

**SUBSTANCE USE TREATMENT  
AND  
RECOVERY OPTIONS**

**Step by Step Guide  
for Sheboygan County**

# Where to Start?

This guide was developed by Mental Health America in Sheboygan County (MHA) in partnership with Sheboygan County Public Health and the Sheboygan County Sheriffs Department.

The purpose of this guide is to deliver information on substance use, treatment options, recovery, and support. In addition, this guide intends to provide **hope** to all who are struggling with substances. Help is out there, recovery is possible!



This guide is by no means comprehensive but it does represent the wealth of resources present in Sheboygan County and the surrounding areas.

In addition, it is important to keep in mind that each agency or group has their own policies, procedures and processes in place. It would be in your best interest to contact any resources listed in this guide directly with any specific questions regarding the types of services they provide.

Every attempt has been made to make this guide as complete and accurate as possible. Listings in the guide do not necessarily imply endorsement of the program or services.

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# Step 1



## What is addiction?

Drug addiction, also called substance use disorder, is a dependence on a legal or illegal drug or medication. When you're addicted, you're not able to control your drug use and you may continue using the drug despite the harm it causes. Drug addiction can cause an intense craving for the drug and can cause serious, long-term consequences, including problems with physical and mental health, relationships, employment, and the law.

Unfortunately, addiction can strike anyone, anywhere, at any time.

## How does an addiction start?

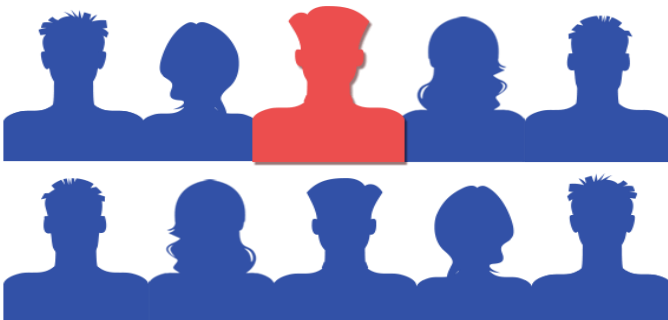
Most drug addictions start with experimental use of a drug in social situations. For some people, the drug use becomes more frequent. The risk of addiction and how fast you become dependent varies by drug. Some drugs have a higher risk and cause dependency more quickly than others.

As time passes, you may need larger doses of the drug to get high. Soon you may need the drug just to feel good. As your drug use increases, you may find that it's increasingly difficult to go without the drug. Attempts to stop drug use may cause intense cravings and make you feel physically ill (withdrawal symptoms).

## Drug addiction symptoms or behaviors include:

- Feeling that you have to use the drug regularly — this can be daily or even several times a day
- Having intense urges for the drug
- Over time, needing more of the drug to get the same effect
- Making certain that you maintain a supply of the drug
- Spending money on the drug, even though you can't afford it
- Not meeting obligations and work responsibilities, or cutting back on social or recreational activities because of drug use
- Doing things to get the drug that you normally wouldn't do, such as stealing
- Driving or doing other risky activities when you're under the influence of the drug
- Focusing more and more time and energy on getting and using the drug
- Failing in your attempts to stop using the drug
- Experiencing withdrawal symptoms when you attempt to stop taking the drug

**1 in 10** Americans aged 12 and older is living with a drug problem.



*If you, or someone you love, are struggling with addiction, the time to seek treatment is right now!*

# Step 2

## Understanding Treatment

### Starting the process of treatment and recovery

You or your loved one may want to quit, but most people find they can't do it on their own. You or your loved one may need help from a doctor, family, friends, support groups or an organized treatment program to overcome drug addiction and stay drug-free.

Addiction is a manageable but chronic disease, just like diabetes or asthma. Because it is a chronic, relapsing disease, you should not think about treatment as a way to “cure” someone. You should look at treatment as a first step in helping yourself or your loved one.

### How do I know what type of treatment is necessary if any?

Like many other problems, drug abuse and denial commonly go hand-in-hand. Both the person suffering from the addiction, as well as their friends and family, may find themselves denying the issue, believing that it is under control, or thinking the drug use can easily be stopped at any time. In many cases, those who try to avoid treatment facilities are actually those who can use the most help.



### What types of treatment options are available?

There are many different types of drug rehabilitation facilities / programs out there.

- Some specialize in helping their patients deal with a specific drug addiction, while others offer a broader range of services for those dealing with any type of addiction to drugs.
- Some drug rehabilitation programs are gender and/or age specific so that patients feel more comfortable in their surroundings and are able to connect with similar individuals who are dealing with the same struggles.
- Inpatient drug rehabilitation programs are ideal for those who need to get away from the temptation of the outside world and into a safe environment where they are able to detox.

**NOTE: The type of drug an individual is addicted to will determine the type of detox that is needed. Detox from alcohol and benzodiazepines should be done with medical supervision, as their withdrawal symptoms can be fatal.**

- Outpatient drug rehabilitation programs are also available. These programs offer both private and group sessions for drug addiction, as well as various levels of care. (3 times per week, 1 time per week, etc.)



# Step 3

## Cost of Treatment

You may have heard stories about how expensive treatment is. However, there are options available that can help you and/or your family handle the financial burden of paying for substance use treatment.

There are several options when it comes to paying for treatment. These include:

- Health insurance plans and/or Employee Assistance Programs (EAP)
- Veterans Administration benefits (if you're a military family)
- Financial Aid/Scholarship
- Payment plan and a sliding fee scale.



