



**SUBSTANCE ABUSE
AND
MENTAL HEALTH RESOURCE GUIDE**



Revised February 2021

Dear Community Member,

We have created this guide of substance use and mental health 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.vayahealth.com or call VAYA Health at 1-800-849-6127 for the most current information on substance abuse resources in our region.

As you will notice, many providers show up in more than one section. This may seem redundant, but our goal is be as thorough and informative as possible. In addition, many providers are currently conducting appointments via Telehealth or other virtual means. We encourage you to reach out to any providers you may be interested in to see if they offer services in this manner.

We are working hard on prevention, education, and advocacy around substance use issues in our community. Please contact us at info@pathwnc.org or (828) 682-7899 if you have suggestions about how we might improve our efforts to serve you and our community.

Best wishes,



Partners Aligned Toward Health (PATH) and the Mitchell-Yancey Substance Abuse Task Force (MYSATF) 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.

A Brief Guide to Types of Treatment¹

Inpatient treatment is provided in special units of hospitals or medical clinics, and offers both detoxification and rehabilitation services. People who have a mental disorder or serious medical problem, as well as a substance use disorder, are most likely to receive inpatient treatment.

Residential programs provide a living environment with treatment services. Often residential programs last long enough (1 month to 1 year) to offer general equivalency diploma (GED) preparation classes, training in job-seeking skills, and even career training. In residential programs for adolescents, the participants attend school as a part of the program. Residential programs are best for people who do not have stable living or employment situations, have limited or no family support, and/or those with serious substance use disorders who have been unable to get and stay sober or drug free in other treatment.

Partial hospitalization or day treatment provide treatment for 4 to 8 hours per day, and the person lives at home. These programs usually last for at least 3 months and work best for people who have a stable, supportive home environment.

Outpatient and intensive outpatient programs provide treatment at a program site, but the person lives elsewhere (usually at home). Some programs require daily attendance; others meet only one to three times per week. Intensive outpatient treatment programs require a person to attend 9 to 20 hours of treatment activities per week and usually last from about 2 months to 1 year. People who do best in an outpatient program are willing to attend counseling sessions regularly, have supportive friends or family members, have a place to live, and have some form of transportation to get to treatment sessions

Medication Assisted treatment offers medication-assisted outpatient treatment for people who are dependent on opioid drugs (such as heroin, OxyContin, or Vicodin). These programs use a medication, such as Suboxone, methadone or LAAM, to help a person not use illicit opioids. Counseling and other services are provided along with the medication.

¹ *What Is Substance Abuse Treatment? A Booklet for Families. HHS Publication No. (SMA) 14-4126. Center for Substance Abuse Treatment. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2004*

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Many providers are offering services virtually due to the COVID-19 pandemic. If you prefer this manner of service, please reach out to the provider of your choosing to see if this is an option.

Behavioral Health Urgent Care/ Crisis Hotlines & Services

Walk-In Crisis Centers

Each site is a walk-in crisis center serving individuals of all ages who are experiencing a mental health and/or substance abuse crisis. Professional staff are prepared for any nonmedical emergency - including emergency counseling, and peer support.

<u>Mitchell County</u>	<u>Yancey County</u>	<u>Avery County</u>
RHA Health Services	RHA Health Services	Daymark Recovery
29 Skyview Circle Spruce Pine, NC (828) 765-0894	72 Blue Ridge Ln. Burnsville, NC (828) 682-2111	360 Beech St. Newland, NC (828) 733-5889

C3356 Comprehensive Care Center & Neil Dobbins Center

356 Biltmore Avenue; Asheville, NC

(800) 848-0180 • rhahealthservices.org/c3356-comprehensive-care-center

Offering a full continuum of services designed to meet a variety of treatment needs.

- * **Mobile Crisis Management Services** – If you are experiencing a crisis and cannot come to C3356, call our 24/7 Mobile Crisis Line and our MCM Team comes to your location for stabilization and support. (888) 573-1006
- * **Same Day Access Walk-in Clinic** – No appointment necessary – just walk in during business hours to discuss your current needs and learn more about treatment options.
- * **Behavioral Health Urgent Care** – Crisis assessment and support are available 24/7 at C3356 Behavioral Health Urgent Care – no appointment necessary.
- * **Neil Dobbins Center** (Facility-Based Crisis & Substance Use Detox) – 24/7 Crisis Stabilization and Detox Services for people with acute needs who require more than 24 hours of assessment, treatment and support.
- * Outpatient Services
- * Peer Living Room
- * NAMI Peer & Family Support
- * Pharmacy Services

Caiyalynn Burrell Child Crisis Center

277 Biltmore Ave.; Asheville, NC 28801

(877) 277-8873 • daymarkrecovery.org/locations/fbc-buncombe

The Caiyalynn Burrell Child Crisis Center (CBCCC) Facility-Based Crisis Service for children and adolescents, ages 6-17, is a service that provides an alternative to hospitalization for an eligible child or adolescent who presents with escalated behavior due to a mental health, intellectual or development disability, or substance use disorder and requires treatment in a 24-hour residential

facility. CBCCC is an indirect, intensive short term, medically supervised service provided in a physically secure setting that is available 24 hours a day, seven days a week, 365 days a year.

Caldwell C3 Comprehensive Care Center

2415 Morganton Blvd. SW; Lenoir, NC
800-848-0180 • rhahealthservices.org/caldwell-c3

The Caldwell C3 Comprehensive Care Center provides treatment and support services regardless of where you are in your recovery journey. If you need help with mental health, substance use or other wellness issues please call us or just stop in. No appointment is necessary.

- * Outpatient Behavioral Health Services for Children & Adults
 - * Mental Health & Substance Use Services
 - * Individual & Group Therapy
 - * Substance Use Intensive Outpatient Program (SAIOP)
 - * Medication Management
 - * Community Support Team (CST)
 - * Intensive In-Home Services (IIH)
 - * Peer support services (PSS)
 - * Recovery Education Center (REC)
 - * Crisis Stabilization & Detox Services for Adults
 - * Mobile Crisis Services (MCM)
 - * Foothills Regional Treatment Center
-

RHA Health Services - Mobile Crisis Management

(888) 573-1006 • rhahealthservices.org

Intensive, on-site intervention for people of all ages who are experiencing a crisis due to mental health disturbances, intellectual/developmental disabilities, or addiction. RHA's team of behavioral health professionals are available 24/7/365 to safely stabilize the person at home, work, school or wherever in the community the crisis occurs. Private insurance/Medicaid/ uninsured accepted.

Daymark Recovery Services – 24-hour Crisis Hotline and Mobile Crisis Management

(866) 275-9552 • Daymarkrecovery.org

Mobile Crisis Management serves anyone within the community experiencing a crisis related to mental health, substance abuse, or developmental disability concerns.

VAYA's Mobile Crisis & Access to Care Line

(800) 849-6127

Our 24/7 Access to Care Line is available to people seeking information about care or who are in crisis. This service is available to all residents, regardless of insurance status or ability to pay.

SAMHSA's National Helpline

(800) 662-HELP (4357)

This is a confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders. This service provides

referrals to local treatment facilities, support groups, and community-based organizations. Callers can also order free publications and other information.

National Alliance on Mental Illness (NAMI) Helpline

1-800-950-NAMI (6264) or text NAMI to 741741

National Suicide Prevention Lifeline

1-800-273-TALK [8255]

Veterans Crisis Line

(800) 273-8255 • <http://www.veteranscrisisline.net>

Connects veterans in crisis (and their families and friends) with qualified, caring Department of Veterans Affairs responders through a confidential, toll-free hotline, online chat, or text.

2-1-1 or nc211.org

Dial 2-1-1 for free, confidential, multilingual information on vital local services. Available 24/7/365. Sponsored by the United Way of North Carolina.

