

Ralph Orlovick, Ph.D.  
Missouri Licensed Psychologist  
8420 Delmar Blvd, suite 501A  
St. Louis, MO 63105  
Office: 314/475-5370  
Fax: 314/863-2114

## COMMON REASONS WHY PEOPLE RELAPSE

1. Not enough treatment – superficial drying out, detox without a recovery program, I'll do it myself, failure to work a program, little, if any, AA involvement, failure to recognize the disease as terminal or life threatening. There are big differences between IOP (intensive outpatient) treatment and residential treatment.
2. Lack of acceptance that you are indeed chemically dependent – I'm different, If I try harder I can control my use, my drinking/using is not that bad, I still have my family/job/health
3. Experiments with controlled use – some people have to experiment
4. Failure to change playground and playmates – most difficult on the front end of recovery. The majority of established friends are heavily involved themselves and most social activities or forms of entertainment involved using. As a result of this pattern people get lonely and bored. Boredom is highly aversive and easily dissipated with using.
5. High levels of stress at the same time the brain is still hypersensitive to frustration, feelings of inadequacy, discouragement, conflict, etc.
6. Overconfidence – often the result of a period, shortly after treatment, of being dry without any difficulty. This falsely leads one to believe that they are over the hump and the ongoing process is, and will be, easy.
7. Physical Illness – usually involves issues of acute and/or chronic pain or disability. This often limits their ability to participate in recovery meetings. Especially dangerous when the individual is taking mood altering medications (i.e. narcotics, benzos, amphetamines, etc.)
8. Psychiatric Illness – especially troublesome is severe depression, anxiety, panic disorders, bi-polar disorder, schizophrenia, personality disorders (low level of self awareness, poor insight in self/others, tendency to blame, anger and agitation)

9. Failure to recognize, and deal with, the predictable symptoms of Post Acute Withdrawal Syndrome
10. Poor Nutrition – poor nutrition effects mood, energy level and overall health
11. Substitution – switching from one mood altering substance to another one that the person seldom, if ever, used in the past.
12. The Family Feud – addiction is hard on families, often the newly recovery person returns from treatment to an atmosphere of resentment, hostility and alienation. Told in treatment that recovery involves a selfish program thus causing confusion between taking care of themselves and tending to the needs of their family

## 12 Steps of Alcoholics Anonymous

**Step 1** We admitted we are powerless over alcohol – that our lives had become unmanageable.

**Step 2** Came to believe that a Power greater than ourselves could restore us to sanity.

**Step 3** Made a decision to turn our will and our lives over to the care of God as we understood Him.

**Step 4** Made a searching and fearless moral inventory of ourselves.

**Step 5** Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

**Step 6** Were entirely ready to have God remove our shortcomings.

**Step 7** Humbly asked Him to remove our shortcomings.

**Step 8** Made a list of all persons we had harmed, and became willing to make amends to them all.

**Step 9** Made direct amends to such people wherever possible, except when to do so would injure them or others.

**Step 10** Continue to take personal inventory and when we were wrong promptly admitted it.

**Step 11** Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

**Step 12** Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

## How Do 12-Step Programs Work?

The basis for 12-step programs is a guideline which, if followed step by step, leads one through a series of practices. These practices are intended to gather knowledge of self, become open to accept help, consciously work to change thoughts and behaviors, and maintain through ongoing efforts. AA calls this “recovery.” Their belief is that one is never really “cured” of alcoholism. Rather, they believe that the alcohol-dependent instead needs to perpetually maintain an effort to remain sober, and progress via awareness of their susceptibility to alcohol abuse.

AA is a faith-based program and they stress giving over oneself to a “higher power” or God. This does not, however, preclude one from benefiting from the program if they are not particularly inclined toward religion. There are ways to still practice the steps so one can “take what they need” from the program and “leave the rest,” as sometimes advised by those familiar with the program. One piece of advice frequently offered is that your “higher power” can be anything, even be sobriety itself.

People of all walks of life and from all over the world have achieved successful, sober lives through AA groups and related groups such as Narcotics Anonymous (NA). Regardless if you are rich, poor, religious, or non-religious, the only requirement for membership is a desire and willingness to stop drinking.

12-Step programs are based on community. They bring together groups of people who, no matter what their status or circumstance, have one thing in common – addiction. By listening to the stories of people who have “been in your shoes”, you can hear how they achieved, and continue to maintain alcohol, or drug-free lifestyle through the program. You can share your own story and get positive feedback and guidance that can help you every step of the way, every day of your life in recovery.

## **\*What Is The Benefit Of A 12-Step Program**

Some believe that groups like AA aren't actually methods of therapy, but are simply support groups. But the evidence supports this isn't necessarily the case. There are many people who have successfully achieved lifelong sobriety through groups such as AA.

Many people may realize they have a problem and want to get help, but may not have access to treatment programs. It could be they do not have healthcare coverage that covers addiction treatment, or maybe they don't have the financial means to pay for treatment themselves. Whatever the reason they don't seek help through other methods, access to 12-step programs is readily available in almost every part of the world.

Accessibility is a big part of what makes support groups such as AA so beneficial. In almost every community in the United States, there are group meetings available on usually very accommodating schedules. Many areas have meetings available around the clock, seven days a week.

Usually, those who are in the process of going through a program are assigned a sponsor or mentor. Often, these are more experienced people who have gone through the process themselves and can make themselves available around the clock. Addictive cravings don't always happen at opportune times and it can be very reassuring knowing that whenever you find yourself in need of support, you can ask your mentor anytime.

Once again, being immersed in a community of people who are your peers based on shared struggles with addiction is a valuable benefit you might not get from treatment such as outpatient counseling.

That said, in some cases, 12-step programs are not the only method of treatment a person needs. It is best to discuss treatment alternatives with a substance abuse professional to determine the best way to be treated for your addiction. Sometimes a 12-step program isn't sufficient in dealing

with a very difficult case of dependency but can be a great support system in tandem with other forms of rehabilitation.

