

There is Hope



Where to go from here:
a drug overdose **resource** guide

www.scadc.org

Send updates to: guide@scadcoalition.org

TABLE OF CONTENTS

HOPE 3

HOTLINES 5

TREATMENT RESOURCES 10

REDUCING HARM 15

RECOGNIZING OVERDOSE 18

ALCOHOL & DRUG SERVICES .. 21

RECOVERY MEETINGS 27

SURROUND SERVICES 30

FOOD / CLOTHING 34

HOUSING 42

MEDICAL & SOCIAL SERVICES. 44

DOMESTIC VIOLENCE 48

HOMELESS SERVICES 49

TRANSPORTATION 51

PREVENTION 52

PREVENTION RESOURCES 54

HOPE

The aim of this resource booklet is to provide opioid overdose survivors, family members, loved ones and bystanders with information on local resources for treatment, recovery and to help reduce future risk.

Most importantly, we want them to know that there are people and organizations who want to help and *there is hope.*



Stephanie Day

Frontier Health
Director at Willow Ridge

HOPE



Amy Penley

Frontier Health
Case Manager, Overdose Response Team

HOTLINES

Crisis services information/hotlines:



A resource for addiction treatment referrals. Callers can connect with treatment providers in their area.
www.taadas.org/Redline.htm

- **Alcoholics Anonymous (AA)**

423-928-0871

24-hour hotline and information about meetings

www.aatricitiestn.org

- **Narcotics Anonymous (NA)**

423-302-0494

24-hour helpline and information on local meetings

www.mana-e-tn.org

- **Mobile Crisis/Crisis Stabilization**

877-928-9062

Mental health emergencies only

www.frontierhealth.org/crisisresponse

HOTLINES

- **Lifeline Peer Project**

865-321-7107

Provides referrals to treatment services, sober living housing, and Alcoholics Anonymous and Narcotics Anonymous meetings

www.bit.ly/3jSqjF7

- **Northeast Tennessee Lifeline Peer Project**

877-366-7593 x105

Jason Abernathy: jason@insightalliance.org

www.bit.ly/3kRHliA

- **Tennessee Tobacco QuitLine**

1-800-QUIT-NOW

Support for Tennesseans who want to quit smoking or chewing tobacco

www.tnquitline.org

- **Sullivan County Overdose Response Team**

423-408-8134

Rapid response support for survivors of an overdose and family members who witnessed it or need support

www.SullivanOD.org

- **Homeless Assistance Hotline, Tennessee Valley Coalition for the Homeless**

888-556-0791

www.tvchomeless.org

HOTLINES

- **TN Together**

Opioid related resources and community solutions to an ongoing crisis

www.tntogether.com

- **The Partnership Helpline**

855-DRUGFREE

Support for parents and family of substance users

www.drugfree.org/helpline

- **Substance Abuse and Mental Health Services Administration (SAMHSA) National Hotline**

800-662-HELP

SAMHSA information on thousands of state-licensed providers who specialize in treating substance use disorders, addiction, and mental illness.

www.findtreatment.gov

- **National Institute on Drug Abuse (NIDA)**

977-894-6892

An American Addiction Centers Resource to connect to a treatment center

www.drugabuse.gov

- **Contact Concern (211)**

2-1-1

Connects people in NETN with services they need.

www.contact211netn.org

HOTLINES

- **Tennessee Domestic Violence Hotline**

800-356-6767

www.bit.ly/3mL35my

- **National Domestic Violence Hotline**

800-799-7233

www.thehotline.org

- **National Suicide Prevention Lifeline**

800-273-TALK

www.suicidepreventionlifeline.org

- **National Runaway Hotline**

800-786-2929

- **Rape Crisis Hotline**

423-928-4710

- **Branch House Family Justice Center**

Support and advocacy for survivors of domestic abuse or sexual assault

423-574-7233

www.branchhousetn.org

- **TN Statewide Crisis Line**

855-CRISIS-1

Support and guidance for anyone experiencing a mental health crisis

HOTLINES

- **Ballad Health Nurse Line**
833-822-5523
- **TN Parent Hotline**
800-356-6767
- **Crisis Text Line**
Text 741741
Free, 24/7 mental health support via text message
- **Respond 24/7 Intervention Helpline**
800-366-1132
- **Bristol Police Department**
423-989-5552
- **Kingsport Police Department**
423-246-9111
- **Sullivan County Sheriff's Department**
423-279-7500
- **Bluff City Police Department**
423-538-3700