- * Basic Needs
- * Consumer Services
- * Criminal Justice & Legal Services
- * Education
- * Environment & Public Health/Safety
- * Healthcare
- * Income Support & Employment
- * Individual & Family Life
- * Mental Health & Substance Use Disorders
- * Organization/Community/International Services

Many providers are offering services virtually due to the COVID-19 pandemic. If you prefer this manner of service, please reach out to the provider of your choosing to see if this is an option.

Substance Abuse Services – Counseling and Therapy

Mountain Community Health Partnership Bakersville Health Center • Celo Health Center • Spruce Pine Health Center

(828) 688-2104 • mchp.care

- * Prevention Services
- * Comprehensive Outpatient Services
- * Medical Care
- * Identify and assist patients address issues such as transportation, food insecurity, housing, and childcare.
- * Accepts Medicaid, Medicare, Blue Cross Blue Shield and other local insurances. As a Federally Qualified Health Center, MCHP is committed to providing quality health care to patients, regardless of their ability to pay. Patient assistance programs also available. Call for more information.
- * Counseling
- * Peer Support
- * Medication Assisted Treatment

Appalachian Counseling and Psychological Services

205 Locust St 1 Oak Plaza, Ste. 208
Spruce Pine, NC Asheville, NC
(828) 372-0432 (828) 575-9760

www.acaps-nc.org

- * Counseling and therapy services for substance abuse and mental health
- * Accepts Blue Cross Blue Shield, Aetna, Cigna, United Healthcare, Medicaid, Medicare, and more. Payment plans may be available.

Spruce Pine Counseling

Denise Harrison, MA, MAC, LCAS, CCS, CSOTS
962 Oak Ave; Spruce Pine, NC

(828) 467-0037 • sprucepinecounseling.vpweb.com

- * Individual, couples, and group counseling offered for a variety of needs, including mental health and substance abuse.
- * DWI Services offered.
- * Cash, checks and credit cards accepted, sliding scale fee for those who are uninsured and have financial need

Eleanor Health

39 McDowell St; Asheville, NC
(888) 605-1797 • eleanorhealth.com

- * Therapy & counseling, medication assisted treatment and psychiatric services available, as well as resources for recovery.
- * Telehealth services include medication assisted treatment, psychiatry, nursing and therapy services, and recovery support.
- * Accepts Medicaid, Medicare and most major insurances.

Therapy of Hickory

246 E. Tappan St; Spruce Pine, NC
(828) 409-6743 • therapyofhickory.com

- * Substance abuse counseling.
- * Therapy services for individuals, couples, families, and children, as well as marriage counseling
- * Sliding scale fee plans may be available, call for more information.

Crossroads Recovery Center

440 East Court St; Marion, NC
(828) 659-8626

- * Counseling services for substance abuse and mental health.
- * DWI services offered.
- * Accepts Medicaid, Blue Cross Blue Shield, Aetna, Cigna and United Healthcare.

CareNet Counseling Services

79 Academy St; Marion, NC
(828) 559-0125 • carenetnc.org

- * Substance abuse and mental health counseling services for adults and teens.
- * Most insurances and employee assistance plans accepted; financial assistance may be available.

Substance Abuse Services - Outpatient Treatment Programs

Mountain Community Health Partnership

Bakersville Health Center • Celo Health Center • Spruce Pine Health Center

(828) 688-2104 • mchp.care

- * Prevention Services
- * Comprehensive Outpatient Services
- * Medical Care
- * Identify and assist patients address issues such as transportation, food insecurity, housing, and childcare.
- * Accepts Medicaid, Medicare, Blue Cross Blue Shield and other local insurances. As a Federally Qualified Health Center, MCHP is committed to providing quality health care to patients, regardless of their ability to pay. Patient assistance programs also available. Call for more information.
- * Counseling
- * Peer Support
- * Medication Assisted Treatment

RHA Health Services

Mitchell County

129 Skyview Circle

Spruce Pine, NC

(828) 765-0894

Yancey County

72 Blue Ridge Ln.

Burnsville, NC

(828) 682-2111

rhahealthservices.org

- * Offering a wide variety of mental health and substance use services, including Substance Abuse Intensive Outpatient Treatment and Mobile Crisis Unit Services.
 - * Medicaid, Blue Cross Blue Shield and CMS insurances accepted. RHA has flexible payment options and can help individuals without insurance secure funds for treatment.
-

Daymark Recovery Services

360 Beech St; Newland, NC

(828) 733-5889 • daymarkrecovery.org/locations/avery-center

- * Substance Abuse and Mental Health Outpatient Treatment Services
 - * Substance Abuse Intensive Outpatient Treatment available
 - * Mobile Crisis Management
 - * DWI Services
 - * Serves both children and adults.
 - * Accepts Medicaid, Medicare, and private insurance
 - * Individuals with no insurance will be eligible for a sliding or discounted scaled as defined by the relevant Managed Care Organization/Local Management Entity
-

October Road

119 Tunnel Rd. Suite D; Asheville, NC

(833) 993-1914 • octoberroadinc.net

Offering services for the following:

- * Assertive Community Treatment Team (ACTT)
 - * Aftercare
 - * Partial Hospitalization Program
 - * Substance Abuse Intensive Outpatient Therapy
 - * Medication Assisted Treatment
 - * Accepts Medicaid, Medicare and a large variety of other insurance providers. See website for complete list. Payment plans may be available.
 - * Recovery Residence for Men
 - * DWI Assessments
 - * Peer Support Services
 - * Outpatient Therapy and Medication Management
 - * Substance Use Early Recovery
 - * Comprehensive Care Assessments
-

Willow Place for Women - Asheville

30 Garfield St; Asheville, NC

(888) 651-4212 • willowplaceforwomen.com

- * Supportive housing, partial hospitalization and intensive outpatient programs, and aftercare support services for substance abuse and eating disorders.
 - * Accepts most major insurances and Tricare. Payment plans available.
-

Insight Human Services – Women’s Recovery Center

723 Fairview Rd; Asheville, NC

(828) 350-8343 • insightnc.org/treatment/wrc

- * Substance abuse services for adult and adolescent women
 - * Substance abuse services for women who are pregnant, parenting or seeking custody of dependent children
 - * Pathways of Change Program is a comprehensive substance use outpatient treatment program
 - * Perinatal Health Partners specializes in outpatient substance use and mental health services for pregnant and postpartum mothers who are parenting or seeking custody.
 - * Accepts insurance and Medicaid, Sliding fee scale and payment plans also available.
 - * State-funded payment for services provided is also available and is dependent on income and other factors
-

Oasis Recovery

191 Charlotte St, Asheville, NC
(828) 330-9497 • or-nc.com

- * Intensive outpatient and residential addiction treatment programs.
 - * Accepts many major insurances. Contact for more information and insurance verification.
-

Crest View Recovery Center

90 Asheland Ave; Asheville, NC
(866) 986-1371 • crestviewrecoverycenter.com

- * Residential and outpatient rehabilitation programs.
 - * Tailored treatment programs.
 - * Addiction therapy
 - * Accepts most major insurances including United Healthcare, Aetna, Cigna, and Blue Cross Blue Shield of NC. See website for more details.
-

Family Preservation Services of North Carolina, INC.

1316-D Patton Ave; Asheville, NC
(828) 225-3100 • pathways.com

- * Substance abuse and mental health services for youth, family, and adults.
 - * Accepts Medicaid, Medicare and NC Health Choice.
-

Charles George VA Medical Center

1100 Tunnel Rd; Asheville, NC
(828) 298-7911 • www.asheville.va.gov

- * Substance abuse and mental health services for Military Veterans.

