



MARION COUNTY

**PUBLIC
HEALTH**

DEPARTMENT

Prevent. Promote. Protect.

**SUBSTANCE USE
OUTREACH SERVICES**

Tool Kit

SUOS

Substance Use Outreach Services

The Marion County Public Health Department Substance Use Outreach Services (SUOS) Program office is located at 2951 E. 38th Street, (317) 221-4618, providing services 9:00 am – 5:00 pm, Monday – Friday.

Through prevention and supportive services the SUOS program offers a wide range of culturally appropriate and acceptable programmatic supports that reflect the needs and interests of the community. The SUOS program offers the following services:

- HIV Rapid Testing (Results In 20 minutes)
- STD Screenings (Syphilis, Gonorrhea, Trichomoniasis)
- Hepatitis C Screenings (Results In 20 minutes) (\$20 Charge)
- Hepatitis B Screenings
- HIV/STD Educational Materials
- HIV/STD Prevention Counseling
- Group Educational Sessions
- Community Health Fairs
- Referrals for Other Supportive Services
- Substance Use Case Management

Case Management

The SUOS Case Manager will complete a substance abuse assessment for all potential clients who present with a substance use disorder.

If appropriate for substance use disorder services, the case manager may request financial assistance for the individual for the following services at the Salvation Army Harbor Light Center: Detoxification, Residential Treatment, Transitional Housing, and Intensive Out Patient (IOP) Classes

Outreach

Outreach workers / peer educators conduct intense street outreach in targeted locations to promote early knowledge of person's HIV/STD and Hepatitis status. Provide HIV/STD education, awareness, counseling, testing and referral services. Outreach is also conducted at community centers, recovery houses, shelters, mental health and treatment centers, jails, churches, apartment complexes, beauty and barber shops, Mexican Consulate, and many other locations in Marion County.

Parenting Skills: 21 Tips & Ideas

What's the biggest deterrent to your kids' using drugs and alcohol? It's you.

Look at the facts: Kids who learn from their parents or caregivers about the risks of drugs are 36% less likely to smoke marijuana than kids who don't. 50% less likely to use inhalants. 56% less likely to use cocaine. 65% less likely to use LSD.

Still think there's not much you can say or do? You are the most powerful influence in your child's daily life. But anti-drug parenting strategies rarely are instinctive, even for the best of parents. The 21 tips that follow can help you turn your child away from the drugs that seem almost inevitable nowadays. You can do something. And you can start right now.

Content provided by the Office of National Drug Control Policy

Get Involved

Kids who are close to their parents are least likely to engage in risky behaviors. The more involved you are in your children's lives, the more valued they'll feel, and the more likely they'll be to respond to you.

1. Establish "together time." Establish a regular weekly routine for doing something special with your child - even something as simple as going out for ice cream.
2. Don't be afraid to ask where your kids are going, who they'll be with and what they'll be doing. Get to know your kid's friends - and their parents - so you're familiar with their activities.
3. Try to be there after school when your child gets home. The "danger zone" for drug use is between 4 and 6 pm, when no one's around; arrange flexible time at work if you possibly can. If your child will be with friends, ideally they have adult supervision - not just an older sibling.
4. Eat together as often as you can. Meals are a great opportunity to talk about the day's events, to unwind, reinforce, bond. Studies show that kids whose families eat together at least 5 times a week are less likely to be involved with drugs or alcohol.

Learn to Communicate

Do you know your kids' favorite music group? What's cool at school? The more you communicate, the more at ease your child will feel about discussing drugs and other sensitive issues with you.

1. Be absolutely clear with your kids that you don't want them using drugs. Ever. Anywhere. Don't leave room for interpretation. And talk often about the dangers and results of drug and alcohol abuse. Once or twice a year won't do it.

2. Be a better listener. Ask questions - and encourage them. Paraphrase what your child says to you. Ask for their input about family decisions. Showing your willingness to listen will make your child feel more comfortable about opening up to you.
3. Give honest answers. Don't make up what you don't know; offer to find out. If asked whether you've ever taken drugs, let them know what's important: that you don't want them using drugs.
4. Use TV reports, anti-drug commercials, news or school discussions about drugs to help you introduce the subject in a natural, unforced way.
5. Don't react in a way that will cut off further discussion. If your child makes statements that challenge or shock you, turn them into a calm discussion of why your child thinks people use drugs, or whether the effect is worth the risk.
6. Role play with your child and practice ways to refuse drugs and alcohol in different situations. Acknowledge how tough these moments can be.

Walk the Walk

Be a role model; the person you want your kid to be. What stronger anti-drug message is there?

1. Be a living, day-to-day example of your value system. Show the compassion, honesty, generosity and openness you want your child to have.
2. Know that there is no such thing as "do as I say, not as I do" when it comes to drugs. If you take drugs, you can't expect your child to take your advice. Seek professional help if necessary.
3. Examine your own behavior. If you abuse drugs or alcohol, know that your kids are inevitably going to pick up on it. Or if you laugh uproariously at a movie when someone is drunk or stoned, what message does that send to your child?

Lay Down the Law

Kids between 11-13 - ages highly at risk for drug experimentation - are increasingly independent. Despite their protests, they still crave structure and guidance; they want you to show them you care enough to set limits.

1. Create rules - and discuss in advance the consequences of breaking them. Make your expectations clear. Don't make empty threats or let the rule-breaker off the hook. Don't impose harsh or unexpected new punishments.
2. Set a curfew. And enforce it strictly. Be prepared to negotiate for special occasions.
3. Have kids check in at regular times. Give them a phone card, change or even a pager, with clear rules for using it. (Remember, pagers are not allowed in some schools.)

4. Call parents whose home is to be used for a party. On party night, don't be afraid to stop in to say hello (and make sure that adult supervision is in place).
5. Make it easy to leave a party where drugs are being used. Discuss in advance how you or another designated adult will come to pick your child up the moment he or she feels uncomfortable. Later, be prepared to talk about what happened.
6. Listen to your instincts. Don't be afraid to intervene if your gut reaction tells you that something is wrong.

Praise and Reward

What encourages a kid more than his or her parents' approval? The right word at the right time can strengthen the bond that helps keep your child away from drugs.

1. Reward good behavior consistently and immediately. Expressions of love, appreciation and thanks go a long way. Even kids who think themselves too old for hugs will appreciate a pat on the back or a special treat.
2. Accentuate the positive. Emphasize the things your kid does right. Restrain the urge to be critical. Affection and respect - making your child feel good about himself - will reinforce good (and change bad) behavior far more successfully than embarrassment or uneasiness.

The Fall/Winter Party Season Has Begun – Here’s How to Keep Your Kids Safe

With the school year in full swing and fall/winter parties on the horizon, your kids are bound to want to join in the fun. Here are some suggestions to make sure that they enjoy the season while staying safe and alcohol- and drug-free.

If Your Child is invited to a Party:

- Determine who else is on the guest list, their ages and how they know your child. Ask if your child has any concerns about specific invitees.
- Know the specific address of the party location and a phone number for the host's parents/guardians.
- Speak to the parents/guardians of the party host about their views on alcohol and drug use and make clear that you do not allow either. Receive their assurance that no alcohol or drugs will be available to partygoers. Also ask about who will be chaperoning the party.
- Clearly remind your child of your rules against alcohol and drug use and the consequences for breaking those rules.
- Know the start and end time of the party and remind your child of his/her own personal curfew.
- Establish a signal that your child can use if she or he wants to leave a party early and encourage him or her to call you immediately for a ride home.

If Your Child Wants to Host a Party:

- Review the guest list and ask about any names you don't recognize. Limit the number of invitees and determine a maximum amount of guests who may attend. Do not allow uninvited or "drop-in" guests to attend.
- Make it clear to your child that alcohol, tobacco and other drugs are not allowed and tell him/her to clearly communicate this to all guests.
- Provide plenty of snacks and non-alcoholic beverages for partygoers.
- Define a specific area for the party (family room, kitchen) and do not allow partygoers in the rest of the home (bedrooms, garage).
- Confine items such as weapons, alcohol, prescription drugs and breakable objects to a secure area.
- Provide a sufficient number of chaperones and monitor the party areas frequently, as well as areas off-limit to guests.
- Restrict party entry and exit areas to deter guests from bringing in contraband.
- Establish an area for coats and bags and monitor it closely.
- Set a beginning and ending time for the party. If a guest leaves, do not allow him/her to return. This discourages guests from leaving to drink or take drugs and later return under the influence.
- Be prepared to call a guest's parents/guardians if the youth appears to be under the influence of or brings alcohol or other drugs to the party.