*It's okay to ask for help.
You don't have to go it alone.*

TREATMENT RESOURCES



Judy Clark

Families Free
Director of Women's Services

TREATMENT RESOURCES

Questions to ask recovery/treatment providers:

- What should we expect from treatment?
- How long is the treatment?
- What treatment options are available?
- How do I know which treatment is best for me or my loved one?
- Is your program licensed and accredited?
- Is your program inpatient or outpatient?
- Tell me about the environment at the facility.
- Do you treat multiple disorders (such as mental health disorders in addition to addiction)?
- If your program is a good fit, how soon can we begin treatment?
- What are my payment options?
- How do you involve the family during and after treatment?
- Do you provide follow-up care once initial treatment is over?

*Recovery only requires taking one step at a time.
You don't have to get it right immediately.*

TREATMENT RESOURCES



A resource for addiction treatment referrals. Callers can connect with treatment providers in their area.
www.taadas.org/Redline.htm

- **Bristol Regional Counseling Center**

423-989-4500
26 Midway Street
Bristol, TN 37620

- **Holston Counseling Center**

423-224-1300
1570 Waverly Road
Kingsport, TN 37660

- **Turning Point**

423-926-0940
208 E. Unaka Avenue
Johnson City, TN 37601

- **Willow Ridge**

423-461-7750
900 Buffalo St.
Johnson City, TN 37604

TREATMENT RESOURCES

- **CCS Drug & Alcohol Rehabilitation**

423-349-4070

6145 Temple Star Road

Kingsport, TN 37660

- **Woodridge Hospital**

423-431-7111

Intensive outpatient program: 423-431-7047

403 North State of Franklin Road

Johnson City, TN 37604

- **Families Free**

423-631-0141

693 Princeton Road

Johnson City, TN 37601

Intensive outpatient program

- **Red Legacy Recovery**

423-297-1230

210 South Hills Drive

Elizabethton, TN 37643

- **Creekside Behavioral Health**

423-830-8110

1025 Executive Park Boulevard

Kingsport, TN 37660

TREATMENT RESOURCES

- **Watauga Behavioral Health Services**

423-232-2600

109 West Watauga Avenue

Johnson City, TN 37604

Intensive outpatient program

- **Atlanta Detox Center**

678-304-0464

277 Medical Way

Riverdale, GA 30274

Medical Detox, Treatment, Relapse Prevention

www.atlantadetoxtreatment.com

- **Lincoln Trail Behavioral Health**

800-274-7374

3909 South Wilson Ave.

Radcliff, KY 40160

Accepts Medicare and Tri-Care insurance with TN residents. Offers Detox, Treatment, Inpatient and Intensive Outpatient Services. Also offers Greyhound bus vouchers to the client

www.lincolnbehavioral.com

*You have the power to say,
"This is NOT how my story will end."*

REDUCING HARM

The concept of ***harm reduction*** acknowledges that completely abstaining from drugs or alcohol isn't a realistic solution for everyone, but harm reduction efforts attempt to decrease the health, social, and economic consequences of drug and alcohol abuse. Harm reduction strategies include:

- Realize an individual may not be ready to stop using today, but with continued engagement (such as Alcoholics or Narcotics Anonymous), he or she may be willing to try treatment eventually.
- Seek out syringe services programs to provide clean needles and get used needles off the street.
- Get trained on administering naloxone and keep a supply of this life-saving medication (CPR training is also recommended). Note that “Good Samaritan” laws grant civil immunity for administering the medicine to someone they reasonably believe is overdosing on an opioid.
- Use fentanyl testing strips to test for the presence of fentanyl or related drugs in the street supply of opioids. Search the web for suppliers.

For more information on harm reduction, visit:
www.harmreduction.org

REDUCING HARM

Naloxone is a proven tool in the battle against drug abuse and overdose death. When too much of an opioid substance is taken, it can slow breathing to a dangerously low rate. When breathing slows too much, overdose death can occur. Naloxone can reverse this potentially fatal situation by allowing the person to breathe normally again.

Naloxone is not a dangerous medicine. However, proper training is required by law. Any time an overdose is suspected, first responders should be notified by calling 911 immediately and stay with the patient until first responders arrive. It is important to know that some patients may wake disoriented or agitated after receiving naloxone. This is a very good sign, but calling 911 is still very important to help the person survive.