Substance Abuse Services - Residential Treatment Programs

Asheville Recovery Center

9 Old Burnsville Hill Rd., Suite 7; Asheville, NC
(828) 518-6996 • ashevillerecoverycenter.com

- * Residential, partial hospitalization and intensive outpatient services available.
 - * Individual therapy, group therapy, dual diagnosis services and more.
 - * Insurance accepted. Payment plans can be arranged.
-

Oasis Recovery

191 Charlotte St.; Asheville, NC
(828) 330-9497 • or-nc.com

- * Intensive outpatient and residential addiction treatment programs.
 - * Accepts many major insurances. Contact for more information and insurance verification.
-

Red Oak Recovery

631 Willow Creek Rd.; Leicester, NC
(866) 457-7426 • www.redoakrecovery.com

- * Gender specific substance abuse and mental health services for young adults and adolescents.
 - * Offers Dual Diagnosis Recovery (for Substance Abuse and/or Mental Health issues)
 - * Offers Family Therapy and Counseling services
 - * Many insurance plans accepted, call for information
 - * Financing available through American Healthcare Lending
-

Mountainview Recovery

108 Monticello Rd. #400; Weaverville, NC
(833) 489-4460 • mountainviewrecovery.com

- * Offering medical detox, sober living, substance abuse comprehensive treatment, and intensive outpatient services for opioid, non-opioid and alcohol addictions.
 - * Many insurance plans accepted, call for information
 - * Financing options also available.
-

Neil Dobbins Center –RHA Health Services

356 Biltmore Ave., Suite 150; Asheville, NC
(Lower level of the C3356 Comprehensive Care Center)
(828) 253-6306 or (855) 587-4443 • rhahealthservices.org

- * 24 hour, secured, 16-bed crisis and detox facility for adults.
- * Detox services for individuals actively using alcohol or illicit substances
- * Short-term inpatient residential program (up to 7 days)
- * Offers assessment, treatment, 24-hour medical supervision, case management, and group and individual therapy

- * Private insurance not accepted
 - * Can bill through Medicaid
 - * Individuals with no coverage may receive services via State Funds; eligibility is based on an income scale
-

Mary Benson House

450 Montford Ave.; Asheville, NC
828-252-5280 • rhahealthservices.org

- * Residential substance use disorder treatment center for women who are pregnant or who have dependent children ages 0-5
 - * Offers Person-centered treatment planning, Weekly parenting class & self-care groups, Counseling (Individual & Group), Linkage to primary medical & pediatric care, Case management and Transportation to all appointments including medical care, as well as recovery, parenting skills and independent living skills
 - * Must be 18 years of age or older and a resident of North Carolina
 - * Must be WorkFirst and Medicaid eligible
-

First at Blue Ridge

32 Knox Rd.; Ridgecrest, NC
(828) 669-0011 • <http://www.firstnc.org>

- * Residential therapeutic community for individuals with chronic substance use disorders
 - * Offering long term and short-term programs.
 - * Specific programming for Veterans, and Women & Children
 - * Transitional housing, group counseling, self-help meetings, case management, job-placement assistance, and other services to individuals struggling with addiction, homelessness, unemployment and involvement in the criminal justice system.
-

Julian F. Keith Alcohol and Drug Abuse Treatment Center

201 Tabernacle Rd.; Black Mountain, NC
(828) 257-6200 • ncdhhs.gov/divisions/dsohf

- * State operated Alcohol and Drug Abuse Treatment Center (ADATC)
 - * Inpatient treatment, psychiatric stabilization and medical detoxification for individuals with substance use and other co-occurring mental health diagnoses
 - * Referrals are made through VAYA Health
 - * Accepts Medicaid, Medicare, Tricare and many private health insurances.
-

Insight Human Services – Robert S. Swain Recovery Center

932 Old US 70, 2nd Floor, Moore II; Black Mountain, NC
(828) 669-4161 • <http://www.insightnc.org>

- * Residential substance abuse programs for adults and adolescents.

- * Accepts insurance and Medicaid for covered services. Sliding scale fees and payment plans may also be available.
 - * State Funded-payment for services provided is also available and is dependent on income and other factors.
-

October Road – Cross Area Service Program
119 Tunnel Road, Suite D; Asheville, NC
(828) 373-6885 • <http://www.octoberroadinc.net>

- * 10-week residential treatment program for men only.
 - * Program is grant funded and primarily serves uninsured, adult male (18+), North Carolina residents.
-

Crest View Recovery Center
90 Asheland Ave.; Asheville, NC
(866) 986-1371 • crestviewrecoverycenter.com

- * Residential and outpatient rehabilitation programs.
 - * Tailored treatment programs.
 - * Addiction therapy
 - * Accepts most major insurances including United Healthcare, Aetna, Cigna, and Blue Cross Blue Shield of NC. See website for more details.
-

Silver Ridge Recovery
183 Old Turnpike Rd.; Mills River, NC
(855) 945-7788 • silverridgerecovery.com

- * Addiction treatment programs for midlife adults, aged 35 and up.
 - * Silver Ridge is in network with Blue Cross Blue Shield, and accepts many major insurances with out of network benefits. Payment plans offered through Prosper Healthcare Lending. Contact for more information.
-

First Step Farm of WNC
P.O. Box 1450; Candler, NC
(828) 667-0587 • www.firststepfarmwnc.org

- * Licensed residential supervised living center for substance dependent adults
 - * Work Therapy Program, Counseling, and Self-Help Meetings
-

Next Step Recovery for Men
900 Hendersonville Rd.; Asheville, NC
(828) 350-9960 • nextsteprecovery.com

- * Daily intensive outpatient program, behavioral therapies, recreational therapies, addiction support services and transitional sober living facilities for young men.

- * Private pay and financing available. IOP program may be covered by most major health insurance plans
-

Pavilion Treatment Center

241 Pavilion Place; Mill Spring, NC
(828) 268-3945 • www.pavillon.org

- * Residential treatment programs for alcohol and substance abuse.
 - * Private insurance accepted.
-

Balsam Center

91 Timberlane Rd; Waynesville, NC
(888)345-2880 • acswnc.com/the-balsam-center

- * Adult Recovery Unit, Outpatient Therapy, Substance Abuse Intensive Outpatient and DWI services available
 - * Medicaid and private insurance accepted. Discounts or sliding scale fees may be available.
-

McLeod Addictive Disease Center

515 Clanton Road; Charlotte, NC
(855) 824-9458 • www.mcleodcenter.com

- * Residential and Outpatient Substance Abuse Treatment Services
 - * DWI, Criminal Justice, and Medication Assisted Treatment Services
 - * Medicaid, Medicare and private insurances accepted. State funding may also be utilized for select treatment services.
-

Hebron Colony Ministries

356 Old Turnpike Rd.; Boone, NC
(828) 963-4842 • <http://www.hebricolony.org/>

- * 10-week residential treatment for drug or alcohol addiction
 - * Christ-centered addiction recovery
-

Real Recovery

145 Powers Rd.; Asheville, NC
(855) 363-7325 • myrealrecovery.com

- * Traditional sober living program for young men and women ages 18-28.
 - * Medication assisted treatment services available.
 - * Financing available through Prosper Healthcare Lending.
-

Western Carolina Rescue Mission – Men’s Recovery Program

225 Patton Ave.; Asheville, NC

(828) 254-0471 • www.westerncarolinarescue.org

- * A free, 12-month residential drug and alcohol Men's Recovery program
- * Faith-based program

Substance Abuse Services - Medication Assisted Treatment

Mountain Community Health Partnership
Bakersville Health Center • Celo Health Center • Spruce Pine Health Center
(828) 688-2104 • mchp.care

- * Prevention Services
- * Comprehensive Outpatient Services
- * Medical Care
- * Identify and assist patients address issues such as transportation, food insecurity, housing, and childcare.
- * Accepts Medicaid, Medicare, Blue Cross Blue Shield and other local insurances. As a Federally Qualified Health Center, MCHP is committed to providing quality health care to patients, regardless of their ability to pay. Patient assistance programs also available. Call for more information.
- * Counseling
- * Peer Support
- * Medication Assisted Treatment

Eleanor Health

39 McDowell St, Asheville, NC
(888) 605-1797 • eleanorhealth.com

- * Therapy & counseling, medication assisted treatment and psychiatric services available, as well as resources for recovery.
- * Telehealth services include medication assisted treatment, psychiatry, nursing and therapy services, and recovery support.
- * Accepts Medicaid, Medicare and most major insurances.

