

COMMUNITY RESOURCES

An Artful Recovery

Serving Coastal Georgia counties in person and the world online

Recovery Coaching (post detox and beyond) for all pathways of recovery

www.anartfulrecovery.com

Phone: (912)506-6082

Email: laura@anartfulrecovery.com

Description: An Artful Recovery LLC is a Glynn County-based recovery coaching service. Clients in any stage of recovery are invited to contact us for coaching and/or resources. Owner Laura Waters is in long-term recovery (est. 2007) and holds a Recovery Coach Professional (RCP) certificate, is a member of the IARCP which maintains ethical integrity for recovery coach practices. Artful meets with individuals and small groups both in person and via Zoom.

Artful aims to help people transform their habitual patterns (behaviors, thoughts, choices) by sharing creative practices, establishing healthy boundaries, releasing conditioning/programming, and learning the arts of allowing, noticing, slowing down, and soulful living. If you're new to making art, we gradually introduce some foundational practices like simple contour drawing, art journaling, mind mapping, and wisdom cards.

There is an art AND a science to recovery coaching. and combines it with the science of recovery coaching - asking good questions, listening actively, and treating you as your best resource. Artful adopts a non-clinical approach to transformation through the arts and leads with curious compassion while creating space for you to heal and form new neural pathways.

Services: What happens after detox and rehab? Recovery coaching bridges the gap. An Artful Recovery LLC offers coaching services for all pathways of recovery. Providing hope, compassion, and a way forward, Artful offers affordable and sustainable care for anyone in recovery. Reach out using the contact information at the top of this page.

Artful offers Recovery Ally training for small and large groups. Check the website for a complete list of options.

Coastal Community Behavioral Health - Brunswick and St. Marys

100 Cornerstone Drive
Brunswick, GA 31523

Phone: (912) 262-0311 Fax: (912) 262-0314

Office Hours: Monday-Friday: 6:00AM-2:00PM

5155 GA Hwy. 40 East
Saint Marys, GA 31558

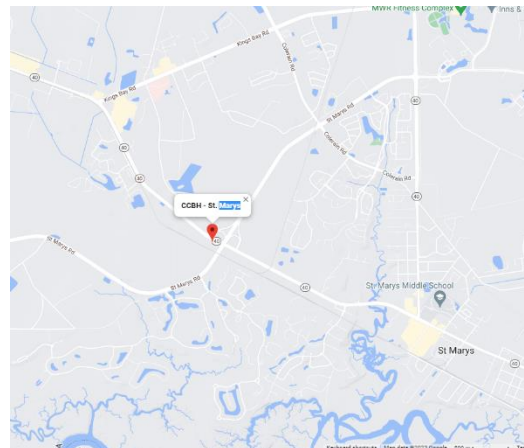
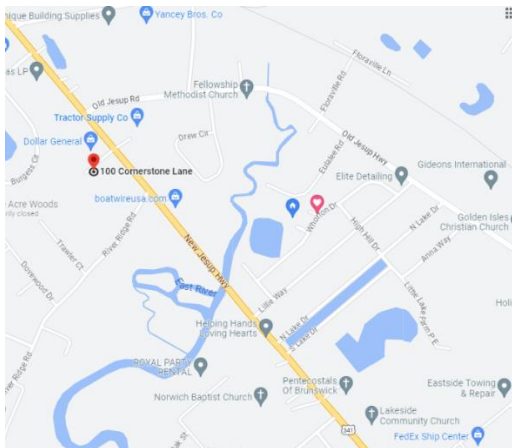
Phone: (912) 434-1794 Fax: (912) 662-8785

Office Hours: Monday-Friday: 6:00AM-2:00PM

Description: Coastal Community Behavioral Health (CCBH) is a full-service outpatient substance use disorder treatment clinic specializing in the medical treatment of addiction as part of a comprehensive treatment program centered around individual counseling, group therapy, case management, and individual treatment planning. CCBH is a regional provider serving Southeast Coastal Georgia (St. Marys, Kingsland, Folkston, Brunswick) Metro Jacksonville FL, and Nassau County FL (Fernandina Beach, Yulee).

Services: CCBH specializes in Medication Assisted Treatment through the use of FDA approved medications including Methadone, Suboxone and Vivitrol to help those we serve reach sustained recovery. In addition to the treatment of Opioid Use Disorder, CCBH also provides treatment for individuals and families seeking help for addiction to other substances (alcohol, cocaine, amphetamines, benzodiazepines, nicotine). Licensed professionals with many years of comprehensive addictions treatment experience are here to provide an unequalled quality of care.

Helpful information from Resource: Our mission is to provide evidence-based and patient-centered comprehensive treatment services to all we serve in a safe and therapeutic environment through the use of best practices and scientifically proven methods. To reduce the risk of harm and provide the tools necessary for all that we serve to live long, healthy, and fulfilling lives through sustained recovery.



