

COMMUNITY RESOURCES—SUD

Wellness begins with a person's basic needs being met. Addressing those basic needs can lead to a happier and healthier life. Within the following pages are the resources that can help you with those needs. If you do not see a resource that is right for you or you want to talk about additional needs you may have, contact Western Colorado 2-1-1 (call 211), a referral center, for free and confidential resources.

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Group Setting Resources:

Narcotics Anonymous Meetings: na.org

Craig:

- Calvary Baptist Church: 1050 Yampa Avenue, Craig—Tuesdays at 6:00pm, open format; Sundays at 5:00pm, closed format.

Steamboat:

- 437 Club – 437 Oak Street (970-879-4882 #2) - on Thursday's 6:45pm, Saturday's 5:30, Wednesday's 7:00pm, Monday's, Tuesday's, Friday's and Sunday's 5:30pm
- United Methodist Church – 736 Oak Street on Tuesday's 7:00pm (living clean study and men's *format varies)

Celebrate Recovery

Christian Centered 12-Step program

Zoom Meetings via website: <https://www.celebraterecovery.com/>

Craig:

First Baptist Church - 1150 W. Ninth St.– Friday at 7:00pm; Contact: Ed Brown 970-620-6300

AL-ANON

Online Meetings: <https://al-anon-co.org/meetings/>

Steamboat: 970-367-3379

Day	Time	Type	Location
Monday	12:00 PM	Al-anon	437 Oak Street & on Zoom
Wednesday	12:00 PM	Al-anon	437 Oak Street & on Zoom
Friday	12:00 PM	Al-anon	437 Oak Street & on Zoom
Saturday	10:00 AM	Al-anon	437 Oak Street & on Zoom

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Group Setting Resources (Continued):

Alcoholic Anonymous Meetings Steamboat Springs:

alcoholicsanonymous.com/aa-meetings/colorado/steamboat-springs/ or steamboataa.org/

Day	Time	Type	Location
Monday	7:00 AM	Open—Discussion	437 Oak Street
Monday	5:30 PM	Women’s Group	755 Concordia Ln. & Online
Monday	7:00 PM	Open—Men’s Meeting	437 Oak Street & Online
Tuesday	12:00 PM	Open—Discussion	437 Oak Street
Tuesday	7:00 PM	Open—Newcomers	437 Oak Street & Online
Wednesday	5:30 PM	Open—Discussion	437 Oak Street & Online
Thursday	12:00 PM	Open—Discussion	437 Oak Street & Online
Thursday	5:30 PM	Open—Big Book	437 Oak Street & Online
Thursday	8:00 PM	Open—Discussion	437 Oak Street & Online
Friday	9:00 AM	Open—Discussion	437 Oak Street & Online
Friday	5:45 PM	Open—Speaker	Emerald Mtn. School (818 Oak St.)
Saturday	7:00 PM	Open—Speaker	437 Oak Street & Online
Sunday	9:00 AM	Open—Meeting	437 Oak Street & Online
Sunday	7:00 PM	Open—Meeting	437 Oak Street & Online

Alcoholic Anonymous Meetings Craig: <https://alcoholicsanonymous.com/aa-meetings/colorado/craig/>

Day	Time	Type	Location
Sunday	1:00 PM	Open Meeting	630 Green St.
Tuesday	7:00 PM	Closed Meeting	630 Green St.
Wednesday	12:00 PM	Open—Women’s	630 Green St.
Wednesday	7:00 PM	Open—Big Book 12-12	1050 Yampa Ave. & Online
Thursday	6:00 PM	Open Meeting	630 Green St.
Friday	5:00 PM	Open Meeting	1050 Yampa Ave. & Online
Friday	6:00 PM	Open Meeting	630 Green St.
Saturday	7:00 PM	Open Meeting	630 Green St.

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Group Setting Resources (Continued):

SMART Recovery

Offered in English and Spanish

SMART Recovery Online (SROL) is a warm and caring online community where our participants interact and help one another recover from addictive behaviors. Features include daily online meetings, message board, and 24/7 live chat.

Found online at <https://www.smartrecovery.org/community> * you can use this resource for help and addiction recovery support whenever you need it, 24/7/365 days a year.