12-step programs often have associated groups that are available for family and friends of those struggling with addiction. Al-Anon is such a group. Their meetings are often a haven for those who find themselves not knowing how to deal with being in a relationship with someone addicted to drugs or alcohol. Meetings are often scheduled at the same time as AA meetings.

## BASIC ASSUMPTIONS

- Addiction is a disease – it has a well defined, and consistent, pattern of signs and symptoms.
- Progressive – always begins innocently and progresses over time to the point where once using is initiated the individual loses control of his/her ability to terminate consumption.
- The disease can be treated/arrested but not cured.
- Once the fine line of addiction has been crossed, there is no going back to controlled or social drinking. At this point the only realistic goal is complete abstinence from all mood altering substances
- Though all addicts have a “drug of choice”, the addict needs to think he/she is addicted to all mood altering substances – no substitutions allowed, any use of a mood altering substance needs to be viewed as a threat to recovery.
- All active addicts lie. In order to achieve long-term recovery, one must commit to living a life of total honesty.
- Terminating using is just the beginning. It must be followed by a life-long program of personal and spiritual growth. All therapists treating addiction must adopt the mentality that **Recovery is the number 1 priority; anything put in front of recovery will be lost.**
- Relapse is part of recovery. Despite completing a treatment program most will relapse before establishing long-term recovery
- In order to establish long-term recovery, the vast majority will need to become actively involved, for some period of time, in a 12 Step Program.
- If you, as a therapist, can not support, or believe in, AA/NA/CA then avoid this kind of work.
- Harm reduction will not work for those that have developed the disease of addiction. It may work in cases of abuse. It is important to know when to switch from harm reduction (cutting down) to complete abstinence. There is no magic number of relapses to use in your decision making. The severity of the relapses are far more important factors.
- All established treatment programs are based on the disease model and emphasize AA/NA/CA involvement. Anything you, as a therapist, say to the contrary will create dissonance and confusion within the client.
- Understand that all major treatment facilities, and 12 step programs, emphasize that major decisions (changing jobs, marriage, divorce, geographic changes, etc.) are to be avoided in the first year of recovery. Use this guideline in helping your clients make decisions.
- Understand that recovery is not about “not drinking or using.” It is about change in attitudes and behaviors.

**Some of the advantages of AA/NA/CA from a psychological perspective:**

- 1. Since all suffer with the same disease a sense of identification and connection is created.**
- 2. There is a shared philosophy and set of goals. This creates a sense of unity.**
- 3. The well defined steps provide stability and structure.**
- 4. Provides a ready made support group.**
- 5. A meeting is available 24 hours of the day in most locations throughout the United States and abroad.**
- 6. Having a sponsor provides the opportunity to connect in an intimate way with another fellow addict.**
- 7. Having a “home group” facilitates the building of trust.**
- 8. Provides a place where one doesn’t feel judged or sinful but rather understood and accepted.**
- 9. Longevity of recovery is rewarded with admiration and encouragement. Relapse is understood and never judged.**
- 10. The program’s spiritual orientation provides a means of “getting out of one’s self” and connecting with something larger.**
- 11. Positive role models (individuals with many years of recovery) are always present and willing to share their accumulated knowledge and wisdom.**
- 12. The national organization publishes a large library of pamphlets and books that are concise, highly relevant and easily understood.**
- 13. Most groups have a palpable “welcoming” spirit which eases the integration process for newcomers.**
- 14. There are available meetings for all types of different subgroups (gays, African Americans, men, women, non-smokers, smokers, health care providers, airline pilots, etc.)**
- 15. Participants often meet either before or after the meetings for connecting dialogue.**



**Disadvantages:**

1. Higher Power orientation can be a “turn off” for some
2. Christian foundation can be awkward for non-Christians
3. Some groups can be highly dogmatic and rigid
4. very little cross talk
5. some members can be highly judgmental
6. some alcoholics perceive themselves morally above drug addicts
7. group content can become repetitive and meaningless
8. destructive cliques sometimes emerge

## Symptoms of Alcohol Use Disorder

Had times when you ended up drinking more, or longer, than you intended

More than once wanted to cut down or stop drinking, or tried to, but couldn't

Spent a lot of time drinking? Or being sick or getting over other aftereffects

Wanted a drink so badly you couldn't think of anything else

**\*\*This is new to DSM-5\*\***

Found that drinking—or being sick from drinking—often interfered with taking care of your home or family? Or caused job troubles? Or school problems

Continued to drink even though it was causing trouble with your family or friends

Given up or cut back on activities that were important or interesting to you, or gave you pleasure, in order to drink

More than once gotten into situations while or after drinking that increased your chances of getting hurt (such as driving, swimming, using machinery, walking in a dangerous area, or having unsafe sex)

Continued to drink even though it was making you feel depressed or anxious or adding to another health problem? Or after having had a memory blackout

Had to drink much more than you once did to get the effect you want? Or found that your usual number of drinks had much less effect than before

Found that when the effects of alcohol were wearing off, you had withdrawal symptoms, such as trouble sleeping, shakiness, restlessness, nausea, sweating, a racing heart, or a seizure Or sensed things that were not there?

The presence of at least 2 of these symptoms indicates an **Alcohol Use Disorder (AUD)**.

The severity of the AUD is defined as:**Mild**: The presence of 2 to 3 symptoms

**Moderate**: The presence of 4 to 5 symptoms

**Severe**: The presence of 6 or more symptoms

## **STAGES OF RECOVERY**

**There are six stages that addicts must undergo for long-term recovery:**

*Transition* – The period of time needed for the addict to realize that safe use of alcohol or other drugs for them is not possible. This often involves the phenomenon of “hitting bottom”. It also involves a great deal of emotional pain (embarrassment, shame, guilt, regret, etc)

*Stabilization* – The period of time in which the addict experiences physical withdrawal and other medical problems and learns how to separate from the people, places and things that promote drug abuse. The speed of withdrawal is totally dependent on one’s drug of choice.

