

The Complete Guide to Affordable Drug & Alcohol Rehab

1. Who Needs Rehab?
2. Advice for Families on Helping & Living with Addicts
3. Paying for Rehab
4. Finding a Good and Affordable Rehab Center
5. Aftercare & Relapse Prevention
6. Rehab for People with Special Needs
7. Over 1,000 *Free* or Almost Free Rehab Centers

Issue

2008

Please visit www.choosehelp.com for more information and the latest issue of our guide

*How to quickly find a
good rehab center in
your local area that
you can afford*

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

TABLE OF CONTENTS

Chapter 1 - Who Needs Rehab?

Take a Step Forwards to a Better Tomorrow	4
Do You Need to Go to Rehab?	7
The American Psychological Association Addiction Test	8
Understanding the Different Types of Residential Addictions Programs	11
Why You Can't Do It on Your Own	16
5 Reasons to Get Help	17
Get the Help You Need!	20
Do You Need Residential Rehab... Will Outpatient Care Work?	21

Chapter 2 - Family Advice

Living with an Addict or an Alcoholic... How Can You Make it Better?	26
The Family Intervention - Get A Loved One into Treatment... You Have A Powerful Weapon	27
No Enabling!	32
Why Family Needs to Be a Part of the Rehab Process	35
How Family Can Help After Rehab, You Can Make a Difference!	37
What to Tell Kids when Their Mom or Dad is an Addict?	40

Chapter 3 - Paying for Rehab

Financial Considerations	44
A General Guide to the Prices of Rehab.....	46
How to Find a Rehab You Can Afford	49
How to Afford Rehab.....	50

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

You Can Get the Help You Need.....	55
Getting Credit to Finance Rehab	55
How to get State-Funded Rehab	59

Chapter 4 - State-by-State Guide

State-Funded Treatment Help – Directory.....	62
Federal Treatment Help	79

Chapter 5 - Finding a Good Rehab

10 Ways to Evaluate the Quality of a Rehab	81
--	----

Chapter 6 - Aftercare & Relapse Prevention

Aftercare.....	88
What is aftercare?	89
What to Do If You Slip after Rehab	91
Just After Rehab	92
Months or Years Later.....	93

Chapter 7 - Rehab for People with Special Needs

Specialized Rehabs	96
Rehab for Dual Diagnosis Patients	96
Rehab for Gays and Lesbians.....	100
Drug rehab for Pregnant Women; 5 Unique Therapies are Needed	102
Rehab for Seniors	105
Teenagers and Rehab.....	108
5 Ways to Choose a Teen Drug Rehab	111

...and the Directory of Free or Almost Free Rehab Centers

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

TAKE A STEP FORWARDS TO A BETTER TOMORROW

Most people don't spend a lot of time thinking about drug or alcohol rehabs...until they need one.

Once you make a decision to enter into treatment, the sooner you can get help the better. Unfortunately, since you need to make a decision about rehab quickly, you can easily get overwhelmed by the difficulties of finding an appropriate facility, and even in finding accurate and transparent information. Try typing affordable drug rehab into Google, you'll get a lot of hits, but you can be sure the first 500 won't be affordable!

The sad reality is that too many people with temporary motivations to get better just get so frustrated and deterred by the stress and challenge of finding affordable care that they just give up.

Even if you have quality and comprehensive private health coverage, you don't want to waste your time and your hope on a poor quality treatment experience; it's your life and your health and happiness that are at stake, and you don't want to make a mistake.

If you don't have comprehensive insurance coverage the situation grows even more difficult. Where can you go for rehab you can afford; who will help you when you can't afford an expensive upfront fee?

Recognizing the problems inherent in getting into appropriate and affordable treatment, this book is designed to assist you in understanding your options, your

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

rights and even your needs; and to help you in locating an affordable residential rehab program that's going to work for you.

THIS BOOK ADDRESSES MANY OF THE QUESTIONS YOU MAY BE STRUGGLING WITH NOW:

- ✓ ***DO I NEED REHAB?***
- ✓ ***WHAT KIND OF REHAB DO I NEED?***
- ✓ ***HOW MUCH DOES REHAB COST?***
- ✓ ***WHAT TYPE OF REHAB CAN I AFFORD?***
- ✓ ***WHERE CAN I GO TO FIND LOW-COST HELP?***
- ✓ ***HOW CAN I GET A FAMILY MEMBER INTO REHAB?***
- ✓ ***WHAT CAN FAMILY DO TO HELP DURING AND AFTER REHAB?***
- ✓ ***DO I NEED TO DETOX FIRST?***
- ✓ ***WHAT ABOUT REHAB FOR MY SPECIAL NEED?***
- ✓ ***WHAT ARE SOME PHONE NUMBERS FOR LOW COST REHABS IN MY AREA?***
- ✓ ***WHERE ELSE CAN I GET INFORMATION ON ADDICTION, REHAB AND RECOVERY?***

We hope you will find the answers to all of these questions and more contained within, and we believe that everyone can find treatment in a timely manner and at a price they can afford, they simply need to know where to look.

You can get better; it will be hard...and it will be worth it!

WISHING YOU SUCCESS,

JOHN LEE

CHOOSEHELP.COM, 2008

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

CHAPTER 1

WHO NEEDS REHAB?

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

DO YOU NEED TO GO TO REHAB?

You have a problem, but do you really need residential rehab? And if the treatments are largely the same, why not just stay with your family and go to outpatient therapy, wouldn't you get the same benefit?

Tough questions, and no easy answers; but for some people, there is a genuine advantage to entering into a residential treatment facility; for some people, nothing less offers much hope.

Read on to get a better idea of the extent of your problem, your treatment needs, and why you may want to consider spending some time away from home working on substance abuse issues. Because some of the terms describing residential rehab programs may be unfamiliar to you, please also see the glossary of terms for a brief description of the different types of treatment facilities in operation throughout America today.

For some people and for some families, things have gotten to the point that a decision about treatment is clear, and when addiction entrenches to such a degree that life becomes completely unmanageable, residential rehab is often the only way out of that dark pit.

But a lot of people may know that they have some degree of a problem with drugs or alcohol, feel unable to better the problem on their own, but aren't sure just what to do or where to go to get help. *Anyone who wonders about their drinking or drug taking very likely has some degree of an abuse or addiction challenge, as healthy substance users don't often feel the need to evaluate their level of use.*

There are two categorized levels of substance abuse problems, and although there can be a great range of severities within each broad category, in general, the treatments required for each are quite distinct. As a starting point, you need to

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

know whether you have a substance abuse problem, or whether you face an addiction.

Here is an easy way to self diagnose; take the American Psychological Association's 7 question quiz on abuse behaviors. Answer honestly, and if you answer yes to three or more of the following questions about your behaviors over the last 12 month period, you are classified as addicted.

THE AMERICAN PSYCHOLOGICAL ASSOCIATION ADDICTION TEST

1. Do you have a tolerance...do you need more of the drug or alcohol than you used to get the same effects?
2. Do you ever feel withdrawal symptoms after stopping use, or do you ever use any other substance to prevent these symptoms (e.g....using benzo's instead of alcohol)?
3. Do you ever use more of a drug or alcohol than you had intended on? For example, you go out for a drink at lunch intending to get back to work, and end up have 10 and writing off a day at the office.
4. Have you ever tried to reduce your usage, and found that you cannot, or that you soon find yourself using at the same level again?

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

5. Do you have a preoccupation with the drug? Which means, do you spend a great deal of time, thinking about getting, using and then recovering from the use of drugs or alcohol?
6. Have you ever stopped participating in worthwhile activities that you used to enjoy because of your drug or alcohol use? For example, you used to enjoy an early morning hockey league...but with hangovers, cannot any longer.
7. Have you ever continued to use drugs or alcohol even in the face of adverse social or health consequences? For example, getting reprimanded at work or gaining excessive weight.

ABUSE OR ADDICTION?

If you answered yes to three or more of the questions, you are medically classified as chemically dependent; if you answered yes to 2 or less, you likely suffer from a chemical abuse problem.

ABUSE

If you suffer from a substance abuse situation you may well need professional help to change your behaviors and to better your health, but you may not require the intensity of a residential drug or alcohol rehab; and at the very least you may want to start the treatment process on an outpatient basis to see whether you can get healthier without suffering the expense and disruption of a residential rehab.

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

ADDICTION

Once addicted though, the treatment requirements increase dramatically. Once we become chemically dependent we lose some degree of control over our actions. Addiction manifests in an area of the brain beyond our conscious awareness, and although this area of the brain (the mesolimbic) does exert an enormous influence over our behaviors and actions, and although we appear to be making conscious and willful decisions, in many cases we are merely following the directions of a part of our brain over which we have no control.

Because with addiction we lose control over our actions and because our will to stay sober is rarely enough, we instead need to learn effective strategies to manage these pre-conscious impulses. The brain does heal and it will revert to a normal state of functioning, but this healing process requires time. Getting into rehab and away from access and temptation for a month or more can be enough to diminish the power of these pre-conscious influences, and allow you a better opportunity to exercise learned strategies to relapse avoidance.

There are no guarantees, and for any real chance at success, a full and honest participation in the therapies of rehab and a long involvement in therapeutic aftercare is required.

IF YOU ARE ADDICTED...

If you are addicted, you may find that outpatient therapies give you the tools you need to overcome your dependency, but to have the best opportunity for success, a period of enforced sobriety and very intensive therapy and education offers a lot. If you are addicted, getting into a residential rehab program is likely the best chance you have at a better life of sobriety, health and happiness.

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

You may also want to consider seeking the advice of an addictions therapist or psychologist. A single session with an experienced professional can offer insight into the extent of the problem and leave you with concrete suggestions for individually relevant therapies.

UNDERSTANDING THE DIFFERENT TYPES OF RESIDENTIAL ADDICTIONS PROGRAMS

Most people don't give much thought to rehab until they or a family member becomes in desperate need of quick entry into a program, and as such it can be pretty confusing just trying to understand what your available options are, and just what these rehab web sites mean when they say, Christian rehab, or executive rehab, or therapeutic community...

Here is a brief glossary and explanation of terms and of the general types of residential care as offered in America today.

CHRISTIAN REHAB

Faith-based residential programs represent a major percentage of low-cost and free programs on offer today, although secular programs do also exist at low cost. Faith-based programs may also exist within the domain of very high-cost private rehabs.

Christian rehabs emphasize spiritual healing in the treatment of addiction, and in doing so generally use a modified version of the 12 steps of AA, called the Christian 12 steps. They also emphasize prayer, bible study and religious counseling as a

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

comprehensive spiritual solution to the problems of the flesh. Christian rehabs may also offer secular and pharmacological therapies, such as cognitive education, group addiction therapy and relapse-preventing medications.

For addicts with a belief in a Christian God, Christian rehabs can offer powerfully resonant teachings.

CONVENTIONAL OR SECULAR REHAB

Rehabs offering conventional and clinically-based therapeutic care encompass the bulk of private rehab options in America today. These rehabs run programs, on average, from 28 days to three months in duration, and offer a variety of treatments that can include 12 steps based group meetings, peer support groups, individual therapy, cognitive behavioral therapy, family therapy and nutritional and health education and programming.

These rehabs offer the greatest intensity of scientifically-proven therapies and treatments and can be found at all price ranges, although they are normally higher-cost options.

These rehabs can offer a great base for sobriety, although you should look for a facility that offers intense and wide-ranging therapeutic programming.

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

DETOX CLINIC

More expensive residential programs will offer medically-supervised detox programs; but many less expensive or free facilities' cannot, and demand that you be medically stable and detoxed as an entry criterion. Depending on the drug of abuse, medical detox can occur over a few days to a week or more, and state and private clinics do offer detox independent of residential rehabs. Detox without therapy and treatment is rarely enough to induce lasting sobriety.

EXECUTIVE REHAB

Never a low-cost option, executive rehabs exist to provide high luxury, confidentiality of care, and the ability to continue working while in rehab to professionals who feel they cannot or will not enter into a conventional form of rehabilitation.

HOLISTIC REHAB

Holistic rehabs exist to treat addiction and abuse as a problem of the body, mind and spirit; and insist that without a comprehensive and holistic approach to treatment, no long-term recovery is possible. In addition to traditional therapies, holistic rehabs will integrate peripheral programs such as equine therapy, meditation, yoga and karate into a treatment matrix.

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

LONG TERM REHAB

With programs running from 6 months to two years, these rehabs tackle addiction with stamina. In many cases, addicts progress upwards through the programs, gaining additional privileges and responsibilities as they do so. A similar base of therapies to the conventional rehab will be offered, although generally with less intensity; and most rehabs will mandate a form of work therapy to all participants. This work may or may not be paid, but is mandated to instill a sense of purpose and responsibility, as well as to decrease relapse-provoking idle hours.

Many of these programs operate as low cost or free entities, and many may be faith based in nature. Two very prominent examples of free faith-based longer-term rehabs are those as offered by the Salvation Army and the Baptist and Union Missions. Both organizations offer long-term rehabs in all major cities nationwide.

TEEN REHAB

Teens do not do well in general adult recovery programs, and since they face very unique life challenges, they require age-appropriate treatment. Teens should never be admitted to an adult facility unless no other options are reasonably possible.

SOBER LIVING HOUSING

Most commonly used as a transitional living environment after a rehab graduation, they can also be accessed by anyone willing to commit to complete sober living. The vast majority of the tens of thousands of sober living houses across America will open their doors to those in need regardless of an initial ability to pay for services,

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

but after a transitional period all members of the house are required to find employment and contribute a nominal monthly rent toward the house expenses.

These houses enforce a strict rule of conduct, most fundamentally a requirement for complete sobriety, and anyone who does use drugs or alcohol will often find themselves quickly evicted. Most houses will run some form of therapeutic programming, often 12 steps and group therapy based, and most will require an active and daily participation in AA or a similar program.

These homes offer sober sanctuary, peer support, low cost entry and housing, and a long period of residency to those in need; and are an excellent resource for anyone struggling with sobriety.

THERAPEUTIC COMMUNITIES (TC)

Long term recovery options, these communities run on a model of re-socialization. They believe that a complete relearning of how to live without drugs or alcohol is necessary for any real chance at long-term sobriety, and to accomplish this ambitious goal they require long-term participation, generally of at least a year and often longer.

They offer group, 12 steps or individual therapy at low intensity, but the model is more based on a peer learning and recovery matrix, where recovering addicts learn from one another how to live and act appropriately without using drugs and alcohol. Residents progress through the program earning greater rights and privileges as they show increasing sobriety and mature acts, and will start at the bottom of an informal chain of command, and graduate at the top. Addicts learn how to live with one another, how to work under, with, and above others, and how to have fun without drugs and alcohol.

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

These very long-term communities can be an effective solution for people who have struggled with addiction for a long period, and who may have already tried shorter-duration programs with little effect.

These communities exist in all price ranges, but in general provide lower-cost care.

WHY YOU CAN'T DO IT ON YOUR OWN

Fundamentally, the problem seems ridiculous; and when all that's required for better health and a better life is just to stop doing something harmful, it can be tough for those who have never endured an addiction to understand exactly why this is so difficult.

A lot of us abusing don't even completely understand our actions, we just know that we can't seem to stop, and whenever we even try we fail so badly that it seems completely hopeless.

Addiction creates neurological changes in the brain. Your brain just works a little bit differently after you become chemically dependent; and once you are addicted, choice goes out the window, and willpower becomes meaningless.

Addiction equates to a loss of control over your actions and your use, and very few people can better an addiction with determination alone. You can't stop doing what you have no control over.

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Addictions professionals and scientists have been working diligently on the mysteries of addiction for decades, and although complete clarity eludes us, we do now have a much better understanding of what's really going on in the brain with addiction; and we also know some effective strategies to manipulate behaviors and give people a great opportunity to get past devastating chemical dependencies.

You want to do it on your own, you feel badly to need such disruptive and expensive treatment, and you can't even explain why you couldn't just stop.

5 REASONS TO GET HELP

1) ENFORCED SOBRIETY

Never mind any of the therapies offered, simply staying sequestered away from access to drug or alcohol for a month or more has incredible value. The clarity of sobriety comes only with time, and none of us are truly ready to participate honestly in the therapies of relapse avoidance until we've completed a couple of good weeks of sobriety. Enforced sobriety also gives our minds a chance to begin the healing process, and we start to relearn how we can enjoy ourselves without a need for intoxication.

Rehab offers a lot, but simply staying sober and away from drugs or alcohol for a month or more can be life changing in itself.

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

2) LEARN WHY YOU ACT AS YOU DO

For a lot of us, there exists something within our beings that makes us seek out intoxication. It may be a lack of confidence, family trauma or anxiety that drove us to abuse initially; but whatever it is that makes us need to get drunk or high, unless we can start to unearth our issues, we are destined to repeat our failures.

You may not solve all of your problems in a month or more of rehab, but through working with a therapist you will, at minimum, gain a greater self awareness, and begin the self healing that's always required for long-term success and sobriety.

3) LEARN HOW YOU CAN INCREASE YOUR CHANCES BY MINIMIZING YOUR TEMPTATIONS

Addiction occurs deep within the brain in an area beyond our conscious awareness or control (the mesolimbic). While addicted, we act in ways that appear willful and decided, but are in fact just the end result of powerful impulses from deep inside of us.

Nothing but time allows the brain to heal and for the damage done by addiction to fade, but we can learn concrete and effective strategies to minimize the influence of the mesolimbic, and hopefully get past the period of its relapse provoking pulls.

Through therapies and cognitive behavioral teachings we learn how we can control not only our actions, but even our thoughts to reduce the temptations that doom so many of us to failure. We also learn concrete and effective strategies that can get you out of a situation of temptation, and keep you sober for another day.

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Time will heal you, but you need to give yourself time. Therapies and education show you how to get past the first few months of cravings and temptation.

4) DEVELOP A UNIQUE AND WORKABLE RELAPSE PREVENTION PLAN

You cannot leave anything up to chance during the first few months of sobriety, and to ensure you stay on a path of sobriety, in rehab you will develop a relapse prevention plan. Most people that relapse do so only after they start to ignore their self-produced document of sobriety, and within this living and changing document are the strategies, inspirations and even phone numbers you'll need when you feel you can no longer resist.

You can make one on your own, but developing a plan in consultation with addictions professionals ensures that you've really got something that's going to work, and that accurately reflects the unique threats to your sobriety.

5) RECOVER AND GET INSPIRED BY OTHERS JUST LIKE YOU

When you try it on your own, it feels impossible; but when you recover in a group with other people that you know suffer the same trials that you do, watching them get better can be a real source of inspiration. Most people working in rehabs are themselves recovering addicts. They know what you're going through, they know what you need to do to get better, and they understand just how tough it can be. Learn what works from others in recovery, and learn how those people who've done it got sober, and stay sober everyday.

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

You can't say it's impossible when you spend time everyday with a group of people overcoming their demons, and with a group that already have.

GET THE HELP YOU NEED!

Some people can make a willful decision to stop using and never get drunk or high again, the vast majority of us are not so fortunate, and need professional help to have any chance of getting sober. It's not easy, and if you're like most addicts considering help, you've tried and failed on countless occasions to quit.

There's no shame in admitting you need help, it takes great courage to reach out in your time of need, but there is tragedy in knowing that you need help and lacking the motivation or determination to get it.

You can get better, you can start tomorrow, and you'll never regret a single thing you do that gets you there.

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

DO YOU NEED RESIDENTIAL REHAB... WILL OUTPATIENT CARE WORK?

Drug abuse and addiction rob you of your health, your happiness, and your self respect; and there is nothing wrong or even abnormal with wanting to tackle such a significant and entrenched problem with the most intensive and most successful form of therapy available, as in a residential setting.

But due to the high cost, the disruption from work and the separation from family, most addictions professionals will recommend that most people start off with outpatient therapies as a first attempt at bettering the problem.

While participating in therapies on an outpatient basis you can maintain employment and continue to provide for your family; and you can also be there to enjoy your family, tuck your kids in and spend time with your spouse. Outpatient therapy is also far less costly, and even those people unable to access state-funded inpatient treatments may find that they can enter into outpatient programs, and often with no waiting period.

WHAT IS OUTPATIENT THERAPY?

You may participate in outpatient therapies of greatly varying intensity. At the most extreme, outpatient therapy encompasses whole days and differs little from inpatient, with the exception that you return home each night to sleep. At the other extreme, outpatient therapy can be as minimal as free participation in 12 steps group meetings like AA or NA, participation in a local peer support group, or weekly sessions with a psychologist.

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Once you make the decision to enroll in outpatient therapy you can start within hours, literally. There are 12 steps meetings offered at all hours of the day in most major centers, and you can access this supportive therapy free of charge today.

DISADVANTAGES OF OUTPATIENT TREATMENT

When it works, outpatient drug treatment is the ideal solution, but too often outpatient drug treatment is encouraged due to the relative expense of inpatient treatment. Public drug rehabilitation programs will generally consist mostly of drug treatment on an outpatient basis, with limited access to inpatient beds.

While remaining within the family and able to work has its advantages; the continuing presence of temptation in the environment of abuse presents a significant obstacle to initial sobriety. Many people find that without getting away from access to drugs and alcohol, they are unable to remain away from abuse during the initial craving-filled weeks.

Additionally, the more intensive and committed the participation in recovery, the greater the ultimate likelihood of sobriety. Inevitably, when addicts undergo treatment within their home environment their attentions are focused partially elsewhere, and they are unable to give as focused an effort at recovery.

Although the minimal disruption and low cost of outpatient drug treatment can be very attractive, and may work for some people with a short history of abuse or minor dependencies, most addicts will ultimately require a more intensive period of rehabilitation, as is offered at an inpatient facility.

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

WHO IS OUTPATIENT THERAPY RIGHT FOR?

If you have never before sought any structured assistance for your substance abuse problems, a logical first step would be to participate in an outpatient form of therapy. Outpatient therapies are easy to find and very affordable, and you need not make any significant changes in your life to participate.

Many people find strength and solace in peer support groups, in AA, or in working with a therapist on individual issues, and you may find that all you need is a little structured support.

WHO NEEDS INPATIENT THERAPY?

If you have previously tried outpatient therapy, and found that you could not maintain sobriety, you need to consider inpatient therapy as a valid next step.

If you have a very long history of intense abuse, you will find the first month or more exceedingly difficult while remaining in the environment of access and temptation, and you may want to consider starting with a more intensive form of treatment.

If you have any form of dual diagnosis you may not benefit from outpatient therapy. Dual diagnosis challenges complicate treatment, and although dual diagnosis patients can and do better substance abuse problems, they often require inpatient care to do so.

If you are pregnant, you need inpatient therapy.

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

If you are in danger of losing custody of your children or if your spouse may leave you, you need intense inpatient therapy.

If your drinking or drug abuse has started to have serious health consequences, you cannot take a chance, cannot waste any time, and you need residential rehab.

GO TO A MEETING TODAY

You can start outpatient therapy today. Get to a meeting; there is one in your area and even if you know that you need residential care, you have nothing to lose by seeking help this minute, and starting your journey back to health, even as you wait for residential care.

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

CHAPTER 2 FAMILY ADVICE

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

LIVING WITH AN ADDICT OR AN ALCOHOLIC... HOW CAN YOU MAKE IT BETTER?

It's heartbreaking to watch a loved one destroy their body and mind through abuse, and we often feel as though there is nothing we can do to make things better, and not through lack of trying either.

Addictions show incredible resilience, and addicts continue their abuse even in the face of some terrible consequences. Families yell, plead and bribe, to no good effect, and if losing a job, a family and even good health can't change behaviors, what hope can family hold?

Thankfully, although things can sometimes seem bleak, families do have some powerful tools to affect change, and when they provide tough, educated and loving support, they *can* make a difference.

Addiction is rarely intuitive, and what makes sense isn't necessarily what works. Find out what you can do to get an addict into treatment, and what you can do during and after rehab to make sure that treatment brings sobriety, brings health and brings peace.

People recover from addictions everyday; having a loving and supportive family can make the difference.

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

IF YOU ARE READING THIS BOOK OUT OF CONCERN FOR A LOVED ONE, THERE ARE THREE THINGS YOU NEED TO CONSIDER DOING, THREE THINGS THAT CAN HAVE A POWERFUL IMPACT TOWARDS CHANGE. WE WILL DISCUSS THEM ON THE FOLLOWING PAGES:

- 1) Run an intervention, and get someone that needs help into treatment (see the section on interventions)
- 2) Stop enabling their abuse behaviors
- 3) Get into Al Anon (or Narc-Anon), you need to take care of yourself as well

THE FAMILY INTERVENTION - GET A LOVED ONE INTO TREATMENT... YOU HAVE A POWERFUL WEAPON

It can be incredibly frustrating for friends and family to watch someone they care about destroying their health, career and family through substance abuse and addiction, and it often feels as though unless the addict themselves decides to get help on their own, there's not much anyone can do.

Nagging, shaming and threatening don't do much good, and can even be used by the addict as an excuse for further substance abuse; but families do have a powerful option to convince a reluctant addict of the need for help.

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

THE MYTH OF ROCK BOTTOM

Nothing frustrates addictions professionals more than hearing people say that an addict just needs to hit rock bottom before they can start to get better.

NO NO NO, it's a myth, and a harmful one at that! The longer use and abuse is allowed to continue, the more difficult the ultimate treatment, and the lower the prognosis of success. You don't need to wait for a life to crumble and you should never wait until a loved one loses everything; and if you do, it may be too late.

Recovery statistics show quite clearly that those people who have been forced into treatment do just as well as those people who went of their own accord. If you can ever convince someone to get help, even if they maintain they don't need it...they should go. An addict or alcoholic in the grips of abuse cannot think clearly, and their motivations and actions remain clouded by the haze of temptation and intoxication. For many people, only with time and sobriety, with clarity, and with a participation in therapies does a realization of the problem and a desire for change emerge.

WHAT IS AN INTERVENTION?

Addiction and recovery statistics are often produced by those in business to profit from them, and as such are not always reliable; but the consensus of addiction professionals seems to be that there is no more effective way for family and friends to convince someone to get help than a well-run and caring intervention.

An intervention is simply a meeting between the addict or alcoholic and all people close to him or her. The goals of an intervention are to break down any walls of

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

denial, to get the user to admit to the problem and to express clearly the hurt and pain that the behaviors of abuse are causing. It's also an opportunity for family to show love, and show that despite what may have happened in the past they still very much love the addict, and care enough to have gone to the trouble to get them into treatment.

The ultimate goal is always to have the addict or alcoholic proceed immediately into waiting treatment, and to encourage this progression family will need to decide on some clear consequences for a failure to grasp this opportunity for change. It's the carrot and the stick.

"We love you, we care, we've gone to a lot of trouble to get you help...but if you don't take us up on our offer of help, there will be consequences. Things cannot keep on like this."

An intervention is a non-confrontational confrontation! What this means is that although the addict will be forced to hear a lot of painful and poignant testimonies, and these are directed at them, for the intervention to have the best chance for success the tone of the meeting must be non confrontational, respectful and loving.

WHO SHOULD BE INVOLVED IN AN INTERVENTION?

Anyone close to, or influential in, the life of the addict should be invited to participate in the intervention. The intervention is so effective because when the addict is confronted with the simultaneous testimonies of all meaningful people in their life, they can no longer use denial defense mechanisms against the weight of the contributed evidence.

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

All family possible should attend, and close friends and work peers may also be invited. Those too far away to attend in person may choose to call in and participate, or have their thoughts read through a written letter. Children should also be invited to participate, as they are also affected by the behaviors of the addict, deserve to have their voices heard, and can offer some very compelling testimonies.

WHAT SHOULD BE SAID?

Everyone in attendance should speak, and they need to tell the addict how that person's substance abuse has affected their lives and damaged their relationship. They need to give concrete and specific examples, explain the hurt and worry caused and the anger felt. They need to demonstrate that they speak out of love and concern, and also need to give some clear consequences for the addict should they refuse to accept the offered help.

WHAT'S THE GOAL?

The goal of an intervention is to convince the addict to accept treatment help for their abuse behaviors. Treatment should be pre-arranged for them, and if the addiction is serious enough, they should be convinced to proceed immediately from the intervention to a waiting treatment facility.

The point is to remove all obstacles to entry, so bags should be packed, responsibilities arranged for, and accommodation at the ready.

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

POTENTIAL PROBLEMS

A poorly-run or confrontational intervention will not likely do much good, and can even make things worse. Because of the behaviors too often associated with addiction, many of the participants may have conflicted emotions about the addict, and may feel some anger or shame mixed in with love and concern.

It is vital that the tone of the intervention stay non confrontational, and most experts advise that everyone involved do at least one practice trial run before the day of the event. By practicing what is going to be said and how things will run, things will go more smoothly when it really matters, and people can overcome feelings of apprehension about the event.

SHOULD YOU GET PROFESSIONAL HELP?

There are a lot of intervention services that offer their professional expertise and experience to assist in the running of an intervention. These can be expensive though.

They offer expertise, will organize meetings and practice sessions, help the family to select appropriate treatment, run the intervention and ensure that the tone and proceedings stay as planned, and they will even arrange for transport to a waiting treatment facility.

If the family cannot seem to organize itself, if the negative emotions of family members threaten to derail the process or if the family just wishes outside council,

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

it may be a good idea to consult with a professional; but it is not necessary, and many families do a great job without any outside assistance.

IT'S IMPORTANT, IT CAN WORK AND IT'S WORTH DOING

Even if an intervention does not convince an addict to accept the need for treatment, the act of the intervention empowers the family, and there can never be a return to the way things were.

Interventions work most of the time, and even if someone doesn't concede to treatment immediately, they often will with time. Family interventions are the best and most loving thing a concerned family can do for a person struggling with substance abuse and addiction.

If you don't know what to do, if you desperately hope for change, try an intervention. They work.

NO ENABLING!

It can be very hard to live with an addict, and in addition to your concern for that person, you often end up making up for their deficiencies through superhuman efforts of your own. The money gets spent on beer, so you have to get a second job, the drivers license is revoked, so you become a chauffeur, he's passed out in the lawn, so you 're up in the middle of the night dragging him into bed...if only so the neighbors don't see.

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

It's far too easy to enable the behaviors of an alcoholic or drug addict, but one of the most caring things that family can do for an alcoholic is to stop enabling, have the consequences of their intoxicated behaviors fall onto their own shoulders, and see if this alone may not just be enough to get the addict to seek help.

Enabling refers to any behavior on your part that makes it easier for the addict to continue to abuse. If your husband is too hung over to get to work and you call in sick for him, then you have enabled his drinking and he is not left to face the consequences of his actions. If your wife is arrested for drunk driving, and you rush down to bail her out of jail, you again are not allowing her to face the consequences of her own behavior, and are making it easier for her to continue with drinking.

We enable because we care and out of a desire to protect a loved one with a substance abuse problem, but sometimes tough love is the best love, and it's the only kind of love that has any chance of getting the abuser to change his or her behavior.

HERE ARE SOME TIPS ON HOW TO STOP ENABLING:

- ✓ Don't lend money.
- ✓ Don't make excuses for the addict or for their behavior...to anyone, not even yourself.
- ✓ Don't compensate for an addict's failings with your own superhuman efforts, i.e. His car payments are his responsibility.
- ✓ Set some limits for your actions and behaviors, be clear as to those limits, and stay firm when he or she tries to change your behaviors. (When she is drunk, she doesn't get to see the kids...no exceptions).
- ✓ Do not fight with the addict over their behaviors.

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

These are all very hard things to do, and it goes against our impulses to "do nothing" when our heart is screaming at us to "do something!"; but by doing nothing we are in fact doing as much as we possibly can, and this is the only way we have any power of influence over the alcoholic or drug abuser.

TAKE CARE OF YOURSELF AS WELL

Watching a loved one destroy themselves with drugs or alcohol can devastate, and although you don't drink or drug, you suffer greatly as a spectator; and also suffer through the negative behaviors of the abuser. You need to ensure that your health and well being are well cared for, and you are little help to anyone if you fall apart from the stress of it all. An organization with a long history of support for the families of alcoholics and drug addicts is al anon.

Al anon is an organization that treats the concerns of family living with an actively-using addict or alcoholics. Al anon teaches what can and cannot be done to influence changes in drug-seeking behaviors, and teaches family strategies that can both help an addict or alcoholic concede to treatment, and also allow you to live a happier and less worried life, even if your loved one doesn't stop using.

They can be a fantastic resource of education, support and comfort, and you can find an al anon meeting anywhere in the nation.

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

WHY FAMILY NEEDS TO BE A PART OF THE REHAB PROCESS

The family is an unwilling participant in the descent into addiction, it only makes sense that they participate on the journey back out. Your participation in the therapies of rehab can make a huge difference to the recovering addict, and your educated support after rehab can make the difference between sobriety and relapse.

No abuse happens without affecting the family, and as such families need to participate in the rehab process, as much to heal themselves as to learn how best to help the addict.

When thinking about what type of rehab facility best fits your needs and wants, make sure you consider how much family involvement you expect in the process. Family involvement can be very beneficial, and when working with trained addictions councilors and in group therapy sessions with other families of recovering addicts; families learn what they can do to help, and what they were never responsible for in the first place.

HEALING THE WHOLE FAMILY

Addiction generally brings out the worst in all of us, and the behaviors associated with addiction can be pretty terrible. You'd think that all the rage and anger of a family would be directed back at the creator of this behavior, but often the negative emotions spread through the family, damaging relationships and trust all the way through. A good rehab facility will begin to heal the family of the addict as it also helps the addict recover from abuse.

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

FAMILY THERAPY

Some of the specific programs to look for are family drug education programs, whole family sessions with a therapist or psychologist and multi family peer group sessions. To really get the most benefit, these programs should be offered over at least a couple of days, and should ideally occur later in the rehab, after the addict has had time to work out some of their issues by themselves.

The period after rehab ends, when the recovering addict is once again faced with the triggers to abuse and the access to drugs or alcohol, is a very high-risk period for abuse; and a loving and supportive family, trained in how best to offer support, can be an outstanding tool for any recovering abuser. Through the education and family programs at a rehab facility, family members learn how to offer love and support without enabling the behaviors that can lead to abuse. Family members also learn the limits of their help, and learn that ultimately only the addict can change their behaviors.

Family sessions during rehab help a family to heal the damage too often caused by addiction, and a family therapist, trained in addictions, helps the family to resolve some of the issues created by the abuse, and maybe even some of the family dynamics that could promote further drug or alcohol abuse.

The peer family sessions are always illuminating, and families learn that their suffering is not unique, and the devastation caused by addiction is the rule and not the exception.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

FAMILY PARTICIPATION BENEFITS ALL INVOLVED

This family involvement heals the family, and increases the likelihood of a successful reintegration into society for the recovering addict at the end of rehab; and as such, family involvement should be a factor to consider when selecting a rehab facility.

A rehab facility that is too far away from the home, may limit the extent of family involvement, and as such may not be an appropriate choice.

Addiction affects everyone surrounding it, and since the family is affected by the addiction, it makes sense that the family participate in the road to recovery. A weekend will never erase all of the heartache of addiction, but it can put a family on the road to healing, and is almost always a very positive thing.

HOW FAMILY CAN HELP AFTER REHAB, YOU CAN MAKE A DIFFERENCE!

If you ran an intervention, or otherwise convinced a family member to get help, you have done a wonderful thing and should be congratulated, but family assistance and support should never stop with the end of rehab. When the addict is reintegrated into the home and the community after a treatment period, family help and support can be important factors in the ultimate ability of the recovering addict to maintain sobriety.

Ultimately, the decision to stay sober must come from the recovering addict, but there are some things that the family can do to decrease the probability of relapse. Convincing an addict to get the help they need is a great first step to recovery, but

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

recovery doesn't end with rehab. It's going to be tough for them after the end of rehab, and the first months especially are a very high risk period for relapse. Here are some steps you can take to help them recover, steps that might just make all the difference.

GET EDUCATED AND GET INVOLVED

Firstly, the family should be involved in the rehab process, and the family of the recovering addict needs to learn how best to support the addict once home, just as the addict needs to learn how to stay sober. Most recovery and rehab programs will include a family component, and caring family members should make every effort to attend and get the most out of this available resource.

STAY SOBER WITH THE RECOVERING ADDICT

Secondly, the family needs to make it as easy as possible for the addict to transition back into the home environment and newly sober living. The family should provide a sober and alcohol and drug-free environment for the addict, and the house should ideally be emptied of all possible intoxicating substances. A recovering addict can always get drugs or alcohol if they truly want to, but sometimes if it is too readily available, the temptation to use can be overwhelming.

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

HELP TO REDUCE STRESS IN THE RECOVERING ADDICT'S LIFE

Thirdly, support the addict in all areas of their life. Many recovering addicts relapse in response to stress and due to poor problem solving and coping skills. The recovering addict needs to take responsibility for their life, and this is in fact a part of the healing process; but family members should be available to assist in any area that threatens to overwhelm the recovering addict during their first months of recovery. Whether it's helping with the kids, helping with the bills, or just being there for companionship; family should make these first months as stress free as possible, so the recovering addict can concentrate all of their energy on staying sober.

DON'T LET A RELAPSE HAPPEN

Lastly, the family needs to take action if they suspect a relapse is imminent. There is no need to wait until after a relapse to act, and if you think that the recovering addict is in danger of using, you need to make sure they get into a safe environment. Sometimes all it takes is a visit and some companionship to get the addict back on the right track.

THE FAMILY NEEDS TO CARE FOR ITSELF AS IT TAKES CARE OF THE ADDICT

You can't do it for them, but by offering educated support you increase the probability of long term sobriety and an ultimately happy outcome for everyone. Addiction often causes pain throughout the family, and the effects of addiction can ripple through the family for a long while even after sobriety is achieved. The family may also need to heal itself, and sometimes professional family counseling, or

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

family addiction peer group support services are very beneficial in this healing process.

Recovery is ongoing, and although it tends to get easier with time, the family will need to be there for a while; doing everything they can to help the recovering addict stay sober.

WHAT TO TELL KIDS WHEN THEIR MOM OR DAD IS AN ADDICT?

It can be awfully tough for kids growing up in a home with one or more drug or alcohol abusing parents, and too often in an attempt to spare children from the pain of reality, they are not told the truth about the situation.

But even young kids can see that something is not quite right, and the behaviors of addiction can be confusing and scary too a child unaware of the realities of addiction. Kids deserve to know the truth about addiction, and by telling them the truth about the disease, they are more able to thrive in even adverse family situations.

The National Institute on Substance Abuse and Child Welfare has published a guidebook for families, and in it they recommend telling kids three very important things. Things that will help them to accept that they are in no way responsible for the behaviors of an addict, and that they in no way caused any of the behaviors or use.

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

3 THINGS KIDS NEED TO KNOW

Addiction is a disease just like any other disease. That their parent is sick with this disease, and all the scary and confusing behaviors that they witness are all a part of the disease. There are treatments for the disease, but it can be very hard to overcome it.

Tell them that they are not alone. Millions of kids just like them also have a parent with the same disease, and go through a lot of the same things.

There is no need to hide it. Kids need to know that it is OK to talk about problems in the home with anyone they trust. It's OK to talk about it with another family member, with a teacher, with friends or with a friend's parents.

THE TRUTH EMPOWERS CHILDREN

The sad truth is that kids already traumatized with the difficulties of growing up in a volatile home of addiction are later in life very much at an increased risk for addiction themselves. In addition to addiction, many children who grew up in households of substance abuse suffer lasting psychological distress from the long years of shame, fear and guilt so often a part of the child's experience with abuse.

Children will internalize responsibility and guilt for the behaviors of a parent unless they are taught that they have no control over the situation, that they didn't cause it and nobody expects them to be able to fix it.

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

We never protect children by hiding them from the truth, and you can't hide the real truth of the home anyways. By misleading kids about the reality of the problem you deny them the opportunity to grow up free from the baggage of an abusive home, and that is surely no favor at all.

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

CHAPTER 3 PAYING FOR REHAB

www.ChooseHelp.com

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

FINANCIAL CONSIDERATIONS

Rehab is a business, and it's big business, and as unfortunate as it may be, those without money wait a lot longer for care; and too often, never do get into treatment, deterred either by unreasonable waiting times or by a simple lack of access.

Private rehab treatments can be very expensive, and it's not at all unusual for a facility to charge upwards of \$20 000 for a month of care, and if you relied on a web search alone you might believe that these rehabs were your *only* option.

Thankfully, although charity and non-profit rehabs may not have the resources to compete with the marketing efforts of expensive private rehabs, they do have the resolve to maintain low cost and even free services to all in need, and all over the country.

There is no reason for anyone to think they can't afford rehab. Private rehabs may be out of reach, but there is someone, somewhere, waiting with a bed ready for you, and with a concerned heart ready to guide you out of your pain.

Read on to find out what your rehab options are, how much they cost, how to access state-funded rehabs, and how to find a free or low-cost rehab that can get you in the door soon.

Rich or poor, there's someone ready to help you.

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

HOW MUCH DOES DRUG OR ALCOHOL REHAB COST ANYWAYS?

Nothing frustrates people searching for help more than the universal reluctance of drug and alcohol rehab web sites to display accurate pricing information...they just won't do it. Private rehabs want to get you on the phone, and get you talking with one of their sales "counselors" before giving away any information that they know you really want.

Drug rehab can be very expensive, but the high prices of treatment are not outrageous when you consider the legion of professionals employed within. Psychiatrists, psychologists, therapists, nutritionists, doctors, nurses and other professionals all command very high salaries, and when this outlay is combined with the normal and necessary costs of housing and feeding a group of patients with unique needs, expenses quickly mount.

At rehabs in the highest end of pricing, you are paying primarily for comfort and luxury, and cannot expect a far different therapeutic experience from standard private rehabs. Rehab is tough though, and if you have the money or the insurance, you may want to stay for a month or more in high comfort.

At the bottom end of the scale (excluding state-funded rehabs, which may offer a high level of therapeutic services) you obviously cannot expect luxury, but you also may suffer from a significant reduction in private therapy and even group therapy sessions. There are no strict rules though, and while some may make do with only 12 steps based programming, some others who attain funding from the state, from the United Way, or from another agency may offer a comprehensive base of programming, and sometimes at no cost at all to lower-income participants.

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

A GENERAL GUIDE TO THE PRICES OF REHAB

LUXURY PRIVATE DRUG REHABS

\$20 000 and up per month.

These drug and alcohol rehabs are the best in the nation, and should offer an outstanding level of care. You should benefit from excellent therapies, including a very high level of individual counseling with a trained psychologist or therapist. You should also enjoy a beautiful and tranquil setting, private and even luxurious accommodations, nutritionist directed meal programs, great peripheral programs such as yoga, meditation, massage, and excellent sports and gym facilities.

