

Online Recovery Supports

www.meetup.com, www.toivocenter.org, offers many alternative treatments such as meditation, yoga, spiritual growth, drumming, Zumba, transformation, and spirituality.

AA meetings online at www.aaonline.net, www.aa-intergroup.org,

NA meetings online at www.na-recovery.org, www.nachatroom.org, www.12stepforums.net.na

Alternatives to AA/NA

- Smart Recovery is one of the leading self-empowering addiction recovery support groups. Participate in the use of tools using the latest scientific research. www.smartrecovery.org
- Celebrate Recovery is a Christ centered program utilizing the 12 steps to recovery and the biblical Scriptures **seamlessly together, tying historical recovery to timeless Biblical teaching.** www.celebraterecovery.com

Government Recovery Support

www.ct.gov/dmhas

Follow these following steps:

- Programs and services
- Find services in your town
- Under region and choose the service that you are looking for.

CVH Addiction Services Division

For Admission/Screening Information
Call: 1-800-828-3396



You can do it.
You have choices.
There are many paths to recovery.

- **Connecticut Coalition against Domestic Violence**
 - Website: www.ctcadv.org
 - Phone: 1-888-774-2900
- **Connecticut Sexual Assault Crisis Services**
 - Website: www.connsacs.org
 - Phone: 1-888-999-5545 English
 - Phone: 1-888-568-8332 Espanol

Recovery Support Organizations

Connecticut Community for Addiction Recovery (CCAR) provides recovery support from alcohol and other drug addiction. CCAR provides several community and telephone support services. Website: <http://ccar.us/>
Telephone: 1-800-708-9145 or 1-860-244-CCAR

Access line staff will screen and refer callers to appropriate levels of care through conference calling with treatment providers and arranges for transportation if necessary.

Website: www.abhct.com
Telephone: 1-800-563-4086

211 is an easy to remember 3 digit telephone number assigned by the Federal Communications Commission for the purpose of providing quick and easy access to information about health and human services. Referral Specialists work with callers to assess and determine appropriate programs/services, and give support.

Hospitals/Clinics

Connecticut Valley Hospital (CVH)

Phone: 1-800-828-3396 (Merritt Hall)
Phone: 1-860-293-6400 (Blue Hills)
Phone: 1-860-297-0999 (Mobile Crisis)

Middlesex Hospital

Phone: 1-860-358-6000

Hartford Hospital

Phone: 1-860-545-5000

Saint Francis Hospital

Phone: 1-860-714-4000

Hartford Dispensary: provides mental health and substance abuse treatment
Phone: 1-860-525-9376

Website: www.hartforddispensary.org

Methadone Clinics in CT: find nearest clinic near you or speak to a counselor
Phone: 1-800-755-9603

Homeless shelters in Connecticut

Website:

www.homelessshelterdirectory.org

***Search homeless shelter by city

Women's shelters in Connecticut

Website: www.womenshelter.org

***Search women's shelter by city

Web based apps

Free web based APPS such as Addicaid, Pocket Rehab, Sobertool, & Meetup, WorkIt

Healthy tips

Tips to prevent Hepatitis C / HIV

- Do not shoot drugs
- Do not share needles
- Do not share cotton balls
- Do not share tourniquet
- Do not share water
- Do not share cookers
- Do not share personal items like razors, toothbrushes or piercings that may have come in contact with the blood of an infected person
- Do not share intranasal drug paraphernalia ie: straws, dollar bills
- Safe sex practices apply; latex or polyurethane condoms
- Receive only sterile tattoo's and body piercings
- Cover open sores or wounds

Needle safety:

- Safe needle handling and disposal
- Store used needles in an empty laundry detergent bottle (Tide, All)

Syringe Services

Syringe Services Program: www.aids-ct.org provides needle exchange, HIV testing and harm reduction education, safer sex kits, and counseling

***Hepatitis C virus can survive outside the body at room temperature, on environmental surfaces, for up to 3 weeks

***HIV can live in a used needle up to 42 days depending on temperature and other factors.

HIV prevention and PrEP

- Pre-exposure prophylaxis (or PrEP) is when people at very high risk for HIV take HIV medicines daily to lower their chances of getting infected.
- A combination of two HIV medicines (tenofovir and emtricitabine), sold under the name Truvada® (pronounced tru vá duh), is approved for daily use as PrEP to help prevent an HIV-negative person from getting HIV from a sexual or injection-drug-using partner who's positive.
- Studies have shown that PrEP is highly effective for preventing HIV if it is used as prescribed.
- PrEP is much less effective when it is not taken consistently.

How to receive PrEP medication?

- Ask your doctor
- **Community Health Center**
Address: 675 Main Street,
Middletown, CT
Phone: 860-347-6971 ext 4038

Hepatitis C

- Hepatitis C is a liver infection caused by the Hepatitis C virus (HCV). Hepatitis C is a blood-borne virus.
- Today, most people become infected with the Hepatitis C virus by sharing needles or other equipment to inject drugs.

- For some people, hepatitis C is a short-term illness but for 70%–85% of people who become infected with Hepatitis C, it becomes a long-term, chronic infection.
- Chronic Hepatitis C is a serious disease than can result in long-term health problems, even death.
- The majority of infected persons might not be aware of their infection because they are not clinically ill.
- There is no vaccine for Hepatitis C.
- The best way to prevent Hepatitis C is by avoiding behaviors that can spread the disease, especially injecting drugs.

HIV and Hepatitis C free anonymous and confidential testing centers:

- Aids, Connecticut Website: www.aids-ct.org
Address: 110 Bartholomew Ave,
Hartford, CT
Phone: 1-860-247-AIDS
- Community Health Center
Address: 675 Main Street,
Middletown, CT
Phone: 860-224-3642
- Community Health Center
500 Albany Avenue, Hartford, CT
Phone: 860-347-6971
- **Community Health Services**
Address: 500 Albany Avenue,
Hartford, CT
Phone: 860-808-8749