*Early recovery* – When an individual faces the need to establish a chemical-free lifestyle and builds relationships that support long-term recovery. They begin to understand that merely stopping is not enough. The realization begins to hit that everything about their life needs to be examined and changed to support the continued growth of sustained recovery

*Middle recovery* – The time for developing a balanced lifestyle where repairing past damage is critical. There is a shift of concentration and effort from “not using” to the challenge of creating a life style that supports physical, emotional and spiritual growth. It is at this point where the individual begins to understand the importance of conscious living (letting go of illusions, identifying your values, getting your life in line with your values, living in truth, understanding the traps of ego and practicing humility, etc)

*Late recovery* – The period of time in which the individual identifies and changes mistaken beliefs about oneself, others, and the world that causes or promotes irrational thinking. There is a deep understanding of the continued necessity of taking a personal inventory and living an action plan that changes self-defeating or destructive and unhealthy patterns.

*Maintenance* – The lifelong process of continued growth, development and management of routine life problems. Involves a deep integration of the importance of living life with your eyes open and fighting the ever present slippery slope of falling asleep and losing your awareness of self, others and your relationship with your Higher Power. It is during this stage that we begin to understand that we are here to live in a healthy and responsible manner, respect, love and have compassion for others, seek justice and repair a broken world in whatever way possible.

### Early stage

- Avoids situations in which drugs/alcohol will not be available
- Preoccupied with drugs/alcohol and their use
- Hurried ingestion (gulping drinks)
- Increased tolerance
- Blackouts
- Sneaking drinks, hiding use from others
- Feeling the need to lie or minimize usage when confronted

### Middle stage

- Feeling guilty about resultant behavior
- “Relief” drinking
- Family/friends complain or speak negatively about usage
- Change in pattern of usage ( switch from beer to hard liquor)
- Drinking alone
- Loss of friendships
- Drinking more than planned and loss of control
- Alibis, rationalizations, blaming
- Aggressive behavior when under the influence
- Feelings of remorse or self-pity
- Periodic abstinence
- Job/money problems
- Family problems
- Unreasonable resentments
- Inappropriate usage in regard to time/place
- Geographical changes entertained or attempted
- Skips meals while drinking

### Late stage

- Loss of ordinary will power
- Decrease in tolerance
- Physical deterioration
- Binge drinking
- Moral deterioration
- Impaired thinking
- Drinking with inferiors
- Vague and chronic fears
- Obsession with drinking
- Obsessive drinking continues in vicious cycles

## SUBSTANCE INFORMATION CLASSES

### EPICS

11520 S.t Charles Rock Rd. Ste. 103  
Bridgeton, MO 63044  
314-409-8606

#### Offers Classes:

Anger Management  
Domestic Violence  
Drug/Alcohol Education  
Petty Larceny  
Counseling

### Community Action Agency of St Louis County

2709 Woodson Rd  
Overland, MO 63114  
314-863-0015

Drug and Alcohol/Anger Management  
Assessments and Referrals  
Group Education  
Free to income eligible residents, Sliding  
scale for others

## MENTAL HEALTH/CO-OCCURRING TREATMENT

### Crider Center

102 Compass Point Dr.  
St. Charles, MO 63301  
636-946-4000

1032 Crosswinds Court  
Wentzville, MO 63385  
636-332-6000

19515 Brune Parkway  
Warrenton, MO 63383  
636-456-1500

### BJC Behavioral Health

Same day access M-F 8:30-3  
1430 Olive St.  
St. Louis, MO 63103  
314-206-3700

### Centerpointe

1-800-345-5407

### St. Anthony's Medical Center

Hyland Behavioral  
10010 Kennerly Rd  
St. Louis, MO 63128  
314-525-7296

## FAMILY SUPPORT GROUPS

### Hope Group

Help for Opiate addicts Parents Exists  
Mondays: 7-8:30pm  
Hyland Behavioral Health @ St. Anthony's  
Bldg B 1<sup>st</sup> Floor Cafeteria

### The Aviary, Family Wellness Program

Wednesdays 6:30-8:00  
1391 Smizer Mill Road Suite 101  
Fenton, MO 63026

### Finding hope after an opioid loss

Baue Community Center

608 Jefferson St.

St. Charles, MO 63301

2<sup>nd</sup> & 4<sup>th</sup> Monday: 6-7:30 pm

Register with Kelly: [kellyk@baue.com](mailto:kellyk@baue.com)

636-328-0878

### GRASP: Grief Recovery After a Substance Passing

\*Pre-registration is required

Sundays: 5:00-6:00 pm

Kirkwood (contact for exact address)

MaryAnn Lemonds [grasp.stl@gmail.com](mailto:grasp.stl@gmail.com)

314-330-7586

## MEDICAL STABILIZATION (DETOX) SERVICES

### **DePaul Hospital (SSM)**

12303 DePaul Dr.  
Bridgeton, MO 63044  
314-344-7552  
888-949-7150

### **St. Clare Hospital (SSM)**

1015 Bowles Ave  
Fenton, MO 63026  
636-496-4020  
888-949-7150

### **One-Eighty @ St. Alexius Hospital**

6 to 12 hrs of NO USE  
3933 S. Broadway  
St. Louis, MO 63118  
800-841-4263

## ADULT STATE-FUNDED MEDICALLY SUPERVISED WITHDRAWAL (DETOX) FACILITIES

### **Bridgeway Behavioral Health**

4066 Dunnica Ave.  
St. Louis, MO 63118  
636-224-1700

### **Midtown Service & Treatment**

3010 Washington Ave  
St. Louis, MO 63103  
314-833-4040

## ADULT PRIVATE MEDICALLY SUPERVISED WITHDRAWAL (DETOX) FACILITIES

### **Assisted Recovery**

**Center of America  
(ARCA) – outpatient**

Lansdown Medical  
Building  
6651 Chippewa Suite 224  
St. Louis, MO 63109  
314-645-6840

1585 Woodlake Drive  
Town & Country, MO  
63017  
314-645-6840

### **Harris House**

8315 S. Broadway  
St. Louis, MO 63111  
314-631-4299

### **CenterPointe Hospital**

4801 Weldon Spring Pkwy  
St. Charles, MO 63304  
800-345-5407

### **New Vision – MO**

Alcohol and Opioid only

Missouri Baptist Hospital  
751 Sappington Bridge Rd.  
Sullivan, MO 63080  
573-468-1063 or 800-939-  
2273

