

**WHEN  
YOU**  
ARE READY

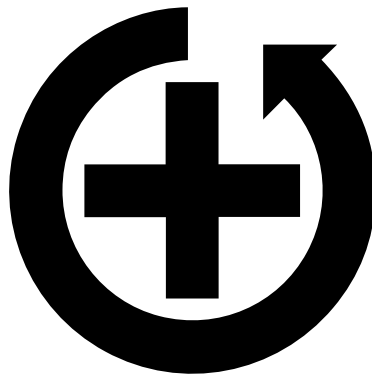


# **ADDICTION RECOVERY**

**Alcohol + Amphetamines + Benzodiazepines  
Cocaine + Opioids**

Tools and resources to meet you where you are  
and support safe treatment and recovery.





## Health and Substance Use Resource Guide

**Included are resources for health and substance use prevention, treatment and recovery at the national, state, regional and local levels for Navajo County.**

**Note:** This document is not meant to be an exhaustive list of all resources nationally, state-wide and in Navajo County. This Resource Guide was developed and approved by Safe Stations – One Stop Consortium funded by the HRSA RCORP Planning Grant.

# STIGMA

**Negative language and stigma** regarding substance use disorder and addiction have shown to be a **key barrier** to *seeking and receiving treatment* for people who use drugs.

**Stigmatizing words** such as “**addict**” reduce a person to only their drug use. Talking about *substance use disorder* in a more accurate and humanizing way can reduce stigma and help people receive appropriate treatment and *support*.

If you're providing a service or resource — support, don't **stigmatize**. People may use or identify with stigmatizing language based on their own history, and that's their prerogative. Do not correct people with lived experience on their preferred way to refer to themselves. Use non-**stigmatizing language** to show people who use drugs that you respect them with your words.



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## PREVENTION

### National Prevention Resources

#### Alcoholics Anonymous, International

Alcoholics Anonymous is an international mutual aid fellowship with the stated purpose of enabling its members to "stay sober and help other alcoholics achieve sobriety." AA is nonprofessional, self-supporting, and apolitical. Its only membership requirement is a desire to stop drinking. The AA program of recovery is set forth in the Twelve Steps.

#### National Recovery System, Inc ([rational.org](http://rational.org))

Provides information about the self-help program for recovery from addiction to alcohol and other drugs through planned, permanent abstinence. Based on the principle of Addictive Voice Recognition Technique (AVRT). This is not a 12-step program, it does not depend on a higher power, and there are no meetings. Website provides free introductory course. Sells books and other materials.

#### Substance Abuse and Mental Health Services Administration ([samhsa.gov](http://samhsa.gov))

The Substance Abuse and Mental Health Services Administration's (SAMHSA) mission is to reduce the impact of substance abuse and mental illness on America's communities.

#### The Partnership for Drug-Free Kids ([DrugFree.org](http://DrugFree.org))

The Partnership at [Drugfree.org](http://Drugfree.org) is here for parents, helping them prevent, intervene in or find treatment for drug and alcohol use by their children.

### Arizona Prevention Resources

#### 211 Arizona ([211arizona.org](http://211arizona.org))

Community information and referral service through website, includes many resources and services including substance abuse services and resources throughout the state of Arizona.

#### Apache County Drug Free Alliance (928-551-3416)

Substance Abuse prevention Coalition.

#### DrugFreeAZ.com (602-305-7126)

Drug Free Arizona's mission is to prevent and reduce youth drug and alcohol use through community education and awareness by providing parents, caregivers, healthcare providers, educators and others with educational tools, information and resources.

#### Narcotics Anonymous - Arizona Region ([arsc@arizona-na.org](mailto:arsc@arizona-na.org))

Provides 12-step substance abuse recovery meetings. Various meetings have speakers, focus on 12-step studies, allow smoking, or are held outdoors. Some meetings are oriented to men, women, gay and lesbian, or youth.

#### National Substance Use Disorder Issues Referral & Treatment Hotline (1-855-429-9114)

National 24 - Hour Crisis Hotline

## **Opioid Assistance & Referral Line (1-888-688-4222)**

Free and confidential service, assist with questions regarding medications (use, side effects, management); Treatment referral; Chronic pain questions. We may ask questions in order to assist with case management, coordination of care and follow up. Healthcare provider consultation with on call physicians regarding MAT, outpatient tapering, discharging patients requiring pain management.

