

ALCOHOL AND DRUG RECOVERY RESOURCES IN THE PORTLAND-METRO AREA

List last updated September 2008

Crisis and Referral Lines

National Alcohol & Drug Treatment Referral 1-800-996-3784	National 24-Hour Help/Referral Network
Alcohol and Drug Helpline 503-244-1312	24 Hour non-profit agency staffed by volunteers who do crisis counseling and make referrals to local outside agencies for in- and out-patient substance abuse treatment
Cascadia Urgent Walk-In Clinic 2413 SE 43 rd (entrance on 42 nd and Division)	Provides assessment and evaluation for clients with urgent complaints. Does not provide ongoing treatment. Can sometimes be a resource for medications but will not prescribe benzodiazepines. No charge. Hours of operation 7:00 am – 10:30 pm seven days a week.

Support Groups (a list of local GLBT-friendly 12-step meetings is attached)

Adult Children of Alcoholics (ACA or ACoA)	For adults who grew up in homes where one or both parents were alcoholics or addicts. Meeting times and locations can be found at www.adultchildren.org , or by calling 310-534-1815, meetinginfo@adultchildren.org
Al-Anon 503-292-1333	For partners and family members of alcoholics. Meeting times and locations can be found at www.al-anonportlandoregon.org .
Alcoholics Anonymous (AA) 503-223-8569	Meeting times and locations can be found at www.pdxaa.com . We have one at noon every weekday here on campus, located in SMSU room 258.
Cocaine Anonymous (CA) 503-256-1666	Meeting times and locations can be accessed via recording through their phone number or info@caoregon.org
Crystal Meth Anonymous (CMA)	Meeting times and locations can be accessed via their webpage www.crystalmeth.org . Hotline is 213-488-4455
Dual Diagnosis Anonymous (DDA) or Dual Recovery Anonymous (DRA)	<p>For people who have co-occurring mental health disorders and substance abuse issues; especially if they are on medications such as benzodiazepines for treatment of their mental health disorder (which traditional 12-step programs tend to frown upon).</p> <p>We will have a DDA meeting here on campus soon, located at the Smith Center. You can access the local DRA meeting schedule at</p>

	www.draonline.org/meetings.html or call 503-535-1151
Marijuana Anonymous (MA)	Meeting times and locations can be accessed via their webpage www.marijuana-anonymous.org , or 1-800-766-6779, office@marijuana-anonymous.org
Miracles Club 4218 NE MLK 503-249-8559	A social gathering place for people in recovery from substance abuse. They have rooms where people can hang out and play games, as well as daily 12-step meetings. Their building also has apartments for people in recovery.
Narcotics Anonymous (NA)	Meeting times and locations can be accessed via their webpage www.portlandna.com/
Outside In 1130 SW 13 th Ave. in the ARTS Building Basement 503-223-4121	Offer a free group entitled “Any Positive Change” every Tuesday 4:30-5:30pm for anyone age 18 and up where they: “Explore how to change in a safe, supportive environment where drug/alcohol users can talk openly. We will discuss how to do that from safer use, to managed use, to no use.”
SMART Recovery (Self Management And Recovery Training) 503-699-5197	A self-help group for people who want to abstain from alcohol or other mood altering substances. No declaration to higher power or of powerlessness is made (people who object to the “Higher Power” aspect of the 12-steps but want a support community nonetheless would be a good referral for this format). Meeting times and locations can be accessed via recording through their phone number or www.smartrecovery.org . They have Aloha and Clackamas locations.
United Recovery Service Club (URS) 17200 SE Stark St. 503-253-9321	A clean and sober social club. 6:30 am- 10:00 pm Monday-Thursday. 6:30 am-12:30 am Friday, Saturday. A restaurant, monthly dances, and pool tables. Daily NA/AA meetings.