**These options don't cover everyone, but you may be able to cut personal costs by using one or more of the following:**



**Private Insurance** Most private health insurance plans provide coverage for some substance abuse treatment. Call the toll-free number on the back of your card and ask about your treatment benefits, or talk to your employer's employee assistance program (EAP). Precertification may be required before entering a program. Make sure you know all the out of pocket costs you will be responsible for before making any arrangements.



**Medicaid, Medicare Part A, and the Health Insurance Marketplace** can help get you or your loved one insured.

- \* Contact Economic Support regarding Medicaid at 1-888-794-5556, or online at [www.accesswisconsin.gov](http://www.accesswisconsin.gov).  
**Please Note:** Medicaid does not currently cover residential treatment.
- \* Contact Medicare at 1-800-Medicare (633-4227) or visit [www.mymedicare.gov](http://www.mymedicare.gov).
- \* Contact the Healthcare Marketplace at 1-800-318-2596 or [www.healthcare.gov](http://www.healthcare.gov).

Feeling overwhelmed? Do you have additional questions? You can connect with:	
<b>Mental Health America in Sheboygan Co. (MHA)</b> Phone: (920) 458-3951 Confidential referrals and consultation for mental health and substance use services, including resource library with materials and a peer support recovery drop in center called Open Door!	<b>Sheboygan Co. Health and Human Services (HHS)</b> Phone: (920) 459-0563 Information and Assistance Specialists are available to assist with navigating HHS programs. They also provide referrals to resources within the community.

# STEP 4

## Recovery and Relapse

**Recovery:** According to the Substance Abuse and Mental Health Services Administration (SAMHSA), a life in recovery consists of four components:

**Health.** Physical and mental health concerns that cause discomfort, distress, or both should be eliminated or managed.

**Home.** The person should have access to a safe and comfortable place to live.

**Purpose.** Meaningful activities, such as work, volunteerism, or creative endeavors, should be part of daily life.

**Community.** Social networks that foster feelings of friendship and love should surround the person.

Recovery from a substance use disorder is more than not using drugs. While it is tempting to think that once someone completes treatment that a person is “recovered”, in reality recovery from substance abuse and addiction is a lifelong process.



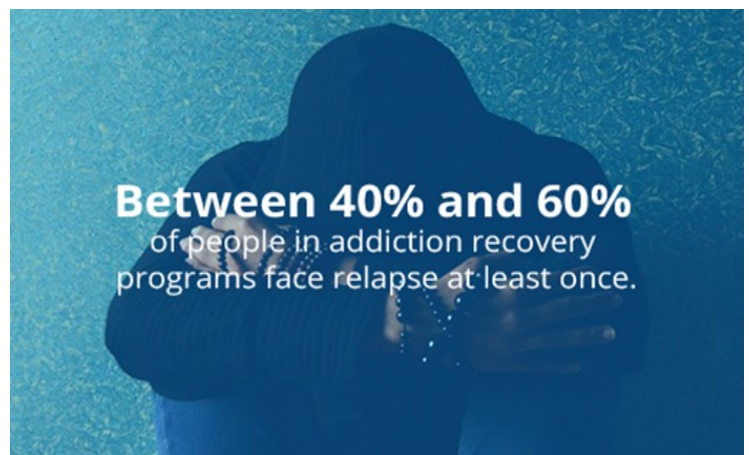
### Recovery is about ALL of these components:

- Improving one’s quality of life
- Being emotionally and physically healthy
- Succeeding in school or work
- Having healthy relationships
- Having a healthy social life
- Living drug-free

For most people, maintaining recovery requires supports and services after formal treatment is completed. There is a wide range of recovery supports and services available to help individuals in recovery prevent relapses, get emotional support, maintain progress made in treatment, and live drug-free.

### Possible Relapse

Relapse is as common for drug or alcohol abuse as it is for other chronic diseases such as asthma or diabetes. It’s not as bad as you think. Often, people who experience a relapse quickly realize that there was something wrong with the way they were recovering, and make an adjustment so their recovery works long-term. Plus, like riding a bike, recovery is a process that may include some skinned knees, or a bump on the elbow on the way to success.



# Step 5

## DRUG ADDICTION

### Understanding Harm Reduction

#### prevention

##### Clean Needles Prevent Hepatitis C and HIV

The use of unclean needles is very dangerous. Drug users that are injecting are at risk of contracting Hepatitis C and HIV. These are contagious diseases that cause serious, lifelong illnesses. Hepatitis C and HIV are spread through contact with the blood from an infected person. Contact the AIDS Resource Center of Wisconsin for HIV and hepatitis testing, and resources for clean needle exchange. <http://arcw.org/>



##### Overdose Naloxone (Narcan)

EMT's, police, first responders trained to administer Narcan **Assembly Bill 446**: Provides all levels of EMTs, first responders, police and fire the ability to be trained to administer Naloxone Narcan, a drug used to counter the effects of opiate overdose, such as a heroin overdose. Any person who administers the drug is immune from civil or criminal liability provided their actions are consistent with Wisconsin's Good Samaritan law. [Act 200]



##### Have Naloxone (Narcan) on hand

Narcan is a special narcotic drug that reverses the effects of other narcotic medicines. It may be used to treat narcotic drug overdose. Narcan can be given by intramuscular injection or with a nasal spray device (into the nose). Please seek immediate medical help after administering Narcan. Call the **AIDS Resource Center** for more information on how to obtain Narcan.