Naloxone is only temporary reversal. It's extremely important to seek medical care following an overdose.

**SAVE A LIFE
CARRY
NALOXONE**



REDUCING HARM

For more information on obtaining naloxone and training on administering naloxone, please contact:

- **Sullivan County Anti-Drug Coalition Regional Overdose Prevention Specialist**

423-956-6529

Training and distribution of Naloxone

www.YouCanNarcan.org

- **ETSU HIV/AIDS Center of Excellence Syringe Trade and Education Program (STEP TN)**

423-930-8337 ext. 123 or 117

615 North State of Franklin Road

Johnson City, TN 37604

www.steptn.org

- **Sullivan County Overdose Response Team**

423-408-8134

Quick response peer support, case management, family advocacy

www.SullivanOD.org

For online resources about naloxone and other prevention programs, see:

www.bit.ly/tnprevent

RECOGNIZING OVERDOSE

Recognizing the signs of an overdose is critical for loved ones of an opioid user. Often families or friends have seen their loved one over-medicated in the past, so their current reaction has been to let them “sleep it off.” Unfortunately, this complacency could mean death.

SIGNS OF AN OVERDOSE:

- Unresponsive to shouting
- Unresponsive to pain stimulation such as rubbing the chest with knuckles
- Unconsciousness
- Slow and shallow breathing or *not* breathing
- Pale, clammy skin, loss of color
- Blue, purple or gray skin, especially around lips and fingernails
- Faint or *no* pulse
- Extremely small “pinpoint” pupils

***2,089 Tennesseans died
of a drug overdose in 2019.***

RECOGNIZING OVERDOSE

In the event of a known or suspected overdose:

1. Administer naloxone (an extremely effective medication that stops opioid overdoses and saves lives!)
2. Call 911
3. Watch the person closely. If breathing does not resume within one minute, administer naloxone again.
4. Wait with the person for emergency services to arrive.



Jason Abernathy

Insight Alliance
Certified Peer Recovery Specialist, Lifeline Peer Project Coordinator

NOTES

ALCOHOL & DRUG SERVICES

Davis Williamson

Branch House

Family Advocate, Overdose Response Team



ALCOHOL & DRUG SERVICES

- **Sullivan County Overdose Response Team**
Quick-response peer support, case management, family advocacy
423-408-1834
www.SullivanOD.org
- **Recovery Resources**
www.recoveryresourcestn.org
- **Al-Anon**
Fellowship for families & friends of alcoholics
www.tn-al-anon.org
- **Alcoholics Anonymous**
24-hour hotline and information about meetings
423-928-0871
www.aatricitiestn.org
- **Narcotics Anonymous**
24-hour hotline and information about meetings
423-302-0494
www.mana-e-tn.org
www.natennessee.org
- **Lifeline Peer Project**
Provides referrals to treatment services, sober living housing and AA and NA meetings
877-366-7593 x105

