The Substance Use Resource Guide for Mesa County is a collaboration of the Mesa County Opioid Response Group (MCORG), the Brownson Memorial Fund, and the Western Colorado Community Foundation.

For the most up-to-date information visit Healthy Mesa County (healthymesacounty.org) and Western Colorado 211.

The Mesa County Opioid Response Group, facilitated by Mesa County Public Health, identifies strategies to address opioid and substance use in our community, and implements the supporting resources required to meet those needs. The MCORG is a coalition of seventy community partner organizations who meet monthly towards the goals of preventing substance misuse, improving treatment access and retention and reducing harm.

The Brownson Memorial Fund is managed by Western Colorado Community Foundation and focuses exclusively on substance abuse prevention and treatment by raising funds and making grants to address this issue in Mesa County. Donations to the Brownson Memorial support efforts like this guide and more. Gifts of any size are needed and appreciated.

For more information, or to donate, visit www.wc-cf.org or call 970-243-3767.

**Background Vision**

The Mesa County Opioid/Substance Use Response Group (Opioid Response Group) will identify strategies to address substance use in our community and secure and implement the supporting resources required to meet those needs.

**Goal**

The goals of the Opioid Response Group are to:

1) Prevent Substance Misuse
2) Improve Treatment Access & Retention
3) Reduce Harm

**Strategy 1**

Collect and analyze local data to describe the problem and inform the solutions.

**Strategy 2**

Enhance capacity for effective prevention programming.

**Strategy 3**

Promote medication safety.

**Strategy 4**

Increase social supports for people in recovery/treatment.

**Strategy 5**

Increase capacity for and enrollment in mental health treatment for substance use disorder (SUD) and medication assisted treatment (MAT) for opioid use disorder.

**Strategy 6**

Increase access to harm reduction services.
A MESSAGE FROM
DISTRICT ATTORNEY DAN RUBINSTEIN &
MESA COUNTY SHERIFF MATT LEWIS

We are pleased to introduce you to the Mesa County Substance Use Resource Guide. In the following pages you will find data and resources on substance use in Mesa County. As your public safety leaders, we are proud of the collaborative efforts that we share with health officials, nonprofit providers, community leaders and individuals in the fight to prevent and reduce drug use in our communities. Efforts like this guide, and the collaborative work of the Mesa County Opioid Response Group, help our community respond to the negative impacts of drug abuse, beyond our criminal justice efforts.

On March 1, 2020, Colorado observed a historic change which signified our legislature’s philosophical shift in drug policy. Drug possession, even of the most dangerous and addictive substances like methamphetamine, heroin, and fentanyl, is now a misdemeanor. While we believe this effort to treat drug possession as a social problem, rather than a criminal justice problem, may lead to more victimization of our citizens through property crime and ultimately violence, that was a policy decision left to the sound discretion of the legislative branch. It was not the will of the sheriffs and district attorneys, but it has become Colorado law.

Here in Mesa County, we are known for working together and being creative to solve problems. You can count on us to continue to do so with this most recent change. As your public safety leaders, we will continue to target the dealers who profit off the destruction they peddle, and we will continue to provide treatment opportunities for those who enter our system with a drug abuse problem. As fentanyl deaths have become more common, and drug filings continue to rise, we will have to rely on people’s fear of the health risks, not the criminal consequences, to deter this dangerous behavior.

The legislature and governor sought a treatment model. As citizens, you must be vigilant to demand that treatment dollars follow. You should also remember that drug abuse prevention begins with a social responsibility to assist others in knowing how to deal with problems. Drug abuse occurs when drugs are used to escape those problems. It always has. Taking away the tools of the justice system to incentivize change removes one of our most powerful motivators. Only time can tell whether we can step up as community members, mentors, coaches, and parents and create the social change necessary to reduce drug abuse.