**IF YOU ARE WITH SOMEONE WHO IS OVERDOSING, CALL 911 WITHOUT RISK**  
**Assembly Bill 447**: Provides limited immunity from certain criminal prosecutions for a person who seeks assistance from police or medical professionals for another individual who has overdosed on controlled substances. Act 194



**HOPE Laws: (Heroin, Opiate Prevention and Education, Laws that save)**  
In 2014, Governor Walker signed all seven of Rep. John Nygren's, HOPE Agenda bills into law to help prevent and fight the growing heroin and prescription drug epidemic in our state. For more information about these bills, visit [legis.wisconsin.gov](http://legis.wisconsin.gov)



# AREA TREATMENT PROVIDERS

## Residential/Inpatient Treatment

Residential/Inpatient programs provide a living environment with treatment services. Several models of residential treatment (such as the therapeutic community) exist, and treatment in these programs lasts from a month to a year or more. Programs may differ in some ways.

### Sheboygan County Resources:

#### Pathways to a Better Life, LLC

13111 Lax Chapel Rd., Kiel, WI 53042

920.894.1374, [www.pathwaystoabetterlife.com](http://www.pathwaystoabetterlife.com)

*90-day residential treatment center for adult men and women.*

**Payment:** *Contact for cost and payment options. Does not accept medical assistance, Badger Care, T-19, State Insurance, or any HMO's associated with those plans.*

### Out of County Resources:

#### Aurora Psychiatric Hospital, Dewey Center

1220 Dewey Ave., Wauwatosa, WI 53213

414.454.6707, [www.aurorahealthcare.org](http://www.aurorahealthcare.org)

*Offers Inpatient detox and rehabilitation as well as opiate specific programming.*

**Payment:** *Self-Pay, accepts many private insurances. Does not accept medical assistance, Badger Care, T-19, State insurance, or any HMO's associated with those plans. Call ahead for eligibility and screening requirements.*

#### Beacon House

166 South Park Ave., Fond Du Lac, WI 54936

920.923.3999, [www.beaconhousefdl.org](http://www.beaconhousefdl.org)

*90-day program for women. 12-step based group and individual counseling.*

**Payment:** *Self-pay. Does not accept medical assistance, Badger Care, T-19, State insurance, or any HMO's associated with those plans.*

#### Blandine House

25 North Park Ave., Fond Du Lac, WI 54935

920.922.9487, [www.blandinehouse.org](http://www.blandinehouse.org)

*90-day program for men.*

**Payment:** *Self-pay and some private insurances. Does not accept medical assistance plans. Contact for screening and eligibility requirements.*

#### Exodus Transitional Care Facility

1421 Fond Du Lac Ave., Kewaskum, WI 53040

262.626.4166, [www.exodus-house.com/](http://www.exodus-house.com/)

*90-day residential treatment program for men.*

**Payment:** *Self-pay, and some private insurances accepted. Does not accept medical assistance plans.*



**Jackie Nitschke Center, Inc.**

630 Cherry St., Green Bay, WI 54301

920.435.2093, Intake: 920.435.2093, [www.jackienitschkecenter.com/](http://www.jackienitschkecenter.com/)

28-Day residential service for adults.

**Payment:** Contact directly for program cost and financial guidelines. Scholarships available for Brown Co. residents, Does not accept medical assistance plans.

**L.E. Phillips Treatment Center – Chippewa Falls**

2661 Cty Hwy I, Chippewa Falls, WI 54729

715.723.5585, 24-hours: 800.680.4578, [www.libertascenter.org](http://www.libertascenter.org)

Detoxification and 28-day inpatient residential treatment program.

**Payment:** Self-Pay, accepts many private insurances. Does not accept medical assistance, Badger Care, T-19, State insurance, or any HMO's associated with those plans. Call ahead for eligibility and screening requirements.

**Libertas Treatment Center (inpatient is adolescents only)**

**Green Bay**

1701 Dousman St., Green Bay, WI 54303

920.498.8600, [www.libertasgb.org](http://www.libertasgb.org)

Inpatient program for adolescents.

**Payment:** Self-pay, and some private insurances accepted. Does not accept medical assistance, Badger Care, T-19, State insurance, or any HMO's associated with those plans.

**Sheboygan (Intake for Green Bay)**

2108 Kohler Memorial Dr., Sheboygan, WI 53081

920.803.0740

**Meta House**

2625 N. Weil Street Milwaukee, WI 53212

414.962.1200, [www.metahouse.org](http://www.metahouse.org)

Inpatient gender responsive treatment program for women and their families. Does not provide detoxification services; however, it is expected that many women will be admitted immediately after detoxification.

**Payment:** Self-pay, based on income. Accepts most private insurance. Does not accept medical assistance, Badger Care, T-19, State insurance, or any HMO's associated with those plans.

**Ministry Behavioral Health**

201 Prentice St., Stevens Point, WI 54481

715.345.0711, [www.ministryhealth.org/](http://www.ministryhealth.org/)

A residential inpatient treatment service (medically monitored) for adult men and women.

**Payment:** Self-pay, and some private insurances. Does not accept medical assistance, Badger Care, T-19, State Insurance, or any HMO's associated with those plans.

**The Moorings Programs, Inc.**

**Casa Clare (women)**

201 S. Glenridge Ct., Appleton, WI 54914

920.731.3981, [www.mooringscasa.com/](http://www.mooringscasa.com/)

A residential inpatient treatment service for adults.