McLeod Addictive Disease Center

117 West Medical Court; Marion, NC
(828) 659-3966 • www.mcleodcenter.com

- * Medication Assisted Treatment Services
- * Medicaid, Medicare and private insurances accepted. State funding may also be utilized for select treatment services.

Crossroads Treatment Center

www.crossroadstreatmentcenters.com
6 Roberts Rd. 901-3 Mars Hill Hwy.
Asheville, NC Weaverville, NC
(800) 805-6989 (800) 805-6989

- * Crossroads Treatment Center provides Medication-Assisted Treatment combining FDA approved medications including methadone and suboxone along with counseling and toxicology services.)

- * Accepts Medicaid and many commercial insurances. Contact for more information.
-

Western Carolina Comprehensive Treatment Centers – Asheville

2 McDowell St., Ste. B, Asheville NC

(855) 884-9686 • www.westerncarolinactc.com/location/asheville

- * Combines medication assisted treatment (Methadone, Suboxone and Subutex) with therapeutic interventions to provide patients with an all-inclusive treatment experience.
 - * Accepts Medicare and most major insurances.
-

Behavioral Health Group (BHG) Asheville Treatment Center

18 Wedgefield Drive; Asheville, NC

(828) 252-8748 • asheville.bhgrecovery.com

- * Outpatient medication assisted treatment and addiction counseling.
 - * Accepts Medicare and some commercial insurances. Call for information.
-

Asheville Recovery and Psychiatric Services

5B Doctors Park, 417 Biltmore Ave; Asheville, NC

(828) 232-1994 • www.ashevillerecovery.com

- * Medication-assisted treatment using Suboxone
 - * Individual therapy, group therapy, and treatment of co-occurring psychiatric conditions.
-

Real Recovery

145 Powers Rd.; Asheville, NC

(855) 363-7325 • myrealrecovery.com

- * Traditional sober living program for young men and women ages 18-28.
 - * Medication assisted treatment services available.
 - * Financing available through Prosper Healthcare Lending.
-

Western Carolina Treatment Center

3 Doctors Park Suite 3G; Asheville, NC

(828) 251-1478 • www.carolinatreatmentcenters.com/asheville-nc

- * Opioid Treatment Program that provides medication-assisted treatment, combined with counseling and group therapy.
 - * Includes the use of Methadone, Suboxone and Naltrexone.
 - * Medicare accepted.
-

October Road

119 Tunnel Rd., Suite D; Asheville, NC

(833) 993-1914 • www.octoberroadinc.net

Offering services for the following:

- * Assertive Community Treatment Team (ACTT)
- * Aftercare
- * Partial Hospitalization Program
- * Substance Abuse Intensive Outpatient Therapy
- * Medication Assisted Treatment
- * Accepts Medicaid, Medicare and a large variety of other insurance providers. See website for complete list. Payment plans may be available.
- * Recovery Residence for Men
- * DWI Assessments
- * Peer Support Services
- * Outpatient Therapy and Medication Management
- * Substance Use Early Recovery
- * Comprehensive Care Assessments

Substance Abuse Services – DWI and Court Diversion Services

Mediation & Restorative Justice Center, Inc.

www.mrjc.us

Vanessa Henley
Avery & Mitchell Coordinator
vanessahenley.mrjc@gmail.com

Angie Fox-Holtzapple
Yancey & Madison Coordinator
angie.mrjc@gmail.com

- * Provides **court-ordered** mediation services and drug treatment court programs.

Spruce Pine Counseling

Denise Harrison, MA, MAC, LCAS, CCS, CSOTS
962 Oak Ave.; Spruce Pine, NC
(828) 467-0037 • sprucepinecounseling.vpweb.com

- * Court-ordered DWI Assessments

October Road

119 Tunnel Rd., Suite D; Asheville, NC
(828) 350-1000 • www.octoberroadinc.net

- * Court-ordered DWI Assessments

Crossroads Recovery Center

440 East Court St.; Marion, NC
(828) 659-8626

- * Court-ordered DWI Assessments

Daymark Recovery Services

360 Beech St.; Newland, NC
(828) 733-5889 • www.daymarkrecovery.org/locations/avery-center

- * Court-ordered DWI Assessments

RHA Health Services

(800) 848-0180 or (828) 232-6844 • rhahealthservices.org

- * Court-ordered DWI Assessments
-

Beyond Addiction

70 Woodfin Place, Suite 326-D; Asheville, NC
(828) 225-2535 • www.lindahamilton.org

- * Court-ordered DWI Assessments
-

C & B Support Services, Inc.

Two Town Square Blvd., Ste.247; Asheville, NC
(828) 654- 0644 • www.candbsupportservices.com/home

- * Court-ordered DWI Assessments
-

AAT, Inc.- Un Nuevo Dia

526 Haywood Rd., Office #1; Asheville, NC
(828) 606-1718

- * Spanish speaking
 - * Court-ordered DWI Assessments
-

Insight Human Services – Justice Services, Region 4 (includes Mitchell and Yancey)

370 North Louisiana Ave.; Asheville, NC
(828) 210-0540 • insightnc.org

- * Treatment Accountability for Safer Communities - community-based treatment for substance abusing and mentally ill offenders who would otherwise burden the justice system with repeat offenses
- * Drug Education School - a system, based on North Carolina General Statute 90.96, which offers sentencing alternatives for people with low-level drug offenses
- * Recidivism Reduction Services - an Insight program that works with high risk offenders in need of cognitive behavioral intervention and/or substance abuse treatment.

Many providers are offering services virtually due to the COVID-19 pandemic. If you prefer this manner of service, please reach out to the provider of your choosing to see if this is an option.

Peer Supports/Support Groups

NAMI Western Carolina

(828) 505-7353 • namiwnc.org

- * Peer and Family Support
 - * Monday, Tuesday and Thursday, 10am to 3pm
-

Celebrate Recovery

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

Bakersville • Bear Creek Baptist Church
327 Bear Creek Church Rd; Bakersville, NC
828-688-4331 (church office), 828-467-5416 (Rev. Bruce Cannon),
828-385-0061 (Josh Wise) or (828) 467-7243 (Jessica Williams)
www.bearcreekbaptist.com/other-ministries-of-the-church

- * Meets every Thursday at Bear Creek Baptist Church.
 - * Fellowship begins at 6:30pm, followed by worship from 7:00-8:00pm, then small groups (for men, women, and families) from 8:00-9:00pm.
-

Burnsville • Higgins United Methodist Church
101 North Main St; Burnsville, NC
828-682-2835 • www.higgins-umc.com/celebrate-recovery

- * Meets Wednesdays evenings at Higgins United Methodist Church.
 - * Food and fellowship begins at 5:15pm, followed by worship at 6:15pm, then small groups (for men, women, and families) from 7:30-8:30pm.
-

SMART Recovery

St. Thomas Episcopalian Church • 372 Reservoir Rd; Burnsville, NC
www.smartrecoverytest.org/local