Dan Rubinstein is the District Attorney for the 21st Judicial District of Colorado

Matt Lewis is the Sheriff of Mesa County

A MESSAGE FROM
MESA COUNTY PUBLIC HEALTH
EXECUTIVE DIRECTOR JEFF KUHR

Dear Mesa County Residents,

Mesa County Public Health is privileged to convene the Mesa County Opioid & Substance Use Response Group since its formation in June 2018. In our role as Community Health Strategist, we have the opportunity to bring together different members of our community to identify and carry out solutions. It is an honor to work with so many dedicated professionals and community members who share the common vision of making Mesa County a vibrant and healthy community where all our residents have the resources and services they need to thrive.

We recognize the impact substance misuse has on our community. In 2018, the number of prescriptions written for controlled substances could supply each member of our community with a prescription for pain medication. Since that time, our community has gathered to review information, talk to impacted individuals and families, and create a plan for change in Mesa County. I appreciate that alternative options to enhance and expand treatment and addressing issues that impact and influence risk factors for use have been recognized as two approaches that are necessary to move the dial on substance misuse.

There is strength in collaboration. A foundation has been established: we need to continue to make access to basic needs, supportive relationships, and treatment a priority. We want all voices at the table and I encourage you to reach out with ideas.

Sincerely,

Jeff Kuhr, PhD
Executive Director
jeff.kuhr@mesacounty.us
Opioid use prevention is a health priority across the United States as opioid-related overdose deaths have increased nationally. Opioids are a class of drug that include prescription medications like morphine, oxycodone, and hydrocodone, and illicit substances including heroin and illicitly manufactured fentanyl.

The Mesa County Opioid Response Group was established in June 2018 to reduce the community impact of opioids through prevention, treatment, and recovery services.

Overdoses caused by all substances decreased in 2018, but substance use remains a health priority in the community. The impact of opioid use can also be measured through data from emergency medical services (EMS), law enforcement, pharmacies, behavioral health, and harm reduction organizations.

Key Takeaways

- 50% of people who misuse prescription opioids got them from a friend or family member.
- Enough opioid pills were purchased by pharmacies in Mesa County between 2006-2012 for every person in the county to have 37 opioid pills each year.
- Prescription rates are on the decline. Opioid prescription fills peaked in 2015 with enough bottles dispensed for every person to have a bottle that year.
- Drug-related criminal cases have increased since 2015. This includes all varieties of drugs.
- Most individuals in substance use treatment report alcohol, methamphetamine, or marijuana as their primary drug of choice.
- Prescriptions for Suboxone, an evidence-based treatment medication for opioid use disorder, nearly doubled from 2017 to 2018.

Deaths by Opioid Overdose

70% of overdose deaths involve an opioid. The majority of the opioids involved in overdose deaths are prescription medications.
Opioid Misuse

**SOURCE OF PAIN RELIEVERS**
For Most Recent Use Among People Aged 12 or Older Who Misused in the Past Year, 2018 (U.S.)

- Friend or Relative (51%)
- Health Care Provider (38%)
- Drug Dealer or Other Stranger (6%)
- Some Other Way (5%)

**OPIOID PRESCRIPTION FILLS PER 1,000 RESIDENTS**
MESA COUNTY AND COLORADO 2014-2017

- 2014: 1,500
- 2015: 1,000
- 2016: 500
- 2017: 1,000

**EMERGENCY MEDICAL SERVICE (EMS) ENCOUNTERS IN MESA COUNTY, 2013-2018**

- Total Encounters: 96,876
- Total Overdoses: 15,132
- Total Opioid Overdoses*: 539

*only includes overdoses requiring use of Naloxone

**1 in 6** in high school students in Mesa County report using a prescription pain reliever without a doctor’s prescription.

**DRUG-RELATED CALLS AND INCIDENTS**
Responded to by Mesa County Sheriff’s Office, 2015-2018

- # of Calls/Incidents
- 2015: 400
- 2016: 459
- 2017: 444
- 2018: 359

911 calls represent substance use-related calls. Drug cases are incidents that resulted in a charge/investigation.