**Payment:** Self-pay. Accepts some private insurances. Does not accept medical assistance plans.

**Mooring House (men)**

607 West Seventh St., Appleton, WI 54911

920.739.3235, [www.mooringscasa.com/](http://www.mooringscasa.com/)

### **Nova Counseling Services, Inc.**

3240 Jackson St., Oshkosh, WI 54901

920.231-0143,

Toll free: 800.298.8170, [www.novaoshkosh.com/](http://www.novaoshkosh.com/)

*28-day residential program serving men and women.*

**Payment:** *Self-pay, and some private insurances. Does not accept medical assistance, Badger Care, T-19, State Insurance, or any HMO's associated with those plans.*

### **Rogers Memorial Hospital–Oconomowoc**

34700 Valley Rd., Oconomowoc, WI 53066

262.646.4411, [rogershospital.org](http://rogershospital.org)

*Comprehensive and individualized residential addiction treatment is available at the Herrington Recovery Center for adult men and women, lasting on average about 6-8 weeks. Led by an experienced team of professionals, evidence-based services can address co-occurring and complex cases.*

**Payment:** *Accepts many insurance plans.*

### **Shorewood House**

3924 N. Maryland Ave., Shorewood, WI 53211

414.977.5890, [www.shorewoodhouse.org](http://www.shorewoodhouse.org)

*A newly-renovated, private-pay residential treatment program for women. Located in an inviting, suburban setting, Shorewood House features upgraded amenities. With a capacity for just eight women, treatment is highly-individualized and offers holistic, trauma informed and strength-based treatment approach.*

**Payment:** *Residential treatment services, \$15,000 per month. Self-pay, and some private insurances accepted. Does not accept medical assistance, Badger Care, T-19, State insurance, or any HMO's associated with those plans.*

## **Withdrawal Management/ Inpatient Detoxification Program**

Withdrawal management / Inpatient Detoxification programs are programs that provide a safe and supportive environment while detoxing from substances.

### **Sheboygan County Resources:**

#### **Aurora Sheboygan Memorial Medical Center**

2414 Kohler Memorial Dr., Sheboygan, WI 53081

920.451.5510, Intake: 920.451.5485, [www.aurorahealthcare.org](http://www.aurorahealthcare.org)

*Rapid detox and stabilization for **alcohol only**. This is a hospital based program with an expected length of stay of 3-5 days.*

**Payment:** *Self-Pay, accepts many private insurances and medical assistance plans.*

# Intensive Outpatient (IOP) and Outpatient Treatment

Intensive Outpatient (IOP) and Outpatient treatment is therapy that helps individuals to develop healthy coping skills, a strong support system, learn to implement structure in their life, and help to support them through life challenges while remaining in their home and work environment.

## Sheboygan County Resources:

### Aurora Behavioral Health

#### Sheboygan Clinic

2414 Kohler Memorial Dr., Sheboygan, WI 53081

920.457.4461, [www.aurorahealthcare.org](http://www.aurorahealthcare.org)

*Outpatient treatment provider.*

**Payment:** *Accepts most private insurances, and medical assistance.*

#### Plymouth Health Center

2600 Kiley Way, Plymouth WI 53073

920.457.4461, [www.aurorahealthcare.org](http://www.aurorahealthcare.org)

### Dynamic Family Solutions

615 S. 8<sup>th</sup> St., Sheboygan, WI 53081

920.323.7431, [www.dynamicfamilysolutions.com](http://www.dynamicfamilysolutions.com)

*Outpatient treatment, Adolescent Treatment, Adolescent Groups, Gender Specific Treatment, Individual Treatment Family Therapy, Women's Group, and Men's Group.*

**Payment:** *Accepts most private insurance plans.*

### Labor of Love

1020 Superior Ave., Sheboygan, WI 53081

920.226.9599, [www.laboroflovecenter.webs.com](http://www.laboroflovecenter.webs.com)

*Outpatient treatment providers.*

**Payment:** *Accepts most insurance plans, accepts medical assistance, affordable self-pay options to make treatment accessible.*

### Libertas Treatment Center

#### Green Bay

1701 Dousman St., Green Bay, WI 54303

920.498.8600, [www.libertasgb.org](http://www.libertasgb.org)

*Outpatient treatment provider for adolescents and adults.*

**Payment:** *Accepts many private insurances, and medical assistance.*

#### Sheboygan

2108 Kohler Memorial Dr., Sheboygan, WI 53081

920.803.0740

### Life Point Counseling

433 E. Mill St., Suite A, Plymouth, WI 53073

920.892.7606, [www.lifepointwi.com](http://www.lifepointwi.com)

*Outpatient treatment provider.*

**Payment:** *Accepts most private insurance plans.*

## **Nett-Work Family Counseling**

### **Sheboygan North**

2801 Calumet Dr., Sheboygan, WI 53081  
920.451.6908, [www.nett-workfamilycounseling.org](http://www.nett-workfamilycounseling.org)

*Outpatient treatment providers with five area locations; Sheboygan North, Sheboygan South, Manitowoc, New Holstein, and Plymouth. Offers Intoxicated Drivers Program.*

**Payment:** *Self-pay, accepts many private insurances, and medical assistance.*

### **Sheboygan South**

3321 S. 12<sup>th</sup> St., Sheboygan, WI 53081  
920.783.6201

## **Northshore Clinic, LLC**

805 N. 6<sup>th</sup> St., Sheboygan, WI 53081  
920.457.8866, [www.northshoreclinic.org](http://www.northshoreclinic.org)

