/drug treatment provider, they will ask you some questions over the phone. This information is needed in order to be admitted to any program. Be prepared to answer these questions. They may not be asked in the order listed here.

If you need help completing this form, please contact your Truman Medical Center Social Worker.

Your Truman Medical Center Social Worker is: __________________________________________________________

Your Name: ________________________________ Referred by: Truman Medical Center

Hospital room phone: ____________________ Home phone: ____________________

Health Insurance: ______________________________________________________________________________

Why are you calling now – what happened that led to the call? __________________________________________

CURRENT ALCOHOL AND DRUG USE:
What are you using? ____________________________________________________________________________

How much? ____________________________ How often? __________________________

Are you experiencing withdrawal right now? Yes ___ No ___

What are your medical conditions? ______________________________________________________________

If you have a mental health disorder (e.g. anxiety, depression, bipolar, PTSD), what are you currently being treated for or were treated for in the past? __________________________________________________________

What medications are you currently taking for any physical or mental problems? ______________________

Where do you live? ____________________________________________________________________________

Is it a safe place? Yes ___ No ___

If you are female, are you pregnant? Yes ___ No ___ Don’t Know ___

Do you have children who will need to come with you to treatment? Yes ___ No ___

Are you involved with Probation and Parole? Yes ___ No ___

Are you involved with Adult Protective Services or Child Protective Services? Yes ___ No ___