Christian Hospital  
11133 Dunn Rd.  
St. Louis, MO 63136  
314-653-4452 or 800-939-  
2273

## ILLINOIS MEDICALLY SUPERVISED WITHDRAWAL (DETOX) FACILITIES

### **New Vision (Accepts Medicaid/ Meridian, Medicare)**

**800-939-2273**

Touchette Regional  
Hospital  
5900 Bond Avenue  
Centreville, IL 62207  
618-332-5204

Greenville Regional  
Hospital  
200 Healthcare  
Greenville, IL 62246  
618-664-2292

Alton Memorial Hospital  
One Memorial Drive  
Alton, IL 62002  
618-433-6084

## CSTAR AGENCIES FOR MISSOURI MEDICAID RECIPIENTS

### WOMEN & CHILDREN

**BASIC** (outpatient)  
3026 Locust Street  
St. Louis, MO 63103  
314-621-9009

### **Bridgeway Behavioral Health**

(inpatient/outpatient)  
Women's Residential  
1601 Old South River  
Road  
St. Charles, MO 63303  
636-224-1000

### **Queen of Peace Center**

(inpatient/outpatient)  
325 N. Newstead  
St. Louis, MO 63108  
314-531-0511

### ADOLESCENT

**Comtrea** (outpatient)  
21 Municipal Drive  
Arnold, MO 63010  
636-296-6206

### **Preferred Family Healthcare**

(inpatient/outpatient)  
2 Westbury Dr.  
St Charles, MO 63301  
636-946-6376

14426 S. Outer 40  
Town & Country, MO  
63017  
636-224-1500

### GENERAL ADULT

**Comtrea** (outpatient)  
21 Municipal Drive  
Arnold, MO 63010  
636-296-6206

227 Main Street  
Festus, MO 63028  
636-931-2700

1817 Gravois  
High Ridge, MO 63049  
636-376-0079

### **New Beginnings**

(outpatient)  
1408 N. Kingshighway  
Blvd. #101  
St. Louis, MO 63113

1027 S Vandeventer Ave,  
St. Louis, MO 63110  
314-367-8989

**CSTAR ADULT cont'd**  
**Bridgeway Behavioral Health**

2510 S. Brentwood, Ste.  
315  
St. Louis, MO 63118  
636-224-1600

4066 Dunnica Ave.  
St. Louis, MO 63116  
636-224-1700

4928 Delmar Blvd.  
St. Louis, MO 63108  
314-899-0846

3800 S. Broadway  
St. Louis, MO 63118  
314-772-1500

1011 E. Cherry St.  
Troy, MO 63379  
636-224-2205

100 W. Main St.  
Union, MO 63084  
636-224-1400

1206 E. Veterans Mem  
Pkwy.  
Warrenton, M O 63383  
636-224-1500

116 N. Sturgeon St.  
Montgomery City, MO  
63361  
636-224-1500

**ADULT STATE-FUNDED TREATMENT FACILITIES**  
**INPATIENT**

**Bridgeway Behavioral Health**

1570 South Main St.  
St. Charles, MO 63303  
636-224-1000 (men's)

**Bridgeway Behavioral Health**

1601 Old South River Road  
St. Charles, MO 63303  
636-224-1000 (women's)

**Queen of Peace**

325 North Newstead  
St. Louis, MO 63108  
314-531-0511 (women)  
Walk-in assessments only  
M-F: 9-11, 1-3

**Stepping Into the Light Ministries**

1402 Hebert St.  
St. Louis, MO 63107  
314-231-5175 (men)

**Salvation Army Adult Rehab Center (ARC)**

3949 Forest Park Blvd.  
St. Louis, MO 63108  
314-535-0057 (men)  
Clean UA required  
6 month to 1 year program

**Midtown Services & Treatment (Salvation Army)**

2900 Washington  
St. Louis, MO 63103  
314-652-3310  
Inpatient/Detox-Men & Women

**Veterans Affairs Medical Center**

Jefferson Barracks Division  
#1 Jefferson Barracks Drive  
St. Louis, MO 63125  
314-894-6598 OR 800-228-5459



**ADULT STATE-FUNDED TREATMENT FACILITIES**  
OUTPATIENT

**Black Alcohol/Drug Service Info Center**

**BASIC**

3026 Locust Street  
St. Louis, MO 63103  
314-621-9009

**Bridgeway Behavioral Health**

Admissions: 636-224-1204

4928 Delmar Blvd  
St. Louis, MO 63108  
314-899-0846

3800 S. Broadway  
St. Louis, MO 63118  
314-772-2205

2120 Parkway Dr  
St. Peters, MO 63376  
636-224-1200

2510 S. Brentwood, Suite 315  
St. Louis, MO 63103  
314-421-6188

100 W. Main St.  
Union, MO 63084  
636-224-1400

4066 Dunnica Ave  
St Louis, MO 63144  
636-224-1700

1011 E. Cherry St.  
Troy, MO 63379  
636-224-1500

100 W. Main St.  
Union, MO 63084  
636-224-1400

1206 E. Veterans Mem Pkwy.  
Warrenton, MO 63383  
636-224-1500

**Comtrea**

110 N. Mill St.  
Festus, MO 63028  
636-931-2700

1817 Gravois Road  
High Ridge, MO 63049  
636-376-0079

21 Municipal Drive  
Arnold, MO 63010  
636-296-6206

**Gateway Corrections Inc.**

(Involved in criminal justice system)  
1430 Olive Street, Suite 300  
St. Louis, MO 63144  
636-224-1600

**Queen of Peace**

325 North Newstead  
St. Louis, MO 63108  
314-531-0511 (women)  
Walk-in hrs: Mon, Tues & Thurs 9-11, 1-3  
If pregnant, Mon, Tues & Wed to see nurse