*Outpatient treatment provider, individual and group counseling.*

**Payment:** *Accepts many private insurance plans.*

## **Phoenix Behavioral Health**

### **Sheboygan Office (by appointment)**

1121 N. 7th St., Sheboygan, WI 53081  
920.682.1131, <http://www.phoenixbhc.com/>

*Outpatient treatment provider.*

**Payment:** *Contact directly regarding fee's and payment options.*

### **Manitowoc (Main office)**

115 E. Waldo Blvd., Manitowoc, WI 54220  
920.682.1131

## **Prevea Behavioral Care**

### **Sheboygan**

3425 Superior Ave., Sheboygan, WI 53081  
920.458.5557, [www.prevea.com](http://www.prevea.com)

*Outpatient treatment providers.*

**Payments:** *Accepts most private insurance plans, and medical assistance.*

### **Green Bay**

2680 Vernon Dr., Green Bay, WI 54304  
920.272.1200

## **Samaritans Hand**

913 N. 6th St., Sheboygan, WI 53081 (ally door)  
920.254.6922, [www.samaritanshand.org](http://www.samaritanshand.org)

*A faith-based drug and alcohol outpatient clinic for the Sheboygan area and lake shore communities.*

**Payment:** *Contact directly regarding fee's and payment options.*

## **Sheboygan County Health and Human Services**

1011 N. 8<sup>th</sup> St., Sheboygan WI 53081  
920.459.6400, [www.sheboygancounty.com](http://www.sheboygancounty.com)

*Offers various levels of care including intensive outpatient, aftercare, and Drivers Safety programming. Group setting offers support and education for those with substance abuse issues. Level of care is assessed at initial appointment with clinician.*

**Payment:** *Some private insurances are accepted.*

**Yurk Counseling Services, LLC**

3424 Superior Ave., Sheboygan, WI 53081

920.287.0406, [www.yurkcounseling.com](http://www.yurkcounseling.com)

*Outpatient treatment provider .*

**Payment:** *Self-pay, accepts many private insurances, and medical assistance.*

**Out of County Resources:****Affiliated Clinical Services- West Bend & Hartford**

111 E. Washington St., West Bend, WI 53095

262.338.2717, [www.affiliatedclinical.com](http://www.affiliatedclinical.com)

*4-8-week intensive outpatient program for adults. Treatment intensity, focus and length will be proportionate to the client's needs.*

**Payment:** *Self-pay, and most private insurances accepted. Does not accept medical assistance, Badger Care, T-19, State insurance, or any HMO's associated with those plans.*

**Meta House**

2625 N. Weil Street Milwaukee, WI 53212

414.962.1200, [www.metahouse.org](http://www.metahouse.org)

*Outpatient program serves clients through a person centered treatment model. Services include counseling, life skills, education and vocational services, health education, nutrition, parenting, mental health and relapse prevention.*

*Child care is also available on-site.*

**Payment:** *Self-pay, based on income. Accepts most private insurance, and medical assistance. No one is turned away because of inability to pay.*

**Nova Counseling Services, Inc.**

3240 Jackson St., Oshkosh, WI 54901

920.231-0143, Toll free: 800.298.8170, [www.novaoshkosh.com/](http://www.novaoshkosh.com/)

*Intensive outpatient program is held five days per week, Monday-Friday, from 9 a.m. to noon.*

**Payment:** *Self-pay, and some private insurances. Does not accept medical assistance, Badger Care, T-19, State insurance, or any HMO's associated with those plans.*

**Psychological Evaluation & Consulting Services, SC**

9950 N Port Washington Rd., Mequon, WI 53092

262.240.9779, [www.pecssc.com](http://www.pecssc.com)

*Intensive Outpatient Program, 12- weeks of group and individual addiction treatment. Incorporates use of the 12-step philosophy, cognitive-behavioral therapy, experiential learning, meditation, relaxation, visualization, and related home-work tasks.*

**Payment:** *Accepts most private insurances, as out of network providers. Does not accept medical assistance, Badger Care, T-19, State insurance, or any HMO's associated with those plans.*

**Rogers Memorial Hospital–Oconomowoc**

34700 Valley Rd., Oconomowoc, WI 53066

262.646.4411, [rogershospital.org](http://rogershospital.org)

*Our Silver Lake Outpatient Center offers comprehensive and individualized addiction treatment for adults in an intensive outpatient program (15 hours/week) and dual diagnosis partial hospital program (30 hours/week) for co-occurring addiction and mental health disorders.*

**Payment:** *Accepts many insurance plans.*

### **Rogers Memorial Hospital–Brown Deer**

4600 W. Schroeder Dr., Brown Deer, WI 53223

414.865.2500, [rogershospital.org](http://rogershospital.org)

*Providing comprehensive and individualized addiction treatment, we offer an intensive outpatient program (15 hours/week) for adults with addiction. Dual diagnosis partial hospital programs (30 hours/week) for adults and teens with co-occurring addiction and mental health disorders are also available, including an intensive outpatient program option for adults.*

**Payment:** *Accepts many insurance plans.*

### **Rogers Memorial Hospital–West Allis**

11101 W. Lincoln Ave., West Allis, WI 53227

414. 327.3000, [rogershospital.org](http://rogershospital.org)

*Providing comprehensive and individualized addiction treatment, we offer an intensive outpatient program (15 hours/week) for adults and an intensive outpatient program (12 hours/week) for young adult males (18-24). Dual diagnosis partial hospital (30 hours/week) and intensive outpatient programs for adults with co-occurring addiction and mental health disorders are also available.*

**Payment:** *Accepts many insurance plans.*

### **Roots Counseling Services**

1863 N. Farwell Ave. Milwaukee, WI 53202

1.844.447.6687, [www.rootsmke.org](http://www.rootsmke.org)