1) Referrals to treatment 2) Assistance with care coordination 3) Consultation with providers. 4) Harm Reduction (naloxone use and where to obtain, safe opioid use) 5) Follow up at home after discharge from healthcare facility and/or after contact to ensure individuals were able to connect to continued care.

## **Sonoran Prevention Works (480-442-7086)**

Take-home naloxone distribution to people who use drugs and their communities. Harm reduction education and trainings. Advocacy for evidence-based substance use interventions. Technical assistance for organizations in implementing overdose prevention best practices.

## **Navajo County Prevention Resources**

### **Navajo County Probation (928-524-4415)**

Life skills programming for at-risk juveniles, Diversion and pro-social interventions for first-time juvenile offenders. Referral from law enforcement, community and/or family member.

### **Navajo County Public Health Services District (928-532-6050)**

Data collection, Opioid review teams, lock boxes and Detera bags while supplies last, education regarding safer prescribing practices and knowledge of community resources.

### **Nexus Coalition for Drug Prevention (928-243-2014) [vsncdp@gmail.com](mailto:vsncdp@gmail.com)**

Drug Prevention Education in schools and throughout communities. Provide services: In schools Botvin, Lifeskills Training, 2Bmpowrd, Mpowrd, Mpact, Diversion, OTC Safety, Stress Management & general drug ed on VAPE, Marijuana, Alcohol, RX, Tobacco; Parent Ed: Love & Logic, Parent-Teen University; Summer 2 week Junior Leadership Academy; FREE Naloxone, Free Drug Testing Kits, Brochures, RX Takeback Events, Volunteer/Community Service Shoe Project "Save Your Soles", Annual Art Contest for Community Drug Free Calendar, AZ State Charitable Tax Credit donations \$400/\$800 to: Friends of Navajo County Anti-Drug Coalition, Inc. [www.ncdp.rocks](http://www.ncdp.rocks)





## TREATMENT & RECOVERY

### Arizona Treatment Inpatient Resources

#### Arizona Detox and Rehab Center (1-833-272-7342)

([www.americasrehabcampuses.com/arizona-rehab-campus/](http://www.americasrehabcampuses.com/arizona-rehab-campus/))

In keeping with our reputation as one of the top rehab centers in Arizona, our team of clinicians and therapists led by Dr Leonard Ditmanson, specialize in providing safe and effective addiction treatment services such as medical detox and inpatient residential rehab. We accept most insurances, including BCBS, United Healthcare, Cigna, Aetna, Multi Plan and AHCCCS. Regardless of your insurance situation, call and speak to one of our intake specialists for a free insurance evaluation. Fully integrated facility designed for dual diagnosis drug & alcohol abuse patients. Our program has been thoughtfully designed to individualize treatment for each client. Treatment begins with a biosocial and medical evaluation by a medical doctor and a psychologist on staff. Our services include medical detox, inpatient rehab, intensive outpatient therapy (IOP), and residential treatment.

#### Payson Stabilization & Recovery Unit (SRU)

(877-931-9142/928-468-0022) ([www.communitybridgesaz.org](http://www.communitybridgesaz.org))

Provides residential behavioral health services including psychiatric and co-occurring substance use disorder treatment, transition and brief intervention, counseling and peer support services, and transportation assistance.

#### Salvation Army ARC Drug Rehab - Addiction Treatment & Rehab (650-241-8078/1-855-628-1936) (Can access this service through local Salvation Army 928-368-9953) ([www.stopaddiction.us](http://www.stopaddiction.us))

The ARC, located in Plaza-Midwood, is open to men ages 21 to 54 seeking help with chemical addictions. The 180-day ARC program is free and serves 118 men at a time. The focus is on spirituality, rehabilitation through a 12-step program, individual and group therapy, and work therapy.

#### Springboard Home for Youth in Crisis (Teen Challenge of AZ) (520-887-8773) ([www.springboardhome.com](http://www.springboardhome.com) [www.springboardadmissions@tcnaz.org](mailto:www.springboardadmissions@tcnaz.org))

Teen Challenge's Springboard Home for Youth in Crisis is a 3-5-month residential shelter and intervention program for girls ages 12-17. We are a faith-based, qualifying care organization that helps young women recover from life-controlling substance abuse, defiant behavior, abuse, neglect, self-harm and other tragedies.

### Navajo Treatment Inpatient Resources

#### ChangePoint Psychiatric Hospital (928-368-4110)

Detox & psychiatric hospital. Must be referred from a doctor or other ChangePoint clinic.

