

Recovery Ally

Central Virginia SUD Resources

This document provides a consolidated list of resources available to those considering a change in their substance use.



SUBSTANCE USE DISORDER
ALLY TRAINING HUB
Virginia Department of Social Services

Recovery Support Resources

Term	Definition
Takes Uninsured	Services are available regardless of ability to pay. Eligibility restrictions may apply.
Takes Medicaid	Will work with folks with Medicaid plans (some facilities take more plans than others) i.e Aetna Better Health of Virginia, Anthem HealthKeepers Plus, Magellan Complete Care of Virginia, OptimaHealth Family Care, UnitedHealthcare Community Plan, and Virginia Premier.
Private Insurance	Will provide services to folks under the qualifications of their private insurance plans (may still have out-of-pocket copays)
Methadone	Methadone is a long and slow-acting opioid used to treat opioid (heroin, oxycontin etc) addiction. Treatment facilities and clinics have been established for the dispensing of medications used in treatment of opioid use disorder.
Buprenorphine (Suboxone/subutex)	Buprenorphine(Subutex) is a medication for treatment of OUD (Opiate Use Disorder) and for acute and chronic pain; While methadone can be administered only in highly regulated opioid treatment programs (OTPs), buprenorphine can be prescribed in a wide variety of settings like primary care and other health care settings. Buprenorphine/naloxone(Suboxone) is a formulation that further reduces risk of overdose. Like many medications, people often experience significant side-effects when discontinuing use of these prescription drugs, so always consult your physician if you would like to make a change in medication.
Medication for Alcohol Use Disorder	Treats chronic alcoholism by decreasing cravings or by causing unpleasant side effects when alcohol is consumed. Medications include Acamprosate, Disulfiram, and Naltrexone
Psychiatrist	Offers individual work with a licensed Psychiatrist who can provide and manage tailored treatment goals in addition to prescribing medications for mental health and substance use disorder
Individual Counseling	Offers one-on-one support by a licensed therapist or counselor to address personal trauma, fears, and barriers to recovery
Group Counseling	Offers the ability to work with others in a supervised group setting to discuss similarities and commonalities between members
Intensive Outpatient (9+ hours a week)	Intensive outpatient programs (IOPs) are treatment programs used to address addictions, depression, eating disorders, or other dependencies that do not require detoxification or round-the-clock supervision. They enable patients to continue with their normal, day-to-day lives in a way that residential treatment programs do not (living at home)
Residential Treatment	Residential treatment centers (rehab) provide treatment for a wide-range of issues, including mental disorders, behavioral issues, and substance use disorders. Residential treatment centers are clinically focused, intensive, live-in facilities where patients are continually monitored and supervised by trained staff.
Inpatient Withdrawal Management (Detox)	Inpatient withdrawal management (detox) centers provide a safe place for people to go through withdrawal. Medical complications sometimes arise during detox, which makes the 24/7 close patient monitoring and supervision provided by the treatment team a good option for those at risk. It can ensure you remain as comfortable and safe as possible during withdrawal.
Residential Peer Based Support	These residential programs primarily rely on peer support to deliver services for substance use disorder recovery. They typically strongly encourage or require attendance at mutual aid meetings (AA, NA, SMART or Recovery Dharma) and provide support primarily through non-professional peers. Most allow people to stay for an extended period of time and have step down level of support.
Religious Residential Program	These residential programs are not treatment programs but support recovery through religious engagement (usually Christian). Religious based activities are usually required for participation, and most do not provide clinical treatment.
Recovery Housing	For people who are newly sober, recovery housing can provide time and support as they learn how to sustain long-term recovery. These homes are a good alternative by providing safe and healthy environments that support residents in their recovery. These communities empower people by providing support as they transition towards living independent and productive lives in their respective communities. Most do not provide clinical support.
Peer Drop in Center	Provides peer-delivered or peer-operated support services that give individuals opportunities to learn and share coping skills and strategies, move into assistance that is more active and away from passive roles, and to build and/or enhance self-esteem and self-confidence to become self-reliant and improve the quality of their lives.
Peer Support	Peer support workers are people who have been successful in the recovery process (substances, mental health, eating disorders, etc.) who help others experiencing similar situations. Through shared understanding, respect, and mutual empowerment, peer support workers help people become and stay engaged in the recovery process and reduce the likelihood of relapse. Peers extend the reach of treatment beyond the clinical setting into the everyday environment of those seeking a successful, sustained recovery process.

