

# 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



Health and Human  
Services Agency

**Aegis Treatment Centers**

Chico Center & Redding Medication Unit  
 590 Rio Lindo Ave., **Chico**  
 1147 Hartnell Ave., **Redding**  
 (530) 345-3491  
[www.aegistreatmentcenters.com](http://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](http://www.churncreekhealthcare.com)  
 Accepts Medi-Cal  
 Levels of care - Medication Assisted Treatment

**Redding Opioid Recovery Medical Clinic**

2620 Edith Ave., Redding  
 (530) 242-6022  
[www.reddingopioidrecovery.com](http://www.reddingopioidrecovery.com)  
 Accepts Medi-Cal and most insurance  
 Levels of care - Medication Assisted Treatment

**Shasta Community Health Center**

1035 Placer St., Redding  
 (530) 246-5710  
[www.shastahealth.org](http://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](http://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](http://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](http://www.gnrm.org)  
 Faith-based, no-cost residential program  
 Levels of care - Residential

**Redding Rancheria Tribal Health Center**

1441 Liberty St., Redding  
 (530) 224-2700  
[www.redding-rancheria.com/clinic.php](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://www.wrighteducationservices.com)  
 DUI program; does not accept Medi-Cal  
 Levels of care - DUI education