#### Salvation Army Arc Drug Rehab - (Local Access Point) (928-368-9953) ([www.stopaddiction.us](http://www.stopaddiction.us))

The ARC, located in Plaza-Midwood, is open to men ages 21 to 54 seeking help with chemical addictions. The 180-day ARC program is free and serves 118 men at a time. The focus is on spirituality, rehabilitation through a 12-step program, individual and group therapy, and work therapy.

## **Arizona Recovery Outpatient, Residential & Group**

### **Adolescent Substance Abuse Program (602-434-0249)**

Provides an Intensive Outpatient Program (IOP) to treat teens ages 12-18 in recovery from substance use disorders. Teens attend group therapy 3 nights per week for 10 weeks. Parents must attend one of those nights each week. Conducts urine drug testing to verify clients are drug-free.

### **Horizon Health & Wellness (928-402-9297) ([www.hhwaz.org](http://www.hhwaz.org))**

Provides residential behavioral health services including psychiatric and co-occurring substance use disorder treatment, transition and brief intervention, counseling and peer support services, and transportation assistance.

### **NAZCARE's Discovery Wellness Center (928-442-9205 ext. 0) ([www.nazcare.org](http://www.nazcare.org))**

Provides services to adults with mental health, substance use, and co-occurring disorders. Through group and one-on-one support, NAZCARE offers peer support services, life skills, community integration, peer support training, transportation, and a Warm Line (1-888-404-5530). Independent housing is also available at several of NAZCARE's locations.

### **White Mountain Regional Medical Center (928-333-4368)**

Emergency department, inpatient hospital, naloxone/Narcan, outpatient medical, overdose prevention education, pharmacy, survey.

## **Navajo Recovery Outpatient, Residential & 12 - Step Program Resource.**

### **Albert Long Residential Treatment Center (877-931-9142 / 928-524-1151) ([www.communitybridgesaz.org](http://www.communitybridgesaz.org))**

Provides residential behavioral health services including psychiatric and co-occurring substance use disorder treatment, transition and brief intervention, counseling and peer support services, and transportation assistance.

### **BlueVase/RecoveryWorks (888-514-9963)**

An extended care IOP program with Supportive Housing, utilizes a treatment philosophy that exposes the human being behind the addiction in order to achieve a true healing experience. Clients count on the long-term support we provide as a foundational platform to slow their lives down and allow healing, all the while building a sustainable pathway free from the life altering struggles of addiction. We recognize a common need people share to be apart of connected support system, and our support extends beyond the traditional setting. This is accomplished by forging unity between clients, staff, peers, and the community so that clients can thrive in recovery.

Our holistic approach to recovery combines Cognitive Behavioral Therapy (CBT) with a Recreational Therapy component. Together, these therapies help each individual client to grow and help to facilitate mental, physical, emotional and spiritual healing. Clients often find that their addiction is the result of unaddressed trauma. By design, we create an atmosphere where clients can realize their full potential and safely free themselves of past experiences that have caused them pain and suffering.

## **ChangePoint Integrated Health (928-537-2951 Show Low/928-524-6162 Holbrook /928-536-6869 Snowflake /928-289-4658 Winslow)**

Outpatient treatment Medical Assisted Treatment (MAT) (Naltrexone and Buprenorphine Detox) for Opioid and Heroin Abuse. Telepsychiatry: 12-step outpatient treatment substance abuse counseling understand mental health mental health evaluation counseling family counseling individual counseling medications for mental health. ([www.e-psychiatry.com](http://www.e-psychiatry.com))

## **Community Bridges (928-289-1222)**

Outpatient Programs (OP) are for those seeking mental rehab or drug rehab, but who also stay at home every night. The main difference between outpatient treatment (OP) and intensive outpatient treatment (IOP) lies in the number of hours the patient spends at the facility. Most of the time an outpatient program is designed for someone who has completed an inpatient stay and is looking to continue their growth in recovery. Outpatient is not meant to be the starting point; it is commonly referred to as aftercare.

Medically Assisted Detox: Drug and alcohol addiction often takes a heavy toll on one's body. Over time, a physical dependence can develop, meaning the body physiologically needs the substance to function. Detox is the process of removing drugs and/or alcohol from the body, a process that can be lethal if mismanaged. Medical detox is done by licensed medical professionals who monitor vital signs and keep you safe, healthy, and as comfortable as possible as you go through detox and withdrawal.

Intensive Outpatient: Intensive Outpatient Programs (IOP) are for those who want or need a very structured treatment program but who also wish to live at home and continue with certain responsibilities (such as work or school). IOP substance abuse treatment programs vary in duration and intensity, and certain outpatient rehab centers will offer individualized treatment programs.

