



## **MENTAL HEALTH AND SUBSTANCE USE RESOURCE GUIDE**



**2024**

*Partners Aligned Toward Health (PATH) and the Mitchell-Yancey Substance Abuse Task Force (MYSATF) do not endorse any of the agencies, individuals, or organizations listed. We provide this information solely to assist medical providers and community members to locate available resources that can address substance use issues. Please carefully review the licensing, certification, or qualification of providers based on your individual needs.*

**Dear Community Member,**

We have created this guide of mental health and substance use resources for Mitchell and Yancey County residents. We hope the information you find will be helpful and current, but please be aware that providers are constantly changing. Please visit [www.vayahealth.com](http://www.vayahealth.com) or call VAYAHealth at 1-800-849-6127 for the most current information on substance use resources in our region.

As you will notice, many providers show up in more than one section. This may seem redundant, but our goal is to be as thorough and informative as possible. In addition, many providers are currently conducting appointments via Telehealth or other virtual means. We encourage you to reach out to any providers you may be interested in to see if they offer virtual services.

We are working hard on prevention, education, and advocacy around substance use issues in our community. Please contact us at [info@pathwnc.org](mailto:info@pathwnc.org) or (828) 682-7899 if you have suggestions about how we might improve our efforts to serve you and our community.

**Best wishes,**

mitchell / yancey  
substance abuse task force  
a program of path 



## A Brief Guide to Types of Treatment<sup>1</sup>

**Inpatient treatment** is provided in special units of hospitals or medical clinics, and offers both detoxification and rehabilitation services. People who have a mental disorder or serious medical problem, as well as a substance use disorder, are most likely to receive inpatient treatment.

**Residential programs** provide a living environment with treatment services. Often residential programs last long enough (1 month to 1 year) to offer general equivalency diploma (GED) preparation classes, training in job-seeking skills, and even career training. In residential programs for adolescents, the participants attend school as a part of the program. Residential programs are best for people who do not have stable living or employment situations, have limited or no family support, and/or those with serious substance use disorders who have been unable to get and stay sober or drug free in other treatments.

**Partial hospitalization or day treatment** provide treatment for 4 to 8 hours per day, and the person lives at home. These programs usually last for at least 3 months and work best for people who have a stable, supportive home environment.

**Outpatient and intensive outpatient programs** provide treatment at a program site, but the person lives elsewhere (usually at home). Some programs require daily attendance; others meet only one to three times per week. Intensive outpatient treatment programs require a person to attend 9 to 20 hours of treatment activities per week and usually last from about 2 months to 1 year. People who do best in an outpatient program are willing to attend counseling sessions regularly, have supportive friends or family members, have a place to live, and have some form of transportation to get to treatment sessions.

**Medication-assisted treatment** offers medication-assisted outpatient treatment for people who are dependent on opioid drugs (such as heroin, OxyContin, or Vicodin). These programs use a medication, such as Suboxone, methadone or LAAM, to help a person not use illicit opioids. Counseling and other services are provided along with the medication.

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<sup>1</sup> *What Is Substance Abuse Treatment? A Booklet for Families. HHS Publication No. (SMA) 14-4126. Center for Substance Abuse Treatment. Rockville, MD: Substance Abuse and Mental Health Services Administration, 2004.*

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Many providers are offering services virtually due to the COVID-19 pandemic. If you prefer this manner of service, please reach out to the provider of your choosing to see if this is an option.

## Behavioral Health Urgent Care/ Crisis Hotlines & Services

### Walk-In Crisis Centers

Each site is a walk-in crisis center serving individuals of all ages who are experiencing a mental health and/or substance use crisis. Professional staff are prepared for any nonmedical emergency - including emergency counseling, and peer support.

**Mitchell County**  
**RHA Health Services**  
29 Skyview Circle72  
Spruce Pine, NC  
(828) 765-0894

**Yancey County**  
**RHA Health Services**  
Blue Ridge Ln.  
Burnsville, NC  
(828) 682-2111

**Avery County**  
**Daymark Recovery**  
360 Beech St.  
Newland, NC  
(828) 733-5889

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### **3356 Comprehensive Care Center & Neil Dobbins Center**

356 Biltmore Ave.; Asheville, NC

(800) 848-0180 • [rhahealthservices.org/c3356-comprehensive-care-center](http://rhahealthservices.org/c3356-comprehensive-care-center)

Offering a full continuum of services designed to meet a variety of treatment needs.

- \* **Mobile Crisis Management Services** – If you are experiencing a crisis and cannot come to C3356, call our 24/7 Mobile Crisis Line and our MCM Team will come to your location for stabilization and support. (888) 573-1006
- \* **Same Day Access Walk-in Clinic** – No appointment necessary – just walk in during business hours to discuss your current needs and learn more about treatment options.
- \* **Behavioral Health Urgent Care** – Crisis assessment and support are available 24/7 at C3356 Behavioral Health Urgent Care – no appointment necessary.
- \* **Neil Dobbins Center (Facility-Based Crisis & Substance Use Detox)** – 24/7 Crisis Stabilization and Detox Services for people with acute needs who require more than 24 hours of assessment, treatment, and support.
- \* Outpatient Services
- \* Peer Living Room
- \* NAMI Peer & Family Support
- \* Pharmacy Services

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### **Caiyalynn Burrell Child Crisis Center**

277 Biltmore Ave.; Asheville, NC

(877) 277-8873 • [daymarkrecovery.org/locations/fbc-buncombe](http://daymarkrecovery.org/locations/fbc-buncombe)

- \* Facility-Based Crisis Service for children and adolescents, ages 6-17
- \* Provides an alternative to hospitalization for an eligible child or adolescent who presents with escalated behavior due to a mental health, intellectual or developmental disability, or substance use disorder and requires treatment in a 24-hour residential facility.
- \* Indirect, intensive short term, medically supervised service provided in a physically secure setting that is available 24 hours a day, seven days a week, 365 days a year.

