

Steps to recovery

1. Have a screening at your doctor's office to make sure you are healthy enough to engage in alcohol and drug treatment services.
2. Call one of the providers in this brochure for an assessment (approximately a one-hour office visit). They will help determine the level of care that you need.
3. Available levels of care:
 - a. Education: This is usually a short program of classes, but it can be very effective. It is most often court-ordered for people who have a DUI and are ordered into a program.
 - b. Detox: This is sometimes the first step in the recovery process. It is recommended for people who have tried but have been unable to quit using.
 - c. Outpatient treatment: This usually includes group and/or individual counseling several times a week. It is a good option for people whose alcohol or drug use is starting to cause problems and the person is becoming dependent.
 - d. Intensive outpatient: This generally includes 9 or more hours of group and/or individual counseling per week. This option is appropriate for a person with full dependency and can also be a step-down program for someone who has completed residential treatment.
 - e. Medication Assisted Treatment (MAT): This describes medications that your physician can prescribe to help you cope with the cravings and withdrawal that occur when recovering from alcohol and opioid abuse. It is most often prescribed along with outpatient, intensive outpatient, or residential treatment.
 - f. Residential: Clients live at these facilities while undergoing treatment, and programs include a full day of activities. It is the most intensive form of treatment.
4. After completing treatment, you will be connected to after care and relapse prevention programs to assist you with long-term recovery.

Alcohol and Drug Treatment Services



A community referral guide

Aegis Treatment Centers

Chico Center & Redding Medication Unit
590 Rio Lindo Ave., **Chico**
1147 Hartnell Ave., **Redding**
(530) 345-3491
www.aegistreatmentcenters.com
Accepts Medi-Cal, Private Insurance & Self-Pay
Sliding Pay
Levels of care - Outpatient and Medication
Assisted Treatment

Churn Creek Healthcare

3184 Churn Creek Rd., Redding
(530) 768-2436
www.churncreekhealthcare.com
Accepts Medi-Cal
Levels of care - Medication Assisted Treatment

Groups

376 Hartnell Ave., Ste. A Redding
(800) 683-8313
www.joiningroups.com
Accepts private insurance and sliding scale
Levels of care - Medication Assisted Treatment

Shasta Community Health Center

1035 Placer St., Redding
(530) 246-5710
www.shastahealth.org
Accepts Medi-Cal
Levels of care - Medication Assisted Treatment

Empire Recovery Center

1237 California St., Redding
(530) 243-7470
www.empirerecoverycenter.org
Accepts most insurance
Levels of care - Residential and detox

Empire Outpatient Services

1616 West St., Redding
(530) 244-7074, FAX (530) 244-7065
www.empirerecoverycenter.org
Accepts Medi-Cal and most insurance
Levels of care - Outpatient and Medication
Assisted Treatment



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
Levels of care - Residential

Redding Rancheria Tribal Health Center

1441 Liberty St., Redding
(530) 227-1741
www.redding-rancheria.com/clinic.php
No cost, insurance accepted; members and spouses only
Levels of care - Outpatient

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
Levels of care - Outpatient and Medication Assisted
Treatment

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 (limitations on
Medi-Cal for residential treatment)
Levels of care - Outpatient, intensive outpatient,
residential, perinatal residential

Perinatal Treatment Services

1506 Market St., Redding
(530) 245-6411, FAX (530) 225-5245
www.shastahhsa.net
Serves pregnant & parenting moms; accepts Medi-Cal
Levels of care - Outpatient, intensive outpatient

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
Levels of care - Outpatient

Veterans Administration Redding Outpatient Clinic

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

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
Levels of care - DUI education

Wright Education Services

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