These rehabs are the most expensive, but are also generally the best. All rehab is hard work, and never a vacation, but at first glance these facilities more closely resemble a resort or 5 star hotel than a treatment environment.

STANDARD PRIVATE REHABS

\$8000 to \$20 000 per month

Private rehabs in this price range make up the bulk of rehab facilities offering services in America today. These facilities in general (and there are low quality exceptions) offer a standard of therapeutic care that will nearly match the more expensive rehabs, but you will not likely get the same intensity and frequency of

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

individual therapy (which is important). The environment, accommodations and facilities will be less impressive, and you may not have as private or luxurious an experience.

AFFORDABLE AND PUBLIC REHABS

\$0 to \$8000 per month

Most non-profit publicly run facilities are set up for people without the means to fund a private stay. There are some excellent public and non-profit facilities, but they generally suffer from some funding constraints.

They will not offer as much individual therapy, the allowable stay may be shorter, and there may be a waiting list for admission. The facilities and environment tend to be more institutional, and the accommodations rarely private.

These facilities operate with the best of intentions but live under continual budget strain and shortfall. There are too many people that need low cost help and not enough beds or professionals to give them all the care they deserve.

Although in general, these facilities offer a lower standard of accommodation and of therapeutic care, there are some very impressive independently funded residential facilities that offer therapeutic care rivaling the better private facilities, and all for low or no cost to the participant.

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

SOBER LIVING ENVIRONMENTS

An often overlooked form of residential care is the sober living residence. Most often used as a transitional phase after detox or after rehab, some people find benefit and sobriety through a direct entry into such a facility. Sober living environments are almost universally very low cost, and a majority do not ask for any money upon admission, although within a reasonable length of time you are expected to find employment and contribute a small monthly rental payment.

These facilities work therapeutically through peer support, very structured rules of living and of conduct, enforced sobriety and a temptation free area of residence and through compulsory and intensive participation in AA or another form of 12 steps programming.

These homes generally only ask that you abide by the rules, attend meetings and don't use drugs or drink; and you can basically stay as long as you'd like. There are many thousands of sober living homes throughout the nation, and unlike low-cost rehabs, these often do not maintain a waiting list.

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

GET THE BEST YOU CAN AFFORD, BUT DON'T LET THE PRICE KEEP YOU OUT OF TREATMENT

In general and on average you get what you pay for, and if you can afford more it's not unreasonable to invest in your sobriety with the best treatment you can reasonably attain. That being said, there are quality treatment facilities in all price ranges, including some providers who offer treatment completely free of charge to those in need.

Ultimately, any treatment is better than nothing, and you've just got to commit to change, participate as best and as honestly as you can in your therapeutic opportunity and stay involved in aftercare for long after graduation. If you do give a full commitment to your sobriety, you have an excellent chance of abstinence and a better life, regardless of where you get help.

HOW TO FIND A REHAB YOU CAN AFFORD

How much will it cost, where can I go, who can I trust and what can I do if I don't have any money... but really need some help?

Although making the decision to get professional help takes you a giant step forward to getting better, even after you have committed to change the difficulties involved in selecting an appropriate and affordable service provider can easily overwhelm; and the sad fact is that far too many people who do want to get help just get discouraged by the high costs, the waiting lists and the sales pitches from private clinics who may or may not have your best interests in mind.

Here is a step by step guide that you may use to help you to better understand your options, and get you started in narrowing down the available and affordable providers in your area.

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

IN BROAD TERMS, YOUR DRUG AND ALCOHOL REHAB OPTIONS MAY BE SUBDIVIDED INTO 4 DISTINCT CATEGORIES:

1. Private or non-profit but expensive drug and alcohol rehabs.
2. State-run rehabs or state-funded slots in a program.
3. Low-cost drug or alcohol rehabs that do not require state funding or Medicaid
4. Totally free drug and alcohol rehabs and sober living environments, many Christian in nature, but a good number of secular options as well.

There is some truth in the saying "you get what you pay for" and in general, the higher the cost of the rehab the more comfortable the facilities, the shorter the waiting period and the greater intensity in group and individual therapy as offered. There are however some real lemons in all price ranges, and you do want to ensure that any rehab under consideration enjoys a good reputation for services provided.

HOW TO AFFORD REHAB

In general, you should approach this list as 1-4 in order of desirability and action. If you have good private insurance, use it and get the best; it's well worth it. If you can access state-funded treatment and the waiting list is acceptable, you may get high-quality free care including medical detox; if you can't access state-funded care or the wait is just too long, find a private rehab in your area that offers very low-cost care, and get into treatment quickly. If you can't access state care, have no insurance, have no money to pay for any form of treatment...you can still get care and get it soon, look into totally free rehabs and long-term care facilities as a last option.

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Whatever you do, get help and get it quickly. Any form of residential treatment is far preferable to months or years of continuing abuse.

1) IF YOU HAVE PRIVATE HEALTH INSURANCE...USE IT!

This is what you've been paying towards all those years, and you are entitled to coverage for your medically necessary treatment. The degree of coverage as offered varies greatly between companies and even between coverage plans, but as a first step, you need to call your insurance provider and find out just how much you are entitled to.

If your policy information is dated, you should not rely solely on your at home resource materials. There have been some legislative changes for the better over the past years and you may be covered for more than you think you are. You may be covered for all or nearly all of the cost of a private residential facility; and if this is the case you could be getting care tomorrow at a top quality facility.

Even if your insurance company will pay for a substantial portion of the costs, you don't want to waste your energy, time and hope at a substandard facility. Please feel free to contact us at www.ChooseHelp.com for recommendations or help in selecting a quality private rehab in your area.

You may find that your insurance provider will only cover a portion of your care and that to enroll in a quality private rehab you will need to contribute a substantial amount of money. No one enjoys paying for care, but if you can afford it, if you can get reasonable credit to finance your stay, or if you can borrow the money from family; you may want to consider your contribution as a worthy investment in your future health and happiness.

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

It can be pretty expensive, but then again, so are drugs and alcohol; and if you factor in the savings from abuse, the savings of better health, and the likelihood that you will excel in your career once sober, getting better always makes good financial sense...whatever the initial cost.

2) YOUR STATE ADDICTIONS AGENCY IS THERE TO HELP

If you have no private health insurance and lack the means for expensive private rehab facility self payments, your first step towards care should be contacting your local county mental health and addictions services board. Please see state by state phone numbers for contact information in your area.

Even if you do not currently qualify for Medicaid, if you lack insurance coverage, and meet certain low income criteria, you may be eligible for free or very low-cost local care. Some publicly funded facilities provide an excellent standard of care, but in general, due to funding limitations, you cannot expect the same degree of privacy and comfort, of individual therapies and of quick entry as with private care. Many people will qualify for state-funded rehab slots but because of high demand, the waiting period for services can be long.

Still, it's very much worth a couple of phone calls and a trip to your county health office to find out if you are eligible for state-funded care.

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

3) LOW-COST COMMUNITY OR PRIVATE CARE

If you have no private insurance and do not qualify for state funding, or do qualify, but don't want to wait for weeks or months for care, your next step would be to contact local low-cost residential rehabilitation programs in your area.

Many base their fee assessment on a sliding scale of income, and will work with you to ensure that you can get the care you need at a price you can afford, and many self-mandate that no one be turned away for financial reasons.

The majority of facilities in this sector fall into either Christian rehab care or long-term sober living residences and both may be a good fit for you. Christian programs may offer very low-cost care to those in need, and sober living homes may not require any money up front, and only demand that after a specified period you gain employment and contribute a low monthly rent to the maintenance of the house.

You may also find a local residential rehab in your area offering services at a full price of less than \$1000 per week, with fee discounts available based on need. Please see the list of state facilities in your area for details.

If you cannot find a suitable facility in your area, the local church, mosque or temple can be a great resources for low-cost options, and your Pastor, Imam, Priest or Rabbi will very likely know of local faith-based low-cost rehabs.

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

4) TOTALLY FREE CARE

For those in real need, and for those without the ability to pay anything towards the cost of their care, there still exist hundreds of completely free residential rehab programs. The Salvation Army runs almost 200 long-term rehab programs nationwide without asking a penny, and the Union and Baptist Missions run a similar number. Most will ask a long-term commitment to care and most will have structured and strict rules of conduct, but they act only out of a desire to serve and out of real experience towards your recovery.

Some programs may have waiting lists, but in general these waiting periods are far shorter than for comparable free care within state-funded rehabs, and you may not need wait at all for entry into a program.

Most free care providers will demand that you show a sincere personal motivation to change as a criterion for admission. Private facilities do not request this, which is fortunate as statistics show that a person's motivation for entry has very little influence over the eventual success rates.

A LIST OF STATE-FUNDED TREATMENT CONTACTS IN YOUR AREA IS INCLUDED IN THIS GUIDE – STARTING ON PAGE 62

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

YOU CAN GET THE HELP YOU NEED

Even if you have no insurance, have no money and don't qualify for Medicaid, you still have hundreds of options available to you, and some of these offer a very high standard of care. If you want to get help...you can. Don't wait another day before starting the journey to health, sobriety and happiness. It's not going to be easy, there are no guarantees, and the process can be painful; but the payoff at the end makes it all worthwhile.

With sobriety you will perform better at work, greatly improve your health and your ultimate lifespan, contribute fairly to your family and no longer act in ways that make you ashamed, but over which you seem to have little control.

You can get better, there is always hope!

GETTING CREDIT TO FINANCE REHAB

Even if you have comprehensive private health insurance, you may find that your insurance carrier will only finance a percentage of your care, leaving you with a substantial payment obligation...generally due upfront.

If you do not have private health insurance but feel you can't afford to wait months for subsidized care, you may also find yourself in a situation where you need access to a substantial sum of money in a hurry.

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

You may want to explore your credit options as a means of financing your stay. No one enjoys monthly debt repayments, and the price of rehab could easily leave you with payments that might otherwise buy you a fairly new car, but if it's the difference between sobriety and continuing abuse, it may be worth it.

Financially, getting sober always makes sense. Think about how many thousands you've squandered in drinking in drugging, think about how your abuse behaviors affect your work performance and your likelihood of upward financial mobility, and even if your health remains good, think about the future of high health care bills you can expect if you don't change your destructive ways. You don't want to get in over your head with debt, but if you think that you can manage a loan to finance your care, getting sober always pays off over time.

A lot of addicts and alcoholics entering into a rehab situation have already exhausted credit options through financial mismanagement and the high costs of abuse, but here are some alternatives to traditional financing that may still offer you needed credit.

WHERE TO GET CREDIT FOR REHAB

1) FRIENDS AND FAMILY

If you're like a lot of addicts you've burned a few bridges along the way with unpaid personal loans, but although your family may have sworn that they would never again give you money, they may feel differently learning that you need money for treatment. They love you, they want you to get better, and if they can help you they probably will.

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Have the rehab arrange for payment directly from the family member or friend to give them the peace of mind of knowing that their contribution will actually get spent on treatment, and not on further drinking or drugging.

2) CREDIT CARDS

Although very high interest bearing, credit cards may give you the immediate and short-term cash you need to bridge the difference between what you have, and what you need.

3) HEALTH CARE CREDIT CARDS

A number of credit institutions exist solely to finance medically related expenses. These credit companies may offer you credit even if your credit history has been poor; and if you have a good credit history you can access an immediate \$20 000 or more to finance your rehab stay.

The short-term interest rate on this debt can be quite high, although many offer promotional low interest periods and also offer lower rates for longer term repayments.

THE HELPCARD

<http://www.helpcard.com/consumer/consumerfeat.html>

18%+ credit, no interest for 3 months and low monthly payments

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

CARE CREDIT

<http://www.carecredit.com/faqs.html>

24%, or extended payment plans 2 years and up with a payment rate of 11.9%

HEALTH ONE

<http://www.healthone-financial.com/HomePage.htm>

0% APR for the first 6 months, also offers home equity loans and personal lines of credit.

YOUR BANK

You may qualify for a substantial personal loan, at interest rates far below what credit cards or health care cards will offer. You may need to secure this home with a substantial asset. If you own your own home, even in part, you are very likely eligible for a home equity loan. Home equity loans are relatively low risk loans from a bank's perspective, as you guarantee the loan amount with your home. Because their risk is low they may offer you a loan even if your credit history has been poor, and to reward you for this risk reduction you will be offered lower interest rates.

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

SELL YOUR CAR, YOUR BOAT, YOUR JEWELRY...

Your possessions do not rival your health in importance. If you have a substantial and saleable asset and you need money to get medical treatment, you may want to consider whether your car is as necessary or important as your future health and happiness.

BE PREPARED TO INVEST IN YOUR OWN SOBRIETY

Nothing about addiction is free from pain, and this includes financing the treatment you need to get better. Be prepared to make a substantial monetary contribution to your treatment, be prepared to suffer reasonable financial hardship to get the care you need, and remember that once you're sober you will definitely recoup any short-term financial losses with long-term financial gains.

HOW TO GET STATE-FUNDED REHAB

There are thousands of state and federally-funded treatment beds available across the nation, and most people in real financial distress will qualify for at least some degree of subsidized care. Some of the facilities offer very comprehensive services, access to great medical care and a very high standard of treatment.

Most programs are designed for people living in poverty, and are not well set up to meet the needs of the substantial numbers of people who do not live in poverty, but

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

at the same time do not have good private health insurance and cannot afford to self-finance a very expensive period of residence at a private rehab.

Additionally, due to great demand and limited availability, virtually all state-funded treatment beds will maintain a long waiting list. When someone decides to get help for an addiction, therapists encourage that person to get help immediately, before they change their mind, or circumstances change. A long wait time is far from ideal, and derails the transient good intentions of far too many people suffering through addictions.

Still, because many of these facilities do offer quality care, and because this care may be accessed either free of charge or at very low cost, as a good initial step you should call your state health services agency to find out your options. It may not work out, but if a couple of hours of assessment and phone calls gets you into free treatment in a timely manner, your time will have been well spent.

WHAT YOU NEED TO DO

Call the phone number for your state (see below). The numbers are for addictions help so they are ready to assist you in finding care. You will want to ask:

- Are subsidized services offered for people with your income?
- Where exactly you need to go?
- What times each day are assessments done?
- What documents you will need to bring?
- Do you need to be sober for the assessment?
- How long is the waiting list for residential care?

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

CHAPTER 4 STATE-BY-STATE GUIDE

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

STATE-FUNDED TREATMENT HELP – DIRECTORY

The staff answering the phones at state agencies are ready to direct you through the initial phases of the process towards accessing state funded addictions help.

ALABAMA

Substance Abuse Services Division
Department of Mental Hlth/Retardation
P.O. Box 301410
100 N Union Street
Montgomery AL 36130-1410

Phone: 334-242-3961

Fax: 334-242-0759

<http://www.mh.alabama.gov>

ALASKA

<http://hss.state.ak.us/dbh/>

Hotline 877-266-4357

Division of Behavioral Health
Dept of Health and Social Services
3601 C Street, Ste 934
Anchorage AK 99503

Phone: 907-269-3370

Fax: 907-465-2668

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

ARIZONA

<http://www.azdhs.gov>

Div of Behavioral Health Services
Dept of Health Services
150 North 18th Ave
Phoenix AZ 85007-3228

Phone: 602-364-4558

ARKANSAS

<http://www.arkansas.gov/dhs/dmhs/>

Office of Alcohol & Drug Abuse Prev
Div of Behavioral Health Services, DHHS
4313 W. Markham
3rd Floor Administration
Little Rock AR 72205

Phone: 501-686-9866

CALIFORNIA

<http://www.adp.ca.gov/>

Department of Alcohol and Drug Programs
1700 K Street
Sacramento CA 95814-4037

Phone: 800-879-2772

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

COLORADO

<http://www.cdhs.state.co.us/adad/>

Alcohol and Drug Abuse Division
Department of Human Services
4055 S. Lowell Blvd
Denver CO 80236-3120

Phone: 303-866-7480

CONNECTICUT

<http://www.ct.gov/dmhas/site/default.asp>

Dept of Mental Hlth and Addiction Svcs
410 Capitol Avenue, 4th Floor
P.O. Box 341431, MS #14COM
Hartford CT 06134

Phone: 860-418-6962

DELAWARE

<http://www.dhss.delaware.gov/dsamh/index.html>

Alcohol and Drug Services, Div. of Substance Abuse & MH
1901 North DuPont Highway
Administration Building, First Floor
New Castle DE 19720

Phone: 302-255-9399

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

DISTRICT OF COLUMBIA

<http://www.dchealth.dc.gov/doh/site/default.asp>

Addiction, Prevention and Rec Admin
1300 First Street, NE, Suite 300
Washington DC 20002

Phone: 202-727-8857

FLORIDA

<http://www.dcf.state.fl.us/mentalhealth/sa/>

Substance Abuse Program Office, Florida Dept of Children & Families
1317 Winewood Boulevard
Building 6 Room 334
Tallahassee FL 32399-0700

Phone: 850-487-2920

GEORGIA

<http://mhddad.dhr.georgia.gov/portal/site/dhr-mhddad>

Addictive Diseases Program, Division of MHDDAD
Two Peachtree Street, NW
22nd Fl., Suite 22.394
Atlanta GA 30303-3171

Phone: 404-657-2275

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

HAWAII

<http://hawaii.gov/health/substance-abuse>

Alcohol and Drug Abuse Division, Department of Health
601 Kamokila Blvd., Room 360
Kapolei HI 96707

Phone: 808-692-7506

IDAHO

<http://www.healthandwelfare.idaho.gov/site/3460/default.aspx>

Hotline: 800-926-2588

Div of Behavioral Health, Dept. of Health & Welfare
450 West State Street, 3rd Fl
P.O. Box 83720
Boise ID 83720-0036

Phone: 208-334-5935

ILLINOIS

<http://www.dhs.state.il.us/page.aspx?item=29759>

Division of Alcoholism and Sub Abuse
Dept. of Human Services
100 West Randolph, Suite 5-600
Chicago IL 60601

Phone: 312-814-3840

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

INDIANA

<http://www.in.gov/fssa/dmha/4404.htm>

Division of Mental Health and Addiction
Family and Social Services Adm
402 West Washington Street
Room W353
Indianapolis IN 46204-2739

Phone: 317-232-7800

IOWA

http://www.idph.state.ia.us/bh/substance_abuse_prevention.asp

Dept of Public Health
Lucas State Office Building
321 East 12th Street
Des Moines IA 50319-0075

Phone: 515-281-4417

KANSAS

http://www.srskansas.org/services/alc-drug_assess.htm

Hotline: 800-586-3690

SRS Health Care Policy/AAPS
DSOB 10th Floor North
915 Harrison Street
Topeka KS 66612

Phone: 785-291-3326

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

KENTUCKY

<http://mhmr.ky.gov/mhsas/>

Div of Mental Health & Substance Abuse
Department for MH/MR Services
100 Fair Oaks Lane, 4E-D
Frankfort KY 40621

Phone 502-564-2880

LOUISIANA

<http://www.dhh.louisiana.gov/offices/?ID=23>

Office for Addictive Disorders
Department of Health and Hospitals
628 North 4th Street, 4th Floor
P.O. Box 2790
Baton Rouge LA 70821-2790

Phone: 225-342-6717

MAINE

<http://www.maine.gov/dhhs/osa/>

Office of Substance Abuse
Dept of Health and Human Services
AMHI Complex, Marquardt Bldg, 3rd FL
SHS # 11
Augusta ME 04333-0159

Phone: 207-287-2595

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

MARYLAND

<http://www.maryland-adaa.org/>

Alcohol and Drug Abuse Administration
Dept of Health and Mental Hygiene
55 Wade Avenue
Catonsville MD 21228

Phone: 410-402-8600

MASSACHUSETTS

<http://db.state.ma.us/dph/bsas/search.asp>

Hotline: 800-327-5050

Bureau of Substance Abuse Services
Department of Public Health
250 Washington Street, 3rd Fl
Boston MA 02108-4619

Phone: 617-624-5111

MICHIGAN

http://www.michigan.gov/mdch/0,1607,7-132-2941_4871---,00.html

Office of Drug Control Policy
Bureau of Sub Abuse & Addiction Ser
Dept of Community Health
320 S. Walnut, Lewis Cass Bldg. 5th Fl
Lansing MI 48913

Phone: 888-736-0253

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

MINNESOTA

<http://mhcpproviderdirectory.dhs.state.mn.us/>

Chemical Health Division, Department of Human Services
PO Box 64977
Saint Paul MN 55164-0977

Phone: 651-431-2460

MISSISSIPPI

http://www.dmh.state.ms.us/substance_abuse.htm

Division of Alcohol & Drug Abuse
Department of Mental Health
1101 Robert E Lee Building
239 North Lamar Street
Jackson MS 39201

Phone: 601-359-1288

MISSOURI

<http://www.dmh.missouri.gov/ada/adaindex.htm>

Division of Alcohol and Drug Abuse
Missouri Department of Mental Health
1706 East Elm Street
P.O. Box 687
Jefferson City MO 65102

Phone: 573-751-4942

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

MONTANA

<http://www.dphhs.mt.gov/index.shtml>

Addictive & Mental Disorders Div
Dept of PH and HS
555 Fuller
P.O. Box 202905
Helena MT 59620-2905

Phone: 406-444-3964

NEBRASKA

<http://www.hhss.ne.gov/sua/suaindex.htm>

Hotline: 800-648-4444

Division of Behavioral Health Services
Dept of Health & Human Serv Systems
P.O. Box 98925
Lincoln NE 68509-8925

Phone: 402-471-7818

NEVADA

<http://mhds.nv.gov/>

SA Prevention & Treatment Agency
DHHS, Mental Health & Devel Services
4126 Technology Way. 2nd Floor
Carson City NV 89706

Phone: 775-684-4190

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

NEW HAMPSHIRE

<http://www.dhhs.state.nh.us/dhhs/atod/a1-treatment>

Office of Alcohol and Drug Policy
Dept of Health and Human Services
105 Pleasant Street
Concord NH 03301

Phone: 603-271-6110

NEW JERSEY

<http://www.state.nj.us/humanservices/das/index.htm>

Hotline: 800-238-2333

Division of Addiction Services, Dept of Human Services
120 S Stockton Street, 3rd Floor
P.O. Box 362
Trenton NJ 08625-0362

Phone: 609-292-5760

NEW MEXICO

<http://www.hsd.state.nm.us/bhsd/>

Hotline: 800-362-2013

Behavioral Health Services Division
Human Services Dept.
PO Box 2348
Santa Fe NM 87504-1234

Phone: 505-827-2601

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

NEW YORK

<http://www.oasas.state.ny.us/index.cfm>

New York State Office Of Alcoholism and
Substance Abuse Services
1450 Western Avenue
Albany NY 12203-3526

Phone: 518-485-1768

NORTH CAROLINA

<http://www.ncdhhs.gov/mhddsas/>

Hotline: 800-662-7030

Community Policy Management
Div of MH/DD/SA Services
325 North Salisbury St., Suite 679-C
3007 Mail Center
Raleigh NC 27699-3007

Phone: 919-733-4670

NORTH DAKOTA

<http://www.nd.gov/dhs/services/mentalhealth/>

Div. of MH and SA Services, Dept of Human Services
Prairie Hills Plaza
1237 West Divide Ave, Suite 1-C
Bismarck ND 58501

Phone: 701-328-8920

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

OHIO

<http://www.ada.ohio.gov/GD/Templates/Pages/ODADAS/ODADASDefault.aspx?page=1>

Hotline: 614-752-8645

Ohio Department of Alcohol &
Drug Addiction Services
280 N. High Street, 12th Floor
Columbus OH 43215-2550

Phone: 614-466-3445

OKLAHOMA

<http://www.odmhsas.org/>

ODMHSAS
Department of MH & SA Services
1200 NE 13th 2nd Floor
P.O. Box 53277
Oklahoma City OK 7311

Phone: 405-522-3619

OREGON

<http://www.oregon.gov/DHS/addiction/index.shtml>

Addictions & Mental Health Div.
Department of Human Services
500 Summer Street NE E86
Salem OR 97301-1118

Phone: 503-945-5763

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

PENNSYLVANIA

<http://www.dsf.health.state.pa.us/health/cwp/browse.asp?A=173&C=35655>

Bureau of Drug and Alcohol Programs
Pennsylvania Department of Health
02 Kline Plaza
Harrisburg PA 17104

Phone: 717-783-8200

RHODE ISLAND

<http://www.mhrh.ri.gov/SA/>

Hotline: 800-622-7422

Division of Behavioral Health Care
Dept of Mental Health & Retardation
14 Harrington Road
Cranston RI 02920

Phone: 401-462-4680

SOUTH CAROLINA

<http://www.daodas.state.sc.us>

SC Department of Alcohol and
Other Drug Abuse Services
101 Executive Center Drive
Suite 215
Columbia SC 29210-9498

Phone: 803-896-5555

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

SOUTH DAKOTA

<http://dhs.sd.gov/>

Division of Alcohol and Drug Abuse, Dpt. of Human Services
East Highway 34, Hillsvie Plaza
C/O 500 East Capitol

Phone: 605-773-3123

TENNESSEE

<http://health.state.tn.us/index.htm>

Dept of Mental Health and DD
TN Department of Health
Cordell Hull Bldg., 1st Floor
425 Fifth Ave. North
Nashville TN 37243

Phone: 615-741-1921

TEXAS

<http://www.dshs.state.tx.us/>

Hotline: 877-966-3784

Mental Health and Substance Abuse
Department of State Health Services
909 W 45th St
Mail Code 2053
Austin TX 78751

Phone: 512-206-5000

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

UTAH

<http://www.dsamh.utah.gov/>

Div of Substance Abuse and Mental Health
Utah Department of Human Services
120 North 200 West #209
Salt Lake City UT 84103

Phone: 801-538-3939

VERMONT

<http://healthvermont.gov/>

Division of Alcohol and Drug Abuse Programs
Department of Health
108 Cherry Street
P.O. Box 70
Burlington VT 05402

Phone: 802-651-1550

VIRGINIA

<http://www.dmhmrzas.virginia.gov/>

Office of Substance Abuse Services
Dept. of MH, MR & SAS
P.O. Box 1797
1220 Bank Street
Richmond VA 23218-1797

Phone: 804-786-3906

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

WASHINGTON

<http://www1.dshs.wa.gov/DASA/>

Hotline: 800-562-1240

Div of Alcohol and Substance Abuse
Dept of Social and Health Services
P.O. Box 45330
612 Woodland Sq Loop SE, Bldg C
Olympia WA 98504-5330

Phone: 877-301-4557

WEST VIRGINIA

<http://www.wvdhhr.org/bhhf/ada.asp>

Division on Alcoholism and Drug Abuse
Dept of Health & Human Resources
350 Capitol Street, Rm. 350
Charleston WV 25301-3702

Phone: 304-558-2276

WISCONSIN

<http://dhs.wisconsin.gov/substabuse/index.htm>

Bureau of Mental Health and
Substance Abuse Services
1 West Wilson Street
P.O. Box 7851
Madison WI 53707-7851

Phone: 608-266-2717

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

WYOMING

<http://wdh.state.wy.us/mhsa/index.html>

Substance Abuse Division
Department of Health
6101 Yellowstone Road, Suite 220
Cheyenne WY 82002-0480

Phone: 307-777-3353

FEDERAL TREATMENT HELP

You can also call SAMHSA, which is the federal government's treatment help organization. They will work with you on the phone to help find a facility suitable to your needs in your area

SAMHSA TOLL FREE HELP LINE, 1-800 662 4357

You may also use their treatment locator tool to find facilities in your area. Simply place your zip code into the search tool, and you will get a list within 10 miles of your home.

Visit:

<http://dasis3.samhsa.gov/>

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

CHAPTER 5

FINDING A *GOOD* REHAB

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

10 WAYS TO EVALUATE THE QUALITY OF A REHAB

If due to your financial circumstance you do not have the luxury of choice between many available treatment facilities, you can rest assured that any treatment is far preferable to no treatment, and entering into a period of enforced sobriety and therapeutic guidance offers a lot towards a better life of abstinence.

If you do have the luxury of choice between available facilities, you need to evaluate which options offer the highest quality of care and offer the best chance at sobriety; and since many of us considering rehabs have never been in treatment, have no idea what's important and can only access information from a website or from a sales call, we feel very uncertain about how to make the best choice.

There are no guarantees, but here are some tangible and quantitative evaluation measures that may help you to decide which available option offers the highest quality of care, and the best chance of success.

1) DOES IT ENJOY A GOOD REPUTATION?

If possible ask for references and ask around. Better rehabs should be able to provide you with contact information for graduates of their program, and talking with these people can give a better idea of the quality of care and the suitability of the program for you. You should also consider calling your local better business bureau to inquire about any complaints, and ask your doctor or health services provider if they have heard anything good or bad about the rehab.

It only takes a few minutes, and it may save you from a costly mistake.

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

2) IS IT CLEAN AND ORGANIZED?

Running a successful and comprehensive rehab is tough, and not everyone does it well. It can be hard to evaluate how well the staff do their jobs therapeutically, but if the staff do not keep the facilities clean and well maintained, they are likely performing poorly in other areas as well.

Ideally, you don't want treatment at a facility where staff are overwhelmed, overworked and underpaid. If you have difficulty getting basic information on the phone, if staff do not return your phone calls in a timely matter, or if you do not feel as though you are being treated with respect, you may want to think twice.

If staff cannot provide you with the information you need in a courteous manner before treatment starts, you cannot hope to receive care and information once in treatment in a manner any different. You are sick, you deserve respect and compassion, and you deserve treatment at a facility that will treat you well.

3) IS THE FACILITY ACCREDITED?

You may not have the luxury of deciding between facilities, but if you do, try to find an accredited facility employing professional addictions staff.

An unaccredited facility is not necessarily poor quality, but without accreditation you have no way of knowing how well they perform therapeutically, and whether or not they meet basic governmental regulations on therapeutic care. Accredited facilities will need to offer services with proven effectiveness, need to employ qualified and licensed professionals and will receive regular evaluations from governmental agencies to ensure that standards are being met.

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Accreditation does not necessarily signify a very high standard of care, but it does protect against a very low standard of care.

4) DOES THE FACILITY OFFER A NUMBER OF DISTINCT FORMS OF THERAPIES?

No one form of treatment works well for all addicts in recovery, and better residential rehabs will generally offer a few very distinct forms of programming to better ensure that at least one therapy works for most.

If you go to a rehab that offers only 12 steps programming, and you find that you cannot relate to the 12 steps, you are not likely to receive much of value from your stay. Look for rehabs that offer a range of therapies including, 12 steps based, group recovery, individual therapy, cognitive behavioral therapies, and ideally, peripheral therapies such as equine therapy, yoga, karate, meditation and others. The more that's offered, the better the chances.

5) WHAT DOES THE DAILY SCHEDULE LOOK LIKE?

You have a big job to do and not much time to get it done, and you can't afford to waste your days in a leisurely manner while in treatment. Ask to see the weekly schedule, and look for a program of therapies and events that fills each and every day. Beware of rehabs that offer too much private reflection, free time or personal meditation time. In small amounts these are all beneficial, but in greater amounts simply indicate a low intensity of more valuable therapies.

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

6) WHAT'S THE COMPLETION RATE?

Relying on so called success rates can be misleading. Facilities measure success differently, and some may not make much of an effort to really find out about relapse so as to keep their success statistics high. Treatment completion rates tell you a lot more. In general, the longer you stay in rehab the better your eventual prognosis, and a facility that boasts a very high completion rate likely offers a high success rate as well.

You don't want to enter in to a rehab where most people won't stay until the end of programming. No rehab can offer 100%, and adults are always free to leave if they wish, but rehabs with very low completion rates may have fundamental problems with the staff or programming, and may not be a good choice for your recovery.

7) CAN FAMILY GET INVOLVED?

Family participation in the therapies of rehab proves very beneficial to long-term sobriety, and if possible you want to get your family into the rehab facility, and actively participating in education and therapies that are proven to work.

Some longer-term rehabs may limit family participation for the first period of care, which is fine; but if possible, you should select a facility that will at some point involve your family in a meaningful way.

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

8) DO THEY MEDICATE?

No one therapy works well alone, and for the best chance of success you need to have access to a comprehensive range of tools against relapse. No medications currently available against relapse work well on their own, but when combined with therapies and education, these medications do offer additional assistance towards sobriety. If possible, look for a facility that can offer you pharmacological therapies when appropriate.

Medications may also help to alleviate the physical and psychological pains of withdrawal, and are especially needed for patients with even minor forms of dual diagnosis.

9) HOW MUCH AFTERCARE IS OFFERED?

Nothing keeps recovering addicts sober better than a long and intense participation in therapies of aftercare following the graduation from a residential facility. The initial weeks and months of freedom offer great temptations, and the success rates for people who do not maintain aftercare therapies are low.

The longer the aftercare is offered, the better.

10) DOES THE PHILOSOPHY OF CARE MATCH YOUR BELIEFS?

If you're not a Christian, even the most comprehensive and high quality Christian-based rehab will not offer much of therapeutic value. You need to ensure that you

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

get into treatment that matches you beliefs, that resonates with your cultural background, and that treats you with respect, regardless of your race, gender or sexuality.

GET THE BEST YOU CAN

If you have insurance or money to pay for private care, you should ensure that any facility under consideration satisfies all concerns, and answers all of the preceding questions well. If you can pay, you can go anywhere, and you have no reason to settle for anything less than a perfect fit.

If you cannot pay, and are reliant on subsidized or charitable care, you will not enjoy the same number of options and you may be forced to make some compromises. Try to select a facility that answers as many of the preceding question criteria well as possible, and remember that any treatment is far preferable to no treatment.

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

CHAPTER 6 AFTERCARE & RELAPSE PREVENTION

www.ChooseHelp.com

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

AFTERCARE

The truth is, anyone can get sober; it's staying sober that's hard!

Rehab relapse statistics are not particularly encouraging, and when more than half of all people who commit to treatment fail within the first year alone, you might wonder if it's even worth all the expense and bother.

Thankfully, you don't need to be one of those who fail, and there are a couple of proven ways to ensure that your next period of drug or alcohol treatment is your last.

Read on to find out the absolute best way to stay sober after rehab ...and what to do if you do have a slip towards relapse

THE BIGGEST RISK TO SOBRIETY AFTER DRUG REHAB

The professionals working in rehabs have seen a lot; a lot of pain, a lot of inspiration, and also a lot of eventual relapse, even for those with such an initially great chance at sobriety. They'll tell you that one of the biggest threats to sobriety after rehab is overconfidence.

The day you decide you no longer need aftercare therapies, no longer need to go to meetings, no longer need to see a psychologist; that is the day that the trouble often begins. You may believe that you are ready, that you have beaten your addiction and that you no longer need to spend so much time in therapy; but they'll tell you you're wrong, and they KNOW what relapse looks like.

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

YOU'RE NEVER READY IN THE FIRST YEAR

Of course there may come a time down the road when you no longer need aftercare therapy, but that time will never come during the first year of sobriety, and probably shouldn't occur for far longer than that. Maintaining sobriety is very difficult, and just by looking at the relapse rates of even the best of drug rehabs you can see how elusive long term sobriety can be. Yet those people that do heed professional advice and that do maintain a commitment to long-term participation in aftercare have a much higher recovery rate, and are far less likely to be reenrolling in drug or alcohol rehab for another pass at the same lessons of recovery.

WHAT IS AFTERCARE?

Aftercare simply means continuing therapy after a residential period of stay, and it does not necessarily signify any particular form of therapy; but a few of the more common forms of aftercare therapy are a continuing participation in 12 steps group meetings, a continuing participation in peer support groups, and continuing sessions with a therapist.

Most better rehabs will offer a long period of aftercare therapy as a part of the admission price, but far too many graduates of a drug or alcohol rehab fail to make use of these vital ties to sobriety, and a failure to maintain aftercare therapy is significantly correlated with relapse.

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

By maintaining a regular and frequent participation in aftercare therapy, the lessons of rehab are consolidated in response to the actual realities of temptation and cravings on the outside; and through the support of professionals and other addicts in recovery, you can work through those temptations threatening sobriety in a healthy, effective and constructive way.

Aftercare does not necessarily need to occur at a drug or alcohol rehab, and any continuing therapy after residential rehab is considered aftercare; but there is an advantage to maintaining therapy at a rehab. After a month or more of intense and honest therapy you will have likely developed working and trusting relationships with professionals and other addicts in recovery, and working with these same people through the initial months of sobriety often makes the most sense.

While maintaining individual sessions with a therapist you can also modify your relapse prevention plan to accurately reflect the threats to your sobriety as they emerge after rehab, and discuss ways that triggers to abuse can be minimized and temptations countered.

AFTERCARE ISN'T A "MONEY MAKER"

Drug rehab is big business, and there is no denying that these facilities need your enrollment and your admissions checks for continuing operations, but aftercare is generally different. Most better rehab facilities include a long-term participation in aftercare as a part of the price of entry, and they do this knowing how important a lengthy participation in therapy is. Aftercare is generally free of charge to graduates of a rehab; it is not offered as a "money maker" and is offered because it is so vitally important. Whether you go or you don't, they have already been paid and they continue to offer therapy only out of a real commitment to your success.

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

You go to drug rehab because you need help, because you can't beat an addiction on your own; and few can. You enroll in drug rehab to benefit from professional advice on recovery, and if you're serious about sobriety you'll listen to what's said and try to make a significant change in your life. But too many people, although they pay a lot to get this professional advice, fail to listen when these same professionals stress the importance of continuing participation in aftercare.

TAKE THE ADVICE OF OTHER ADDICTS IN RECOVERY

Listen to your therapist, listen to those addicts with a few years of sobriety; and take their message seriously. They tell you that aftercare is important for a reason; no one makes much money off of it, and since there is little commercial motivation to get you into aftercare, you can generally believe their recommendations of aftercare as an unbiased truth.

Continuing to abuse drugs or alcohol without seeking help is tragic, but so too is ignoring the advice of those people who know about addiction, want to help you; and so strongly recommend a lengthy commitment to aftercare.

WHAT TO DO IF YOU SLIP AFTER REHAB

If you slip, it does not mean that you are a failure, and it does not mean that you need to start using again. Get immediate help from your support network, and start living one day at a time once again. The road to full recovery never ends, and a few bumps in the road are to be expected. Have the courage and the strength to get

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

help when you need it, and never think that because you've slipped, you have to go back to abuse.

Most addicts that have successfully beaten their dependency have slipped or even relapsed once or more. Recovery is a journey, and there is no overnight cure. You should take steps to minimize the likelihood of a slip or relapse, and you do need to take responsibility for your actions and even your thoughts, but if a slip occurs, you also need to deal with it, and not use it as an excuse to throw away all of your hard work and fall back to your old ways.

The best way to maintain long-term sobriety is to minimize the temptation to abuse, maintain appropriate family, peer and professional aftercare support, and live one day at a time with the goal of a day of sobriety above all else. The urge to use lessens with time, but you never know when that urge can come back with a vengeance, and often it's after we think that the real danger has passed that we are most vulnerable to a slip.

The two periods that are most dangerous are the period immediately after rehab, and the period a few months later, when our confidence increases to the point that we may let our guard down.

JUST AFTER REHAB

When just out of rehab, the temptations of the home environment assault you, and you are no longer in the safe and drug-free world of rehab.

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Old friends will try to contact you, old situations will reemerge, and old stresses will bring back those cravings. We know that we have to restructure our lives to get rid of the temptations, but what seemed so sensible and obvious in rehab can become more complex and problematic when it needs to happen in reality. Too many people succumb to feelings of helplessness and powerlessness over their addiction during these initial days and weeks, and too often an initial slip during these first few weeks can become a complete relapse into addiction.

Remember the lessons learned during rehab, use the strength of your family and real friends for support when you need it, make full use of any aftercare services provided and make a real effort to rid yourself from the triggers to abuse. This period is never easy, and it can feel overwhelming, but just take it one day at a time, or even one hour at a time, and it will pass, and it will get easier. Every day of sobriety makes that next one just a little bit easier, and remember that there is light at the end of the tunnel.

Keep busy, enjoy the clarity and the sobriety and spend time with good friends and family.

MONTHS OR YEARS LATER

The second very dangerous period for a slip occurs after a period of months or even years, when we finally feel confident that we have beaten our addiction for good, and no longer need to attend meetings, or rely on the support of family and friends.

During this period of overconfidence, a sudden stressful, event, a major life change, or seemingly nothing at all, can conspire to create a slip back into using.

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Again, remember the lessons learned in rehab, and remember that these lessons were not intended to expire after a period of months. Live your life in such a way to minimize temptations, continue to rely on your support network, and continue with some degree of aftercare support. When you finally think you no longer need aftercare...spend another year with it just to make sure!

IF YOU SLIP...

But if a slip does occur, and it very well might, remember that one slip does not mean that your rehab is a failure, or that you have to resume your old ways.

You don't need to feel ashamed, but you do need to get help right away. Never be ashamed of your behavior, and never try to hide your slip from the people that care about you. Speak with your family, speak with your therapist; speak with anyone who you think can help! Increase the intensity of your aftercare support, stay close to family for a while, and chalk it up to a learning experience.

Addiction recovery is a process, and it can take a long time. Many people will need recurrent treatment throughout their life to deal with the temptations that lead to slips and full blown relapses. Get the help you need and do what's necessary to get sober. I've been to rehab twice, and although I think I'm done, I know that I can't guarantee myself that I'll never again use or never again require professional treatment. I know that I'm powerless over my addiction and that I can only hope to control it, and will never truly beat it. I accept this as truth ...but I work determinately to save myself and my family the pain that my use always brings.

If you fall down, lift yourself up and carry on. Everyone makes a mistake, but it takes real courage and strength to take responsibility for your actions, and get the help you need whenever you need it.

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

CHAPTER 7

REHAB FOR PEOPLE WITH SPECIAL NEEDS

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

SPECIALIZED REHABS

Rehab should never be generic, never a one size fits all solution to your problems; and this applies particularly to people within certain sub groups.

Can teens get treatment with adults, and what about seniors, where can they go? Can pregnant women get prenatal care in rehab, and are the needs of gay and lesbian addicts met in conventional and mixed sexuality facilities?

What about patients with a dual diagnosis of mental health challenges and addiction, where can they go, and what special treatments do they need?

Rehab is not a cookie cutter situation, and even when segregating people into subgroups, specialized rehabs do not necessarily provide appropriate care to the each individual's needs; but read on to learn more about some of the specific concerns facing teens, seniors, gays and lesbians, pregnant women and seniors, and learn what a rehab needs to provide to offer the kind of care that's going to work.

REHAB FOR DUAL DIAGNOSIS PATIENTS

It goes both ways, patients experiencing psychiatric symptoms are far more likely to have a dual diagnosis of substance abuse, and substance abusers are far more likely to find themselves dealing with a dual diagnosis of depression, anxiety or another psychiatric condition.