Want more information on keeping your kids alcohol and drug free? Visit www.drugfreemc.org or call 317-254-2815.

The Role of the Family in Addiction & Recovery

By Hugh C. McBride

If one of your family members is struggling with alcoholism or drug addiction, there are two important facts that you need to know:

1. Your actions can help (or hinder) your loved one's ability to achieve and maintain long-term addiction recovery.
2. The addiction and its treatment will impact your life and the lives of other family members.

Addiction is a family disease, and understanding how this disease can impact and be affected by the actions of others can significantly improve your chances of making the best decisions for yourself and for your addicted family member.

Codependency & Enabling

Relationships among addicted individuals and their loved ones are often described using the terms "codependency" and "enabling." The following are solid general definitions of these terms:

Codependency – In her book, *Co-dependent No More: How to Stop Controlling Others and Start Caring for Yourself*, author Melody Beattie describes codependency as "a pattern of detrimental, behavioral interactions within a dysfunctional relationship ... A codependent person is one who has let another person's behavior affect him or her, and who is obsessed with controlling that person's behavior." Beattie's book also lists the following common thoughts and feelings that are often experienced by codependent individuals:

- It's not OK for me to feel.
- It's not OK for me to have problems
- It's not OK for me to have fun.
- I'm not lovable.
- I'm not good enough.
- If people act bad or crazy, I'm responsible.

Enabling –The Partnership for a Drug Free America describes enabling as "behaviors by family members that allow people with substance use problems to avoid the negative consequences of their actions." Examples of enabling include:

- Paying the addicted person's bills when drugs have used up all of their money.
Covering up for addiction-related problems at the person's workplace.
- Making excuses or simply remaining silent in the face of inappropriate or destructive behaviors that have resulted from substance abuse.

If someone you love is struggling with an addiction, you understandably don't want this person to lose their job, their family or their health as a result of their substance abuse. But as the definitions of codependency and enabling make clear, taking what you might rationalize as "helpful" steps may actually have the opposite effect – you may actually be allowing the addict to continue abusing drugs, and may be enabling the addiction to exert greater influence over your family.

Sticking to the Script

Though you've often used the word "drama" when describing the problems that addiction has visited upon your family, you may never have realized that you and your relatives are actually playing well-defined roles and following a dark script.

The following are six common roles that may be played by members of families whose lives have been impacted by addiction:

- **The addict** – This is the person who is directly engaging in the inappropriate behavior. The addict's behavior is not limited to substance abuse – for example, it may take the form of compulsive gambling, an eating disorder, or other types of dangerous and dysfunctional behaviors.
- **The hero** – The hero does whatever needs to be done to "fix" the problems and keep everyone as happy as they can be under the circumstances. One example of the hero is the older brother who makes sure that the younger children are fed, clothed and off to school when mom or dad is too drunk, too hungover or not even home at all, and then goes to school and gets straight As.
- **The scapegoat** – The scapegoat distracts attention from the addict and attracts attention to himself by behaving badly. The scapegoat is usually acting out of misdirected (perhaps even unconscious) anger at the pain that addiction has caused.
- **The mascot** – The mascot is the family jester. Mascots divert the family's attention from the pain and drama of their dysfunction by telling jokes and doing whatever else is necessary to keep other family members smiling. Though often outwardly confident and popular, mascots often have difficulties making real connections with people, relying instead on superficial, humorous relationships.
- **The lost child** – The lost child may also be referred to as the invisible child. Because of the addict's behaviors and the varied resultant behaviors of the other family members – the hero's overachieving, the mascot's goofiness, the scapegoat's misbehaviors – the lost child is often overlooked to the point of being forgotten.
- **The caretaker** – Also referred to as primary enablers, caretakers define themselves by their ability to "protect" the addict. From cleaning up addiction-related messes (both figurative and literal) to possibly even procuring drugs for the addict, caretakers substitute an ability to take care of their own emotional health by exerting control over the addict.

Helping the Addict, Healing the Family

Clearly, one person's struggle with addiction can both impact and be affected by the decisions, actions and behaviors of the entire family. And though most family members of addicts would state their desire to see the addict overcome the disease, in truth this healing may be subverted by the other family members' refusal to abandon the codependent and enabling roles they have been playing.

5 Things You Can Do to Support Your Teens' Successful Recovery

By Leslie Davis

Whether your teens are in treatment for substance abuse, eating disorders, video game addictions, depression or behavioral issues, your participation is going to be important to their full recovery.

Participating means more than just finding an appropriate adolescent treatment center that can help your teens address their issues. It means taking an active role in helping your teens make needed changes, and offering them the support they will inevitably need when they return home from a treatment center, boarding school or wilderness therapy program.

“For kids to be successful at home, parents need to make changes themselves,” said Jason Drake, LCSW, a clinical program manager at Island View residential treatment center for adolescents in Syracuse, Utah. “Both the parents and the kids need to be invested.”

Without family involvement, teens are likely to return to their old patterns and behaviors once they return home. Getting involved with your teens' experience can help reinforce their new positive behaviors, teach you new ways to communicate with them and help the entire family work on ways to support each other once your teens return home.

1. Participate in family therapy offered as part of your teens' treatment.

A good treatment center will make family therapy an integral part of any teen's recovery. Treatment centers such as Island View will make family involvement a priority, getting them involved through weekly therapy sessions, quarterly parent seminars, multi-family group therapy and home visits. This can help make permanent any changes your teen made in therapy and keep you up-to-date on where your teens are with treatment.

Some adolescent treatment centers provide family therapy in a more immersive setting. SUWS, a wilderness program in southern Idaho, holds regular Family Camps for its students and their families. These five-day camps allow families to rebuild bonds, reestablish communication and demonstrate care and concern for one another, all while solidifying expectations for when students return home.

“Students have learned new skills and new ways to talk to mom and dad,” said Dan Kemp, director of admissions at SUWS. “Family Camp lets students practice their new knowledge and make more concrete the new skills they have learned.”

SUWS' Family Camp integrates multi-family therapy, one-on-one family therapy and experiential therapies in a way that promotes team work and builds trust.

“It's an immersion experience that supports students through their new learned experiences,” Kemp said. “We don't just want to send students home and on their way.”

2. Offer input into your teens' treatment plan.

When your teens enter a treatment center, therapists and treating staff will work together to come up with an individualized treatment plan for your teen based on their needs and what is being treated.

If possible, provide input into your teens' treatment plan so that they can receive the most appropriate course of treatment. You know how your teens learn and listen, and you can share these and other insights with the treatment team for a more effective plan.

3. Make changes at home.

Your teens will learn new ways to cope while they are at a treatment center. When they return home, they will want to put those skills to use. If you are not equipped with the skills to support your teens and help them adapt to a new family dynamic, there is a chance they will return to old behaviors.

The changes you make at home will depend on what your teens received treatment for and what they are capable of handling. If your teens were treated for an eating disorder, you may have to rethink what foods you buy and serve. If your teen was treated for substance abuse, you may want to keep all alcohol out of your house to avoid temptation. If your teen was treated for a video game addiction, it may be wise to eliminate gaming systems or limit their use.

4. Offer support.

While your teens were in treatment, they were in a supportive environment that took them away from the stressors of daily life and allowed them to really focus on themselves and their issues. Returning home after such an intense experience can be overwhelming, and while you may not be able to physically be there for your teens 24 hours a day, you can always be supportive.

Talk to your teens about what their experience was like in treatment, what they learned about themselves and how they want to change. Then help them make those changes, and let them know that you are there to help them make positive improvements to their life any way you can. Let your teen know that you are there to talk to whenever they feel themselves slipping into old habits or even if they just need to vent.

5. Help yourself.

A lot of times, getting involved with your teens' recovery means recognizing that your own behaviors can influence your kids. That may mean having to seek treatment for your own issues, whether they involve marital problems, substance abuse, a mood disorder or another issue.

"Parents need to be active in the process, and recognize that there are things they need to change as well," Drake said.

Unless parents get actively involved in the process of helping their teens, the skills teens learned through therapy will not be permanent. Take the steps necessary to participate in your teens' recovery so they can focus on a healthier future.

Seven C's of Defeating a Drug Addiction

#1: Conceptualize what a drug addiction is

It is very important when dealing with a drug addiction to understand just what that is. A drug addiction is when an individual becomes dependant on any substance that impairs their normal ability. If you experience an emotional, mental and/or physical set back in anyway when you are without that substance for a reasonable length of time, there is a considerable chance that you are addicted.