- * Meets Tuesdays from 5:30 to 7:00pm. Meeting location may be online or in person at St. Thomas Church. Contact Michael Guicheney at mmguicheney53@gmail.com
-

Narcotics Anonymous

Higgins United Methodist Church (106 Academy St)
Burnsville, NC
www.wncna.org

- * Meets Sundays from 4:00-5:00pm and Wednesdays from 6:30-7:30pm.
-

RHA Health Services – Peer Support Services

rhahealthservices.org

Yancey County
72 Blue Ridge Lane
Burnsville, NC
828-682-2111

Mitchell County
129 Skyview Circle
Spruce Pine, NC
828-765-4463

Mountain Community Health Partnership – Peer Support Services
Bakersville Health Center • Celo Health Center • Spruce Pine Health Center
 (828) 688-2104 • mchp.care

Abbreviation Key

BB – Big Book, **C**- Closed, **D** –Discussion, **ENG** – English Spoken Here, **O**- Open to anyone, **SL**- Speaker Lead, **SN** –Spanish, **SP**- Speaker, **SS**- Step Study, **TR** -Tradition Study, **W**- Women only

* **Open Meetings:** Open meetings may be attended by anyone.

* **Closed Meetings:** Attendance is limited to persons who have a problem with alcohol and a desire to stop drinking.

**All meetings are non-smoking unless noted otherwise.*

Al-Anon/Alateen of North Carolina and Bermuda

ncbermudaafg.org

Group Name	Meeting Location	Meeting Day/Time	Meeting Type
AFG Spoken Here	Spruce Pine United Methodist Church 11090 Hwy 226 South, Spruce Pine	Thurs, 7pm	O,ENG
Burnsville AFG (Al-Anon)	Higgins Memorial UMC Annex 106 Academy St., Burnsville	Fri, 12pm	O, ENG

Alcoholics Anonymous

N.C. Mountain Central Office
(828) 254-8539 • ashevilleaa.org

Avery County

Group Name	Meeting Location	Meeting Day/Time	Meeting Type
Linville Meeting	Cannon Memorial Hospital 434 Hospital Dr., Linville	Tues/Fri at 7pm	O,D

Mitchell County

Group Name	Meeting Location	Meeting Day/Time	Meeting Type
Pine Grove Meeting	Pine Grove Methodist Church 53 Pine Grove Rd., Spruce Pine	Sun – 8pm	O,D
Penland School of Crafts	Online Meeting	Tues – 7pm	O, D
Spruce Pine Group	Trinity Episcopal Church 15 Hemlock Ave, Spruce Pine	Thurs – 8pm	O, D

Spruce Pine Saturday Morning Group	Online Meeting	Sat – 10am	C, D
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Yancey County			
Group Name	Meeting Location	Meeting Day/Time	Meeting Type
Micaville 12 & 12	Micaville Presbyterian Church 587 Micaville Loop, Burnsville	Mon, 9am	O, D, SS
Newdale Big Book	Newdale Presbyterian Church 71 Newdale Church Rd., Burnsville (meeting located in basement)	Mon, 7pm	O, BB
Burnsville Group	Online Meeting	Tues/Fri, 8pm	O, D
Newdale Wednesday Group	Newdale Presbyterian Church 71 Newdale Church Rd., Burnsville (meeting located in basement)	Weds, 7:30pm	O, D, W
New Day Group	Newdale Presbyterian Church 71 Newdale Church Rd., Burnsville (meeting located in basement)	Sat, 8pm	O,

Mental Health Services - Counseling and Therapy

Yancey Counseling Center

10 North Main St.; Burnsville, NC
(828) 682-1551 • www.yanceycounselingcenter.com

Bonita Luz, LPC

bonitaluzycc@gmail.com • (828) 682-1551 ext. 113
www.yanceycounselingcenter.com

Paul Feldman, LPC

paulmfeldman@gmail.com • (828) 284-4161
paulmfeldman.com

Jillian Martindale, LCSW

jmartindalelcsw@jmlcsw.com • (828) 263-4467
jmlcsw.com

Mary Ellen Solon

maryellensolon@hushmail.com • (828) 536-4881
maryellensolon.com

- * Therapy services for individuals, couples, and older teens. Contact individual providers for more details on the services offered by each.
- * Most insurances accepted, call for specific information
- * Sliding scale fees may be available.

Parent to Parent-Family Support Network of the High Country

Teresa Emory, LCSW, Mitchell/Yancey Outreach Coordinator
10 North Main St.; Burnsville, NC
(828) 284-2287 or (866) 448-5781
parent2parent.appstate.edu

Mountain Community Health Partnership

Bakersville Health Center • Celo Health Center • Spruce Pine Health Center

(828) 688-2104 • mchp.care

- * Individual Counseling to address mental health concerns such as anxiety, depression, stress, PTSD, and family/relationship concerns
- * Behavioral assessments and treatment necessary to effectively manage chronic health conditions
- * Identify and assist patients address issues such as transportation, food insecurity, housing, and childcare.
- * Peer Support
- * School Based Therapy

Blue Ridge Regional Hospital • Mental and Behavioral Health Care

125 Hospital Dr.; Spruce Pine, NC

(828) 213-4696

missionhealth.org/services-treatments/mental-behavioral-health

- * Mental and behavioral health programming that focuses on enhancing a person's skills and resources to build self-confidence and self-reliance for the following:
 - * Transitions
 - * Assertiveness Skills
 - * Managing Stress
 - * Depression
 - * Grief and Loss
 - * Mood Disorders
 - * Anger Management
 - * Negative Thinking
 - * Medication Education
 - * Hopelessness
 - * Anxiety
 - * Mindfulness
 - * Relationships
 - * Substance Abuse
 - * Suicide Prevention
 - * Accepts Medicare, most commercial insurances and self-pay.
-

Spruce Pine Counseling

Denise Harrison, MA, MAC, LCAS, CCS, CSOTS

962 Oak Ave.; Spruce Pine, NC

(828) 467-0037 • sprucepinecounseling.vpweb.com

- * Individual, couples, and group counseling offered for a variety of needs, including mental health and substance abuse.
 - * DWI Services offered.
 - * Cash, checks and credit cards accepted, sliding scale fee for those who are uninsured and have financial need
-

Appalachian Counseling and Psychological Services

205 Locust St;

1 Oak Plaza, Ste. 208

Spruce Pine, NC

Asheville, NC

(828) 372-0432

(828) 575-9760

www.acaps-nc.org

- * Counseling and therapy services for substance abuse and mental health
 - * Accepts Blue Cross Blue Shield, Aetna, Cigna, United Healthcare, Medicaid, Medicare, and more.
 - * Payment plans may be available.
-

Nature Nurture Therapy, PLLC

Shannon Krenek, LCSW

(828) 365-8585 • naturenurturetherapy.com

- * Offering individual, group and family therapy services.
- * Providing mental health therapy to tweens, teens, and young adults in caring, authentic, and honoring spaces.

- * Helping young people, families, and communities develop strong connections with themselves, others, and the natural world.
- * Private pay only. Payment plans may be available.

Matt Riley, LCSWA

mattrileypsychotherapy.com • matt@mattrileypsychotherapy.com

- * Private pay only. Payment plans may be available.

Therapy of Hickory

246 E. Tappan St, Spruce Pine, NC
(828) 409-6743 • therapyofhickory.com

- * Therapy services for individuals, couples, families, and children, as well as marriage counseling. Substance abuse counseling services also available.
- * Sliding scale fee plans may be available, call for more information.

Crossroads Recovery Center

440 East Court St, Marion, NC
(828) 659-8626

- * Counseling services for substance abuse and mental health.
- * DWI services offered.
- * Accepts Medicaid, Blue Cross Blue Shield, Aetna, Cigna and United Healthcare.