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

It's incredibly common for patients entering into residential rehab to need some form of psychiatric care for a dual diagnosis, and for any real chance at success, it's imperative that these patients get help at a facility well equipped to deliver the unique care that dual diagnosis patients need; both to conquer an addiction, but also to start feeling better mentally as well.

Unless the psychiatric symptoms present with real severity, most healthcare professionals recommend an initial recovery in a drug rehab, as long as that rehab offers programming with awareness to the specific needs of the dual diagnosis patient. The elimination of drugs or alcohol can cause an immediate betterment of psychiatric symptoms, and from a base of sobriety, the problems of the co-occurring disorders can be far more effectively tackled.

WHAT TYPES OF UNIQUE CARE DO DUAL DIAGNOSIS PATIENTS NEED FROM A REHAB FACILITY?

A COMPREHENSIVE PRE ASSESSMENT INTERVIEW

To offer effective care, rehab professionals need to know exactly what psychiatric symptoms present. These experienced and presented symptoms vary greatly with each patient, and to ensure safety and appropriate therapies, the pre-intake assessment needs to be both comprehensive and intensive. Dual diagnosis addicts are notoriously inaccurate with self descriptions of symptoms and of drug taking behaviors, and to ensure a truthful and complete overview of the situation, outside medical staff involved in the case history should be invited to contribute to the care plan, as should the family.

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

This pre-intake assessment ensures that treatments start from day one with an awareness of the unique challenges facing each individual patient, and that all patients receive the types of therapies likely to offer the greatest benefit.

DETOX

Depending on the drug of abuse, the severity of the addiction, and the medications used in the treatment of psychiatric symptoms; the period of detox can present some very unique challenges. Detox professionals need to be aware of possible medication interaction effects, aware of how psychiatric symptoms may interact with the symptoms of detox, and be especially vigilant to any great worsening in psychiatric symptoms and the potential risks of harm to self or others.

TREATMENT

For best results, dual diagnosis patients need integrated and comprehensive treatment for both the addiction and the symptoms of illness together. Although separate entities, these two problems interplay and influence one another, and without bettering both diseases, there is little chance of long-term sobriety.

Dual diagnosis patients benefit from all of the standard therapies of drug and alcohol rehab, but they need additional psychiatric consultations and a close monitoring of their symptoms, with an adjustment of medications if necessary.

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

AFTERCARE

Dual diagnosis patients can and do get better, but the treatment is certainly more challenging. Family needs to be patient and allow for a full stay of residence, and even after the completion of rehab ensure a full and active participation in aftercare therapies, therapies that greatly increase the probability of success.

Depending on the severity of the symptoms, the recovering dual diagnosis addict may benefit from the assignment of a case worker, someone who will check on progress made through the initial months after rehab, and someone ready to intervene should relapse seem imminent.

GET HELP

The dangers inherent in a dual addiction and psychiatric condition demand that treatment proceed without delay. Drugs and alcohol can reduce the efficacy of prescription medications, and they can also increase psychiatric symptoms severity. As symptoms get worse, the natural response is ever greater self medication through drugs or alcohol; a downward spiral with no positive outcomes without intervention

Unfortunately, because of the additional difficulties in treating dual diagnosis patients, low-cost and free options are more limited. They do exist, and if you are in financial need make sure you try your county health office for any assistance they may be able to provide, and if they can't help you they may know of a low-cost facility that can.

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

REHAB FOR GAYS AND LESBIANS

For best odds at recovery, generally, addictions professionals recommend that people participate in therapies and group meetings with people of similar backgrounds and belief systems to themselves.

In response to this and to meet a rising need for rehab and treatment within the gay and lesbian communities, there are increasing numbers of gay and lesbian specific rehab facilities available across the nation.

But do gay and lesbian addicts and alcoholics require a separate facility for recovery, or can they benefit as well within a facility of mixed sexuality?

WHY IS THERE SUCH A PROBLEM OF SUBSTANCE ABUSE WITHIN THE GAY AND LESBIAN COMMUNITIES?

Estimates have the numbers of gays and lesbians who struggle with substance abuse and addiction from twice to three times the rate of the general population, and obviously the needs of gays and lesbians need to be taken into account for us to better this sad figure of dependency.

Gay community leaders speculate that there are a number of reasons why addiction and abuse is of particular concern within the population...reasons such as feelings of discrimination and feelings of sexual repression, the overuse of alcohol serving venues as gay-friendly community places and the widespread use of crystal meth within the gay clubbing community.

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

DO GAY AND LESBIAN ADDICTS BENEFIT FROM ANY DIFFERENT FORMS OF THERAPY?

Interview-based studies with gay and lesbian alcoholics and drug addicts in recovery reveals that as long as the individual feels comfortable to discuss openly issues of sexuality and how they pertain to addiction within a conventional rehab environment, then any type of facility will provide good support and treatment.

Gay and lesbian addicts report that they appreciate having therapists and other addiction professionals address their lifestyle and sexuality issues directly.

WHAT ARE THE REHAB OPTIONS AVAILABLE?

Gay and lesbian substance abusers can get treatment either at a gay and lesbian exclusive rehab facility, or at a mixed sexuality facility; but one that observes a determined tolerance and freedom of expression towards all genders and sexualities.

Advocates of both argue the relative merits of each, and it seems that either type of facility can offer good support and treatment, and it simply comes down to an individual comfort level. If you do not feel comfortable discussing personal issues in a mixed sexuality environment, then a gay specific rehab may be the better choice, but if you are comfortable contributing openly and honestly within a mixed facility then you may have more options available to you.

Ultimately, as long as the staff and participating patients maintain an attitude of respect and tolerance towards all, then any type of treatment center should be fine. Unfortunately, not all rehabs do offer this level of tolerance, and you should inquire

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

as to the training and philosophy of the staff in regards to gay and lesbian specific issues.

Many faith-based options in particular may not be appropriate for gays and lesbians in recovery

DRUG REHAB FOR PREGNANT WOMEN; 5 UNIQUE THERAPIES ARE NEEDED

Nothing provides a greater opportunity for positive change and the risk of real tragedy than a pregnancy in a substance abusing woman.

The damage done to the unborn child through the continuing use and abuse of drugs or alcohol devastates that child throughout their natural life. The teratogenic effects of substance abuse on the unborn child are a completely preventable tragedy, and we must all do whatever possible to avert this damage.

In many sad cases, the mother to be does not know of her pregnancy until much damage has been done, or even worse, knows of the pregnancy but is unable or unwilling to stop the use and abuse of drugs or alcohol.

Fortunately, many women take pregnancy as a motivation to change their behaviors, if only to protect the health of their unborn child; and to best ensure success when the stakes are so high, pregnant women needing drug or alcohol treatment need to consider residential rehab.

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Unfortunately, although pregnant women seem deserving of immediate treatment above all others, the additional complications of treating pregnant women greatly limits the number of available facilities willing or able to take them in.

IDEALLY, PREGNANT WOMEN SEARCHING FOR DRUG OR ALCOHOL REHAB NEED:

SAFE DETOX

Both the bodily stresses of withdrawal as well as certain medications used to ease detox symptoms can harm the fetus. Pregnant women need to detox in a facility aware of the unique health needs of pregnant women.

INTENSE AND COMPREHENSIVE DRUG THERAPIES

The personal toll of relapse extends to the fetus, and to ensure a successful period of treatment pregnant women need intensive and comprehensive therapies; ideally incorporating an intense period of one-on-one therapy and other group and cognitive therapies.

PRENATAL CARE AND EDUCATION

All pregnant women deserve adequate prenatal care, and all unborn children benefit from appropriate medical management of a pregnancy. Pregnant women substance abusers often enter into treatment in imperfect health, and as such the

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

risks to the fetus are proportionally greater. Comprehensive prenatal care within a residential drug treatment facility offers both the mother and child the best chance of health and happiness.

PARENTING CLASSES

Drugs don't discriminate, and a substance abuse problem indicates nothing about a woman's background, level of education or future capabilities as a parent; but all women benefit from parenting education, and since mothers newly struggling with sobriety face challenges above and beyond the normal mothering experience, they benefit greatly from parenting education and learned strategies.

INTENSIVE AFTERCARE

The single greatest predictor of long term success and sobriety is an intense and lengthy participation in offered aftercare therapies; with the stakes of relapse so high, pregnant women need intense and frequent aftercare and ideally case management observation.

What has potential for tragedy can turn to beauty if a substance-abusing woman uses a pregnancy as a motivation for change and treatment. Pregnant women need the most intensive care possible, they need it right away and they need it for as long as necessary.

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

REHAB FOR SENIORS

For any number of reasons, older adults and seniors are increasingly at risk for alcohol abuse and dependence...and as the baby boomers move into old age, the once very rare occurrence of senior drug abuse is becoming increasingly common.

Older adults and seniors may develop substance abuse problems as a coping mechanism to some of the trials and difficulties of aging, as a response to the death of a spouse, or in response to declining health and mobility; but drug or alcohol abuse in seniors is very problematic.

WHAT ARE THE RISKS OF SENIOR ALCOHOL ABUSE?

As people age they lose the ability to effectively metabolize consumed alcohol, and they are far more affected by limited consumption. A few drinks in an older person can have serious effects, both intoxicating, and physically destructive.

Seniors lose the ability to regenerate cells damaged by alcohol, and their internal organs, systems and mind are more prone to the detrimental effects of chronic alcohol consumption.

They are more likely to experience cognitive impairments, liver and heart damage and a general lack of health and wellbeing. They are also increasingly susceptible to accompanying psychiatric conditions such as depression or anxiety.

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

The risks of intoxication also include a lack of coordination, the risks of a fall, and possibly the risks of broken bones or other injuries that may reduce mobility and lessen quality of life.

Because older adults tend to take more prescription medications, the risks for negative drug interactions increase, and with interactions come a greater risk for acute and chronic damage, as well as overdose.

WHY DO SENIORS SO RARELY GET HELP FOR ALCOHOL ABUSE?

Although seniors represent an at-risk cohort for substance abuse, they are seriously under represented in treatment programs; for a number of reasons.

Seniors self report feeling shame and guilt for abuse behaviors, and will very rarely initiate treatment on their own. They are also less likely to get noticed for their problem drinking, less likely to have a DUI and less likely to have problems with work or the law; basically, they generally drink in the home, and in secret.

Family is also often reluctant to intervene. Too many otherwise concerned and caring family members do not intervene even when the reality of a problem is clear to all. Many people mistakenly believe that they do a kindness by allowing seniors their "comfort" of intoxication. They may also feel embarrassed or be unsure about treatment options at such a late stage in life.

The reality is that by not intervening you rob them of a chance for a better life. You condemn them to a shortened lifespan, to greater health problems, to greater cognitive impairments and to more psychiatric distress. Allowing someone to continue with alcohol or drug abuse is never a kindness.

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

WHAT ARE THE TREATMENT OPTIONS FOR SENIOR ALCOHOL ABUSE?

Older adults and seniors do remarkably well in treatment when they do get help. They are far more likely to finish initiated therapies, and maintain a full participation in aftercare, and have a better than average success rate of abstinence.

Any treatment that is effective for younger adults will work well for older adults, whether it is on an in or outpatient basis.

Seniors often feel more comfortable when receiving treatment and therapy amongst peer of a similar age, but research indicates that this is not necessary, and recovery rates are similar even when in general adult rehab or treatment.

BE KIND TO GRANDMA OR GRANDPA

You would never let a younger family member drink themselves to death without intervening, and you owe older relatives the same courtesy and compassion. It is never too late for help.

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

TEENAGERS AND REHAB

DON'T SEND A TEEN TO AN ADULT REHAB

Teens have enough to deal with during the formative years of adolescence, and when they compound these difficulties with substance abuse, it's not surprising that they can get in over their heads. Teen treatment requirements are unique and must be age appropriate; teens do very poorly in any form of general adult rehab.

But when given the opportunity to conquer their problems in a treatment facility purposefully designed for teen treatment, that combines the essential participation of the family with effective therapies; and one that treats adolescent developmental concerns as an integral aspect of the healing process; teens respond very well and gain a great opportunity to get their lives full of promise back on the right track.

PARENTS NEED TO PLAY AN ACTIVE ROLE

Although it doesn't always feel like it, parents continue to play the singular most important role of influence in their teen children's lives, and that influence must continue through the days of treatment and therapy for a rehab stay to have any real chance of success. Participation can never end with phone calls and parents need to get actively involved, get into family therapy sessions and learn to support the recovering addict as they also begin to heal the wounds that characterize any family addiction experience.

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

NOT A VACATION FROM SCHOOL

A teen rehab must offer educational support to addicts in recovery. Rehab is not a vacation from responsibilities, and since teen substance abusers often fall behind their peers academically, rehab education offers them a chance to catch up. Rehab schooling offers low student to teacher ratios, and students can get the kind of individual attention and tailored curricula they need to once again excel in the classroom.

DISCIPLINE: COMPASSIONED BUT FIRM

Teen rehabs must provide loving, but very firm discipline. A great many teens suffering through substance abuse and addiction respond to their trials with poor behaviors and an inappropriate response to legitimate figures of authority. Teen rehab counselors understand why teen addicts act as they do and do not react emotionally to outbursts of inappropriate behavior, but neither are these inappropriate behaviors tolerated. Teens coming out of rehab will have learned better how to deal with authority in a constructive and healthy way, and be far more able to participate effectively in school, on the job and in life.

TEENS SHARING WITH TEENS

Teens recover best with other teens. Group therapy gives a voice to teens feeling silenced, and through a collective exploration of the trials of adolescence and addiction, shared strategies to success are learned, and comfort taken from the knowledge of shared pains and difficulties. Working with a therapist also empowers

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

teens to retake control over their lives and actions, and through intensive therapy, teens learn why they act and feel as they do, and how they can choose to do better.

Cognitive strategies work for all addicts in recovery, but help teen addicts especially to avoid relapse. Cognitive educational seminars give teens the tools they need to minimize relapse provoking temptation in their lives, and even to avoid the kind of thinking that can get them into trouble.

TEEN SUBSTANCE ABUSERS WILL RESPOND WELL WHEN GIVEN A CHANCE

Teens show remarkable resilience to the troubles of addiction, and when given professional and appropriate assistance, respond with great changes in behaviors and attitudes.

Growing up is hard, teens are vulnerable, and sometimes they need a little help. Once an addiction presents there is little point in willing it away, and substance abuse problems very rarely get better on their own. Teens respond far better to treatment when they get it early, and waiting for too long before taking action only entrenches addiction, and increases the difficulties of treatment.

Teen substance abusers can get better; they want to lead a great life and hunger to fill all the promise of their potential. Don't let an early addiction derail their lives, get them help, and get them better...they'll thank you for it.

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

5 WAYS TO CHOOSE A TEEN DRUG REHAB

Everything about a child's addiction to drugs or alcohol is difficult for parents; and after the decision is made to get help, even choosing an appropriate treatment facility can challenge at a time in life when you could only wish there were some easy answers.

The sooner you take action and get professional help, the better the odds of a full recovery. You may be limited in choices by what's available locally, who will admit your son or daughter and by your financial situation, but if you are blessed with the opportunity to choose between many, here are some evaluatory criteria to help ensure that you get a great facility for what is a crucially important period of treatment.

Drug and alcohol rehab is expensive, it's a big commitment, and more importantly; the stakes are high, and you want to do everything in your power to choose a drug and alcohol rehab facility for your troubled teen that has the very best chance of offering them a happy and productive future of sobriety.

There are some intangibles that cannot be quantified and yet remain important, and if something about a facility strikes you as "off" it's a good idea to listen to your heart, but having some objective measures from which to evaluate a facility can assist you in narrowing down the options.

1) IS THE REHAB FOR TEENS ONLY?

Teens do not do well in adult specific treatment, and although there are many facilities that will accept adolescents into a general rehab, these are rarely a good

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

choice and offer a slim chance of success. Teens have different needs, and require different programs.

Teens do not suffer from the same types of problems as do adults, will not likely relate well to other addicts in recovery, get little value out of group sessions, and fail to get teen specific programming.

Emerging through adolescence and into adulthood is hard enough even without the complication and challenges of addiction or substance abuse. Teens suffering a problem with drugs or alcohol deserve to get help at a facility that can assist them with their unique, school, peer group and psycho social needs; and whatever an adult facility might maintain, they will not be able to do an effective job with this.

2) WHAT ABOUT SCHOOL?

Although the number one priority for teens in a drug or alcohol rehab program is the bettering of abuse and addiction, school should not and cannot be overlooked in its importance.

Teens with substance abuse problems too often enter into rehab already suffering academically from their period of drug abuse, and ideally they may use the period of rehab to boost academic performance as they better addiction.

Quality teen rehabs will employ professional educators, well equipped and trained to handle discipline and behavioral issues in the classroom, and the teacher to student ratio in the classroom should be low enough that teens can get the individual and remedial attention they need to catch up on what they missed, and maybe even excel past their peers.

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Drug or alcohol rehab should never be a vacation from school responsibilities, and a quality academic component is necessary at any drug or alcohol rehab for teens.

3) HOW MUCH FAMILY INVOLVEMENT IS ENCOURAGED?

The single greatest factor influencing success rates at drug and alcohol rehab for teens is the level of family support and participation in the therapies of rehab. Teens are not yet adults, are having a very hard time, and as much as they may maintain a brave face about their ordeals; they do still need their mom and dad for help during such a tough period.

Family involvement doesn't just mean occasional or even daily phone calls--although the more contact the better--it also means an active and involved participation in the therapies of rehab. Parents should ideally be invited to participate in group and family specific therapy sessions, in educational seminars and other programming. By including the family throughout recovery, parents and siblings can heal together with the teen addict, and can also learn how best to support and encourage a teen once out of treatment and back in the home.

Family participation is invaluable, and you should be very wary of any teen facility that does not encourage a high level of family involvement.

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

4) WHAT TYPES OF AFTERCARE ARE OFFERED, AND FOR HOW LONG?

Ideally, drug and alcohol rehab consists of two separate but equal phases of treatment, and although the first residential phase gets all the attention, the second "aftercare" phase is arguably just as important.

Aftercare simply means continuing therapeutic involvement once finished with residential rehab and back in the community. Aftercare may mean continuing group meetings, may be 12 steps based, may be individual therapy; and at best should probably be a combination of all of the above.

Continuing participation in therapies during the months and even years after rehab is extremely important for long-term sobriety, and all quality rehabs will offer aftercare programming, and usually inclusive in the price of admission.

If a rehab facility does not offer aftercare, they may not be the best choice for your son or daughter.

5) WHAT TYPE OF ASSESSMENT IS GIVEN PRIOR TO TREATMENT?

While a comprehensive teen rehab facility should be well equipped to treat the majority of teens abusing drugs and or alcohol, there will be some kids with problems either so severe, or requiring of a treatment so different, that they are not well equipped to handle their needs.

Teens who may be suffering from a concurrent psychiatric illness may benefit more from a different type of treatment, and teens with antisocial histories of problems with violence may also not get the help they need at all types of rehabs. It's important for a rehab facility to administer a pre assessment questionnaire to get an

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

initial idea of the problems they are facing, and to determine if they are equipped to offer legitimate and beneficial treatment.

If a rehab facility claims they are able to treat all teens, regardless of their personal histories, this should raise some alarm flags as to the true quality of the rehab facility.

GET THE BEST CARE FOR YOUR SON OR DAUGHTER

The vast majority of teen specific treatment facilities run quality programs and are staffed by committed and dedicated professionals, truly hoping to help your teen overcome their problem with addiction. There are unfortunately enough rehabs that do not offer this high level of care that you need to do a bit of homework prior to selecting a rehab.

Think about what is important to you, and add this to the list of criteria above. Speak with staff at rehabs under consideration and get a feel for the atmosphere. Find out what percentage of kids finish treatment, ask your doctor what he or she thinks...get as much information as you can and make the best choice you're able to.

You can never be sure, and you can only do your best; but by getting some information you are in a far better position to evaluate your options, and ultimately choose a quality rehab facility.

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

DIRECTORY FREE OR ALMOST FREE REHABS BY STATE

Even if you cannot afford private rehabs, and even if you cannot access state funded care, you still have thousands of very low cost or even free residential rehabs available to you nationwide. In addition to those listed below, the Salvation Army runs almost 200 rehabs free of charge, and you can check for a Salvation Army Rehab in your area at <http://www.satruck.com/FindARC.aspx>.

YOU CAN GET HELP, NO MATTER HOW LITTLE MONEY YOU HAVE!

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Alabama

➤ CAP, Chemical Addictions Program, Inc.

Website: <http://www.capmgm.com>

A low cost residential rehab **for men**. 25\$ per day including room and board and 5 hours of therapy daily, those with greater incomes may be asked to pay more. 12 steps, group therapy and individual counseling. You will need to call to schedule an assessment and intake interview, and you must be sober at the time of your assessment intake interview.

*1153 Air Base Blvd
Montgomery AL, 36108
(334) 265-4544*

➤ The Shoulder

Website: <http://www.theshoulder.org>

An 8 week residential treatment program, using the Christian 12 steps as a base for recovery. Open to men only, this program requires that men gain employment while participating in the program, and they do ask for an initial \$550 payment and \$150 a week thereafter. Men are never turned away if they are unable to pay. There is sometimes a waiting list for admission, and you should call to find out the current situation. Patients may choose to remain in an additional 90 day program of residential aftercare, at the same rate of payment if desired.

*4700 Roper Lane
Daphne, AL 36526
(251) 626-2199*

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

➤ **Salvation Army South ARC Command – Adult Recovery Centers**

Website: <http://www.arccsouth.org>

The Salvation Army ARC drug and alcohol rehabs operate throughout the country, offer long term care, and provide low cost and free treatment to those in need and without the ability to pay.

Anyone is welcome, as long as they are willing to participate in a Christian program of recovery and willing to work within the organization as they undergo treatment, as a way of funding their stay.

Salvation Army ARC rehabs generally run for 6 months or longer, you can get in for free and all of your food, shelter and clothing will be provided free of charge during this period.

The Salvation Army, providing sober sanctuary for those with nowhere else to go and changing lives for the better across the nation...The Salvation Army may be what you've been looking for.

*Adult Rehabilitation Centers Command
1424 Northeast Expressway, Atlanta, GA 30329
Phone: 404-728-1371
Fax: 404-728-6745*

*MAJOR W. ERNEST STEADHAM
The Salvation Army
1401 F L Shuttlesworth Dr
Birmingham AL 35234
All Mail P O Box 11046
Birmingham AL 35202
205/ 252-8151*

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

➤ Oxford House

Website: <http://www.oxfordhouse.org>

A model of peer run recovery houses; **in Alabama currently only for Men**. Most normally used as a transitional home after a detox or a 28 day program. A non-profit organization, residents are only expected to contribute to their fair share of the running of the house expenses, and since there are generally between 8-15 people per home, these monthly payments are low enough to be affordable to anyone who can work while in recovery. Residents must only abide by the rules of the home, but if they ever use drugs or alcohol while a resident, they are immediately evicted. Residents may stay as long as they need to, although most stay about 1 year.

Oxford House - Grandview
1011 Atlanta Street
Florence, AL 35630
(256) 765-2298

Oxford House - Quad Cities
810 North Raleigh Avenue
Sheffield, AL 35660
(256) 381-9215

Oxford House - Sheffield
705 North Austin Avenue
Sheffield, AL 35660
(256) 381-5192

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Alaska

➤ Anchorage Gospel Rescue Mission

Website: <http://www.anchoragerescue.org/Program.htm>

2 year program free program for men only, anyone can enter but all must sever all outside ties while in the program. Christian bible study, AA on the outside. Men can stay as long as they need even after the 2 year end of the program. The facility can accommodate 30-35 men. There is not generally a waiting list for admission.

*2823 E. Tudor Rd.
Anchorage, AK*

➤ Alaska Oxford House

Website: <http://www.oxfordhouse.org>

A model of peer run recovery houses, both men and women may apply to live in a completely sober oxford house; most normally used as a transitional home after a detox or a 28 day program. A non-profit organization, residents are only expected to contribute to their fair share of the running of the house expenses, and since there are generally between 8-15 people per home, these monthly payments are low enough to be affordable to anyone who can work while in recovery. Residents must only abide by the rules of the home, but if they ever use drugs or alcohol while a resident, they are immediately expelled from the house. Residents may stay as long as they need to, although most stay about 1 year.

*Oxford House - Anchorage
3550 Cottonwood Street
Anchorage, AK 99508
(907) 222-3848*

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Men

Oxford House - Denali
6414 Tolhurst Court
Anchorage, AK 99504
(907) 333-0807

Men

Oxford House - James Drive
4107 James Drive
Anchorage, AK 99504
(907) 569-3673

Women

Oxford House -Jefferson
3291 Jefferson Drive
Fairbanks, AK 99709
(907) 479-2171

Men

Oxford House - Lake Lucille
1160 W.Lake Lucille Dr.
Wasilla, Ak. 99654
(000) 000-000

Oxford House -Mt. McKinley
1018 22nd Avenue
Fairbanks, AK 99701
(907) 479-0450

Women

Oxford House - Northern Lights
538 South Klevin Street
Anchorage, AK 99508
(907) 743-1993

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Yukon

2721 Juneau Street

Anchorage, AK 99508

(907) 272-2298

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Arizona

➤ Amity Foundation – Circle Tree Ranch

Website: <http://www.circletreeranch.org>

Offering free holistic inpatient treatment to those in need. 90 days to 14 months or longer.

Circle Tree Ranch
10500 E Tanque Verde Rd.
Tucson , AZ 85749
800.831.3318

➤ New Freedom House

Website: <http://www.newfreedomhouse.com>

A sober recovery home for men; \$550 for the first month and \$400 per month thereafter. Mandated sobriety, mandatory attendance at in and out of house group and 12 steps meetings and strict rules of conduct in the house.

114 E. Navajo Drive
Prescott, AZ 86301
(928) 925-8188
newfreedom@newfreedom.com

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

➤ Women in Recovery

Website: <http://www.winr.org>

325\$ for the first two weeks, 140\$ weekly after getting a job. Minimum 7 months very structured, morning meditation, 12 steps every night 7 days a week. A peer driven community, although counselors do come on for life skill, relapse prevention, and addiction therapies. The facility consists of 7 houses for 65 women, with no waiting list. Women must only want to change and have 72 hours of sobriety for entry.

860 North Center St. Mesa, AZ 85201
Prescott Arizona
480 464 5764

➤ Transitional Living Communities

Website: <http://www.transitionalliving.org>

Free to enter long term Therapeutic community environment for both women and men. Resident's graduate through stages of the program, and are given more responsibilities and freedoms as they move up. Residents are expected to get a job and start to contribute a small amount each month. 12 steps, group counseling. Long term

20 S. Macdonald Street, [Mesa](#) 85210 480-461-3136
54 W. Southern Avenue, [Mesa](#) 85204 480-649-8330
132 S. Robson Street, [Mesa](#) 85210 480-833-7616
2202 E. Roosevelt, [Phoenix](#) 85006 (602) 220-9658
9424 N. 9th Avenue, [Phoenix](#) 85021 (602) 216-0297
7119 N. 67th Avenue, [Glendale](#) 85301 (623) 792-5240
843 W. Thurber, [Tucson](#) 85705 (520) 293-4919
506-576 N. San Marcos, [Apache Junction](#) 85220,

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

➤ **Salvation Army Western Territory – ARC, Adult Recovery Centers**

Websites: <http://www.satruck.com/FindARC.aspx>

The Salvation Army's Adult Rehabilitation Center provides a six-month rehabilitation program. It is two-fold counseling and work therapy. The beneficiary receives one on one counseling, education on alcohol and drug abuse, group therapy for personal growth, spiritual counseling, Bible study, involvement in a 12-step program, and groups on anger management and relapse and re-entry back into the community. The program also involves work therapy, teaching self-discipline and good work habits.

Phoenix Adult Rehabilitation Center (ARC)

1625 South Central

Phoenix, AZ 85004

602-256-4500

Phoenix Adult Rehabilitation Center (ARC)

Lyncrest Women's Facility

344 West Lynwood

(1 block S. of McDowell at corner of 5th Ave. and Lynwood)

Phoenix, AZ 85004

602-267-4100

Salvation Army

24 E. Mohave

Corner of Central Ave. & Mohave

Phoenix, AZ 85004

602-256-4535

Salvation Army

2717 S. 6th Ave.

Tucson, AZ 85713

520-624-1741

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Arkansas

➤ Recovery Centers of Arkansas

Website: <http://www.rcofa.org/residential.htm>

\$4050 for a residential stay of care that ranges from 4 weeks to 40 days. Intensive therapy, both group and individual, as well as 12 steps and cognitive behavioral training. A very impressive 35+ hours of therapy per week. Payment plans are available for those unable to meet the upfront cost of care.

1201 River Road
North Little Rock, AR 72114
501 372 4611

➤ Salvation Army South ARC Command – Adult Recovery Centers

Website: <http://www.arccsouth.org>

The Salvation Army ARC drug and alcohol rehabs operate throughout the country, offer long term care, and provide low cost and free treatment to those in need and without the ability to pay.

Anyone is welcome, as long as they are willing to participate in a Christian program of recovery and willing to work within the organization as they undergo treatment, as a way of funding their stay.

Salvation Army ARC rehabs generally run for 6 months or longer, you can get in for free and all of your food, shelter and clothing will be provided free of charge during this period.

The Salvation Army, providing sober sanctuary for those with nowhere else to go and changing lives for the better across the nation...The Salvation Army may be what you've been looking for.

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

*Adult Rehabilitation Centers Command
1424 Northeast Expressway, Atlanta, GA 30329
Phone: 404-728-1371
Fax: 404-728-6745*

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

California

➤ Alpha Oaks Charmichael California

(no website)

\$1950 a month, women only over the age of 18. 12 steps based, licensed and certified, a non for profit

*8400 Fair Oaks Boulevard
Carmichael, CA 95608
(916) 944 7740 (24 hours a day)*

➤ Cri-help

Website: <http://www.cri-help.org>

Comprehensive residential treatment for men and women, 30 days \$5000, but they have county funded free entry for those in need, although with a sometimes long waiting list. Detox is \$500 a day, no county funded beds. They use 12 steps, group, individual therapy, family support and education as well as acupuncture.

*Cri Help, Incorporated
11027 Burbank Boulevard
North Hollywood, CA 91601
(818) 985 8323*

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

➤ Cabrito House

Website: <http://www.cabritohouse.org/>

Sober living home, men are not turned away for financial reasons, but are expected to find work, and contribute to the costs of their stay

7552 Remmet Avenue
Canoga Park, CA 91303
Contact through web site.

➤ Expedition House

Website: <http://www.expeditionhouse.com>

Accredited, 12 steps based residential and sober living care. For Men and Women.
Prices from \$1500 per month

1340 W. Pearl St.
Anaheim, CA 92801
1866 520 0246

➤ Didi Hirsch

Website: <http://www.didihirsch.org>

Providing mental health services to clients regardless of their ability to pay; drug and alcohol treatment for adolescents and adults include individual, family, and group outpatient drug and alcohol therapies and inpatient substance abuse, mental health, and domestic violence treatment to women in a safe, supportive, communal living environment. Children up to age six can live with their mothers while the mothers are in treatment. The children participate in developmentally appropriate activities, while

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

mothers attend parenting classes, improve life and job skills, and participate in group therapy.

*4760 S. Sepulveda Boulevard
Culver City, CA 90230-4888
310 390 6612*

➤ The Well

Website: <http://www.thewellministry.org>

Admission is free without income, 400\$ month otherwise, 1 year program. Christian 12 steps and bible study, generally not a waiting list, but there is an admissions process, you have to want to get help

*2612 Esplanade,
Chico, CA 95973
530 343 1935*

➤ Haight Ashbury Free Clinics

Website: <http://www.hafci.org/freehealthcare.html>

Not a residential treatment facility, but a free clinic with substance abuse treatments for those people without insurance, the working poor and those who cannot access state funding.

*Haight Ashbury Free Clinics, Inc.
P.O. Box 29917, San Francisco, CA 94129
(415)746-1967*

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

➤ Hope Help and Healing

Website: (no website)

\$1900 per month for a 90 day program. Christian based 12 steps residential rehab with individual and group therapy. There is generally a waiting list, and you should call to find out exactly how long.

11960 Heritage Oak Place Suite 20
Auburn Ca. 95603
(530)885-4249

➤ House of Metamorphosis

Website: <http://www.houseofmetamorphosis.org>

Inpatient drug treatment and detox. Fee based on ability to pay, no one will be turned away for financial reasons. For Men and women over the age of 18. Comprehensive rehab treatments, partially funded by the County of San Diego.

2970 Market Street San Diego
(619) 236 9492

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

➤ Lighthouse Women and Children's Rescue Mission

Website: <http://www.erescuemission.com/lwcm-programs.shtml>

A long term residential care program **for women**, including a one month detox. Free for those in need, specializing in helping women who have lost custody of children for any reasons reunite. Special classes include Christian recovery, restoring broken relationships, parenting and self sufficiency classes, vocational training and help to transition back into the real world.

*Lighthouse **Women** and Children's Rescue Mission
104 & 150 N. Hayes Ave
Oxnard, CA 93030
1805 385 7200*

➤ McAlister Institute

Website: http://www.mcalisterinstitute.org/programs_residential.htm

A very comprehensive breadth of residential programs offered in the San Diego area. Short term rehab, long term residential rehab and longer term transitional housing. Fees are based on a sliding scale by income. Very worth contacting.

For men, women, and women with children

Multiple locations in San Diego.

619 442 0277

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

➤ **McIntyre House**

Website: <http://www.mcintyrehouse.org>

For men only. Intake appointment is required but no man ever turned away, maximum 1000\$ a month, sometimes a small waiting list. They ask for three 9-12 months in residence and provide 12 steps therapy, group, relapse prevention, cognitive. After about a month men are able to work outside the house.

*McIntyre House
544 N. Kenmore Avenue
Los Angeles, California 90004
Telephone: 323.662.0855*

➤ **St. Anthony's Farm**

Website: <http://www.stanthonysf.org/services/services-farm.html>

A totally free residential rehab for men and women. Outside of Petaluma, this 6 month program includes 12 steps therapy, group therapy, meditation and work therapy.

*121 Golden Gate Ave
San Francisco, CA 94102
Phone: (415) 241-2655*

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

➤ **Santa Maria Central Coast Mission**

Website: <http://www.erescuemission.com/ccrm-about.shtml>

Sober living and treatment home for men with addictions. Long term residential, Christian therapy, work therapy and other sufficiency education classes. Free of charge to those in need.

*Central Coast Rescue Mission
P.O. Box 6467,
1207 N. McClelland St.
Santa Maria, CA 93456-6467
805 614 0220*

➤ **Santa Rosa Victory Outreach**

Website: <http://santarosa.victoryoutreach.org>

A free men's treatment residence for those that cannot afford high costs care. Treatment is bible and faith based only and requires a 1 year commitment to sober living residence, bible study and hard work.

*4042 Sebastopol Rd. Santa Rosa, CA 95404
Contact through web site.*

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

➤ The Fellowship Center

Website: http://www.thefellowshipcenter.org/admission_policy.htm

A long term recovery community for those wishing to live in a safe and sober environment. Up to 35 hours of therapy per week is offered. Residents are expected to pay for these services, but no one will be turned away if they cannot.

*737 East Grand Avenue in Escondido,
California, 92025.
888 533 9555*

➤ Ventura County Rescue Mission

Website: <http://www.erescuemission.com/vcrm-programs.shtml>

Free program for men, primarily homeless men, but open to all in need. 9 months long, Christian based recovery and Bible study, additional programs include the Learning Center, assistance with law enforcement, parole officers, courts, immigration, child welfare or other agencies.

*234 E. 6th Street
P.O. Box 5545
Oxnard, CA 93031-5545
(805) 487-1234*

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

➤ **Woman's Odyssey**

Website: <http://www.womensodyssey.org/how.html>

A 10 woman, long term recovery home. Offering 6 month care at low cost, no women is turned away for financial reasons. Women must want to maintain sobriety, and be willing to live in harmony in the house. Must be employed or employable. 12 steps based. Additional classes on relapse prevention, anger management, and many more.

*20830 Parthenia Street (Just east of De Soto)
Canoga Park, CA 91306
8189988972*

➤ **Women's Recovery Services**

Website: <http://www.womensrecovery.org/adultsvc.html>

A variety of residential programs based on need; dual diagnosis rehab available. Programs run from 3-6 months in duration, and are for women, women with children, pregnant women needing prenatal services, and teen girls. Costs are on a sliding fee basis, and women are not turned away for financial reasons.

*1450 Chapin Avenue
Burlingame, California 94010
650 348 6603*

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

➤ **Yellowstone Recovery**

Website: <http://www.yellowstonerecovery.com>

Newport Beach, non profit 12 steps based program, with sober living available at the end of stay

10 Days Detox: \$100 per day

30 Days: \$4,500 Residential Treatment (Level I)

90 Days: \$6,000 Residential treatment (Level 2)

Tel: (888) 941 9048

➤ **Salvation Army Western Territory – ARC, Adult Recovery Centers**

Website: <http://www.satruck.org/FindARC.aspx>

The Salvation Army ARC drug and alcohol rehabs offer long term care, and provide low cost and free treatment to those in need and without the ability to pay.

Anyone is welcome, as long as they are willing to participate in a Christian program of recovery and willing to work within the organization as they undergo treatment, as a way of funding their stay.

Salvation Army ARC rehabs generally run for 6 months or longer, you can get in for free and all of your food, shelter and clothing will be provided free of charge during this period.

The Salvation Army, providing sober sanctuary for those with nowhere else to go and changing lives for the better across the nation...The Salvation Army may be what you've been looking for.

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

*ARC - San Diego
1335 Broadway
San Diego, CA 92101
(619) 239-4037*

*ARC - Perris
24201 Orange Ave
Perris, CA 92570
(951) 943-8235
ARC - San Bernardino
363 S. Doolittle Rd.
San Bernardino, CA 92408
(909) 889-9605*

*ARC - Anaheim
1300 S. Lewis St.
Anaheim, CA 92805
(714) 758-0414*

*ARC - Long Beach
1334 Alamitos Ave.
Long Beach, CA 90813
(562) 218-2355*

*ARC - Pasadena
56 W. Del Mar Blvd.
Pasadena, CA 91105
(626) 577-4649*

*ARC - Santa Monica
1658 11th St
Santa Monica, CA 90404
(310) 450-7235*

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

ARC - Canoga Park
21375 Roscoe Blvd.
Canoga Park, CA 91304
(818) 883-5527

ARC - Carpinteria
6410 Cindy Lane
Carpinteria, CA 93013
(805) 684-6999

ARC - Bakersfield
120 19th St.
Bakersfield, CA 93301
(661) 325-2605

ARC - Fresno
804 S Parallel Ave
Mon thru Sun 8am - 5pm
Fresno, CA 93721
(559) 490-7020

ARC - Stockton
1247 S. Wilson Way
Stockton, CA 95205
(209) 466-3871

ARC - Sacramento
1615 D St.
Sacramento, CA 95814
(916) 441-5267

ARC - San Francisco
1500 Valencia St
San Francisco, CA 94110
(415) 401-0698

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

ARC - Oakland
601 Webster St.
Oakland, CA 94607
(510) 451-4514

ARC - San Jose
702 W. Taylor St.
San Jose, CA 95126
(408) 286-3291

ARC - Healdsburg
200 Lytton Springs Rd
Healdsburg, CA 95448
(707) 433-7404

➤ Oxford House

Website: <http://www.oxfordhouse.org>

A model of peer run recovery houses, both men and women may apply to live in a completely sober Oxford house. Most normally used as a transitional home after a detox or a 28 day program. A non-profit organization, residents are only expected to contribute to their fair share of the running of the house expenses, and since there are generally between 8-15 people per home, these monthly payments are low enough to be affordable to anyone who can work while in recovery. Residents must only abide by the rules of the home, but if they ever use drugs or alcohol while a resident they are immediately expelled from the house. Residents may stay as long as they need to, although most stay about 1 year.

Oxford House - Foothill
8055 Redwood Ave
Fontana, CA 92336
(909) 428-7533

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Maria Elena
2348 W. Willow Street
Stockton, CA 95203
Women

Colorado

➤ Alano Recovery homes

Website: <http://alanorecoveryhomes.org>

\$375 per month, room but no food, residents are expected to work, attend weekly group meeting and attend one 12 steps meeting per day. A non profit, run by recovering alcoholics for recovering alcoholics.

Colorado Springs
719 635 4494

➤ Arapahoe House

Website: <http://www.arapahoehouse.org/AHHTML/programs.html>

Offers a residential rehab program from 21 days, and for men and women with limited means the fee can be as low as \$75 per day Detox is also available at \$91 per day.

8801 Lipan Street
Thornton, CO 80260
303 657 3700

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

➤ **Sobriety House**

Website: <http://www.sobrietyhouse.org>

Long term residential rehab facility for those in need. Residency with therapies is \$25 per week. Program runs in three phases for up to a year or more. Residents will be able to work in later phases of recovery. Group and individual therapy, 12 steps, vocational and skills training.

107 Acoma Street
Denver, CO 80223-1429
303 722 5746

➤ **Stout Street**

Website: <http://stoutstreet.org/treatment.html>

A free 2-3 year therapeutic community program for both men and women. Free room and board and therapies, group, education and 12 steps. Residents gain privileges and freedoms the longer they stay in the program. Call to schedule an appointment. There is not generally a waiting list.

7251 E. 49th Avenue
Commerce City, CO 80022
303 316 4523

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

➤ **Salvation Army Western Territory – ARC, Adult Recovery Centers**

Website: <http://www.satruck.org/FindARC.aspx>

The Salvation Army ARC drug and alcohol rehabs offer long term care, and provide low cost and free treatment to those in need and without the ability to pay.

Anyone is welcome, as long as they are willing to participate in a Christian program of recovery and willing to work within the organization as they undergo treatment, as a way of funding their stay.

Salvation Army ARC rehabs generally run for 6 months or longer, you can get in for free and all of your food, shelter and clothing will be provided free of charge during this period.

The Salvation Army, providing sober sanctuary for those with nowhere else to go and changing lives for the better across the nation...The Salvation Army may be what you've been looking for.

*ARC – Colorado
505 S. Weber St.
Colorado Springs, CO 80903
(719) 473-6161*

*ARC – Denver
4751 Broadway
Denver, CO 80216
(303) 294-0580*

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

➤ Oxford House Colorado

Website: <http://www.oxfordhouse.org>

A model of peer run recovery houses; men and women and women with children may apply to live in a completely sober Oxford house. Most normally used as a transitional home after a detox or a 28 day program. As a non-profit organization, residents are only expected to contribute to their fair share of the running of the house expenses, and since there are generally between 8-15 people per home, these monthly payments are low enough to be affordable to anyone who can work while in recovery. Residents must only abide by the rules of the home, but if they ever use drugs or alcohol while a resident they are immediately expelled from the house. Residents may stay as long as they need to, although most stay about 1 year.