*Out-patient treatment center that offers four levels of care starting with Day-Treatment, then Intensive Out-Patient, then Out-Patient and finally Continuing Care. The treatment lasts around 12 months and has been very effective with heroin/opiate addicts finding long term lasting recovery.*

**Payment:** *Accepts many private insurance plans. Does not accept medical assistance, Badger Care, T-19, State insurance, or any HMO's associated with those plans.*

### **SALS, LLC**

620 Maple Ave., Waukesha, WI 53186

262.549.2121, [www.salssoberhouses.com](http://www.salssoberhouses.com)

*Intensive outpatient, outpatient, and*

**Payment:** *Contact directly regarding fee's and payment options.*

# Medication Assisted Programs

Medication-Assisted Treatment (MAT) is the use of medications, in combination with counseling and behavioral therapies, to provide a whole-patient approach to the treatment of substance use disorders.

## Sheboygan County Resources:

### Holistic Pain Management and Wellness Center- Dr. Steve Santino

4027 S. Business Dr., L03, Sheboygan, WI 53081

262.365.9572, [www.holisticpainmanagement.net](http://www.holisticpainmanagement.net)

*Suboxone provider, for those interested in also utilizing alternative/complementary medicine; acupuncture, various herbals/nutritional support and aromatherapy.*

**Payments:** *Self-pay. Accepts most private insurances. Does not accept medical assistance, Badger Care, T-19, State insurance, or any HMO's associated with those plans.*

### Prevea Behavioral Care

3425 Superior Ave., Sheboygan, WI 53081

920.458.5557, [www.prevea.com](http://www.prevea.com)

*Suboxone provider. Psychiatric assessment and medication management for adults.*

**Payments:** *Accepts most private insurances, and medical assistance.*

### Sheboygan Comprehensive Treatment Center

2842 S Business Dr., Sheboygan, WI 53081

920.458.6527, [www.methadonetreatmentwisconsin.com](http://www.methadonetreatmentwisconsin.com)

*Narcotic maintenance treatment services, methadone maintenance, individual and group counseling.*

**Payments:** *Accepts most private insurances, and medical assistance.*

## Out of County Resources:

### Affiliated Clinical Services- West Bend & Hartford

111 E. Washington St., West Bend, WI 53095

262.338.2717, [www.affiliatedclinical.com](http://www.affiliatedclinical.com)

*Suboxone and Vivitrol medication treatment.*

**Payment:** *Accepts many private insurances. Does not accept medical assistance, Badger Care, T-19, State Insurance, or any HMO's associated with those plans.*

### Psychological Evaluation & Consulting Services, SC

9950 N Port Washington Rd., Mequon, WI 53092

262.240.9779, <http://www.pecssc.com/>

*Suboxone provider.*

**Payment:** *Accepts most private insurances, as out of network providers. Does not accept medical assistance, Badger Care, T-19, State insurance, or any HMO's associated with those plans.*

# Sober Living Resources

When leaving treatment, a safe environment is inaccessible for most people, thereby putting their sobriety in danger. Sober living is designed for long-term and supportive residency that strives to provide a mutual support system to achieve success in sobriety. Eliminating the use of drugs and alcohol remains the first step in recovery. However, learning to live a drug and alcohol free life takes more time. Studies have indicated that the likelihood of maintaining long-term sobriety double when coupled with residency in a sober living house.

## Sheboygan County Resources:

### **The Abode: The Sheboygan Co Half-Way House**

503 Ontario Ave., Sheboygan, WI 53081

920.458.5205, [www.abodesheboygan.org](http://www.abodesheboygan.org)

A comfortable, safe ,and secure substance-free transitional living environment for residents with mental health and alcohol or drug diagnoses where needs for treatment and recovery can be met while the working toward living a more independent and responsible life.

## Out of County Resources:

### **Aspired, Inc.**

PO Box 93, West Bend, WI 53095

262.346.8471, <http://www.aspiredwomen.org/>

*Provide Sober Housing for women in recovery from alcohol or substance abuse.*

### **Meta House**

2625 N. Weil Street Milwaukee, WI 53212

414.962.1200, [www.metahouse.org](http://www.metahouse.org)

*Family-friendly transitional and permanent housing for women.*

**Payment:** *Must pay at least 30% of adjusted gross income as rent.*

### **Nova Counseling Services, Inc. -Terra Halfway House**

3240 Jackson St., Oshkosh, WI 54901

920.231-0143, Toll free: 800.298.8170, [www.novaoshkosh.com/](http://www.novaoshkosh.com/)

*90-day program for adults who have successfully completed a primary inpatient addiction treatment.*

**Payment:** *Self-pay, and some private insurances. Does not accept medical assistance.*

### **Roots Recovery Milwaukee Sober Living**

1.844.727.6237, [www.rootsrecovery.org](http://www.rootsrecovery.org)

*6-month sober living program limited to young adults over the age of 18. Residents attend outpatient counseling at an associated facility .*

**Payment:** *The first month's fee may be paid by a family member (\$700). After the first month, all residents are required to pay all of their own fees (\$500). Insurance may assist in covering some of the cost.*



**SALS Recovery House and Coaching**

620 Maple Ave., Waukesha, WI 53186

262.549.2121, [www.salssoberhouses.com](http://www.salssoberhouses.com)

*Multiple Recovery Houses throughout Milwaukee and Waukesha. Fully-furnished homes with no binding leases or utility bills for residents to put in their name. Each home has supportive housemates in recovery and an on-site live-in House Manager who works a recovery program with continued sobriety.*

**Payment:** *Contact directly for questions regarding fee's and payment options.*

**Sober Living Database**

[www.soberliving.interventionamerica.org](http://www.soberliving.interventionamerica.org)

# Sober Community Support Programs/Centers

Sober community supports are places that provide a sense of safety, support, fellowship, and acceptance to those who are in recovery from alcoholism and/or addiction. These community supports are often self-service spaces that offer education sessions, host self-help groups, and hold sober social/recreational events.