## **Community Medical Services (928-251-2030)**

Outpatient treatment Medical Assisted Treatment (MAT) (Naltrexone and Buprenorphine Detox) for Opioid and Heroin Abuse.

## **Narcotics Anonymous – Arizona Region (Navajo/Apache 928-368-7286) ([arsc@arizona-na.org](mailto:arsc@arizona-na.org))**

Narcotics Anonymous is a nonprofit, international, community-based organization for recovering addicts active in over 116 countries. Narcotics Anonymous (NA) members learn from one another how to live drug-free and recover from the effects of addiction in their lives.

Provides 12-step substance abuse recovery meetings. Various meetings have speakers, focus on 12-step studies, allow smoking, or are held outdoors. Some meetings are oriented to men, women, gay and lesbian, or youth.

## **Summit Healthcare Medical Associates Integrated Behavioral Health (928-537-6700)**

Behavioral Health Consultants work to support the patients of Summit Healthcare Medical Associates (SHMA) primary care clinics with their entire patient population's behavioral health. That may include social determinants of health, depression, anxiety, substance misuse, sleep disturbance, caregiver burnout, medical compliance and coping with symptoms and illness, etc. These are brief focused visits that run on a faster paced schedule than that of traditional mental health and counseling. We link patients with appropriate community resources or additional support as needed.

### **Spiritually Jonesing (928-242-6611)**

Spiritually Jonesing offers a spiritual and holistic approach to addiction recovery and healing by reconnecting the mind, body and soul.

Our program provides a unique pathway in healing the underlying emotional and mental barriers that help unlock the burden of addiction. We support and nurture all paths to healing and work harmoniously with any conventional therapy programs.

Developed and created by Brianna McCleve, who celebrates over 15 years of sobriety. She currently works as an Energy Healer and Spiritual Mentor. Her expertise and passion for healing has led her to serve and provide her clients with a variety of Energy Therapy modalities such as Reiki, Integrated Energy Therapy, Subconscious Release and more. For daily inspiration, you can connect with her on Facebook: Spiritually Jonesing or Instagram @spiritually\_jonesing.

### **White Mountains Alcoholics Anonymous (928-537-7800) (whitemountainsaa.org)**

Alcoholism is the only self-diagnosed disease there is, in order to recover, we must first be willing to admit that we have a problem. If you still question whether you're "a real alcoholic", please try to attend a meeting of alcoholics anonymous and speak with others who are familiar with this disease. AA is nonprofessional, self-supporting, and apolitical. Its only membership requirement is a desire to stop drinking. The AA program of recovery is set forth in the Twelve Steps.

### **Winslow Guidance Associates (928-289-2650) (www.winslowga.org)**

Offers a process therapy group to prevent substance abuse relapse. (Requires Adults to be at least 24 hours sober).



## TRIBAL RESOURCES TREATMENT & RECOVERY

### **Apache Behavioral Health Service (928-338-4811)**

The Indian Health Service (IHS), an agency within the Department of Health and Human Services, is responsible for providing federal health services to American Indians and Alaska Natives. The IHS is the principal federal health care provider and health advocate for Indian people, and its goal is to raise their health status to the highest possible level.

### **Fort Defiance Outpatient Treatment Center (928-729-4012)**

Peer support, substance use & trauma counseling, traditional tribal services.

### **Hopi Behavioral Health Services (928-737-6300)**

Dual diagnosis, intensive outpatient, peer support, substance use & trauma counseling.

### **Indian Health Services Winslow (928-289-6163)**

The Indian Health Service (IHS), an agency within the Department of Health and Human Services, is responsible for providing federal health services to American Indians and Alaska Natives. The IHS is the principal federal health care provider and health advocate for Indian people, and its goal is to raise their health status to the highest possible level. Includes Alcohol and Substance Abuse Services.

### **Kayenta Outpatient Treatment Center (928-697-5570)**

Intensive outpatient, peer support, substance use & trauma counseling

### **Navajo Nation Dilkon (928-657-8000)**

Dual diagnosis, intensive outpatient, peer support, substance use & trauma counseling.

### **Rainbow Treatment Center Cibecue (928-332-2305)**

The White Mountain Apache Tribe's Rainbow Treatment Center is a substance abuse treatment program designed to facilitate the prevention, intervention, treatment, and rehabilitation of adults. Assessments are done on a walk-in basis (No appointment necessary) Monday – Friday 8:00 pm – 2:30 pm at the RTC Main Building (293 E. Rodeo Drive Cibecue, AZ) Requirements include: Picture ID, Referral & Be Sober.