**Veterans Affairs Medical Center**

John Cochran Hospital  
915 North Grand  
St. Louis, MO 63106  
314-652-4100 (veterans only)  
314-289-6418 (opioid treatment program)

## ADULT PRIVATE TREATMENT FACILITIES

### INPATIENT

#### **Centerpointe Hospital**

4801 Weldon Spring Parkway  
St. Charles, MO 63304  
800-345-5407  
Assessments: 636-477-2136

#### **Harris House**

8315 South Broadway  
St. Louis, MO 63111  
314-631-4299

#### **The Aviary Recovery Center**

22933 Highway 61  
Eolia, MO 63344  
888-900-2516 or 636-660-0986

### OUTPATIENT

#### **Advanced Treatment & Recovery Center**

(Self-Pay Only)  
111 Liberty Plaza  
Union, MO 63084  
636-583-5860

#### **Alternative Behavioral Care**

(Private Insurance, Home State, Missouri Care)  
255 Spencer Road, Suite 101  
St. Peters, MO 63376  
636-477-6111

#### **Assisted Recovery Center of America (ARCA)**

6651 Chippewa Suite 224  
St. Louis, MO 63109  
314-645-6840

1585 Woodlake Dr.

Town & Country, MO 63017

#### **Assessment & Counseling Solutions (\$90)**

11648 Gravois, Suite 245  
Sunset Hills, MO 63127  
314-849-2800

109 E Main Street Ste. F

Festus, MO 63028  
636-931-5500

#### **The Aviary Recovery Center**

1391 Smizer Mill Rd #103  
Fenton, Mo 63026  
888-900-2516 or 314-308-4559

#### **Clayton Behavioral**

9890 Clayton Road, Suite 100  
Ladue, MO 63124  
314-222-5858

#### **Centerpointe Hospital**

4801 Weldon Spring Parkway  
St. Charles, MO 63304  
800-345-5407

5000 Cedar Plaza, Suite 180 & 380  
St. Louis, MO 63128  
314-842-5910

763 South New Ballas Road  
Suites 130 & 310  
St. Louis, MO 63141  
314-292-7323

4905 Mexico Road, Suite 100  
St. Peters, MO 63376  
636-244-2625

#### **INSynergy**

11477 Olde Cabin Rd Ste 210  
Creve Coeur, MO 63141  
314-649-7867

#### **Midwest Institute for Addiction (MIA)**

711 Old Ballas Road, Suite 203  
Creve Coeur, MO 63141  
314-569-2253

OUTPATIENT (continued)

**Community Services of Missouri**

(Self-Pay only)

1175 Cave Springs Estates

St. Peters, MO 63376

636-441-9002

Call for locations below:

Arnold, MO 63010

Ballwin, MO 63011

Brentwood, MO 63144

Des Peres, MO 63131

Ellisville, MO 63011

Fenton, MO 63026

Festus, MO 63028

Hazelwood, MO 63042

Hillsboro, MO 63050

O' Fallon, MO 63366

St. Louis, MO 63127

St. Peters, MO 63376

Troy, MO 63379

Valley Park, MO 63379

Warrenton, MO 63383

**St. Anthony's Medical Center**

Hyland Behavioral Health

10018 Kennerly, Building B

St. Louis, MO 63128

314-525-4400

**SSM Behavioral Medicine**

800-426-2003

Partial Hospitalization

- DePaul Health Center
- St. Joseph
- St. Mary's Center

**Christian Hospital Recovery Center**

11125 Dunn Road, Suite 401 (P. O. Box 2)

St. Louis, MO

314-953-8100

## ADOLESCENT STATE-FUNDED TREATMENT FACILITIES

Children's Service Fund (CSF) provides services at no cost at denoted locations

### INPATIENT

#### **Preferred Family Healthcare**

2 Westbury Dr.  
St Charles, MO 63301  
636-946-6376

#### **Bridgeway - The Farm**

(males only 13-19; 10 bed)  
PO Box 270  
Winfield, MO 63389  
636-328-8248

### OUTPATIENT

#### **Comtrea**

21 Municipal Drive  
Arnold, MO 63010  
636-296-6204 ext 4328

110 N. Mill St.  
Festus, MO 63028  
636-931-2700

1817 Gravois Rd.  
High Ridge, MO 67049  
636-376-0079

### OUTPATIENT (continued)

#### **St. Vincent's Home for Children**

7401 Florissant Rd.  
St. Louis, MO 63121  
314-261-6011 ext 136

#### **Preferred Family Healthcare**

5025 Northrup  
St. Louis, MO 63110  
314-773-3670

10024 Office Center  
Avenue, Suite 100  
St. Louis, MO 63128  
(South County – CSF)  
314-729-7050

11701 W. Florissant  
Avenue  
Florissant, MO 63033  
(North County-CSF)  
314-972-8132

### OUTPATIENT (continued)

#### **Preferred Family Healthcare (continued)**

14426 S. Outer 40  
Town & Country, MO  
63017 (CSF)  
636-224-1300

1559 Old S. River Road  
St. Charles, MO 63303  
636-946-6376

269 Firehouse Lane  
Troy, MO 63379  
636-528-7226

411 E. Locust  
Union, MO 63084  
636-584-8724

2120 Parkway Drive  
St. Peter's, MO 63376  
636-332-5835

## ADOLESCENT PRIVATE OUTPATIENT TREATMENT

#### **Alternative Behavioral Care**

225 Spencer Road Suite 101  
St Peters, MO 63376  
636-477-6111

#### **Clayton Behavioral**

9890 Clayton Road Suite 100  
Ladue, MO 63124  
314-222-5830

## ILLINOIS STATE-FUNDED MEDICATION FACILITIES

### **Southern Illinois Treatment Center**

304 Wesley Drive, Suites 302 - 306  
Wood River, IL 62059  
618-258-7592

### **Comprehensive Behavioral Health Behavioral Health Center of St. Clair**

505 S. 8<sup>th</sup> St. 2<sup>nd</sup> FL., Wing B  
East St. Louis, IL 62201  
618-482-7330

### **Centerstone of Illinois/Alton Office**

2615 Edwards St.  
Alton, IL 62002  
618-462-2331

**\*\*Illinois has funding for mediations and treatment for opioid use disorder. To see the most up-to-date facilities included, visit: <https://helplineil.org/app/GetHelp>**