#2: Confess that there is a struggle

Denial is a key barrier in defeating a drug addiction. Many times individuals will say I am not addicted, but their consistent reuniting with that substance cancels out what they are saying. However, when you confess that there is a struggle, a signal of hope is sent to your mind, body and others around you.

#3: Consider your surroundings

It is virtually impossible to defeat a drug addiction when you place yourself in surroundings that make drug use easily accessible and readily available. An individual must avoid environments and people that create comfort zones for drug use.

#4: Convince yourself of the power inside of you

Individuals become victims of unsuccess because they fail to embrace the power inside of them. Individuals should know that the effort inside of them they used to start the drug addiction is surpassed ten times by the power inside of them to defeat it. If that person realize that they have this internal power, a rise is inevitable.

#5: Carry out daily mental training

The mind is like a muscle, the more you exercise it the stronger it becomes. With that being said, there is value in going through daily mental meditations that reflect on the new person that is drug free and has successfully defeated their past addiction.

#6: Consistently verbalize your freedom

This is when an individual gets a pass to talk to themselves about themselves. This is called engaging in verbal affirmation. On a consistent basis get in front of a mirror and tell yourself that you are not the victim of that addiction, and that you have full control of your drug free destiny.

#7: Create healthy alternatives

An individual will be more likely to continue enjoying their drug free life after successfully defeating an addiction if they channel energy into healthy alternatives. Don't just sit around, because that will give your mind permission to regress. Find safe and fun things to do that will occupy your time and promote the new you.



BJC SCHOOL OUTREACH
and YOUTH DEVELOPMENT

BJC HealthCare

The Twelve Steps of Marijuana Anonymous

1. We admitted we were powerless over marijuana, that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God, *as we understood God*.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked God to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong, promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God, *as we understood God*, praying only for knowledge of God's will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to marijuana addicts and to practice these principles in all our affairs.

The 12 Questions

The following questions may help you determine whether marijuana is a problem in your life.

1. Has smoking pot stopped being fun?
2. Do you ever get high alone?
3. Is it hard for you to imagine a life without marijuana?
4. Do you find that your friends are determined by your marijuana use?
5. Do you use marijuana to avoid dealing with your problems?
6. Do you smoke pot to cope with your feelings?
7. Does your marijuana use let you live in a privately defined world?
8. Have you ever failed to keep promises you made about cutting down or controlling your use of marijuana?
9. Has your use of marijuana caused problems with memory, concentration, or motivation?
10. When your stash is nearly empty, do you feel anxious or worried about how to get more?
11. Do you plan your life around your marijuana use?
12. Have friends or relatives ever complained that your using is damaging your relationship with them?

If you answered yes to any of the above questions, you may have a problem with marijuana.

SAFETY ADVICE FOR PATIENTS & FAMILY MEMBERS

WHAT ARE OPIOIDS?

Opioids include prescription medications used to treat pain such as morphine, codeine, methadone, oxycodone, hydrocodone, fentanyl, hydromorphone, and buprenorphine, as well as illicit drugs such as heroin.

Opioids work by binding to specific receptors in the brain, spinal cord, and gastrointestinal tract. In doing so, they diminish the body's perception of pain. However, opioids can also have an impact on other systems of the body, such as altering mood, slowing breathing, and causing constipation. Opioid receptor binding causes the signs and symptoms of overdose as well as the euphoric effects or "high" with opioid use.

A variety of effects can occur after a person takes opioids, ranging from pleasure to nausea and vomiting, severe allergic reactions (anaphylaxis), and overdose, in which breathing and heartbeat slow or even stop.

Opioid overdose can be due to many factors. For example, overdose can occur when a patient deliberately misuses a prescription, uses an illicit opioid (such as heroin), or uses an opioid contaminated with other even more potent opioids (such as fentanyl). Overdose can also occur when a patient takes an opioid as directed but the prescriber miscalculated the opioid dose, when an error was made by the dispensing pharmacist, or when the patient misunderstood the directions for use. It can also occur when opioids are taken with other medications—for example, prescribed medications such as benzodiazepines or other psychotropic medications that are used in the treatment of mental disorders—or with illicit drugs or alcohol that may have adverse interactions with opioids. At particular risk are individuals who use opioids and combine them with benzodiazepines, other sedative hypnotic agents, or alcohol, all of which cause respiratory depression.^{1,2}

PREVENTING OVERDOSE

If you are concerned about your own use of opioids, don't wait! Talk with the health care professionals who prescribed the medications for you. If you are concerned about family members or friends, urge them to talk to whoever prescribed their medications.

Effective treatment of an opioid use disorder can reduce the risk of overdose and help a person who is misusing or addicted to opioid medications attain a healthier life. Opioid use disorder is a chronic disease, much like heart disease. An evidence-based practice for treating opioid addiction is the use of Food and Drug Administration-approved medications, along with counseling and other supportive services. These services are available at Substance Abuse and Mental Health Services Administration (SAMHSA)-certified and Drug Enforcement Administration-registered opioid treatment programs and from specialty substance use disorder treatment programs. In addition, physicians and other practitioners, including nurse practitioners and physician assistants who are trained to provide treatment for opioid addiction in office-based and other settings with medications such as buprenorphine/naloxone and naltrexone, may be available in your community. For more information, see the Resources section at the end of this toolkit.

IF YOU SUSPECT AN OVERDOSE

An opioid overdose requires immediate medical attention. An essential first step is to get help from someone with medical expertise as soon as possible. **Call 911 immediately** if you or someone you know exhibits any of the signs listed below. All you have to say is "Someone is unresponsive and not breathing." Give a specific address and/or description of your location.

SAFETY ADVICE FOR PATIENTS & FAMILY MEMBERS

Signs of **OVERDOSE**, which is a life-threatening emergency, include the following:

- The face is extremely pale and/or clammy to the touch.
- The body is limp.
- Fingernails or lips have a blue or purple cast.
- The person is vomiting or making gurgling noises.
- The person cannot be awakened from sleep or cannot speak.
- Breathing is very slow or stopped.
- The heartbeat is very slow or stopped.

Signs of **OVERMEDICATION**, which may progress to overdose, include:

- Unusual sleepiness or drowsiness.
- Mental confusion, slurred speech, or intoxicated behavior.
- Slow or shallow breathing.
- Extremely small “pinpoint” pupils.
- Slow heartbeat or low blood pressure.
- Difficulty being awakened from sleep.

WHAT IS NALOXONE?

Naloxone is an antidote to opioid overdose. It is an opioid antagonist that is used to reverse the effects of opioids. Naloxone works by blocking opioid receptor sites. It is not effective in treating overdoses of benzodiazepines, barbiturates, clonidine, GHB, or ketamine. It is also not effective in treating overdoses of stimulants such as cocaine and amphetamines (including methamphetamine and MDMA). However, if opioids are taken in combination with other sedatives or stimulants, naloxone may be helpful.

Suspected fentanyl-involved overdoses should be treated with naloxone.³ However, because of the higher potency of fentanyl and fentanyl analogs compared to that of heroin, larger doses of naloxone may be required to reverse the opioid-induced respiratory depression from a fentanyl-involved overdose.^{3,4,5} Quicker oxygenation efforts and naloxone delivery may be warranted compared to heroin-only overdose.

NALOXONE STORAGE

Store naloxone in a safe and quickly accessible place at room temperature and protected from light. Keep all medicine in a safe place where children or pets cannot reach it.

SUMMARY: HOW TO AVOID OPIOID OVERDOSE

1. Take medication only if it has been prescribed to you by your doctor. Make sure to tell your doctor about all medications you are taking.
2. Do not take more medication or take it more often than instructed.
3. Call your doctor if your pain gets worse.
4. Never mix pain medications with alcohol, sleeping pills, or any illicit substance.
5. Learn the signs of overdose and how to use naloxone to keep an overdose from becoming fatal.
6. Teach your family members and friends how to respond to an overdose.
7. Dispose of unused medication properly.

READ MORE. The Food and Drug Administration’s naloxone webpage provides more information at <https://www.fda.gov/drugs/drugsafety/postmarketdrugsafetyinformationforpatientsandproviders/ucm472923.htm>.

