

# *There is Hope*



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

**[www.scadc.org](http://www.scadc.org)**

Send updates to: [guide@scadcoalition.org](mailto:guide@scadcoalition.org)

# TABLE OF CONTENTS

**HOPE ..... 3**

**HOTLINES ..... 5**

**TREATMENT RESOURCES ..... 12**

REDUCING HARM ..... 20

RECOGNIZING OVERDOSE ..... 23

**ALCOHOL & DRUG SERVICES .. 26**

RECOVERY MEETINGS ..... 34

**SURROUND SERVICES ..... 38**

FOOD / CLOTHING ..... 42

HOUSING ..... 52

**MEDICAL & SOCIAL SERVICES 55**

DOMESTIC VIOLENCE ..... 59

HOMELESS SERVICES ..... 60

TRANSPORTATION ..... 63

**PREVENTION ..... 65**

PREVENTION RESOURCES ..... 67

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

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



***Stephanie Day***

Frontier Health  
Director at Willow Ridge



***Amy Penley***

Frontier Health  
Case Manager, Overdose Response Team

## Crisis services information/hotlines:



A resource for addiction treatment referrals. Callers can connect with treatment providers in their area.

[www.taadas.org/Redline.htm](http://www.taadas.org/Redline.htm)

- **ALL EMERGENCYS -**  
**Ambulance, Fire, Police**  
911

- **Abuse Alternatives**  
423-764-2287  
104 Memorial Dr.,  
Bristol, TN 37620  
[www.abusealternativesinc.org](http://www.abusealternativesinc.org)

- **Alcoholic Anonymous (AA)**  
423-928-0871  
*24-hour hotline and information about meetings*  
[www.aatricitiestn.org](http://www.aatricitiestn.org)

# HOTLINES

- **Ballad Health Nurse Line**

833-822-5523

- **Bluff City Police Department**

423-538-3700

- **Branch House**

423-574-7233

*Support and advocacy for survivors of domestic abuse or sexual assault.*

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

- **Bristol Police Department**

423-989-5552

- **Contact Concern (211)**

211

*Connects people in NETN with services they need.*

[www.contact211netn.org](http://www.contact211netn.org)

- **Crisis Text Line**

Text 741741

*Free, 24/7 mental health support via text message*

- **Kingsport Police Department**

423-246-9111

- **Lifeline Peer Project**

Jeremiah Lovelady

Direct Line: 423-328-8751

Office: 877-366-7593, ext 105

*Provides referrals to treatment services, sober living housing, and to various recovery meetings*

[lifeline@insightalliance.org](mailto:lifeline@insightalliance.org)

- **Mobile Crisis/Crisis Stabilization**

877-928-9062

*24-hour mental health emergencies only*

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

- **Narcotics Anonymous (NA)**

423-302-0494

*24-hour hotline and information about meetings*

[www.mountain-na.org](http://www.mountain-na.org)

- **National Domestic Violence Hotline**

800-799-7233

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

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

977-894-6892

*An American Addiction Centers Resource to connect to a treatment center*

[www.drugabuse.gov](http://www.drugabuse.gov)

# HOTLINES

- **National Runaway Hotline**

800-786-2929

- **National Suicide Prevention Lifeline**

800-273-TALK | 800-273-8255

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

## **Northeast Tennessee Lifeline Peer Project**

- Jeremiah Lovelady

Direct Line: 423-328-8751

Office: 877-366-7593, ext 105

*Provides referrals to treatment services, sober living housing, and to various recovery meetings*

[lifeline@insightalliance.org](mailto:lifeline@insightalliance.org)

## **Rape Crisis Hotline**

- 423-928-4710

## **Respond 24/7 Intervention Helpline**

- 800-366-1132



- **Substance Abuse and Mental Health Services Administration (SAMHSA) National Hotline**  
800-662-HELP | 800-662-4357  
*SAMHSA information on thousands of statelicensed providers who specialize in treating substance use disorders, addiction, and mental illness.*  
[www.findtreatment.gov](http://www.findtreatment.gov) | [www.samhsa.gov](http://www.samhsa.gov)
- **Suicide and Crisis Lifeline**  
988 988  
[lifeline.org](http://lifeline.org)
- **Sullivan County Overdose Reponse Team**  
Jeff Noah, Project Coordinator  
423-956-1893 | [jeff@scadcoalition.org](mailto:jeff@scadcoalition.org)  
*Rapid response support for survivors of an overdose and family members who witnessed an overdose or need support.*  
[www.sullivanod.org](http://www.sullivanod.org)
- **Sullivan County Sheriff's Department**  
423-279-7500

# HOTLINES

- **Tennessee Domestic Violence Hotline**

800-356-6767

*To see all children and families in Tennessee thriving in a safe and stable community*

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

- **Tennessee Tobacco Quit Line**

1-800-QUIT-NOW | 1-800-784-8669

*Support for Tennesseans who want to quit smoking, chewing tobacco, or vaping. Offers support coaching and free cessation products*