ALCOHOL & DRUG SERVICES

- **Tennessee Tobacco Quitline**

*Support for Tennesseans who want to quit smoking,
chewing tobacco*

1-800-QUIT-NOW

www.tnquitline.org

- **Catalyst Health Solutions**

423-282-3379

926 W. Oakland Ave. Suite 206

Johnson City, TN 37604

www.catalysthealth.org

- **Kingsport Family Recovery Associates**

423-288-0223

1729 Lynn Garden Drive

Kingsport, TN 37665

- **Overmountain Recovery**

833-371-0509

203 Gray Commons Circle, Suite 110

Gray, TN 37615

www.overmountainrecovery.org

- **Revida Recovery Centers**

423-631-0432

3114 Browns Mill Road

Johnson City, TN 37604

www.revidarecovery.com

ALCOHOL & DRUG SERVICES

- **Addiction Recovery Center of East Tennessee**

Medically managed detox program

423-279-3860

3763 Highway 11W

Blountville, TN 37617

www.arcofet.org

- **Bristol Regional Counseling Center**

423-989-4500

26 Midway Street

Bristol, TN 37620

- **Holston Counseling Center**

423-224-1300

1570 Waverly Road

Kingsport, TN 37660

- **Scott County Behavioral Health Services**

276-225-0976

1006 U.S. Hwy 23 N

Weber City, VA 24290

- **Tennessee Community Support Services**

423-989-4558

266 North Street

Bristol, TN 37620

ALCOHOL & DRUG SERVICES

- **Watauga Behavioral Health Services**

423-232-2600

109 W. Watauga Avenue

Johnson City, TN 37604

- **Appalachian Counseling**

423-461-0111

501 E Watauga Avenue

Johnson City, TN 37601

- **Victory Center**

423-975-6000

2243 Eddie Williams Road

Johnson City, TN 37601

- **Ballad Health Intensive Outpatient**

423-431-7047

403 North State of Franklin

Johnson City, TN 37601

- **Tri-Cities Therapy and Counseling**

423-943-5550

1907 N. Roan St. Ste 404

Johnson City, TN 37601

- **Tennessee Community Support Services**

423-989-4558

266 North Street

Bristol, TN 37620

ALCOHOL & DRUG SERVICES

- **Cognitive Behavioral Therapists of Tri-Cities**

423-245-5608

2758 E. Center Street

Kingsport, TN 37664

- **ETSU Department of Counseling**

423-439-7679

327 Warf-Pickel Hall

Johnson City, TN 37614

- **Open Arms Peer Support Center**

423-274-8100

266 North Street

Bristol, TN 37620

- **Friendship House Peer Support Center**

423-232-4264

2243 Eddie Williams Road

Johnson City, TN 37604

- **Count it! Lock it! Drop It!**

Secure drop-off locations for unused medications

888-422-4001

www.countitlockitdropit.org/drop-box-finder

Count It! Lock It! Drop It!



Don't Be An Accidental Drug Dealer

RECOVERY MEETINGS

- **Celebrate Recovery Bloomingdale**
423-288-5151
3220 Bloomingdale Road
Kingsport, TN 37660
www.bbckpt.org
- **Celebrate Recovery at Christ Fellowship**
423-276-3223
260 Victory Lane
Kingsport, TN 37664
www.christfellowship.me
- **Celebrate Recovery at Preaching Christ Church**
423-767-0830
707 E. Sullivan Street
Kingsport, TN 37660
www.preachingchristchurch.com
- **Celebrate Recovery at Crossroads UMC**
423-367-2779
200 Bays Cove Trail
Kingsport, TN 37660
www.crossroadskingsport.org
- **Recovery Resources**
423-430-7657
693 Princeton Road
Johnson City, TN 37601
www.recoveryresourcestn.org

RECOVERY MEETINGS

- **Celebrate Recovery at Hosannah Fellowship**
423-477-0774
715 Sunset Drive
Kingsport, TN 37604
- **Celebrate Recovery at TN Ave Baptist Church**
865-385-7921
104 Cypress Street
Bristol, TN 37620
www.tabaptist.org
- **Celebrate Recovery at Crossroads Christian**
423-477-2229
1300 Sunset Drive
Johnson City, TN 37615
www.crossroadsgray.org
- **Re:Generation at Grace Fellowship**
2314 S. Greenwood Drive
Johnson City, TN 37604
www.gfcnow.com
- **Life Recovery at First Christian Church**
423-232-5700
200 E. Mountcastle Drive
Johnson City, TN 37601
www.fcc-jc.org

RECOVERY MEETINGS

- **RU Recovery at Rock Heritage**
423-268-7485
4838 Ft. Henry Drive
Kingsport, TN 37663
www.reformu.com
- **First Baptist (Recovery at Clay Street)**
423-247-4122
441 Clay Street
Kingsport, TN 37660
www.fbckpt.org
- **Tri-Cities Recovery**
276-644-3133
1119 Commonwealth Avenue
Bristol, VA 24201
www.tricitiesrecovery.org
- **Mountain Area of Narcotics Anonymous (NA)**
24-hour hotline and information about meetings
423-302-0494
www.mana-e-tn.org
- **Tri-Cities Alcoholics Anonymous (AA)**
423-928-0871
24-hour hotline and information about meetings
www.aatricitiesn.org

SURROUND SERVICES

One of the easiest ways to get help is by dialing 2-1-1, Tennessee's community services help line