Substance Abuse Agencies

Addiction Counseling and Education Services

2855 N. Keystone Ave., Suite 156
Indianapolis, IN 46218
317-205-5853

Services Provided: SAT

Scheduling Process: Call for appointment

Service Contracts: info@addictioncounselinged.com

Adult and Child - Downtown

222 E. Ohio St., Suite 600
Indianapolis, IN 46204
317-882-5122

Services Provided: SAT, MAT

Scheduling Process: Call for appointment

Service Contracts: referrals@adultandchild.org

Adult and Child - South

8320 S. Madison Ave.
Indianapolis, IN 46227
317-882-5122

Services Provided: SAT, MAT

Scheduling Process: Call for appointment

Service Contracts: referrals@adultandchild.org

Alpha Counseling

9820 E. 38th St.
Indianapolis, IN 46235
317-899-2010

Services Provided: Anger, SAT

Scheduling Process: Orientation is held on Mondays from 9:30 to 7pm

Service Contracts: egaitner64@comcast.net

Aspire Indiana

2506 E. Willowbrook Pkwy
Indianapolis, IN 46205
317-257-3903

Services Provided: SAT, MAT

Scheduling Process: Open access appointments are as follows:
Monday and Wednesday from 8am to 2pm and Tuesday and Thursday from 9am to 2pm.

Service Contracts: MarionCOProbation@aspireindiana.org

Broad Ripple Counseling

6208 N. College Ave.
Indianapolis, IN 46220
317-251-9777

Services Provided: Anger, Theft, Sex, SAT

Scheduling Process: Call for appointment

Service Contracts: delane@broadripplecounseling.com

Capitol City - East

4126 East 10th Street
Indianapolis, IN 46201
317-686-0931

Services Provided: SAT

Scheduling Process: Call for appointment

Service Contracts: referrals@ccfes.com

Capitol City - West

1811 Executive Drive, Suite O
Indianapolis, IN 46241
317-672-2621

Services Provided: SAT

Scheduling Process: Call for appointment.

Service Contracts: referrals@ccfes.com

Community Outreach Network Services

2105 N. Meridian St., Suite 102
Indianapolis, IN 46202
317-926-5463

Services Provided: SAT

Scheduling Process: Call for appointment.

Service Contracts: hakugin@sbcglobal.net

Cummins Behavioral Health

5638 Professional Circle
Indianapolis, IN 46241
888-714-1927

Services Provided: SAT, MAT

Scheduling Process: Call for appointment

Service Contracts: accessmar@cumminsbeh.org

Emberwood Center

1431 N. Delaware St.
Indianapolis, IN 46202
317-536-7100

Services Provided: SAT

Scheduling Process: Call for appointment

Service Contracts: mgreenway@mh.ai.net

Fairbanks Hospital

8102 Clearvista Pkwy
Indianapolis, IN 46256
317-572-9396 (Treatment Clients)
855.880.1217 (English Speaking Education Clients)
317.806.7527 (Spanish Speaking Education Clients)

Services Provided: SAT, MAT

Scheduling Process: Call for appointment

Service Contracts: wbecker@fairbanksd.org or

lgsbarre@fairbanksd.org

Substance Abuse Agencies

Fall Creek Counseling—South

4026 South Madison Avenue
Indianapolis, IN 46227
317-789-0647

Services Provided: Anger, BIP, Parenting, Theft, SAT

Scheduling Process: Orientation on Thursdays at 10am or 6:30pm

Service Contracts: info@fallcreekcounseling.com

Recovery Works : cons.anna2@sbcglobal.net

Fall Creek Counseling—West

5610 Crawfordsville Road, Suite 2401
Indianapolis, IN 46224
317-291-6360

Services Provided: Anger, BIP, SAT

Scheduling Process: Orientation on Thursdays at 10am or 6:30pm

Service Contracts: info@fallcreekcounseling.com

Recovery Works : cons.anna2@sbcglobal.net

Fall Creek Counseling— East

2525 N. Shadeland Avenue
Indianapolis, IN 46219
317-375-1901

Services Provided: Anger, BIP , SAT

Scheduling Process: Orientation on Thursdays at 10am or 6:30pm

Service Contracts: info@fallcreekcounseling.com

Recovery Works : cons.anna2@sbcglobal.net

Families First

615 North Alabama, Suite 320
Indianapolis, IN 46204
317-634-6341

Services Provided: Anger, BIP, Parenting, SAT

Scheduling Process: Call for appointment

Service Contracts: referrals@familiesfirstindiana.org

Families First

2325 E. New York Street
Indianapolis, IN 46201
317-634-6341

Services Provided: Anger, BIP, Parenting, SAT

Scheduling Process: Call for appointment

Service Contracts: referrals@familiesfirstindiana.org

Family Preservation and Counseling

2555 E. 55th Place, Suite 210
Indianapolis, IN 46220
317-259-7122

Services Provided: SAT, Marijuana Education

Scheduling Process: Call for appointment

Service Contracts: familypreservationcounseling@gmail.com

Recovery Works : cons.anna2@sbcglobal.net

Gallahue Mental Health Center

2040 N. Shadeland Ave.
Indianapolis, IN 46219
317-355-5009

Services Provided: SAT, MAT

Scheduling Process: Call 621-5700

Service Contracts: addictionsreferrals@ecommunity.com

Hamilton Center

2160 N. Illinois St.
Indianapolis, IN 46202
317-937-3700

Services Provided: SAT

Scheduling Process: Call for appointment

Service Contracts: mHUDSON@hamiltoncenter.org

Indianapolis Counseling Center

724 North Illinois
Indianapolis, IN 46204
317-549-0333

Services Provided: Anger, BIP, Sex, SAT

Scheduling Process: Call for appointment

Service Contracts: connie@icc-indy.com

Recovery Works : cons.anna2@sbcglobal.net

Indianapolis Treatment Center

2626 E. 46th St.
Indianapolis, IN 46205
317-475-9066

Services Provided: SAT, MAT

Scheduling Process: Everyday at 6pm, must be in active with-drawal with no use in last 24 hours, valid ID, an no opiate pre-scriptions

Service Contracts: Dana.Scott@acadiahealthcare.com

Substance Abuse Agencies

Indy Cottage Counseling

1138 S. High School Rd
Indianapolis, IN 46241
317-241-9644

Services Provided: SAT

Scheduling Process: Mondays and Tuesday from 9:30am to 2pm and Monday, Tuesday, and Wednesday from 5pm to 7pm

Service Contracts: IndyCottageCounseling@gmail.com

Intrinsic Dynamics

6202 N. College Ave.
Indianapolis, IN 46220
317-721-6887

Services Provided: Anger, BIP, SAT

Scheduling Process: Call for appointment

Service Contracts: davina@intr-dynamics.com

IU Health/Methodist Hospital

1701 N. Senate Blvd.
Indianapolis, IN 46206
317-962-0651

Services Provided: SAT

Scheduling Process: Call for appointment

Service Contracts: jryser@IUHealth.org

Life Recovery Center - South Office

8150 Madison Avenue
Indianapolis, IN 46227
317-887-3290

Services Provided: Anger, BIP, Parenting, SAT

Scheduling Process: Call for appointment

Service Contracts: kwoolen@liferecoverycenter.net

Life Recovery Center - West Office

3607 W. 16th St. Suite B-3
Indianapolis, IN 46222
317-887-3290

Services Provided: Anger, BIP, Parenting, SAT

Scheduling Process: Call for appointment

Service Contracts: kwoolen@liferecoverycenter.net

Life Recovery Center - East Office

4455 McCoy Street, Suite 301
Indianapolis, IN 46226
317-887-3290

Services Provided: Anger, BIP, Parenting, SAT

Scheduling Process: Call for appointment

Service Contracts: kwoolen@liferecoverycenter.net

Life Recovery Center - North Office

8727 Commerce Park Pl, Suite L
Indianapolis, IN 46268
317-887-3290

Services Provided: Anger, BIP, Parenting, SAT

Scheduling Process: Call for appointment

Service Contracts: kwoolen@liferecoverycenter.net

Midtown MHC/Addictions Program

3171 N. Meridian St.
Indianapolis, IN 46208
317-941-5003

Services Provided: SAT, MAT

Scheduling Process: Call 880-8491

Service Contracts: Email both moneta.curry@eskenazihealth.edu and elizabeth.luksch@eskenazihealth.edu

Midtown MHC/Narcotics Treatment Program

832 N. Meridian
Indianapolis, IN 46202
317-686-5634

Services Provided: SAT, MAT

Scheduling Process: Call 880-8491

Service Contracts: Email both moneta.curry@eskenazihealth.edu and elizabeth.luksch@eskenazihealth.edu