**REGIONAL DRUG THREAT RANK**
Rank is determined by analyzing surveys from drug task force commanders, performance data and community impact data (e.g., poison control, deaths, and medical visits).

1. Methamphetamine
2. Heroin
3. Marijuana
4. Cocaine
5. Prescription Drugs

**DRUG SEIZURES IN 2018**

- Heroin: 181 pounds, 109% increase from 2014
- Prescription drugs: 47,767 dosage units, 110% increase from 2014

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SUBSTANCE USE RESOURCE GUIDE
Nearly 2,500 Mesa County residents received substance use treatment in 2017.

**Western Colorado Health Network Syringe Exchange Program New Enrollment, Fiscal Year 2013-2019**

**Primary Drug for SUD Treatment 2017**
- Alcohol: 57.5%
- Methamphetamines: 22.3%
- Marijuana: 10.4%
- Opioid: 8%
- Other: 1.8%

**Suboxone Prescriptions in Mesa County 2015-2018**
- 2015: 911
- 2016: 970
- 2017: 1,059
- 2018*: 1,936

**Drug of Choice by Clients of Syringe Exchange Program 2018**
- Methamphetamine: 58%
- Polysubstance/Other: 23%
- Heroin/Opiates: 7%

**Key Accomplishments**
- Increased medication disposal locations in the Grand Valley.
- Coordinated provider education events:
  - Behavioral Health Summit
  - Opioid Education for Dental Professionals
- Coordinated community education opportunities:
  - CMU Community Education Event
  - Pilot community presentation at Housing Authority.
- Educated high school students about prescription medication safety.
- Distributed naloxone to trained community members.
- RMHIDTA increased heroin-related arrests of drug dealers, while connecting users and their families to services.
- Increased providers with X Waivers and supported infrastructure for MAT services:
  - St. Mary’s Addiction Clinic
  - Mesa County Detention Center
  - Front Range Clinic
  - Primary care offices
- Created Western Colorado 211 directory for substance use disorder resources. Improved recovery supports in the community by:
  - Increasing sober living options
  - Creating a recovery community
  - Increasing employment opportunities for people in recovery.
- New Pain Management Center in Fruita.

**Public Health Recommendations**

**Prevention**
- Decrease opioid prescriptions in the community by:
  - Educating prescribers to use the CDC Opioid Prescribing Guidelines,
  - Increasing safe disposal options, and
  - Educating community members about safe use, storage and disposal of medications.
- Decrease opioid overdoses by increasing access to and use of naloxone.

**Treatment & Recovery**
- Increase availability of treatment and recovery options by:
  - Expanding Medication Assisted Treatment (MAT) services,
  - Supporting workforce development for behavioral health providers, and
  - Expanding substance use disorder recovery services.
PREVENTION & EDUCATION

ALATEEN (AL-ANON)
Support groups for youth ages 13 – 18 who have been affected by someone else's drinking. To find a meeting, chat at www.facebook.com/AlateenWSO or newcomers-teen-corner-alateen.org. Other resources can be found at www.al-anon.org.

AMERICORPS OPIOID RESPONSE PROGRAM
Coordinates and facilitates provider education and events, facilitates community educational events, coordinates delivery of youth-focused opioid-related educational resources.
www.ccahec.org/programs/community-programs/educational-resources.

BOY SCOUTS OF AMERICA,
WESTERN COLORADO COUNCIL
Offers leadership skills training, outdoor activities and community outreach.

COLORADO MESA UNIVERSITY (CMU) – PRIME FOR LIFE
“Community Care” CMU Student Wellness Center Educational substance abuse programs for students students are automatically referred to the class by the school. 970.544.3740, www.coloradomesa.edu/safety-awareness/alcohol-drug.html.

GIRLS SCOUTS OF COLORADO

KARIS INC. / THE HOUSE
A homeless teen and young adult shelter that provides transitional housing and intensive case management. 970.243.7050, www.thehouse.org.

