

RECOVERY SUPPORTS AND SERVICES GUIDE

Wexford and Missaukee Counties

INTRODUCTION

THIS GUIDE IS BROUGHT TO YOU BY SAFE & HEALTHY COMMUNITIES COALITION (SHC).

Welcome to the Recovery Supports and Services Guide - a comprehensive list of resources and information to assist Wexford and Missaukee County residents.

The intention of this guide is to include as many local and regional resources for substance use treatment and recovery as possible. Updates will be made on an annual basis.



Safe & Healthy Communities Coalition

SAFE & HEALTHY COMMUNITIES COALITION (SHC) IS A LOCAL COMMUNITY COALITION AIMED AT PREVENTING SUBSTANCE USE IN WEXFORD AND MISSAUKEE COUNTIES.

MISSION: TO BUILD AND MOBILIZE A COMPREHENSIVE, COMMUNITY-WIDE SOCIAL MOVEMENT TO SUBSTANTIALLY REDUCE SUBSTANCE USE IN THE WEXFORD AND MISSAUKEE COUNTY REGIONS.



TREATMENT RESOURCES

GET HELP NOW
CALL 1-800-834-3393

Northern Michigan Regional Entity Confidential Access Line 800-834-3393

- Connect with a Care Manager who will determine what services are appropriate for you and if you are eligible for funding
- If eligible, a referral will be made to a treatment agency/provider

Private Insurance

- Often, people don't realize they may be eligible for treatment services through their own private insurance from their employer
- To determine if you're eligible for services through private insurance, call the number on the back of your insurance card and they will assist you in determining your eligibility and how to access services.



"Though nobody can go back and make a new beginning, anyone can start over and make a new ending"

- Chico Xavier

Michigan State Police Angel Program

The Michigan State Police (MSP) Angel Program allows anyone who is struggling with a drug addiction to walk into any MSP Post, during regular business hours, and ask for help.

- If accepted into the Angel Program, you will be guided through a professional substance abuse assessment and intake process to ensure proper treatment placement.
- "Angel" volunteers, who are members of the community, will be present to support individuals during the process and provide transportation to the identified treatment facility.

More information, including a brochure, about the Michigan State Police Angel Program can be obtained by visiting

https://www.michigan.gov/msp/0,4643,7-123-72297_34040_75044_97040---,00.html

TREATMENT RESOURCES (CONT.)

WITHDRAWAL SERVICES

Assistance is available for withdrawal from alcohol or other drugs

Sunrise Center - Alpena
877-205-5217

Ten Sixteen Recovery Center - Mt. Pleasant
888-773-3869

Addiction Treatment Services - Traverse City
800-622-4810

Harbor Hall (Males Only) - Petoskey
888-880-5511

Bear River Health for Detox - Boyne City
231-535-2822



WEXFORD COUNTY HARM REDUCTION SERVICES

- Recovery support
- HIV, Hepatitis C and B screening
- Referral and linkage to care
- Overdose education and prevention
- Syringe services
- Assistance with treatment resources
- MAT treatment
- Outpatient counseling

850 N. Mitchell St., Suite B, Cadillac, MI
231-493-5124 /

info@harmreductionmi.org

*Services requiring a licensed professional must be scheduled in advance

harm 
reduction

NALOXONE (NARCAN)

- Naloxone only works on opioids and can save a life by reversing the effects of an opioid overdose
- During an overdose, a person's breathing can slow or stop
- Naloxone blocks the effects of opioids and reverses an overdose
- If given to someone who has not taken opioids, it will not have any effect on them



RECOVERY RESOURCES

OPIOID HEALTH HOME (OHH)

An Opioid Health Home is not a place to live, but rather a model of care that will coordinate your health and social needs.

Opioid Health Home (OHH) Services are available to Medicaid recipients with Opioid Use Disorders and services include:

- Comprehensive care management
- Care Coordination and Health Promotion
- Comprehensive Transitional Care
- Patient and Family Support
- Referrals to Community and Support Services

For additional information on opioid health home services, visit

https://www.michigan.gov/mdhhs/0,5885,7-339-71547_4860_87523---,00.html

To determine eligibility and for more information, contact Northern Michigan Regional Entity at 1-800-834-3393.



PEER RECOVERY COACHES AND RECOVERY SUPPORT

Northern Michigan Substance Abuse Services (NMSAS) Peer Recovery Support Services focuses on individuals seeking recovery from alcohol and drug use.

- Available to anyone 18 years of age and older seeking support for their recovery
- Services are voluntary and support all pathways in recovery
- FREE and confidential service

To learn more about Peer Recovery Support Services, call NMSAS Recovery Center at 989-732-1791

RECOVERY RESOURCES

You Pick Recovery

This site will aid in your attempts to seek a pathway(s) to fit your values and beliefs to help you in your recovery.

<http://youpickrecovery.org/>

SMART Recovery

Mutual support meetings are free and open to anyone seeking science-based, self-empowered addiction recovery.

<https://www.smartrecovery.org/>

Families Anonymous (FA)

FA is a 12-step fellowship for the family and friends of those individuals with drug, alcohol, or related behavioral issues.