Recovery Support Resources

Facility	Phone Number	No-Cost Services Available	Takes Medicaid	Private Insurance	Methadone	Buprenorphine (Suboxone/subutex)	Medication for Alcohol Use Disorder	Psychiatrist	Individual Counseling	Group Counseling	Intensive Outpatient (9+ hours a week)	Residential Treatment	Inpatient Detoxification	Residential Peer Based Support	Religious Residential Program	Recovery Housing	Peer Drop in Center	Peer Support
Motivate Clinic (VCU Health)	804-628-6777	X	X	X		X	X	X	X	X								
Richmond Behavioral Health Authority	804-819-4100	X	X	X	X	X	X	X	X	X	X	X	X			X		X
Family Counseling for Recovery	804 354-1996		X	X	X	X			X	X	X							
The Healing Place	804-230-1217	X												X		X		X
McShin Foundation	804-249-1845													X		X		X
Clean Slate Medical	804-521-0050		X	X		X		X	X	X								
The Master Center (VCAM)	804-376-8020		X	X		X	X	X	X	X	X							X
Richmond IOP	804-320-8032		X	X					X	X	X							
The Daily Planet Health services	804-783-2505	X	X	X		X		X	X	X								X
Henrico Mental Health	804-727-8515	X	X	X		X	X	X	X	X	X							X
Chesterfield CSB	804-748-1227	X	X	X		X	X	X	X	X	X							X
Hanover CSB	804-365-4222	X	X	X		X	X	X	X	X								
District 19 CSB (Petersburg)	804-862-8002	X	X	X		X	X	X	X	X								
River City Comprehensive Counseling	804-230-0999		X	X		X			X	X								
Chippenham Medical - Tucker Pavillion	804-483-0050		X	X		X	X	X	X	X	X		X					
Richmond Treatment Center	877-284-7074		X	X	X				X									
Richmond Private Methadone Clinic	804-673-5241		X	X	X				X	X								
The Coleman Institute	877-773-3869			X		X												
Southside Treatment Center	804-275-1116		X	X		X			X									
Salvation Army Rehabilitation	804-359-0269	X													X			
Good Samaritan Ministries	804-231-9995	X													X			
Rams in Recovery	(804) 366-8027	X														X	X	X
SAARA Center	(804) 762-4445	X		X													X	X
Mount Regis	(855) 202-5883			X		X						X						
The Farley Center	(757) 280-1154			X			X					X						
Williamsville Wellness	(804) 559-9959		X	X			X				X	X						
Harrison House	(844) 889-9433			X		X						X						

Needle Exchange Program Health Brigade

Health Brigade's Comprehensive Harm Reduction/Needle Exchange Program is part of a public health strategy. It is evidence-based and prevents the spread of HIV/AIDS, and hepatitis C among persons that inject drugs, their families, and the larger community.

**For Current Hours and Mobile locations call:
804-358-6140**

No ID needed, Judgment free, No pressure to stop use.

Questions or follow-up needed? Please feel free to leave a voicemail with program staff. They will be returning all calls and offering as much support as possible by phone. Emily (804-358-6140) Colin (804-476-0795) Arthur (804-508-0932)

NON-COST SERVICES AVAILABLE

- Free needles, cookers, filters, ties, etc.
- Wound care supplies
- Safer sex supplies
- Naloxone (Narcan®) to reverse overdoses
- Safer snorting materials
- Syringes for injecting hormones or steroids
- Referrals to medical care, mental health and wellness, substance use treatment, PrEP, PEP, medication assisted treatment and other community resources

FOR SAFER USE

- **Do a test shot.** When using a new supply or dealer, 'test' the strength. Inject slowly.
- **Avoid using alone.** This can put you at a higher risk of overdosing because no one is there to help you. Use with a friend and/or ask someone to check on you.
- **Keep your tolerance in mind.** If you have not used in a while, your body can't handle the same amount it did before. Use a smaller amount.
- **No clean equipment?** Try using other methods, like snorting or smoking. Snorting or smoking poses less of a chance of overdosing, and spreading disease and viruses.