Treatment Centers

Allied 808 SW Adler 503-226-2203 4 Portland locations Tigard, 162 nd and Burn, 26 th and Belmont	Accept OHP and some insurances. Offer outpatient methadone and buprenorphine services for opiate-dependent adults.
Central City Concern Recovery Center...formerly known as PAHC (Portland Alternative Health Center) 726 W Burnside (Old Town	Accept OHP (Care Oregon, Family Care, Providence Care Oregon) and have a certain number of slots available for people with no income (more available at beginning of month than end). Offer intensive outpatient services (daily group counseling, some individual counseling, acupuncture, UAs). Usually a 3-4 month treatment

<p>Clinic) 503-228-4533 www.centralcityconcern.org</p>	<p>process (but varies according to client's needs).</p>
<p>Change Point Intake: 503-253-5954 www.changepointinc.com</p> <p>Sites in Gresham, North Portland, and Beaverton</p>	<p>Accept OHP (Care Oregon and Open Card only). Will put in reduced fees slot if uninsured. Intake assessment costs \$150. Regular Outpatient treatment (1 group per week) costs \$60/week (\$40 if reduced), Intensive Outpatient treatment (3 groups per week) costs \$46/session (\$32 if reduced), and random UAs cost \$25 (\$15 if reduced). Also reduced fees for court mandated DUII clients.</p> <p>Offer Russian- and Hispanic-language services, DUII groups, intensive outpatient and regular outpatient treatment. Provide Matrix Model methamphetamine treatment (group three times weekly) for free if client qualifies for the research study it is being offered through.</p>
<p>CODA 1027 E. Burnside Intake: 503-236-2290</p> <p>Sites in Tigard, Gresham, and Portland.</p>	<p>Accept OHP and some insurances.</p> <p>Offer inpatient, outpatient, methadone, buprenorphine, and 180 day detox services. Alcohol/drug evaluation and assessments, childcare services on-site. DUII services, perinatal services.</p>
<p>DePaul Treatment Center 1312 SW Washington adult: 503-535-1151 youth: 503-535-1181 www.depaultreatmentcenters.org</p> <p>Adult Center 1312 SW Washington St. Portland, OR 97205</p>	<p>Accept OHP. Have funded slot for Multnomah County residents that (if students qualify for it) would mean no money out of pocket for tx. Their sliding fee scale for outpatient treatment is: \$52-408 for intake; \$26-104 for individual counseling; \$19.50-78 for groups; and \$7-28 for UAs. The financial rep I spoke with there says most people (including herself) qualify for the lowest end of that scale and the higher end of the scale is reserved for people who have insurance coverage.</p> <p>Offer outpatient and inpatient treatment. Inpatient treatment tends to be 3-months (but some people stay in it as long as 9 months and on some rare occasions a 1-month contract will be approved). They use primarily a DBT model for their A&D clients.</p>
<p>Hooper Detox 20 NE MLK Jr. Blvd. 503-238-2067 www.centralcityconcern.org</p>	<p>Accept OHP. If person has no insurance and no income, 4-7 day detox will cost them a flat fee of \$50. If they make \$300/month, it will cost \$100. If they make \$500/month, it will cost \$150. For every \$200 per month increase, it costs \$50 more until they hit \$2300/month (at which level it costs \$295/day). Payment plans are available at any level (i.e. the fee doesn't have to be paid all at once up front).</p> <p>Offer 4-7 day detox, with emphasis on alcohol and heroin. Arrive by 7:30am for intake; patients are prioritized by need.</p>
<p>InAct 727 NE 24th Ave. Portland, OR 97232</p>	<p>Accept OHP (Care Oregon, Open Card, Providence Care Oregon). Have some Multnomah County slots (but these are generally reserved for indigent people). Assessment is \$100; individual counseling is \$50/hour;</p>