Volunteers of America

927 North Pennsylvania Street
Indianapolis, IN 46204
317-686-5800 extension 1025

Services Provided: SAT

Scheduling Process: Call for appointment

Service Contracts: Twilliams1@Voain.org

Valle Vista

898 E. Main Street
Greenwood, IN 46143
1-800-447-1348

Services Provided: SAT, MAT

Scheduling Process: Call for appointment

Service Contracts: kerilyn.powers@uhsinc.com

Substance Treatment Agencies Reference Guide

Agency	Address	Phone	Group Counseling	Aftercare	Relapse Prevention	Inpatient	Medication Assisted	Individual Sessions	Dual Diagnosis	Prescription Drug	Gender Specific	Insurance/Medicaid	Recovery Works
Addiction Counseling	2855 N. Keystone Ave.	317-205-5853	X		X			X					X
Adult and Child	222 E. Ohio St., Suite 600	317-882-5122	X	X	X		X	X	X			X	X
Adult and Child	8320 S. Madison Ave.	317-882-5122	X	X	X		X	X	X			X	X
Alpha Counseling	9820 E. 38th Street	317-899-2010	X		X								
Aspire Indiana	2506 E. Willowbrook Pkwy	317-257-3903	X		X		X		X			X	X
Broad Ripple Counseling	6208 N. College Ave.	317-251-9777	X	X	X			X	X		X		
Capitol City - East / West	4126 East 10th Street	317-686-0931											X
Comm Outreach Network	2105 N. Meridian St., Suite 102	317-926-5463			X			X				X	X
Cummins Behavioral Health	5638 Professional Circle	888-714-1927	X	X	X		X	X	X			X	X
Emberwood Center	1431 N. Delaware St.	317-536-7100	X	X	X			X				X	X
Fairbanks Hospital	8102 Clearvista Pkwy	317-572-9396	X	X	X	X	X				X	X	
Fall Creek Counseling South	4026 S. Madison Ave.	317-789-0647	X	X	X								X*
Fall Creek Counseling East	2525 N. Shadeland Ave.	317-789-0647	X	X	X								X*
Fall Creek Counseling West	5610 Crawfordsville Road, Suite 2401	317-789-0647	X	X	X								X*
Families First	615 North Alabama, Suite 320	317-634-6341	X	X	X			X		X	X	X	X
Families First	2325 E. New York Street	317-634-6341	X	X	X			X		X	X	X	X
Family Preservation	2555 E. 55th Place, Suite 210	317-259-7122	X		X								X*
Gallahue MHC	2040 N. Shadeland Ave.	317-355-5009	X		X	X	X	X	X			X	X
Hamilton Center	2160 N. Illinois St.	317-937-3700											X
Indianapolis Counseling	724 N. Illinois	317-549-0333	X		X								X*
Indianapolis Treatment	2626 E. 46th St.	317-475-9066	X		X		X	X				X	
Indy Cottage Counseling	1138 S. High School Rd.	317-241-9644	X	X	X								
Intrinsic Dynamics	6202 N. College Ave.	317-721-6887	X	X	X								
IU Health/ Methodist	1701 N. Senate Blvd.	317-962-0651	X	X	X	X		X				X	
Life Recovery Center South	8150 Madison Ave.	317-887-3290	X	X	X			X			X		X
Life Recovery Center West	3607 W. 16th St, Suite B-3	317-887-3290	X	X	X			X			X		X
Life Recovery Center East	4455 McCoy St. Suite 301	317-887-3290	X	X	X			X					X
Life Recovery Center North	8727 Commerce Park Pl, Suite L	317-887-3290	X	X	X			X					X
Midtown Addictions **	3171 N. Meridian St.	317-941-5003	X	X	X		X	X	X			X	X
Midtown Narcotics**	832 N. Meridian St.	317-686-5634	X		X		X	X	X			X	X
Valle Vista	898 E. Main St., Greenwood, IN	800-447-1348					X					X	X
Volunteers of America	927 N. Pennsylvania St.	317-686-5800	X								X	X	X

* - Recovery Works Referrals for this agency should be sent to Community Outreach Network Services. A General Consent should be completed.

Support Group Meetings

Alateen

Alateen "is part of the Al-Anon fellowship designed for the younger relatives and friends of alcoholics through the teen years.

Al-Anon

The Al-Anon Family Groups are a fellowship of relatives and friends of alcoholics who share their experience, strength, and hope in order to solve their common problems. We believe alcoholism is a family illness and that changed attitudes can aid recovery.

Crystal Meth Anonymous

Crystal Meth Anonymous is a fellowship of people who share their experience, strength and hope with each other, so they may solve their common problem and help others to recover from addiction to crystal meth. The only requirement for membership is a desire to stop using.

Heroin Anonymous

Heroin Anonymous (HA) is a fellowship of men and women who have found a better way of life, free from heroin addiction. Our fellowship is based on a twelve-step program of recovery.

Narcotics Anonymous

Narcotics Anonymous (NA) is a fellowship or society of men and women for whom drugs had become a major problem". Narcotics Anonymous uses a traditional twelve-step model that has been expanded and developed for people with varied substance abuse issues.

Support group meeting schedules are on the following pages

Alateen

Meeting Schedule

Monday

Orchard Park Presbyterian Church

1605 E. 106th Street
Indianapolis, IN 46280
Weekday: Monday
Start Time: 8:00 pm
Ages 7 – 12

Orchard Park Presbyterian Church

1605 E. 106th Street
Indianapolis, IN 46280
Weekday: Monday
Start Time: 8:00 pm
Ages 12 – 19

Tuesday

Chapel Rock Christian Church

2020 N. Girls School Road
Indianapolis, IN 46214
Weekday: Tuesday
Start Time: 7:30 pm
Ages 12 – 19

Friday

Trinity Lutheran Church

8540 E. 16th Street
Indianapolis, IN 46219
Weekday: Friday
Start Time: 8:00 pm
Ages 8 – 20

AI – Anon

Meeting Schedule

Sunday

Club East

441 S. Ritter Ave
Indianapolis, IN 46219
Weekday: Sunday
Start Time: 7:00 pm

Open to professionals / students

Monday

Christ Church Cathedral

55 Monument Circle
Indianapolis, IN 46204
Weekday: Monday
Start Time: 11:45 am

In basement; stairs only

Trinity Baptist Church

6151 Central Ave
Indianapolis, IN 46220
Weekday: Monday
Start Time: 6:45 pm

Progress House

201 Shelby Street
Indianapolis, IN 46202
Weekday: Monday
Start Time: 6:00 pm

Orchard Park Presbyterian Church

1605 E. 106th Street
Indianapolis, IN 46280
Weekday: Monday
Start Time: 8:00 pm

Open to professionals / students

Tuesday

Club East

441 S. Ritter Ave
Indianapolis, IN 46219
Weekday: Tuesday
Start Time: 10:30 am

Fairbanks Recovery Center

8102A Clearvista Pkwy
Indianapolis, IN 46256
Weekday: Tuesday
Start Time: 7:00 pm