- **Upper East Tennessee Human Development Agency**

Provides education, direction and support

Bristol: 423-968-3951

Kingsport: 423-247-5149

Johnson City: 423-753-3097

www.ueethda.org

- **Good Samaritan Ministries, Inc.**

423-928-0288

100 N. Roan Street

Johnson City, TN 37601

www.goodsamjc.org

- **American Red Cross of Northeast Tennessee**

423-928-3561

501 South Wilcox Drive

Kingsport, TN 37660

www.rdcrrs.org/3njA4hP

- **Interfaith Hospitality**

423-929-9967

204 West Walnut Street

Johnson City, TN 37604

www.bit.ly/35pTFXs

SURROUND SERVICES

- **Kingsport Community Ministry Center**

423-378-3722

601 Holston Street

Kingsport, TN 37660

www.kingsportchurch.org

- **Hope Haven Rescue Mission**

423-246-6012

670 Dale Street

Kingsport, TN 37660

www.hopehavenkpt.com

- **Agape Warehouse**

Celebration Church

421 Shipley Ferry Road

Blountville, TN 37617

- **United Way of Greater Kingsport**

423-378-3409

301 Louis Street, Suite 201

Kingsport, TN 37660

www.uwaykpt.org

- **United Way of Bristol TN/VA**

423-968-4912

315 8th Street

Bristol, TN 37620

www.unitedwaybristol.org

SURROUND SERVICES

- **Help4TN**

Free legal help, resources, and referrals for low-income Tennesseans

844-435-7486

www.help4TN.org

- **Legal Aid of East Tennessee**

423-928-8311

311 W. Walnut Street

Johnson City, TN 37604

www.laet.org

- **St. Vincent De Paul Society**

423-288-8101

- **Volunteers of America**

Supportive Services for Veterans

423 461-0044

112 E. Myrtle Ave. Suite 300

Johnson City, TN 37601

www.voamid.org

- **Bristol Faith in Action**

Financial assistance towards rent, utilities, & more

276-466-8292

1534 Euclid Avenue

Bristol, VA 24201

www.bristolfia.org

SURROUND SERVICES

- **Assurance Wireless**

Free wireless smartphone for low income and the homeless community

888-321-5880

www.assurancewireless.com

- **EveryoneON**

Low-cost internet and computer offers

www.everyoneon.org

- **Safelink Wireless**

Free wireless service for low income

www.safelinkwireless.com

- **NET Trans First TN HRA**

1-800-528-7776

- **Receiving IRS Economic Impact Payments**

www.fdic.gov/coronavirus/economic-impact-payments/



Get Connected. Get Help.™

www.tn211.mycommunitypt.com

FOOD / CLOTHING

- **Central Christian Church**
424 Melrose Street
Bristol, TN 37620
423-746-9013
www.cccbristol.com
- **Colonial Heights Baptist Church**
108 Colonial Heights Road
Kingsport, TN 37663
423-239-5123
www.chbckingsport.org
- **Crossroads United Methodist Church-Kingsport**
1200 Bays Cove Trail
Kingsport, TN 37660
423-246-2982
www.crossroadskingsport.org
- **First Christian Church**
106 East Charlemont Street
Kingsport, TN 37660
423-247-5159
www.fccofkingsport.org
- **First Presbyterian Church of Kingsport**
423-431-7047
100 West Church Circle
Kingsport, TN 37660
www.fpckpt.org

FOOD / CLOTHING

- **Haven of Rest Rescue Mission**
423-968-2011
624 Anderson Street
Bristol, TN 37620
www.havenofrestbristol.org
- **Higher Faith Ministries Inc. Clothes Closet**
423-764-7904
21 Washington Street
Bristol, VA 24201
www.higherfaith.org/clothes.htm
- **Indian Springs Community Mission Center**
423-288-4341
406 Cooks Valley Road
Kingsport, TN 37664
www.bit.ly/36wMg85
- **King University - Coats for Kids**
423-652-6310
1350 King College Road
Bristol, TN 37620
- **Kingsport City Schools- Family Resource Center**
423-378-2426
205 East Sevier Avenue
Kingsport, TN 37660
www.bit.ly/2K3Gdk1