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

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

888-556-0791

*Leading the effort to compassionately house East Tennessee's homeless*

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

- **The Partnership Helpline**

855-DRUGFREE | 855-378-4373

*Support for parents and family of substance users. Text CONNECT to 55753.*

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

- **TN Parent Hotline**

800-356-6767

- **TN Statewide Crisis Line**

855-CRISIS-1 | 855-274-7471

*Support and guidance for anyone experiencing a mental health crisis*

- **TN Together**

Opioid related resources and community solutions to an ongoing crisis

[www.tntogether.com](http://www.tntogether.com)

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

# TREATMENT RESOURCES



***Judy Clark***

Families Free  
Director of Women's Services

# TREATMENT RESOURCES

Questions to ask recovery/treatment providers:

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

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

# TREATMENT RESOURCES



*A resource for addiction treatment referrals. Callers can connect with treatment providers in their area.*

[www.taadas.org/Redline.htm](http://www.taadas.org/Redline.htm)

- **American Addiction Centers**

Trey Lovelace

865-356-0828 | [Tlovelace@contactaac.com](mailto:Tlovelace@contactaac.com)

*Evidence-based treatment and mental healthcare services*

- **Atlanta Detox Center**

470-450-2355

277 Medical Way,  
Riverdale, GA 30274

*Medical Detox, Treatment, Relapse Prevention*

[www.atlantadetoxtreatment.com](http://www.atlantadetoxtreatment.com)

- **Bristol Regional Counseling Center**

423-989-4500

26 Midway St.  
Bristol, TN 37620

# TREATMENT RESOURCES

- **Catalyst Health Solutions**

423-282-3379

926 W. Oakland Ave., Suite 206

Johnson City, TN 37604

2426 Lee Highway, Suite 104

Bristol, VA 24202

*Outpatient treatment program that considers emotional, social, and spiritual aspects of addiction recovery*

[catalysthealth.org](http://catalysthealth.org)

- **Comprehensive Community Services (CCS)  
Drug & Alcohol Rehabilitation**

423-349-4070

6145 Temple Star Rd.

Kingsport, TN 37660

[www.ccstreatment.com](http://www.ccstreatment.com)

- **Creekside Behavioral Health**

423-830-8110

1025 Executive Park Blvd.

Kingsport, TN 37660

[www.creeksidebh.com](http://www.creeksidebh.com)

# TREATMENT RESOURCES

- **Families Free**

423-631-0141

693 Princeton Rd.,  
Johnson City, TN 37601

*Intensive outpatient program*

[www.familiesfree.com](http://www.familiesfree.com)

- **Highpoint Clinic**

423-631-0731

205 High Point Drive  
Johnson City, TN 37601

*Evidence Based Addiction Medicine. Provides  
Medication Assisted Treatment and provides SMART  
Recovery Meetings every Tuesday at 4 pm*

[highpointclinic.org](http://highpointclinic.org)

- **Holston Counseling Center**

423-224-1300

1570 Waverly Rd.  
Kingsport, TN 37660

- **Kingsport Family Recovery Associates**

423-288-0223

1729 Lynn Garden Drive  
Kingsport, TN 37665

*Specializes in the treatment of alcoholism, opioid  
addiction, and mental health and substance abuse*



# TREATMENT RESOURCES

- **The Lazarus Project of Knoxville**

865-280-2830

7812 Ball Camp Pike,  
Knoxville, TN 37931

*Intensive Residential Recovery, Transitional  
Housing, Independent Living Services*

[lazarusofknoxville.com](http://lazarusofknoxville.com)

- **Lincoln Trail Behavioral Health**

800-274-7374

3909 South Wilson Ave.  
Radcliff, KY 40160

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

[www.lincolnbehavioral.com](http://www.lincolnbehavioral.com)

- **Magnolia Ridge/Turning Point**

423-926-0940

208 E. Unaka Ave.  
Johnson City, TN 37601

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

# TREATMENT RESOURCES

- **Mended Women Lifestyle Recovery**

423-742-7400

*54 bed residential substance abuse program for women*

- **Red Legacy Recovery**

423-297-1230

411 E. Elk Ave.,

Elizabethton, TN 37643

*Creating Recovery awareness and Inspiring a  
Legacy of Hope*

- **TN REDLINE**

1-800-889-9789

*A resource for addiction treatment referrals.*

*Callers can connect with treatment providers in  
the area*

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

- **Watauga Behavioral Health Services**

423-232-2600

109 West Watauga Ave.

Johnson City, TN 37604

*Intensive outpatient program*

# TREATMENT RESOURCES

- **Willow Ridge**

423-461-7750

900 Buffalo St.

Johnson City, TN 37604

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

- **Woodridge Hospital**

423-431-7111 | 423-431-7047

403 North State of Franklin Rd.

Johnson City, TN 37604

*Intensive outpatient program*

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

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

# REDUCING HARM

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

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

For more information on harm reduction, visit:  
[www.harmreduction.org](http://www.harmreduction.org)

# REDUCING HARM

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

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

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

**SAVE A LIFE  
CARRY  
NALOXONE**



# REDUCING HARM

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

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

423-930-8337 ext. 123 or 117

615 North State of Franklin Rd.

Johnson City, TN 37604

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

- **Prescription Drug Disposal**

*Prescription drug misuse is a prevalent and often fatal problem. Drop your old and expired medications at a medication disposal location. There are many in Sullivan County and surrounding counties.*