Doc's Place
Recovery residence for young men
Phone: (912)223-4110 (support available 24/7)
Brunswick, GA 31520

Description: Doc's Place is a long-term structured residence for young men recovering from drug and alcohol abuse. Doc's Place provides a **safe & structured** living space for young men who are attempting to recover from drug and alcohol use. Residents of our program (12-step based) are provided with opportunities to address their psychological, spiritual, and physical health daily through structured programming proven to be successful for men in recovery.

Services: Group counseling facilitated by a fully licensed clinician; Individual assessment & therapy; Family therapy; 24/7 on-site staff; Structured activities & group learning opportunities dictated by residents; Weekly & on-the-spot drug testing.

Admission Criteria: Before acceptance into the program prospective residents must be physically, mentally, emotionally, and behaviorally capable of functioning in a residential setting and must not present a danger to himself or others in any capacity. Prior to entry, residents must have abstained from alcohol and/or drug use for at least twenty-four hours immediately preceding admission to the program of Doc's Place. In most cases residents will be required to complete detox prior to acceptance into our facility. We are happy to refer residents to reputable detox facilities within driving distance.

To be accepted into Doc's Place residents must commit to a minimum of 6 months length stay with the understanding that program completion requires at least 1 year stay. An entry fee of \$4,500.00 is due upon admission into Doc's Place, to be paid by support network or the resident himself. Entry fee includes the resident's first four weeks (first month) rent, groceries, and utilities.

Helpful Information from Resource: For residents that stay for at least the one-year requirement for completion, 60% maintained long term recovery. For those who stay between 16 and 18 months, over 80% maintained long term recovery. Our statistics include every single man that has come through whether for a few days or until completion and we don't assume the continued sobriety of former residents we have lost touch with. The positive statistics reflect residents we know to be sober and still involved in recovery.

Gateway Community Service Board (CSB)

Phone: (toll free) 866-557-9955 or 912-554-8500

Location: 600 Coastal Village Drive Brunswick, GA 31520

Georgia Crisis and Access Line: 800-715-4225

Description: We channel our knowledge and expertise to serve the community with respect, quality, responsibility and support the members of the community on their path to recovery. We provide a full continuum of BH/SUD/IDD services and treatments directly and through referrals for people in need, without discrimination.

Services: In Glynn County, Gateways CSB provides the following services for addictive diseases in Adults: Individual, Group, and Family Counseling; Nursing Assessment and Care; Psychiatric Evaluations and Care; In-Patient Crisis Stabilization and Intervention; Intensive Outpatient Group Counseling; Community-Based Treatment; Housing Assistance; Residential Treatment; Supported Employment & Job Coaching; Pharmacy Assistance; Coordination with Primary Care Providers. For addictive diseases in children and adolescents: Individual, Group, and Family Counseling; Nursing Assessment and Care; Psychiatric Evaluations and Care; Community-Based Treatment; Coordination with Primary Care Providers; Pharmacy Assistance.

Admission Criteria: Gateway is a public agency created by state law to provide mental health, developmental disabilities, and substance use disorders.

Referral Process: None. You can walk-in to the Outpatient Center in Camden, Glynn, Liberty, Chatham, or Effingham counties during open access hours. Open Access hours vary by clinic. Please call (866) 557-9955 between 8:00 AM and 5:00 PM Monday – Thursday for available hours for initial intake.

Helpful Information from Resource: Gateway Community Service Board charges based on a sliding fee scale in accordance with Georgia's Department of Behavioral Health and Developmental Disabilities Policy. The fee scale is based on family income and ability to pay. No one will be denied access to services due to the inability to pay.



SAINT SIMONS BY-THE-SEA

2927 Demere Road, St. Simons Island, GA, USA

Phone: (toll free) 1-800-821-7224 or 912-638-1999

<https://ssbythesea.com/>

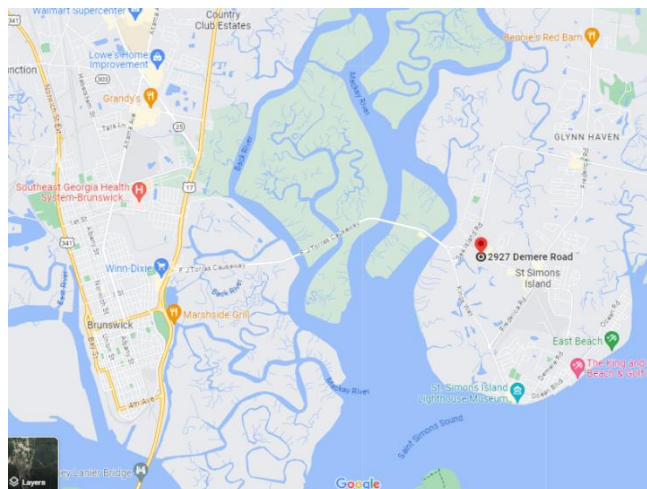
Description: A behavioral healthcare hospital providing mental health and recovery services for adolescents, adults, and senior adults.