## DRUG TESTING RESOURCES

### **Averhealth**

Numerous locations in St. Louis area  
<https://averhealth.com/>

### **F&R Services LLC**

10716 New Halls Ferry Rd.  
St. Louis, MO 63136  
Renwick Ware, COO  
314-942-7443 [renwickware@att.net](mailto:renwickware@att.net)

### **Concentra**

Numerous locations in St. Louis area  
<https://www.concentra.com/>

### **Clinical Collection Management- Testing**

8730 Big Bend Blvd, Ste.  
Webster Groves, MO 63119  
Phone: 314.963.3404  
Tom Fetting ext 109

### **Quest Diagnostics**

Numerous locations in St. Louis area  
<https://www.questdiagnostics.com/>

## UNDERSERVED & HOMELESS FACILITIES

### **Amanda Lockett Hopewell Center**

2012 Dr. Martin Luther King Drive  
St. Louis, MO 63106  
314-531-1770

### **Catholic Charities of St. Louis**

#### **Housing Resource Center**

Homeless hotline: 314-802-5444

### **Places for People**

4130 Lindell Blvd.  
St. Louis, MO 63108  
314-535-5600 or 314-615-2111

### **St. Patrick Center**

800 North Tucker Blvd.  
St. Louis, MO 63101  
314-802-0700

### **United Way**

211 or 1-800-427-4626

## SOBER/TRANSITIONAL LIVING

### **ARCH House - Men**

1313 21st Street  
Granite City, IL 62040  
618-877-4987

### **Bridgeway Recovery House**

(Men 25+)

Contact: Greg Norris

636-224-1035 or

[gnorris@bridgewaybh.com](mailto:gnorris@bridgewaybh.com)

### **Haven Recovery House- Men & Women**

Contact: Trent Montgomery

314-930-9385 or

[trent@havenrecoveryhomes.com](mailto:trent@havenrecoveryhomes.com)

### **Hilljack House – Men & Women**

P.O. Box 2607

St. Louis, MO 63116

Manager: Dawn Smith

314-243-3192

### **Harris House – Men & Women**

8315 South Broadway

St. Louis, MO 63111

314-631-4299

### **MO Better Living, LLC. – Men & Women**

Executive Director Amanda Gebel

314-775-9139 or [amgebel@gmail.com](mailto:amgebel@gmail.com)

Men's house contact: Phil Wahby

314-775-9136

## OXFORD HOUSES

### MEN

**Allendale**  
3127 Meramec  
St. Louis, MO 63118  
314-353-5823

**Ashby**  
4004 Ashby Road  
St. Ann, MO 63074  
314-738-9222

**Chippewa**  
6408 Chippewa  
St. Louis, MO 63109  
314-353-2771

**Clayton**  
6957 Clayton Road  
St. Louis, MO 63110  
314-863-7669

**Cote Brillante**  
5049 Cote Brillante Ave.  
St. Louis, MO 63113  
314-367-3407

**Gravois**  
752 Bover Place  
St. Louis, MO 63111  
314-772-1303

**Harvester**  
36 Teardrop Dr.  
St. Charles, MO 63304  
636-284-7283

**Humphrey II**  
3542 Humphrey  
St. Louis, MO 63118  
314-762-9976

**Lynncove**  
1751 Lynncove Lane  
St. Charles, MO 63303  
636-493-9506

**Lusher**  
11876 Lusher Road  
St. Louis, MO 63138  
314-395-4517

**McCausland**  
2017 McCausland  
St. Louis, MO 63143  
314-644-0971

**Montana**  
3655 Montana  
St. Louis, MO 63116  
314-351-2064

**Shenandoah**  
720 Shenandoah  
St. Louis, MO 63104  
314-776-4883

**St. Charles**  
532 Madison Street  
St. Louis, MO 63301  
636-493-5099

**Winfield**  
60 Franke Drive  
Winfield, MO 63389  
636-566-6258

### WOMEN

**Meramec**  
3631 Meramec St  
St. Louis, MO 63116  
314-449-6572

**Monitor**  
3633 Meramec  
St Louis, MO 63116  
314-752-1213

**Osage**  
2715 Osage  
St. Louis, MO 63118  
314-932-5871

## OUT OF AREA TREATMENT FACILITIES

**S. E. Missouri Behavioral Health**  
Farmington / Poplar Bluff / Salem  
800-455-5749

**Turning Point**  
146 Communication Drive  
Hannibal, MO 63401  
573-248-1196

**Gibson Center**  
340 South Broadview  
Cape Girardeau, MO 63701  
573-332-0416

**C.O.R.E.**  
Springfield & Branson  
Men: 417-339-3804  
Women: 417-339-3804

**Addiction and Recovery Center**  
4231 South Hocker Dr.  
Independence, MO 64055  
816-254-3652 (adults & teens)

**Pathways Community Behavioral  
Healthcare**  
1441 Forum Drive  
Rolla, MO 65402  
573-364-7551 (adolescents)

**Phoenix Programs, Inc.**  
409 Vandiver West, Building 7, Suite 101  
Columbia, MO 65202  
573-442-7026 (adults)

**Lincoln Trail Behavioral Health Systems  
(Medicare)**  
3909 S. Wilson Rd.  
Radcliff, KY 40160  
800-274-7374  
Adults and Adolescent Programs

**Preferred Family Healthcare**  
900 East Laharpe Street  
Kirksville, MO 63501  
800-964-7118 (adults & adolescents)

**Sigma House Recovery Center**  
800 South Park Avenue  
Springfield, MO 65802  
417-893-7760

**Valley Hope**  
1415 Ashley Road  
Booneville, MO 65233  
660-882-6547 or 800-544-5101 (adults)

**Burrell Behavioral Health**  
24hr Crisis Line: 1-800-494-7355  
Springfield, MO  
Addiction (Dual-Diagnosis)  
417-761-5400  
(Ages 12-17, Insurance or Medicaid)