Faith United Church of Christ

4040 E. Thompson Road
Indianapolis, IN 4623
Weekday: Tuesday
Start Time: 7:30 pm

Open to professionals / students

John Knox Presbyterian Church

3000 N. High School Road
Indianapolis, IN 46224
Weekday: Tuesday
Start Time: 6:30 pm

Chapel Rock Christian Church

2020 N. Girls School Road
Indianapolis, IN 46214
Weekday: Tuesday
Start Time: 7:30 pm

Wednesday

Trinity Baptist Church

6151 Central Ave
Indianapolis, IN 46220
Weekday: Wednesday
Start Time: 6:00 pm

Thursday

The Carvel Club

4627 Carvel Ave
Indianapolis, IN 46205
Weekday: Thursday
Start Time: 1:00 pm

Open to professionals / students

Roberts Park United Methodist Church

401 N. Delaware Street
Indianapolis, IN 46204
Weekday: Thursday
Start Time: 6:00 pm

Library, Handicap Access

Christ United Methodist Church

8540 US 31 S
Indianapolis, IN 46227
Weekday: Thursday
Start Time: 7:00 pm

Westside Club

6450 W. 10th Street Ste. 7
Indianapolis, IN 46214
Weekday: Thursday
Start Time: 8:00 pm

Friday

St. Monica Parish

6131 N. Michigan Road
Indianapolis, IN 46228
Weekday: Friday
Start Time: 6:00 pm

Meets in meeting room, Handicap Access

First Baptist Church

8600 N. College Ave
Indianapolis, IN 46240
Weekday: Friday
Start Time: 8:00 pm

Trinity Lutheran Church

8540 E. 16th Street
Indianapolis, IN 46219
Weekday: Friday
Start Time: 8:00 pm

St. Timothy's Church

2601 E. Thompson Road
Indianapolis, IN 46240
Weekday: Friday
Start Time: 8:00 pm

Saturday

Westside Club

6450 W. 10th Street Ste. 7
Indianapolis, IN 46204
Weekday: Saturday
Start Time: 9:30 am

Handicap Access

Crystal Meth Anonymous

Meeting Schedule

Monday

New Beginnings

210 North Orange Street
Albion, IN 46701
Weekday: Monday
Start Time: 7:00 pm

Life After Meth

1110 E. Dowling Street
Kendallville, IN 46755
Weekday: Monday
Start Time: 8:00 pm

Tuesday

Crystal Clean

1126 East Main Street
Albion, IN 46701
Weekday: Tuesday
Start Time: 11:30 am

Tweakless Group

122 South 1 0 1/2 Street
Terre Haute, IN 46807
Weekday: Tuesday
Start Time: 6:00 pm

Club MRCE

109 East Main
Kendallville, IN 46755
Weekday: Tuesday
Start Time: 6:00 pm

Stop METHin' Around

26 North Arsenal Ave.
Indianapolis, IN 46201
Weekday: Tuesday
Start Time: 6:30 pm

Wednesday

Positive Changes

118 N. Green Street
Crawfordsville, IN 46933
Weekday: Wednesday
Start Time: 6:00 pm

Finally Free

10871 N. State Road 9
Rome City, IN 46784
Weekday: Wednesday
Start Time: 7:30 pm

Thursday

When Life's a Meth

1110 Dowling Street
Kendallville, IN 46755
Weekday: Thursday
Start Time: 6:00 pm

Life After Meth

1051 Riverside Drive
Evansville, IN 47228
Weekday: Thursday
Start Time: 6:00 pm

Friday

Crystal Free Friday Nights

701 N. Delaware Street
Indianapolis, IN 46204
Weekday: Friday
Start Time: 7:30 pm

Saturday

Tweakless Group

122 South 1 0 1/2 Street
Terre Haute, IN 46807
Weekday: Saturday
Start Time: 6:00 pm

Saturday (Cont.)

It's Your Life Or Meth

3585 West 800 South
Kewanna, IN 46939
Weekday: Saturday
Start Time: 7:00 pm

Life After Meth

229 S. State Street
Kendallville, IN 46755
Weekday: Saturday
Start Time: 7:00 pm

HA – Heroin Anonymous

Meeting Schedule

Sunday

No More Suffering

2135 N. Alabama Street
Indianapolis, IN 46202
Weekday: Sunday
Start Time: 8:00 pm
Topic Discussion

Tuesday

Surrender All Group

Dove Recovery House for Women
14 N. Highland Ave.
Indianapolis, IN 46202
Weekday: Tuesday
Start Time: 2:00 pm

Over the Spoon

Unity Church
907 N. Delaware Street
Indianapolis, IN 46202
Weekday: Tuesday
Start Time: 8:00 pm

Wednesday

The Right Track

First Christian Church
16377 Herriman Blvd.
Noblesville, IN 46060
Weekday: Wednesday
Start Time: 7:00 pm

Everyday language Group

201 S. Shelby Street
Indianapolis, IN 46202
Weekday: Wednesday
Start Time: 8:00 pm

Thursday

Hope After Dope

2502 E. 38th Street
Indianapolis, IN 46218
Weekday: Thursday
Start Time: 7:30 pm

Friday

The Foundation Group

8102 Clearvista Pkwy.
Indianapolis, IN 46256
Weekday: Friday
Start Time: 6:00 pm

Saturday

HA Speaker Meeting

Harbor Light Treatment Center
2400 N. Tibbs Ave.
Indianapolis, IN 46222
Weekday: Saturday
Start Time: 7:30 pm

NA – Narcotics Anonymous

Central Indiana Area – Meeting Directory

Sunday

Sky's the Limit, (Downtown) , Lucille Raines
947 N. Pennsylvania Ave, Indianapolis, IN,
Start Time: 9:30 am

(C, BT, DI, LIT)

Life on Life's Terms, (Eastside) , Zion Hope Baptist
Church, Entrance on north side of building,
5950 E. 46th Street, Indianapolis, IN
Start Time: 3:30 pm
(C, DI, WA, LIT)

Sunday In Recovery, (Eastside), Ellenberger United
Church of Christ. 10th St & Ritter Ave,
5520 E. 10th St, Indianapolis, IN
Start Time: 6:00 pm

(C, DI, BSMT)

Oasis of Hope, (Downtown), Side Door
2336 N. Pennsylvania Ave, Indianapolis, IN,
Start Time: 6:30 pm

(C, BT, MEN, ST, TR, WA, LIT, CON, LC)

We Do Recover, (Downtown), Dove House, Use side
door and go downstairs,
14 N. Highland Ave, Indianapolis, IN
Start Time: 7:00 pm
(C, BT, JFT, SP)

Sunday Quest, (Northside), Faith Missionary Church,
91st & College; NE Entrance, Room 190,
9125 N. College Ave, Indianapolis, IN
Start Time: 7:30 pm
(O, DI, NC, SD, WA)

SP 1st 20 minutes; NO CHILDREN ALLOWED

Keep It Basic, (Southside), St. Francis Hospital Heart
Center, 1st floor community room,
8011 5. Emerson Ave, Indianapolis, IN,
Start Time: 10:00 am
(C, BT, LIT)

12 Steps to Freedom, (Martinsville) , The Centerton
Meeting Place, 6030 Clay St, Martinsville, IN,
Start Time: 6:00 pm
(O, DI)
Speaker last Sunday

Bearing No Name, (Eastside), Church of the Living God,
Enter through front door; Ring bell for entry
2502 E. 38th St, Indianapolis, IN,
Start Time: 6:30 pm
(O, DI, TO, WA)
TO in a can last Sunday

New Hope Group, Valle Vista Hospital,
898 E. Main St, Greenwood, IN
Start Time: 7:00 pm
(O, IP, SP, WA, LIT)
Speaker 2nd Sunday

Serenity-Sunday, St. Augustine's Episcopal Church,
600 N. Washington St, Danville, IN,
Start Time: 7:30 pm
(O, DI, WA)

Lebanon Group of NA, New Life Recovery Home,
224 S. Lebanon St, Lebanon, IN
Start Time: 7:30 pm
Start Time: 7:30 pm
(O, DI, LC)

Monday

Courage Under Fire, (Downtown), Talbot House,
No parking in lot,
Start Time: 10:00 am
1424 N. Central Ave, Indianapolis, IN,
(C, TO, TR, BSMT)

Finding Hope, Hope's Point
1703 Miller Ave, Shelbyville, IN
Start Time: 6:00 pm
(O, DI, SP)
Speaker last Monday

Sisters of Serenity, (Martinsville), Presbyterian
Church, Meeting Upstairs,
240 E. Washington St, Martinsville, IN
Start Time: 6:00 pm
(O, WOM)

Lebanon Group of NA, New Life Recovery Home
224 S. Lebanon St, Lebanon, IN
Start Time: 5:00 pm
(O, DI, 12, WA)

No Nonsense, (Downtown), The Bethlehem House
Conference Room,
130 E. 30th St, Indianapolis, IN,
Start Time: 6:00 pm
(C, DI, WA)

No Matter What, Suburban North Club,
1811 S. 10th St, Noblesville, IN
Start Time: 6:30 pm
(O, DI)

Monday (Cont.)

Fresh Start Meeting, (Downtown),
Central Christian Church,
701 N. Delaware, Indianapolis, IN
Start Time:7:00 pm

(C, DI)

Monday Group of NA, Avon United Methodist
Church, In the music room,
6850 E. US 36, Avon, IN
Start Time:7:00 pm

(O, DI)

Four Corners, (Southside) , Southport Baptist Church
Enter through east doors off McFarland,
2901 E. Banta Rd, Indianapolis, IN
(O, DI, ST, TR, WA, LIT, BSMT)
Start Time:7:30 pm
Door is locked at 8:00 p.m.

