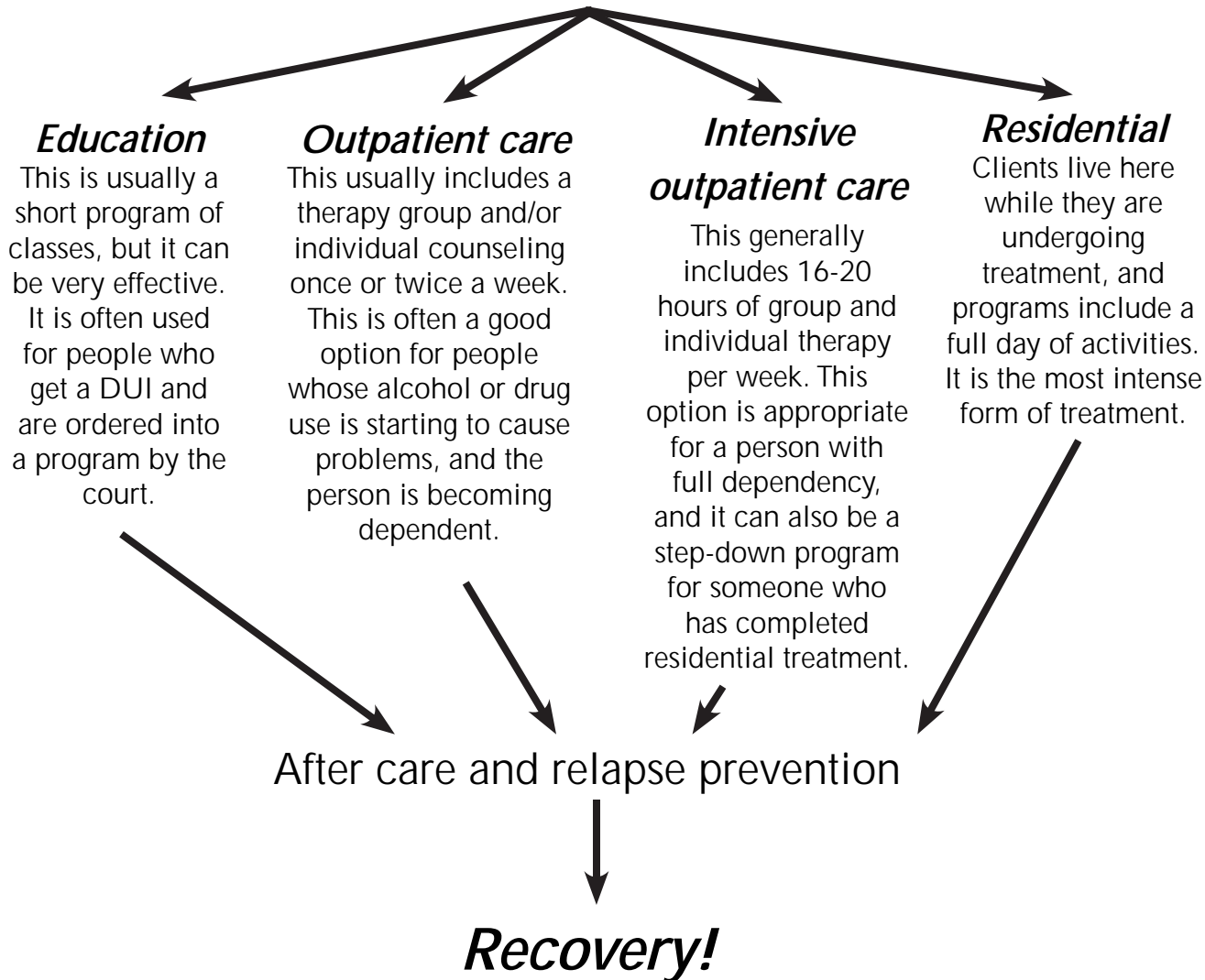


Steps to recovery

Have a screening at your doctor's office



Call one of the places listed in this brochure for an assessment (approximately a one-hour office visit). They will help determine the level of care that you need:



Alcohol and Drug Treatment Services



A community referral guide





When you call

It is a good idea to have questions ready for the person who is helping you.

Ideas might be:

- How do I pay?
- How often will I get services, and for how long?
- Is child care available?
- Is detox available?

Do I need detox?
 Detox is sometimes the first step in the recovery process. It is recommended for people with a history of not being able to quit using.

Go to www.shastahhsa.net, click "Alcohol, Tobacco and Other Drugs" and select the Resource Guide for a comprehensive list of alcohol and drug services in Shasta County.

Empire Outpatient Services

1616 West St., Redding
(530) 244-7074, FAX (530) 244-7065
www.empirerecoverycenter.org
Accepts Medi-Cal and most insurance

Good News Rescue Mission - New Life Recovery Program

Men's program: 3075 Veda St., Redding
(530) 244-6800
Women's program: 3100 S. Market St., Redding
(530) 241-3608
www.gnrm.org
Faith-based, no-cost residential program

Redding Rancheria Tribal Health Center

1441 Liberty St., Redding
(530) 224-2700
www.redding-rancheria.com/clinic.php
No cost, insurance accepted; members and spouses only

Right Road Recovery Program

2110 Ferry St., Anderson
(530) 365-8523, FAX (530) 365-1274
2030 Hartnell Ave., Suite C, Redding
(530) 223-3774
www.rightroad.org
Accepts Medi-Cal and most insurance

Visions of the Cross

3648 El Portal Drive, Redding
(530) 722-1114, FAX (530) 722-1115
www.visionsofthecross.com
Accepts Medi-Cal and most insurance

Shasta County Health and Human Services Behavioral Health Team

1400 California St., Redding
(530) 245-6411, FAX (530) 225-3844
Serves CalWORKs participants
www.shastahhsa.net

Perinatal Treatment Services

1506 Market St., Redding
(530) 245-6411, FAX (530) 225-5245
www.shastahhsa.net
Serves pregnant and parenting moms; accepts Medi-Cal

Psychiatric Care Center

2885 Churn Creek Road Suite A, Redding
(530) 221-6303, FAX (530) 221-1372
www.pcccares.com
Accepts most insurance; does not accept Medi-Cal

Veterans Administration Redding Outpatient Clinic

351 Hartnell Ave., Redding
(530) 226-7555
www.northerncaliforniava.gov
Co-pay or free of charge; veterans only

Cascade Circle Inc.

3161 Bechelli Lane, Suite 204B, Redding
(530) 222-8302, FAX (530) 222-5872
www.cascadecircle.org
DUI program; does not accept Medi-Cal

Wright Education Services

2660 Victor Ave., Redding
(530) 223-5122, FAX (530) 223-5652
www.wrighteducationservices.com
DUI program; does not accept Medi-Cal