Oxford House-Alameda
810 S. Taft Street
Lakewood, CO 80228-3354
(303) 988-7541
Men

Oxford House - Aurora
15871 East Tennessee Place
Aurora, Colorado 80017
(720) 535-5272
Men

Oxford House - Firestone
5984 Stagecoach Avenue
Longmont, CO 80504
(303) 682-0792
Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

*Oxford House-Green Mountain
13577 West Alaska Drive
Lakewood, CO 80228-2148
(303) 914-0025*

Men

*Oxford House - Kenton
1488 S. Kenton Street
Aurora, CO 80012
(720) 535-9213*

Women

*Oxford House-Osceola
180 Osceola Street
Denver, CO 80219-1227
(303) 936-0728*

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Connecticut

➤ Alcohol and Drug Recovery Centers

Website: <http://www.adrc-ct.org>

A comprehensive base of substance abuse services, provided regardless of ability to pay. Programs include medically supervised detox, pregnant and post partum woman's care, a 28 day rehab program offered for women, for Spanish speakers and also for English speaking men. Also transitional and sober living housing programs, a 6 month long term residential extended and working care facility.

Basically everything you could ask for.

500 Blue Hills Avenue
Hartford, CT 06112
860 714 3701

➤ Bridgeport Rescue Mission

Website: <http://www.bridgeportrescuemission.org>

1 year residential substance abuse programs provided free of charge to those in need. Christian based recovery with additional classes on self sufficiency, co-dependency and anger management. Vocational computer training also provided. For both Men and Women.

1088 Fairfield Avenue
Bridgeport, Ct 06605
(203) 333-4087

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

➤ **Mountainside Treatment Center**

Website: <http://www.mountainside.org>

Comprehensive non profit drug rehab offering relatively low cost care at \$1645 per week. 12 steps, individual and group therapy, yoga, meditation, Native American sweat lodge, music and art therapy, family involvement. For both women and men, in the Berkshire mountains.

*P.O. Box 717
Canaan, Connecticut 06018
(800) 762- 5433*

➤ **Salvation Army Eastern Territory – ARC, Adult Recovery Centers**

Website: <http://www.satruck.org/FindARC.aspx>

The Salvation Army Adult Rehabilitation Center ministries in the United States provide an in-residence rehabilitation program with a focus on basic necessities. Each beneficiary (program participant) is provided with a clean and healthy living environment, good food, work therapy, leisure time activities, group and individual counseling, spiritual direction, and resources to assist each person to develop life skills and a personal relationship with God as provided by Jesus Christ.

Anyone is welcome, as long as they are willing to participate in a Christian program of recovery and willing to work within the organization as they undergo treatment, as a way of funding their stay.

Salvation Army ARC rehabs generally run for 6 months or longer, you can get in for free and all of your food, shelter and clothing will be provided free of charge during this period.

The Salvation Army, providing sober sanctuary for those with nowhere else to go and changing lives for the better across the nation...The Salvation Army may be what you've been looking for.

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

*ARC - Bridgeport
1313 Connecticut Ave.
Bridgeport, CT 06607-1215
203-367-8621*

*ARC - Hartford
333 Homestead Ave.
Box 320440
Hartford, CT 06132-0440
860-527-8106*

*ARC - New Haven
301 George St.
Box 1413
New Haven, CT 06511
203-865-0511*

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

➤ Oxford House Connecticut

Website: www.ctoxfordhouse.org

A model of peer run recovery houses, both men and women and women with children may apply to live in a completely sober Oxford house. Most normally used as a transitional home after a detox or a 28 day program. As a non-profit organization, residents are only expected to contribute to their fair share of the running of the house expenses, and since there are generally between 8-15 people per home, these monthly payments are low enough to be affordable to anyone who can work while in recovery. Residents must only abide by the rules of the home, but if they ever use drugs or alcohol while a resident, they are immediately expelled from the house. Residents may stay as long as they need to, although most stay about 1 year.

Oxford House - Alpine
110 Russell Street
Manchester, CT 06040
(860) 649-4084
Men

Oxford House - Atherton
73 Pleasant Street
New Britain, CT 06051
(860) 827-0633
Men

Oxford House - Jones Hill
421 Platt Avenue
West Haven, CT 06515
(203) 933-5522
Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Marshall

15 Marshall Street

Rocky Hill, CT 06067

(860) 721-1595

Women

Oxford House - Memorial Park

58 Spring Street

Willimantic, CT 06226

(860) 450-8084

Men

Oxford House - Middletown

76 George Street

Middletown, CT 06457

(860) 346-6325

Women

Oxford House - Moon Park

262 Crescent Street

New Haven, CT 06511

(203) 776-0577

Women

Oxford House - Mystic

25 Fenwick Court

Mystic, CT 06355

(860) 536-7954

Men

Oxford House - New Britain

309 Chestnut Street

New Britain, CT 06051

(860) 223-1456

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

*Oxford House - New Haven
126 Spring Street
New Haven, CT 06519
(203) 495-9293*

Men

*Oxford House - New London
15 Steward Street
New London, CT 06320
(862) 437-1323*

Men

*Oxford House - Norwich
139 McKinley Avenue
Norwich, CT 06360
(860) 887-1655*

Men

*Oxford House - Old Mystic
21 Raul Court
Mystic, CT 06355
(860) 572-8756*

Men

*Oxford House - Pope Park
144 Wilson Street
Hartford, CT 06106
(860) 951-7523*

Men

*Oxford House - Rock Park
279 Blake Avenue
New Haven, CT 06515
(203) 387-7591*

Women

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Sherwood
4 Sherwood Road
West Hartford, CT 06117
(860) 233-8459

Men

Oxford House - Skyline
99 Griswald Street
Glastonbury, CT 06033
(860) 633-9183

Women

Oxford House - Stanley
1381 Stanley Street
New Britain, CT 06053
(860) 612-0198

Women

Oxford House - White
80 Main Street
East Hartford, CT 06118
(860) 568-5845

Men

Oxford House - Willimantic
183 North Street
Willimantic, CT 06226
(860) 450-0321

Men

Oxford House - Woodbridge
580 Woodbridge Street
Manchester, CT 06040
(860) 646-0834

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Yale
531 Whitney Avenue
New Haven, CT 06511
(203) 562-2713

Men

Oxford Houses of Connecticut
Toll-Free Hotline 24/7 Vacancies
877-OXFORDH (693-6734)
Chapter I - New Haven
(203) 562-2713

Chapter II - Hartford
(860) 643-9359

Chapter III - W. Hartford
(860) 951-3650

Chapter IV - New London
(860) 572-8756

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Delaware

➤ Gateway Foundation

Website: <http://www.gatewayfoundation.org/html/services.html>

Free residential Care for Men and women over the age of 18 based on need. Comprehensive treatment using best practices; a very well regarded and certified organization. You will need a referral from a detox, counselor or other recognized agency, but call and ask for details. There is sometimes a waiting list, but you should call for present day information, as the waiting time can vary considerably.

*Gateway Foundation
P.O. Box 547
171 New Castle Avenue
Delaware City, DE
19706-0547
302 836-2000*

➤ Salvation Army Eastern Territory – ARC, Adult Recovery Centers

Website: <http://www.salvationarmyarc.org>

The Salvation Army Adult Rehabilitation Center ministries in the United States provide an in-residence rehabilitation program with a focus on basic necessities. Each beneficiary (program participant) is provided with a clean and healthy living environment, good food, work therapy, leisure time activities, group and individual counseling, spiritual direction, and resources to assist each person to develop life skills and a personal relationship with God as provided by Jesus Christ.

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Anyone is welcome, as long as they are willing to participate in a Christian program of recovery and willing to work within the organization as they undergo treatment, as a way of funding their stay.

Salvation Army ARC rehabs generally run for 6 months or longer, you can get in for free and all of your food, shelter and clothing will be provided free of charge during this period.

The Salvation Army, providing sober sanctuary for those with nowhere else to go and changing lives for the better across the nation...The Salvation Army may be what you've been looking for.

ARC - Wilmington
107 South Market Street
Wilmington, DE 19801
(302)654-8808

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

➤ Oxford House Delaware

Website: <http://www.oxfordhouse.org>

A model of peer run recovery houses, both men and women and women with children may apply to live in a completely sober Oxford house. Most normally used as a transitional home after a detox or a 28 day program. As a non-profit organization, residents are only expected to contribute to their fair share of the running of the house expenses, and since there are generally between 8-15 people per home, these monthly payments are low enough to be affordable to anyone who can work while in recovery. Residents must only abide by the rules of the home, but if they ever use drugs or alcohol while a resident they are immediately expelled from the house. Residents may stay as long as they need to, although most stay about 1 year.

Oxford House - ASOC
401 W 21st Street
Wilmington, DE 19802
(302) 778-1457
Men

Oxford House - Browntown
305 S. Jackson Street
Wilmington, DE 19805
(302) 984-1191
Men

Oxford House - Canby Park
13 South Clayton
Wilmington, DE 19801
(302) 661-1437
Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

*Oxford House - Dover
350 Martin Street
Dover, DE 19901
(302) 678-9688*

Men

*Oxford House - Georgetown
105 South Race Street
Georgetown, DE 19966
(302) 854-9151*

Men

*Oxford House - Hedgeville
325 S. Jackson Street
Wilmington, DE 19805
(302) 777-4555*

Men

*Oxford House - Lamper
808 N. Van Buren Street
Wilmington, DE 19806
(302) 661-2662*

Women

*Oxford House - Lewes
8 Tulane Drive
Rehoboth, DE 19971
(302) 644-2979*

Men

*Oxford House - Paynter
888 Lincoln Street
Dover, DE 19904
(302) 734-2304*

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Race Street

114 S. Race Street

Georgetown, DE 19947

(302) 855-5806

Men

Oxford House - Wilmington

1023 Linden Street

Wilmington, DE 19805

(302) 654-0649

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Florida

➤ ACT

Website: (no website)

Comprehensive and best policy drug and alcohol treatment on an in and out patient basis. Long term care based on the therapeutic community model of treatment. Sliding scale payments based on an ability to pay.

1220 Willis Avenue
Daytona Beach, Florida 32114
800 539 4228

➤ New beginnings Sober Living Home for Women

Website: <http://www.newbeginningsrecovery.com>

First month \$895, every week thereafter \$180; a structured and therapeutic environment of recovery for women. Women are expected to get work, but will also receive individual and group therapy, 12 steps recovery, all meals, nutritional and educational counseling and recreation and exercise. Detox is available off site if needed.

New Beginnings Recovery
Pensacola, FL 32503
8504391522

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

➤ **Ruth's Cooper Center**

Website: <http://www.ruthcoopercenter.org/whataresidential.html>

A family involvement and 12 steps based model of 28 day residential rehab for men and women 18 and over. Normal rates start at \$250 per day, but low income sliding scale payments can be as little as \$7.50 per day. Call to inquire about potential waiting lists for low income slots.

*Lee Mental Health
2789 Ortiz Avenue
Fort Myers, Florida
33905
239 275 3222*

➤ **Southwest Florida Addiction Services**

Website: <http://swfas.org/us>

The normal fee for services is \$7500 for treatment up to 42 days, although patients with real financial need can receive care for as little as \$56 for the same period. A wide ranging program that includes vocational education, nutrition, recreation and conventional therapies. Aftercare is also offered. There can be a waiting list for low income beds, and you will need to inquire about delays.

*Fort Myers Florida
239 332 6937*

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

➤ The Florida Center For Addictions and Dual Disorders

Website: <http://www.tchsonline.com/home/siteloc/flcenter.asp>

Adult Residential care, detox and sober living housing. All based on an ability to pay. Multiple locations. For men and women, call to inquire about waiting times at a clinic near you.

100 West College Drive
Avon Park, FL 33825
(863) 452-3858 Fax: (863) 452-3863

Residential Assessment & Stabilization Unit for **Women**
2725 Hwy 60 E
Bartow, FL 33830-8872
(863) 533-5860 Fax: (863) 533-5272

Detoxification Unit
Alcohol/Drug Detoxification for Adults
2725 Hwy 60 E
Bartow, FL 33830
(863) 533-4139 Fax: (863) 533-5272

Halfway House (Agape)
Adult Females
759 Carroll Avenue
Winter Haven, FL 33880
(863) 299-7003 Fax: (863) 297-8013

Transition Living Facility
Located in southeast Lakeland
(863) 701-7373 Fax: (863) 701-0404

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

➤ The Next Step house

Website: <http://www.nextstephouse.com/interest.htm>

Men's sober living environment, offering an alcohol and temptation free residence and a structured community of living. Men must work, get a sponsor, participate in AA or NA and stay drug and alcohol free to continue residency. Fee is \$170 per week for a shared bedroom.

342 SE 1st Avenue
Delray Beach Fl. 33444
561 654 5455

➤ Tri County Human Services Inc.

Website: <http://www.tchsonline.com/home/whoweare/>

A broad service provider for substance abuse issues. Residential and outpatient care for men, women and teens. A non profit and funded agency, fees will be determined based on an ability to pay.

Sebring Outpatient Clinic
Adult/Adolescent Services
5606 US Hwy 27 N
Sebring, FL 33870
(863) 385-2662 Fax: (863) 385-7324

Wauchula Outpatient Clinic
Adult/Adolescent Services
202 South 9th Avenue
Wauchula, FL 33873
(863) 773-2226 Fax: (863) 773-2497

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

*Lakeland Outpatient Clinic
Adult/Adolescent Services
5421 US Highway 98 South
Highland City, FL 33846
(863) 701-7373 Fax: (863) 701-0404*

*Winter Haven Outpatient Clinic
Adult/Adolescent Services
41 Third Street, SW
Winter Haven, FL 33880
(863)299-5286 Fax: (863)299-8760*

*Polk County Adolescent Program
Adolescent Outpatient Services
41 Third Street, SW
Winter Haven, FL 33880
(863) 299-4357 Fax: (863) 299-8760*

*JASA Program
In-jail Outpatient Overlay Services
2390 Bob Phillips Road
Bartow, FL 33830
(863) 534-0014 Fax: (863) 534-0081*

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

➤ **Salvation Army Southern Territory – ARC, Adult Recovery Centers**

Website: <http://www.arccsouth.org>

The Salvation Army Adult Rehabilitation Center ministries (ARC) in the United States provide an in-residence rehabilitation program with a focus on basic necessities. Each beneficiary (program participant) is provided with a clean and healthy living environment, good food, work therapy, leisure time activities, group and individual counseling, spiritual direction, and resources to assist each person to develop life skills and a personal relationship with God as provided by Jesus Christ.

Anyone is welcome, as long as they are willing to participate in a Christian program of recovery and willing to work within the organization as they undergo treatment, as a way of funding their stay.

Salvation Army ARC rehabs generally run for 6 months or longer, you can get in for free and all of your food, shelter and clothing will be provided free of charge during this period.

The Salvation Army, providing sober sanctuary for those with nowhere else to go and changing lives for the better across the nation...The Salvation Army may be what you've been looking for.

CAPTAIN ERIK NICKELL

The Salvation Army

2236 NW Miami Ct

Miami FL 33127-4981

305/ 573-4200

CAPTAIN HENRY HUDSON

The Salvation Army

1901 W Broward Blvd

Ft. Lauderdale FL 33312-1597

954/ 463-3725

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

MAJOR JIM SMITH
The Salvation Army
3955 W Colonial Dr
Orlando FL 32808-7927
407/ 295-9311

MAJOR WILLIAM MADISON
The Salvation Army
Suncoast Area
5885 - 66th St North
St. Petersburg FL 33709-1597
727/ 541-7781

MAJOR DONALD SMITH
The Salvation Army
13815 N Salvation Army Lane
Tampa FL 33613-2205
Mail P O Box 82949
Tampa FL 33682-2949
813/ 972-0471

MAJOR FORREST MCINTYRE
The Salvation Army
10900 Beach Blvd
Jacksonville FL 32246
904/ 641-2122

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

➤ Oxford House Florida

Website: <http://www.oxfordhouse.org>

A model of peer run recovery houses, in Florida there are currently only Oxford houses for men. Most normally used as a transitional home after a detox or a 28 day program. As a non-profit organization, residents are only expected to contribute to their fair share of the running of the house expenses, and since there are generally between 8-15 people per home, these monthly payments are low enough to be affordable to anyone who can work while in recovery. Residents must only abide by the rules of the home, but if they ever use drugs or alcohol while a resident they are immediately expelled from the house. Residents may stay as long as they need to, although most stay about 1 year.

Oxford House - Beach Blvd

12101 Cannes

Jacksonville, FL 32204

(904) 349-2081

Men

Oxford House - Cape Coral

924 N.E. 4th Place

Cape Coral, FL 33909

(239) 458-1387

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Georgia

➤ Alpha Recovery

Website: http://www.alpha-recovery.com/schedule_of_fee.htm

A long term residential treatment facility, offering care at \$800 per month. Participants are expected to stay for a minimum of 12 months. Structured living for men and women at two campuses one in Atlanta and one in Brunswick. Family involvement encouraged, and 12 steps participation mandatory. Patients will gain employment during their period of stay.

404 329 9991 Atlanta facility

912 554 2025 Brunswick facility

➤ Bethesda House

Website: <http://www.bethesdahousewaycross.org>

Women's Christian program in Southeast Georgia; \$1500 for 3 months, not a traditional therapeutic environment, but the Christian 12 steps are offered. No outside work for the three months.

1010 Mary Street

Waycross Georgia

912 284 0071

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

➤ Breakthrough House

Website: http://www.breakthruhouse.org/client_information.htm

\$675 per month covers the cost of food, housing, transportation and therapy. A therapeutic community model of treatment for women only, patient's progress through various stages over at least a year. During the first and most intensive phase, patients will participate in intensive daily therapies and have no outside contact. After graduating to less restrictive phases of the program, women will be expected to gain employment outside of the facility. 12 steps based therapies, and structured living.

*1866 Eastfield Street
Decatur, GA. 30032
404 289 5099*

➤ Hope Homes Inc

Website: <http://www.hopehomesinc.com>

A long term recovery residence for men and women, the fee is \$250 per week. Group meetings and daily 12 steps meetings. Residents are expected to maintain employment and participate fully in outpatient aftercare.

*1741 Spring Street
Smyrna, GA 30080
877 355 1141*

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

➤ **Penfield Christian home**

Website: <http://www.penfieldchristianhome.org>

6 weeks all inclusive 2000\$

Faith based, 12 steps recovery home

For men 18 and over. Men must be detoxed before admission

*Penfield Christian Home
1031 New Dorm Road
Union Point, GA 30669
706 435 7929*

➤ **Gilgal Inc.**

Website: <http://www.womenofgilgal.org/info.htm#programs>

A woman's recovery home, free to those in need in metro Atlanta. 12 – 24 month residential program includes all food shelter and clothing needed. Christian therapies, bible study, vocational education and relapse prevention.

Tel (404) 305-8007

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

➤ Living Recovery

Website: <http://www.livingrecovery.com>

A therapeutic residence environment for women, with a monthly fee of just over \$1000. Women stay a minimum of 2 months and as long as three years. They are encouraged to work after completing the first intense 90 days of therapy. Christian 12 steps and AA primarily, as well as other sufficiency and social growth therapies and bible study.

612 Ridgewood Terrace
Gainesville, GA 30501
888 507 5433

➤ Primary Purpose Recovery Centers

Website: <http://www.stjudesrecovery.org/frequ.html>

A 6 month residential inpatient program for men 18 and over at \$225 per week. 12 steps based, and men will be expected to work outside of the sober living community. Structured living and peer group therapy. Long term aftercare provided.

487 Winn Way, Suite 101
Decatur, Georgia 30030
(888) 304-1330

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

➤ Purple Inc Drug and Alcohol recovery

Website: <http://www.purpletreatment.com>

Long term sober and therapeutic housing for men. First 90 days, \$6000 and \$1300 for every additional month. Rice includes room, but no meals and 5 group therapy sessions per week. Residents are expected to work after the first two weeks of treatment. Family involvement.

Purple, Inc.
1611 Lawrenceville-Suwanee Rd.
Lawrenceville, GA 30043
(770) 962-8215

➤ St Judes

Website: (no website)

12 steps based in and outpatient care in inner city Atlanta, 7 locations available.
Payment depending on income, but very low or no cost options available
For men and women over 18, detox is available

Tel (404) 249-6272

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

➤ **Salvation Army Southern Territory – ARC, Adult Recovery Centers**

Website: <http://www.arccsouth.org>

The Salvation Army Adult Rehabilitation Center ministries (ARC) in the United States provide an in-residence rehabilitation program with a focus on basic necessities. Each beneficiary (program participant) is provided with a clean and healthy living environment, good food, work therapy, leisure time activities, group and individual counseling, spiritual direction, and resources to assist each person to develop life skills and a personal relationship with God as provided by Jesus Christ.

Anyone is welcome, as long as they are willing to participate in a Christian program of recovery and willing to work within the organization as they undergo treatment, as a way of funding their stay.

Salvation Army ARC rehabs generally run for 6 months or longer, you can get in for free and all of your food, shelter and clothing will be provided free of charge during this period.

The Salvation Army, providing sober sanctuary for those with nowhere else to go and changing lives for the better across the nation...The Salvation Army may be what you've been looking for.

Adult Rehabilitation Centers Command
1424 Northeast Expressway, Atlanta, GA 30329
Phone: 404-728-1371
MAJOR ROY WARD
The Salvation Army
740 Marietta St NW
Atlanta GA 30318-5726
Box 93866, Martech Station
Atlanta GA 30377-0866
404/ 522-9785

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Hawaii

➤ **Salvation Army Western Territory – ARC, Adult Recovery Centers**

Website: <http://www.salvationarmyarc.org>

The Salvation Army Adult Rehabilitation Center ministries (ARC) in the United States provide an in-residence rehabilitation program with a focus on basic necessities. Each beneficiary (program participant) is provided with a clean and healthy living environment, good food, work therapy, leisure time activities, group and individual counseling, spiritual direction, and resources to assist each person to develop life skills and a personal relationship with God as provided by Jesus Christ.

Anyone is welcome, as long as they are willing to participate in a Christian program of recovery and willing to work within the organization as they undergo treatment, as a way of funding their stay.

Salvation Army ARC rehabs generally run for 6 months or longer, you can get in for free and all of your food, shelter and clothing will be provided free of charge during this period.

The Salvation Army, providing sober sanctuary for those with nowhere else to go and changing lives for the better across the nation...The Salvation Army may be what you've been looking for.

Salvation Army
322 Sumner St.
Honolulu, HI 96817
(808) 522-8400

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

➤ Oxford House Hawaii

Website: <http://www.oxfordhouse.org>

A model of peer run recovery houses, both men and women and women with children may apply to live in a completely sober Oxford house. Most normally used as a transitional home after a detox or a 28 day program. As a non-profit organization, residents are only expected to contribute to their fair share of the running of the house expenses, and since there are generally between 8-15 people per home, these monthly payments are low enough to be affordable to anyone who can work while in recovery. Residents must only abide by the rules of the home, but if they ever use drugs or alcohol while a resident they are immediately expelled from the house. Residents may stay as long as they need to, although most stay about 1 year.

Oxford House - Ala'ume
2535 Alaula Way, Unit E
Honolulu, HI 96822
(808) 988-2353

Women

Oxford House - Dillingham
1820 Kaumualii treet
Honolulu, HI 96816
(808) 841-1297

Men

Oxford House - Enchanted Lakes
1277 Onioni Street
Kailua, HI 96734
(808) 262-4720

Women

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Harding Avenue
3165 Harding Avenue
Honolulu, HI 96816
(808) 957-0324

Men

Oxford House - Iopono
1050 Iopono Street
Kailua, HI 96734
(808) 263-8846

Men

Oxford House - Kahaluu Hale
47-151 Ahaolelo Road
Kaneohe, HI 96744
(808) 239-0420

Men

Oxford House - Kaimuki
1138-A 21st Avenue
Honolulu, HI 96716
(808) 737-2517

Men

Oxford House - Kalihi Valley
1624 Violet Street
Honolulu, HI 96819
(808) 842-1817

Men

Oxford House - Kalihi Valley II
1624 Violet Street Unit B
Honolulu, HI 96816
(808) 843-0085

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Kalihi Uka

1566 Violet Street

Honolulu, HI 96816

(808) 843-8125

Men

Oxford House - Kam IV

2479 Lakoloa Place

Honolulu, HI 96816

(808) 845-2083

Men

Oxford House - Kaneohe Bay

44-005 Paku Place

Kaneohe, HI 96744

(808) 254-4076

Men

Oxford House - Lakoloa Place

2479 Lakoloa Place, Unit D

Honolulu, HI 96819

(808) 957-0324

Men

Oxford House - Lopez Lane

815-C Lopez Lane

Honolulu, HI 96816

(808) 843-0569

Women

Oxford House - Maluhia

2996 Kalihi Street, Unit B

Honolulu, HI 96819

(808) 842-3560

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Namoku
45-027 Namoku Street
Kaneohe, HI 96744
(808) 235-2264

Men

Oxford House - Noho Uka
2996 Kalaheo Street, Unit A
Honolulu, HI 96816
(808) 842-4013

Men

Oxford House - Pahee
1617 Violet Street Unit A
Honolulu, HI 96816
(808) 841-4950

Men

Oxford House - Pakui
1606 10th Avenue
Honolulu, HI 96816
(808) 735-4385

Men

Oxford House - Palama
1642 Old Palama Street
Honolulu, HI 96819
(808) 843-2707

Men

Oxford House - Paloma
425A Malanui Avenue
Kailua, HI 96734
(808) 263-3357

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

*Oxford House - Pa ilina
1617 Violet Street Unit B
Honolulu, HI 96816
(808) 841-7564*

Men

*Oxford House - Piliwai Hale
2749 Piliwai Street
Honolulu, HI 96819
(808) 842-9584*

Men

*Oxford House - Puu Aina
2729 Kamananiki Street
Honolulu, HI 96816
(808) 848-5514*

Women

*Oxford House - Ulupaina EW
410 A1 Ulupaina Street
Kailua, HI 96734
(808) 261-8075*

Men

*Oxford House - Violet Hill
1566 Violet Street
Honolulu, HI 96816
(808) 841-7461*

Men

*Oxford House - Waimalu
98-087 Lii Ipo Street #401
Aiea, HI 96701
(808) 486-0032*

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

*Oxford Houses of Hawaii
State Chapter
350 Ward Avenue
Suite 106 PMB 09
Honolulu, HI 96814
(808) 957-0324*

Idaho

➤ Addiction Rehabilitation Association

Website: http://www.a-rehab-a.org/services_IRTP-06.htm

An intense residential rehab for men and women with full fees at slightly below \$5000 per month, but low income residents of Idaho can qualify for monthly fees as \$50. The length of rehab is assessed on an as needed basis, and include individual, group and educational therapy.

*163 E. Elva
Idaho Falls, ID
83402
208-522-6012*

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

➤ Boise Rescue Mission

Website: <http://www.boiserescuemission.org/>

Treatment for men, with a 1-year intense commitment required. Free Christian based treatment and residence for men only.

520 Front
Boise Idaho
343-2491

➤ City Light for Women & Children

Website: <http://www.boiserescuemission.org>

A 1 year residential substance abuse treatment program for women and children. Free with one on one counseling. A Christian program of treatment and residence.

Boise Idaho
368-9901

➤ The Ship

Website: www.shipinc.org

90 day and longer, long term therapeutic residence. Group therapy, anger management, work skills, 12 steps, cognitive behavioral therapy. For men only, full scholarships available for those unable to pay.

1423 Grove
PO Box 8803
Boise, ID 83707
208 331 0900

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

➤ Windward House Therapeutic Community for Women

Website: <http://www.shipinc.org>

For a long term therapeutic home for women and children, offering structured activities, work training, cognitive therapies, parenting classes, anger management, 12 steps and others, Affordable payments, with a sliding fee scale for those unable to pay full price.

PO Box 8803
Boise, ID 83707
208 331 0900

➤ Oxford House Idaho

Website: <http://www.oxfordhouse.org>

A model of peer run recovery houses in Idaho there are currently only Oxford houses for men. Most normally used as a transitional home after a detox or a 28 day program. As a non-profit organization, residents are only expected to contribute to their fair share of the running of the house expenses, and since there are generally between 8-15 people per home, these monthly payments are low enough to be affordable to anyone who can work while in recovery. Residents must only abide by the rules of the home, but if they ever use drugs or alcohol while a resident they are immediately expelled from the house. Residents may stay as long as they need to, although most stay about 1 year.

Oxford House - Grant Street
1201 Garfield Street
Boise, ID 83706
(208) 345-5670
(208) 331-0900
Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Illinois

➤ Haymarket Center

Website: <http://www.hcenter.org/Programs/residential.htm>

Providing a wide range of substance abuse services, most notably services to pregnant women, to pregnant women as an alternative to incarceration, and to new moms still with substance abuse problems. These programs are usually free of charge, residential and comprehensive; also adult men's and women's residential rehab, payment by state and on a sliding fee by income.

932 W. Washington
Chicago, IL 60607
312 226 7984

➤ The Gateway Foundation

Website: <http://www.gatewayfoundation.org>

A massive foundation dedicated to providing low cost substance abuse care to those in need and without financial resources to pay. Free for those without insurance or means. Comprehensive rehabs for both men and women, certified, well respected and using best practices. Very worth a phone call to find out about a referral into the program as well as to inquire about possible wait times.

Chicago Westside Residential
3828 W. Taylor St.
Chicago, IL 60624
773 826 1916
Co-Ed Adult Residential
Male Youth Residential

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Co-Ed Dual Diagnosis Residential

Women's Residential (DCFS & Medicaid Initiative)

Chicago Adult and Youth Outpatient Northwest

4301 W. Grand Ave.

Chicago, IL 60651

773 862 2279

Intensive & Basic Outpatient; Day & Evening

Women's Program

DUI Program

DCFS Initiative

Kedzie Center

1706 N. Kedzie Ave.

Chicago, IL 60647

773 227 2158

Independent Living & Halfway House

Lake Villa Residential & Outpatient

25480 W. Cedarcrest Ln.

Lake Villa, IL 60046

847 356 8205

Co-Ed Adult Residential

Male Youth Residential

Co-Ed Youth Intensive & Basic Outpatient

Aurora Residential & Outpatient

400 Mercy Lane

Aurora, Illinois 60506

630 966 7400

Substance Abuse Services

Adult Residential & Outpatient

DUI Evaluations & Services

Men's Halfway House

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Men's MISA Supportive Living

Women's Recovery Home

Many services delivered in Spanish

Springfield Residential & Outpatient

2200 Lake Victoria Drive

Springfield, IL 62703

217 529 9266

Co-Ed Adult Residential

Co-Ed Adult Intensive & Basic Outpatient: Day & Evening

Male Youth Residential

Co-Ed Youth Intensive & Basic Outpatient

Caseyville Residential & Outpatient

600 W. Lincoln

Caseyville, IL 62232

618 345 3970

Co-Ed Adult Detox & Residential

Co-Ed Adult Intensive & Basic Outpatient; Day & Evening

DUI Program

Belleville Adult & Youth Outpatient

7 North High Street

Belleville, IL 62220

618 234 9002

Intensive & Basic Outpatient; Day & Evening

Women's Program

Co-ed Dual Diagnosis

DUI Program

Domestic Violence Counseling

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

*Carbondale Co-ed Youth Residential**

1080 E. Park St.

Carbondale, IL 62901

618 529 1151

Youth Residential, Male and Female

➤ **Salvation Army West Central – ARC, Adult Recovery Centers**

Website: <http://www.salvationarmyarc.org>

The Salvation Army Adult Rehabilitation Center ministries in the United States provide an in-residence rehabilitation program with a focus on basic necessities. Each beneficiary (program participant) is provided with a clean and healthy living environment, good food, work therapy, leisure time activities, group and individual counseling, spiritual direction, and resources to assist each person to develop life skills and a personal relationship with God as provided by Jesus Christ.

Anyone is welcome, as long as they are willing to participate in a Christian program of recovery and willing to work within the organization as they undergo treatment, as a way of funding their stay.

Salvation Army ARC rehabs generally run for 6 months or longer, you can get in for free and all of your food, shelter and clothing will be provided free of charge during this period.

The Salvation Army, providing sober sanctuary for those with nowhere else to go and changing lives for the better across the nation...The Salvation Army may be what you've been looking for.

ARC - Chicago (Central)

506 N. Des Plaines St.

Chicago, IL 60610

312-738-4367

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

ARC - Chicago (North Side)
2258 N. Clybourn Ave.
Chicago, IL 60614
773-477-1771

ARC - Rockford
1706 18th Ave.
Rockford, IL 61104
815-397-0440

ARC - Springfield
221 N. Eleventh St.
Springfield, IL 62703
217-528-7573

ARC - Waukegan
431 S. Genesee St.
Waukegan, IL 60085
847-662-7730

➤ **Oxford House Illinois**

Website: <http://www.oxfordhouse.org>

A model of peer run recovery houses, in Illinois there are currently Oxford houses for men and for women, and women with children. Most normally used as a transitional home after a detox or a 28 day program. As a non-profit organization, residents are only expected to contribute to their fair share of the running of the house expenses, and since there are generally between 8-15 people per home, these monthly payments are low enough to be affordable to anyone who can work while in recovery. Residents must only abide by the rules of the home, but if they ever use drugs or alcohol while a resident they are immediately expelled from the house. Residents may stay as long as they need to, although most stay about 1 year.

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

*Oxford House - Acorn
38237 N. Wilson Avenue
Beach Park, IL 60087
(847) 244-4642*

Men

*Oxford House - Arron
512 Center Street
Waukegan, IL 60085
(847) 244-6501*

Men

*Oxford House - Argonne
806 Argonne Drive
N. Chicago, IL 60064
(847) 578-0616*

Men

*Oxford House - Ash
628 Center Street
Waukegan, IL 60085
(847) 244-5344*

Men

*Oxford House - Beale
921 Adams Street
Waukegan, IL 60085
(847) 672-4399*

Men

*Oxford House - Belleville
4918 W. Main Street
Belleville, IL 62221
(618) 234-6557*

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Belvidere

110 S. Butrick Street

Waukegan, IL 60085

(847) 625-8375

Women

Oxford House - Benham

1101 Indiana Avenue

Waukegan, IL 60085

(847) 672-3499

Men

Oxford House - Bloomington

501 North McLean

Bloomington, IL

(309) 829-5014

Men

Oxford House - Bohanna

2001 Arthur Drive

Waukegan, IL 60087

(847) 672-8327

Women with Children

Oxford House - Bonner

25280 Bonner Road

Waukegan, IL 60084

(847) 487-7945

Men

Oxford House - Braden

1716 Cleveland

Granite City, IL 62040

(618) 876-0938

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Brianna

812 Moran Street

Joliet, IL 60435

(815) 280-5768

Men

Oxford House - Briarwood

2222 Washington

Granite City, IL 62040

(618) 451-5185

Men

Oxford House - Butrick

611 N. Butrick Street

Waukegan, IL 60085

(847) 263-3979

Men

Oxford House - Cahokia

41 Dora Drive

Cahokia, IL 62206

(618) 332-1863

Men

Oxford House - Cierra

309 Stryker Avenue

Joliet, IL 60436

(815) 725-7558

Men

Oxford House - Chicago

7314 S. Mozart Street

Chicago, IL 60629

(773) 863-0181

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Cushing
657 Lenox Avenue
Waukegan, IL 60085
(847) 623-5084

Men

Oxford House - Decatur
1616 W Main Street
Decatur, IL 62522
(217) 422-5765

Men

Oxford House - Downtown
442 North County
Waukegan, IL 60085
(847) 377-1808

Men

Oxford House - Freeman
921 Ash Street
Waukegan, IL 60085
(847) 672-8349

Women

Oxford House - Henry
[524 S Martin Luther King Jr Ave](#)
Waukegan, IL 60087
(847) 623-2389

Men

Oxford House - Genesee
437 N Genesee Street
Waukegan, IL 60085
(847) 662-8496

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Halsted
9421 Halsted
Chicago, IL 60620
(773) 874-4129

Men

Oxford House - Harding
213 Dorchester
Waukegan, IL 60085
(847) 336-3499

Women

Oxford House - Hawkins
618 Second Street
Waukegan, IL 60085
(847) 623-5263

Women

Oxford House - Isles
1824 S. 4th Street
Springfield, IL 62703
(217) 788-1988

Men

Oxford House - Jobe
308 Dewey Avenue
Joliet, IL 60436
(815) 723-8122

Men

Oxford House - Juniper
124 Juniper Street
Waukegan, IL 60085
(847) 406-2367

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Kalimba
3002 Enoch Avenue
Zion, IL 60099
(847) 731-0731

Men

Oxford House - Kinsyn
602 Summit Street
Joliet, IL 60435
(815) 740-4064

Men

Oxford House - Lorraine
615 Lorraine Avenue
Waukegan, IL 60085
(847) 782-0904

Men

Oxford House - Macon
1044 Lincoln Park Drive
Decatur, IL 62522
(217) 425-2907

Women

Oxford House - Malcolm
514 Martin Luther King Drive
Waukegan, IL 60085
(847) 599-0336

Men

Oxford House - McAlister
584 McAlister Avenue
Waukegan, IL 60085
(847) 662-6332

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Montesano

2227 Western Avenue

Waukegan, IL 60087

(847) 336-8922

Women

Oxford House - Morris Grove

107 S. Morris Avenue

Bloomington, IL 61701-4861

(309) 829-8904

Women

Oxford House - Nameoki

1720 State Street

Granite City, IL 62040

(618) 451-1147

Men

Oxford House - Niedring

1926 Benton Street

Granite City, IL 62040

(618) 452-2853

Men

Oxford House - Northland

838 Hickory Street

Waukegan, IL 60085

(847) 672-0830

Men

Oxford House - Patricia Jones

2238 Hervey Avenue

North Chicago, IL 60064

(847) 688-9404

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Patterson

226 Stewart

Waukegan, IL 60085

(847) 279-9398

Women with Children

Oxford House - Pershing

520 North 45th Street

East St. Louis, IL 66207

(618) 875-3810

Men

Oxford House - Sharon Pawlick

628 8th Street

Waukegan, IL 60085

(847) 599-1993

Men

Oxford House - Sangamon

1235 N. Fifth Street

Springfield, IL 62702

(217) 522-4272

Men

Oxford House - Sharron Pawlick

628 8th Street

Waukegan, IL 60085

(847) 599-1993

Men

Oxford House - Sheridan

1920 20th Street

Zion, IL 60099

(847) 746-3040

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Skyler
722 Atlantic Avenue
Waukegan, IL 60087
(847) 623-8114

Men

Oxford House - Smithton
1501 S. 7th Street
Springfield, IL 62702
(217) 744-3025

Men

Oxford House - Southern View
3325 South First Street
Springfield, IL 62703
(217) 529-5813

Men

Oxford House - St. Cloud
116 St. James
Waukegan, IL 60085
(847) 662-9749

Women

Oxford House - White Oaks
1936 South Fifth Street
Springfield, IL 62703
(217) 753-9693

Men

Oxford House - Will
621 Keith Avenue
Waukegan, IL 60085
(847) 360-9418

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Williams

446 Williams Street

Springfield, IL 62704

(217) 744-1172

Women with Children

Oxford House - Yeoman

810 8th Street

Waukegan, IL 60085-7402

(847) 336-3839

Men

Oxford House - Zion

1904 Joanna Street

Zion, IL 60099

(708) 746-7116

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Indiana

➤ Christian Center Rescue Ministries

Website: <http://www.ccrmrescue.org/home.asp>

Offers free residential substance abuse programs to both women and men in need. Christian recovery and life skills courses offered, long term residency available.

625 Main Street
P.O. Box 743, Anderson, IN
765 649 4264

➤ Life Treatment Centers

Website: <http://www.lifetreatmentcenters.org/LTCmainSB.htm>

Free treatment to those who cannot pay or are homeless. Comprehensive, educational, individual and group therapy given to men and women at two Indiana locations. Detox is available as well, and 26 weeks of intensive aftercare therapies are recommended, and also offered at no charge.

1402 South Michigan Street
South Bend, IN 46613
(574) 233-5433
1-888-411-LIFE

1332 W. Indiana Ave
Elkhart, IN 46516
(574) 389-8080
1-866-695-LIFE

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

➤ Progress House

Website: <http://www.progresshouse.org/index.asp?p=21>

A long term sober living environment for men. No money is required for admission, but residents will be expected to gain employment and thereafter contribute a weekly rent of \$130. Residents must follow a strict code of rules and attend AA meetings as well as get a sponsor. Most men stay longer than 6 months. The program is primarily for indigent men, but others may be considered.

201 South Shelby St.
Indianapolis, IN 46202
317 637 9816

➤ Salvation Army West Central – ARC, Adult Recovery Centers

Website: <http://www.salvationarmyarc.org>

The Salvation Army Adult Rehabilitation Center ministries in the United States provide an in-residence rehabilitation program with a focus on basic necessities. Each beneficiary (program participant) is provided with a clean and healthy living environment, good food, work therapy, leisure time activities, group and individual counseling, spiritual direction, and resources to assist each person to develop life skills and a personal relationship with God as provided by Jesus Christ.

Anyone is welcome, as long as they are willing to participate in a Christian program of recovery and willing to work within the organization as they undergo treatment, as a way of funding their stay.

Salvation Army ARC rehabs generally run for 6 months or longer, you can get in for free and all of your food, shelter and clothing will be provided free of charge during this period.

The Salvation Army, providing sober sanctuary for those with nowhere else to go and changing lives for the better across the nation...The Salvation Army may be what you've been looking for.

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

*The Salvation Army's Harbor Light Center
Indianapolis, IN
317-972-1450*

*ARC - Indianapolis
711 E. Washington St.
Indianapolis, IN 46202
317-638-6585*

*ARC - Gary
1351 W. Eleventh Ave.
Gary, IN 46402
219-882-9377*

*ARC - Fort Wayne
427 W. Washington Blvd.
Fort Wayne, IN 46802
260-424-1655*

*ARC - South Bend
510-518 S. Main St.
South Bend, IN 46601
574-288-2539*

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Iowa

➤ Salvation Army West Central – ARC, Adult Recovery Centers

Website: <http://www.salvationarmyarc.org>

The Salvation Army Adult Rehabilitation Center ministries in the United States provide an in-residence rehabilitation program with a focus on basic necessities. Each beneficiary (program participant) is provided with a clean and healthy living environment, good food, work therapy, leisure time activities, group and individual counseling, spiritual direction, and resources to assist each person to develop life skills and a personal relationship with God as provided by Jesus Christ.