Mutual Aid Recovery Meetings

Peer Based Recovery Meetings are widely available in the community especially AA and NA. With the pandemic, the easiest way to find meetings that are meeting virtually or in person are through the phone or online. If you are comfortable with Virtual meetings, you can find huge variety of virtual supports all over the world; some starting points are listed below:

Richmond AA: (804)355-1212

AARichmond.org

Richmond NA: (804)965-1871RVANA.org

SMART Recovery: smartrecovery.org

Celebrate Recovery (Christian):

celebraterecovery.org

Recovery Dharma(Budhist):

RecoveryDharma.org

Refuge Recovery(Budhist):

RefugeRecovery.org

Unity Recovery (all recovery):

unityrecovery.org

Trying out a Recovery Meeting can be scary, but also can be really helpful to people. You will find people with similar experiences who are working to make changes in their lives.

People often find hope and inspiration in meetings. There is no cost to these groups though many will take up a collection to pay for group expenses such as coffee and rent.

Feel free to contribute or not.

Support for Family Members



**Speak love
to your
loved one.**

**FREE education and support
for family and friends of
people with addiction.**

Thursdays 6:30-8 p.m.

vcu.zoom.us/j/299427496

Other peer based supports are available as well:
Al-Anon (Families): alanonrichmond.org
Nar-Anon (Families): Nar-anon.org

Family members are often heavily impacted by their loved ones substance use. Finding support and education can be critical to learning to support your loved one.

Richmond Recovery Houses

PETER'S PLACE RVA-
LGBTQIA+ Specific
MAT ACCEPTED
(804)539-2507

MCSHIN FOUNDATION-
Men and women
MAT ACCEPTED
(804)249-1845
(housing in chesterfield and Henrico county)

FROG HOUSES-(804)399-7900
Men and women
(housing in Richmond city)

JOURNEY HOUSE
(MEN AND WOMEN)
Mike Tillem
1400 Lakeside Ave
Henrico, Va 23228
(804)201-8060

REAL LIFE
MEN
406 E Main St
Richmond, Va 23219
(804)322-3311

TRUE RECOVERY (includes eco flats)

MEN AND WOMEN
MAT ACCEPTED
David R. (Richmond)
(804)690-2204

Atmosphere of Recovery
(MEN)
Angela Gottwald (Henrico)
(804)380-3416

OXFORD HOUSES
BON AIR (WOMEN)
200 N Pinetta Dr
N Chesterfield, Va 23235
(804)330-6788

EDGEHILL (WOMEN)
2504 Brook rd
Richmond, Va 23220
(804)303-0555

Highland Springs (Men)
1000 E Nine Mile Rd
Highland Springs, Va 23075
(804)737-1929

Chester House (Men)
10213 Kayvee Rd
N. Chesterfield, Va 23236
(804)709-1774

Commonwealth House (Men)
4500 Patterson Ave
Richmond, Va 23221
(804)308-0497

Pollard Park (Men)
904 W Ladies Mile Rd
Richmond, Va 23222
(804)447-0797

Chamberlayne House (Men)
2918 Chamberlayne Ave
Richmond, Va 23222
(804)716-0028

Clay House (men)
719 ½ West Clay St
Richmond, Va 23220
(804)308-0255

Woodland Heights (Men)
2719 Semmes Ave
Richmond, Va 23225
(804)562-9183

Church Hill House (Men)
609 Chimborazo Blvd
Richmond, VA 23223
804-222-5873

River City House (Men)
3211 Semmes Avenue
Richmond, VA 23225
804-232-5448

Ramekin House (Men)
510 W. 26th st
Richmond, Va 23225
(804)230-8771

WAR FOUNDATION-REAL RECOVERY
(MEN AND WOMEN HOUSING)
Anthony G
(804)489-4224
Kate G. (Henrico)
(804)237-4011