<https://tdeconline.tn.gov/rxtakeback/>

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

Kahla Cobb: 423-956-6529

[kahla@scadcoalition.org](mailto:kahla@scadcoalition.org)

Brooke Burleson: 423-956-9286

[brooke@scadcoalition.org](mailto:brooke@scadcoalition.org)

*Training and distribution of Naloxone*

[www.Naloxone-saves.org](http://www.Naloxone-saves.org)

# RECOGNIZING OVERDOSE

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

## **SIGNS OF AN OVERDOSE:**

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

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

# RECOGNIZING OVERDOSE

## **In the event of a known or suspected overdose:**

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



***Jason Abernathy***

Insight Alliance

Certified Peer Recovery Specialist, Lifeline Peer Project Coordinator



[illegible]

## ***Davis Williamson***

Branch House

Family Advocate, Overdose Response Team



# ALCOHOL & DRUG SERVICES

- **Addiction Recovery Center of East Tennessee**  
423-279-3860  
3763 Highway 11W,  
Blountville, TN 37617  
*Medically managed detox program*  
[www.arcofet.org](http://www.arcofet.org)
- **Al-Anon**  
*Fellowship for families & friends of alcoholics*  
[www.tn-al-anon.org](http://www.tn-al-anon.org)
- **Alcoholic Anonymous (AA)**  
423-928-0871  
*24-hour hotline and information about meetings*  
[www.aatricitiestn.org](http://www.aatricitiestn.org)
- **Appalachian Counseling**  
423-461-0111  
501 E. Watauga Ave.  
Johnson City, TN 37601
- **Ballad Health Intensive Outpatient**  
423-431-7047  
403 N. State of Franklin Rd.  
Johnson City, TN 37601

# ALCOHOL & DRUG SERVICES

- **Bristol Regional Counseling Center**

423-989-4500 26 Midway St.  
Bristol, TN 37620

- **Catalyst Health Solutions**

423-282-3379  
926 W. Oakland Ave., Suite 206  
Johnson City, TN 37604  
2426 Lee Highway, Suite 104  
Bristol, VA 24202

*Outpatient treatment program that considers emotional, social, and spiritual aspects of addiction recovery*

[catalysthealth.org](http://catalysthealth.org)

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

423-245-5608  
2758 E. Center St.  
Kingsport, TN 37664

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

888-422-4001  
*Secure drop-off locations for unused medications*  
[www.countitlockitdropit.org/drop-box-finder](http://www.countitlockitdropit.org/drop-box-finder)

Count It! Lock It! Drop It!"



Don't Be An Accidental Drug Dealer

# ALCOHOL & DRUG SERVICES

- **ETSU Department of Counseling**

423-439-7679

327 Warf-Pickel Hall

Johnson City, TN 37614

**Friendship House Peer Support Center**

423-232-4264

- 2243 Eddie Williams Rd.  
Johnson City, TN 37604

**Highpoint Clinic**

- 423-631-0731

205 High Point Drive

Johnson City, TN 37601

*Evidence Based Addiction Medicine. Provides Medication Assisted Treatment and provides*

- *SMART Recovery Meetings every Tuesday at 4 pm.*  
[highpointclinic.org](http://highpointclinic.org)

**Holston Counseling Center**

423-224-1300

- 1570 Waverly Rd.  
Kingsport, TN 37660

# ALCOHOL & DRUG SERVICES

- **Johnson City Recovery Center**

423-262-8903

513 E. Unaka Ave.

Johnson City, TN 37604

- *JCRC is a “recovery hub” offering a safe, supportive, and a non-judgmental environment for those seeking recovery*  
[www.facebook.com/johnsoncityrecoverycenter](http://www.facebook.com/johnsoncityrecoverycenter)

## **Kingsport Family Recovery Associates**

423-288-0223

1729 Lynn Garden Dr.

Kingsport, TN 37665

## **Lifeline Peer Project**

- Jeremiah Lovelady  
Direct Line: 423-328-8751,  
Office: 877- 366-7593, ext 105,  
[lifeline@insightalliance.org](mailto:lifeline@insightalliance.org)  
*Provides referrals to treatment services, sober living housing, and to various recovery meetings*

## **Mended Women Lifestyle Recovery**

423-742-7400

*54 bed residential substance abuse program for women*

# ALCOHOL & DRUG SERVICES

- **Narcotics Anonymous (NA)**  
423-302-0494  
*24-hour hotline and information about meetings*  
[www.mountain-na.org](http://www.mountain-na.org)
- **Open Arms Peer Support Center**  
Cindi Ketron: 423-274-8100  
266 North St.  
Bristol, TN 37620
- **Overmountain Recovery**  
833-371-0509  
203 Gray Commons Circle, Suite 110  
Gray, TN 37615  
[www.overmountainrecovery.org](http://www.overmountainrecovery.org)
- **Revida Recovery Centers**  
844-332-5719  
3114 Browns Mill Rd.  
Johnson City, TN 37604  
[www.revidarecovery.com](http://www.revidarecovery.com)