Anyone is welcome, as long as they are willing to participate in a Christian program of recovery and willing to work within the organization as they undergo treatment, as a way of funding their stay.

Salvation Army ARC rehabs generally run for 6 months or longer, you can get in for free and all of your food, shelter and clothing will be provided free of charge during this period.

The Salvation Army, providing sober sanctuary for those with nowhere else to go and changing lives for the better across the nation...The Salvation Army may be what you've been looking for.

ARC - Davenport
4001 N. Brady St.
Davenport, IA 52808
563-323-2748

ARC - Des Moines
133 E. Second St.
Des Moines, IA 46402
515-243-4277

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

➤ Oxford House Iowa

Website: <http://www.oxfordhouse.org>

A model of peer run recovery houses, in Iowa there are currently Oxford Houses for men and for women. Most normally used as a transitional home after a detox or a 28 day program. As a non-profit organization, residents are only expected to contribute to their fair share of the running of the house expenses, and since there are generally between 8-15 people per home, these monthly payments are low enough to be affordable to anyone who can work while in recovery. Residents must only abide by the rules of the home, but if they ever use drugs or alcohol while a resident they are immediately expelled from the house. Residents may stay as long as they need to, although most stay about 1 year.

725 5th Avenue
Council Bluffs, IA 51502
(712) 256-0714

Men

Oxford House - Loess Hills
200 South 1st Street
Council Bluffs, IA 51503
(712) 256-1954

Women

Oxford House - Nebraska Street
2931 Nebraska Street
Sioux City, IA 51104
(712) 224-4546

Women

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Kansas

➤ Oxford House Kansas

Website: <http://www.oxfordhouse.org>

A model of peer run recovery houses, in Kansas there are currently Oxford Houses for men and for women and women with children. Normally used as a transitional home after a detox or a 28 day program. As a non-profit organization, residents are only expected to contribute to their fair share of the running of the house expenses, and since there are generally between 8-15 people per home, these monthly payments are low enough to be affordable to anyone who can work while in recovery. Residents must only abide by the rules of the home, but if they ever use drugs or alcohol while a resident they are immediately expelled from the house. Residents may stay as long as they need to, although most stay about 1 year.

Oxford House - Antioch
9303 W. 82nd Terrace
Overland Park, KS 66204
(913) 648-5250

Men

Oxford House - Brougham
15830 W. 147th Street
Olathe, KS 66062
(913) 782-0931

Women

Oxford House - Chautauqua
149 N. Chautauqua Street
Wichita, KS 67214
(316) 681-0672

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

*Oxford House - College Hill
602 N. Fountain Street
Wichita, KS 67208
(316) 682-7218*

Men

*Oxford House - Cooper
1001 North Cooper Street
Olathe, KS 66061
(913) 768-0324*

Men

*Oxford House - Crossroads
1600 SW College Avenue
Topeka, KS 66604
(785) 234-3505*

Men

*Oxford House - Dalton
903 N. Fifth Avenue
Dodge City, KS 67801
(620) 225-2303*

Men

*Oxford House - Dalton-Two
903 1/2 North 5th Avenue
Dodge City, KS 67801
(620) 338-8247*

Men

*Oxford House - Elmhurst
921 College Avenue
Topeka, KS 66606
(785) 233-1150*

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Fairway
5914 Granada
Fairview, KS 66205
(913) 831-0143

Men

Oxford House - Free State
761 Lauren Street
Lawrence, KS 66044
(785) 331-4680

Men

Oxford House - Freeman
8000 Freeman Avenue
Kansas City, KS 66112
(913) 334-4876

Men

Oxford House - Gilbert
5506 East Gilbert Street
Wichita, KS 67218
(316) 686-3531

Men

Oxford House - Green
147 S. Green
Wichita, KS 67211
(316) 683-0036

Men

Oxford House - Greystone
334 SW Harrison Street
Topeka, KS 66603
(785) 354-1154

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

*Oxford House - Gunsmoke
1611 North Second Street
Dodge City, KS 67801
(620) 225-7676*

Men

*Oxford House - Hutchinson
16 East 12th Avenue
Hutchinson, KS 67501
(316) 662-9133*

Men

*Oxford House - Iris
2235 Tennessee Street
Lawrence, KS 66044
(785) 856-1450*

Women

*Oxford House - Johnson Drive
9800 Johnson Drive
Merriam, KS 66203
(913) 677-2612*

Men

*Oxford House - Lane
1730 Southwest Washburn
Topeka, KS 66604
(785) 235-2917*

Men

*Oxford House - Lawrence One
1620 West 19th Terrence
Lawrence, KS 66046
(785) 842-1621*

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

*Oxford House - Lincoln Street
1211 South Main Street
Wichita, KS 67213
(316) 262-2380*

Men

*Oxford House - Meadowlane
1912 South Oliver Street
Wichita, KS 67218-4211
(316) 681-7454*

Men

*Oxford House - Nieman
11004 West 49th Street
Merriam, KS 66203
(913) 631-5909*

Women

*Oxford House - North Ash
301 N. Ash Street
Wichita, KS 67214
(316) 269-2928*

Men

*Oxford House - Olathe
1409 E. Cambridge Street
Olathe, KS 66062
(913) 768-1009*

Men

*Oxford House - Oliver
246 North Oliver Street
Wichita, KS 67208
(316) 652-2460*

Women

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Pflumm
11900 S. Pflumm Road
Olathe, KS 66062
(913) 780-4028

Men

Oxford House - Pitkin
5627 Pitkin
Kansas City, KS 66106
(913) 287-1855

Men

Oxford House - Richmond Riverside
1131 North Richmond
Wichita, KS 67218
(316) 806-8199

Men

Oxford House - Santa Fe
6312 Santa Fe Drive
Overland Park, KS 66202
(913) 384-9134

Men

Oxford House – Summertree
16301 West 144th Street
Olathe, KS 66062
(913) 393-9900

Women w/Children House

Oxford House - South Main
915 South Main Street
Wichita, KS 67213
(316) 260-8826

Women

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

*Oxford House - Terrace
8012 West 64th Terrace
Merriam, KS 66202
(913) 677-6751*

Men

*Oxford House - Turner
1627 South 52nd Terrace
Kansas City, KS 66106
(913) 328-1966*

Men

*Oxford House - Unity
1531 Topeka Boulevard
Topeka, KS 66606
(785) 357-7533*

Men

*Oxford House - Village
7719 Mission Road
Prairie Village, KS 66201
(913) 648-1801*

Women

*Oxford House - Waco
1158 Waco Street
Wichita, KS 67203
(316) 263-2441*

Men

*Oxford House - Walnut
115 S. Walnut Street
Olathe, KS 66062
(913) 780-3216*

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Washburn

5401 SW 28th Street

Topeka, KS 66614

(785) 228-3868

Men

Oxford House - Wedgewood

1055 W. 31st Street North

Wichita, KS 67204

(316) 838-1392

Men

Oxford House - Willow Park

728 SW College Avenue

Topeka, KS 66604

(785) 235-0397

Women

Oxford House - Woodchuck

1706 Woodchuck

Wichita, KS 67212

(316)-260-3270

Men

Oxford Houses of Kansas

State Chapter

PO Box 2624

Mission, KS 66201-2624

(913) 722-0367

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Kentucky

➤ Oxford House Kentucky

Website: <http://www.oxfordhouse.org>

A model of peer run recovery houses, in Kentucky there are currently Oxford Houses for men and for women. Normally used as a transitional home after a detox or a 28 day program. As a non-profit organization, residents are only expected to contribute to their fair share of the running of the house expenses, and since there are generally between 8-15 people per home, these monthly payments are low enough to be affordable to anyone who can work while in recovery. Residents must only abide by the rules of the home, but if they ever use drugs or alcohol while a resident they are immediately expelled from the house. Residents may stay as long as they need to, although most stay about 1 year.

Oxford House - Capital City
3355 Lawrenceburg Road
Frankfort, KY 40601
(502) 607-0546

Men

Oxford House - Greenup
1213 Greenup Street
Covington, KY 41011
(859) 581-3005

Men

Oxford House - Mansion Hill
400 E Fourth Street
Newport, KY 41071
(859) 261-4600

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Marquis
440 Marquis Avenue
Lexington, KY 40502
(859) 269-3226

Men

Oxford House - Maxwell
431 E. Maxwell Street
Lexington, KY 40508
(859) 523-3026

Men

Oxford House - North 20th Street
322 North 20th Street
Louisville, KY 40203
(502) 384-7499

Men

Oxford House - Rose 2000
810 Philadelphia Street
Covington, KY 41011
(859) 491-4435

Women

Oxford House - Saint Catherine
723 West Saint Catherine Street
Louisville, KY 40203
(502) 384-1248

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Louisiana

➤ Oxford House Louisiana

Website: <http://www.oxfordhouse.org>

A model of peer run recovery houses, in Louisiana there are currently Oxford houses for men and for women. Normally used as a transitional home after a detox or a 28 day program. As a non-profit organization, residents are only expected to contribute to their fair share of the running of the house expenses, and since there are generally between 8-15 people per home, these monthly payments are low enough to be affordable to anyone who can work while in recovery. Residents must only abide by the rules of the home, but if they ever use drugs or alcohol while a resident they are immediately expelled from the house. Residents may stay as long as they need to, although most stay about 1 year.

Oxford House - Acadiana

104 Parduton Street

Lafayette, LA 70501

(337) 504-4521

Men

Oxford House - Bayou

2000 Filhiol Street

Monroe, LA 71203

(318) 342-9320

Men

Oxford House - Calcasieu

1801 18th Street

Lake Charles, LA 70601

(337) 474-1900

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

*Oxford House - Canal
122 N. Jefferson Davis Parkway
New Orleans, LA
(504) 373-6001*

Men

*Oxford House - Clearview
1802 Clearview Parkway
Metairie, LA 70001
(504) 304-0528*

Men

*Oxford House - Coleman
305 Ludwig Street
West Monroe, LA 71291
(318) 322-9208*

Men

*Oxford House - Dulles
1105 Marie Antonite
Lafayette, LA 70601
(337) 981-5109*

Men

*Oxford House - Essen
8944 Jefferson Hwy
Baton Rouge, La. 70809
(225) 928-5117*

Men

*Oxford House - Gilbert
216 Gilbert Drive
Shreveport, LA 71101
(318) 798-7123/ **Women***

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

*Oxford House - Greenway
2203 Magnolia Lane
Alexandria, LA 71301
(318) 767-2487*

Men

*Oxford House - Gretna
3217 Mallard Street
Gretna, LA 70056
(504) 281-4418*

Men

*Oxford House - Old Hammond
1739 Sherwood Forest Blvd.
Baton Rouge, LA 70815
(225) 275-8822*

Men

*Oxford House - Harrell
317 Harrell Street
Lafayette, LA 70503
(337) 706-8245*

Women

*Oxford House - Kenner
4157 Ole Miss Drive
Kenner, LA 70065
(504) 712-1879*

Women

*Oxford House - Jones Creek
5613 S. Allegheny Court
Baton Rouge, LA 70817
225-753-4105*

Women

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Lafayette
107 New Castle Street
Lafayette, LA 70503
(337) 984-8247

Men

Oxford House - Lake Charles
2201 Winnie Street
Lake Charles, LA 70601
(337) 439-3911

Men

Oxford House - Le Grand
241 Grand Avenue
Lafayette, LA 70503
(337) 981-6826

Men

Oxford House - Maplewood
116 Maplewood Street
Lafayette, LA 70503
(337) 984-4535

Women

Oxford House - Milmar
3925 Howard Street
Alexandria, LA 71303
(318) 767-0252

Women

Oxford House - Oak Park
115 Lee Street
Lake Charles, LA 70601
(337) 479-2625

Women

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Ockley
318 Ockley Drive
Shreveport, LA 71105
(318) 869-4307

Men

Oxford House - Olive
329 Olive Street
Shreveport, LA 71104
(318) 221-8444

Men

Oxford House - Ormandy
1867 Ormandy Drive
Baton Rouge, LA 70808
(225) 216-9400

Women

Oxford House - Red River
1605 Magnolia Drive
Alexandria, LA 71301
(318) 473-4242

Men

Oxford House - Roma
270 Southfield Road
Shreveport, LA 71105
(318) 861-2828

Women

Oxford House - Southfield
236 Southfield Road
Shreveport, LA 71105
(318) 865-9585

Women

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - St. Thomas
849 Sherwood Forest
Baton Rouge, LA 70815
(504) 274-1857

Men

Oxford House - Uptown
1536 Constance Street
New Orleans, LA 70130
(504) 301-1146

Men

Oxford House - Windsor
4601 Windsor
Metairie, LA 70001
(504) 304-3490

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Maine

➤ **Salvation Army Eastern Territory – ARC, Adult Recovery Centers**

Website: <http://www.salvationarmyarc.org>

The Salvation Army Adult Rehabilitation Center ministries in the United States provide an in-residence rehabilitation program with a focus on basic necessities. Each beneficiary (program participant) is provided with a clean and healthy living environment, good food, work therapy, leisure time activities, group and individual counseling, spiritual direction, and resources to assist each person to develop life skills and a personal relationship with God as provided by Jesus Christ.

Anyone is welcome, as long as they are willing to participate in a Christian program of recovery and willing to work within the organization as they undergo treatment, as a way of funding their stay.

Salvation Army ARC rehabs generally run for 6 months or longer, you can get in for free and all of your food, shelter and clothing will be provided free of charge during this period.

The Salvation Army, providing sober sanctuary for those with nowhere else to go and changing lives for the better across the nation...The Salvation Army may be what you've been looking for.

ARC - Portland
88 Preble Street
Portland, ME 04101
(207)774-7818

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

➤ Oxford House Maine

Website: <http://www.oxfordhouse.org>

A model of peer run recovery houses, in Maine there are currently Oxford houses for men only. Normally used as a transitional home after a detox or a 28 day program. As a non-profit organization, residents are only expected to contribute to their fair share of the running of the house expenses, and since there are generally between 8-15 people per home, these monthly payments are low enough to be affordable to anyone who can work while in recovery. Residents must only abide by the rules of the home, but if they ever use drugs or alcohol while a resident they are immediately expelled from the house. Residents may stay as long as they need to, although most stay about 1 year.

Oxford House - Longfellow
7 Sherman Street, 2nd Floor
Portland, ME 04101
(207) 899-2837
Men

Oxford House - MacLachlan
17 Sherman Street, Apt. #2
Portland, ME 04101
(207) 899-3046
Men

Oxford House - Montgomery
7 Sherman Street, 3rd Floor
Portland, ME 04101
(207) 899-2700
Men

Oxford House - Westbrook
15 Sherman Street
Portland, ME 04101
(207) 775-9828
Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Maryland

➤ Helping Up Mission

Website: <http://www.helpingupmission.org>

1 year, long stay residential program for Men. Free for those in need. Christian recovery, daily 12 steps classes, work therapy, mandatory educational classes and vocational training. Assistance in finding an employment after 6 months in the program, and aftercare assistance.

Contact through website

➤ Salvation Army Southern Territory – ARC, Adult Recovery Centers

Website: <http://www.salvationarmyarc.org>

The Salvation Army Adult Rehabilitation Center ministries in the United States provide an in-residence rehabilitation program with a focus on basic necessities. Each beneficiary (program participant) is provided with a clean and healthy living environment, good food, work therapy, leisure time activities, group and individual counseling, spiritual direction, and resources to assist each person to develop life skills and a personal relationship with God as provided by Jesus Christ.

Anyone is welcome, as long as they are willing to participate in a Christian program of recovery and willing to work within the organization as they undergo treatment, as a way of funding their stay.

Salvation Army ARC rehabs generally run for 6 months or longer, you can get in for free and all of your food, shelter and clothing will be provided free of charge during this period.

The Salvation Army, providing sober sanctuary for those with nowhere else to go and changing lives for the better across the nation...The Salvation Army may be what you've been looking for.

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

MAJOR DAN DELANEY
The Salvation Army
2700 W Patapsco Ave
Baltimore MD 21230-2702
410/ 525-0530

MAJOR PAUL MCFARLAND
Washington DC/Baltimore
& Suburban Maryland
The Salvation Army
3304 Kenilworth Ave
Hyattsville MD 20781
All Mail P O Box 444
Bladensburg MD 20710-0444
301/ 277-7878

➤ Oxford House Maryland

Website: <http://www.oxfordhouse.org>

A model of peer run recovery houses, in Maryland there are currently Oxford Houses for men and for women. Normally used as a transitional home after a detox or a 28 day program. As a non-profit organization, residents are only expected to contribute to their fair share of the running of the house expenses, and since there are generally between 8-15 people per home, these monthly payments are low enough to be affordable to anyone who can work while in recovery. Residents must only abide by the rules of the home, but if they ever use drugs or alcohol while a resident they are immediately expelled from the house. Residents may stay as long as they need to, although most stay about 1 year.

Oxford House - Ammendale
4915 Lincoln Avenue
Beltsville, MD 20705
(301) 931-1747
Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Annapolis
699 Bestgate Road
Annapolis, MD 21401
(410) 266-8944

Men

Oxford House - Autoville
9626 Autoville Drive
College Park, MD 20740
(301) 345-5047

Women

Oxford House - Barre
808 W. Barre Street
Baltimore, MD 21230
(410) 528-0576

Men

Oxford House - Bayside
611 Lakeside Drive
Salisbury, MD 21801
(410) 749-8748

Women

Oxford House - Bethesda
9911 Old Georgetown Road
Bethesda, MD 20814
(301) 896-4301

Men

Oxford House - Cardinal
4705 Cardinal Avenue
Beltsville, MD 20705
(301) 937-5373

Women

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Carey Branch
8019 Carey Branch Place
Fort Washington, MD 20744-4432
(301) 839-6771

Men

Oxford House - Cedar Ridge
4519 Powder Mill Road
Beltsville, MD 20705
(301) 931-1854

Men

Oxford House - Charmuth
115 Charmuth Road
Lutherville, MD 21093
(410) 560-2030

Men

Oxford House - Cherry Hill
4801 Cherry Hill Road
College Park, MD 20740
(301) 345-5743

Men

Oxford House - Cheverly
1812 64th Avenue
Hyattsville, MD 20785-3811
(301) 341-3522

Men

Oxford House - Eades Street
4609 Eades Street
Rockville, MD 20853
(301) 946-7587

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Emack
4525 Broad Blvd
Beltsville, MD 20705
(301) 595-3017

Women

Oxford House - Emani
4232 Powder Mill Road
Beltsville, MD 20705
(301) 595-8880

Men

The Oxford House - First Rising
505 Drum Street
Capitol Heights, MD 20743
(301) 967-4116

Women

Oxford House - Fredale
3405 Fredale Street
Silver Spring, MD 20906
(301) 942-7111

Men

Oxford House - Horizon Run
9515 Horizon Run Road
Gaithersburg, MD 20879
(301) 869-6215

Men

Oxford House - Howard Avenue
4810 Howard Avenue
Beltsville, MD 20705
(240) 297-9118

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Lanvale
1319 West Lanvale Street
Baltimore, MD 21217

Women

Oxford House - Madison
4011 Madisov Street
Hyattsville, MD 20718
(301) 864-0518

Men

Oxford House - Magnolia
3201 Magnolia Avenue
Baltimore, MD 21227
(410) 355-5797

Men

Oxford House - Middle Brook
12610 Black Saddle Lane
Germantown, MD 20876
(240) 686-1597

Men

Oxford House - Milford
4225 Old Milford Mill Road
Pikesville, MD 21208
(410) 833-5577

Men

Oxford House - Olney
12918 Autumn Drive
Silver Spring, MD 20904
(301) 879-7273

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Powder Mill
4515 Greenwood Road
Beltsville, MD 20705
(301) 595-2454

Men

Oxford House - Powder Mill II
4522 Powder Mill Road
Beltsville, MD 20705
(301) 937-4772

Men

Oxford House - Quimby
4904 Quimby Avenue
Beltsville, MD 20705
(301) 595-4224

Men

Oxford House - Riggs Road
8618 Riggs Road
Hyattsville, MD 20783-2135
(301) 439-1055

Men

Oxford House - Rock Creek
9305 Old Georgetown Rd
Bethesda, MD 20814-1620
(301) 871-3434

Men

Oxford House - Seat Pleasant
2378 Anvil Lane
Temple Hills, MD 20743
(301) 350-0980

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Severna Park
512 Evergreen Road
Severna Park, MD 21146
(410) 975-9238

Men

Oxford House - Silver Spring
918 N. Belgrade Road
Silver Spring, MD 20902
(301) 754-1562

Women

Oxford House - St. Paul
2704 Saint Paul Street
Baltimore, MD 21218-4332
(410) 467-0320

Men

Oxford House - Stoneham Court
6226 Stoneham Court
Bethesda, MD 20817
(301) 530-2983

Women

Oxford House - Walden
2122 Mura Street
Baltimore, MD 21213-3323
(410) 534-9174

Men

Oxford House - Weeping Willow
10815 Weeping Willow Lane
Beltsville, MD 20705
(301) 595-3630

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - West Avenue
2708 West Avenue
District Heights, MD 20741
(301) 568-9888
Men

Massachusetts

➤ Boston Rescue mission

Website: http://www.brm.org/index.aspx?sec_id=14&page_id=238&page_url=

Long term Christian based residential program, provided free of charge, normally after substance abusers come through a state funded detox. Substance abuse treatment, mental health services, anger management treatment, employment assistance, job training, housing assistance, and financial management assistance. In addition, clients participate in classes on living independently, repairing broken relationships, and improving social skills.

39 Kingston Street
Boston, MA 02111-2208
617 338 9000

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

➤ **Salvation Army Eastern Territory – ARC, Adult Recovery Centers**

Website: <http://www.salvationarmyarc.org>

The Salvation Army Adult Rehabilitation Center ministries in the United States provide an in-residence rehabilitation program with a focus on basic necessities. Each beneficiary (program participant) is provided with a clean and healthy living environment, good food, work therapy, leisure time activities, group and individual counseling, spiritual direction, and resources to assist each person to develop life skills and a personal relationship with God as provided by Jesus Christ.

Anyone is welcome, as long as they are willing to participate in a Christian program of recovery and willing to work within the organization as they undergo treatment, as a way of funding their stay.

Salvation Army ARC rehabs generally run for 6 months or longer, you can get in for free and all of your food, shelter and clothing will be provided free of charge during this period.

The Salvation Army, providing sober sanctuary for those with nowhere else to go and changing lives for the better across the nation...The Salvation Army may be what you've been looking for.

*ARC - Springfield
327 Liberty Street
Springfield, MA 01101
(413)785-1921*

*ARC - Worcester
72 Cambridge Street
Worcester, MA 01603
(508)799-0520*

*ARC - Boston
209 Broadway - Route 1
Saugus, MA 01906
(781)231-0803*

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

ARC - Brockton
281 North Main Street
Brockton, MA 02301
(508)586-1187

➤ **Oxford House Massachusetts**

Website: <http://www.oxfordhouse.org>

A model of peer run recovery houses, in Massachusetts there are currently Oxford Houses for men and for women. Normally used as a transitional home after a detox or a 28 day program. As a non-profit organization, residents are only expected to contribute to their fair share of the running of the house expenses, and since there are generally between 8-15 people per home, these monthly payments are low enough to be affordable to anyone who can work while in recovery. Residents must only abide by the rules of the home, but if they ever use drugs or alcohol while a resident they are immediately expelled from the house. Residents may stay as long as they need to, although most stay about 1 year.

Oxford House - Harriet Street
65 Harriet Street
Springfield, MA 01107
(413) 747-7748

Men

Oxford House - Laval Street
22 Laval Street
Hyde Park, MA 02136
(617) 276-3251

Women

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Lowell
23 Lenox Street
Lowell, MA 01852
(508) 453-2744

Men

Oxford House - Lynn
181 N Common Street
Lynn, MA 01905-2506
(781) 596-9666

Men

Oxford House - Lynn Common
183 N Common Street
Lynn, MA 01905
(781) 747-7748

Women

Oxford House - Oak Grove
179 Mt. Vernon Street
Malden, MA 02148
(781) 322-5572

Men

Oxford House - Pioneer
109 Federal Street
Springfield, MA 01105
(413) 733-7011

Men

Oxford House - Westwood Road
1 Westwood Road
Plymouth, MA 02360
(508) 747-7291

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Michigan

➤ Salvation Army West Central – ARC, Adult Recovery Centers

Website: <http://www.salvationarmyarc.org>

The Salvation Army Adult Rehabilitation Center ministries in the United States provide an in-residence rehabilitation program with a focus on basic necessities. Each beneficiary (program participant) is provided with a clean and healthy living environment, good food, work therapy, leisure time activities, group and individual counseling, spiritual direction, and resources to assist each person to develop life skills and a personal relationship with God as provided by Jesus Christ.

Anyone is welcome, as long as they are willing to participate in a Christian program of recovery and willing to work within the organization as they undergo treatment, as a way of funding their stay.

Salvation Army ARC rehabs generally run for 6 months or longer, you can get in for free and all of your food, shelter and clothing will be provided free of charge during this period.

The Salvation Army, providing sober sanctuary for those with nowhere else to go and changing lives for the better across the nation...The Salvation Army may be what you've been looking for.

ARC - Flint
2200 N. Dort Highway
Flint, MI 48506-2941
810-234-2678

ARC - Grand Rapids
1491 S. Division Ave.
Grand Rapids, MI 49507-1601
616-452-3133

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

*ARC - Romulus
5931 Middlebelt Rd.
Romulus, MI 48174-4205
734-729-3939*

*ARC - Detroit
1627 W.Fort St.
Detroit, MI 48216-1914
313-965-7760*

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Minnesota

➤ Salvation Army West Central – ARC, Adult Recovery Centers

Website: <http://www.salvationarmyarc.org>

The Salvation Army Adult Rehabilitation Center ministries in the United States provide an in-residence rehabilitation program with a focus on basic necessities. Each beneficiary (program participant) is provided with a clean and healthy living environment, good food, work therapy, leisure time activities, group and individual counseling, spiritual direction, and resources to assist each person to develop life skills and a personal relationship with God as provided by Jesus Christ.

Anyone is welcome, as long as they are willing to participate in a Christian program of recovery and willing to work within the organization as they undergo treatment, as a way of funding their stay.

Salvation Army ARC rehabs generally run for 6 months or longer, you can get in for free and all of your food, shelter and clothing will be provided free of charge during this period.

The Salvation Army, providing sober sanctuary for those with nowhere else to go and changing lives for the better across the nation...The Salvation Army may be what you've been looking for.

ARC - Minneapolis
900 N. Fourth St.
Minneapolis, MN 55401
(413)785-1921

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

➤ Oxford House Minnesota

Website: <http://www.oxfordhouse.org>

A model of peer run recovery houses, in Minnesota there are currently Oxford houses for men only. Normally used as a transitional home after a detox or a 28 day program. As a non-profit organization, residents are only expected to contribute to their fair share of the running of the house expenses, and since there are generally between 8-15 people per home, these monthly payments are low enough to be affordable to anyone who can work while in recovery. Residents must only abide by the rules of the home, but if they ever use drugs or alcohol while a resident they are immediately expelled from the house. Residents may stay as long as they need to, although most stay about 1 year.

Oxford House-Ashland
1078 Ashland Avenue
St. Paul, MN 55104
(651) 224-0896

Men

Oxford House-Cherokee Heights
363 King Street West
St. Paul, MN 55107
(651) 330-5768

Men

Oxford House-Grand Avenue
577 Grand Ave.
Minneapolis, MN 55413-1303
(651) 221-0957

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House-Grand Oaks
575 Grand Avenue
St. Paul, MN 55102-2611
(651) 228-3012
Men

Mississippi

➤ Home of Grace

Website: <http://www.homeofgrace.org/index.html>

Established in 1965, this Christian recovery program has treated over 35,000 men, women and children. A 3 months faith based program, the total cost is \$3,600 for the entire period, individual and group therapy, vocational and educational training, bible study and chapel. Sports and recreation.

P.O. Box 5009
Vancleave, MS 39565
228-826-5283

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Missouri

➤ Salvation Army West Central – ARC, Adult Recovery Centers

Website: <http://www.salvationarmyarc.org>

The Salvation Army Adult Rehabilitation Center ministries in the United States provide an in-residence rehabilitation program with a focus on basic necessities. Each beneficiary (program participant) is provided with a clean and healthy living environment, good food, work therapy, leisure time activities, group and individual counseling, spiritual direction, and resources to assist each person to develop life skills and a personal relationship with God as provided by Jesus Christ.

Anyone is welcome, as long as they are willing to participate in a Christian program of recovery and willing to work within the organization as they undergo treatment, as a way of funding their stay.

Salvation Army ARC rehabs generally run for 6 months or longer, you can get in for free and all of your food, shelter and clothing will be provided free of charge during this period.

The Salvation Army, providing sober sanctuary for those with nowhere else to go and changing lives for the better across the nation...The Salvation Army may be what you've been looking for.

ARC - Kansas City
1351 E. 10th St.
Kansas City, MO 64106
816-421-5434

ARC - St. Louis
3949 Forest Park Ave.
St. Louis, MO 63108
314-535-0057

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

➤ Oxford House Missouri

Website: <http://www.oxfordhouse.org>

A model of peer run recovery houses, in Missouri there are currently Oxford Houses for men and for women. Normally used as a transitional home after a detox or a 28 day program. As a non-profit organization, residents are only expected to contribute to their fair share of the running of the house expenses, and since there are generally between 8-15 people per home, these monthly payments are low enough to be affordable to anyone who can work while in recovery. Residents must only abide by the rules of the home, but if they ever use drugs or alcohol while a resident they are immediately expelled from the house. Residents may stay as long as they need to, although most stay about 1 year.

Oxford House - Alhambra
107 East Alhambra Drive
Columbia, MO 65203
(573) 443-2640
Men

Oxford House - Allendale
3127 Meramec Street
St Louis, MO 63118
(314) 353-5823
Men

Oxford House - Bicknell
104 Bicknell Street
Columbia, MO 65203
(573) 442-7084
Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Blue Hills
1832 East 49th Street
Kansas City, MO 64130-2511
(816) 921-1012

Men

Oxford House - Brookwood Avenue
5123 Brookwood Avenue
Kansas, MO 64110
(816) 861-2176

Women

Oxford House - Calico
2504 Calico Street
Columbia, MO 65202
(573) 474-0035

Men

Oxford House - Catalina
1674 S Catalina
Springfield, MO 65807
(417) 887-7783

Men

Oxford House - Chippewa
6408 Chippewa Street
St. Louis, MO 63109
(314) 353-2771

Men (Veteran's)

Oxford House - Clayton Road
6957 Clayton Road
St. Louis, MO 63110
(314) 863-7669

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Cougar
600 Rogers Street
Columbia, MO 65203
(573) 442-2330

Men

Oxford House - Elliott
220 Elliott Avenue
Columbia, MO 65201
(573) 256-8501

Women

Oxford House - Fairview
2171 Highway 61
Festus, MO 63028
(636) 937-2514

Men

Oxford House - Felix
1419 Felix Street
St Joseph, MO 64501
(816) 232-4773

Men

Oxford House - Gravois
3943 Gravois Avenue
St. Louis, MO 63116
(314) 772-1303

Men

Oxford House - Harrison
26 East Concord Avenue
Kansas City, MO 64112
(816) 237-1925

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Hillcrest
9615 Fremont Avenue
Kansas City, MO 64134
(816) 761-3948

Men

Oxford House - Holmes
2741 Holmes Street
Kansas City, MO 64108
(816) 842-1634

Men

Oxford House - Hubble
105 Hubble Street
Columbia, MO 65201
(573) 499-0202

Women

Oxford House - Humphrey
3542 Humphrey
St. Louis, MO 63118
(314) 865-2928

Men

Oxford House - Hynes
307 Hynes Street
West Plains, MO 65775
(417) 257-0157

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Jarman
4506 South Grand Boulevard
St. Louis, MO 63118
(314) 351-1567

Women

Oxford House - Jewell
111 Benton Street
Columbia, MO 65203
(573) 256-4831

Women

Oxford House - Karnes
3734 Walnut Avenue
Kansas City, MO 64109
(816) 931-6731

Women

Oxford House - Kensington
5058 Kensington Avenue
St. Louis, MO 63108
(314) 367-7962

Men

Oxford House - Kerr
953 W. Kerr Street
Springfield, MO 65803
(417) 864-6316

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Leslie
19 East Leslie Street
Columbia, MO 65202
(573) 256-5221

Men

Oxford House - Lusher
11876 Lusher Road
St. Louis, MO 63138
(314) 741-7536

Men

Oxford House - Marlboro
1410 E 77th Terrace
Kansas City, MO 64131
(816) 333-2267

Men

Oxford House - McCausland
2017 McCausland Avenue
St. Louis, MO 63143
(314) 644-0971

Men

Oxford House - McDonough
527 McDonough Street
St. Charles, MO 63303
(636) 947-6730

Men

Oxford House - Michigan
7127 Michigan Avenue
St. Louis, MO 63111
(314) 351-2712

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Moffett
529 Moffett Street
Joplin, MO 65801
(417) 623-4347

Men

Oxford House - Monitor
3633 Meramec Street
St. Louis, MO 63116
(314) 752-1213

Women

Oxford House - Montana
3655 Montana Street
St. Louis, MO 63116
(314) 351-2064

Men

Oxford House - Mount Branson
1154 East Hwy. 76
Branson, MO 65616
(417) 334-4696

Men

Oxford House - Museum Hill
1210 Felix Street
St Joseph, MO 64501
(816) 676-2323

Women

Oxford House - Nelwood
2501 Nelwood Drive
Columbia, MO 65202-2526
(573) 814-0888

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - North Grant
2555 Grant Street
Springfield, MO 65803
(417) 863-0244

Men

Oxford House - Oak Lake
11100 Oak Lake Court
St Louis MO 63147
(314) 432-5514

Women's house

Oxford House - Osage Street
2715 Osage Street
St. Louis, MO 63118
(314) 772-6771

Women

Oxford House - Pierce
805 East dale Street
Springfield, MO 65803
(417) 866-1126

Women

Oxford House - Pinewood
115 Pinewood Avenue
Columbia, MO 65203
(573) 234-7449

Women

Oxford House - Pioneer Drive
3401 Pioneer Drive
Columbia, MO 65202
(573) 234-7986

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Portis
4430 Arsenal Street
St. Louis, MO 63118
(314) 776-5828

Men

Oxford House - Proctor
314 Proctor Drive
Columbia, MO 65201
(573) 874-9610

Men

Oxford House - Quail
2614 Quail Street
Columbia, MO 65202
(573) 814-3900

Men

Oxford House - Rockhill
5632 Charlotte
Kansas City, MO 64110
(816) 822-7134

Men

Oxford House - Raytown
8506 Westridge Road
Raytown, MO 64138
(000) 000-0000

Men

Oxford House - Shenandoah
720 Shenandoah Ave.
St. Louis, MO 63104
(314) 776-4883

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Sondra
921 Sondra Street
Columbia, MO 65203
(573) 875-5721

Men

Oxford House - St. Charles
225 North Fifth Street
St. Charles, MO 63301
(636) 940-0767

Men

Oxford House - St. Joseph
507 S. Tenth Street
St. Joseph, MO 64501
(816) 232-8988

Men

Oxford House - Truman
400 South Hocker Street
Independence, MO 64050
(816) 833-0222

Men

Oxford House - United
1558 Cherokee Street
Springfield, MO 65807
(417) 866-1183

Men

Oxford House - Wall
1422 South Wall Avenue
Joplin, MO 64801
(417) 623-8974

Women

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

*Oxford House - West Broadway
2404 West Broadway
Columbia, MO 65203
(573) 445-3699*

Women

*Oxford House - Willowbrook
2201 Willowbrook Court
Columbia, MO 65203
(573) 474-0741*

Men

*Oxford House - Winfield
60 Franke Drive
Winfield, MO 63389
(636) 566-6258*

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Montana

➤ Oxford House Montana

Website: <http://www.oxfordhouse.org>

A model of peer run recovery houses, in Montana there are currently Oxford houses for men. Normally used as a transitional home after a detox or a 28 day program. As a non-profit organization, residents are only expected to contribute to their fair share of the running of the house expenses, and since there are generally between 8-15 people per home, these monthly payments are low enough to be affordable to anyone who can work while in recovery. Residents must only abide by the rules of the home, but if they ever use drugs or alcohol while a resident they are immediately expelled from the house. Residents may stay as long as they need to, although most stay about 1 year.

Oxford House Montana

Oxford House - Copper
115 E. Broadway Street
Butte, MT 59701
406-723-1168

Men

Oxford House - Ninth Avenue
315 Ninth Avenue
Helena, MT 59601
(406) 495-9141

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Nebraska

➤ Columbus Rescue Mission

Website: <http://www.columbusrescuemission.org/NewLife.asp>

Free for men in need, for those with social assistance payments 300 a month. 1 year Christian based recovery program. Work programs and Christian counseling.

1471 25th Ave
Columbus, NE 68601
402 563 1096

➤ Intertribal Treatment Center

Website: <http://www.nuihc.com/intertribal.html>

A co-ed treatment center for Native Americans; uses clinical therapies as well as traditional Native American cultural healings to promote wellness. Payments are based on a sliding scale from income, and can be virtually free for those in real need. Treatment lasts about 40 days.

2240 Landon Court
Omaha, NE 68102
402 346 0902

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

➤ **Omaha Campus for Hope**

Website: <http://www.ccomaha.org/resources/faq.html>

Catholic charities run residential substance abuse program for men. The facility has 90 beds available, but does generally have a waiting list. Very low cost or free.

3300 North 60th Street
Omaha, NE 68104
(402) 554-0520

➤ **Salvation Army West Central – ARC, Adult Recovery Centers**

Website: <http://www.salvationarmyarc.org>

The Salvation Army Adult Rehabilitation Center ministries in the United States provide an in-residence rehabilitation program with a focus on basic necessities. Each beneficiary (program participant) is provided with a clean and healthy living environment, good food, work therapy, leisure time activities, group and individual counseling, spiritual direction, and resources to assist each person to develop life skills and a personal relationship with God as provided by Jesus Christ.

Anyone is welcome, as long as they are willing to participate in a Christian program of recovery and willing to work within the organization as they undergo treatment, as a way of funding their stay.

Salvation Army ARC rehabs generally run for 6 months or longer, you can get in for free and all of your food, shelter and clothing will be provided free of charge during this period.

The Salvation Army, providing sober sanctuary for those with nowhere else to go and changing lives for the better across the nation...The Salvation Army may be what you've been looking for.

ARC - Omaha
2551 Dodge St.
Omaha, NE 68131
402-342-4135

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

➤ Oxford House Nebraska

Website: <http://www.oxfordhouse.org>

A model of peer run recovery houses, in Nebraska there are currently Oxford Houses for men for women and for women with children. Normally used as a transitional home after a detox or a 28 day program. As a non-profit organization, residents are only expected to contribute to their fair share of the running of the house expenses, and since there are generally between 8-15 people per home, these monthly payments are low enough to be affordable to anyone who can work while in recovery. Residents must only abide by the rules of the home, but if they ever use drugs or alcohol while a resident they are immediately expelled from the house. Residents may stay as long as they need to, although most stay about 1 year.

Oxford House - Benson Garden

2538 N. 75th St.

Omaha, NE 68134

(402) 934-2018

Men

Oxford House - Blackstone

3562 Jones Street

Omaha, NE 68105

(402) 932-7094

Men

Oxford House - Bluejay

3416 Burt Street

Omaha, NE 68131

(402) 614-5716

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Castelar

2315 South 14th Street

Omaha, NE 68108

(402) 614-1809

Women with Children

Oxford House - Columbus Park

2553 Hickory Street

Omaha, NE 68135

(402) 884-0081

Men

Oxford House - Cook

6017 Pacific Street

Omaha, NE 68109-1517

(402) 558-0551

Veterans

Oxford House - Dundee Place

5107 Davenport

Omaha, NE 68132

(402) 991-9713

Men

Oxford House - E Street

2320 E Street

Omaha, NE 68107

(402) 738-9912

Women

Oxford House - Elmwood

5104 Pacific Street

Omaha, NE 68106

(402) 553-4283

Women

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Embassy Park
8909 Burt Street
Omaha, NE 68134
(402) 934-5235

Women

Oxford House - Farnham
3817 Farnum Street
Omaha, NE 68131
(402) 933-8671

Men

Oxford House - Keystone Trail
701 S. 75th Street
Omaha, NE 68114
(402) 933-8275

Men

Oxford House - Knox Place
3216 N. 48th Street
Lincoln, NE 68510
(402) 465-8817

Men

Oxford House - Lake Castle
7218 Lake Street
Omaha, NE 68134
(402) 991-3315

Women

Oxford House - Lincoln City
701 South 84th Street
Lincoln, NE 68510
(402) 484-6742

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Maenner Manor

9170 Charles Street

Omaha, NE 68114

(402) 991-6192

Men

Oxford House - Meadow View

2206 N. 99th Street

Omaha, NE 68134

(402) 502-6955

Women

Oxford House - Mutual

113 South 38th Street

Omaha, NE 68131

(402) 614-8594

(402) 932-1435

Women & Children

Oxford House - ParkView

1536 S. 20th Street

Lincoln, NE 68502

(402) 742-5965

Women & Children

Oxford House - Rosenblatt

4231 S. 12th Street

Omaha, NE 68137

(402) 504-4857

Women & Children

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - South Pointe

3703 U Street

Omaha, NE 68107

(402) 884-3959

Men

Oxford House - Standard Place

4525 Poppleton Avenue

Omaha, NE 68106

(402) 932-7348

Men

Oxford House - Spring Lake

4020 S. 23rd Street

Omaha, NE 68134

(402) 932-1579

Women

Oxford House - Spring Valley

7104 S. 36th Street

Omaha, NE 68117

(402) 614-1826

Men

Oxford House - Stockman

4532 S. 41st Street

Omaha, NE 68107

(402) 934-7412

Men

Oxford House - Twin Ridge

4219 Walnut Street

Omaha, NE 68105

(402) 556-7003

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - White lion II
1909 South 50th Avenue
Omaha, NE 68106
Women

Nevada

➤ Transitional Living Communities

Website: <http://www.transitionalliving.org/index.html>

Free to enter long term therapeutic community environment for both women and men. Resident's graduate through stages of the program, and are given more responsibilities and freedoms as they move up. Residents are expected to get a job and start to contribute a small amount each month. 12 steps, group counseling. Long term

210 N. 10th Street
Las Vegas, NV 89101
(702) 387-1331

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

New Hampshire

➤ Oxford House New Hampshire

Website: <http://www.oxfordhouse.org>

A model of peer run recovery houses, in New Hampshire there are currently Oxford houses for men only. Normally used as a transitional home after a detox or a 28 day program. As a non-profit organization, residents are only expected to contribute to their fair share of the running of the house expenses, and since there are generally between 8-15 people per home, these monthly payments are low enough to be affordable to anyone who can work while in recovery. Residents must only abide by the rules of the home, but if they ever use drugs or alcohol while a resident they are immediately expelled from the house. Residents may stay as long as they need to, although most stay about 1 year.