CareNet Counseling Services

79 Academy St., Marion, NC
(828) 559-0125 • carenetnc.org

- * Substance abuse and mental health counseling services for adults and teens.
- * Most insurances and employee assistance plans accepted; financial assistance may be available.

Mental Health Services - Outpatient Treatment Programs

Mountain Community Health Partnership

Bakersville Health Center • Celo Health Center • Spruce Pine Health Center

(828) 688-2104 • mchp.care

- * Individual Counseling to address mental health concerns such as anxiety, depression, stress, PTSD, and family/relationship concerns
- * Behavioral assessments and treatment necessary to effectively manage chronic health conditions
- * Identify and assist patients address issues such as transportation, food insecurity, housing, and childcare.
- * Peer Support
- * School Based Therapy

RHA Health Services

Mitchell County

129 Skyview Circle
Spruce Pine, NC
(828) 765-0894

Yancey County

72 Blue Ridge Ln.
Burnsville, NC
(828) 682-2111

rhahealthservices.org

- * Offering a wide variety of mental health and substance use services, including Substance Abuse Intensive Outpatient Treatment and Mobile Crisis Unit Services.
- * Medicaid, Blue Cross Blue Shield and CMS insurances accepted. RHA has flexible payment options and can help individuals without insurance secure funds for treatment.

C3356 Comprehensive Care Center & Neil Dobbins Center

356 Biltmore Avenue; Asheville, NC

(800) 848-0180 • rhahealthservices.org/c3356-comprehensive-care-center

Offering a full continuum of services designed to meet a variety of treatment needs.

- * Mobile Crisis Management Services – If you are experiencing a crisis and cannot come to C3356, call our 24/7 Mobile Crisis Line and our MCM Team comes to your location for stabilization and support. (888) 573-1006
- * Same Day Access Walk-in Clinic – No appointment necessary – just walk in during business hours to discuss your current needs and learn more about treatment options.
- * Behavioral Health Urgent Care – Crisis assessment and support are available 24/7 at C3356 Behavioral Health Urgent Care – no appointment necessary.
- * Neil Dobbins Center (Facility-Based Crisis & Substance Use Detox) – 24/7 Crisis Stabilization and Detox Services for people with acute needs who require more than 24 hours of assessment, treatment and support.
- * Outpatient Services
- * Peer Living Room
- * NAMI Peer & Family Support
- * Pharmacy Services

Caldwell C3 Comprehensive Care Center

2415 Morganton Blvd., SW

Lenoir, NC 28645

800-848-0180 • rhahealthservices.org/caldwell-c3

The Caldwell C3 Comprehensive Care Center provides treatment and support services regardless of where you are in your recovery journey. If you need help with mental health, substance use or other wellness issues please call us or just stop in. No appointment is necessary.

- * Outpatient Behavioral Health Services For Children & Adults
- * Mental Health & Substance Use Services
- * Individual & Group Therapy
- * Substance Use Intensive Outpatient Program (SAIOP)
- * Medication Management
- * Community Support Team (CST)

- * Intensive In-Home Services (IIH)
- * Peer support services (PSS)
- * Recovery Education Center (REC)

- * Crisis Stabilization & Detox Services for Adults
- * Mobile Crisis Services (MCM)
- * Foothills Regional Treatment Center

Daymark Recovery Services

360 Beech St; Newland, NC

(828) 733-5889 • www.daymarkrecovery.org/locations/avery-center

- * Offering Mental Health Outpatient Treatment, Mobile Crisis Management, Assertive Community Treatment Teams (ACTT) and Psychiatric Treatment services.
- * Serves both children and adults.
- * Accepts Medicaid, Medicare, and private insurance
- * Individuals with no insurance will be eligible for a sliding or discounted scale as defined by the relevant Managed Care Organization/Local Management Entity

October Road

119 Tunnel Rd., Suite D; Asheville, NC

(828) 350-1000 • www.octoberroadinc.net

- * Offering outpatient therapy and medication management, peer support services, and operates three Assertive Community Treatment Teams (ACTT).
- * Accepts Medicaid, Medicare and a large variety of other insurance providers. See website for complete list. Payment plans may be available

MindPath Care Centers

4 Doctor's Park, Suite H., Asheville • (828) 285-9911

1200 Ridgefield Blvd., Suite 250; Asheville • (828) 633-6070

www.mindpathcare.com/location/mindpath-asheville

- * Psychiatry & Medication Management, Psychotherapy & Counseling, Telehealth, Transcranial Magnetic Stimulation (TMS), Specialty Groups, Addiction Recovery Center and more.
- * Accepts most insurances, call for more information. Contact for more information. Payment plans may be available through Advance Care.

Family Preservation Services of North Carolina, INC.

1316-D Patton Ave.; Asheville, NC

(828) 225-3100 • pathways.com

- * Substance abuse and mental health services for youth, family, and adults.
- * Accepts Medicaid, Medicare and NC Health Choice.

Mentor Behavioral Health

249 Wilson Dr. Suite 5; Boone, NC

(828) 268-2172 • mentorbhc.com

- * Psychological testing and treatment for children and adults.
 - * Accepts Medicaid and Blue Cross Blue Shield, Aetna, Cigna and many more. Contact for more information.
-

The Pisgah Institute

158 Zillicoa St.; Asheville, NC
(828) 254-9494 • www.pisgahinstitute.com

- * Provides consultation, medication management, and individual psychotherapy, as well as psychological and educational testing, stress management, and Transcranial Magnetic Stimulation (TMS).
 - * Services provided for children, adults, and families.
-

Charles George VA Medical Center

1100 Tunnel Rd; Asheville, NC
(828) 298-7911 • www.asheville.va.gov

- * Substance abuse and mental health services for Military Veterans.
-

Residential Mental Health Treatment Programs

Neil Dobbins Center at C3356 Comprehensive Care Center

356 Biltmore Ave, Ste. 150; Asheville, NC
(828) 253-6306 • rhahealthservices.org

- * Providing crisis services to adults in need of short-term intensive evaluation, treatment, or behavior management to stabilize acute mental health crisis situations.
 - * 24 hour, secured, 16-bed crisis and detox facility for adults.
 - * Services can be billed through Medicaid. Individuals with no coverage may receive services via State Funds. Benefit eligibility is based on an income scale. Individuals who self-pay are required to prepay for services. Private insurance is not accepted.
-

Tapestry

119 Tunnel Rd., Ste. G.; Asheville, NC
11 North Country Club Rd.; Brevard, NC
(844) 299-1343 • tapestrync.com

- * Services include family programming, individual and group therapy, medication management as needed and extended aftercare services for mental health and eating disorders.
 - * Tapestry is in-network with many insurance providers. Call for a complete list, or to inquire about other insurance or payment options.
-

CooperRiis Healing Community

85 Zillicoa St.; Asheville, NC
(828) 392-8463 • cooperrriis.org

- * Offers a unique approach to recovery with a balance of evidence-based clinical therapies, purposeful work, community service, education, and holistic health and wellness practices.
- * Private pay. Some insurances may be accepted, contact for more information. Scholarships may also be available.

Many providers are offering services virtually due to the COVID-19 pandemic. If you prefer this manner of service, please reach out to the provider of your choosing to see if this is an option.