FOOD / CLOTHING

- **Northeast Church of Christ**

423-288-7910

2217 Beechnut Drive

Kingsport, TN 37660

www.northeastchurch.org

- **Salvation Army - Bristol**

423-764-6156

137 Martin Luther King Jr. Blvd

Bristol, TN 37620

www.salvationarmykytn.org/locations/bristol/

- **Salvation Army - Kingsport**

423-246-6671

505 Dale Street

Kingsport, TN 37660

www.salvationarmykytn.org/locations/kingsport/

- **Shades of Grace**

423-765-2440

3313 E. Sullivan Street

Kingsport, TN 37660

www.shadesofgracekingsport.org

- **Central Baptist Church**

423-245-6978

301 Carver Street

Kingsport, TN 37660

www.centralbaptistkingsport.com

FOOD / CLOTHING

- **Central Assembly of God**
423-288-7382
1801 McGee Street
Kingsport, TN 37660
- **Colonial Heights Christian Church**
423-764-7904
105 Meadow Lane
Kingsport, TN 37663
www.chcckpt.org
- **Edgefield United Methodist Church**
423-538-5940
745 N Pickens Bridge Road
Piney Flats, TN 37686
www.edgefieldumctn.com
- **First Baptist Church of Blountville**
423-323-8033
3358 Hwy 126
Blountville, TN 37617
www.fbcbtn.com
- **First Broad Street United Methodist Church**
423-224-1531
100 E. Church Circle
Kingsport, TN 37660
www.fbsumc.org

FOOD / CLOTHING

- **Freedom Fellowship**
423-765-2995
401 W. Sullivan Street
Kingsport, TN 37660
www.bit.ly/35qWfN9
- **Full Gospel Mission Kitchen of Hope**
423-246-1735
740 E. Sevier Avenue
Kingsport, TN 37660
www.bit.ly/38ElehK
- **Grace Point Church Food Ministry**
423-765-2440
1119 Commonwealth Avenue
Bristol, VA 24201
www.gpbristol.com
- **Gravelly Baptist Church**
423-246-6086
647 Gravelly Road
Kingsport, TN 37660
www.gravellybaptistchurch.org
- **Help and Hope Ministries**
423-245-4947
2600 E. Center Street
Kingsport, TN 37664
www.hopehelpstn.com

FOOD / CLOTHING

- **Heritage First Church of God**
423-245-4988
470 Rock Springs Road
Kingsport, TN 37663
www.bit.ly/3pqrHCY
- **Higher Ground Baptist Church**
423-247-6776
1601 Lynn Garden Drive
Bristol, VA 24201
www.higherground.org
- **House of Prayer Worship Center**
423-573-1117
1537 Maryland Avenue
Bristol, TN 37620
- **Hunger First Tri-Cities TN-VA**
423-765-1144
829 Myrtle Street
Kingsport, TN 37660
www.hunger-first.org
- **Second Harvest Food Bank of Northeast TN**
423-279-0430
1020 Jericho Drive
Kingsport, TN 37660
www.netfoodbank.org

FOOD / CLOTHING

- **Ketron Memorial United Methodist**

423-247-8285

301 Virgil Avenue

Kingsport, TN 37665

www.ketronmemorial.com

- **Kiwanis Towers Nutrition Site**

423-246-0120

2701 E. Center Street

Kingsport, TN 37664

- **Lifebridge Christian Church**

423-246-0005

617 Donelson Drive

Kingsport, TN 37660

www.lifebridgechristian.net

- **Meals on Wheels**

423-247-4511

P.O. Box 3346

Kingsport, TN 37664

www.mealsonwheelskingsport.org

- **Rock Springs United Methodist Church**

423-349-7531

231 Church View Drive

Kingsport, TN 37664

www.rockspringsumc.com

FOOD / CLOTHING

- **St. Paul's Episcopal Church**
423-245-5187
161 E. Ravine Road
Kingsport, TN 37660
www.stpaulskingsport.dioet.org
- **Tri-Cities Baptist Church TouchPoint Community Ministry Food Pantry**
423-349-7703
367 Hog Hollow Road
Gray, TN 37615
www.tcbchurch.org
- **Indian Springs Community Mission Center**
423-288-4341
406 Cooks Valley Road
Kingsport, TN 37660
- **Waverley Road Presbyterian Church**
423-247-5121
1415 Waverley Road
Kingsport, TN 37664
www.waverlyroadpc.org
- **Virginia Avenue United Methodist Church**
423-968-1353
1127 Virginia Avenue
Bristol, TN 37620