Oxford House - Abbott Street
8 Abbott Street
Nashua, NH 03062
(603) 521-7024
Men

Oxford House - Amethyst
18 Old Rochester Rd
Dover, NH 03820-2018
603-743-0991
Men

Oxford House - Manchester
133 Riddle Street Floor 2
Manchester, NH 03102
603-232-4754
Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

*Oxford House - North Brook
9 & 11 Brook Street
Manchester, NH 03101
000-000-0000
Men*

New Jersey

➤ Americas Keswick

Website: <http://www.americaskeswick.org/addiction/index.shtml>

120 day Christian recovery for men. Biblical study and 12 steps based, free but there is a 150 \$ non refundable application fee, and the waiting period for admission is generally about 8 weeks long.

*601 Route 530
Whiting NJ, 08759-3501
1800 453 7942*

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

➤ Atlantic City Rescue Mission

Website: <http://www.acrescuemission.org/aboutmission/programs/addiction.html>

Runs Christian based residential addictions care and therapies, including vocational and self sufficiency programs free of charge to both men and women in need. Primarily for homeless, but those in need may be able to access services, or get referrals to places that can and will take you in. Long term residential treatment.

2009 Bacharach Blvd
PO Box 5358
Atlantic City, NJ 08404

➤ Salvation Army East – ARC, Adult Recovery Centers

Website: <http://www.salvationarmyarc.org>

The Salvation Army Adult Rehabilitation Center ministries in the United States provide an in-residence rehabilitation program with a focus on basic necessities. Each beneficiary (program participant) is provided with a clean and healthy living environment, good food, work therapy, leisure time activities, group and individual counseling, spiritual direction, and resources to assist each person to develop life skills and a personal relationship with God as provided by Jesus Christ.

Anyone is welcome, as long as they are willing to participate in a Christian program of recovery and willing to work within the organization as they undergo treatment, as a way of funding their stay.

Salvation Army ARC rehabs generally run for 6 months or longer, you can get in for free and all of your food, shelter and clothing will be provided free of charge during this period.

The Salvation Army, providing sober sanctuary for those with nowhere else to go and changing lives for the better across the nation...The Salvation Army may be what you've been looking for.

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

ARC - Newark
65 Pennington Street
Newark, NJ 07105
(973)589-0370

ARC - Jersey City
248 Erie Street
Jersey City, NJ 07302
(201)653-3071

ARC - Paterson
31 Van Houten Street
Paterson, NJ 07505
(973)742-1126

ARC - Trenton
436 Mulberry Street
Trenton, NJ 08638
(609)599-9804

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

➤ Oxford House New Jersey

Websites: www.njoxfordhouse.org
<http://www.oxfordhouse.org>

A model of peer run recovery houses, in New Jersey there are currently Oxford Houses for men, for women and for women with children. Normally used as a transitional home after a detox or a 28 day program. As a non-profit organization, residents are only expected to contribute to their fair share of the running of the house expenses, and since there are generally between 8-15 people per home, these monthly payments are low enough to be affordable to anyone who can work while in recovery. Residents must only abide by the rules of the home, but if they ever use drugs or alcohol while a resident they are immediately expelled from the house. Residents may stay as long as they need to, although most stay about 1 year.

Oxford House - Absecon
809 New Jersey Avenue
Absecon, NJ 08201
(609) 383-1305

Men

Oxford House - Barrington
12 Lawrence Avenue
Barrington, NJ 08007
(856) 547-4785

Men

Oxford House - Bay Lea
1501 Parkview Boulevard
Manchester, NJ 08757
(732) 849-5065

Women w/Children House

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Bayside
1600 West Avenue
Ocean City, NJ 08226
(609) 398-9099

Men

Oxford House - Bellview Street
1428 Baird Blvd.
Camden, NJ 08103
(856) 964-0005

Women

Oxford House - Billings Avenue
729 Billings Avenue
Paulsboro, NJ 08066
(856) 816-5416

Men

Oxford House - Boardwalk
24 South Weymouth Avenue
Ventnor City, NJ 08406
(609) 428-7109

Men

Oxford House - Bradley Beach
601 Ocean Park Avenue
Bradley Beach, NJ 07720
(732) 774-0705

Men

Oxford House - Brick
127 Hollywood Court
Brick, NJ 08723
(732) 262-6446

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Cardinal Court

42 Cardinal Court

Lakewood, NJ 08701

(732) 534-5064

Women

Oxford House - Carnegie

68 Erdman Avenue

Princeton, NJ 08540

(609) 651-8348

Men

Oxford House - Cedar Broadway

10 Cedar Avenue

Westville, NJ 08093

(856) 456-9565

Women

Oxford House - Claire Drive

982 Hearthstone Drive

Lakewood, NJ 08701

(732) 276-7214

Men

Oxford House - Clairmont

847 Hearthstone Drive

Lakewood, NJ 08701

(732) 987-9924

Women

Oxford House - Clementon

58 Blackwood Road

Clementon, NJ 08021

(856) 784-7813

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Cuyler Avenue
1114 Hamilton Avenue
Trenton, NJ 08629
(609) 278-0115

Men

Oxford House - Disney
21 Disney Drive
Toms River, NJ 08755
(732) 608-9164

Women w/Children House

Oxford House - East Brunswick
7 Buck Road
East Brunswick, NJ 08816
(732) 387-8046

Men

Oxford House - East Rutherford
231 Hackensack Street
East Rutherford, NJ 07073
(201) 507-8424

Men

Oxford House - Elm Avenue
230 East Elm Avenue
Lindenwold, NJ 08021
(856) 782-1214

Men

Oxford House - Evesham
207 N.E. Atlantic Avenue
Magnolia, NJ 08049
(856) 258-6762

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

*Oxford House - 4th Avenue
410 4th Avenue
Ashbury Park, NJ 07712
(732) 988-7232*

Men

*Oxford House - 5th Avenue
704 Maple Avenue
Brick, NJ 08724
(732) 746-3264*

Women w/Children House

*Oxford House - Freehold
64 Brown Avenue
Freehold, NJ 07728
(732) 409-9951*

Men

*Oxford House – Forked River
546 Brentwood Road
Forked River, NJ 08731*

Men

*Oxford House - Hazelwood
68 Hazelwood Road
Bloomfield, NJ 07003
(973) 680-5504*

Men

*Oxford House - Hearthstone
854 Hearthstone Drive
Lakewood, NJ 08701
(732) 276-5437*

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

*Oxford House - Hiddenway
221 W. Linden Avenue
Lindenwold, NJ 08021
(856) 435-8230*

Men

*Oxford House - Hilltop
108 Hilltop Court
Cherry Hill, NJ 08001
(856) 751-3837*

Men

*Oxford House - Howell
18 Laurel Court
Howell, NJ 07731
(732) 276-5454*

Men

*Oxford House - Jersey City
332 Princeton Avenue
Jersey City, NJ 07305
(201) 433-2520*

Men

*Oxford House - Kendall Park
45 Donald Park
Kendall Park, NJ 08824
(732) 297-5970*

Women

*Oxford House - Kickapoo
1325 Roosevelt Blvd.
Vineland, NJ 08361
(856) 816-0728*

Women

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Kingston
4361 Highway 27
Princeton, NJ 08540
(609) 751-0278

Men

Oxford House - Lakewood
8 Henry Street
Lakewood, NJ 08722
(732) 367-5028

Men

Oxford House - Langford
38 Raritan Avenue
Port Reading, NJ 07064
(732) 527-0776

Women w/Children - 8

Oxford House - Logan Township
122 South Route 130
Logan Township, NJ 08085
(856) 467-6713

Men

Oxford House - Lookout Street
452 Compass Ave.
Beachwood, NJ 08722
(732) 281-0105

Men

Oxford House - Loch Arbor
7 Evergreen Place
Loch Arbor, NJ 07711
(732) 531-1294

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Logan Township
122 South Route 130
Logan Township, NJ 08085
(856) 467-6713

Men

Oxford House - Madison Court
307 Madison Court
Brick, NJ 08724
(732) 458-3593

Women

Oxford House - Matawan
7 Johnson Avenue
Matawan, NJ 07747
(732) 583-3672

Men

Oxford House - Milltown
255 Milltown Road
East Brunswick, NJ 08816
(732) 353-6111

Women w/Children

Oxford House - Montclair
21 Irving Street
Montclair, NJ 08024
(973) 746-4294

Men

Oxford House - Morristown
16 Jardine Road
Morristown, NJ 07960
(973) 998-5334

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Mountainside
1000 Springfield Avenue
Mountainside, NJ 08753
(908) 233-8130

Men

Oxford House - North Shore
355 North Shore Road
Absecon, NJ 08201
(609) 241-6713

Women w/Children

Oxford House - Ocean
5013 Winchester Avenue
Ventnor, NJ 08406
(609) 487-5999

Men

Oxford House - Peachfield
34 Peachfield Avenue
Willingboro, NJ 08046
(609) 835-1812

Men

Oxford House - Point of Woods
21 Darien Drive
Cherry Hill, NJ 08003
(856) 334-5465

Men

Oxford House - Rockefeller Park
1200 Medina Road
Lakewood, NJ 08701
(732) 942-7170

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Roosevelt

1380 Roosevelt Blvd.

Vineland, NJ 08361

(856) 457 5599

Men

Oxford House - Route 527

1643 Englishtown Road

Old Bridge, NJ 08857

(732) 234-6600

Men

Oxford House - Sicklerville

52 Stone Hollow Drive

Sicklerville, NJ 08081

(856) 262-0931

Men

Oxford House - Southport

20 Hampton Road

Howell, NJ 07731

(732) 276-7623

Men

Oxford House - South Toms River

51 Lakeview Avenue

South Toms River, NJ 08757

(732) 240-9535

Men

Oxford House - Spring Street

31 Spring Street

Freehold, NJ 07728

(732) 462-7270

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Stratford
318 Columbia Avenue
Stratford, NJ 08084
(856) 435-7708

Men

Oxford House - Summit
632 Summit Avenue
Westville, NJ 08093
(856) 456-1271

Women

Oxford House - The Gardens
1024 Central Avenue
Ocean City, NJ 08226
(609) 398-4011

Men

Oxford House - Vassar
50-52 Vassar Road
Audubon, NJ 08106
(856) 546-1750

Women

Oxford House - Ventnor
5015 Winchester Avenue
Ventnor, NJ 08406
(609) 317-4572

Men

Oxford House - Victorian
825 Wesley Avenue
Ocean City, NJ 08226
(609) 399-1559

Women

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

*Oxford House - Vineland
1435 North Maple Avenue
Vineland, NJ 08360
(856) 405-6754*

Men

*Oxford House - West Orange
1393 Pleasant Valley Way
West Orange, NJ 07052
(973) 669-4697*

Men

*Oxford House - West Ridge
24 West Ridge Road
Toms River, NJ 08753
(732) 608-9755*

Men

*Oxford House - Westside
241 Conover Street
Burlington, NJ 08016
(609) 239-8699*

Men

*Oxford House - Westville
200 Delsea Drive
Westville, NJ 08093
(856) 349-7685*

Men

*Oxford House - Willingboro
5 Bloomfield Lane
Willingboro, NJ 08046
(609) 835-2689*

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Winchester
308-310 Hampshire Drive
Ventnor, NJ 08406
(609) 823-4919

Women

Oxford House - Woodbrook
25 Woodbrook Drive
Marlboro, NJ 07747
(732) 970-5015

Men

Oxford House - Woodbury
323 Morris Street
Woodbury, NJ 08096
(856) 845-8698

Men

Oxford House - Woodlynne
108 Evergreen Avenue
Oaklyn, NJ 08107
(856) 962-8415

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

New Mexico

➤ Amity Foundation

Website:

<http://www.amityfdn.org>

A non profit organization offering free drug and alcohol addiction counseling to those in need. They will also assist you in finding sober living housing and residential rehab if needed. For both men and women.

609 Gold Ave SW
Albuquerque, NM 87102
505 242 2840

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

New York

➤ Albany Capital Rescue Mission

Website: http://www.capitalcityrescuemission.com/new_faith_family_center.php

9 month residential programs for men, women and women with children. Free for those in need, Christian recovery, vocational training, addiction recovery training, family health care, work therapy, parenting classes, anger management classes.

Capital City Rescue Mission

259 South Pearl Street PO Box 1999

Albany, NY 12201

518 462 0459

➤ Buffalo City Mission

Website: http://www.buffalocitymission.org/programs_services/recovery.html

Long term residential program for both men and women, and women with children, Christian based bible study program, with vocational training, anger management, relapse prevention and other self sufficiency courses. Free.

Cornerstone Manor

Women and Children's Shelter

150 E. North Street

Buffalo, NY 14203

716-852-0761

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Men's Center
100 E. Tupper Street
Buffalo, NY 14203
716-854-8181

➤ **City Mission of Schenectady**

Website: <http://www.citymission.com/index.html>

Free to those in need, long term residential treatment program. Christian recovery, 12 steps and life skills and sufficiency classes, work therapy and vocational training.

P.O. Box 760
Schenectady, NY 12301
5183462275

➤ **Jovenes 24 Hrs. A.D. Inc. (J24)**

Website: <http://www.charityadvantage.com/J24/ContactUs.asp>

A non profit and free residential program for teen boys under the age of 18. Free room and board, medical care and 12 steps based recovery.

Also Known As: J24
33-19 101st Street
Corona, NY 11368
7184580108

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

➤ **Salvation Army East – ARC, Adult Recovery Centers**

Website: <http://www.salvationarmyarc.org>

The Salvation Army Adult Rehabilitation Center ministries in the United States provide an in-residence rehabilitation program with a focus on basic necessities. Each beneficiary (program participant) is provided with a clean and healthy living environment, good food, work therapy, leisure time activities, group and individual counseling, spiritual direction, and resources to assist each person to develop life skills and a personal relationship with God as provided by Jesus Christ.

Anyone is welcome, as long as they are willing to participate in a Christian program of recovery and willing to work within the organization as they undergo treatment, as a way of funding their stay.

Salvation Army ARC rehabs generally run for 6 months or longer, you can get in for free and all of your food, shelter and clothing will be provided free of charge during this period.

The Salvation Army, providing sober sanctuary for those with nowhere else to go and changing lives for the better across the nation...The Salvation Army may be what you've been looking for.

*ARC - Manhattan
535 West 48th Street
New York, NY 10036
(212)757-7745*

*ARC - Staten Island
2053 Clove Road
Staten Island, NY 10304
(718)442-3080*

*ARC - Bronx
4133 Park Avenue
Bronx, NY 10457
(718)583-3500*

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

ARC - Mount Vernon
745 South Third Avenue
Mount Vernon, NY 10550
(914)664-0800

ARC - Brooklyn
62 Hanson Place
Brooklyn, NY 11217
(718)622-7166

ARC - Hempstead
194 Front Street
Hempstead, NY 11550
(516)481-7600

ARC - Albany
452 Clinton Avenue
Albany, NY 12206-6389
(518)465-2416

ARC - Poughkeepsie
570 Main Street
Poughkeepsie, NY 12601
(845)471-1730

ARC - Syracuse
2433 Erie Boulevard East
Syracuse, NY 13224
(315)445-0520

ARC - Binghamton
3-5 Griswold Street
Binghamton, NY 13904
(607)723-5381

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

ARC - Buffalo
1080 Military Road
Buffalo, NY 14217-2587
(716)875-2533

ARC - Rochester
745 West Avenue
Rochester, NY 14611
(585)235-0020

➤ Oxford House New York

Website: <http://www.oxfordhouse.org>

A model of peer run recovery houses, in New York there are currently Oxford Houses for men and for women. Normally used as a transitional home after a detox or a 28 day program. As a non-profit organization, residents are only expected to contribute to their fair share of the running of the house expenses, and since there are generally between 8-15 people per home, these monthly payments are low enough to be affordable to anyone who can work while in recovery. Residents must only abide by the rules of the home, but if they ever use drugs or alcohol while a resident they are immediately expelled from the house. Residents may stay as long as they need to, although most stay about 1 year.

90 W. Northrup
Buffalo, NY 14212
(716) 832-3850

Men

Oxford House - Clarence
10010 Transit Road
E. Amherst, NY 14051
(716) 639-8363

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - College Point
122- 10 22nd Avenue
College Point, NY 11356
(718) 460-4853

Men

Oxford House - Delamont
1059 Delamont Avenue
Schenectady, NY 12307

Men

Oxford House - Farmingdale
73 Walnut Avenue
Farmingdale, NY 11735
(631) 752-0543

Men

Oxford House - Flushing
146-47 Reeves Avenue
Flushing, NY 11367
(718) 460-3699

Men

Oxford House - Longmeadow
642 Longmeadow Rd, RD 7
Amherst, NY 14226
(716) 832-0899

Men

Oxford House - McCarley
291 Huntington Street
Buffalo, NY 14314
(716) 837-7934

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Nelson
181 Phila Street
Saratoga Springs, NY 12866
518-583-4212

Women

Oxford House - Queens
9203 70th Avenue
Forest Hills, NY 11375
(718) 268-4345

Men

Oxford House - Regent
58 Regent Street
Buffalo, NY 14206
(716) 897-5133

Men

Oxford House - Saratoga Springs
93 York Avenue
Saratoga Springs, NY 12866
(518) 584-3086

Men

Oxford House - Schenectady
1547 Union Street
Schenectady, NY 12309
(518) 374-5730

Men

Oxford House - Yonkers
203 Buena Vista Avenue
Yonkers, NY 10701
(914) 963-5674

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

North Carolina

➤ Charlotte Rescue Mission

Website: <http://www.charlotterescuemission.org/rebound.htm>

Free residential care for those in need for both men and women. A 90 day program and clients must demonstrate a desire to want to change for admission. Christian based recovery, serving N.C. but also S.C. and Georgia needy. AA, group therapy, work therapy, transitional assistance. No outside contact for first 30 days.

907 W 1st St . PO Box 33000
Charlotte, NC 28233
704 334 4635

➤ Hendersonville Rescue Mission

Website: <http://www.hendersonvillerescuemission.net/directory.asp>

Free to needy men and women, 8 month program, first 70 days of restricted exit (guaranteed sobriety) followed by 5 1/2 months of some outside work participation. Christian recovery, bible study, counseling, daily 12 steps programs, anger management classes and educational programs.

Tel (828) 697-1354

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

➤ **Salvation Army Southern Territory – ARC, Adult Recovery Centers**

Website: <http://www.arccsouth.org>

The Salvation Army Adult Rehabilitation Center ministries in the United States provide an in-residence rehabilitation program with a focus on basic necessities. Each beneficiary (program participant) is provided with a clean and healthy living environment, good food, work therapy, leisure time activities, group and individual counseling, spiritual direction, and resources to assist each person to develop life skills and a personal relationship with God as provided by Jesus Christ.

Anyone is welcome, as long as they are willing to participate in a Christian program of recovery and willing to work within the organization as they undergo treatment, as a way of funding their stay.

Salvation Army ARC rehabs generally run for 6 months or longer, you can get in for free and all of your food, shelter and clothing will be provided free of charge during this period.

The Salvation Army, providing sober sanctuary for those with nowhere else to go and changing lives for the better across the nation...The Salvation Army may be what you've been looking for.

MAJOR THOMAS OVERTON

The Salvation Army

1023 Central Ave

Charlotte NC 28204

P O Box 5669

Charlotte NC 28299

704/ 332-1171

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

➤ Oxford House North Carolina

Website: <http://www.oxfordhouse.org>

A model of peer run recovery houses, in North Carolina there are currently Oxford Houses for men and for women. Normally used as a transitional home after a detox or a 28 day program. As a non-profit organization, residents are only expected to contribute to their fair share of the running of the house expenses, and since there are generally between 8-15 people per home, these monthly payments are low enough to be affordable to anyone who can work while in recovery. Residents must only abide by the rules of the home, but if they ever use drugs or alcohol while a resident they are immediately expelled from the house. Residents may stay as long as they need to, although most stay about 1 year.

*Oxford Houses of North Carolina
State Coordinating Office
Kathleen M Gibson
State Coordinator of Oxford Houses
7208 Spanglers Spring Way
Raleigh, NC 27610
Day Telephone # (919) 662-1998*

*Oxford House - Alamance
109 Albright Avenue
Graham, NC 27253
(336) 437-8212
Men*

*Oxford House - Arrowwood
604 Delaney Drive
Raleigh, NC 27610
(919) 838-9939
Men*

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Asheboro
1000 Church Street
Asheboro, NC 27203
(336) 625-3752

Men

Oxford House - Asheville
16 Michigan Avenue
Asheville, NC 28806
(828) 350-1745

Men

Oxford House - Aycock
1030 South Aycock Street
Greensboro, NC 27403
(336) 370-0700

Men

Oxford House - Azalea
2600 Azalea Drive
Greensboro, NC 27407
(336) 299-4141

Women

Oxford House - Battle Ridge
7208 Spanglers Spring Way
Raleigh, NC 27610
(000) 000-0000

Men

Oxford House - Bianca
1513 Oxford Road
Henderson, NC 27536
(252) 492-7030

Women

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Biscayne
310 Biscayne Street
Winston Salem, NC 27104
(336) 724-4451

Men

Oxford House - Bluff Wood Cove
7021 Bluff Wood Cove
Charlotte, NC 28212
(704) 569-5555

Men

Oxford House - Brentwood
3504 Utica Drive
Raleigh, NC 27609
(919) 876-9260

Women

Oxford House - Brinkley
3705 Brinkley Drive
Raleigh, NC 27604
(919) 981-6523

Men

Oxford House - Brewer Road
1906 Brewer Road
Winston Salem, NC 27112
(000) 000-0000

Men

Oxford House - Camden Circle
3258 Camden Circle
Wilmington, NC 28403
(910) 763-4487

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Carriage
4708 Carriage Drive Circle
Charlotte, NC 28205
(704) 532-9022

Men

Oxford House - Carolina Avenue
110 Carolina Avenue
Chapel Hill, NC 27514
(919) 942-4246

Women

Oxford House - Carrboro
217 Simpson Street
Carrboro, NC 27510
(919) 932-9035

Men

Oxford House - Cherokee
88 Banjo Lane
Whittier, NC 28789
(828) 497-5717

Men

Oxford House - Church Street
95 Church Street
Asheville, NC 28801
(828) 258-1560

Women

Oxford House - Coliseum
2109 Coliseum Blvd
Greensboro, NC 27403
(336) 294-9336

Women

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Covil
335 Lullwater Drive
Wilmington, NC 28403
(910) 452-5703

Men

Oxford House - Cox
968 South Cox Street
Asheboro, NC 27203
(336) 633-3993

Women

Oxford House - Crosslink
1025 Crosslink Road
Raleigh, NC 27610
(919) 755-0603

Men

Oxford House - Cypress Road
5307 Cypress Road
Fayetteville, NC 28304
(910) 433-9123

Women

Oxford House - Daley
2219 A & B Daley Street
Chapel Hill, NC 27514
(919) 370-3193

Men

Oxford House - Dellwood
1428 Greenville Blvd. SE
Greenville, NC 27858
(252) 830-6700

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Dinglewood
301 Blackthorne Lane
Charlotte, NC 28209
(704) 332-8311

Men

Oxford House - Dixie Lane
105 Dixie Lane
Chapel Hill, NC 27514
(919) 932-7508

Men

Oxford House - Driver
2305 Chapel Hill Road
Durham, NC 27707
(919) 493-9792

Men

Oxford House - Duke Park
203 W. Trinity Street
Durham, NC 27701
(919) 682-8328

Men

Oxford House - Dunn
600 S. Fayetteville Avenue
Dunn, NC 28334-5718
(910) 892-4968

Men

Oxford House - Durham
912 Mangum Street
Durham, NC 27701
(919) 688-4441

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Eastland
6034 Idlebrook Drive
Charlotte, NC 28212
(704) 563-2133

Men

Oxford House - Elder
5214 Cypress Road
Fayetteville, NC 28304
(910) 425-8221

Men

Oxford House - Euclid
163 Euclid Boulevard
Asheville, NC 28806
(828) 350-0720

Men

Oxford House - Evans
112 West 12th Street
Greenville, NC 27834
(252) 752-3976

Women

Oxford House - Fawn
2208 Fawn Street
Greensboro, NC 27403
(336) 547-6874

Men

Oxford House - Ferrington Drive
110 Farrington Drive
Chapel Hill, NC 27514
(919) 928-0301

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Fieldbrook
309 Fieldbrook Place
Charlotte, NC 28209
(704) 344-9136

Men

Oxford House - Firelight
2600 Firelight Road
Raleigh, NC 27610
(919) 834-8139

Men

Oxford House - Fleming
5310 Tower Road
Greensboro, NC 27410
(336) 852-7005

Men

Oxford House - Franklin Street
132 Windsor Circle
Chapel Hill, NC 27516
(919) 967-8884

Women

Oxford House - French Broad
13 Park Avenue North
Asheville, NC 28801
(828) 254-5346

Men

Oxford House - Folkston Drive
4219 Folkston Drive
Charlotte, NC 28205
(704) 568-2007

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Garner
117 Broughton Street
Gardner, NC 27529
(919) 329-0325

Men

Oxford House - Glenwood II
203 Glenwood Avenue
Greenville, NC 27834
(252) 321-2029

Men

Oxford House - Goldsboro
1300 E. Ash Street
Goldsboro, NC 27530
(919) 583-8441

Men

Oxford House - Greenville
2521 S. Memorial Drive
Greenville, NC 27834
(252) 756-1616

Men

Oxford House - Guess Road
3519 Guess Road
Durham, NC 27705
(919) 765-5481

Men

Oxford House - Hammond
519 Hammond Street
Rocky Mount, NC 27804
(252-442-6566

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Harvard
4203 Harvard Avenue
Greensboro, NC 27407
(336) 294-9377

Men

Oxford House - Havenwood
3811 Havenwood Road
Charlotte, NC 28205
(704) 568-1128

Men

Oxford House - Haymount
902 Arsenal Avenue
Fayetteville, NC 28305
(910) 321-7432

Veterans

Oxford House - Hayworth
1322 Westchester Avenue
High Point, NC 27262
(336) 884-8790

Women

Oxford House - Hearth
5104 Hearth Drive
Raleigh, NC 27609
(919) 875-9656

Men

Oxford House - Henderson
169 Burwell Avenue
Henderson, NC 27536
(252) 430-8679

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Holly Drive
6904 Holly Drive
Raleigh, NC 27615-5209
(919) 844-3543

Women

Oxford House - Homestead
324 Scarlett Drive
Chapel Hill, NC 27516
(919) 370-4263

Men

Oxford House - Idlebrook
6111 Idlebrook Drive
Charlotte, NC 28212
(704) 531-9811

Men

Oxford House - Ilford
5617 Ilford Street
Charlotte, NC 28215

Men

Oxford House - Irving Park
2602 Spring Garden Street
Greensboro, NC 27403
(336) 323-0078

Men

Oxford House - Keaton
2308 Market Street
Wilmington, NC 28403
(910) 763-9275

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Kings Mill
702 Kings Mill Road
Chapel Hill, NC 27517
(919) 929-2001

Men

Oxford House - Lorimer
901 Lorimer Road
Raleigh, NC 27606
(919) 851-1756

Men

Oxford House - Lyndhurst
2484 Lyndhurst Avenue
Winston Salem, NC 27103
(336) 722-3366

Men

Oxford House - Lyon Road
110 Myrover Street
Fayetteville, NC 28503
(910) 433-9123

Women

Oxford House - Madre
835 Glenwood Avenue
Greensboro, NC 27403
(336) 275-7216

Women

Oxford House Main Street
617-B South Main Street
Asheville, NC 27203
(336) 625-5059

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Mayridge
6215 Mayridge Drive
Charlotte, NC 28215
(704) 536-3042

Women

Oxford House - Memorial Drive
2519 S. Memorial Drive
Greenville, NC 27834
(252) 439-8528

Men

Oxford House - Menden Hall
909 B Morehead Avenue
Greensboro, NC 27403
(336) 272-6674

Men

Oxford House - Midwood
1900 Browning Avenue
Charlotte, NC 28205
(704) 376-4697

Men

Oxford House - Mordecai
1133 Marshall Street
Raleigh, NC 27604
(919) 325-9753

Men

Oxford House - Morehead
909 C Morehead Avenue
Greensboro, NC 27403
(336) 370-0900

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House – Morgan Creek
328 Azalea Drive
Chapel Hill, NC 27516
(919) 932-7508

Men

Oxford House - Morganton
250 N. Anderson Street
Morganton, NC 28655
(828) 437-2795

Men

Oxford House - Mulberry
801 E. Mulberry Street
Goldsboro, NC 27530
(919) 735-1241

Women

Oxford House - North Raleigh
5312 Dixon Drive
Raleigh, NC 27609
(919) 821-4389

Men

Oxford House - Northhills
220 Sawmill Road
Raleigh, NC 27615
(919) 844-8311

Women

Oxford House - Oakridge
301 Oakridge Road
Cary, NC 27511
(919) 468-9306

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Onslow
2015 Pine Bluff Street
Greensboro, NC 27403
(336) 632-0901

Men

Oxford House - Outer Banks
339 West Adcock Street
Kill Devil Hills, NC 27948

Men

Oxford House - Parkway
225 East Parkway Avenue
High Point, NC 27262
(336) 289-5132

Men

Oxford House - Peace Street
313 E. Trinity Street
Durham, NC 27701
(919) 956-7058

Veterans

Oxford House - Piedmont
712 Jackson Street
Charlotte, NC 29204
(704) 333-2447

Women

Oxford House - Pinecrest
3233 Pinecrest Drive
Raleigh, NC 27609
(919) 873-1655

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

*Oxford House - Raeford Road
5111 Spruce Drive
Fayetteville, NC 28304
(910) 424-9400*

Men

*Oxford House - Repon
3809 Repon Street
Greensboro, NC 27407-5536
(336) 547-6008*

Men

*Oxford House - Round Top
9 Round Top Road
Asheville, NC 27803
(828) 274-1375*

Women

*Oxford House - Salisbury
512 W. Horah Street
Salisbury, NC 28144
(704) 642-0513*

Men

*Oxford House - Shamrock
1318 Shamrock Drive
Charlotte, NC 28205
(704) 344-1525*

Women

*Oxford House - Shirley Street
2510 Shirley Street
Durham, NC 27705
(919) 286-1265*

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Smith Creek

1131 N. Kerr Street

Wilmington, NC 28405

(910) 792-6030

Men

Oxford House - Smithfield

602 E. Church Street

Smithfield, NC 27577

(919) 209-0042

Men

Oxford House – Soundside

237 W. Soundside Road

Nags Head, NC 27959

(252) 441-8874

Men

Oxford House - Sourwood

1115 Sourwood Drive

Chapel Hill, NC 27517

(919) 929-3738

Men

Oxford House - Spicewood

512 Spicewood Drive

Greensboro, NC 27406

(336) 282-0335

Women

Oxford House - Spruce

1705 Spruce Street

Fayetteville, NC 28303

(910) 433-9078

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Stadium
630 West Club Boulevard
Durham, NC 27701
(919) 767-0081

Women

Oxford House - Statesville
221 Brevard Street
Statesville, NC 28677
(704) 872-8954

Men

Oxford House - Stedman
1605 Morganton Road
Fayetteville, NC 28305
(910) 822-1995

Men

Oxford House - Stilwell Oaks
114 Stilwell Oaks
Charlotte, NC 28212
(704) 537-2668

Men

Oxford House - Sudbury
4301 Sudbury Road
Charlotte, NC 28205
(704) 536-3949

Women

Oxford House - Sunset
1333 Hill Street
Rocky Mount, NC 27801
(252) 407-7968

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Taylor Street
101 Taylor Street
Chapel Hill, NC 27514
(919) 967-4301

Women

Oxford House - Triangle
2919 University Drive
Durham, NC 27707
(919) 403-2544

Women

Oxford House - Trinity
512 Price Street
Durham, NC 27701
(919) 767-0099

Men

Oxford House - Vandalia
1208 West Vandalia Road
Greensboro, NC 27406
(336) 855-7868

Men

Oxford House - Walker
909 A Morehead Avenue
Greensboro, NC 27403
(336) 230-2128

Men

Oxford House - Westhaven
2313 Westhaven Drive
Greensboro, NC 27403
(336) 547-0778/ **Women**

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Westmore I
2746 Westmore Court
Winston-Salem, NC 27103
(336) 765-2401

Men

Oxford House - Willow
1307 Willow Drive
Chapel Hill, NC 27516
(919) 370-7548

Men

Oxford House - Wimbleton
1182 Wimbleton Drive
Raleigh, NC 27609
(919) 781-6505

Men

Oxford House - Wyanoke
220 Wyanoke Avenue
Charlotte, NC 28205
(704) 334-7171

Veterans

Oxford House - Wyoming
72 Wyoming Street
Asheville, NC 28801
(828) 254-1001

Women

Oxford House - Young
217 S. Chestnut Street
Henderson, NC 27536
(252) 430-1522

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Ohio

➤ Cherry Street Missions

Website: <http://www.cherrystreetmission.org/index.htm>

Residential substance abuse programs for both men and women. Christian recovery and 12 steps based, additional life skills, relapse prevention training and self sufficiency courses offered. Free for those in need.

105 17th Street Toledo

Ohio

419 242 5141

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

➤ **Salvation Army East – ARC, Adult Recovery Centers**

Website: <http://www.salvationarmyarc.org>

The Salvation Army Adult Rehabilitation Center ministries in the United States provide an in-residence rehabilitation program with a focus on basic necessities. Each beneficiary (program participant) is provided with a clean and healthy living environment, good food, work therapy, leisure time activities, group and individual counseling, spiritual direction, and resources to assist each person to develop life skills and a personal relationship with God as provided by Jesus Christ.

Anyone is welcome, as long as they are willing to participate in a Christian program of recovery and willing to work within the organization as they undergo treatment, as a way of funding their stay.

Salvation Army ARC rehabs generally run for 6 months or longer, you can get in for free and all of your food, shelter and clothing will be provided free of charge during this period.

The Salvation Army, providing sober sanctuary for those with nowhere else to go and changing lives for the better across the nation...The Salvation Army may be what you've been looking for.

*ARC - Columbus
1675 S High Street
Columbus, OH 43207
(614)221-4269*

*ARC - Toledo
27 Moorish Avenue
Toledo, OH 43604
(419)241-2299*

*ARC - Cleveland
5005 Euclid Avenue
Cleveland, OH 44103
(216)881-2625*

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

ARC - Akron
1006 Grant Street
Akron, OH 44311
(330)773-3331

ARC - Cincinnati
2250 Park Avenue
Cincinnati, OH 45212-0546
(513)351-3457

ARC - Dayton
865 South Patterson Boulevard
Dayton, OH 45402
(937)461-2769

➤ Oxford House Ohio

Website: <http://www.oxfordhouse.org>

A model of peer run recovery houses, in Ohio there are currently Oxford houses for men only. Normally used as a transitional home after a detox or a 28 day program. As a non-profit organization, residents are only expected to contribute to their fair share of the running of the house expenses, and since there are generally between 8-15 people per home, these monthly payments are low enough to be affordable to anyone who can work while in recovery. Residents must only abide by the rules of the home, but if they ever use drugs or alcohol while a resident they are immediately expelled from the house. Residents may stay as long as they need to, although most stay about 1 year.

Oxford House - Clayridge
4144 Clayridge Lane
Columbus, OH 43224
(614) 476-9240
Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Salem
320 Benton Road
Salem, OH 44460
(216) 337-8045
Men

Oklahoma

➤ Phoenix Gate

Website: <http://www.phoenixgateok.org/id6.html>

An outpatient substance abuse center for Northern Texas, Arkansas and Eastern Oklahoma. Also, employment assistance, detox and referrals to an inpatient residential facility and sober work transition home. Non profit and clients are only expected to contribute what they can afford. They do not turn anyone away

Atoka:
803 S Mississippi
Atoka, OK 74525
580 364 0700

McAlester
32 E. Cherokee # 104
McAlester, OK 74501
918 423 9400

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

➤ **Salvation Army East – ARC, Adult Recovery Centers**

Website: <http://www.salvationarmyarc.org>

The Salvation Army Adult Rehabilitation Center ministries in the United States provide an in-residence rehabilitation program with a focus on basic necessities. Each beneficiary (program participant) is provided with a clean and healthy living environment, good food, work therapy, leisure time activities, group and individual counseling, spiritual direction, and resources to assist each person to develop life skills and a personal relationship with God as provided by Jesus Christ.

Anyone is welcome, as long as they are willing to participate in a Christian program of recovery and willing to work within the organization as they undergo treatment, as a way of funding their stay.

Salvation Army ARC rehabs generally run for 6 months or longer, you can get in for free and all of your food, shelter and clothing will be provided free of charge during this period.

The Salvation Army, providing sober sanctuary for those with nowhere else to go and changing lives for the better across the nation...The Salvation Army may be what you've been looking for.

CAPT. MARK WINTERS

The Salvation Army

2041 NW 7th St

Oklahoma City OK 73106-2409

P O Box 1214

Oklahoma City OK 73101-1214

405/ 236-3677

MAJOR RICHARD MCCONNIEL

The Salvation Army

601 North Main St

Tulsa OK 74106-5163

P O Box 1476

Tulsa OK 74101-1476

918/ 583-6119

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

➤ Oxford House Oklahoma

Website: <http://www.oxfordhouse.org>

A model of peer run recovery houses, in Oklahoma there are currently Oxford Houses for men and for women and for women with children. Normally used as a transitional home after a detox or a 28 day program. As a non-profit organization, residents are only expected to contribute to their fair share of the running of the house expenses, and since there are generally between 8-15 people per home, these monthly payments are low enough to be affordable to anyone who can work while in recovery. Residents must only abide by the rules of the home, but if they ever use drugs or alcohol while a resident they are immediately expelled from the house. Residents may stay as long as they need to, although most stay about 1 year.

Oxford House - Arbuckle

809 B Street SE

Ardmore, OK 73401

(918) 208-7049

Men

Oxford House - Ardmore II

224 C Street Southwest

Ardmore, OK 73401

(580) 223-0217

Men

Oxford House - Bil-Mar

2865 North Ann Drive

Oklahoma City, Ok 73107

(405) 604-6643

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

*Oxford House - Briarwood Park
8513 E. 34th Street
Tulsa, OK 74145
(918) 622-2442*

Men

*Oxford House - Chickasaw Heights
903 15th Avenue
Ardmore, OK 73401
(918) 208-7049*

Women

*Oxford House - Darlington
1784 S. Darlington Avenue
Tulsa, OK 74112
(918) 794-0731*

Men

*Oxford House - Eastman
4601 Eastman Drive
Oklahoma City, OK 73122
(918) 439-1027*

Men

*Oxford House - Green Country
2412 South 137th Street
Tulsa, OK 74134
(918) 439-1027*

Women

*Oxford House - Grove
3416 North Grove Avenue
Oklahoma City, OK 73122
(405) 605-4549*

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Klien
7412 South Kline Avenue
Oklahoma City, Ok 73109
(405) 632-9169

Women

Oxford House - Leisure Lanes
1540 S. 69th East Avenue
Tulsa, OK 74112-7437
(918) 398-6902

Women w/Children

Oxford House - Linwood Hills
3111 N.W. 19th Street
Oklahoma City, OK 73107
(405) 702-6695

Women

[Oxford House - Meadows](#)
8015 South 87th East Avenue
Tulsa, OK 73133
(918) 307-0111

Men

Oxford House - Meridian
4432 N.W. 47th Street
Oklahoma City, OK 73122
(405) 602-3607

Men

Oxford House - Midwest City
3620 Ridgehaven Drive
Midwest City, OK 73110
(405) 455-2131

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

*Oxford House - Millwood Estates
3829 S 98th East Avenue
Tulsa, OK, 74146
(918)622-3247*

Men

*Oxford House - Moore
2512 Crystal Drive
Moore, OK 73160
(405) 237-1061*

Men

*Oxford House - OKC
6308 Sterling Drive
Oklahoma City, OK 73122
(405) 603-5930*

Men

*Oxford House - Rockwood Hills
7217 South Columbia Avenue
Tulsa, OK 74136
(918) 619-6227*

Men

*Oxford House - Rollingwood
4900 N.W. 62nd Terrace
Oklahoma City, OK 73122
(405) 603-4655*

Men

*Oxford House - Shadow Mountain
6031 South 76th East Avenue
Tulsa OK, 74145
(918) 439-1027*

Women

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Shalamar
3809 W. 15th Street
Stillwater, OK 74074
(405) 372-3660

Men

Oxford House - Skelly
2602 South 92nd East Avenue
Tulsa, OK 74129-6767
(918) 728-8119

Women

Oxford House - Southern Hills
5629 South Columbia Place
Tulsa, OK 74105
(918) 749-4673

Men

Oxford House - Southern Plaza
7527 East 55th Street
Tulsa, OK 74145
(918) 622-0678

Men

Oxford House - Terrace Manor
1309 South Terrace Drive
Tulsa, OK 74104
(918) 583-4673

Men

Oxford House - Urbana
4646 South Urbana Avenue
Tulsa, OK 74135
(918) 627-4673

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Woodland
9203 East 68th Street
Tulsa, OK 74153
(918) 806-1532

Men

Oxford House - Woodridge
2611 East 71st Place
Tulsa, OK 73136
(918) 728-8529

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oregon

➤ **Salvation Army West Central – ARC, Adult Recovery Centers**

Website: <http://www.salvationarmyarc.org>

The Salvation Army Adult Rehabilitation Center ministries in the United States provide an in-residence rehabilitation program with a focus on basic necessities. Each beneficiary (program participant) is provided with a clean and healthy living environment, good food, work therapy, leisure time activities, group and individual counseling, spiritual direction, and resources to assist each person to develop life skills and a personal relationship with God as provided by Jesus Christ.

Anyone is welcome, as long as they are willing to participate in a Christian program of recovery and willing to work within the organization as they undergo treatment, as a way of funding their stay.

Salvation Army ARC rehabs generally run for 6 months or longer, you can get in for free and all of your food, shelter and clothing will be provided free of charge during this period.

The Salvation Army, providing sober sanctuary for those with nowhere else to go and changing lives for the better across the nation...The Salvation Army may be what you've been looking for.

