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.
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

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

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

Veterans Administration Redding Outpatient Clinic
351 Hartnell Ave., Redding
(530) 226-7555
www.northerncaliforniava.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