HOUSING

- **East Tennessee Human Resource Agency**

865-691-2551

Housing, employment & transportation assistance

www.ethra.org

- **Bristol Tennessee Housing Authority**

423-274-8150

204 Bluff City Hwy.

Bristol, TN 37620

www.bristol-housing.com

- **Kingsport Housing Authority**

423-652-0260

906 E. Sevier Ave.

Kingsport, TN 37662

www.kingsporthousing.org

- **Family Promise of Bristol**

276-494-0388

674 Island Road

Bristol, VA 24201

- **Family Promise of Greater Kingsport**

423-246-6500

601 Holston Street

Kingsport, TN 37660

www.fpgk.org

- **Oxford House - Sober Living Houses**

Phone numbers to apply to specific houses can be found on these websites

www.oxfordvacancies.com

www.oxfordhouse.org

- **Manna House**

423-434-9910

116 W Walnut Street

Johnson City, TN 37604

www.bit.ly/3lB5zU7

- **Bristol Lifestyle Recovery**

423-797-8532

261 North Street

Bristol, VA 24201

www.bit.ly/35yiQam

MEDICAL / SOCIAL SERVICES

- **Medical Emergency**

9-1-1

Emergency assistance, 24-hours a day

- **Medicare**

800-633-4227

Health coverage for those 65 and over

www.medicare.gov

- **Healing Hands Health Center**

423-652-0260

245 Midway Medical Park

Bristol, TN 37620

www.healinghandshealthcenter.org

- **Providence Medical Clinic of Kingsport**

423-349-7703

441 Clay Street

Kingsport, TN 37660

www.providenceclinic.org

- **Johnson City Community Health Center**

423-926-2500

2151 Century Lane

Johnson City, TN 37604

www.bit.ly/3pr0ZdF

MEDICAL / SOCIAL SERVICES

- **Crossroads Medical Mission**

276-466-1600

300 W. Valley Drive

Bristol, VA 24201

www.crossroadsmedicalmission.com

- **Twin City Medical Center**

276-669-5179

2195 Euclid Ave Suite 6

Bristol, VA 24201

www.svchs.com

- **Friends in Need Dental Clinic**

423-245-5187

161 E. Ravine Road

Kingsport, TN 37660

www.stpaulskingsport.dioet.org

- **Appalachian Highlands Community Dental**

276-525-4487

616 Campus Drive Ste. 100

Abingdon, VA 24210

www.appalachianhighlandsdental.com

- **Keystone Dental**

423-232-7919

603 Bert St, Suite 206

Johnson City, TN 37601

www.keystonedentaljc.com

MEDICAL / SOCIAL SERVICES

- **Sullivan County Regional Health Department**

423-279-2777

154 Blountville Bypass

Blountville, TN 37617

1041 E. Sullivan St.

Kingsport, TN 37660

www.sullivanhealth.org

- **Washington County Health Department**

423-975-2200

219 Princeton Road

Johnson City, TN 37601

www.washingtoncountyttn.org/node/179

- **ETSU Charitable Pharmacy**

423-929-6916

2151 Century Lane

Johnson City, TN 37601

www.bit.ly/3LLkKtS

- **Health Connect America**

423-631-0210

2700 S Roan Street #105

Johnson City, TN 37601

www.healthconnectamerica.com

MEDICAL / SOCIAL SERVICES

- **Friends in Need Health Center Inc.**

423-246-0010

1105 W. Stone Drive

Kingsport, TN 37660

www.friendsinneed.org

- **Rural Health Services Consortium**

Bluff City Medical Center

423-538-5116

229 Highway 19-E

Bluff City, TN 37618

Kingsport Medical Center

423-246-7922

737 East Sevier Street

Kingsport, TN 37660

- **Project Access**

Uninsured patients 150% or below poverty can receive free specialty care if they qualify.

www.project-access.org

DOMESTIC VIOLENCE

- **Nationwide Search of Domestic Shelters**
www.domesticshelters.org
- **Branch House Family Justice Center**
423-574-7233
313 Foothills Drive
Blountville, TN 37617
www.branchhousetn.org
- **Hope House - Maternity Home and Crisis Family Violence Shelter**
423-247-7994
1567 N. Eastman Rd. Ste 7
Kingsport, TN 37664
www.hopehouse.us
- **Safe Passage**
423-926-7233
603 Bert Street
Johnson City, TN 37601
www.safepassageshelter.org
- **Abuse Alternatives**
423-764-2287
104 Memorial Drive
Bristol, TN 37620
www.abusealternativesinc.org