# ALCOHOL & DRUG SERVICES

- **Scott County Behavioral Health Services**

276-225-0976

1006 U.S. Hwy. 23N

Weber City, VA 24290

*Outpatient mental health and substance abuse programs. Case management supports through empowering through person centered planning.*

- **Sullivan County Overdose Reponse Team**

Jeff Noah, Project Coordinator

423-956-1893

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

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

- **Tennessee Community Support Services**

423-989-4558

266 North St.

Bristol, TN 37620

- **Tennessee Tobacco Quitline**

1-800-QUIT-NOW | 1-800-784-8669

*Support for Tennesseans who want to quit smoking, chewing tobacco, or vaping. Offers support coaching and free cessation products.*

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



# ALCOHOL & DRUG SERVICES

- **Tri-Cities Therapy and Counseling**  
423-943-5550  
1907 N. Roan St., Ste. 404  
Johnson City, TN 37601  
[www.tricityestherapy.com](http://www.tricityestherapy.com)
- **Victory Center**  
423-975-6000  
2243 Eddie Williams Rd.  
Johnson City, TN 37601
- **Watauga Behavioral Health Services**  
423-232-2600  
109 W. Watauga Ave.  
Johnson City, TN 37604

# RECOVERY MEETINGS

- **Alcoholic Anonymous (AA)**

423-928-0871

24-hour hotline and information about meetings

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

- **Celebrate Recovery at Christ Fellowship**

423-349-0600

260 Victory Lane

Kingsport, TN 37664

[www.christfellowship.me](http://www.christfellowship.me)

- **Celebrate Recovery at Crossroads Christian**

423-477-2229

1300 Sunset Dr.

Johnson City, TN 37615

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

- 

- **Celebrate Recovery at Crossroads UMC**

423-246-2982

200 Bays Cove Trail

Kingsport, TN 37660

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

# RECOVERY MEETINGS

- **Celebrate Recovery at  
First Baptist Church Kingsport**  
423-247-4536  
441 Clay St.  
Kingsport, TN 37660  
[www.fbckpt.org](http://www.fbckpt.org)
- **Celebrate Recovery at Hosanna Fellowship**  
423-477-0774  
715 Sunset Dr.  
Johnson City, TN 37604  
[www.hosannafellowship.org](http://www.hosannafellowship.org)
- **Celebrate Recovery at Preaching Christ Church**  
423-398-6260  
707 E. Sullivan St.  
Kingsport, TN 37660  
[www.preachingchristchurch.com](http://www.preachingchristchurch.com)
- **Celebrate Recovery at  
Tennessee Ave Baptist Church**  
423-989-4325  
104 Cypress St.  
Bristol, TN 37620  
[www.tabaptist.org](http://www.tabaptist.org)

# RECOVERY MEETINGS

- **Celebrate Recovery Bloomingdale Baptist Church**

423-288-5151

3220 Bloomingdale Rd.

Kingsport, TN 37660

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

- **Johnson City Recovery Center**

423-262-8903

513 E. Unaka Ave.

Johnson City, TN 37604

*JCRC is a “recovery hub” offering a safe, supportive, and a non-judgmental environment for those seeking recovery.*

[www.facebook.com/johnsoncityrecoverycenter](http://www.facebook.com/johnsoncityrecoverycenter)

- **Life Recovery at First Christian Church**

423-232-5700

200 E. Mountcastle Dr.

Johnson City, TN 37601

[www.fcc-jc.org](http://www.fcc-jc.org)

# RECOVERY MEETINGS

- **Narcotics Anonymous (NA)**

423-302-0494

*24-hour hotline and information about meetings*

[www.mountain-na.org](http://www.mountain-na.org)

- **Re:Generation at Grace Fellowship**

423-928-5601

2314 S. Greenwood Dr.,  
Johnson City, TN 37604

[www.gfcnow.com](http://www.gfcnow.com)

- **Tri-Cities Recovery**

276-644-3133

1119 Commonwealth Ave.  
Bristol, VA 24201

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

# SURROUND SERVICES

- **American Red Cross of Northeast Tennessee**  
423-765-4222  
660 Eastern Star Rd.  
Kingsport, TN 37663  
[www.rdcrrs.org](http://www.rdcrrs.org)
- **Assurance Wireless**  
888-321-5880  
*Free wireless smartphone for low income and the homeless community*  
[www.assurancewireless.com](http://www.assurancewireless.com)
- **Bristol Faith in Action**  
276-466-8292  
1534 Euclid Ave.  
Bristol, VA 24201  
*Financial assistance towards rent, utilities, and more*  
[www.bristolfia.org](http://www.bristolfia.org)
- **Celebration Church**  
423-323-3969  
421 Shipley Ferry Rd.  
Blountville, TN 37617  
[www.cctri.org](http://www.cctri.org)

# SURROUND SERVICES

- **EveryoneON**

877-789-9889

*Low-cost internet and computer offers*

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

- **Find Help.org**

*Search and connect to support. Financial assistance, food pantries, medical care, and other free or reduced-cost help starts here*

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

- **Good Samaritan Ministries**

423-928-0288

100 N. Roan St.

Johnson City, TN 37601

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

- **Goodwill Industries**

*Goodwill provides free career counseling, skills training, and resume prep services that help unlock opportunities for job seekers.*