Services: Adult Treatment Programs: inpatient mental health, inpatient detox & rehab, intensive outpatient (IOP), partial hospitalization (PHP). Adolescent Treatment Programs: inpatient mental health, inpatient detox. Senior Adults. Military. Telehealth.

Admissions Criteria: Walk-ins are welcome, but we encourage individuals needing help, their loved one and/or their healthcare provider to CALL US FIRST at 1-800-821-7224. We can help determine the most appropriate level of care needed and options available here or elsewhere. Generally, we admit patients who are able to participate in daily program activities, are independent with activities of daily living with minimal assistance and can reasonably be expected to improve their level of functioning. Patients admitted to our hospital must meet one or more of the following criteria:

- Exhibits behavior that is threatening or harmful to self or others
- Requires continuous skilled or medical monitoring for severe psychiatric crisis or chemical dependency withdrawal and detoxification
- Is severely impaired by psychiatric crisis or chemical dependency
- Is ordered for admission for 48-hour observation and assessment via a legal or court order

Helpful information from the source: Our mission is to provide exceptional, compassionate mental health and addiction treatment to teens, adults and seniors through quality inpatient and outpatient programs and services. Saint Simons By-The-Sea's staff is highly trained and has experience in substance use detoxification and treatment, recovery, and behavioral health treatment. We are dedicated to being a source of support for our patients, their families and the communities we serve.



NEW ROOTS GLYNN RCO

<https://newrootsglynn.com/>

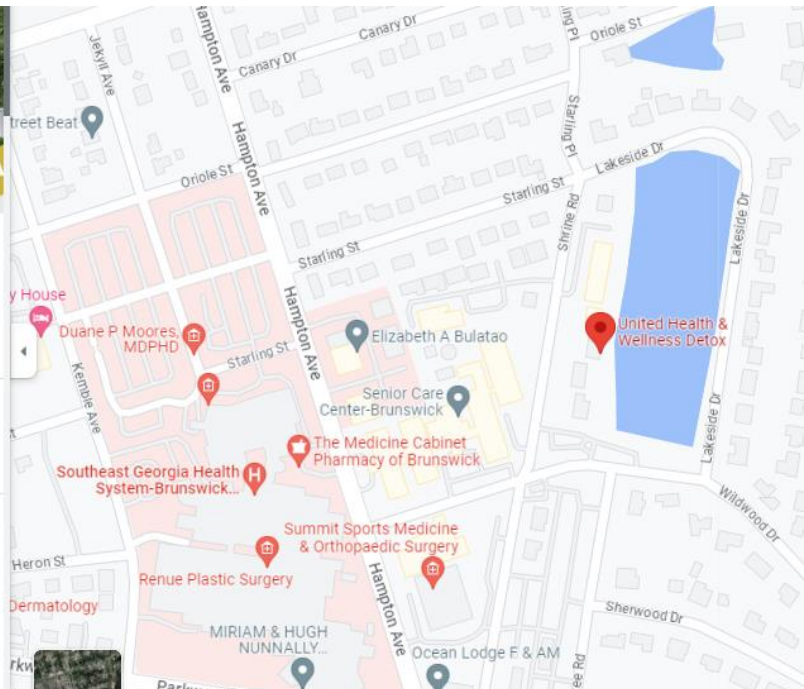
Mission Description: Like barrier islands, we aim to help protect our coastal community from the waves of the substance abuse and addiction epidemic and end the stigma around it. Like the Southern Live Oak, we will do so by being a community deeply rooted in recovery with branches of support that are accessible to all.

Services: All-recovery meeting. We invite you to join us for an All-Recovery Meeting, weekly hosted at 172 Cornerstone Drive (across from Tractor Supply). 7-8pm every Tuesday.

Check the website for other events.

UNITED HEALTH AND WELLNESS DETOX

3212 Shrine Road
Brunswick, GA 31520
Phone: (844) 941-3733



VIRTUAL RESOURCE LINKS

Substance Abuse and Mental Health Services Administration:

<https://www.samhsa.gov/sites/default/files/virtual-recovery-resources.pdf>

National Eating Disorder Awareness:

<https://www.nationaleatingdisorders.org/help-support/covid-19-resources-page>

In the Rooms – A Global Recovery Community:

<https://www.intherooms.com/home/>

Collegiate Recovery Resources The Association of Recovery in Higher Education (ARHE)

Website: <https://collegiaterecovery.org/>

Description: The ARHE is the only association exclusively representing collegiate recovery programs and collegiate recovery communities, the faculty and staff who support them, and the students who represent them. ARHE provides the education, resources, and the community connection needed to help change the trajectory of recovering student's lives.