Art of Recovery, (Northside),
Spirit of joy Church
3535 Kessler Blvd East Drive, Indianapolis, IN
Start Time:7:45 pm
(C, CDL, DI)

Hugs Not Drugs, (Northside),
Faith Presbyterian Church, North Entrance Room E4,
8170 Hague Rd, Indianapolis, IN
Start Time:7:00 pm
(C, DI, LIT)
5th Monday Open Speaker

Thanks for the Miracle, (Downtown),
Fall Creek Pkwy Church of Christ,
380 W. Fall Creek Pkwy N. Dr. Indianapolis, IN
Start Time:7:15 pm
(C, BT, DI, LIT, BSMT)
3rd Monday 7:00-8:45 due to business meeting

Hour of Power, (Martinsville),
Presbyterian Church
240 E. Washington St, Martinsville, IN
Start Time:7:30 pm
(O, DI)

Tuesday

Surrender to Win, (Downtown),
Lucille Raines Residence
947 N. Pennsylvania Ave, Indianapolis, IN,
Start Time:9:30 am
(C, DI, WA)

New Awareness, (Westside), Salvation Army Harbor
Light Center, In the Gym,
2400 N. Tibbs Ave., Indianapolis, IN
Start Time:12:30 pm
(O, SP, WA, DC, JG, BZ)
No shorts cut above the knees and no tank tops

Courage in Recovery, (Eastside),
Kingsley Terrance COC Annex
2103 E. 30th Street, Indianapolis, IN,
Start Time:7:00 pm
(O, DI, IP, LIT}

Mars Hill Recovery Group, (Westside)
The Upper Room Church of Indianapolis
3829 S. Farmsworth St., Indianapolis, IN
Start Time:7:00 pm
(O, DI, WA)

Recovery in the Park, (Southside), Garfield Park
Baptist Church, Enter at side of building,
1061 E. Southern Ave., Indianapolis, IN
Start Time:7:00 pm
(O, DI, LIT, BSMT)

That Tuesday Night NA Meeting in Broad Ripple
(Northside), Trinity Church
6151 N. Central Ave., Indianapolis, IN
Start Time:7:00 pm
(O, CDL, DI, IP, BSMT)
IP is 3rd Tuesday

Welcome Home, (Eastside)
Linwood Christian Church
4424 E. Michigan St., Indianapolis, IN
Start Time: Noon
(O, BT, DI, TO)

Fulfilling our Dreams, (Downtown),
Central Christian Church
701 N. Delaware, Indianapolis, IN,
Start Time:6:00 pm
(O, TO, BSMT) in a can

Life After Drugs, (Carmel)
Carmel United Methodist Church
621 S. Range Line Rd RM 122, Carmel, IN,
Start Time:7:00 pm
(C, DI, WA, LIT)

No Matter What, (Eastside)
Old Bethel Methodist Church
7995 E. 21st Street, Indianapolis, IN,
Start Time:7:00 pm
(O, DI, IP, LIT)

Taking it to the Streets, (Eastside)
40 W. 40th Street, Indianapolis, IN
Start Time:7:00 pm
(O, DI, JFT, LIT)

Just for Today, (Greenfield)
Way Out Club
226 Cherry Street, Greenfield, IN
Start Time:7:30 pm
(O, DI, WA, LIT)

Tuesday (Cont.)

Recovery Step Meeting, (Eastside), St. Lawrence Catholic Church, 46th and Shadeland, Gym
6944 E 46th Street, Indianapolis, IN
Start Time:7:30 pm
(O, BT, D, ST, TO, TR, BSMT)
Tradition last Tuesday

Tuesday Night NA, (Eastside)
Woodruff Place Baptist Church
1735 E Michigan St., Indianapolis, IN ,
Start Time:7:30 pm
(O, C, BT, DI, LIT, BSMT)

Second Chances, (Martinsville)
Manna Mission,
65 W. Morgan St., Martinsville, IN
Start Time:7:45 pm
(O)

Process to Progress, (Southside)
Progress House
201 S. Shelby Street, Indianapolis, IN
Start Time:8:00 pm
(O, DI, SP, WA, LIT)
Speaker 4th Tuesday

The Outreach Group, (Franklin)
First Presbyterian Church
100 E. Madison St. Franklin, IN
Start Time:7:30 pm
(O, DI, BSMT)

How it Works Step Meeting, (Westside)
Drexel Gardens Christian Church, Upstairs
2200 Beulah Ave. Indianapolis, IN
Start Time:7:45 pm
(O, DI, ST, WA)

Lebanon Group of NA,
New Life Recovery Home
224 5. Lebanon St, Lebanon, IN
Start Time:8:00 pm
(O, DI, WA)

Wednesday

Courage to Change, (Downtown)
Talbot House
1424 N. Central Ave, Indianapolis, IN
Start Time:9:30 am
(C, DI, JFT,IT, BSMT)

Spiritual Solutions, (Eastside)
Jones Tabernacle 34th & Tacoma, Cafeteria
2510 E. 34th Street, Indianapolis, IN
Start Time:1:30 pm
(C, DI, ST, WA)

Southside Downstairs, (Southside)
Garfield Park United Church of Christ
743 E. Pleasant Run Pkwy S Dr, Indianapolis, IN,
Start Time:6:30 pm
(O, CDL, DI, JFT, LIT, BSMT)

Basically Simple , Carmel Medical Center (Hospital)
Entrance #4, 2nd floor, Room 255
13450 N. Meridian St, Carmel, IN
Start Time:7:00 pm
(C, WA, LIT)

Striving for Freedom, (Easts/de)
Edna Martin Community Centr
2592 E 25th St, Indianapolis, IN,
Start Time:7:00 pm
(C, O, DI, SP, WA, LIT)
Open Speaker on the last Wednesday

Living in Active Recovery, (Eastside)
Woodruff Place Baptist Church
1735 E Michigan St. Indianapolis, IN
Start Time:7:30 pm
(C, O, DI, LIT, BSMT)

The Broad Ripple Nooner, (Northside), Trinity Church,
SE Corner of Westfield Blvd & Central Ave,
6151 N. Central Ave., Indianapolis, IN
Start Time: Noon
(O, DI, BS MT)
IP is 3rd Tuesday

Turn the Page, First Baptist Church,
Meets in the Administration Bldg
14 W. Broadway Street, Shelbyville, IN
Start Time:6:00 pm
(O, DI, ST, TR, LIT)
Speaker last Monday

Awakening the Spirit, (Northside)
Abundant Harvest Methodist Church
7840 Ditch Rd, Indianapolis, IN
Start Time:7:00 pm
(O, DI, LIT)

Light Of Recovery, (Paragon)
Paragon Christian Church, side door
290 N Main St, Paragon, IN
Start Time:7:00 pm
(O, DI, WA, LIT)

There is Hope, (Downtown),
Roberts Park UMC
401 N. Delaware St, Indianapolis, IN
Start Time:7:00 pm
(O, SP, TO, WA, LIT, BSMT)
2nd week is JFT and 4th week is a Speaker

Never Alone, (Camby), Fairfield Friends Group
1 mile W of ST Rd 67 on W Camby Rd,
7040 S CR 1050 E, Camby, IN
Start Time:7:40 pm
(O, CDL, DI)

Thursday

Winners Do What They Have to Do, (Downtown)
Talbot House, 1424 Central Ave.,
Indianapolis, IN,
Start Time:10:00 am
(C, DI, IP, JFT, BSMT)

Steps to Live By, (Downtown), Talbot House
1424 Central Ave. Indianapolis, IN
Start Time:12:30 pm
(C, BT, DI, SP, LIT, BSMT)
Speaker 1st Thursday

Brookside Freedom Group of NA, (Eastside),
Brookside Community Church, Ring the Bell at the
Center Door for Entrance,
1035 N Olney St, Indianapolis, IN
Start Time:6:30 pm
(C, DI, LIT)

Pathway to Recovery, (Downtown),
Pathway House
2135 N Alabama St, Indianapolis, IN
Start Time:7:00 pm
(O, BT, DI, LIT)

Recovery In Hauville, (WestSide), Friendship Baptist
Church, Enter SW corner of Church in Chapel
1301 N Goodlet Ave, Indianapolis, IN
Start Time:7:00 pm
(C, BT, DI, ST, TR, WA)
Tradition Last Thursday

More Will Be Revealed, (Northside)
First Baptist Church
8600 N College Ave, Indianapolis, IN
Start Time:7:15 pm
(O, BT, DI, ST, WA)

Clean in Clermont, (Clermont)
Clermont Christian Church, Room 203
9204 W Crawfordsville Rd/US 136, Clermont, IN
Start Time:7:30 pm
(O, BT, DI)

Lebanon Group of NA,
New Life Recovery Home
224 S. Lebanon St, Lebanon, IN
Start Time:7:30 pm
(D, BT, DI, TO)

Hangin with the Sistas, (Martinsville),
Centerstone Facility, RM 140,
1175 Southview Dr, Martinsville, IN
Start Time: Noon
(O, BT, DI, WOM, LIT)