<https://www.familiesanonymous.org/>

National Helpline for Substance Use and Mental Health

1-800-662-4357

A free, confidential, 24/7, 365-day-a-year treatment referral and information service (in Eng for individuals and families facing mental and/or substance use disorders.

RECOVERY RESOURCES

(CONTINUED)

Faces and Voices of Recovery

Faces & Voices of Recovery is dedicated to organizing and mobilizing the over 23 million Americans in recovery from addiction to alcohol and other drugs, our families, friends and allies into recovery community organizations and networks, to promote the right and resources to recover through advocacy, education and demonstrating the power and proof of long-term recovery.

<https://facesandvoicesofrecovery.org/>

Cocaine Anonymous

Cocaine Anonymous is a Fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others recover from their addiction.

<https://ca.org/>



*"Nothing is
impossible. The
word itself says
'I'M
POSSIBLE!'"*

-Audrey Hepburn

Al-Anon

Al-Anon members are people, just like you, who are worried about someone with a drinking problem.

<https://al-anon.org/>

LOCAL AL-ANON MEETINGS:

First Presbyterian Church: Mondays 8pm
221 W. Harris St., Cadillac

St. Stevens Church: Tuesdays 10am
506 E. Union St., Lake City

Nar-Anon

A 12-step program for family and friends of addicts

<https://www.nar-anon.org/>

AA (Alcoholic Anonymous)

<https://aa.org/>

LOCAL AA MEETINGS

Hot Line for District #9: 1-800-367-6788

Listings: Bruce 231-878-0446

RECOVERY RESOURCES (CONT.)

LOCAL AA MEETINGS

WEXFORD COUNTY

SUNDAYS

- **Alano Club** (Serenity Group): 9:00am
220 Haynes St., Cadillac
- **SNL Group** (O) - Noon
220 Haynes St., Cadillac
- **Caddy PAA** (O): 5:30pm
220 Haynes St., Cadillac, MI
- **St. Anne's Church** - 3:00pm (Nov. - April)
and 7:00pm (May - Nov.)
800 W. 13th St., Cadillac
- **Alano Club** (SNL): 8:00pm
220 Haynes St., Cadillac

MONDAYS

- **SNL Group AA** (CN): Noon and 5:30pm
220 Haynes St., Cadillac
- **St. Mary's Church AA** (CN): 8:00pm
815 E. Lincoln St., Cadillac

TUESDAYS

- **St. Anne's Church AA** (CN): Noon
800 W. 13th St., Cadillac
- **SNL Group AA** (O): Noon and 5:30pm
220 Haynes St., Cadillac
- **Church of Christ AA** (CN): 8:00pm
6202 W. Division St., Cadillac

WEDNESDAYS

- **SNL Group AA** (CN): Noon and 5:30pm
220 Haynes St., Cadillac
- **Church of Christ Serenity Group**: 7:00pm
6202 W. Division St., Cadillac

THURSDAYS

- **Meauwataka Backwoods Group** (CN): Noon
1871 S. 29 Rd., Cadillac
- **SNL Group AA** (CN): Noon and 5:30pm
220 Haynes St., Cadillac
- **St. Mary's Grapevine AA** (CN): 7:00pm
815 E. Lincoln St., Cadillac

FRIDAYS

- **St. Anne's** (CN): Noon
800 W. 13th St., Cadillac
- **SNL Group AA** (CN): Noon and 5:30pm
220 Haynes St., Cadillac
- **Church of Christ AA** (CN): 8:00pm
6202 W. Division St., Cadillac
- **United Methodist Church**: 8:00pm
106 N. Michigan Ave, Manton

SATURDAYS

- **Salvation Army AA** (CN): Noon
Wright & Boon St., Cadillac
- **SNL Group AA** (CN): 2:00pm and 8:00pm
220 Haynes St., Cadillac

MISSAUKEE COUNTY

TUESDAYS

- **Free Methodist Church** (CN): 7:00pm
128 Canal St., Lake City
- **United Methodist Church** (CN): 8:00pm
301 John Rd., Lake City

THURSDAYS

- **United Methodist Church** - Living Sober
Group: 8:00pm; 301 John Rd., Lake City

FRIDAYS

- 6:30pm - 108 N. Harrison, McBain

OPEN MEETINGS

- **Church of Christ** (S): 8:00pm 4th Friday -
Cadillac
- **Alano Club** (OS): 8:00pm 3rd Saturday
- **Salvation Army** (OD): 8:00pm 2nd Saturday
at Noon

RECOVERY RESOURCES (CONT.)

(CONTINUED)

Narcotics Anonymous Hotline
1-800-230-4242

Narcotics Anonymous (NA)
<https://www.na.org/>

LOCAL NA MEETINGS:

WEXFORD COUNTY

Revival Center (O)
984 Plett Rd., Cadillac
Mondays at 7:00pm

Alano Club
220 Haynes St., Cadillac
Sundays at 7:00pm (open mtg.) and
Wednesdays at 7:00pm (closed mtg.)

Cadillac Community Church
315 E. Pine St., Cadillac
Thursdays at 7:00pm (closed mtg.)