<p>503-228-9229 www.inact.org</p>	<p>group counseling is \$16/session (if attending at least 2 groups per week); UAs are \$10-20 (depending on income); acupuncture, the first visit is \$20 and then \$10 thereafter (sometimes this is done in group setting, sometimes in individual setting). They have a naturopathic clinic which costs \$20 (plus any lab fees incurred) per visit. Mental health assessments cost \$180 and mental health therapy (i.e. individual counseling) is \$90/hour; they have no mental health groups at this time. They have a psychiatric nurse who charges \$60 for initial visit and \$30 for follow up visits.</p> <p>Offer DUII and outpatient counseling. They also have a licensed Naturopathic Doctor, Acupuncturist and Psychiatric Mental Health Nurse Practitioner. Their integrated Mental and Physical Health Services Program incorporates a holistic approach to the treatment of chemical dependency and mental health disorders.</p>
<p>Lifeworks NW 506 SW 6th Ave, Suite 905 503-645-9010 (intake) www.lifeworksnw.org</p> <p>Sites out in Beaverton and NE Portland too.</p>	<p>Accept OHP and some insurances; sliding fee services available for Multnomah and Washington County residents (which may go down as far as \$15 per session, depending on family income and number of dependents).</p> <p>Offer DUII and outpatient counseling for youth and adults. Mostly individual counseling, some groups, UAs. Mental health counseling (w/out A&D issues) available too (but only Multnomah County residents would be eligible for sliding fee scale for those services). Gambling counseling is available free for everyone. Residential services available for moms with small kids.</p>
<p>NARA (Native American Rehab Association) 1631 SW Columbia outpatient: 503-231-2641 inpatient: 503-621-1069 www.naranorthwest.org</p>	<p>Accept OHP. Sliding fee scale also available which ranges from \$0-20/day depending on income.</p> <p>Offer outpatient services for people ages 22 and over. Clients accepted on a walk-in basis. Tribal association helpful, but not required. Some times, when they are near capacity, they hold their remaining slots for those who are Alaskan natives or associated with a tribe.</p>
<p>NARA for Youth 503-224-1044</p>	<p>Accept OHP. Was informed that if we have a “youth in need” they will do whatever they can to make sure they get treatment (but they did not have any specific fee-ranges available for me).</p> <p>Offer outpatient services for people under 22 years of age. Tribal association helpful, but not required.</p>
<p>OHSU Addiction Treatment 621 SW Alder, Suite 520 503-494-4745</p>	<p>Accept OHP (Care Oregon or Open Card only). If paying out of pocket, individual counseling costs \$95/session and group counseling costs \$45-60/session.</p> <p>Offer DUII and outpatient counseling. Groups are weekly and individual counseling is once every couple of weeks. Groups include Stages of Change, Risk Reduction, Relapse Prevention Support, and Women in Recovery. They offer free gambling counseling.</p>

<p>Outside In 1132 SW 13th Ave. 503-223-4121 www.outsidein.org</p>	<p>Offer a free group entitled “Any Positive Change” every Tuesday 4:30-5:30pm for anyone age 18 and up (located in the ARTS Building Basement at 1030 SW 13th Ave) where they “Explore how to change in a safe, supportive environment where drug/alcohol users can talk openly. We will discuss how to do that from safer use, to managed use, to no use.”</p> <p>Attending this group would be a good way for a student to get hooked up with other services potentially available to them through this agency (such as housing, acupuncture, and counseling). They are particularly geared toward GLBT teens and young adults, but you don’t have to be GLBT to access some of their services.</p>
<p>Providence Behavioral Health Services Intake: 503-574-9200 Triage: 503-574-9235</p>	<p>Accept OHP (Care Oregon and Open Card only). If students have no insurance, they are referred to Providence’s Financial Services department or Charity Care to create a financial arrangement based upon income.</p> <p>Offer detox, residential, intensive outpatient and regular outpatient services. Detox and residential services are both 14 days long. Intensive outpatient services provide 3-5 groups per week, family education, case management, relapse prevention, and UAs. Regular outpatient services provide the same services except only 1-2 meetings per week.</p>
<p>Psychological Service Center 511 SW 10th Ave. 503-352-2400</p>	<p>Sliding fee scale based on income (\$20-85 per service, free for full-time student). There is a mandatory \$45 intake fee.</p> <p>Learning Disability assessments: \$500</p> <p>Offer outpatient counseling (mostly individual, but some group too). No UAs. They use a CBT model for A&D treatment.</p>
<p>PSU Community Counseling Clinic 615 SW Harrison St. (5th floor of the Graduate School of Education Building) 503-725-4620</p>	<p>They serve PSU students as well as the general Portland community, charging \$15 for individual, couples, and family counseling on a variety of mental health topics. They have several groups a term. Day and evening appointments available, 8:00 am-9:00 pm.</p> <p>They are currently developing an alcohol and drug specialty...stay tuned!</p>
<p>YWCA 1111 SW 10th Ave. 503-294-7400</p>	<p>Sliding fee scale based on income (\$13-46 per service).</p> <p>Offer general mental health counseling but most of their clients have A&D issues too, and a few of their counselors are specifically credentialed for A&D counseling. They treat men, women, trans-gendered people, and couples. They are currently providing groups for Women Survivors of Child Abuse, Trans-Support, Women’s Sexual Minority Support, and Women’s Anger Management.</p>