MESA COUNTY PARTNERS – MINOR IN POSSESSION (MIP) CLASS, MENTORING PROGRAM
Offers Minor in Possession class and other substance abuse classes. 8 hours in 4 consecutive days and mentoring services.

MESA COUNTY PUBLIC HEALTH
Convenes and facilitates the MESA County Opioid Response Group. Mesa County Public Health offers general information on health needs in the community including Community Health Needs Assessments reports, special reports and access to other resources in the community.
healthymesacounty.org/health-care/opioid-response-group/

RIVERSIDE EDUCATIONAL CENTER
After-school tutoring for grades K-12, offers a variety of enrichment activities as well as summer programs and community building.

ROCKY MOUNTAIN HEALTH PLANS

ROCKY MOUNTAIN HEALTH NETWORK

START THE CONVERSATION WITH YOUTH
Youth who report having a trusted adult relationship are less likely to use substances. It can be as simple as actively listening to your kids while you share a family meal. Check out www.speaknowcolorado.org for more info.

PREVENTION & EDUCATION: PROVIDER EDUCATION

IT-MATTTRS 2
A statewide initiative funded by the Office of Behavioral Health. Their goal is to provide support services to the opioid crisis by increasing the number of trained providers who are eligible to prescribe MAT, giving practices knowledge and tools to adopt a comprehensive MAT program through ongoing support and facilitation. Participating primary care practices receive onsite practice team training in opioid use disorder, OUD and medication-assisted treatment, MAT, free prescriber Buprenorphine waiver course, and access to Opiasafe for one year. Contact IT-MATTTRS@ucdenver.edu.

MESA COUNTY PUBLIC HEALTH
Convenes and facilitates the Mesa County Opioid Response Group. Mesa County Public Health offers general information on health needs in the community including Community Health Needs Assessments reports, special reports and access to other resources in the community. Also provides other services to the community including licenses and permits for businesses, environmental services, family planning and parenting support and immunizations.
970.248.6978, healthymesacounty.org/health-care/opioid-response-group/

ROCKY MOUNTAIN HEALTH PLANS

STEADMAN GROUP
Works directly with agencies and providers to help design models for healthcare plans. Provides project management, program development and administration, technical assistance and policy operational service to businesses, government entities and organizations working with public-sector funded programs and systems. www.steadmangroup.com.

VA HOSPITAL
Provides veterans and their families access to services and benefits available to them including the Substance Abuse Disorder SUD treatment program for those affected by substance use disorder. Walk In Clinic Bldg. 35, 2:00pm, Out Patient treatment by Physician referral. 970.242.2824, www.grandjunction.va.gov.
**PREVENTION & EDUCATION: COMMUNITY MEMBER EDUCATION**

**AMERICORP OPIOID RESPONSE PROGRAM**
See listing under Prevention & Education

**PEER ASSISTANCE SERVICES – ONE STEP AHEAD:**
Offers help to educate and support parents and caregivers about substance abuse prevention including the Speak Now program that helps parents and caregivers start the conversation about the misuse of opioid drugs, Grand Junction Office: 970.986.4360 200, After hours: 720.291.3209, Denver Main Office 866.369.0039, www.parentsandcaregivers.squarespace.com

**TREATMENT: INPATIENT TREATMENT**

**MIND SPRINGS HEALTH – WOMEN’S RECOVERY CENTER**
90 day transitional living and holistic recovery from drug and alcohol abuse with a focus on physical and mental health, emotional wellbeing, spiritual growth and social needs, 970.241.6023, www.mindspringshealth.org/treatment-services/existing-mind-springs-clients-womens-recovery-center

**SUMMIT VIEW TREATMENT CENTER**
Offers residential and outpatient treatment. All programs are evidence based, using cognitive-behavior modalities of treatment and education that have been proven to be effective in changing behavior. Gender specific services are also available, 970.244.3889, www.wcjd.mesacounty.us/programs-and-services/treatment-services