* Registration is required to access the SMART Recovery Online message board, chat room, and online meetings. Meeting calendar located at:

<https://www.smartrecovery.org/smart-recovery-toolbox/smart-recovery-online/>

*Zoom meeting – variety of meeting times and topics daily - English and Spanish meetings available.

Women for Sobriety

Women for Sobriety, Inc., is a non-profit organization dedicated to helping women discover a happy New Life in recovery from Substance Use Disorders. Founded in 1975, the WFS New Life Program is based on thirteen Acceptance Statements; which encourage emotional and spiritual growth. WFS has certified moderators and chat leaders leading mutual support groups online and in person, as well as phone volunteers available for one-on-one support. Any woman seeking an abstinent New Life is welcome to join WFS, and all expressions of female identity are welcome.

Online Community: <https://wfsonline.org/>

Questions: 1086@womenforsobriety.org Phone: (215) 536-8026 | <https://womenforsobriety.org/>

WFS Meeting ID 1131

Regional Video meeting

Day & Time: Thursdays—7:00 PM

Location: Denver, CO 80202

email: 1131@womenforsobriety.org

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Early Recovery Skills and Relapse Prevention

Mind Springs Health: 970-879-7912 Steamboat and 970-824-6541 Craig

ERS: Monday's 5-7pm (Zoom Meetings currently) and RP: Wednesday 5-7pm

Accept all major insurance including Medicaid and Medicare and have sliding scale fee.

Yampa Valley Alcohol & Drug

810 Lincoln Avenue, Steamboat Springs, CO 80477 | <https://routt-county-alcohol-drug.business.site/>

Steamboat 970-879-7708 | Craig 970-824-2557 | Spanish 970-824-2557 | Email: rcac@routtpsych.com

- **Level II Alcohol Education:** This class fulfills Colorado DMV and Court requirements for a DUI case. Education consists of 12 Classes that are each 2 hours long. Each class is \$30. Please call the office to schedule an orientation before beginning classes: (970) 879 7708. We offer a Zoom education class at 10AM on Wednesday mornings and an in person education class at 5:30PM on Thursday evenings.
- **Level II Alcohol Therapy:** This class fulfills Colorado DMV and Court requirements for a DUI case. You must complete your Level II Education requirement before you begin therapy. Each class is \$30. Zoom therapy classes are offered at 10AM on Tuesday mornings or at 5:30PM on Tuesday evenings. We also offer an in-person class at 5:30 on Wednesday evenings.
- **Minor in Possession Course:** This is a two-day course offered on weekends to fulfill the Colorado Court requirements for an MIP charge. Students must be a minimum of 15 years old to attend. The class begins at 9am and ends at 1pm on Saturday and Sunday. The total cost of the class is \$120. Please call the office to schedule a weekend to attend.
- **Useful Public Service (UPS) Supervision:** RCAC oversees all court-mandated community service requirements for Routt County. We refer clients to the non-profits in town that are authorized to assign community service. The mandatory supervision and liability fee is \$120.

Health Partnership serving Northwest Colorado

2720 Lincoln Avenue, Steamboat Springs | 595 Breeze St., Craig | <https://thehealthpartnership.org/>

Phone: 970-875-3630, Fax: 970-761-2589, Email: info@ncchealthpartnership.org

Addressing basic needs can lead to a happier and healthier life. Reach a Care Coordinator for support in navigating these services and resources 970-875-3630.

COMMUNITY RESOURCES—SUD

Treatment Facilities – Detox, Residential, Sober Living Communities and Outpatient

Front Range Health:

www.frontrangemd.com

Craig Office: 970-761-2207
390 Yampa Ave., Craig

Steamboat Office: 970-761-2207
1306 Lincoln, Steamboat Springs

We provide medical assistance to make detoxification more comfortable for those dependent on heroin, other opioids, alcohol, and amphetamines. We monitor and stabilize each patient for safe detoxification. Also provide psychotherapy, group therapy, pain management and mobile MAT.