**Cottonwood Springs (Medicare)**  
13351 S Arapaho Dr.  
Olathe, KS 66062  
General Line: 913-353-3000  
24hr Counselor Line: 913-701-3975

For a comprehensive statewide list, by county, visit:  
<https://dmh.mo.gov/ada/documents/directory-adulttreatment.pdf>



## SUPPORT RECOVERY GROUPS

[www.adultchildren.org](http://www.adultchildren.org)

[www.aa.stl.org](http://www.aa.stl.org)

[www.eamo.org](http://www.eamo.org) (AA of Eastern MO)

[www.alanon.org](http://www.alanon.org) (for family/friends)

[www.cocaineanonymous.org](http://www.cocaineanonymous.org)

[www.coda.org](http://www.coda.org) (co-dependents  
anonymous)

[www.emotionsanonymous](http://www.emotionsanonymous)

[www.gamblersanonymous](http://www.gamblersanonymous)

[www.heroinanonymous](http://www.heroinanonymous)

[www.marijuanaanonymous](http://www.marijuanaanonymous)

[www.narcoticsanonymous](http://www.narcoticsanonymous)

[www.nar-anon.org](http://www.nar-anon.org) (for family/friends)

[www.nicotineanonymous](http://www.nicotineanonymous)

## SECULAR RECOVERY RESOURCES

These are alternative supportive recovery groups for alcoholics/former addicts who are uncomfortable with the spiritual context within traditional 12-step groups.

[www.aaagnostica.org](http://www.aaagnostica.org)

[www.al-anon.org](http://www.al-anon.org)

[www.lifering.org](http://www.lifering.org)

[www.smartrecovery.org](http://www.smartrecovery.org)

[www.womenforsobriety.org](http://www.womenforsobriety.org)

[www.menforsobriety.org](http://www.menforsobriety.org)

[www.sossobriety.org](http://www.sossobriety.org)

[www.rational.org](http://www.rational.org)

## SATOP – SUBSTANCE ABUSE TRAFFIC OFFENDERS PROGRAM LISTED BY COUNTY

### Franklin County

#### **Advanced Treatment & Recovery Center**

111 Liberty Plaza  
Union, MO 63084  
636-583-5860

#### **Missouri Alcohol Assessment Consultants, Inc.**

100 E. Main  
Union, MO 63084  
636-584-0808

### Jefferson County

#### **Community Services of MO, Inc.**

3488 Jeffco Blvd.  
Arnold, MO 63010  
636-464-2426  
Hillsboro

#### **Community Services of MO, Inc.**

10904 Highway 21  
Hillsboro, MO 63050  
636-797-5249

#### **Assessment & Counseling Solutions**

109 Main Street  
Festus, MO 63028  
636-931-5500

## EMERGENCY/CRISIS RESOURCES

Agency	Website	Phone
Behavioral Health Response (BHR)	<a href="http://www.bhrstl.org">www.bhrstl.org</a>	314-469-6644
Childhelp USA National Hotline	<a href="http://www.childhelp.org">www.childhelp.org</a>	800-422-4453
Child Abuse/Neglect Hotline – MO	<a href="http://www.dss.mo.gov/cd/keeping-kids-safe">www.dss.mo.gov/cd/keeping-kids-safe</a>	800-392-3738
Crisis Text Line	text HOME to 741741	
Elder Abuse/Neglect Hotline – MO	<a href="http://www.health.mo.gov/safety/abuse">www.health.mo.gov/safety/abuse</a>	800-392-0210
KUTO – Kids Under 21	<a href="http://www.kuto.org">www.kuto.org</a>	888-644-5886
Life Crisis	<a href="http://www.providentst.org">www.providentst.org</a>	314-647-4357
National Alliance On Mental Illness (NAMI)	<a href="http://www.nami.org">www.nami.org</a>	800-811-4760
National Domestic Violence Hotline	<a href="http://www.ndvh.org">www.ndvh.org</a>	800-799-7233
National Suicide Prevention	<a href="http://www.nationalsuicidepreventionlifeline.org">www.nationalsuicidepreventionlifeline.org</a>	800-273-8255
National Parent Helpline	<a href="http://www.nationalparenthelpline.org">www.nationalparenthelpline.org</a>	855-427-2736
Poison Control Center	<a href="http://www.poisonhelp.org">www.poisonhelp.org</a>	800-222-1222
Safe Connections	<a href="http://www.safeconnections.org">www.safeconnections.org</a>	314-531-2003
The Women’s Safe House	<a href="http://www.twsh.org">www.twsh.org</a>	314772-4535
Youth Emergency Services (YES)	<a href="http://www.epworth.org">www.epworth.org</a>	314-727-6294