[goodwill.org](http://goodwill.org)

- **Help4TN**

844-435-7486

*Free legal help, resources, and referrals for low income Tennesseans.*

[www.help4TN.org](http://www.help4TN.org)

# SURROUND SERVICES

- **Hope Haven Rescue Mission**

423-246-6012

670 Dale St.

Kingsport, TN 37660

[www.hopehavenkpt.com](http://www.hopehavenkpt.com)

- **Interfaith Hospitality**

423-246-6500

601 Holston St.

Kingsport, TN 37660

- **Kingsport Community Ministry Center**

423-378-3722

100 E. Church Circle

Kingsport, TN 37660

- **Legal Aid of East Tennessee**

423-928-8311

311 W. Walnut St.

Johnson City, TN 37604

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

- **Safelink Wireless**

800-723-3546

*Free wireless service for low income individuals*

[www.safelinkwireless.com](http://www.safelinkwireless.com)



# SURROUND SERVICES

- **Tennessee Community Services**  
211  
[tn211.myresourcedirectory.com](http://tn211.myresourcedirectory.com)
- **United Way of Bristol TN/VA**  
423-968-4912  
315 8th St.  
Bristol, TN 37620  
[www.unitedwaybristol.org](http://www.unitedwaybristol.org)
- **United Way of Greater Kingsport**  
423-378-3409  
301 Louis St., Suite 201  
Kingsport, TN 37660  
[www.uwaykpt.org](http://www.uwaykpt.org)
- **Upper East Tennessee Human Development Agency**  
Kingsport: 423- 246-6180  
301 Louis St.  
Kingsport, TN 37660  
*Provides education, direction, and support.*  
[www.uethda.org](http://www.uethda.org)
- **Volunteers of America- Homeless and At-risk Veterans**  
423-461-0044  
112 E. Myrtle Ave., Suite 300  
Johnson City, TN 37601  
*Supportive Services for Veterans*  
[www.voamid.org](http://www.voamid.org)

# FOOD / CLOTHING

- **Calvary Baptist Church**

423-245-9157

1238 Pine St.

Kingsport, TN 37664

- **Central Assembly of God**

423-288-6500

1801 McGee St.,

Kingsport, TN 37660

- **Central Baptist Church**

423-245-6978

301 Carver St.

Kingsport, TN 37660

[www.centralbaptistkingsport.com](http://www.centralbaptistkingsport.com)

- **Central Christian Church**

423-746-9013

424 Melrose St.

Bristol, TN 37620

[www.cccbristol.com](http://www.cccbristol.com)

- **Colonial Heights Baptist Church**

423-239-5123

108 Colonial Heights Rd.

Kingsport, TN 37663

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

- **Colonial Heights Christian Church**  
423-239-2500  
105 Meadow Lane  
Kingsport, TN 37663  
[www.chcckpt.org](http://www.chcckpt.org)
- **Colonial Heights Presbyterian Church**  
423-239-9194  
213 Colonial Heights Rd.  
Kingsport, TN 37663
- **Crossroads United Methodist Church-Kingsport**  
423-246-2982  
200 Bays Cove Trail  
Kingsport, TN 37660  
*Food and clothes closet are on Thursdays,  
10 am to 12 pm*  
[www.crossroadskingsport.org](http://www.crossroadskingsport.org)
- **Edgefield United Methodist Church**  
423-538-5940  
745 N. Pickens Bridge Rd.  
Piney Flats, TN 37686  
[www.edgefieldumctn.com](http://www.edgefieldumctn.com)

# FOOD / CLOTHING

- **First Baptist Church of Blountville**  
423-323-8033  
3358 Hwy 126,  
Blountville, TN 37617  
[www.fbcbtn.com](http://www.fbcbtn.com)
- **First Broad Street United Methodist Church**  
423-224-1531  
100 E. Church Circle  
Kingsport, TN 37660  
[www.fbsumc.org](http://www.fbsumc.org)
- **First Christian Church of Kingsport**  
423-247-5159  
106 E. Charlemont St.  
Kingsport, TN 37660  
[www.fccofkingsport.org](http://www.fccofkingsport.org)
- **First Presbyterian Church of Kingsport**  
423-245-0104  
100 W. Church Circle  
Kingsport, TN 37660  
[www.fpckpt.org](http://www.fpckpt.org)
- **Freedom Fellowship**  
423-765-2995  
401 W. Sullivan St.  
Kingsport, TN 37660

- **Full Gospel Mission Kitchen of Hope**

423-246-1735

740 E. Sevier Ave.

Kingsport, TN 37660

- **Grace Point Church Food Ministry**

423-644-4494

1119 Commonwealth Ave.

Bristol, VA 24201

- **Gravelly Baptist Church**

423-246-6086

647 Gravelly Rd.

Kingsport, TN 37660

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

- **Haven of Rest Rescue Mission**

423-968-2011

624 Anderson St.

Bristol, TN 37620

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

- **Help and Hope Ministries**

423-245-4947

4540 W. Stone Dr., Suite I

Kingsport, TN 37660

*Food pantry, clothing closet, and household items*

[www.hopehelpstn.com](http://www.hopehelpstn.com)