**VALLEY VIEW HOSPITAL – YOUTH RECOVERY CENTER**
Provides 42-day substance use disorder treatment and other mental health services for youth ages 15 – 19, 970.945.6535, www.vvh.org

**TREATMENT: MEDICATION ASSISTED TREATMENT (MAT)**

**FRONT RANGE CLINIC**
Medication-Assisted Treatment: MAT to the state of Colorado, FRC is a low-barrier, high access clinic with the number one goal of making addiction treatment available to anyone seeking recovery, FRC offers buprenorphine Suboxone and naltrexone Vivitrol, FRC does not have a waiting list, accepts Medicaid, and can see clients within 24-48 hours of initial contact. On-site clinics provided at HomewardBound, Joseph Center and Western Colorado Health Network, 970.644.5203, 755 North Wellington Ave, Grand Junction, www.frontrangemid.com

**GRAND JUNCTION METRO TREATMENT CENTER**
Provides opioid addiction treatment and recovery services. Medication-Assisted Treatment: MAT such as methadone, buprenorphine or suboxone to address withdrawal symptoms and cravings. They provide comprehensive care led by a physician and a team of opioid addiction treatment professionals. Treatment programs are confidential and customized to fit each individual’s needs. Affordable outpatient program includes Medication-Assisted Treatment MAT, counseling, medical supervised withdrawal, medical exams, referrals, and take-home benefits. Medicaid and TriCare insurance accepted. For uninsured or under-insured individuals, there is financial assistance available in the access of treatment services. New patients call: 877.234.7074. Existing patients call 970.208.1130, 1001 Wellington Ave, www.newseason.com/clinics/Grand-Junction-Metro-Treatment-Center

**MIND SPRINGS HEALTH**
Combines counseling and other recovery supports with prescribed medications to help reduce the cravings and withdrawal symptoms that come from stopping opioid use. Allows people to continue to work and function normally, 970.286.0366, www.mindspringshealth.org

**ST. MARY’S INTEGRATED ADDICTION MEDICINE**
Outpatient medical and mental health evaluation and treatment for all substance use disorders and process addictions. St. Mary’s Integrated Addiction Medicine Program is committed to a family-centered, trauma-informed model of care. Services include MAT, outpatient detoxification, individual and group therapy, family-centered therapy and education programs, and intensive outpatient program. 970.298.3801

**TREATMENT: MIP / DUI CLASSES**

**ALPHA CENTER**
Level I DUI education and treatment, Level II 4+ DUI treatment for individuals who have received four or more DUIs, Interlock Enhancement Counseling (IEC), Minor in Possession (MIP) treatment and DOT-SAP evaluations, 970.241.2948, 1170 Colorado Ave, www.alphacentergj.com

**AMOS COUNSELING**
DUI education and therapy, Minor In Possession (MIP) treatment, substance use disorder therapy and individual and family counseling, 970.778.4360, www.amoscounseling.com

**MESA COUNTY PARTNERS – MINOR IN POSSESSION (MIP) CLASS, MENTORING PROGRAM**
Minor in Possession class and other substance abuse classes. 8 hours in 4 consecutive days. Class days can vary depends on season school schedule and mentoring services, Anger management and EMDR, 970.245.5555, www.mesapartners.org

**MIND SPRINGS HEALTH**
Enhanced outpatient treatment, intensive inpatient treatment, treatment for individ uals with past criminal history dealing with substance use disorder and treatment and education to prevent future involvement in driving under the influence of alcohol drugs, 970.241.6023, www.mindspringshealth.org

**NALOXONE CAN SAVE LIVES**
Mesa County Emergency Medical Services administered Naloxone approximately 550 times between 2013 & 2018. Naloxone can save a life. It temporarily reverses an overdose caused by opioid medications or heroin. Community members should have Naloxone on hand and can obtain it at most pharmacies without a prescription.
SAFE DISPOSAL OF MEDICATIONS

Over 50% of people get opioid pain medications from family members or friends. Dispose of unused medication safely to prevent misuse, pollution of water supply and pet poisoning. There are eight medication drop box locations across the valley: Walgreens on 1st and Patterson, St. Mary’s Hospital, Community Hospital at Canyon View Pharmacy, Colorado Canyons Hospital, The VA Hospital, Palisade Pharmacy, Grand Valley Oncology and DeBeque Town Marshal.