Journey Continues, (Martinsville),
Centerstone Facility, RM 140
1175 Southview Dr, Martinsville, IN
Start Time:2:00 pm
(O, BT, DI, WOM)

ENUFF, (Martinsville),
House of Hope, Meets in basement
1410 S. Harriet Street, Martinsville, IN
Start Time:7:00 pm
(O, DI, BSMT)

Principles Before Personalities, (Eastside)
Franklin Road Church of Christ
950 N Franklin Rd, Indianapolis, IN
Start Time:7:00 pm
(O, DI, LIT, CELE/SP)
Last Thursday Celebration Speaker

Thursday Night Support Group of NA, (Westside)
Saint Andrew Presbyterian Church
3535 N Kessler Blvd N Dr, Indianapolis, IN
Start Time:7:00 pm
(C, DI, WA)

Trust the Process, (Fishers), Fishers United Methodist
Church, Library, 1 block E of 169 Entrance 3
9690 E 116th St, Fishers, IN
Start Time:7:15 pm
(O, DI, WA)

Surrender Group, (Greenwood)
Greenwood Christian Church
2045 Averitt Rd, Greenwood, IN
Start Time:7:30 pm
(O, DI, WA)

Friday

Thank God It's Friday, (Downtown)
Lucille Raines Residence
947 N. Pennsylvania Ave., Indianapolis, IN
Start Time:10:00 am
(C, DI, JFT, WA)

Just for Today, (Downtown)
Methodist Hospital Building C, 3rd Floor Room C 306,
1730 N. Capitol Ave., Indianapolis, IN
Start Time:1:00 pm
(O, BT, JFT, WA)

Power Hour, (Northside),
Common Ground Christian Church, Youth Room
7440 Hague Road, Indianapolis, IN
Start Time: Noon
(O, DI, WA)

Paycheck Meeting, (Downtown)
Lucille Raines Residence
947 N. Pennsylvania Ave. Indianapolis, IN
Start Time:1:00 pm
(O, DI, BSMT)

Friday (Cont.)

Just for today, (Shelbyville)
Gallahue Mental Health Center
5 East Polk St. Shelbyville, IN,
Start Time:5:00 pm
(O, DI, JFT)
Please use back entrance

New Memories Group, (Franklin)
First Presbyterian Church, Room 11
100 E. Madison St., Franklin, IN,
Start Time:7:00 pm
(O, DI, 12, BSMT)

Rebirth, (Northside) Lilies of the Valley Christian Church,
Entrance Off Fairfield
3421 N. Park Avenue, Indianapolis, IN
Start Time:7:00 pm
(O)

The Purpose The Message (Eastside)
Jones Tabernacle 34th & Tacoma
2510 E. , 34th St., Indianapolis, IN
Start Time:7:00 pm
(C, BT, DI, WA)

Friday Freedom (Southside)
Beech Grove 1st Christian Church, Enter in back of bldg.
75 N. 10th Ave., Indianapolis, IN
Start Time:7:30 pm
(O, CDL, DI, LIT, BSMT)

Plainfield Group of NA, (Plainfield)
St. Susanna Church
1210 E. Main St, Plainfield, IN
Start Time:7:30 pm
(O, DI, LIT)

Friday Night Speaker Meeting, (Northside)
Fairbanks Hospital, Dr. Lucy King Conf. Hall 128 & 158
8102 A Clearvista Pkwy., Indianapolis, IN
Start Time:8:00 pm
(O, SP, WA, SEAT, IG)

Freedom From Active Addiction, (Westside)
Salvation Army Harbor Light Center, In the Gym,
2400 N. Tibbs Ave., Indianapolis, IN
Start Time:7:00 pm
(O, DI, SP, TO, WA, DC, SEAT, IG, BZ)
No shorts cut above the knees and no tank tops

Rats NA Drain Ditch, (Eastside)
Woodruff Place Baptist Church
1735 E Michigan St. Indianapolis, IN
Start Time:7:00 pm
(O, DI, JFT, BSMT)

Stand for Something or Fall for Anything,
(Noblesville), New life Assembly of God,
698 N. 10th St., Noblesville, IN
Start Time:7:00 pm
(O, CDL, TO, BSMT)

Circle of Topics, (Carmel)
Our Lady of Mount Carmel, Door A, St. Cecilia Music Rm
14598 Oak Ridge Rd., Carmel, IN
Start Time:7:30 pm
(O, DI, TO)

Lynhurst Recovery Group, (Westside)
Lynhurst Baptist Church, Downstairs Fellowship Hall
1250 S. Lynhurst, Indianapolis, IN
Start Time:7:30 pm
(DI, ST)

We Found a Home, (Zionsville)
Zionsville Christian Church
120 N. 9th Street Zionsville, IN
Start Time:7:45 pm
(O, CDL, DI, JFT, WA)

Inner Reflections Group, (Brownsburg)
Messiah Lutheran Church, Room 123
801 S. Green Street Brownsburg, IN
Start Time:8:00 pm
(O, CDL, JFT)

Saturday

The Breakfast Club, (Northside),
Bethlehem Lutheran Church, Corner of 52nd & Central,
526 E. 52nd St, Indianapolis, IN
Start Time:9:30 am
(O, DI, WA)

S. O. S. NA Meeting, (Southside),
Christ United Methodist Church, Building behind church,
8540 s. us 31, Indianapolis, IN, 46227
Start Time:10:00 am
(O, DI)

North Suburban Breakfast Club
Suburban North Club
1811 S. 10th St, Noblesville, IN
Start Time:10:30 am
(O, LIT)

12 Steps to Freedom, (Westside), Friendship Baptist
Church, East door from 15th & Concord,
1301 N. Goodlet Ave, Indianapolis, IN
Start Time:10:00 am
(O, DI, 12, JFT, SWG, WA, CON)
12 2nd Saturday

Saturday Morning NA, (Downtown),
Lucille Raines Residence
947 N. Pennsylvania Ave, Indianapolis, IN,
Start Time:10:00 am
(C, DI, 12, ST, WA)
12 Last Saturday

Save Yourself, (Eastside)
Progress House, Club House
2456 N. Bolton Ave, Indianapolis, IN
Start Time:1:00 pm
(O, DI)

Saturday (Cont.)

Foundation of Recovery, (Downtown)

Talbot House
1424 N. Central Ave, Indianapolis, IN
Start Time:5:00 pm
(O, DI, LIT,BSMT)
No parking in the lot

Keep It Simple, Gallahue Mental Health Center,

Please use back entrance
5 E. Polk St, Shelbyville, IN,
Start Time:7:00 pm
(O, DI, TO, WA)
TO - Feelings

No Reservations, (Downtown)

Barnes United Methodist Church
930 W. 30th St, Indianapolis, IN
Start Time:7:15 pm
(C, DI, WA, LIT)

Westside Winners Group of NA, (Westside),

Lynhurst Baptist Church, Downstairs Fellowship Hall,
250 5. Lynhurst, Indianapolis, IN
Start Time:7:30 pm
(O, TO, WA)
TO in a can

Lebanon Group of NA

New Life Recovery Home
224 5. Lebanon St, Lebanon, IN,
Start Time:6:00 pm
(O, DI, TO, WA, LIT)

Saturday Night Living Clean, (Southside),

St. Francis Hospital Heart Center
1st Floor Community room
8011 5. Emerson Ave, Indianapolis, IN
Start Time:7:00 pm
(O, DI, LIT, LC)

The Message of Hope, (Hospital)

Carmel Medical Center, Entrance #4, 2nd floor, Rm 255,
13450 N. Meridian St, Carmel, IN,
Start Time:7:30 pm
Furthest south entrance, past construction site

Saturday Night NA, (Westside)

Westlake Church of God, Entrance on north side
6696 Rockville Rd, Indianapolis, IN
Start Time:8:00 pm
(0)

Meeting Format Legend			
12	It Works How and Why	BSMT	Basement
BT	Basic Text	BZ	Breathalyses
C	Closed	CDL	Candlelight
CELE /SP	Celebration / Speaker	CON	Concepts
DC	Dress Code	DI	Discussion
IG	Institutional Group	IP	Information Pamphlet
JFT	Just For Today	LC	Living Clean
LIT	Literature Study	MEN	Men
NC	No Children	O	Open
SD	Speaker / Discussion	SEAT	Seating
SP	Speaker Only	ST	Step
SWG	Step Working Guide	TO	Topic
TR	Tradition	WA	Wheelchair
WOM	Women		