# FOOD / CLOTHING

- **Heritage First Church of God**

423-245-4988

470 Rock Springs Rd.

Kingsport, TN 37663

*Food pantry on Thursdays*

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

- **Higher Faith Ministries Inc. Clothes Closet**

423-764-7904

21 Washington St.

Bristol, VA 24201

- **Higher Ground Baptist Church**

423-247-6776

1601 Lynn Garden Dr.

Kingsport, TN 37665

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

- **Hope Helps TN**

423-297-4675

4540 W. Stone Dr., Suite I

Kingsport, TN 37660

- **House of Prayer Worship Center**

423-578-4317

1537 Maryland Ave.

Bristol, TN 37620

- **Hunger First Tri-Cities TN-VA**  
423-765-0113  
1697 Lynn Garden Dr.  
Kingsport, TN 37665
- **Indian Springs Community Mission Center**  
423-288-4341  
406 Cooks Valley Rd.  
Kingsport, TN 37664  
[www.feedkingsport.org](http://www.feedkingsport.org)
- **Ketron Memorial United Methodist**  
423-246-6792  
301 Virgil Ave.  
Kingsport, TN 37665
- **King University - Coats for Kids**  
423-652-4711  
1350 King College Rd.  
Bristol, TN 37620
- **Lifebridge Christian Church**  
423-246-0005  
617 Donelson Dr.  
Kingsport, TN 37660  
[www.lifebridgechristian.net](http://www.lifebridgechristian.net)

# FOOD / CLOTHING

- **Meals on Wheels**

423-247-4511

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

- **Morrison Chapel United Methodist Church**

423-797-8610

2019 Chapel Dr.

Kingsport, TN 37665

- **Mountain View United Methodist Church**

423-245-8371

4405 Orebank Rd.

Kingsport, TN 37664

- **Northeast Church of Christ**

423-288-7910

2217 Beechnut Dr.

Kingsport, TN 37660

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

- **ROCK Church**

423-390-8662

140 W. Main St.

Kingsport, TN 37660



- **Rock Springs United Methodist Church**

423-349-7531

227 Church View Dr.

Kingsport, TN 37664

[www.rockspringsumc.com](http://www.rockspringsumc.com)

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- **Salvation Army - Bristol**

423-434-9910

137 Martin Luther King, Jr. Blvd.

Bristol, TN 37620

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

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- **Salvation Army - Johnson City**

423-926-2101

204 W. Walnut St.

Johnson City, TN 37601

- [www.salvationarmykytn.org](http://www.salvationarmykytn.org)

- **Salvation Army - Kingsport**

423-246-6671

505 Dale St.

- Kingsport, TN 37660

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

# FOOD / CLOTHING

- **Second Harvest Food Bank of Northeast TN**

423-279-0430 ext. 202

1020 Jericho Dr.

Kingsport, TN 37660

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

- **Shades of Grace**

423-765-2440

3313 E. Sullivan St.

Kingsport, TN 37660

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

- **St. Paul's Episcopal Church**

423-245-5187

161 E. Ravine Rd.

Kingsport, TN 37660

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

- **Tri-Cities Baptist Church TouchPoint  
Community Ministry Food Pantry**

423-477-4484

171 Promise Land Dr.

Gray, TN 37615

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

- **Vernon Heights Baptist Church**  
423-349-8020  
2547 Russell St.  
Kingsport, TN 37660
- **Virginia Avenue United Methodist Church**  
423-968-1353  
1127 Virginia Ave.  
Bristol, VA 37620
- **Waverley Road Presbyterian Church**  
423-247-5121  
1415 Waverley Rd.  
Kingsport, TN 37664  
[www.waverlyroadpc.org](http://www.waverlyroadpc.org)

# HOUSING

- **Bridge to Shore Recovery**

Tia Hughes: 423-470-9203

Brittney Horton: 423-523-1368

bridge2shore423@gmail.com

*Bridge to Shore Recovery believes that every women deserves the opportunity to be lifted up and provided resources to help achieve long term recovery.*

[bridgetoshoretn.com](http://bridgetoshoretn.com)

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- **Bristol Lifestyle Recovery**

276-821-8030

recover@bristollifestylerecovery.org

261 North St.

Bristol, VA 24201

<https://fairviewhousing.org/programs/bristol-lifestylerecovery/contact/>

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- **Bristol Tennessee Housing Authority**

423-274-8150

204 Bluff City Hwy.

Bristol, TN 37620

[www.bristol-housing.com](http://www.bristol-housing.com)

- **Family Promise of Bristol**  
423-528-3036  
100 Ash St., #2  
Bristol, TN 37620  
[www.familypromiseofbristol.org](http://www.familypromiseofbristol.org)
- **Family Promise of Greater Kingsport**  
423-246-6500  
601 Holston St.  
Kingsport, TN 37660  
[www.familypromisekingsport.org](http://www.familypromisekingsport.org)
- **Freedom Houses**  
Ben Robinson: 423-333-7746  
Dillon Dykes: 423-963-8739  
Ben@freedomhousetn.com  
*12-Step based sober living homes for men and women*  
freedomhousetn.com
- **The Gray House**  
*Is a Sober Living/Life Recovery House for men*
- **Harmony and Hope House for Women**  
Ann Davis: 276-696-5493  
*Faith based sober living house for women*  
[bros4christ.org](http://bros4christ.org)