TREATMENT: OUTPATIENT TREATMENT

AMOS COUNSELING
Substance abuse therapy, DU education and therapy, psychotherapy, EMDR, DBT Minor in Possession, “MIP” classes, family therapy, parenting classes, substance abuse evaluations. Does accept Medicaid. Enrollment is available in person at Amos Counseling at no cost for those without insurance. 970.778.4360, www.amoscounseling.com

FAMILY COUNSELING CENTER
Counseling for drug, alcohol and nicotine addictions, conflict management, individual, family, and couples counseling, mediation, therapy, bio social treatment, domestic violence education, anger management and mental health evaluations. Do not offer DU classes. 970.245.6624, 726 Colorado Ave., www.familycounselingcentergj.com

HEART-CENTERED COUNSELING
Tele-health services for mental health and behavioral health counseling as well as medication management. Services include counseling for individuals, couples, families, children and teens. Accepts Medicaid. 970.210.3406, www.heartcenteredcounselors.com

MEL TAYLOR, PRIVATE PRACTICE LICENSED ADDICTION COUNSELOR

MIND SPRINGS HEALTH
Enhanced outpatient services - 2-5 hours of treatment per week, intensive outpatient 10-12 hours of treatment per week, strategies for self-improvement and change, behavior change programs, safe driving education and peer services. 970.241.6023, www.mindspringshealth.org

SUMMIT VIEW TREATMENT CENTER
Residential and outpatient treatment. All programs are evidence based, using cognitive-behavior modalities of treatment and education that have been proven to be effective in changing behavior. Gender specific services are also available. 970.244.3889, www.CJSD.mesacounty.us/PROGRAMS-AND-SERVICES/TREATMENT-SERVICES

VA HOSPITAL
Effective treatments for substance use disorder. Available treatments address all types of problems related to substance use disorder, from unhealthy use of alcohol to life-threatening addictions. Walk-In Clinic Bldg. 35, Outpatient treatment by Physician referral. 970.263.2824, www.grandjunction.va.gov/services/Addiction-Services.asp

TREATMENT: PSYCHIATRY

BEHAVIORAL HEALTH & WELLNESS
Counseling services for all age groups, substance use disorder treatment and counseling, parenting skills education, adolescent and family therapy and health grief and loss. 970.242.5707, 3150 N 12th, www.bhwgj.com

GRAND RIVER PSYCHIATRY
Kim Mohr, Clinical Nurse Specialist, Cognitive assessment, cognitive behavioral therapy, cognitive rehabilitation, counseling services, grief therapy, psychological testing and psychotherapy services. 970.254.8600

HEART-CENTERED COUNSELING

MIND SPRINGS HEALTH
Combin...
RECOVERY: FAMILY / FRIENDS SUPPORT GROUPS

COMMUNITY REINFORCEMENT AND FAMILY TRAINING (CRAFT)
Helps the family member or support person in the substance abuser’s life to learn to promote and increase protective factors while reducing risk factors, at the individual and family level. This program will take place in a group setting and will be anywhere from 8-12 weeks, one time per week. This is a free support group for families or loved ones of individuals struggling with addiction. The group takes place at Hilltop Resource Center at 11th and Colorado. 970.685.7128 or 970.216.0266

MIND SPRINGS HEALTH
Variety of support groups and therapy services for those struggling with substance use disorder. 970.241.3698, WWW.MINDSPRINGSHEALTH.ORG