## NATIONAL RESOURCES

Agency	Website	Phone
American Society of Addiction Medicine (ASAM)	<a href="http://www.asam.org">www.asam.org</a>	301-656-3920
Christopher D. Smithers Foundation	<a href="http://www.smithersfoundation.org">www.smithersfoundation.org</a>	
College Drinking, Changing the Culture	<a href="http://www.colledrinkingprevention.org">www.colledrinkingprevention.org</a>	
The Cool Spot	<a href="http://www.thecoolspot.gov">www.thecoolspot.gov</a>	
Facing Addiction with NCADD	<a href="http://www.facingaddiction.org">www.facingaddiction.org</a>	
Families Anonymous	<a href="http://www.familiesanonymous.org">www.familiesanonymous.org</a>	800-736-9805
Join Together – Partnership for Drug-free Kids	<a href="http://www.jointogether.org">www.jointogether.org</a>	855-378-4373
National Association of Alcohol & Drug Abuse Council – for addiction professionals	<a href="http://www.naadac.org">www.naadac.org</a>	703-741-7686
National Association of Children of Alcoholics	<a href="http://www.nacoa.org">www.nacoa.org</a>	888-554-2627
National Center on Addiction & Substance Abuse	<a href="http://www.centeronaddiction.org">www.centeronaddiction.org</a>	212-841-5200
National Council on Alcoholism & Drug Dependence, Inc. (NCADD)	<a href="http://www.ncadd.org">www.ncadd.org</a>	800-622-2255
National Family Partnership	<a href="http://www.nfp.org">www.nfp.org</a>	888-474-0008
National Inhalant Prevention Coalition	<a href="http://www.inhalants.org">www.inhalants.org</a>	855-704-4400
National Institute on Alcoholism Abuse & Alcoholism (NIAAA)	<a href="http://www.niaaa.nih.gov">www.niaaa.nih.gov</a>	
National Institute on Drug Abuse	<a href="http://www.nida.nih.gov">www.nida.nih.gov</a>	301-443-1124
Rethinking Drinking	<a href="http://www.rethinkingdrinking.niaa.nih.gov">www.rethinkingdrinking.niaa.nih.gov</a>	
Substance Abuse Mental Health Services Administration (SAMHSA)	<a href="http://www.samhsa.gov">www.samhsa.gov</a>	877-726-4727
Treatment Centers: Alcohol/Drugs	<a href="http://www.findtreatment.samhsa.gov">www.findtreatment.samhsa.gov</a>	800-662-4357
White House Office of National Drug Control Policy	<a href="http://www.whitehouse.gov/ondcp">www.whitehouse.gov/ondcp</a>	

### OTHER SUBSTANCE RELATED RESOURCES

Agency	Website	Phone
ACT Missouri	<a href="http://www.actmissouri.org">www.actmissouri.org</a>	877-669-2280
Drug Enforcement Agency – MO	<a href="http://www.usdoj.gov/dea">www.usdoj.gov/dea</a>	314-538-4600
Mothers Against Drunk Driving (MADD)	<a href="http://www.madd.org">www.madd.org</a>	314-426-1595
Missouri Recovery Network (MRN)	<a href="http://www.morecovery.org">www.morecovery.org</a>	573-634-1029
Missouri Opioid – Heroin Overdose Prevention Education Project (MO-HOPE)	<a href="http://www.mohope.org">www.mohope.org</a>	
MO-Network for Opiate Reform & Recovery	<a href="http://www.monetwork.org">www.monetwork.org</a>	844-732-3587
Recover STL	<a href="http://www.stlouisco.com/recover">www.stlouisco.com/recover</a>	
Students Against Destructive Decisions	<a href="http://www.sadd.org">www.sadd.org</a>	877-723-3462

### DOMESTIC VIOLENCE RESOURCES

Alive	<a href="http://www.alivestl.org">www.alivestl.org</a>	314-993-2777
Kathy J Weinman Shelter	<a href="http://www.friendsofweinman.org/">http://www.friendsofweinman.org/</a>	314-423-1117
Raven (Rape and Violence End Now)	<a href="http://www.ravenst.org">www.ravenst.org</a>	

### MENTAL HEALTH RESOURCES

Behavioral Health Response	<a href="http://www.bhrstl.org">www.bhrstl.org</a>	314-469-6644
Chad’s Coalition for Mental Health	<a href="http://www.chadscoalition.org">www.chadscoalition.org</a>	314-952-2046
Mental Health Association	<a href="http://www.mha-em.org">www.mha-em.org</a>	314-773-1399
National Alliance On Mental Illness	<a href="http://www.namistl.org">www.namistl.org</a>	314-962-4670
Provident	<a href="http://www.providentstl.org">www.providentstl.org</a>	314-647-4357
Safe Connections	<a href="http://www.safeconnections.org">www.safeconnections.org</a>	314-646-7500

### WOMEN & CHILDREN RESOURCES

Annie Malone Children & Family Services	<a href="http://www.anniemalone.com">www.anniemalone.com</a>	314-531-0120
Cap 4 Kids	<a href="http://www.cap4kids.org">www.cap4kids.org</a>	
Child Advocacy Services of St. Louis	<a href="http://www.stlouiscac.org">www.stlouiscac.org</a>	314-516-6798
Family Resource Center	<a href="http://www.frcmo.org">www.frcmo.org</a>	314-534-9350
KUTO – Kids Under 21	<a href="http://www.kuto.org">www.kuto.org</a>	888-644-5886
Youth Emergency Services	<a href="http://www.epworth.org">www.epworth.org</a>	314-961-5718
Youth In Need	<a href="http://www.youthinneed.org">www.youthinneed.org</a>	636-946-3771

### TESTING RESOURCES

Project ARK (AIDS/HIV Resources & Knowledge)	<a href="http://www.projectark.wustl.edu">www.projectark.wustl.edu</a>	314-535-7275
The SPOT (Supporting Positive Opportunities for Teens)	<a href="http://www.thespot.wustl.edu">www.thespot.wustl.edu</a>	314-535-0413
St. Louis Effort for AIDS	<a href="http://www.stlefa.org">www.stlefa.org</a>	314-645-6451

Ralph Orlovick, Ph.D.  
Missouri Licensed Psychologist  
8420 Delmar Blvd, suite 501A  
St. Louis, MO 63105  
Office: 314/475-5370  
Fax: 314/863-2114

## Introduction

Dr. Orlovick graduated with a Ph.D. from University of Missouri in 1978. He began working in the field of addiction in 1972 teaching DWI courses. From there he has worked in all aspects of addiction treatment which included working for a large healthcare corporation implementing residential chemical dependency treatment programs in multiple hospitals nationwide. In 1983 he entered private practice specializing in addiction treatment. In 1995 he began an extended aftercare program for the Missouri Physician Health Program facilitating groups for physicians returning from residential treatment. Since then he has expanded his groups to include working with the Missouri Dental wellbeing program and the Illinois advocacy program for healthcare providers. Dr. Orlovick has been providing Chemical Dependency Assessments for Family Law attorneys since 2008. In addition, he was instrumental in bringing clinical monitoring services via Soberlink to the St. Louis area. Currently his services are limited to being an expert witness in addiction treatment, clinical monitoring and facilitating long term aftercare groups for healthcare providers and commercial pilots.