# HOUSING

- **Kingsport Housing Authority**

423-245-0135

906 E. Sevier Ave.

Kingsport, TN 37662

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

- **Manna House**

423-434-9310

116 W. Walnut St.

Johnson City, TN 37604

[www.fairviewhousing.org/programs/the-manna-house/](http://www.fairviewhousing.org/programs/the-manna-house/)

- **Oxford House - Sober Living Houses**

800-689-6411

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

[www.oxfordvacancies.com](http://www.oxfordvacancies.com) | [www.oxfordhouse.org](http://www.oxfordhouse.org)

- **Recovery Resources**

Tabitha Edwards: 423-491-2420

Craig Forrester: 423-430-7657

*We're peers and allies dedicated to helping people, families, and communities throughout Northeast Tennessee achieve freedom from addiction and thrive in recovery.*

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

# MEDICAL / SOCIAL SERVICES

- **Appalachian Highlands Community Dental**  
276-525-4487  
616 Campus Dr., Suite 100  
Abingdon, VA 24210  
[www.appalachianhighlandsdental.com](http://www.appalachianhighlandsdental.com)
- **Crossroads Medical Mission**  
276-466-1600  
433 Scott St.  
Bristol, VA 24201  
[www.crossroadsmedicalmission.org](http://www.crossroadsmedicalmission.org)
- **ETSU Charitable Pharmacy**  
423-926-6916  
2151 Century Lane  
Johnson City, TN 37601  
[etsu.edu/news/2014/07\\_juletsucharitablepharmacy.php](http://etsu.edu/news/2014/07_juletsucharitablepharmacy.php)
- **Friends in Need Health Center Inc.**  
423-246-0010  
1105 W. Stone Dr.  
Kingsport, TN 37660

# MEDICAL / SOCIAL SERVICES

- **Healing Hands Health Center**

423-652-0260

245 Midway Medical Park

Bristol, TN 37620

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

- **Health Connect America**

423-631-0210

2700 S. Roan St., #105

Johnson City, TN 37601

[www.healthconnectamerica.com](http://www.healthconnectamerica.com)

- **Johnson City Community Health Center**

423-926-2500

2151 Century Lane

Johnson City, TN 37604

[www.etsuhealth.org/locations/jccommunityhealthcenter.php](http://www.etsuhealth.org/locations/jccommunityhealthcenter.php)

- **Keystone Dental**

423-232-7919

603 Bert St., Suite 206

Johnson City, TN 37601

[www.keystonedentaljc.com](http://www.keystonedentaljc.com)



# MEDICAL / SOCIAL SERVICES

- **Medical Emergency**

911

*Emergency assistance, 24-hours a day*

- **Medicare**

800-633-4227

*Health coverage for those 65 and over*

[www.medicare.gov](http://www.medicare.gov)

- **Project Access**

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

[www.project-access.org](http://www.project-access.org)

- **Providence Medical Clinic of Kingsport**

423-247-4536

441 Clay St.

Kingsport, TN 37660

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

- **Rural Health Services Consortium -  
Bluff City Medical Center**

423-538-5116

229 Highway 19-E

Bluff City, TN 37618

[www.rhsctn.com](http://www.rhsctn.com)

# MEDICAL / SOCIAL SERVICES

- **Rural Health Services Consortium - Kingsport Medical Center**  
423-246-7922  
737 E. Sevier St.  
Kingsport, TN 37660  
[www.rhsctn.com](http://www.rhsctn.com)
- **Sullivan County Health Department**  
423-279-2777  
1040 E. Sullivan St.  
Kingsport, TN 37664  
154 Blountville Bypass  
Blountville, TN 37617  
[www.sullivanhealth.org](http://www.sullivanhealth.org)
- **Twin City Medical Center**  
276-669-5179  
2195 Euclid Ave, Suite 6  
Bristol, VA 24201  
[www.svchs.com](http://www.svchs.com)
- **Washington County Health Department**  
423-975-2200  
219 Princeton Rd.  
Johnson City, TN 37601  
[www.washingtoncountyttn.org](http://www.washingtoncountyttn.org)

# DOMESTIC VIOLENCE

- **Abuse Alternatives**

Hotline # 423-764-2287 | Office # 423-652-9093

104 Memorial Dr.

Bristol, TN 37620

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

- **Branch House**

423-574-7233

313 Foothills Dr.

Blountville, Tn 37617

Support and advocacy for survivors of domestic abuse or sexual assault.