## Sheboygan County Resources:

### 1907 Club

2908 N. 21<sup>st</sup> St., Sheboygan, WI 53081

920.457.9633, 920.226.1415, [www.1907club.org](http://www.1907club.org)

*Serves individuals in recovery from drugs and alcohol, and their families, support groups, peer support and socializing, SMART Recovery Groups, Families Anonymous meetings, and host to community meetings regarding the topic of addiction.*

### Celebrate Recovery

#### Bethany Reformed Church

1315 Washington Ave., Sheboygan, WI 53081

920.452.0051, ext. 16, [bethanyreformedchurch.com](http://bethanyreformedchurch.com)

*A Christ-based approach to recovery that was a response to twelve-step programs such as Alcoholics Anonymous.*

#### St. Paul Lutheran Church

730 County Road PPP, Sheboygan Falls, WI 53083

920.467.7115, [www.stpaulfalls.com/Cel](http://www.stpaulfalls.com/Cel)

### Hope Community Church

2916 S. 11th St., Sheboygan, WI 53081

920.254.1762, [onlinecelebraterecovery.com](http://onlinecelebraterecovery.com)

*Celebrate Recovery, support groups for the military and their family, peer support and socializing.*

### Mental Health America in Sheboygan County

915 N. 7<sup>th</sup> St., Sheboygan, WI 53081

920.458.3951, [www.mhasheboygan.org](http://www.mhasheboygan.org)

*An information and referral source for people seeking mental health services such as therapy and support groups. Maintains a resource library of materials available for free loan to the public.*

### Open Door

817 N. 8<sup>th</sup> St., Sheboygan, WI 53081

920.783.6801, [www.mhasheboygan.org](http://www.mhasheboygan.org)

*Safe and comfortable place for peers with mental illness and co-occurring disorders to learn essential wellness & recovery skills.*

### Riteway Club

4627 S. 12th St., Sheboygan, WI 53081

920.452.3375

*Serves individuals in recovery from drugs and alcohol, and their families, support groups, peer support and socializing.*

### Samaritans Hand

#### Sheboygan Office (Main Location)

913 N. 6th St., Sheboygan, WI 53081 (ally door)

920.254.6922, [www.samaritanshand.org](http://www.samaritanshand.org)

*A faith-based outpatient clinic offers a variety of services such as AODA Support Meetings, Bible Studies, AODA 12-week groups, Individual sessions or Relapse Prevention Group.*

#### Plymouth (Friday Meetings Only)

New Life Church, 601 Eastern Ave., Plymouth, WI

920.254.6922

## **SMART RECOVERY-I Love My Addict**

### **St. John's UCC**

1248 Lincoln Ave., Sheboygan, WI 53081

920.331.0612, <https://www.facebook.com/ilovemyaddict>

*SMART Recovery classes for those with Active Addiction or those in recovery that are still struggling, as well as, for family and friends. Sessions are one on one.*

## **Out of County Resources:**

### **Friendship Corner**

21 East 2nd St., Suite 104, Fond du Lac, WI 54935

920.266.8447, [namifonddulac.org](http://namifonddulac.org)

*Friendship Corner, affiliated with NAMI Fond du Lac, is a place for peer support and friendship for individuals recovering from mental illness.*

# Family Support Resources

Addiction impacts not only those with the disease, but also their family and friends. The following resources are available to help you learn about addiction and find support for you and your family members.

## Sheboygan County Resources:

### 1907 Club

2908 N. 21<sup>st</sup> St., Sheboygan, WI 53083

920.457.9633, 920.226.1415, [www.1907club.org](http://www.1907club.org)

*Serves individuals in recovery from drugs and alcohol, and their families, support groups, peer support and socializing, SMART Recovery Groups, Families Anonymous meetings, and hosts community meetings regarding the topic of addiction.*

### Community Consultants, Inc.

1504 New Jersey Ave., P.O. Box 1357, Sheboygan, WI 53082

920.447.4545

*Provides family activities and peer support for residents of Sheboygan County.*

### Mental Health America in Sheboygan County

915 N. 7<sup>th</sup> St., Sheboygan, WI 53081

920.458.3951, [www.mhasheboygan.org](http://www.mhasheboygan.org)

*An information and referral source for people seeking mental health services such as therapy and support groups. Maintains a resource library of materials available for free loan to the public.*

### Open Door

817 N. 8<sup>th</sup> St., Sheboygan, WI 53081

920.783.6801, [www.mhasheboygan.org](http://www.mhasheboygan.org)

*Offers social interaction and supports in a peer run drop in center.*

### SMART RECOVERY-I Love My Addict

#### St. John's UCC

1248 Lincoln Ave., Sheboygan, WI 53081

920.331.0612, <https://www.facebook.com/ilovemyaddict>

*SMART Recovery classes for those with Active Addiction or those in recovery that are still struggling, as well as, for family and friends. Sessions are one on one.*

## Out of County Resources:

### Faces & Voices of Recovery

202.737.0690, <http://www.facesandvoicesofrecovery.org/>

*A one-stop resource is for people in or seeking recovery from addiction, their families and friends and for addiction treatment service providers and other allied service professionals.*