Youth and Adolescent Services - Counseling and Therapy

Therapy of Hickory

246 E. Tappan St, Spruce Pine, NC
(828) 409-6743 • therapyofhickory.com

- * Therapy services for individuals, couples, families, and children.
 - * Sliding scale fee plans may be available, call for more information.
-

CareNet Counseling Services

79 Academy St., Marion, NC
(828) 559-0125 • carenetnc.org

- * Substance abuse and mental health counseling services for adults and teens.
 - * Most insurances and employee assistance plans accepted; financial assistance may be available.
-

Youth and Adolescent Services - Outpatient Treatment

RHA Health Services

<u>Mitchell County</u> 129 Skyview Circle Spruce Pine, NC (828) 765-0894	<u>Yancey County</u> 72 Blue Ridge Ln. Burnsville, NC (828) 682-2111
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rhahealthservices.org

- * Offering a wide variety of mental health and substance use services, including Substance Abuse Intensive Outpatient Treatment and Mobile Crisis Unit Services.
 - * Medicaid, Blue Cross Blue Shield and CMS insurances accepted. RHA has flexible payment options and can help individuals without insurance secure funds for treatment.
-

Daymark Recovery Services

360 Beech St.; Newland, NC
(828) 733-5889 • <https://www.daymarkrecovery.org/locations/avery-center>

- * Substance Abuse and Mental Health Outpatient Treatment Services
 - * Substance Abuse Intensive Outpatient Treatment available
 - * Mobile Crisis Management
 - * DWI Services
 - * Serves both children and adults.
 - * Accepts Medicaid, Medicare, and private insurance
 - * Individuals with no insurance will be eligible for a sliding or discounted scaled as defined by the relevant Managed Care Organization/Local Management Entity
-

Access Family Services

1100 Ridgefield Blvd., Ste. 190; Asheville, NC
(828) 670-7723 • accessfamilyservices.com

- * Offers intensive in home services for families in crisis, as well as individual and family counseling in both a school based and outpatient setting.
-

Family Preservation Services of North Carolina, INC.

1316-D Patton Ave.; Asheville, NC
(828) 225-3100 • www.pathways.com

- * Substance abuse and mental health services for youth, family, and adults.
 - * Accepts Medicaid, Medicare and NC Health Choice.
-

The Pisgah Institute

158 Zillicoa St.; Asheville, NC
(828) 254-9494 • www.pisgahinstitute.com

- * Provides consultation, medication management, and individual psychotherapy, as well as psychological and educational testing, stress management, and Transcranial Magnetic Stimulation (TMS).
- * Services provided for children, adults, and families

Youth and Adolescent Services - Residential Treatment

Caiyalynn Burrell Child Crisis Center

277 Biltmore Ave., Asheville, NC 28801
(877) 277-8873 • www.daymarkrecovery.org/locations/fbc-buncombe

Facility-Based Crisis Service for children and adolescents, ages 6-17 provides an alternative to hospitalization for an eligible child or adolescent who presents with escalated behavior due to a mental health, intellectual or development disability, or substance use disorder and requires treatment in a 24-hour residential facility.

CBCCC is an indirect, intensive short term, medically supervised service provided in a physically secure setting that is available 24 hours a day, seven days a week, 365 days a year.

Individuals with Medicaid have no obligation for a copay. Individuals with private insurance will be obligated to meet their policy's requirement(s). Call for information to determine if your insurance covers CFBC level of care. Individuals who are uninsured may be eligible for a sliding or discounted scale as defined by the relevant Managed Care Organization/Local Management Entity

SUWS of the Carolinas

363 Graphite Rd.; Old Fort, NC
(844) 658-0846 • www.suwscarolinas.com

- * SUWS offers life-changing wilderness-based therapy programs for adolescents ages 10-17 who are struggling with mental illness, mood disorders, and substance abuse issues.
- * Self-pay only, admissions advisors are prepared to work with patients and families to develop a detailed financial plan.

Insight Human Services – Robert S. Swain Recovery Center
932 Old US 70, 2nd Floor, Moore II; Black Mountain, NC
(828) 669-4161 • insightnc.org

- * Residential substance abuse programs for adults and adolescents.
 - * Accepts insurance and Medicaid for covered services. Sliding scale fees and payment plans may also be available.
 - * State Funded-payment for services provided is also available and is dependent on income and other factors.
-

Tapestry

5010 Hendersonville Rd.; Fletcher, NC
(828) 373-8344 • tapestrync.com

- * The Tapestry Adolescent Program is a primary mental health residential, partial hospitalization (PHP) and intensive outpatient (IOP) treatment program for adolescents of all genders, aged 11 to 17, who are struggling with a range of mental health issues including depression, anxiety, bipolar disorder, substance abuse, eating disorders, trauma issues and associated mental health conditions.
 - * Tapestry is in-network with many insurance providers. Call for a complete list or to inquire about other insurance/payment options.
-

Trails Carolina

500 Winding Gap Rd.; Lake Toxaway, NC
(828) 471-0073 • trailscarolina.com

- * Wilderness based therapy program for adolescents, ages 10 – 17
-

Trails Momentum

555 Sky Valley Camp Rd.; Hendersonville, NC
(828) 457-8840 • trailsmomentum.com

- * Wilderness based therapy program for young adults, ages 18 – 25
-

Eliada

2 Compton Dr.; Asheville, NC
(828) 254-5356 • eliada.org

- * Eliada treatment programs serve youth with a variety of mental health diagnoses who may struggle with difficulty regulating emotions, tolerating distress, self-injurious behaviors, aggression, trauma reactions, running behaviors, and substance use.
 - * Residential and day treatment programs for youth.
-

Equinox RTC

2420 Middle Fork Rd.; Hendersonville, NC

(877) 279-8925 • equinoxrtc.com

- * Equinox specializes in the provision of gender-specific treatment for male adolescents who struggle with a variety of presenting problems such as: Depression, Anxiety, Addiction and Substance Abuse, Trauma and Loss, Self-harm, Suicidal Ideation, ADD/ADHD, Adoption and Attachment Issues, Family Conflict, Academic Problems, Processing Difficulties
-

Solstice East

530 Upper Flat Creek Rd.; Weaverville, NC

(828) 414-2980 • solsticeeast.com

- * Residential treatment center for young women, ages 14-17.
- * Offers treatment for substance abuse and mental health disorders.
- * Individual, Group, Family and Equine Therapy offered.

Alternative /Complimentary Treatments

Mountain Community Healing Arts

Jade Pierce, Licensed Acupuncturist, NCALB #157

jadepierce.com

131 N. Main St.
Burnsville, NC
(828) 536-9709

37 Tank Trail
Spruce Pine, NC
(828) 536-9709

- * Acupuncture, Herbal Medicine, Massage Therapy, and Holistic Living Counseling.

Margot Rossi, M.Ac

Licensed Acupuncturist, NCALB #35

(828) 536-9030 • margotrossi.com

- * Licensed Acupuncturist, Comprehensive Healthcare, Medical Counseling.

Cruz Life Center

390 East Main St.; Burnsville, NC
(828) 682-6157 • cruzlifecenter.com

- * 12-week natural program for addiction recovery
- * Monthly payment plans offered

Equinection

561 Piercy Rd.; Green Mountain, NC
(828) 682-9157 • www.equinection.org

Horse Sense of the Carolinas

7041 Meadows Town Rd.; Marshall, NC
(828) 206-3057 • www.horsesenseotc.com

For additional Alternative/Complimentary treatment providers and modalities, visit pathwnc.org/programs/prevention/home-remedies.

Spanish-Speaking/Bilingual Service Providers

Appalachian Counseling and Psychological Services

205 Locust St 1 Oak Plaza, Ste. 208
Spruce Pine, NC Asheville, NC
(828) 372-0432 (828) 575-9760

www.acaps-nc.org

- * Counseling and therapy services for substance abuse and mental health
- * Accepts Blue Cross Blue Shield, Aetna, Cigna, United Healthcare, Medicaid, Medicare, and more. Payment plans may be available.

Jillian Martindale, LCSW

jmartindalelcsw@jmlcsw.com • (828) 263-4467
jmlcsw.com

- * Offers counseling services for individuals, children and families.