PARENTS OF ADDICTED LOVED ONES (PALS)
Support group for parents and family members of addicted loved ones. Meets every Thursday at First Presbyterian Church, 3490 27 ½ Rd, Grand Junction. Provides support, educational information, prayer and small group discussion. 970.379.7876, WWW.PALGROUP.ORG

RECOVERY COMMUNITY OF WESTERN COLORADO
Public education and awareness, policy advocacy and change, peer based – other recovery and support services and activities, networking resources to meet recovery needs, commitment to recovery and sobriety and substantiality of a drug and crime free lifestyle. 970.712.9982, WWW.RCWEST.ORG

SHARE & CARE SUPPORT GROUP – KAREN JENSEN
Psychoeducational support group for family members and friends who are coping with a loved one’s substance use disorder. Education and mutual support is offered for family and friends to help reduce stigma, isolation, stress and become educated about the disease of addiction. 970.201.9873

VOICES FOR AWARENESS – ANDREA THOMAS
Provides community awareness and support for people affected by drug use and self-harm suicide as well as policy advocacy. 970.230.8449, WWW.VOICEFORAWARENESS.COM

RECOVERY: RECOVERY SUPPORT

ALCOHOLICS ANONYMOUS (AA)
Support Groups for those struggling with substance use disorder, specifically alcohol. List of meetings available on website. 970.245.9649, WWW.AA-WESTERNCOLORADO.COM

ALANO CLUB
A private social club providing meeting space for 12 step programs and a safe environment for sobriety. 970.245.9649 or search AA-WESTERNCOLORADO.COM LOCATIONS: ALANO-CLUB

AMOS COUNSELING:
Sober Living Recovery Homes for those looking to strengthen their sobriety in an environment that promotes safety and security. Men’s and Women’s houses. 970.778.4260, WWW.AMOSSOBERHOUSINGASSOCIATION.COM

CELEBRATE RECOVERY – CLIFTON CHRISTIAN CHURCH
Support group that meets in the main sanctuary of Clifton Christian Church, 2441 F ¼ Rd, Clifton. Meetings are on Thursdays from 6:30 – 8:30 p.m. Child-care is provided free of charge. 970.434.7892, WWW.CLIFTONCHRISTIANCHURCH.COM MINISTRIES

GRAND VALLEY CATHOLIC OUTREACH – LA MARIPOSA WOMEN’S RECOVERY PROGRAM
Support group for women struggling with addictions who are or have been homeless. 970.241.3698, WWW.CATHOLICOUTREACH.ORG

LIFESTEPS RECOVERY COMMUNITY – DOWNTOWN VINEYARD CHURCH
A spiritual-based recovery support group for anyone dealing with life challenges, trauma, or addictions. Individuals go through an 18 week course through faith-based study to help them overcome life challenges. Individuals will get to participate in Worship, sharing their recovery stories, and attend gender-specific open discussion groups. Meetings are on Wednesdays, 6:30 – 8:30 p.m. at the Downtown Vineyard Church, 402 Grand Ave, Child-care is provided. LSFYOGI348 Gmail.COM

MIND SPRINGS HEALTH – WOMEN’S RECOVERY CENTER
90-day transitional living and holistic recovery from drug and alcohol abuse with a focus on physical and mental health, emotional wellbeing, spiritual growth and social needs. 970.241.6023, WWW.MINDSPRINGSHEALTH.ORG/TREATMENT-SERVICES EXISTING-MIND-SPRINGS-CLIENTS, WOMENSMOBER-RECOVERY-CENTER

NARCOTICS ANONYMOUS (NA) – SUPPORT GROUPS
Nonprofit fellowship for recovering addicts who meet regularly to help each other stay clean. The website for Narcotics Anonymous for Colorado is WWW.NACOLORADO.ORG. Local Mesa County group: The Serenity Unlimited Area of NA. Based in Grand Junction, the Area serves western Colorado and eastern Utah. 970.457.4475, WWW.NACOLORADO.ORG SERENITYUNLIMITED