Mind Springs - Grand Junction

90 Day Women's Program
Circle Program for Men & Women: <https://www.mindspringshealth.org/treatment-services/circle-program/>
(970) 245-4213

West Pines – Wheat Ridge, CO

Acute detox – medically managed (also dual detox and inpatient psych unit)
(303) 467 – 4080

Poudre Valley ER

Patients go there first then they get them connected to inpatient detox in Ft. Collins/ Loveland or Front Range

Frisco ER: 970-668-9100

Social detox but monitored – can go in through ER there or we can prescribe and they take meds there to be monitored.

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(Treatment Facilities continued)

Sober Living Communities – Denver Area

David's House: 720-588-3678

Zen Mountain: 720-515-3299

Go Sober: 303-827-4837

North Star Transitions(Boulder): 303-558-6400

New Beginnings: 720-473-7106

Purpose House: 970-274-2329

Satori: 303-349-9800

Hazelbrook: 303-800-7009

Mary's Hope: 720-473-7105

Aurora: 720-339-6947

Stout: 866-722-7040

Sober Living Communities – Grand Junction

Inner Journey: 970-242-1433

Sober Living: 970-244-3300

Inpatient Rehab Non-Medicaid (30 day programs)

Harmony House in Estes Park - 970-632-9897

Parker Valley Hope in Denver - 303-841-7857

Intensive Outpatient Treatment/Telehealth

Colorado Mountain Medical—970-926-6340

50 Buck Creek Rd, Suite 200 Avon, CO 81620

<https://www.cmmhealth.org/services/behavioral-health>

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(Treatment Facilities continued)

The programs below take **Signal Funding** (longer-term residential treatment for the Medicaid population beds, non-insured or under insured). *****HIGHLY motivated for treatment individuals only*****

North/Northeast Colorado (SSPA 1)

Name	Phone Number
Centennial Mental Health Center	(970) 522-4392 Residential
Colorado Treatment Services—Greeley	(970) 978-4386 Residential
Larimer County Community Corrections	(970) 498-7530
North Range Behavioral Health	(970) 347-2120 Residential
Summit Stone Health Partners	(970) 494-4200 Residential
Turning Point	(970) 221-0999

Southeast Colorado (SSPA 4)

Name	Phone Number
Crossroads' Turning Points Inc.	(719) 546-6666 Residential
Health Solutions	(719) 545-2746
RESADA	(719) 456-2600 Residential
San Luis Valley Behavioral Health Group	(719) 589-3671
Valley Wide—Health Group	(800) 511-5446

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(Treatment Facilities continued)

Denver Metro Area (SSPA 2)

Name	Phone Number
Addiction Research and Treatment Services	(303) 388-5894 Residential
Aurora Mental Health Center	(303) 617-2300
Behavioral Health Group	(844) 535-7291
CADREC	(303) 295-2521
Comprehensive Behavioral Health Center	(720) 398-9666
Creative Treatment Options	(303) 467-2624
Denver Health	(303) 436-5690 Residential (Spanish)
Denver Recovery Group	(303) 953-2299
IDEA	(303) 477-8280
Jefferson Center for Mental Health	(303) 425-0300 (Spanish)
Mile High Behavioral Healthcare	(303) 825-8113 Residential
New Beginnings Recovery Center	(720) 473-7106 Residential
Servicios de la Raza	(303) 458-5851 (Spanish)
Sobriety House	(720) 381-4337 Residential
Stout Street Foundation	(866) 722-7040 Residential
West Pines Behavioral Health	(303) 467-4080 Residential

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Craig Exercise Resources:

Name	Phone	Address
Trapper Fitness	(970) 824-6932	261 Commerce St.
Rise-Up Fitness Center	(970) 620-3405	551 Russell St.

Steamboat Exercise Resources:

Name	Phone	Address
Anytime Fitness	(970) 875-1130	1875 Central Park Dr.
Steamboat Strength & Conditioning/CrossFit Steamboat	(970) 819-0243	1327 Indian Trail
Steamboat Pilates Yoga & Fitness Studio	(970) 879-6788	1104 Lincoln Ave.
Old Town Hot Springs	(970) 879-1828	136 S. Lincoln Ave.
Out Here Yoga	(970) 875-4525	685 Marketplace Plaza
Steamboat Fit	(970) 283-7851	385 Anglers Dr.