WEST END (WOMEN)
3717 Ellwood Ave
Richmond, VA 23221
(804)342-9029

**The Greater Richmond Regional Street Sheet:
Richmond**

**If you are homeless or will lose housing
in the next three days please call:**

**The Homeless Crisis Line
804-972-0813**

OTHER RESOURCES

Daily Planet Health Services 517 West Grace St. (804) 783-0678	Outpatient medical, dental, mental health, and substance use disorder services.
Richmond Behavioral Health Authority 804-819-4100	24 hour crisis intervention services for persons who are homeless and need mental health treatment.
OAD 3111 W Clay St. (804) 643-2746	Reentry service provider for adults leaving incarceration and returning to the Richmond, Virginia area.
REAL LIFE 406 E. Main St. (804) 322-3311	Supportive and recovery services for adults re-entering the community from incarceration, experiencing homelessness, and/or with substance use disorder.
Greater Richmond Region (DV) Hotline 804-612-6126	Individuals and their children suffering from domestic violence can find shelter, counseling, support groups, and legal assistance. 24 hours/day.
The Department of Veteran Affairs Homeless – National Call Center 1-877-424-3838	Provides free, 24/7 access to trained counselors for local resources and assistance. Text messages are accepted.
Richmond City Department of Social Services 804-646-1262	Referral for entitlement programs including TANF, Food Stamps, WIC Vouchers, and General Relief.
Virginia 211 Dial 2-1-1 or 1-800-543-7709	Statewide information and referral for other housing needs.
Warm Line 1-866-400- 6428	Peer-run service for residents Virginia who would like someone to talk to, or who request community mental health resources, or who have specific questions

Homeward does not manage or control any services on this sheet. Please contact each agency for details. The resources on this sheet change frequently. Please note the expiration date listed below and visit homewardva.org for the most current version. Call 343-2045 or email info@homewardva.org with changes to the above information.
Last Updated: 09/14/2020
Expires: 10/08/2020

LUNCHES		
Location	Lunch	Dinner/Other
Greater Mount Moriah 913 N. 1st St. 804-644-9208	Mon-Fri 12:00-12:30PM *Currently Closed*	
Trinity Baptist Church 2811 Fendall Ave. 804-321-2427	Mon & Wed 11:30AM-12:30PM *Currently Closed*	
2nd Presbyterian Church 5 N. Fifth St. 804-649-9148	(Bagged) Monday 10:30AM-12:45PM	
St. Peter's Catholic Church 800 E. Grace St. 804-643-4315	(Hot) Tuesday 11:45AM-12:30PM	(Hot) Wednesday 4:30PM-6:00PM Showers/Groceries/ Pantry: Tues. 1-3p
3rd Street Bethel, AME 614 N. Third St. 804-643-8157	Wednesday 11:30AM-1:00PM *Currently Closed*	
Oregon Hill Baptist Center 400 S. Pine St. 804-648-1353		(Snack Bag) Thursday 10:00AM- 12:00PM
St. Paul's Episcopal Church 815 E. Grace St. 804-643-3589	(Bagged) Thursday 10:30AM-12:00PM	
First Baptist Church 2709 Monument Ave. 804-355-8637	Food pantry/bagged lunch 11-2	Shower by appointment Mondays 11-3
Centenary United Methodist 411 E. Grace St. 804-648-8319	(Bagged) Friday 11:00AM-12:30PM	
Sixth Mount Zion Baptist 14 W. Duval St. 804-648-7511	Friday 11:00AM-1:00PM *Currently Closed*	
Grace and Holy Trinity 8 N. Laurel St. 804-359-5628 x13	Friday 1:00-1:45PM *Currently Closed*	
2nd Baptist Church 1400 Idlewood Ave. 804-353-7682	Saturday 11:00AM-12:00PM *Currently Closed*	
St. Mark's Episcopal Church 520 N. Boulevard 804-358-4771		Food Pantry 2nd & 4th Saturday 9:00-10:00AM
Friends of the Homeless- Broomfield Christian Methodist 609 Jefferson Davis Hwy 804-232-5680	Mon-Fri 12:00-12:30PM *Currently Closed*	
Shepherd's Way Relief Center 400 E. Main St. 804-212-1164	Saturday 11:30AM-12:30PM	Mon.-Wed. 8:30- 9:30AM Sun.: 8:30- 9:30AM

The Greater Richmond Street Sheet is a community resource designed to help connect our neighbors experiencing homelessness with the resources they need. If you want to learn more about how you can support the network of homeless service providers in Greater Richmond, please visit homewardva.org, endhomelessnessrva.org, or email info@homewardva.org