### **Rainbow Treatment Center Whiteriver (928-338-4858)**

The White Mountain Apache Tribe's Rainbow Treatment Center is a substance abuse treatment program designed to facilitate the prevention, intervention, treatment, and rehabilitation of adults. Assessments are done on a walk-in basis (No appointment necessary) Monday – Friday 8:00 pm – 2:30 pm at the RTC Main Building (302 W. Ponderosa Dr. Whiteriver AZ) Requirements include: WMAT Tribal Member, Picture ID, Referral & Be Sober.

### **Whiteriver Indian Health Services (928-338-4911)**

The Indian Health Service (IHS), an agency within the Department of Health and Human Services, is responsible for providing federal health services to American Indians and Alaska Natives. The IHS is the principal federal health care provider and health advocate for Indian people, and its goal is to raise their health status to the highest possible level. Includes Alcohol and Substance Abuse Services.

# MAT (Medical Assisted Treatment) Fact Sheet

1

**MAT is a proven pharmacological treatment for opioid use disorder.** The backbone of this treatment is FDA approved medications. Agonist drugs, methadone and buprenorphine, activate opioid receptors in the brain, preventing painful opioid withdrawal symptoms without causing euphoria; naltrexone blocks the effects of opioids. MAT is effective at reducing use and helping people to lead normal lives.

Medication-assisted treatment (MAT) uses FDA-approved medicines such as:

- Buprenorphine (Suboxone)
- Methadone
- Naltrexone (Vivitrol)

2

**Often supplemented by behavioral treatment and social supports.** Harm- reduction services are employed to keep patients safe until they are ready to seek treatment — services such as dispensing naloxone, an opioid antidote that prevents death from overdose, and providing clean syringes to prevent HIV and hepatitis C.

3

**A medication-first approach allows patients to first be stabilized on medication, and then be brought into the right level of care to fit their needs — thereby decreasing the risk of overdose and relapse.**

When properly prescribed, addiction medications reduce drug cravings and prevent relapse without causing a “high.”

Methadone and buprenorphine are opioid-based and result in physical dependence, but are fundamentally different from short-acting opioids such as heroin and prescription painkillers. The latter go right to the brain and narcotize the individual, causing sedation and euphoria (a “high”).

4

**In contrast, MAT medications help patients disengage from drug seeking and related criminal behavior and become more receptive to behavioral treatments.** Injectable naltrexone is not opioid based and does not result in physical dependence.

5

**MAT is effective and is not difficult for providers to manage.** However, integrating addiction treatment into health care settings requires culture change. Decades of misinformation has created a culture of blame and the false belief that willpower alone enables recovery.



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**Learning to treat opioid addiction can be an organization's first step toward building skills to help patients with alcohol use disorder (which also benefits from medications) and other addictions that require intense behavioral therapy (like methamphetamine use disorder).**

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## WHAT IS NALOXONE (aka Narcan)?

**Naloxone is an opioid antagonist that can quickly and safely reverse the potentially fatal effects of an opioid overdose.**

### How is Naloxone Distributed?

There are many different approaches to distributing naloxone to people at high risk of experiencing or witnessing an overdose. Effective approaches include community distribution programs, co-prescription of naloxone, and equipping first responders.

### What are the Risks of Using Naloxone?

Naloxone is a drug that carries no risk of abuse and has no effect on individuals who do not already have opioids in their system.

- It does not generate physical dependency
- It produces no neurological or psychological effects or euphoria
- It also poses negligible risk of harm if misused

### How does Naloxone Help?

Naloxone is an antidote to opioid drugs. Opioids can slow or stop a person's breathing, which can lead to death. Naloxone helps the person wake up and continue breathing.

### When Should Naloxone Be Used?

An overdose death may happen hours after taking drugs. If a bystander acts when first noticing a person's breathing has slowed, or when the person will not wake up it is time to call 911 and start rescue breathing (if needed) and administer naloxone.

### Who Should Administer Naloxone?

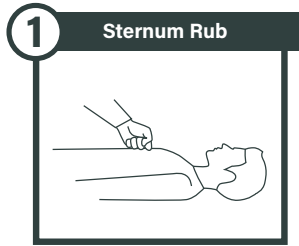
The people who most often witness and respond to an overdose are other persons who use drugs. By equipping these individuals with naloxone and training them to identify and respond to an overdose, the potential delay between the onset of an opioid overdose and the delivery of life-saving care can be reduced from hours to seconds.