*ARC - Portland
139 S.E. Martin Luther King Jr. Boulevard
Portland, OR 97214-1193
503-235-4192*

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

➤ Oxford House Oregon

Website: <http://www.oxfordhouse.org>

A model of peer run recovery houses, in Oregon there are currently Oxford Houses for men and for women and for men with children and women with children. Normally used as a transitional home after a detox or a 28 day program. As a non-profit organization, residents are only expected to contribute to their fair share of the running of the house expenses, and since there are generally between 8-15 people per home, these monthly payments are low enough to be affordable to anyone who can work while in recovery. Residents must only abide by the rules of the home, but if they ever use drugs or alcohol while a resident they are immediately expelled from the house. Residents may stay as long as they need to, although most stay about 1 year.

Oxford Houses of Oregon Hotline ----- (503) 247-0777

*Oxford House - Asera
12116 SE Foster Road
Portland, OR 97266-4043
(503) 762-1291*

Men

*Oxford House - Asha
6245 S.E. Belmont Street
Portland, OR 97206
(503) 238-5521*

Women with Children

*Oxford House - Baseline
222 SE 26th Street
Hillsboro, OR 97123-7027
(503) 615-4144*

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Blanton
17785 SW Blanton Street
Aloha, OR 97007-1334
(503) 649-7396
Women /Child

Oxford House - Bayview
838 SW 50th Street
Lincoln City, OR 97367-1342
(541) 994-0759
Women

Oxford House - Bybee
6730 SE 83rd
Portland, OR 97060
503-772-3285
Men

Oxford House - Bear Creek
1543 SE Bear Creek Road
Bend, OR 97702
(541) 330-1888
Men

Oxford House - Beaverton
4550 SW 96th Avenue
Beaverton, OR 97005-3326
(503) 646-9633
Women

Oxford House - Bentley
883 SE 32nd Avenue
Hillsboro, OR 97123
(503) 640-5600
Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Berntzen
535 Berntzen Road
Eugene, OR 97402-2175
(541) 688-0664

Men

Oxford House - Blue Mountain
1716 SE Court Avenue
Pendleton, OR 97801
(541) 278-8516

Men

Oxford House - Breckenridge
637 20th Street NE
Salem, OR 97301-2715
(503) 588-5255

Men

Oxford House - Canyonview
401 Warron Street
Oregon City, OR 97045-2771
(503) 656-0066

Women

Oxford House - Castlewood
1972 NE 9th Place
Hillsboro, OR 97123-3802
(503) 844-9889

Men

Oxford House - Centennial
569 SE Centennial Blvd
Bend, OR 97702-1380
(541) 385-5650

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

*Oxford House - Century Park
3200 SE Washington Street
Milwaukie, OR 97222-6650
(503) 653-3454*

Men

*Oxford House - Chinook
3653 SE Gladstone Street
Portland, OR 97202
(503) 236-5483*

Men

*Oxford House - Clackamas
15253 S. Springwater Road
Oregon City, OR 97045-7412
(503) 631-7914*

Men

*Oxford House - Columbus II
139 N. Columbus Avenue
Medford, OR 97501
(541) 734-5670*

Men

*Oxford House - Colveiw
902 Columbia Boulevard
Saint Helens, OR 97051-1810
(503) 366-5206*

Men

*Oxford House - Cosmos
13058 SE Powell Blvd
Portland, OR 97236-3331
(503) 760-1702*

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Creston
3645 SE Gladstone Street
Portland, OR 97202-3336
(503) 235-7367

Men

Oxford House - Cross Park
295 West Arlington Street
Gladstone, OR 97202-2304
(503) 723-6697

Men

Oxford House - Cross Street
410 Serline Way NE
Salem, OR 97301-5285
(971) 388-2775

Women /Child

Oxford House - Eagle Landing
11080 SE 92nd Court
Portland, OR 97266
(503) 786-0184

Women

Oxford House - Eden
22525 SW Baseline Road
Hillsboro, OR 97123-6900
(503) 259-0170

Men

Oxford House - Englewood
1281 23rd Street NE
Salem, OR 97301-1532
(503) 365-7487

Women

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Flamingo
416 NE Burgess Court
Bend, OR 97701
(541) 317-0430

Women

Oxford House - Fuller
15055 SE 91st Avenue
Clackamas, OR 97015-9650
(503) 742-0893

Men

Oxford House - Glencoe
7908 SE Glencoe Street
Milwaukie, OR 97222-1304
(503) 788-9368

Men

Oxford House - Glenwood
4240 SE Glenwood Street
Portland, OR 97206-7724
(503) 775-9690

Men

Oxford House - Glisan
5625 NE Glisan Street
Portland, OR 97213-3747
(503) 235-9465

Men

Oxford House - Grant Park
612 NE 24th Avenue
Hillsboro, OR 97124-6202
(503) 846-9546

Women

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Halsey
926 NE 67th Avenue
Portland, OR 97213-4948
(503) 235-8789

Men

Oxford House - Happy Rock
280 W Hereford Street
Gladstone, OR 97027-2045
(503) 656-3621

Men

Oxford House - Hazelridge
12741 NE Glisan Street
Portland, OR 97230-2451
(503) 254-7112

Men

Oxford House - Hemlock
976 NR Kathryn Street
Hillsboro, OR 97124-1731
(503) 640-9801

Men

Oxford House - Heritage
18 NE Sacramento Street
Portland, OR 97212-3711
(503) 288-9217

Men

Oxford House - Hillsboro
353 SE Baseline Road
Hillsboro, OR 97123-4009
(503) 640-9528

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Hillsdale Park
4550 SW 96th Avenue
Beaverton, OR 97005-3328
(503) 265-8100

Women

Oxford House - Holgate
5735 SE Mall Street
Portland, OR 97206-3873
(503) 772-0931

Men

Oxford House - Imani
6243 SE Belmont Street
Portland, OR 97215
(503) 206-6080

Women w/Children

Oxford House - Ivy
531 Ivy Street
Medford, OR 97501-3514
(541) 779-3761

Men

Oxford House - Keizer
694 Beaver Drive NE
Keizer, OR 97303-4907
(503) 390-4978

Women with Children

Oxford House - Klamath
818 Walnut Avenue
Klamath Falls, OR 97602-6143
(541) 850-8262

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Juniperi
718 NE 8th Street
Bend, OR 97701-4838
(541) 388-4236

Men

Oxford House - Laurel Hill
2339 Augusta Street
Eugene, OR 97403
(541) 344-9191

Men

Oxford House - Laurelhurst
4222 NE Glisan Street
Portland, OR 97213-1640
(503) 236-0129

Men

Oxford House - Leland
1132 Leland Street
Medford, OR 97501-3952
(541) 858-0282

Women

Oxford House - Lewman
17105 SE Ankeny Street
Portland,, OR 97233-4221
(503) 255-3349

Men

Oxford House - Marlin
19800 SW Marlin Drive
Beaverton, OR 97007
(503) 642-7478

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Marion
3775 Clearview Court, NE
Salem, OR 97303-4727
(503) 463-8402
Women/Child

Oxford House - Martins
6924 NE Martins Street
Portland, OR 97206-6556
(503) 774-1527
Men

Oxford House - Maywood Park
3606 NE 102nd Avenue
Portland, OR 97220-3406
(503) 251-6964
Men

Oxford House - McGloughlin
12 South Orange Street
Medford, OR 97501-2949
(541) 245-3067
Men

Oxford House - McKenzie
2430 SW Cornelius Pass Road
Hillsboro, OR 97123-6755
(503) 591-1492
Men

Oxford House - Medford West
444 N. Grape Street
Medford, OR 97501-2414
(541) 779-9934
Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Meldrum Park
19575 River Road
Gladstone, OR 97027-2260
(503) 772-5136

Men

Oxford House - Menlo Park
2008 SE 130th Avenue
Portland, OR 97233
(503) 256-5744

Men

Oxford House - Milwaukee
3845 SE Jefferson Street
Portland, OR 97222-5939
(503) 652-8069

Women

Oxford House - Mohawk
1923 Centennial Boulevard
Springfield, OR 97477
(541) 744-8947

Men

Oxford House - Montavilla
639 NE 81st Street
Portland, OR 97213-6932
(503) 253-8043

Men

Oxford House - Moon Rising
13032 SE Ramona Street
Portland, OR 97236-4111
(503) 761-2361

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Morning Star

6107 SE 93rd Avenue

Portland, OR 97266-5239

(503) 777-1757

Women/Child

Oxford House - Morgan Lane

8825 SE Morgan Lane

McMinnville, OR 97128-8736

(503) 435-4944

Men

Oxford House - Morrison

920 165th Avenue, SE

Portland, OR 97233

(503) 253-8349

Women

Oxford House - Mount Bachelor

750 NE Olney Court

Bend, OR 97701

(541) 385-9205

Men

Oxford House - Mount Scott

8615 SE 92nd Avenue

Portland, OR 97266-6407

(503) 772-0422

Men

Oxford House - Mount Tabor

6336 NE Glisan Street

Portland, OR 97213-5053

(503) 252-4979 / Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

*Oxford House - Mt. Hood
2737 NE 27th Street
Gresham, OR 97030
(503) 492-4070*

Men

*Oxford House - Multnomah
8345 SE Rhone Street
Portland, OR 97266-2930
(503) 788-6062*

Men

*Oxford House - Newton
1375 SE Walnut Street
Hillsboro, OR 97123-4839
(503) 844-8814*

Men

*Oxford House - Night Hawk
610 Night Hawk Lane
Springfield, OR 97477-2743
(541) 744-8947*

Men

*Oxford House - Onawa
7411 SE Monroe
Milwaukie, OR 97222
503-744-0921*

Men w/Children

*Oxford House - Orange Street
1003 W 10th Avenue
Medford, OR 97501-3019
(503) 732-0482*

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Orion

21051 Juniper Haven

Bend, OR 97702

(541) 312-9634

Men

Oxford House - Phoenix

2706 SE Ash Street

Portland, OR 97214-1824

(503) 231-9749

Men

Oxford House - Portland

18300 Dickerson Lane

Gladstone, OR 97027-1510

(503) 722-0702

Men

Oxford House - Powell

7504 SE Henry Street

Portland, OR 97206-1418

(503) 773-3001

Women/Child

Oxford House - Prescott

4513 NE 18th Avenue

Portland, OR 97211-5715

(503) 249-1663

Men

Oxford House - Ramona

1305 NE 70th Avenue

Portland, OR 97213

(503) 772-4474

Women

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Reedway
7777 S.E. 72nd Avenue
Portland, OR 97206
(503) 775-6089

Men

Oxford House - Refuge
352 SE Maple Street
Hillsboro, OR 97123-4421
(503) 846-9291

Men

Oxford House - Richmond
4605 SE Division Street
Portland, OR 97206-1635
(503) 238-1243

Men

Oxford House - Ridgeway
17945 Oatfield Road
Glodstone, OR 97027
(503) 722-4699

Women

Oxford House - Risley
3875 SE Risley Avenue
Milwaukee, OR 97267-2933
(503) 794-9069

Men

Oxford House - Rockwood
845 SE 143rd Avenue
Portland, OR 97233-2233
(503) 262-8604

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Rose City
1705 E. Burnside Street
Portland, OR 97214-1553
(503) 235-6139

Men

Oxford House - Rosemont
6730 North Kerby
Portland, OR 97217-1943
(503) 735-1279

Men

Oxford House - Ross Island
3315 SE 7th Avenue
Portland, OR 97202-2701
(503) 295-8306

Men

Oxford House - Sand Island
180 South 1st Street
Saint Helens, OR 97203
(503) 366-7061

Men

Oxford House - Santini
1840 Capital Street NE
Salem, OR 97302-3013
(503) 371-6290

Women

Oxford House - Santiam
1854 Captial Street, NE
Salem, OR 97301
(503) 587-9327

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Seaside
420 N Holiday Street
Seaside, OR 97138-7138
(503) 717-1958

Men

Oxford House - Shadywood Park
1188 NE Grant Street
Hillsboro, OR 97124-3433
(503) 846-9602

Women

Oxford House - Sheldon
2843 Silverton Road NE
Salem, OR 97303-3043
(503) 540-4074

Women

Oxford House - Siskiyou
202 South Orange Street
Medford, OR 97501-3046
(541) 282-5834

Men

Oxford House - Sorrento
9150 SW Yearling
Beaverton, OR 97008-6783
(503) 521-9500

Men

Oxford House - Southgate
7653 SE McBride Street
Portland, OR 97222-1214
(503) 653-6539

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Steele Street
5266 SE 74th Avenue
Portland, OR 97206-5211
(503)777-5825

Men

Oxford House - St. John's
8021 N. Mohawk Avenue
Portland, OR 97203-3134
(503) 289-4381

Men

Oxford House - Seven Lyons
124 SW 7th Avenue
Albany, OR 97321-2908
(541) 926-2265

Men

Oxford House - Taylor Park
620 SW 4th Street
Pendleton, OR 97801
(541) 966-0165

Women

Oxford House - Tolman
6323 SE 92nd Avenue
Portland, OR 97266
(503)777-8683

Men

Oxford House - Umpqua Valley
1303 SE Booth Ave
Roseburg, OR 97470-4111
(541) 673-1105

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Ventura
126 SE 106th Avenue
Portland, OR 97215-2724
(503) 261-8062

Women

Oxford House - Waterside
2103 Broadway Street NE
Salem, OR 97303-6739
(503) 588-5281

Men

Oxford House - Whitney
940 Pine Street, NE
Salem, OR 97303
(503) 362-5699

Men

Oxford House - Wichita
10094 SE Linwood Street
Portland, OR 97222-2645
(503) 774-0315

Men

Oxford House - Willamette
2949 D Street
Salem, OR 97301
(503) 364-7546

Men

Oxford House - Willamette Falls
1173 Netzel Street
Salem, OR 97045-3835
(503) 744-0962

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Woodrow
715 Locust Street NE
Salem, OR 97303-5251
(503) 378-1727

Men

Oxford House - Woodstock
6718 SE 47th Avenue
Portland, OR 97206-7609
(503) 772-0145

Men

Oxford House - Woodward
715 Locust Street NE
Salem, OR 97301-5251
(503) 378-1727

Men

Oxford House - Wygant
4813 NE 13th Avenue
Portland, OR 97211-4637
(503) 249-3262

Women

Oxford House - Zachary
1875 Market Street NE
Salem, OR 97266
(503) 371-6463

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Pennsylvania

➤ Erie City Mission

Website: <http://www.eriecitymission.org/our-programs/drug-alcohol-gambling-rehab/>

28 day men's rehab for drugs, alcohol and gambling. Therapies given include group and individual therapy, 12 steps and dual diagnosis education. Residents may move into long term residential care after the completion of the initial rehab phase. The program is not free, but payment is based on ability to pay.

*PO Box 407
Erie, PA 16512
814 452 4421*

➤ New Beginning Ministry

Website: <http://www.newbeginningmin.org/admissions.html>

Faith based rehab with no waiting period for entry. 12 steps based and people of all creeds welcome. \$4625 for entry but they will work with you and scholarships are possible. No detox

*Beach Lake
PA 18405-0328
(888) 660-8709*

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

➤ **Salvation Army East – ARC, Adult Recovery Centers**

Website: <http://www.salvationarmyarc.org>

The Salvation Army Adult Rehabilitation Center ministries in the United States provide an in-residence rehabilitation program with a focus on basic necessities. Each beneficiary (program participant) is provided with a clean and healthy living environment, good food, work therapy, leisure time activities, group and individual counseling, spiritual direction, and resources to assist each person to develop life skills and a personal relationship with God as provided by Jesus Christ.

Anyone is welcome, as long as they are willing to participate in a Christian program of recovery and willing to work within the organization as they undergo treatment, as a way of funding their stay.

Salvation Army ARC rehabs generally run for 6 months or longer, you can get in for free and all of your food, shelter and clothing will be provided free of charge during this period.

The Salvation Army, providing sober sanctuary for those with nowhere else to go and changing lives for the better across the nation...The Salvation Army may be what you've been looking for.

ARC - Pittsburgh
44 South 9th Street
Pittsburgh, PA 15203-1196
(412)481-7900

ARC - Erie
1209 Sassafras Street
Erie, PA 16501
(814)456-4237

ARC - Altoona
200 7th Avenue
Altoona, PA 16602
(814)946-3645

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

*ARC - Harrisburg
3650 Vartan Way
Harrisburg, PA 17110
(717)541-0203*

*ARC - Scranton
610 South Washington Avenue
Scranton, PA 18505
(570)346-0007*

*ARC - Wilkes-Barre
163 Hazle Street
Wilkes-Barre, PA 18702
(570)822-4248*

*ARC - Philadelphia
4555 Pechin Street
Philadelphia, PA 19128
(215)483-3340*

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

➤ **Pennsylvanian Oxford house**

Website: <http://www.oxfordhouse.org>

A model of peer run recovery houses, in Pennsylvania there are currently Oxford houses for men and for women. Normally used as a transitional home after a detox or a 28 day program. As a non-profit organization, residents are only expected to contribute to their fair share of the running of the house expenses, and since there are generally between 8-15 people per home, these monthly payments are low enough to be affordable to anyone who can work while in recovery. Residents must only abide by the rules of the home, but if they ever use drugs or alcohol while a resident they are immediately expelled from the house. Residents may stay as long as they need to, although most stay about 1 year.

Oxford House - Allen
1524 Allen Street
Allentown PA 18102
(610) 433-5351

Men

Oxford House - Awbury
523 E. Washington Lane
Philadelphia, PA 19144
(215) 848-3395

Women

Oxford House - Bethlehem
450 Monclair Avenue
Bethlehem, PA 18015
(610) 814-0663

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Brighthurst
446 W. Brighthurst Street
Philadelphia, PA 19141
(215) 848-4725

Women

Oxford House - Buchanan
458 Montclair Av
Bethlehem, PA 18015
(610) 868-4308

Women

Oxford House - Chew Street
1734 Chew Street
Allentown, PA 18104-4505
(610) 433-1431

Men

Oxford House - Cliveden
104 E. Cliveden
Philadelphia, PA 19144
(215) 849-0471

Men

Oxford House - Early
1319 Liberty Street
Allentown, PA 18102
(610) 351-5169

Men

Oxford House - Farragut
1006 Farragut Street
Pittsburgh, PA 15206
(412) 361-1648

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Goodfellows

122 S. 13th Street

Allentown, PA 18102

(610) 351-7975

Men

Oxford House - Gordon

131 S. 15th Street

Allentown, PA 18102-4505

(610) 435-8404

Men

Oxford House - Hanover

445.5 Hanover Avenue

Allentown, PA 18103

(484) 221-8823

Men

Oxford House - Hickory

118 1/2 S. 15th Street

Allentown, PA 18102

(610) 434-2076

Women

Oxford House - Italian Market

1038 South 5th Street

Philadelphia, PA 19147

(215) 520-6205

Men

Oxford House - Jefferson Park

240 N. Jefferson Street

Allentown, PA 18102

(610) 351-6833

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Liberty

1605 Chew Street

Allentown, PA 18102

(610) 820-7151

Women

Oxford House - Linden

136 N. 12th Street

Allentown, PA 18102

(610) 770-1988

Women

Oxford House - Mediator

230 N. 16th Street

Allentown, PA 18102

(610) 776-3630

Men

Oxford House - Meehan

158 E. Meehan

Philadelphia, PA 19119

(215) 848-7013

Men

Oxford House - Montclair

455 Montclair Avenue

Bethlehem, PA 18015

(610) 867-3654

Men

Oxford House - Pomona

47 West Pomona

Philadelphia, PA 19144

(215) 842-3444

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Reading
1045 North 5th Street
Reading, PA 19601
(610) 372-0631

Men

Oxford House - Roth
1008 North 15th Street
Allentown, PA 18102
(610) 820-0297

Men

Oxford House - Saucon
508 E. Fourth Street
Bethlehem, PA 18015
(610) 868-4309

Men

Oxford House - Seneca
500 Seneca Street
Bethlehem, PA 18015
(610) 867-9948

Men

Oxford House - Society Hill
1012 S. Second Street
Philadelphia, PA 19147
(215) 271-7115

Men

Oxford House - South Madison
211 South Madison
Allentown, PA 18102
(610) 770-7928

Women

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Spring Garden
1029 Spring Garden Street
Allentown, PA 18102
(610) 770-0227

Men

Oxford House - Tilghman
829 Tilghman Street
Allentown, PA 18102-2381
(610) 432-1736

Men

Oxford House - Turner Street
1319 Turner Street
Allentown, PA 18102-3732
(610) 433-1985

Men

Oxford House - Union Terrace
308 South 17th Street
Allentown, PA 18104-6709
(610) 770-9994

Men

Oxford House - University City
225 S. 49th Street
Philadelphia, PA 19139
(215) 471-7962

Men

Oxford House - Walker-Butler
311 Butler Avenue
Butler, PA 16001
(724) 234-3681

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - West Park
217 Fulton Street
Allentown, PA 18102-3628
(610) 435-3899

Men

Oxford House - Whitehall
515 1/2 North 8th Street
Allentown, PA 18102
(610) 782-0955

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Rhode Island

➤ **Salvation Army Eastern Territory – ARC, Adult Recovery Centers**

Website: <http://www.salvationarmyarc.org>

The Salvation Army Adult Rehabilitation Center ministries in the United States provide an in-residence rehabilitation program with a focus on basic necessities. Each beneficiary (program participant) is provided with a clean and healthy living environment, good food, work therapy, leisure time activities, group and individual counseling, spiritual direction, and resources to assist each person to develop life skills and a personal relationship with God as provided by Jesus Christ.

Anyone is welcome, as long as they are willing to participate in a Christian program of recovery and willing to work within the organization as they undergo treatment, as a way of funding their stay.

Salvation Army ARC rehabs generally run for 6 months or longer, you can get in for free and all of your food, shelter and clothing will be provided free of charge during this period.

The Salvation Army, providing sober sanctuary for those with nowhere else to go and changing lives for the better across the nation...The Salvation Army may be what you've been looking for.

ARC - Providence
201 Pitman Street
Providence, RI 02906
(401)421-5270

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

South Carolina

➤ Oxford House South Carolina

Website: <http://www.oxfordhouse.org>

A model of peer run recovery houses, in South Carolina there are currently Oxford houses for men and for women. Normally used as a transitional home after a detox or a 28 day program. As a non-profit organization, residents are only expected to contribute to their fair share of the running of the house expenses, and since there are generally between 8-15 people per home, these monthly payments are low enough to be affordable to anyone who can work while in recovery. Residents must only abide by the rules of the home, but if they ever use drugs or alcohol while a resident they are immediately expelled from the house. Residents may stay as long as they need to, although most stay about 1 year.

Aiken County

Oxford House - Aiken

3201 Bauclese

Aiken, SC 29801

(803) 642-7120

Men

Anderson County

Oxford House - Brown Street

102 Brown Street

Anderson, SC 29624

(864) 314-8289

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Charleston County

Oxford House - Charleston

625 Wappoo Rd.

Charleston, SC 29407-5857

(843) 763-6880 W {}

Oxford House - Low Country

422 Rotherwood Drive

Charleston, SC 29407

(843) 737-0566

Men

Oxford House - St. Margaret

41 Saint Margaret St.

Charleston, SC 29403-3612

(843) 722-8575

Men

Oxford House - Stono Park

1717 Meyers Rd

Charleston, SC 29407-6980

(843) 297-8053

Men

Oxford House - Wappoo Hall

2181 Wappoo Hall Rd

Charleston, SC 29412-2058

(843) 795-4567

Men

Oxford House - West Ashley

1419 S. Sherwood Dr.

Charleston, SC 29407-6624

(843) 737-0696

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Colleton County

Oxford House - Walterboro

406 Constance St.

Walterboro, SC 29488-2710

(803) 549-6831

Men

Horry County

Oxford House - Conway

801 Smith St.

Conway, SC 29526-4817

(843) 488-1105

Men

Oxford House - Myrtle Beach

406 7th Ave. N.

Myrtle Beach, SC 29577-3765

(843) 448-7839

Men

Greenville County

Oxford House - Poinsett

110 Butler Avenue

Greenville, SC 29601-1911

(864) 235-4240

Men

Lexington County

Oxford House - Rama

208 Rama Lane.

Lexington, SC 29072-2015

(803) 796-9137

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - West Columbia

101 Shuler Street

W Columbia, SC 29169-7537

(803) 234-5038

Men

Richland County

Oxford House - Avondale

3320 Abingdon Road

Columbia, SC 29203

(803) 988-0068

Men

Oxford House - Carolina

2312 Locust Rd.

Columbia, SC 29223-3835

(803) 699-9133

Men

Oxford House - Cunningham Road

1842 Cunningham Road

Columbia, SC 29210

(803) 750-8417

Men

Oxford House - Darnell II

1608 Darnell Road

Columbia, SC 29210

(803) 407-9376

Men

Oxford House - Dutch Square

2307 Hertford Dr.

Columbia, SC 29210-6220

*(803) 561-0262/ **Men***

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House – Harbison

1604 Darnell Road

Columbia, SC 29212

(803) 708-6041

Men

Oxford House - Summerlea

114 Summerlea Dr.

Columbia, SC 29203-5532

(803) 799-6858

Men

Sumter County

Oxford House - Sumter

906 W. Liberty St.

Sumter, SC 29150-4731

(803) 778-2064

Men

York County

Oxford House - Sarah

627 E. Main St.

Rock Hill, SC 29730-5324

(803) 980-5792

Women

Aiken County

Oxford House - Aiken

3201 Bauclese

Aiken, SC 29801

(803) 642-7120

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Anderson County
Oxford House - Brown Street
102 Brown Street
Anderson, SC 29624
(864) 314-8289

Men

Charleston County
Oxford House - Charleston
625 Wappoo Rd.
Charleston, SC 29407-5857
(843) 763-6880

Women

Oxford House - Low Country
422 Rotherwood Drive
Charleston, SC 29407
(843) 737-0566

Men

Oxford House - St. Margaret
41 Saint Margaret St.
Charleston, SC 29403-3612
(843) 722-8575

Men

Oxford House - Stono Park
1717 Meyers Rd
Charleston, SC 29407-6980
(843) 297-8053

Men

Oxford House - Wappoo Hall
2181 Wappoo Hall Rd
Charleston, SC 29412-2058
(843) 795-4567/ **Men**

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

*Oxford House - West Ashley
1419 S. Sherwood Dr.
Charleston, SC 29407-6624
(843) 737-0696*

Men

*Colleton County
Oxford House - Walterboro
406 Constance St.
Walterboro, SC 29488-2710
(803) 549-6831*

Men

*Horry County
Oxford House - Conway
801 Smith St.
Conway, SC 29526-4817
(843) 488-1105*

Men

*Oxford House - Myrtle Beach
406 7th Ave. N.
Myrtle Beach, SC 29577-3765
(843) 448-7839*

Men

*Greenville County
Oxford House - Poinsett
110 Butler Avenue
Greenville, SC 29601-1911
(864) 235-4240*

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Lexington County

Oxford House - Rama

208 Rama Lane.

Lexington, SC 29072-2015

(803) 796-9137

Men

Oxford House - West Columbia

101 Shuler Street

W Columbia, SC 29169-7537

(803) 234-5038

Men

Richland County

Oxford House - Avondale

3320 Abingdon Road

Columbia, SC 29203

(803) 988-0068

Men

Oxford House - Carolina

2312 Locust Rd.

Columbia, SC 29223-3835

(803) 699-9133

Men

Oxford House - Cunningham Road

1842 Cunningham Road

Columbia, SC 29210

(803) 750-8417

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Darnell II
1608 Darnell Road
Columbia, SC 29210
(803) 407-9376

Men

Oxford House - Dutch Square
2307 Hertford Dr.
Columbia, SC 29210-6220
(803) 561-0262

Men

Oxford House – Harbison
1604 Darnell Road
Columbia, SC 29212
(803) 708-6041

Men

Oxford House - Summerlea
114 Summerlea Dr.
Columbia, SC 29203-5532
(803) 799-6858

Men

Oxford House - Sumter
906 W. Liberty St.
Sumter, SC 29150-4731
(803) 778-2064

Men

York County
Oxford House - Sarah
627 E. Main St.
Rock Hill, SC 29730-5324
(803) 980-5792/ **Women**

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Tennessee

➤ English mountain

Website: <http://emrecovery.org>

A holistic and licensed rehab offering conventional therapy with equine therapy, yoga and meditation. \$10 000 for 90 days, sometimes down to \$3000 for 3 months based on need.

1096 Alpine Drive
Sevierville, TN 37876
877.459.8595

➤ Tony Rice Center

Website: <http://www.tonyricecenter.com/index.html>

12 steps based program for women and men, partially funded by the United Way, offers residential care for \$500 or less for those unable to pay more. Continuing aftercare support and employment assistance programs.

1300 Railroad Avenue
Shelbyville, Tennessee 37160
931 685 0957

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

➤ **Salvation Army Southern Territory – ARC, Adult Recovery Centers**

Website: <http://www.arccsouth.org>

The Salvation Army Adult Rehabilitation Center ministries in the United States provide an in-residence rehabilitation program with a focus on basic necessities. Each beneficiary (program participant) is provided with a clean and healthy living environment, good food, work therapy, leisure time activities, group and individual counseling, spiritual direction, and resources to assist each person to develop life skills and a personal relationship with God as provided by Jesus Christ.

Anyone is welcome, as long as they are willing to participate in a Christian program of recovery and willing to work within the organization as they undergo treatment, as a way of funding their stay.

Salvation Army ARC rehabs generally run for 6 months or longer, you can get in for free and all of your food, shelter and clothing will be provided free of charge during this period.

The Salvation Army, providing sober sanctuary for those with nowhere else to go and changing lives for the better across the nation...The Salvation Army may be what you've been looking for.

CAPT. H. AUGUSTUS PILLSBURY

The Salvation Army

130 N Danny Thomas Blvd

Memphis TN 38103-1954

901/ 525-6676

MAJOR MICHAEL WATERS

The Salvation Army

140 N First St

Nashville TN 37213-1102

P O Box 70003

Nashville TN 37207-0003

615/ 259-2348

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

➤ Tennessee Oxford House

Website: <http://www.oxfordhouse.org>

A model of peer run recovery houses, in Tennessee there are currently Oxford houses for men. Normally used as a transitional home after a detox or a 28 day program. As a non-profit organization, residents are only expected to contribute to their fair share of the running of the house expenses, and since there are generally between 8-15 people per home, these monthly payments are low enough to be affordable to anyone who can work while in recovery. Residents must only abide by the rules of the home, but if they ever use drugs or alcohol while a resident they are immediately expelled from the house. Residents may stay as long as they need to, although most stay about 1 year.

Oxford House- Bordeaux
1810 County Hospital Rd
Nashville, TN 37218-2604
(615) 259-4450
Men

Oxford House - Hamilton
1916 S. Hamilton
Nashville, TN 37218
(615) 244-9341
Men

Oxford House - Hilson
5176-5178 Hilson Rd
Nashville, TN 37211
(615) 837-1867
Men

Oxford House - Knoxville
1600 Jefferson Avenue
Knoxville, TN 37917
(865) 773-2613/ **Men**

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Meridian

P.O. Box 330355

Nashville, TN 37203

(615) 248-3224

Men

Oxford House - Prince

1620 Dr. DB Todd Jr. Boulevard

Nashville, TN 37208

(615) 327-7939

Men

Oxford House - Polar Bear

1408 Edgehill Avenue

Nashville, TN 37212

(615) 742-9975

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Texas

➤ Charlie's Place

Website: <http://www.charliesplaceonline.com>

Also called the Coastal Bend Alcohol and Drug Rehabilitation Center, has programs for men, women, pregnant women and women with children. Offering individual counseling, group therapy, aftercare and others. For people who can't access state programs, or don't want to wait; affordable care at \$4500 per month and detox at \$350 a day.

Corpus Christi

TX 78469

361 882 9302

➤ Gateway Foundation - Dallas

Website: <http://www.gatewayfoundation.org>

Free residential Care for Men and women over the age of 18 based on need. Comprehensive treatment using best practices; a very well regarded and certified organization. You will need a referral from a detox, counselor or other recognized agency, but call and ask for details for your particular case. There is sometimes a waiting list, but you should call for present day information, as the waiting time can vary considerably.

Gateway Foundation - Dallas

723 S. Peak Street

Dallas, TX 75223

214/827-2870

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

➤ **Salvation Army Southern Territory – ARC, Adult Recovery Centers**

Website: <http://www.arccsouth.org>

The Salvation Army Adult Rehabilitation Center ministries in the United States provide an in-residence rehabilitation program with a focus on basic necessities. Each beneficiary (program participant) is provided with a clean and healthy living environment, good food, work therapy, leisure time activities, group and individual counseling, spiritual direction, and resources to assist each person to develop life skills and a personal relationship with God as provided by Jesus Christ.

Anyone is welcome, as long as they are willing to participate in a Christian program of recovery and willing to work within the organization as they undergo treatment, as a way of funding their stay.

Salvation Army ARC rehabs generally run for 6 months or longer, you can get in for free and all of your food, shelter and clothing will be provided free of charge during this period.

The Salvation Army, providing sober sanctuary for those with nowhere else to go and changing lives for the better across the nation...The Salvation Army may be what you've been looking for.

MAJOR CARL EARP
The Salvation Army
5554 Harry Hines Blvd
Dallas TX 75235-7213
P O Box 35845
Dallas TX 75235-0845
214/ 630-5611

MAJOR SHERMAN CUNDIFF
The Salvation Army
2901 NE 28th St
Ft. Worth TX 76111-2996
P O Box 7779

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

*Ft Worth TX 76111
817/ 834-6271
CAPTAIN GARY WILSON
The Salvation Army
1324 S Flores St
San Antonio TX 78204
P O Box 830247
San Antonio TX 78283-0247
210/223-6877*

*MAJOR J. LARRY DEBERRY
The Salvation Army
1015 Hemphill St
Houston TX 77007-6113
P O Box 7785
Houston TX 77270-7785
713/ 425-8750*

*MAJOR GERALD STREET
The Salvation Army
4216 S Congress
Austin TX 78745
P O Box 40117
Austin TX 78704
512/ 447-2272*

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

➤ Texas Oxford Houses

Website: <http://texasoxfordhouses.org/>

A model of peer run recovery houses, both men and women and women with children may apply to live in a completely sober Oxford house. Most normally used as a transitional home after a detox or a 28 day program. As a non-profit organization, residents are only expected to contribute to their fair share of the running of the house expenses, and since there are generally between 8-15 people per home, these monthly payments are low enough to be affordable to anyone who can work while in recovery. Residents must only abide by the rules of the home, but if they ever use drugs or alcohol while a resident they are immediately expelled from the house. Residents may stay as long as they need to, although most stay about 1 year.

Oxford House - Abrams
7963 Woodstone Lane
Dallas, TX 75248
(972) 644-7000

Men

Oxford House - Baylor
2705 Sherrill Park Drive
Richardson, TX 75082
(972) 664-1866

Men

Oxford House - Beaver Run
11214 Drummond Drive
Dallas, TX 75228
(972) 270-2960

Women

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Beacon Hill
310 Cincinnati Avenue
San Antonio, TX 78201-6339
(210) 785-2804

Men

Oxford House - Beltline
1225 Donna Drive
Richardson, TX 75080
(972) 671-3298

Men

Oxford House - Bissonet
4224 Bissonet
Houston, TX 77005
(713) 592-6221

Men

Oxford House - Braes Ridge
7703 Vickijohn Drive
Houston, TX 77071
(713) 626-2467

Men

Oxford House - Catalpa
10231 Catalpa Road
Dallas, TX 75243
(972) 699-0978

Men

Oxford House - Chimney Rock
5507 Effingham Drive
Houston, TX 77035
(281) 974-3622

Women/Children

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Collingsworth

1005 Collingsworth

Austin, TX 78753

(512) 833-9414

Men

Oxford House - Copperfield

7601 Northcrest Blvd.

Austin, TX 78752

(512) 407-9291

Women

Oxford House - Dallas

726 Glendale Street

Dallas, TX 75214

(214) 826-4329

Men

Oxford House - Davis

730 Hammond Avenue

San Antonio, TX 78210

(210) 455-3921

Men

Oxford House - Deer Meadow

8811 Deer Meadow Road

Houston, TX 77071

(713) 981-6236

Women

Oxford House - Dovemeadow

4412 Dovemeadow Drive

Austin, TX 78744

(512) 294-2412

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Effingham
5915 Effingham Drive
Houston, TX 77035
(713) 721-5977

Women

Oxford House - El Paso
3426 Thomason Street
El Paso, TX 75218
(915) 566-2170

Men

Oxford House - Erie
1201 Erie Street
Carrolton, TX 75006
(972) 242-5959

Women

Oxford House - Ferguson
11624 Drummond Drive
Dallas, TX 75228
(972) 613-8793

Women

Oxford House - Fredericksburg Road
311 Cincinnati Avenue
San Antonio, TX 78201-6406
(210) 320-1914

Men

Oxford House - Golfing Green
3245 Golfing Green
Farmers Branch, TX 75234
(972) 406-9023

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Inkberry
7047 Inkberry Drive
Houston, TX 77092
(281) 372-6139

Men

Oxford House - Junius
4520 Junius Street
Dallas, TX 75246
(972) 788-1700

Women / Children

Oxford House - La Casa
5101 Meadow Creek Circle
Austin, TX 78745
(512) 442-1658

Men

Oxford House - Lamplight
13011 Broughton Way
Austin, TX 78727
(512) 244-0690

Men

Oxford House - Leon Valley
5907 Rimkus Street
San Antonio, TX 78238
(210) 334-0252

Women w/Children

Oxford House - Lois Lane
100 South Lois Lane
Richardson, TX 75801
(972) 671-2361

Women

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Loma Park
206 Florencia Avenue
San Antonio, TX 78228
(210) 276-0657

Men

Oxford House - Ludington
5814 Ettrick Street
Houston, TX 77035
(713) 667-9924

Men

Oxford House - Lugary
9313 Lugary Drive
Houston, TX 75074
(713) 272-8599

Women

Oxford House - Maple
410 Maple Street
Richardson, TX 75081
(972) 238-9615

Men

Oxford House - Meandering Way
13094 Meandering Way
Dallas, TX 75240
(972) 991-0206

Women

Oxford House - Melbourne
108 Melbourne Street
Houston, TX 77022
(832) 433-7919

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Mistletoe
1130 W. Mistletoe Ave
San Antonio, TX 78201
(210) 733-6900

Men

Oxford House - North Park
3624 Coral Gables Drive
Dallas, TX 75229
(214) 750-1440

Men

Oxford House - Plano
2324 Claridge Circle
Plano, TX 75075
(972) 985-1987

Men

Oxford House – Parkfield
9200 Quail Field Drive
Austin, TX 78758
(512) 584-8730

Women

Oxford House - Portrush
10319 Port Rush
Dallas, TX 75243
(214) 575-2238

Women

Oxford House - Pride
1426 Lamp Post Lane
Richardson, TX 75080
(972) 235-6899

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Quail Park
9203 Quailfield Drive
Austin, TX 78758
(512) 821-0207

Men

Oxford House - Richardson
1813 Harvard Drive
Richardson, TX 75081
(972) 480-8866

Men

Oxford House - Richland Manor
414 Sheffield Drive
Richardson, TX 75081
(972) 235-1134

Men

Oxford House - Scofield
305 Ridgwood Drive
Cedar Park, TX 78613
(512) 335-6821

Women with Children

Oxford House - Spellman
4734 Spellman Road
Houston, TX 77035
(713) 721-6269

Men

Oxford House - Stagecoach
1421 Stagecoach Drive
Richardson, TX 75080
(972) 690-4664

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Stirrup
2719 Kerrybrook Court
San Antonio, TX 78240
(210) 979-6013

Men

Oxford House - Sugar Mill
4414 Sugar Mill Road
Dallas, TX 75244
(972) 239-2333

Men

Oxford House - Tronewood
8906 Tronewood Drive
Austin, TX 78758
(512) 339-8728

Women

Oxford House - University Hills
2600 Loyola Lane
Austin, TX 78723
(512) 926-1300

Women

Oxford House - Walnut Hill
1238 Delmont
Richardson, TX 75080
(972) 907-9112

Men

Oxford House - Werner Hill
1409 Werner Hill Drive
Austin, TX 78753
(512) 973-9274

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Willowick
8602 A Willowick Drive
Austin, TX 78759
(512) 343-8751

Men

Oxford House - Woodlawn Lake
155 N. Josephine Tobin Drive
San Antonio, TX 78201
(210) 467-5334

Women

Oxford House - Wyatt
10505 Wyatt Street
Dallas, TX 75218
(214) 321-8791

Women

Oxford House - Yorkwood
7235 Pine Grove Drive
Houston, TX 77092
(281) 974-4791

Women w/Children House

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford Houses of Texas

Chapter VI- Austin (North)

(512) 341-7681

(512) 218-1033 Vacancy Hotline

Chapter VII - Houston.

(713) 721-5977

<http://www.houstonoxfordhouse.org>

Chapter VIII- San Antonio

(210) 604-4069 Vacancy Hotline

Dallas / Richardson

(214) 706-2943 Vacancy Hotline

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Utah

➤ Haven

Website: <http://www.havenslc.org>

90 day residential rehab for Men and women, offering care from 52\$ per day for those who can pay, and free for those who cannot. Treatments are 12 steps based, with individual and group therapy provided by trained therapists, as well as consults from the University of Utah. No detox, and participants must be 5 days sober for entry. Call for an interview and assessment, and to inquire about potential waiting times.

*974 East South Temple
Salt Lake City, Utah 84102
801 533 0079*

➤ St. Mary's Treatment Center for Men

Website: <http://www.ccsutah.org/stMarys.html>

39 bed facility offering free care for men in need. 6 month program, although men can stay as long as 2 years. Men will get referred into the program by the county, the VA or through detox. Therapies include group, individual and cognitive therapies. Aftercare classes available, as well as AA. Call to find out exactly how to get referred in, and to inquire about a possible waiting list.

*745 East 300 South
Salt Lake City, Utah 84102
801 977 9119*

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

➤ **Volunteers of America Free Detox**

Website:

<http://www.voaut.org/Services/DetoxificationServices/AdultDetoxificationCenter/tabid/2465/Default.aspx>

Free detox, temporary residential care and counseling while awaiting referral into longer term treatment.

*Adult Detoxification Center
252 West Brooklyn St.
Salt Lake City, UT 84101
801-363-9400*

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Vermont

➤ Oxford House Vermont

Website: <http://www.oxfordhouse.org>

A model of peer run recovery houses, in Vermont there are currently Oxford houses for men and women. Normally used as a transitional home after a detox or a 28 day program. As a non-profit organization, residents are only expected to contribute to their fair share of the running of the house expenses, and since there are generally between 8-15 people per home, these monthly payments are low enough to be affordable to anyone who can work while in recovery. Residents must only abide by the rules of the home, but if they ever use drugs or alcohol while a resident they are immediately expelled from the house. Residents may stay as long as they need to, although most stay about 1 year.