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

- **Hope House**

423-247-7994

1567 N. Eastman Rd., Suite 7

Kingsport, TN 37664

*Maternity Home and Crisis Family Violence Shelter*

[www.hopehouse.us](http://www.hopehouse.us)

- **Nationwide Search of Domestic Shelters**

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

- **Tennessee Domestic Violence Hotline**

800-356-6767

*To see all children and families in Tennessee thriving in a safe and stable community*

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

# HOMELESS SERVICES

- **Appalachian Regional Coalition on Homelessness**  
423-928-2724  
409 W. Walnut St.  
Johnson City, TN 37604  
[www.appalachianhomeless.org](http://www.appalachianhomeless.org)
- **Family Promise of Bristol**  
423-528-3036  
137 Martin Luther King, Jr. Blvd.  
Bristol, TN 37620  
[www.familypromiseofbristol.org](http://www.familypromiseofbristol.org)
- **Family Promise of Greater Kingsport**  
423-246-6500  
601 Holston St.  
Kingsport, TN 37660  
[www.fpgk.org](http://www.fpgk.org)
- **Haven of Rest**  
423-968-2011  
624 Anderson Street  
Bristol, TN 37620  
[www.havenofrestbristol.org](http://www.havenofrestbristol.org)
- **Kingsport Police Department  
Homeless Outreach Worker**  
Erin Gray: 423-229-9300

# HOMELESS SERVICES

- **Salvation Army - Bristol**

423-434-9910

137 Martin Luther King, Jr. Blvd.

Bristol, TN 37620

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

- **Salvation Army - Johnson City**

423-926-2101

204 W. Walnut St.

Johnson City, TN 37601

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

- **Salvation Army - Kingsport**

423-246-6671

505 Dale St.

Kingsport, TN 37660

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

- **Tennessee Valley Coalition for the Homeless**

888-556-0791

*Leading the effort to compassionately house East Tennessee's homeless*

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

# HOMELESS SERVICES

- **United Way of Greater Kingsport  
Homeless Services Liaison**

Jonathan Anderson: 423-378-3409 ext 21

[janderson@uwaykpt.org](mailto:janderson@uwaykpt.org)

## **Volunteers of America -**

- **Homeless and At-Risk Veterans**

423-461-0044

112 E. Myrtle Ave., Suite 401A

Johnson City, TN 37604

[www.voamid.org/tennessee](http://www.voamid.org/tennessee)

# TRANSPORTATION

- **Johnson City Transit System**

423-929-7119

137 West Market St.

Johnson City, TN 37601

*Monthly Passes for \$25.00 - must be purchased at the bus station*

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

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

423-224-2613

900 E. Main St.

Kingsport, TN 37660

*Monthly Passes for \$20.00 - must be purchased at the bus station*

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

- **MyRide Kingsport**

423-530-6340

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

# TRANSPORTATION

- **NET Trans**

800-528-7776 | 423-461-8233

704 Rolling Hills Drive

Johnson City, TN 37601

*Monthly Passes for \$25.00, single rides from*

*\$4.00 to \$12.00 - Must be scheduled online*

*48+ hours in advance, or purchased at their office.*

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

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

- **TennCare Transportation**

*Call the number on the back of your insurance card*



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

## THE L-O-V-E METHOD

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

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

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

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

# PREVENTION

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



***John Paul Linke***

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

# PREVENTION RESOURCES

- **Community Anti-Drug Coalitions of America (CADCA)**  
877-540-3302  
*General information on Coalitions, prevention, and research on Substance abuse*  
[www.cadca.org](http://www.cadca.org)
- **National Institute on Drug Abuse (NIDA)**  
977-894-6892  
*An American Addiction Centers Resource to connect to a treatment center.*  
[www.drugabuse.gov](http://www.drugabuse.gov)
- **Northeast Tennessee Mental Health Association**  
865-584-9125  
*Dedicated to the promotion of mental health awareness, wellness, and recovery in our communities*  
[www.mhaet.com](http://www.mhaet.com)
- **Partnership to End Addiction**  
[www.drugfree.org](http://www.drugfree.org)

# PREVENTION RESOURCES

- **Prescription Drug Disposal**

*Prescription drug misuse is a prevalent and often fatal problem. Drop your old and expired medications at a medication disposal location. There are many in Sullivan County and surrounding counties.*

<https://tdeconline.tn.gov/rxtakeback/>

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

800-662-HELP | 800-662-4357

*SAMHSA information on thousands of state-licensed*

- *providers who specialize in treating substance use disorders, addiction, and mental illness.*

[www.findtreatment.gov](http://www.findtreatment.gov) | [www.samhsa.gov](http://www.samhsa.gov)

**Sullivan County Anti-Drug Coalition**

Melony Ison, Prevention Coordinator

423-742-1025 | [melony@scadcoalition.org](mailto:melony@scadcoalition.org)

Niki Robertson, Project Coordinator

423-646-5018 | [niki@scadcoalition.org](mailto:niki@scadcoalition.org)

*For information about how to talk with your kids about drugs and alcohol*

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

# PREVENTION RESOURCES



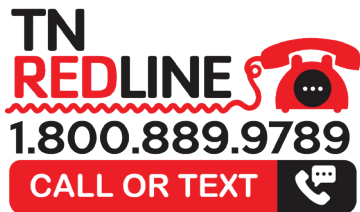
***Shaunna Mellons***

Sullivan County Anti-Drug Coalition

Certified Peer Recovery Specialist, Overdose Response Team

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

*Hablamos Español; Language line available*



**Sullivan County**  
**Anti-Drug Coalition**



Paid for by the Tennessee Department of Health, Overdose Response Coordination Office and the Centers for Disease Control and Prevention, Overdose Data to Action Cooperative Agreement.



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