### Al-Anon/Alateen

888.425.2666, [www.al-anon.org](http://www.al-anon.org) [www.area61afg.org](http://www.area61afg.org)

*Al-Anon and Alateen are mutual support programs for people who are living with-or have lived with-someone whose drinking created problems for themselves and others.*

## **Alcoholics Anonymous**

[www.aa.org](http://www.aa.org), [www.mtg.area75.org/index.html](http://www.mtg.area75.org/index.html)

*Alcoholics Anonymous is a voluntary, worldwide fellowship of men and women from all walks of life who meet together to attain and maintain sobriety.*

## **Families Anonymous**

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

*A 12-step fellowship for the families and friends of those individuals with drug, alcohol and related behavioral issues.*

## **Learn to Cope**

[www.learn2cope.org](http://www.learn2cope.org)

*A peer led support network for families dealing with addiction and recovery.*

## **National Alliance on Mental Illness (NAMI)**

### **NAMI Fond Du Lac**

21 E 2nd St., #104, Fond du Lac, WI 54935

920.979.0512, [www.namifonddulac.org](http://www.namifonddulac.org)

*Education, advocacy, and support for individuals and families .*

### **NAMI Ozaukee**

13460 N Port Washington Rd., Mequon, WI 53097

262.243.3627, [www.namiozaukee.org](http://www.namiozaukee.org)

## **Narcotics Anonymous**

888.611.1813, [www.wisconsinna.org](http://www.wisconsinna.org)

*Narcotics anonymous is a nonprofit fellowship or society of men and women for whom drugs had become a major problem.*

## **Rise Together**

<https://www.weallrisetogether.org/>

*RISE TOGETHER is a recovery advocacy group that has a passion for prevention, education, and community outreach.*

## **Substance Abuse and Mental Health Services Administration (SAMHSA)**

<http://www.samhsa.gov>

*(SAMHSA) is an agency within the U.S. Department of Health and Human Services that leads public health efforts to advance the behavioral health of the nation. SAMHSA's mission is to reduce the impact of substance abuse and mental illness on America's communities. Maintains a searchable database of area treatment providers and offers educational resources regarding substance use and mental health among various other services.*

## **Solstice Warmline**

608.244.5077, <https://www.facebook.com/thesolsticehouse/>

*A non-clinical warmline service answered by people who have lived experience of mental health and/or substance use issues and are trained to support people during tough times.*

## **Stop Heroin Now, Inc.**

<http://stopheroinnow.org>, <https://www.facebook.com/StopHeroinWI>

*Online support for those affected by heroin and opiate addiction.*

## **Wisconsin United We C.A.N. (Change Addiction Now)**

<http://www.changeaddictionnow.org/wisconsin.html>

*Wisconsin United We C.A.N. provides educational opportunities for families, organizations, businesses, and schools about addiction and its impacts on our families and communities*

## **Wisconsin Voices of Recovery**

<http://wisconsinvoicesforrecovery.org/>

*A statewide peer-run movement that brings together people in and seeking recovery, their family members, and allies. Focus on celebrating recovery and eliminating the stigma associated with addiction and recovery in Wisconsin.*

## Additional Resources

You are not alone in this, there is help and support out there for you and/or your loved one. Below are some additional resources you may find helpful.

### Sheboygan County Resources:

#### **Crisis Center**

920.459.3151

*24/7 phone and mobile crisis counseling services.*

#### **Lakeshore Community Health Care**

1931 N 8th St, Sheboygan, WI 53081

920.783.6633, [www.lakeshorecommunityhc.org/](http://www.lakeshorecommunityhc.org/)

*Community health care, including behavioral health, and insurance enrollment assistance.*

#### **Mental Health America in Sheboygan County**

915 N. 7<sup>th</sup> St., Sheboygan, WI 53081

920.458.3951, [www.mhasheboygan.org](http://www.mhasheboygan.org)

*An information and referral source for people seeking mental health services such as therapy and support groups. Maintains a resource library of materials available for free loan to the public.*

#### **Sheboygan County Health and Human Services- Information and Assistance Specialist**

1011 N. 8th St., Sheboygan WI 53081

920.459.0563, [www.sheboygancounty.com](http://www.sheboygancounty.com)

*Resource and referral assistance for Sheboygan County residents.*

### Out of County Resources:

#### **Aids Resource Center of Wisconsin (ARCW)**

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

*Lifepoint needle exchange program, serves injection drug users throughout Wisconsin.*

#### **Community Consultants, Inc.**

1504 New Jersey Ave., P.O. Box 1357, Sheboygan, WI 53082

920.447.4545

*Provides family activities and peer support for residents of Sheboygan County.*

#### **HOPELINE**

Text HOPELINE to 741741

*Emotional Support Text Line*

#### **North American Syringe Exchange Network**

<https://nasen.org/directory/wi/>

*Directory of needle exchange programs operating throughout Wisconsin.*

**\*\*If you have a family member who is not willing to go to treatment and you feel they are a danger to himself/herself or others you can seek a Third Party Commitment by contacting Sheboygan County Health and Human Services.920.459.3155.\*\*\***



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

915 N. 7th Street, Sheboygan, WI 53081

Phone: (920) 458-3951

Monday-Thursday: 8:00 am—4:00 pm, Fridays, weeknights and weekends by appointment

**If after reading this guide you would like to connect with someone to discuss the information further or if you have questions about Mental Health, Substance Use, or Recovery please call us. You are not alone, help is out there, and recovery is possible.**