Oxford House - Callahan Park

10 Catherine Street

Burlington, VT 05401

(802) 861-2553

Men

Oxford House - Catherine Street

8 Catherine Street

Burlington, VT 05401

(802) 660-9797

Men

Oxford House - Highland

38 Highland Avenue

Barre, VT 05641

(802) 461-4189

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

*Oxford House - Kirk
226 Manhattan Drive
Burlington, VT 05401
(802) 863-4642*

Women

*Oxford House - Main II
239 1/2 Main Street
Burlington, VT 05401
(802) 864-6546*

Men

*Oxford House - Strong
239 Main Street
Burlington, VT 05401
(802) 859-9327*

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Virginia

➤ Salvation Army Southern Territory – ARC, Adult Recovery Centers

Website: <http://www.arccsouth.org>

The Salvation Army Adult Rehabilitation Center ministries in the United States provide an in-residence rehabilitation program with a focus on basic necessities. Each beneficiary (program participant) is provided with a clean and healthy living environment, good food, work therapy, leisure time activities, group and individual counseling, spiritual direction, and resources to assist each person to develop life skills and a personal relationship with God as provided by Jesus Christ.

Anyone is welcome, as long as they are willing to participate in a Christian program of recovery and willing to work within the organization as they undergo treatment, as a way of funding their stay.

Salvation Army ARC rehabs generally run for 6 months or longer, you can get in for free and all of your food, shelter and clothing will be provided free of charge during this period.

The Salvation Army, providing sober sanctuary for those with nowhere else to go and changing lives for the better across the nation...The Salvation Army may be what you've been looking for.

MAJOR DEWEY ALDERSON
The Salvation Army
Hampton Roads
5524 Virginia Beach Blvd
Virginia Beach VA 23462
All Mail P O Box 62225
Virginia Beach VA 23466-2225
757/ 499-0032

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

MAJOR PAUL WHITE
The Salvation Army
2601 Hermitage Rd
Richmond VA 23220-1199
P O Box 5451
Richmond VA 23220
804/ 359-0269

MAJOR MICHAEL VINCENT
The Salvation Army
Northern Virginia
6528 Little River Turnpike
Alexandria VA 22312
703/642-9270-6

➤ Oxford House Virginia

Website: <http://www.oxfordhouse.org>

A model of peer run recovery houses, in Virginia there are currently Oxford Houses for men and women. Normally used as a transitional home after a detox or a 28 day program. As a non-profit organization, residents are only expected to contribute to their fair share of the running of the house expenses, and since there are generally between 8-15 people per home, these monthly payments are low enough to be affordable to anyone who can work while in recovery. Residents must only abide by the rules of the home, but if they ever use drugs or alcohol while a resident they are immediately expelled from the house. Residents may stay as long as they need to, although most stay about 1 year.

Oxford House - Alexandria
6000 Brookland Road
Alexandria, VA 22310
(703) 719-7732
Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Arlington
1305 North Herndon Street
Arlington, VA 22201-5011
(703) 528-2061

Men

Oxford House - Beau Lane
2900 Beau Lane
Fairfax, VA 22031
(703) 691-3255

Men

Oxford House - Buckroe
1770 Newton Road
Hampton, VA 23663
(757) 265-6783

Women

Oxford House - Chesapeake
1040 Rodgers Street
Chesapeake, VA 23324
(757) 545-1511

Men

Oxford House - Chapel Hill
4504 Wakefield Chapel Road
Annandale, VA 22003
(703) 503-3048

Women

Oxford House - Commonwealth
4500 Patterson Avenue
Richmond, VA 23221
(804) 359-8663

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

*Oxford House - Dam Neck
629 Dam Neck Road
Virginia Beach, VA 23454
(757) 721-0352*

Men

*Oxford House - Diamond Hill
1408 Church Street
Lynchburg, VA 24504-4606
(000) 000-000*

Men

*Oxford House - Fair Oaks
10808 W. First Street
Fairfax, VA 22030
(703) 279-1738*

Men

*Oxford House - Fairview Park
625 Fairview Avenue
Winchester, VA 22605
(540) 662-4210*

Men

*Oxford House – Forest Hill
1418 Forest Ridge Road
Charlottesville, VA 22902
434-872-0019 or 0020*

Women

*Oxford House - Glebe Road
2720 N. Rosser Street
Alexandria, VA 22311
(703) 575-8272*

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Highland Park - II
365 Washington Avenue SW
Roanoke, VA 24016
(703) 982-1440

Women

Oxford House - Horizon
645 Highland Ave SE
Roanoke VA 24013
(540) 345-2337

Men

Oxford House - Kenwood
1702 Kenwood Boulevard
Roanoke, VA 24013
(540) 342-2988

Men (Alumnus House)

Oxford House - Lemon Road
7103 Norwalk Street
Falls Church, VA 22043-1518
(571) 830-6358

Men

Oxford House - Manor
3031 Manor Road
Falls Church, VA 22042
(703) 645-0622

Men

Oxford House - Mill Mountain
1326 Rugby Blvd. NW
Roanoke, VA 24017
(540) 981-9048

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Mt. Vernon Square
2402 Windbreak Drive
Alexandria, VA 22306
(703) 718-0119

Women

Oxford House - New Market
5010 82nd Street
Hampton, VA 23605
(752) 838-6154

Women

Oxford House - N. Upton Street
900 N. Upton Street
Sterling, VA 20164
(703) 433-2126

Men

Oxford House - Old Dominion
523 Mountain Avenue SW
Roanoke, VA 24016
(540) 342-3613

Men

Oxford House - Pence Court
3510 Pence Court
Annandale, VA 22003
(703) 992-9116

Men

Oxford House - Pike Place
6431 Columbia Pike
Annandale, VA 22003
(703) 916-1898

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Pembroke
416 Minute **Men** Road
Virginia Beach, VA 23462
(757) 497-5880

Women

Oxford House - Prosperity
3317 Prosperity Avenue
Fairfax, VA 22031-2823
(703) 289-9632

Men

Oxford House - Pollard Park
904 West Ladies Mile Road
Richmond, VA 23222
(804) 421-2956

Men

Oxford House - Rivermount
2201 Rivermont Avenue
Lynchburg VA 24503
(434) 5288-8108

Men

Oxford House - Star City
513 Riverland Road
Roanoke, VA 24014
(540) 427-0040

Men

Oxford House - South Fallon Court
703 South Fallon Court
Hampton, VA 23661
(757) 722-2839

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Richmond
3603 Carolina Avenue
Richmond, VA 22232
(804) 228-8180

Men

Oxford House - Thomas II
8520 Thomas Drive
Manassas, VA 20110
(703) 361-0491

Men

Oxford House - Tidewater
315 16th Street
Virginia Beach, VA 23451
(757) 491-6859
(757) 491-6860

Men

Oxford House - Veitch
1732 N. Veitch Street
Arlington, VA 22201
(703) 528-6345

Men

Oxford House - Wesleyan
8415 Wesleyan Street
Vienna, VA 22180
(703) 573-9115

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Williamsburg
136 Magruder Avenue
Williamsburg, VA 23185
(757) 565-6308

Men

Oxford House - Woodbridge
12455 Skipper Circle
Woodbridge, VA 22192
(703) 491-8682

Men

Oxford House – Amherst Street
132 Amherst Street
Winchester, VA 22601
540-535-0774, 540-535-0775

Men

Oxford House - Annandale
3605 Terrace Drive
Annandale, VA 22003
(703) 462-9331

Men

Oxford House - Bayview Gardens
1622 Broadfield Road
Norfolk, VA 23503
(757) 383-6826

Men

Oxford House - Beall Drive
1952 Beall Drive
Hampton, VA 23663
(757) 851-1832

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Belle Haven
6216 Quander Road
Alexandria, VA 22307
(703) 768-4490

Women

Oxford House - Chamberlayne
2918 Chamberlayne Avenue
Richmond, VA 23222
(804) 321-3294

Men

Oxford House - Chester
13911 Jefferson Davis Hwy.
Chester, VA 23831
(804) 748-6847

Men

Oxford House - Clay Street
719 1/2 W. Clay Street
Richmond, VA 23220
(804) 308-0255

Men

Oxford House - Creek Place
4841 Ninth Street
S. Arlington, VA 22204
(703) 271-9009

Men

Oxford House - Crossman
6815 Crossman Street
Annandale, VA 22003
(703) 992-6784/ **Men**

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Diva
1300 N. Glebe Road
Arlington, VA 22207
(703) 528-1954

Women

Oxford House - Dudley Court
3611 Hill Street
Fairfax, VA 22030
(703) 258-5314

Men

Oxford House - Forest Hills Park
1418 Forest Ridge Road
Charlottesville, VA 22903
(434) 872-0019 & (434) 872-0020

Women

Oxford House - Hampton
64 Sherry Dell Drive
Hampton, VA 23666
(757) 825-0202

Men (Veterans)

Oxford House - Hermitage
3800 Hermitage Road
Richmond, VA 23227
(804) 264-2146

Women

Oxford House - Hill Top Heights
404 Joist Hite Place
Winchester, VA 22601
(540) 722-0639

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Hunter Street

10003 Hunter Street

Fairfax, VA 22031

(703) 383-9292

Women

Oxford House - Kings Manor

1101 Pine Hill Road

McLean, VA 22101-2904

(703) 288-9644

Men

Oxford House - Lynnhaven

118 Lynnhaven Drive

Hampton, VA 23666

(757) 826-6681

(703) 826-6682

Men

Oxford House - Manassas II

8522 Thomas Drive

Manassas, VA 20110

(703) 335-5049

Men

Oxford House - Marshall Street

418 Marshall Street

Hampton, VA 23669

(757) 722-7616

Men

Oxford House - Moseby Court

313 Moseby Court

Manassas, VA 20111

*(703) 330-4924/ **Men***

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - North Loudon
541 North Loudon Street
Winchester, VA22601
(540) 662-0072

Men

Oxford House - Norfolk
3122 Cape Henry Avenue
Norfolk, VA 23509
(757) 963-7903

Women

Oxford House - Oak Place
10705 Oak Place
Fairfax, VA 22030
(703) 383-0116

Women

Oxford House - Pentagon
8741 Shawdowlawn Court
Annandale, VA 22003
(703) 486-2728

Women

Oxford House - Plaza
300 Hospital Drive
Virginia Beach, VA 23452
(757) 222-9707

Men

Oxford House - Riverside Park
2236 Rivermont Avenue
Lynchburg, VA 24503
(434) 845-4009

Women

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Shenandoah Valley

605 S. Kent Street

Winchester, VA 22601

(540) 667-5288

(540) 667-5499

Women

Oxford House - Snug Harbor

7118 Snug Harbor Court

Alexandria, VA 22301

(703) 971-1834

Men

Oxford House - South Cameron

618 South Cameron Street

Winchester, VA 22601

(540) 667-2728

Men

Oxford House - Queen Street

1713 14th Street South

Arlington, VA 22204

(703) 979-8388

(703) 979-8488

Women

Oxford House - Sterling

510 Cardinal Glen Circle

Sterling, VA 20164

(703) 421-1015

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Rivermont
2201 Monteiro Avenue
Richmond, VA 22503
(434) 528-8108

Men

Oxford House - Thomas Street
525 N. Thomas Street
Arlington, VA 22203
(703) 516-0718
(703) 516-0719

Men

Oxford House - Tysons Corner
2229 Chain Bridge Road
Vienna, VA 22180
(703) 938-9844

Men

Oxford House - Valley View
2642 Lyndhurst Street, N.W.
Roanoke, VA 24012
540-904-6122

Men

Oxford House - West End
102 West Leigh Street
Richmond, VA 23220-3211
(804) 648-0077

Men (Veterans)

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - West Leigh Street

7 Poe Street

Richmond, VA 23222

(804) 562-8195

Men

Oxford House - Winston Street

416 Winston Street

Richmond, VA 23222

(804) 308-3339

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Washington

➤ Christian Bikers Tabernacle

Website: <http://www.christianbikertabernacle.org>

1 year program, 6 months minimum commitment, sliding scale based, no employment for first 90 days but if resident have no income, there is no fee, once working, they are expected to contribute 400\$ per month. Christian 12 steps, bible study, structured environment. For men and women, and women with children.

2702 East 112th Street
Tacoma, WA. 98445
(253) 536-2584

➤ Help Northwest

Website: <http://helpnorthwest.com>

A sliding scale faith based residential program for teens, no one is turned away for financial reasons. For both men and women under the ages of 18, Christian 12 steps based, and programs run from 1 to 6 months depending on need.

P.O. Box 77
Pacific, WA 98047
1866 248 6202

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

➤ **Seattle Union Gospel Mission**

Website: <http://www.ugm.org/ProgramsRecovery.asp>

A free 9 month Christian based residential rehab program for both men and women. Vocational training, Christian 12 steps, one on one counseling, work therapy, anger management, bible study and educational courses.

Tel (206) 322-6801

➤ **Salvation Army West – ARC, Adult Recovery Centers**

Website: <http://www.salvationarmyarc.org>

The Salvation Army ARC drug and alcohol rehabs operate throughout the country, offer long term care, and provide low cost and free treatment to those in need and without the ability to pay.

Anyone is welcome, as long as they are willing to participate in a Christian program of recovery and willing to work within the organization as they undergo treatment, as a way of funding their stay.

Salvation Army ARC rehabs generally run for 6 months or longer, you can get in for free and all of your food, shelter and clothing will be provided free of charge during this period.

The Salvation Army, providing sober sanctuary for those with nowhere else to go and changing lives for the better across the nation...The Salvation Army may be what you've been looking for.

*ARC - Seattle
1000 - 4th Avenue S.
Seattle, WA 98134-1303
206-587-0503*

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

➤ Washington Oxford houses

Website: www.waoxfordhouse.org

A model of peer run recovery houses, in Washington there are currently Oxford Houses for men and women and women with children. Normally used as a transitional home after a detox or a 28 day program. As a non-profit organization, residents are only expected to contribute to their fair share of the running of the house expenses, and since there are generally between 8-15 people per home, these monthly payments are low enough to be affordable to anyone who can work while in recovery. Residents must only abide by the rules of the home, but if they ever use drugs or alcohol while a resident they are immediately expelled from the house. Residents may stay as long as they need to, although most stay about 1 year.

Oxford House - Ainsworth
8816 Ainsworth Avenue, South
Tacoma, WA 98444
(253) 503-5887

Women

Oxford House - Akona
1428 Burwell
Bremerton, WA 98337
(360) 373-1993

Women

Oxford House - Alder
7240 South Alder Street
Tacoma, WA 98409
(253) 474-0102

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Alderwood Place

3632 177th Place, S.W.

Lynnwood, WA 98037

(425) 775-2767

Men

Oxford House - Anoka

1602 Burwell Street

Bremerton, WA 98337

(360) 373-8991

Women

Oxford House - Apple Valley

403 W. Ahtanum Road

Union Gap, WA 98903

(509) 249-2888

Women

Oxford House - Aurora

22807 - 76th Avenue West

Edmonds, WA 98026

(425) 640-2681

Men

Oxford House - Athena

18701 41st Place West

Lynnwood, WA 98037

(425) 361-1286

Women

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Atlantic
735 NE 98th Street
Shoreline, WA 98155
(206) 365-4465

Men

Oxford House - Atomic City
3613 W. 9th Avenue
Kennewick, WA 99336
(509) 737-1246

Men

Oxford House - Bachelor Creek
1306 West Pierce Street
Yakima, WA 98902
(509) 452-7735

Men

Oxford House - Ballard
2843 NW 69th Street
Seattle, WA 98107
(206) 706-9456

Men

Oxford House - Ballinger
22807 76th Avenue, West
Edmonds, WA 98026
(425) 640-2681

Women

Oxford House - Bellingham
2316 View Ridge Drive
Bellingham, WA 98225
(206) 656-6680

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Bethel

2306 Bethel Street

Olympia, WA 98506

(360) 878-8294

Men

Oxford House - Bernard

3621 S. Bernard Street

Spokane, WA 99203

(509) 737-0893

Men

Oxford House - Bill Wyze

819 North 18th Street

Mount Vernon, WA 98273

(360) 424-2118

Men

Oxford House - Bothell

14201 104th Avenue, NE

Bothell, WA 98011

(425) 825-0711

Men

Oxford House - Bridle Trails

7517 - 124th Avenue, NE

Kirkland, WA 98033

(425) 827-2781

Men

Oxford House - Brockman

1508 N.E. Brockman Place

Seattle, WA 98125

(206) 365-3580

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Burien
247 SW 143rd Street
Burien, WA 98166
(206) 660-3441

Men

Oxford House - Camrt
442 Burnett Avenue North
Renton, WA 98055
(425) 687-6568

Women w/Children House

Oxford House - Cascade
13018 SE 171st Place
Renton, WA 98058
(425) 271-3142

Men

Oxford House - Castleman
2304 West Castleman Street
Longview, WA 98632
(360) 414-1277

Women w/Children

Oxford House - Catlin
608 Catlin Street
Kelso, WA 98626
(360) 425-2568

Men

Oxford House - Cedar River
3519 Morris Avenue
Renton, WA 98015
(425) 793-7719

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

*Oxford House - Celeste Court
3905 Celeste Court, SE
Port Orchard, WA 98366
(360) 895-2539*

Women

*Oxford House - Central Park
6417 Olympic Hwy.
Aberdeen, WA 98520
(360) 538-0638*

Men

*Oxford House - Chalet II
8004 NW Bacon Road
Vancouver, WA 98665
(360) 576-7792*

Women/Child

*Oxford House - Chamberis Prairie
4406 22nd Avenue, SE
Lacey, WA 98503*

Men

*Oxford House - Cheney
1015 S Hudson Street
Tacoma, WA 98405
(253) 756-8093*

Men

*Oxford House – Colman Park
1907 20th Avenue South
Seattle, WA 98144
(206) 529-4252*

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Columbia River

4212 NW Lavina Street

Vancouver, WA 98663

(360) 258-8150

Women/Child

Oxford House – Covington

18011 SE 265th Place

Covington, WA 98042

(253) 277-1623

Women

Oxford House - Crown Hill

8053 11th Avenue NW

Seattle, WA 98117

(206) 783-3881

Men

Oxford House - Delaware

7580 Delaware Lane

Vancouver, WA 98665

(360) 735-9248

Men

Oxford House - Eagle Harbor

11024 NE Wing Point Way

Bainbridge Island, WA 98110

(206) 780-3491

Men

Oxford House - East Side

6536 South A Street

Tacoma, WA 98408

(253) 475-9374

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Echo Lake
420 NE 189th Court
Shoreline, WA 98155
(206) 417-5701

Women

Oxford House - Edison
505 South Buchanan
Kennewick, WA 99336
(509) 734-4594

Men

Oxford House - Elk Ridge
7615 N.E. Forest Ridge Drive
Bremerton, WA 98311
(360) 698-4956

Men with Children

Oxford House - Everett Mall
907 94TH Street, SE
Everett, WA 98208
(425) 322-5031

Men

Oxford House - Evergreen Terrace
17 East Marilyn Street
Everett, WA 98208
(425) 423-8197

Men

Oxford House - Fern Hill
1601 South 90th Street
Tacoma, WA 98444-3119
(253) 536-3055

Women

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Five Corners
8520 NE 112th Avenue
Vancouver, WA 98662
(360) 885-1038

Men

Oxford House - Forest Park
229 - 48th Street SW
Everett, WA 98203
(425) 252-8087

Men

Oxford House - Franklin
500 W 44th Street
Vancouver, WA 98660
(360) 695-3081

Men

Oxford House - Freeman Park
1105 East 54th Street
Tacoma, WA 9844
(253) 507-4460

Men

Oxford House - Freya
3701 E. 8th Avenue
Spokane, WA 99202-5212
(509) 536-6092

Men

Oxford House - Furlan
18907 11th Avenue, NE
Shoreline, WA 98155
(206) 306-2488

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Grammer
6100 NE Bonner Drive
Vancouver, WA 98665
(360) 750-0179

Men

Oxford House - Greenlake
8231 Wallingford Avenue North
Seattle, WA 98103
(206) 523-3374

Men

Oxford House - Greenwood
156 NW 83rd Street
Seattle, WA 98117
(206) 784-3617

Men

Oxford House - Heavens Park
506 South Volland Street
Kennewick, WA 99336
(509)-783-0176

Women

Oxford House - Heights
8511 NE 5th Street
Vancouver, WA 98664
(360) 896-3681

Men

Oxford House - Henderson Point
915 73rd Avenue, SE
Olympia, WA 98501
(360) 352-1067/ **Women**

Oxford House - Helena

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

1719 East 59th Avenue
Spokane, WA 99223
(509) 459-9221

Men

Oxford House - Hillyard
3008 East Euclid Avenue
Spokane, WA 99207
(509) 279-2468

Women

Oxford House - Historic Flynn
114 West 20th Street
Vancouver, WA 98660
(360) 367-6094

Men

Oxford House - Horizon
503 North 19th Avenue
Kelso, WA 98626
(000) 000-0000

Men

Oxford House - Houghton
5915 106th Avenue NE
Kirkland, WA 98033
(425) 889-2003

Men

Oxford House - Inglewood
14819 75th Avenue
Kenmore, WA 98028
(206) 954-8311

Women

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Ingrham Heights

1649 North 130th

Seattle, WA 98133

(206) 367-6092

Men

Oxford House - Inland

1016 East Montgomery Avenue

Spokane, WA 99207

(509) 483-4770

Men

Oxford House - J. Morgan

89 Veys Drive

Kelso, WA 98626

(360) 577-3284

Men

Oxford House - John Harrison

4022 East G Street

Tacoma, WA 98404

(253) 503-7622

Men

Oxford House - Juanita

8420 NE 132nd Place

Kirkland, WA 98034

(425) 820-4737

Men

Oxford House - Keewaydin

2113 South Fruitland Street

Kennewich, WA 99337

(509) 582-8952

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Kelso

91 Veys Drive

Kelso, WA 98626

(360) 423-3836

Men

Oxford House - Kennewick

7106 W Umatilla Avenue

Kennewick, WA 99336

(509) 783-6091

Men

Oxford House - Kingsgate

13019 NE 128th Place

Kirkland, WA 98034

(425) 242-0126

Men

Oxford House - Kirkland

12503 NE 134th Place

Kirkland, WA 98034

(425) 821-9719

Men

Oxford House - Lacey Acres

5507 66th Avenue SE

Lacey, WA 98503

(360) 493-0321

Men

Oxford House - Lake City

13727 35th Avenue NE

Lake City, WA 98125

(206) 365-3770

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Lake Dolloff
4615 South 298th Street
Auburn, WA 98001
(206) 212-6919

Men

Oxford House - Lake Forest Park
20143 47th Avenue NE
Lake Forest, WA 98155
(206) 364-5383

Women

Oxford House - Latawah
436 East 27th Avenue
Spokane, WA 99203
(509) 230-9586

Men

Oxford House - Laurelwood
1620 NE 162nd Avenue
Vancouver, WA 98684
(360) 883-9325

Men

Oxford House - Lavender Hill
218 Motor Avenue
Port Angeles, WA 98362
(360) 457-6158

Women

Oxford House - Lavina
1216 Northwest 48th Street
Vancouver, WA 98663
(360) 695-7687

Women

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Levi
12527 20th Avenue, Northeast
Edmonds, WA 98125
(206) 674-9606

Men

Oxford House - Lewis & Clark
2315 NE 86th Street
Vancouver, WA 98664
(360) 696-3568

Men

Oxford House - Liberty Bay
138 N.E. Peterson Street
Poulsbo, WA 98370
(360) 930-0608

Women

Oxford House - Licton Springs
744 North 104th Street
Seattle, WA 98133-9212
(206) 297-0126

Women

Oxford House - Lincoln
5802 NW Lincoln Street
Vancouver, WA 98660
(360) 694-8017

Men

Oxford House - Lincoln Heights
1507 E 39th Avenue
Spokane, WA 99203
(509) 624-5387

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Longview
1520 9th Avenue
Longview, WA 98632
(360) 577-3921

Men

Oxford House - Lynnwood
6204 189th Place, SW
Lynnwood, WA 98036
(425) 672-8442

Men

Oxford House - Manito
45 West 29th Avenue
Spokane, WA 99203
(509) 747-5855

Men

Oxford House - Maple Leaf
1505 N.E. 86th Street
Seattle, WA 98115
(206) 526-7878

Men

Oxford House - May Woods
3225 Northeast May Street
Vancouver, WA 98661
(360) 694-5157

Men

Oxford House - Meadowdale
16505 - 62nd Place West
Lynnwood, WA 98037
(425) 678-8746

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Metaline
3107 West Metaline Place
Kennewick, WA 99336
(509) 735-2619

Men

Oxford House - Mollie B
1203 Olympia Avenue NE
Olympia, WA 98506
(360) 357-3825

Women/Child

Oxford House - Mount Crest
1317 West Mount Drive
Fircrest, WA 98466
(253) 224-5315

Women w/Children House

Oxford House - Mt. Lake Terrace
5606 219th Street SW
Mt. Lake Terrace, WA 98043
(425) 744-1422

Men

Oxford House - North Callow
1340 North Callow
Bremerton, WA 98312
(360) 415-8677

Men

Oxford House - North City
17512 Corliss Ave. North
Shoreline, WA 98133
*(206) 440-0417/ **Women***

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Northgate
10036 Interlake Avenue North
Seattle, WA 98133
(206) 526-1541

Women

Oxford House - Nunziato
1610 North 199th Street
Shoreline, WA 98133
(206) 542-7951

Women

Oxford House - Oak Tree
754 N. 100th Street
Seattle, WA 98133
(206) 783-7178

Men

Oxford House - Olympia
7508 Magnolia Court, SE
Lacey, WA 98503
(360) 438-0258

Men

Oxford House - Padden Parkway
8416 N.E. 153rd Avenue
Vancouver 98682
(360) 859-3071

Women

Oxford House - Palm Springs
3790 Palm Court
Port Orchard, WA 98366
(360) 871-2989

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Park Hills

1119 N. Irving Place

Kennewick, WA 99336

(509)-735-5636

Women

Oxford House - Peabody

10428 NE 186th Street

Bothell, WA 98011

(425) 487-9197

Women

Oxford House - Phil Tarlton

7240 South Alder Street

Tacoma, WA 98409

(360) 604-7167

Men

Oxford House - Pinecrest II

8915 NE 58th Street

Vancouver, WA 98662

(360) 782-1424

Men

Oxford House - Pioneer Point

4707 Cleveland Avenue SE

Tumwater, WA 98501

(360) 357-6109

Men

Oxford House - Post

2819 N. Post Street

Spokane, WA 99205

(509) 329-9904

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Puget Sound
205 N. Sawyer Street
Olympia, WA 98506
(360) 709-9525

Men

Oxford House - Pratt
3916 East 9th Avenue
Spokane, WA 99202
(509) 535-3914

Men

Oxford House - Puyallup
12421 136th Avenue, East
Puyallup, WA 98374
(253) 253-8629

Men

Oxford House - Renton Valley
3704 Morris Avenue South
Renton, WA 98015
(425) 225-2239

Men with Children

Oxford House - Reserve Ridge
2122 East 5th Street
Vancouver, WA 98661
(360) 993-5258

Men

Oxford House - Ridgcrest
16203 - 5th Avenue NE
Seattle, WA 98155
(206) 365-0823

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Riley
701 East 10th Avenue
Spokane, WA 99202
(509) 533-0286

Men

Oxford House - River Side Hill
214 East Spruce Street
Mount Vernon, WA 98273
(360) 873-8584

Women

Oxford House - Roosevelt
6830 E. Roosevelt Avenue
Tacoma, WA 98404
(253) 212-2660

Men

Oxford House - Rosemere
214 E 29th Street
Vancouver, WA 98663
(360) 696-4705

Men

Oxford House - Ruston View
4720 North Huson Street
Tacoma, WA 98407
(253) 752-8605

Women

Oxford House - Sacajawea
612 18th Avenue
Longview, WA 98632
(360) 636-4046

Women/Child

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Saddle Rock

1633 Cherry Street

Wenatchee, WA 98801

(509) 293-3491

Men

Oxford House - Salmon Creek

2611 NE 104th Street

Vancouver Washington 98686-5761

(360) 597-3178

Women/Child

Oxford House – Shattuck Creek

9412 NE 135th Lane

Kirkland, WA 98034

(425) 968-2277

Women

Oxford House - Sign

3714 G Street

Everett, WA 98208

(425) 357-6165

Men

Oxford House - Silver Star

316 SE 98th Avenue

Vancouver, WA 98661

Dial 711 (360) 750-9416

TTY/ Hearing Impaired

Men

Oxford House - Simmons

19261 Occidental Ave South

Seattle, WA 98148

*(206) 878-3580/ **Women***

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Skagit Valley
201 Sharon Avenue
Burlington, WA 98233
(360) 757-7183

Men

Oxford House - Sno-King
13100 NE 143rd Street
Kirkland, WA 98034
(425) 823-3522

Men

Oxford House - South Bay Trails
2800 Lillie Road NE
Olympia, WA 98506
(360) 455-0448

Men

Oxford House - South End
1517 South 57th Street
Tacoma, WA 98408
(253) 471-7579

Men

Oxford House - Spokane Falls
3527 East 32nd Avenue
Spokane, WA 99223
(509) 536-0645

Men

Oxford House - Spokane Grand
904 East 30th
Spokane, WA 99203
(509) 456-2229

Women/Child

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - St. Edmonds
8704 216th Street NW
Edmonds, WA 98026
(425) 672-8968

Men

Oxford House - St. James
8617 NE St. John's Road
Vancouver, WA 98665
(360) 571-0401

Women

Oxford House - Sunset
8101 South 19th Street
Tacoma, WA 98406
(253) 267-5802

Men

Oxford House - Tallwood
3400 NE May Street
Vancouver, WA 98661
(360) 694-7278

Men

Oxford House - Tacoma Narrows
615 N. Jackson Avenue
Tacoma, WA 98406
(253) 566-8135

Men

Oxford House - Terrace Creek
5803 226th Place SW
Mt. Lake Terrace, WA 98043-3740
(425) 670-8600

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Thompson
4720 Pacific Avenue
Vancouver, WA 98663
(360) 750-8991

Men

Oxford House - Three Rivers
811 Chestnut Avenue
Kelso, WA 98626
(360) 575-8053

Women/Child

Oxford House - Tieton
3903 South Walnut Street
Yakima, WA 98908
(509) 388-0987

Men

Oxford House - Towanda
2009 Whatcom Street
Bellingham, WA 98229
(360) 738-3549

Women

Oxford House - Tri Cities
1629 S. Palouse Place
Kennewick, WA 99336
(509) 585-7779

Men

Oxford House - Tumwater
823 North Street SE
Tumwater, WA 98501
(360) 236-1693

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Ulery
1093 Ulery Street SE
Lacey, WA 95803
(360) 923-4178

Women

Oxford House - Upriver
3124 East Baldwin Street
Spokane, WA 99207
(509) 443-5713

Women with Children

Oxford House - Vancouver
123 W 38th Street
Vancouver, WA 98660
(360) 750-7574

Men

Oxford House - View Ridge
2323 View Ridge Drive
Bellingham, WA 98226
(360) 933-1349

Men

Oxford House - Viewpoint
410 Rock Island Road
East Wenatchee, WA 98802
(509) 884-4171

Men

Oxford House - Vista
7120 W. Umatilla Avenue
Kennewick, WA 99336
(509) 735-3139

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Walla Walla
602 Military Street
Walla Walla, WA 99362
(509) 240-1401

Men

Oxford House - Wallingford
5607 5th Avenue, NE
Seattle, WA 98105
(206) 527-1084

Men

Oxford House - Wenatchee
147 N Baker Avenue
East Wenatchee, WA 98802
(509) 886-9284

Men

Oxford House - Westgate
9611 - 231st Place, Southwest
Edmonds, WA 98020
(425) 774-4133

Men

Oxford House - Wheaton
817 Sheridan Road
E. Bremerton, WA 98316
(360) 373-2493

Men

Oxford House - Whipple
1111 South Whipple Road
Spokane Valley, WA 99206
(509) 279-2609

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Winchester Hill
225 SE Winchester Hill Drive
Chehalis, WA 98532
(360) 748-0285

Women

Oxford House - Yakima
4005 McLean Drive
Yakima, WA 98908
(509) 972-4242

Men

Washington DC

➤ Gospel Rescue Ministries

Website: <http://www.grm.org>

3 year program, free to women and men in need. 1 year intense residential and 2 years of aftercare. Christian based study, individual and group therapy, family therapy and conflict management training. Vocational and career training, and housing assistance upon completion of the program.

810 5th Street, NW
Washington, DC 20001
202 842 1731

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

➤ D.C. Oxford House

Website: <http://www.oxfordhouse.org>

A model of peer run recovery houses, both men and women and women with children may apply to live in a completely sober Oxford house. Most normally used as a transitional home after a detox or a 28 day program. As a non-profit organization, residents are only expected to contribute to their fair share of the running of the house expenses, and since there are generally between 8-15 people per home, these monthly payments are low enough to be affordable to anyone who can work while in recovery. Residents must only abide by the rules of the home, but if they ever use drugs or alcohol while a resident they are immediately expelled from the house. Residents may stay as long as they need to, although most stay about 1 year.

Oxford House - Bellevue Terrace
2934 Bellevue Terrace, NW
Washington, DC 20016
(202) 965-3110
Men

Oxford House - Brownstone
1228 M St NW
Washington, DC 20001
(202) 393-1352
Men

Oxford House - C Street
5023 C Street, SE
Washington, D.C. 20019
(202) 575-6227
Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Deanwood
1061 48th Place, N.E.
Washington, D.C. 20019
(202) 388-0389

Men

Oxford House - Delafield
1319 Delafield Place, NW
Washington, DC 20011
(202) 723-3726

Men

Oxford House - Fernway
1387 Locust Road, NW
Washington, DC 20012
(202) 829-2643

Women

Oxford House - Foote Street
5609 Foote Street, NE
Washington, D.C. 20019
(202) 388-1455

Women

Oxford House-Fourth Street
4310 4th Street NW
Washington, DC 20011
(202) 723-1263

Women

Oxford House - Garrison
4312 Garrison Street, NW
Washington, DC 20016
(202) 250-5208

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Good Hope
1616 Good Hope Road
Washington, DC 20030
(202) 610-4608

Men

Oxford House - Joseph Smith
4609 Benning Road, S.E.
Washington, DC 20019
(202) 582-4763

Men

Oxford House - Kalorama
1318 Delafield Place, NW
Washington, DC 20011
(202) 723-1710

Men

Oxford House - Lincoln Park
1843 Monroe Street, N.E.
Washington, D.C. 20018
(202) 249-2698

Men

Oxford House – McDonald Place
31 McDonald Place, N.E.
Washington, D.C. 20011
(202) 506-7566

Women

Oxford House - Military Road
3820 Military Road, N.W.
Washington, D.C. 20015
(202) 686-6553/ **Men**

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - Nineteenth Street
1238 Harvard Street, NW
Washington, DC 20009
(202) 387-1564

Men

Oxford House - Northhampton
3765 Northampton Street, NW
Washington, DC 20015
(202) 237-0991

Men

Oxford House - R Street
45 New York Avenue
Washington, D.C. 20001-1256
(202) 462-7192

Men

Oxford House - Second Street
5219 2nd Street, N.W.
Washington, DC 20011
(202) 726-2425

Men

Oxford House - Tenley
4335 Wisconsin Avenue NW
Washington, DC 20016
(202) 362-2588

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

West Virginia

➤ The Appalachian Community health Center

Website: <http://www.achcinc.org>

A community mental health and addiction provider that renders services regardless of ability to pay. Offering hospitalization, counseling, family therapy and group therapies to those in need.

*Tucker County 601 Walnut Street
Parsons, WV 26287 (304) 478-2764*

*Upshur County 27 S. Kanawha Street
Buckhannon, WV 26201 (304) 472-2022*

*Barbour County 1410 Crim Avenue
Belington, WV 26416 (304) 823-3873*

*Randolph County 725 Yokum Street,
Elkins, WV 26241 (304) 636-3232*

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

➤ Oxford House West Virginia

Website: <http://www.oxfordhouse.org>

A model of peer run recovery houses, both men and women and women with children may apply to live in a completely sober Oxford house. Most normally used as a transitional home after a detox or a 28 day program. As a non-profit organization, residents are only expected to contribute to their fair share of the running of the house expenses, and since there are generally between 8-15 people per home, these monthly payments are low enough to be affordable to anyone who can work while in recovery. Residents must only abide by the rules of the home, but if they ever use drugs or alcohol while a resident they are immediately expelled from the house. Residents may stay as long as they need to, although most stay about 1 year.

Oxford House - Aspen Manor
1500 Brinker Road
Wellsburg, WV 26070
Men

Oxford House - Dunbar
216 20th Street
Dunbar, WV 25064
Men

Oxford House - Grove Avenue
319 Grove Avenue
Charleston, WV 25302
Men

Oxford House - Kanawha
442 Porter Road
Charleston, WV 25314
(304) 340-0060
Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Wisconsin

➤ **ARC Community Services, Inc. ARC Fond du Lac Treatment Services**

Website: (No website)

Free outpatient and day treatment for women

Tel (920) 907-0813

➤ **Tellurian**

Website: <http://www.tellurian.org/programs.php?pid=5&sid=1>

Offers intensive residential care to both men and women in need. There is a sliding scale fee chart for those with low incomes, and services can be very inexpensive for those who cannot afford much. There are also supportive housing and homeless programs available.

Tel (877) 661-9051

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

➤ Wisconsin Volunteer Intervention Services

Website: <http://www.lsswis.org>

Appleton, Green Bay, Navarino and Wautoma

Addiction Intervention Teams - Trained volunteers help families intervene where there is a family member addicted to alcohol, drugs or gambling. Volunteers also refer addicted individuals to local treatment resources. This program operates in partnership with faith congregations throughout the region.

3003A North Richmond Street

Appleton, WI 54914

920 450 3915

Eau Claire, WI 54701

715 833 0436

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

➤ **Salvation Army West – ARC, Adult Recovery Centers**

Website: <http://www.salvationarmyarc.org>

The Salvation Army ARC drug and alcohol rehabs operate throughout the country, offer long term care, and provide low cost and free treatment to those in need and without the ability to pay.

Anyone is welcome, as long as they are willing to participate in a Christian program of recovery and willing to work within the organization as they undergo treatment, as a way of funding their stay.

Salvation Army ARC rehabs generally run for 6 months or longer, you can get in for free and all of your food, shelter and clothing will be provided free of charge during this period.

The Salvation Army, providing sober sanctuary for those with nowhere else to go and changing lives for the better across the nation...The Salvation Army may be what you've been looking for.

ARC - Milwaukee
324 N. Jackson St.
Milwaukee, WI 53202-5904
414-276-4316

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

➤ Oxford House Wisconsin

Website: <http://www.oxfordhouse.org>

A model of peer run recovery houses, men in Wisconsin may apply to live in a completely sober Oxford house. Most normally used as a transitional home after a detox or a 28 day program. As a non-profit organization, residents are only expected to contribute to their fair share of the running of the house expenses, and since there are generally between 8-15 people per home, these monthly payments are low enough to be affordable to anyone who can work while in recovery. Residents must only abide by the rules of the home, but if they ever use drugs or alcohol while a resident they are immediately expelled from the house. Residents may stay as long as they need to, although most stay about 1 year.

Oxford House - Acadian
810 Arcadian Avenue
Waukesha, WI 53186
(414) 640-2148

Men

Oxford House - Dickey
226 North Quincy Street
Green Bay, WI 54301
(920) 445-0475

Men

Oxford House - Johnson Street
1219 Johnson Street
LaCrosse, WI 54601
(608) 782-2918

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Oxford House - La Crosse

414 South 15th Street

La Crosse, WI 54601

(608) 796-2719

Men

Oxford House - Portage Road

3525 North Portage Road

Madison, WI 53704

(608) 249-3420

Men

Oxford House - Riverside

1400 College Avenue

Stevens Point, WI 54481-2826

(218) 344-4210

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

Wyoming

➤ Central Wyoming Rescue Mission

Website: <http://www.cwrm.org/services.html>

A faith based residential program for men and women, free of charge to those in need and residents may stay as long as they need to. Christian recovery, licensed therapist on staff, 12 steps based.

230 North Park Street
Casper Wyoming
307 265 2251

➤ WYSTAR

Website: <http://www.wystarrecovery.com>

A comprehensive residential and outpatient drug rehab using group therapy, 12 steps and education in a program that lasts from 30 days to 9 months, depending on need. The fees are based on a sliding scale for Wyoming residents, and the facility will accommodate those in need. Call to find out about possible wait times for entry. Detox is available in conjunction with partner hospitals. Provides gender specific programming for men and women, with sensitivity to gay and Lesbian issues and recovery.

1095 Saberton Ave.
Sheridan, WY 82801
Women's Unit (307)673-2510
Men's Unit (307)672-2044
Toll Free Admissions Line 1-866-843-0351

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

➤ Wyoming Oxford House

Website: www.wyomingoxfordhouse.com

<http://www.oxfordhouse.org>

A model of peer run recovery houses, both men and women and women with children may apply to live in a completely sober Oxford house. Most normally used as a transitional home after a detox or a 28 day program. As a non-profit organization, residents are only expected to contribute to their fair share of the running of the house expenses, and since there are generally between 8-15 people per home, these monthly payments are low enough to be affordable to anyone who can work while in recovery. Residents must only abide by the rules of the home, but if they ever use drugs or alcohol while a resident they are immediately expelled from the house. Residents may stay as long as they need to, although most stay about 1 year.

Oxford House - Cheyenne

736 Hirst Street

Cheyenne, WY 82009

(000) 000-0000

Men

Oxford House - Griffith

824 Windmill Avenue

Cheyenne, WY 82001

(307) 514-4871

Women

Oxford House – Natrona

416 South Jackson Street

Casper, WY 82601

(307) 265-0883

Men

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.

The Complete Drug & Alcohol Rehab Guide

How to quickly find a good rehab center in your local area that you can afford

2008 Issue

*Oxford House - Sunny Hill
1626 Sunny Hill Drive
Cheyenne, WY
(307) 514-2886*

Men

*Oxford House - Oil City
614 & 616 South Wolcott
Casper, WY 82601
(307) 333-1399*

Men

*Oxford House - Yellowstone
5015 Yellowstone Road
Cheyenne, WY 82009
(307) 514-0690*

Women w/Children House

Please visit www.ChooseHelp.com for more information and updates to this guide.

© Copyright 2007 - 2008, ChooseHelp.com – All rights reserved.