Wayne's Garage
515 N. Shelby St., Cadillac
Tuesdays at 7:00pm (closed mtg.), Fridays at
7:00pm (closed mtg.), and Saturdays at
7:00pm (open mtg.)
231-779-9159

MISSAUKEE COUNTY

Free Methodist Church (O)
128 N. Canal St., Lake City
Thursdays at 7:00pm

*"Healing doesn't mean
the damage never
existed. It means the
damage no longer
controls our lives"*

-Unknown

Celebrate Recovery

Celebrate Recovery is a Christ-centered, 12-step recovery program for anyone struggling with hurt, pain, or addiction of any kind.

<https://www.celebraterecovery.com/>

LOCAL CELEBRATE RECOVERY MEETINGS:

WEXFORD COUNTY

Church of Discovery
8426 E. 48 Rd, Cadillac
231-510-2135
Liz Eastway
Wednesdays at 7:00pm

MISSAUKEE COUNTY

Lake City Assembly of God
680 N. Morey Rd., Lake City
231-839-2515
Contact: John Bruyette
Wednesdays at 6:30pm

RECOVERY RESOURCES (CONT.)

(CONTINUED)

Refuge Recovery

Peer-led movement using Buddhist-inspired practices and principles, combined with successful recovery community structures, to overcome addiction

<https://refugerecovery.org/>

12-Step

<https://12step.org/>

We Connect Recovery

<https://www.weconnectrecovery.com/>

Families Against Narcotics (FAN)

Families Against Narcotics (FAN) is a community-based program for those seeking recovery, those in recovery, family members affected by addiction and community supporters.

Meetings: 1st Thursday of the month
6:30pm - 8:00pm

Central United Methodist Church
222 N. Cass St., Traverse City, MI 49684
231-883-9111

traverse@familiesagainstnarcotics.org
All are welcome to attend (children 10 and older please)

<https://www.familiesagainstnarcotics.org/>



Families Against Narcotics

our **connection** for information, resources, and support

*"Focus on where
you want to go,
not where you
currently are"*

-Unknown

SHELTER RESOURCES

New Hope Shelter

Housing Assessment Line (HARA)

1-844-900-0500

Men's House: 231-775-3702

Woman's House: 231-468-2022

Cadillac Area OASIS Family Resource Center

- Only for victims of physical or sexual assault that lead to homelessness
- 231-775-7233

HOUSING ASSISTANCE

Northwestern Michigan Community Action Agency

Call the Housing Assessment Line

1-844-900-0500

OTHER ASSISTANCE

FOOD BANKS

*PLEASE CALL AHEAD TO ENSURE DAYS/TIMES

MISSAUKEE COUNTY

Covenant Life Church

7700 W. Blue Rd., Lake City, MI
231-839-2244
Tuesdays and Wednesdays
11:30am - 2:30pm

Good Neighbor Food Pantry

Evangelical Presbyterian Church
5804 W. Houghton Lake Rd. Lake City, MI
231-942-1249
2nd Thursday of each month
3:00pm - 5:00pm

WEXFORD COUNTY

Salvation Army

725 Wright St., Cadillac, MI
231-775-7131
Monday - Friday
10:00am - 2:30pm

Lifehouse Assembly of God

1120 W. Division St., Cadillac, MI
231-775-7858
2nd & 4th Mondays of the month
3:30pm - 5:00pm

Living Word Ministries

800 S. Michigan Ave., Manton, MI
231-824-6502
Mondays
9:00am - 12:00pm (noon)

FEEDING AMERICA FOOD BANK (WEXFORD AND MISSAUKEE RESIDENTS)

Covenant Life Church
7700 W. Blue Rd., Lake City, MI
231-839-2244

- First Wednesday of the month until August 2020
- No income requirement
- Bring a box that will hold approximately 50lb of food

(Please call ahead to verify day/time)

WEXFORD COUNTY FOOD BANKS (CONT.)

King's Storehouse Food Pantry

First Baptist Church
125 Stimson St., Cadillac, MI
231-775-5629
Mondays, Wednesdays, and Fridays
10:00am - 11:00am

- Need Picture ID to fill out assessment form on site
- Can utilize pantry up to 5 times a year

Cadillac Revival Center Food Pantry

984 Plett Rd., Cadillac, MI
231-775-2662
Wednesdays - 10:00am
3rd Monday night - 6:00pm

OTHER ASSISTANCE

(CONTINUED)

MEDICAL RESOURCE

Stehouwer Free Clinic

803 Lynn St., Cadillac, MI

231-876-6150

Monday - Thursday

9:00am - 4:30pm (closed 12:00pm - 1:00pm)

<https://stehouwerfreeclinic.org/>

TRANSPORTATION RESOURCE

Wex Express

951 Casa Rd., Cadillac, MI

231-779-0123

<http://www.wexexpress.us/>

*"It does not matter
how slowly you go
as long as you
don't stop"*

- Confucius

If you have additional resources that are missing from this guide, please contact Angie Gullekson, District Health Department #10/Safe & Healthy Communities Coalition, at agullekson@dhd10.org or 231-876-3813.