Healing Together DBT

3 South Main St., Ste. 3; Weaverville NC
(828) 649-5016 • healingtogetherdbt.com

- * Provides Dialectical Behavioral Therapy services for adults, adolescents and families.
- * Accepts Blue Cross/Blue Shield, Aetna and TriWest.

Stillwaters Healing Arts

(931) 273-6104 • stillwatershealingarts.org

- * Offering nature based, somatic and mindfulness based therapy.

TJ Tanya Stiers, LCSW

168 South Liberty Street; Asheville, NC
(828) 713-7804

- * Provides services to adolescents, adults, and families.
- * Accepts Blue Cross/Blue Shield, Crescent, MedCost, Cigna, Medicare, and Aetna.

El Centro de Henderson County

508 N. Grove St.; Hendersonville, NC
828-290-7131 • elcentrolac.org

- * Offers mental health, advocacy and educational services.

Dr. Michelle Alvarez

2 Wall St., Suite 107; Asheville, NC

828-827-7924 (828-82-PSYCH) • drmichellealvarez.com

- * Provides classic psychotherapy services as well as TALKyoga (therapy with yoga).
 - * Services available for children and adolescents.
-

Centro Unido Latino-Americano

79 Academy St; Marion, NC
(828) 652-0727 • culawnc.org

- * Offers services, programs, and connections with other agencies to assist the Latinx community in need.
-

AAT, Inc. Un Nuevo Dia

526 Haywood Rd., Office #1; Asheville, NC
(828) 606-1718

- * Court-ordered DWI Assessments
-

Jon Jay Esslinger, LPC, LCAS

(828) 283-0008

- * Offers counseling services for adults and children, as well as addiction counseling.
-

Mountain Counseling Associates, LLC

110 Williams St.; Hendersonville, NC
828-692-7300 • mountaincounseling.com

- * Counseling for adolescents, families and adults.
 - * Accepts Medicare, Medicaid, BCBS, United Healthcare, Cigna, Tricare and many more, as well as private pay options.
-

Fostering Real Change Counseling Services

220 3rd Avenue West, Suite A; Hendersonville, NC
(828) 376-0000 • fosteringrealchange.com/Home

- * Counseling services for families, couples, children, and individuals.
 - * Accepts NC Health Choice, Blue Cross/Blue Shield, AETNA, and United Behavioral Health. Sliding fee scale also available.
-

DC Wellness Mental and Behavioral Health Services

820 Fleming St, Ste. 5; Hendersonville, NC
(828) 595-2748 • dcwellnessinc.org

- * Serves youth, adults, and seniors by providing therapeutic and mental health services for individuals with mental, behavioral, or psychiatric challenges.

Catholic Charities

50 Orange St.; Asheville, NC
(828) 255-0146 • ccdoc.org/en/services/counseling

Catholic Charities provides professional mental health services for individuals, couples and families, as well as group counseling. Bilingual counseling is offered in the Asheville location. Services are offered by appointment only. Services are provided on a "sliding fee scale" based upon family or individual income.

All Souls Counseling

35 Arlington St.; Asheville, NC
(828) 259-3369 • allsouls counseling.org/counseling-services

- * Offering counseling to individuals, couples and families, as well as group therapies.
 - * Payment is on a sliding fee scale basis.
-

Horse Sense of the Carolinas, Inc.

7041 Meadows Town Rd.; Marshall, NC
(828) 206-3057 • horsesenseotc.com

- * Equine Assisted Psychotherapy. Provides services for Individuals from ages 6yrs. old and up, Family Therapy, Couple's Therapy, and Group Therapy.
-

Blue Ridge Community Health Services (multiple locations)

(828) 692-4289 • brchs.com

- * Offers behavioral health for children, adults and families, as well as other healthcare services
 - * Many insurances accepted, contact for verification. Sliding scale fees
-

Safelight

133 5th Ave W.; Hendersonville, NC
828.693.3840 • safelightfamily.org

Offering free, confidential help for adults and children affected by domestic violence, sexual assault or child abuse. Services include a 24-hour crisis line, emergency shelter, advocacy, counseling, case management, support groups, job training, and much more. Services are available in English and Spanish.

Helpmate

35 Woodfin St.; Asheville, NC
(828) 254-2968; Crisis Line: 828-254-0516 • helpmateonline.org

Offering a 24-hour hotline, emergency shelter, case management, outreach and education, individual counseling, group counseling, children's services, and court advocacy services for victims of domestic violence.

Other Helpful Resources – Legal Aid/Advocacy/Financial

Southmountain Children and Family Services – Children’s Advocacy Centers

www.southmountain.org/childrens-advocacy-centers

Designed to minimize trauma to children and their non-offending family members resulting from child physical or sexual abuse; to advocate for and support child victims and their non-offending family members and to enhance the legal process in achieving optimal criminal prosecutions.

Children’s Advocacy Center of the Toe River (Ally’s House)

49 Rock Wall Lane; Burnsville, NC

(828) 675-1508

McDowell County Children's Advocacy Center (Lily's Place)

81 West Fort Street; Marion, NC

(828) 559-0073

Our Voice

35 Woodfin St.; Asheville, NC

Telephone: (828) 252-0562; 24 hr. Crisis Line: (828)-255-7576 • ourvoicenc.org

Offers short-term individual and group counseling focused on healing from sexual violence. Serves both primary and secondary survivors (loved ones and support people) age 13 and up, of all genders. Services are offered free of charge, and are available in English and Spanish. Our VOICE also offers crisis intervention, court, law enforcement and hospital advocacy for survivors.

Pisgah Legal

pisgahlegal.org

Online application: www.pisgahlegal.org/free-legal-assistance

(828) 253-0406 or toll free 1-800-489-6144

To qualify for help from PLS, you must:

1. Meet our low-income guidelines. We determine if you qualify by looking at income, family size, assets, and living expenses.
2. Have a problem that affects your basic needs.

What types of cases does PLS NOT handle?

- * PLS does not handle criminal cases.
- * PLS does not usually handle cases where a private attorney could receive a fee as part of money awarded by a court or agency.
- * PLS does not usually handle personal injury cases, bankruptcies, property transactions, or traffic accident cases.

Legal Aid of North Carolina

(866) 219-LANC (5262) • www.legalaidnc.org

547 Haywood Rd.
Asheville, NC

171 Grand Blvd.
Boone, NC

(828) 239-2995

(828) 355-4890

On Track Financial Education & Resources

50 South French Broad Ave., Suite 227; Asheville, NC

(828) 255-5516 • ontrackwnc.org

Offers Emergency Cash Flow Counseling, Debt Counseling, Credit Counseling, Homebuyer Counseling, Foreclosure Prevention Counseling and Spending Plan Counseling. Services are available in English and Spanish.

Other Helpful Resources – Transportation

Mitchell County Transportation

Bakersville, NC

(828) 682-6144

Yancey County Transportation

Burnsville, NC

(828) 688-4715

Other Helpful Resources – Web Resources

www.vayahealth.com

(Provider Search and Resource Library)

www.drugabuse.gov

(Website for National Institute on Drug Abuse)

www.samhsa.gov

(National Website on Substance Abuse and Mental Health)

nc211.org

(Locator tool for local services including substance abuse and mental health services)

drugfree.org

(National education website)

openpathcollective.org

(Locator tool for finding affordable therapy and counseling services)

www.alcoholdrughelp.org

(Alcohol and Drug Council of NC, help and referral resources by county)

www.ncdhhs.gov

(NC Dept. of Health and Human Services)

www.suwscarolinas.com

(Adolescent residential center and resource guide)

www.nchealthinfo.org

(NC health information)

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