PEAR RESET-O-PHONE APP
reSET ® is a 12 week, 90 days prescription-only digital therapeutic for treatment of patients with substance use disorder, who are not currently on opioid replacement therapy, who do not abuse alcohol solely, or who do not abuse opioids as their primary substance of abuse. Patients must be currently enrolled in outpatient treatment under the supervision of a clinician. Patients can download the app on their phone. For information log onto website: PEARTHERAPEUTICS.COM PRODUCTS RESET-RESET-O

PEER RECOVERY COACH
A Peer Recovery Coach is a person with a history of addiction and living a life of sustained recovery. They can help people in need of Medication Assisted Treatment MAT get connected to available treatment providers in their area. They also assist people in obtaining services that suit the individual’s recovery needs. 970.216.0366

PEER SERVICES
Provides opportunities for recovering individuals to connect with others who have also experienced mental health or substance use disorder issues. 970.639-3704, WWW.MINDSPRINGSHEALTH.ORG

RECOVERY COMMUNITY OF WESTERN COLORADO
Provides public education and awareness, policy advocacy and change, peer based – other recovery and support services and activities, networking resources to meet recovery needs, commitment to recovery and sobriety and substantiality of a drug and crime free lifestyle, and 12-step support groups. 970.712.9982, WWW.RCWEST.ORG

HARM REDUCTION PRACTICES
Fentanyl is a synthetic opioid. An amount the size of one grain of salt is enough to cause a fatal overdose. Western Colorado Health Network provides fentanyl test strips to prevent fatal overdoses.

FOR THE MOST UP-TO-DATE LISTINGS, VISIT WC211.ORG/RESOURCES/
Since 1985, the Brownson Memorial Fund has distributed more than $370,000 in grants to support prevention, education, and treatment for substance abuse in Mesa County. The fund’s history dates to 1964, when it was founded as the Bridge House, a treatment facility providing counseling and detox for alcoholism. In 1985, Bridge House became The Brownson Memorial Fund, named after Thomas T. Brownson, who established the Bridge House and served as the chairman for many years. Since 2006, the fund has been managed by the Western Colorado Community Foundation.

Lynn “Gus” Brownson, Thomas T. Brownson’s son, community leader and philanthropist, and Joe Higgins, retired Executive Director of Mesa County Partners and youth services advocate, serve as co-chairs of the Brownson Memorial Fund. They care passionately about the issue of prevention and treatment of substance use and have worked to grow the fund in order to support more services.

Today the Brownson Memorial Fund distributes over $30,000 annually— but more is needed. Our youth need more programs to foster positive behavior to help avoid the pathway of drug use; our friends and neighbors who suffer from the disease of addiction need treatment and recovery services; and our community needs collaborative efforts like the Mesa County Opioid Response Group to identify gaps in services and innovative programs to combat this crisis. Donations to the Brownson Memorial Fund support efforts like these and more. Gifts of any size are needed and appreciated. Make checks payable to: Western Colorado Community Foundation/Brownson Memorial Fund, PO Box 4334, Grand Junction, CO 81502.

The Substance Use Resource Guide was generously funded by Gus Brownson in support of the work of the Brownson Memorial Fund.
HOPE: FROM ADDICTION TO RECOVERY

MARCH 31, 2020 / CMU UNIVERSITY CENTER BALROOM
5:30 PM RESOURCE FAIR / 6:30 PM MOVIE

The Anonymous People Film Screening
A documentary film about the 23.5 million Americans living in long-term recovery from alcohol and other drug addiction.

Resource Fair
Local organizations will share resources for prevention and treatment and recovery support.

Presented by:
Mesa County Opioid Response Group

Dinner provided
Register Here

Fund by the Brownson Memorial Fund and Western Colorado Community Foundation