This is especially true in rural areas, where residents may experience longer EMS response times. With powerful opioids, like fentanyl and fentanyl analogs appearing in the U.S. drug supply, higher doses of naloxone may be needed. Therefore, ready access to naloxone among members of the lay community and first responders is key for saving lives.

Outreach workers, harm reduction staff, and trusted clinicians are properly educated and comfortable distributing naloxone to those using illicit opioids or receiving a high-risk opioid prescription. People who use drugs and first responders are well informed as to the potential effects and actions of naloxone. Comfort with carrying and administering naloxone is crucial.

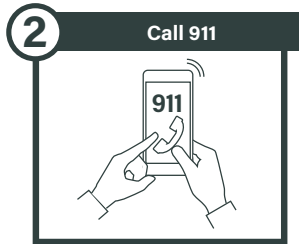


## HOW TO USE NALOXONE



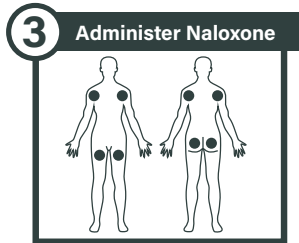
### 1. Sternum Rub

- Is the victim not breathing? Blue in the face? Non-responsive?
- Perform a sternum rub, (move your knuckles up and down the chest over the sternum with lots of pressure)



### 2. Call 911

- Arizona has a Good Samaritan law that protects the caller and victim from being prosecuted for small amounts of drugs, paraphernalia, violating parole or probation and underage drinking



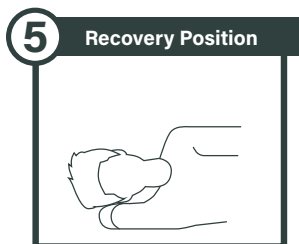
### 3. Administer Naloxone

- Inject 1 full vial of naloxone into the victim's upper arm, thigh or buttocks. You should start seeing the effects of naloxone within a few minutes. If not, inject the second vial
- For zohydro and fentanyl overdoses, use 2 doses of naloxone immediately



### 4. Rescue Breathing (if the person isn't breathing)

- Lay the victim flat on the back
- Tilt the head back
- Clear the airway
- Pinch the nose and give 1 breath every/5 seconds until he/she begins breathing on their own



- ### 5. Recovery Position
- If at any time you need to leave the victim, place the victim in recovery position (lay on the person on the side) to prevent the person from choking on his/her vomit.

## NALOXONE DISTRIBUTION SITES

Navajo County Sheriff's Office (Free) 928-524-4050

All Local Pharmacies (Insurance/Cash Pay)

Nexus Coalition for Drug Prevention (Free)

[vsncdp@gmail.com](mailto:vsncdp@gmail.com)

For all other resources visit [ncdp.rocks](http://ncdp.rocks)

## MY RESOURCES

“ Growth is painful. Change is painful. But nothing is as painful as staying stuck somewhere you don't belong. ”

*Mandy Hale*

“ What a beautiful thing it is to be able to stand tall and say, 'I Fell apart, and I survived.' ”

*Amit Sodha*

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“Growth is painful. Change is painful. But nothing is as painful as staying stuck somewhere you don't belong.”

Mandy Hale



## You can Save a Life

Naloxone, also known as Narcan®, is a drug to treat the effects of opioids and can save the life of someone overdosing on opioids.

### Naloxone Distribution Sites

Navajo County Sheriff's Office (Free)  
928-524-4050

All Local Pharmacies (Insurance/Cash Pay)

Nexus Coalition for Drug Prevention (Free)  
vsncdp@gmail.com

For all other resources visit [ncdp.rocks](http://ncdp.rocks)



## We Can Help...

Access to treatment and recovery options that provide a welcoming environment, medical care and support necessary to detox safely.

### Crisis, Treatment & Recovery Units

Local 928-892-5852 + State 1-888-6880-4222  
National 1-855-429-9114 + Text 741741

### Spiritual Holistic Support

Spiritually Jonesing  
928-242-6611

### NAZCARE Warm Line

1-888-404-5530  
11:00 am - 10:30 pm 7 days a week

“What a beautiful thing it is to be able to stand tall and say, 'I Fell apart, and I survived.'”

Amit Sodha



DETOX



REPAIR



LEARN



GROW

