

ECHO IDAHO

**Counseling Techniques for
Substance Use Disorders**

SUD Resources Across the State

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None of the planners or presenters for this educational activity have relevant financial relationship(s) to disclose with ineligible companies whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients.



University of Idaho
School of Health and Medical
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Learning Objectives

Why community is important in recovery

What are local recovery resources across the state

What are community Resources?

Anything that has the potential to improve the quality of life in a particular community.

If the **community** is the individuals in recovery, the **resource** is the support and purpose that together that group can provide.



SAMHSA's 4 Major Dimensions of Recovery

1. Health- Overcoming and managing one's disease or symptoms
2. Home- Having a stable and safe place to live
3. **Purpose-** Living a meaningful life and participating in society
4. **Community-** Having relationships and social networks that provide support, friendship, love and hope.

Why is community important in recovery?

Relationship building



Support/Understanding



Purpose and Connection

Its more than just AA and NA...

- SMART recovery
- Recovery Dharma
- Celebrate Recovery
- Journey to Freedom
- Recovery Idaho
- NAMI
- AA beyond belief-
Secular 12 step
meetings
- Grief Share
- Y12SR- Yoga of 12 Step-
Recovery
- The Church Jesus Christ
of Latter-Day Saints
Addiction Recovery
Program
- Dual Recovery
Anonymous (DRA)
- Moderation
Management

Local Resources in the Treasure Valley

Some great local places include:

- Peer Wellness Center – peer-run support/community center
- Boise Hive – sober space for musicians of all ages
- Vertical Farms –job training in a sober setting for people in recovery
- The Cabin – writing workshops
- Phoenix Recovery – fitness and sober fun
- Sober Social Club – local meetups and community
- Healing Games Group – fun and energy healing (meetup)
- SADD- Students against destructive decisions (BSU)
- Boise Sober Social Club (A place to meet friends and have fun (Facebook and Meetup))

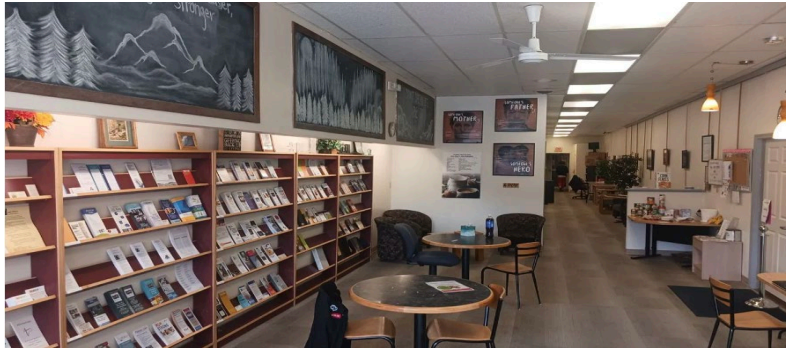
Local Resources in the Magic Valley

- Some great local places include:
- Recovery In Motion - 208-712-2173
 - Crisis Center of South Central Idaho – 866-727-1128 (adults)
 - ProActive Youth & Family Crisis Center – 208-969-9841 (youth)
 - Treatment & Recovery Clinic – 208-736-5048
 - The Walker Center for Alcoholism and Drug Abuse, Inc. – 208-934-8461
 - 988 Suicide and Crisis LifeLine
 - 2-1-1 CareLine
 - Find Help Idaho – www.findhelpidaho.org
 - Snake River Wellbriety Circle
 - North Canyon Addiction Recovery – 208-934-4433

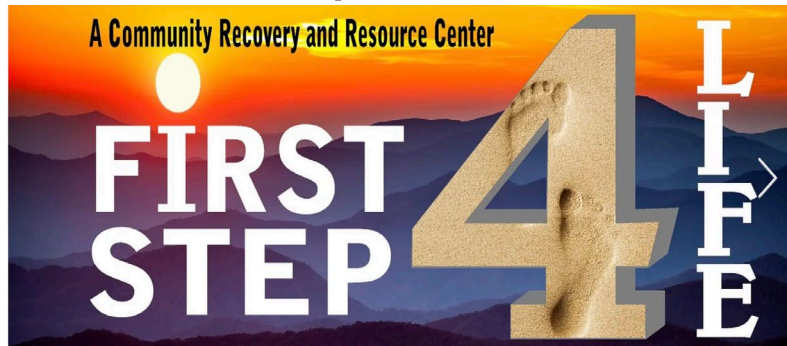
Recovery Centers

- Region 2

- Latah Recovery Center



- First Step 4 Life



- Region 1

- Kootenai Recovery Community Center



Resources in Region 2

- Medication Assisted Treatment
 - Lewiston
 - Ideal Options
 - Clearwater Medical Center
 - Moscow
 - CHAS clinic
 - Gritman Medical Center – Moscow/Troy
- Adolescent SUD treatment
 - Lewiston
 - New Beginnings
 - Misdemeanor Probation
 - Brighter Future's Clinic
 - Moscow
 - Weeks and Vietri
- Adult SUD treatment
 - Lewiston
 - Riverside Recovery
 - ChangePoint Behavioral Health
 - New Beginnings
 - Moscow
 - Weeks and Vietri Counseling

Region 1 Resources

Adult SUD Treatment

- Coeur D' Alene
 - Ambitions of Idaho
 - Behavioral Health Group Idaho
 - Kootenai Health
 - Heritage Health
 - Kootenai Behavioral Health Addiction Recovery Services
 - Brick House Recovery
- Post Falls
 - BigFoot Counseling
- Plummer
 - Marimn Health
- Rathdrum
 - Rathdrum Counseling Center
- Sandpoint/Priest River
 - Boundary Regional Community Health Center

• Medication Assisted Treatment

- Coeur D' Alene
 - Coeur Vitality Integrative Medicine
 - Movita Health
 - Kootenai Health
 - Heritage Health

• Adolescent SUD Treatment

- Coeur D'Alene
 - Ambitions of Idaho
 - Heritage Health
- Post Falls
 - Bigfoot Counseling
- Plummer
 - Marimn Health
- Rathdrum
 - Rathdrum Counseling Center

Online Communities



Secular recovery meetings



Online Meetings



Sober social media app



Peer Support for women



Online Meetings

Key Points

- Recovery isn't just about stopping substance use, it's about rebuilding connection, identity and purpose.
- Recovery thrives on connection
- Recovery options are diverse and are different across the state
- Recovery is possible, even from home
- The right community offers safety, support and belonging

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