HOMELESS SERVICES

- **Salvation Army**

423-434-9910

137 Martin Luther King Jr. Blvd.

Bristol, TN 37620

www.salvationarmykytn.org/locations/bristol/

- **Haven of Rest**

423-968-2011

624 Anderson Street

Bristol, TN 37620

www.havenofrestbristol.org

- **Family Promise of Bristol**

276-494-0388

674 Island Road

Bristol, VA 24201

- **Family Promise of Greater Kingsport**

423-246-6500

601 Holston Street

Kingsport, TN 37660

www.fpgk.org

- **Appalachian Regional Coalition on Homelessness**

423-928-2724

321 Walnut Street

Johnson City, TN 37604

www.appalachianhomeless.org

HOMELESS SERVICES

- **Tennessee Valley Coalition for the Homeless
Homeless Assistance Hotline**
888-556-0791
www.tvchomeless.org
- **Volunteers of America - Homeless and At-Risk
Veterans**
423-461-0044
112 E. Myrtle Ave. Suite 401A
Johnson City, TN 37604

TRANSPORTATION

- **TennCare Transportation**

Call the number on the back of your insurance card

- **Kingsport Area Transit Service (KATS)**

423-224-2613

109 Clay Street

Kingsport, TN 37660

www.kingsporttransit.org

- **Johnson City Transit System**

423-929-7119

137 West Market Street

Johnson City, TN 37660

www.johnsoncitytransit.org

- **NET Trans**

*Carter, Greene, Hancock, Hawkins, Johnson,
Sullivan, Unicoi and Washington counties*

423-461-8233

1-800-528-7776

www.nettrans.org

- **MyRide Kingsport**

*Transportation for residents 60 or more years of age
anywhere in Kingsport, TN. There is a minimal fee
per ride and all MyRide drivers are volunteers.*

423-530-6340

PREVENTION

Children who learn about the risks of drugs and alcohol from their parents and caregivers are up to 50% less likely to use them. It's so important to start talking about drugs and alcohol to kids when they're young, and continue that conversation even into the college years. Here are some tips to get you started:

THE L-O-V-E METHOD

Listening carefully to kids feelings and concerns. Building trust takes a time and having open conversations is important.

Offering: Using the Information Sandwich
Ask permission to give advice or offer a suggestion. Provide information. Provide options and allow for disagreement. Check for clarity and understanding.

Validation: What kids are feeling is real and important. Kids and teens may feel invalidated by peers, authority figures and the world's messages. By acknowledging how they feel and what they are going through, you give them agency and validate their experiences.

Empathy: Genuinely and compassionately understanding the child's perspective goes a long way to building lasting relationships. This doesn't mean you have to agree, but understanding their point of view is building on mutuality.

PREVENTION

Once relationships are securely built, talking more about the specifics of drugs and alcohol and why kids should stay away from them becomes easier, and a more mutual, ongoing conversation.



John Paul Linke

Sullivan County Anti-Drug Coalition
Project Coordinator, Overdose Response Team

PREVENTION RESOURCES

For more information about how to talk with your kids about drugs and alcohol, contact:

- **Melony Ison**

423-742-1025

melony@scadcoalition.org

- **CADCA**

General Information on Coalitions, prevention and research on Substance abuse.

www.cadca.org

- **NIDA - National Institute on Drug Abuse**

NIDA is the lead federal agency supporting scientific research on drug use and its consequences.

www.drugabuse.gov

- **SAMHSA**

Substance Abuse and Mental Health Services

www.samhsa.gov

- **Northeast Tennessee Mental Health Association**

Dedicated to the promotion of mental health awareness, wellness and recovery in our communities.

www.mhaet.com

- **Partnership to End Addiction**

www.drugfree.org



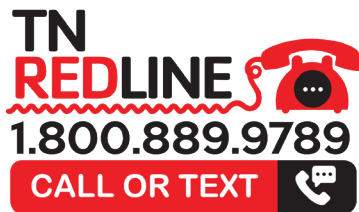
Shaunna Mellons

Sullivan County Anti-Drug Coalition
Certified Peer Recovery Specialist, Overdose Response Team

NOTES

NOTES

[illegible]



*Free, 24/7, confidential referrals to
addiction treatment*

Hablamos Español; Language line available



This project was supported by Grant No. 2018-MU-MU-K071 awarded by the Bureau of Justice Assistance. The Bureau of Justice Assistance is a component of the Department of Justice's Office of Justice Programs, which also includes the Bureau of Justice Statistics, the National Institute of Justice, the Office of Juvenile Justice and Delinquency Prevention, the Office for Victims of Crime, and the SMART Office. Points of view or opinions in this document are those of the author and do not necessarily represent the official position or policies of the U.S. Department of Justice.