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**Caldwell C3 Comprehensive Care Center**  
2415 Morganton Blvd. SW; Lenoir, NC  
(800) 848-0180 • [rhahealthservices.org/caldwell-c3](http://rhahealthservices.org/caldwell-c3)

The Caldwell C3 Comprehensive Care Center provides treatment and support services regardless of where you are in your recovery journey. If you need help with mental health, substance use or other wellness issues please call us or just stop in. No appointment is necessary.

- \* Outpatient Behavioral Health Services for Children & Adults
- \* Mental Health & Substance Use Services
- \* Individual & Group Therapy
- \* Substance Use Intensive Outpatient Program (SAIOP)
- \* Medication Management
- \* Community Support Team (CST)
- \* Intensive In-Home Services (IIH)
- \* Peer support services (PSS)
- \* Recovery Education Center (REC)
- \* Crisis Stabilization & Detox Services for Adults
- \* Mobile Crisis Services (MCM)
- \* Foothills Regional Treatment Center

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**Daymark Recovery Services – 24-hour Crisis Hotline and Mobile Crisis Management**

(866) 275-9552 • [Daymarkrecovery.org](http://Daymarkrecovery.org)

- \* Mobile Crisis Management serves anyone within the community experiencing a crisis related to mental health, substance misuse, or developmental disability concerns.

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

(800) 950-NAMI (6264) or text NAMI to 741741

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**National Suicide Prevention Lifeline**

Call or text 988 • [988lifeline.org](http://988lifeline.org)

- \* Provides 24/7, free and confidential support for people in distress via phone, text or online chat.
- \* Also provides prevention and crisis resources.
- \* On the phone, press 1 for Veterans support.

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**NCDHHS Statewide Peer Warmline**

Call 1-855-PEERS NC (855-733-7762)

- \* Provides 24/7, free and confidential support for people in distress via phone.
  - \* It's staffed by Peer Support Specialists who offer non-clinical support & resources to those in crisis.
  - \* Their unique expertise helps reduce stigma while strengthening overall engagement in care.
-

**RHA Health Services - Mobile Crisis Management**

(888) 573-1006 • [rhahealthservices.org](http://rhahealthservices.org)

- \* Intensive, on-site intervention for people of all ages who are experiencing a crisis due to mental health disturbances, intellectual/developmental disabilities, or addiction.
  - \* Behavioral health professionals are available 24/7/365 to safely stabilize the person at home, work, school, or wherever in the community the crisis occurs.
  - \* Accepts Medicaid, private pay, and uninsured.
- 

**SAMHSA's National Helpline**

(800) 662-HELP (4357)

- \* A confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish.
  - \* For individuals and family members facing mental and/or substance use disorders.
  - \* This service provides referrals to local treatment facilities, support groups, and community-based organizations. Callers can also order free publications and other information.
- 

**VAYA's Mobile Crisis & Access to Care Line**

(800) 849-6127

- \* 24/7 Access to Care Line is available to people seeking information about care or who are in crisis.
  - \* Available to all residents, regardless of insurance status or ability to pay.
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**Veterans Crisis Line**

(800) 273-8255 • [veteranscrisisline.net](http://veteranscrisisline.net)

- \* Connects veterans in crisis (and their families and friends) with qualified, caring Department of Veterans Affairs responders through a confidential, toll-free hotline, online chat, or text.
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**2-1-1 or [nc211.org](http://nc211.org)**

- \* Free, confidential, multilingual information on vital local services.
- \* Available 24/7/365. Sponsored by the United Way of North Carolina.
- \* Basic Needs
- \* Consumer Services
- \* Criminal Justice & Legal Services
- \* Education
- \* Environment & Public Health/Safety
- \* Healthcare
- \* Income Support & Employment
- \* Individual & Family Life
- \* Mental Health and Substance Use Disorders
- \* Organization/Community/International Services

## Substance Use Services – Counseling and Therapy

### **Appalachian Counseling and Psychological Services**

1 Oak Plaza, Ste. 208; Asheville, NC

(828) 575-9760 • [acaps-nc.org](http://acaps-nc.org)

- \* Counseling and therapy services for substance misuse and mental health.
  - \* Accepts Aetna, BlueCross and BlueShield, Cigna, Medicaid, Medicare, United Healthcare, and more. Payment plans may be available.
- 

### **Brighter Pathways Counseling**

Luann J Jefferson, MA, LCMHC, LCAS

(828) 826-2412

- \* Provides individual therapy for adults, including substance use and trauma.
  - \* Accepts Aetna, BlueCross and BlueShield, Cigna and Evernorth, Optum, UnitedHealthcare UHC|UB, and private pay.
  - \* Sliding scale fees available.
- 

### **CareNet Counseling Services**

79 Academy St; Marion, NC

(828) 559-0125 • [carenetnc.org](http://carenetnc.org)

- \* Substance misuse and mental health counseling services for adults and teens.
  - \* Most insurance and employee assistance plans accepted; financial assistance may be available.
- 

### **Crossroads Recovery Center**

440 East Court St; Marion, NC

(828) 659-8626

- \* Counseling services for substance misuse and mental health.
  - \* DWI services offered
  - \* Open Tuesdays and Thursdays 6:00-8:00 PM and other weekday hours by appointment.
  - \* Accepts Aetna, BlueCross and BlueShield, Cigna, and United Healthcare.
- 

### **Amy Earnheart, LCSW, LCAS, CCS**

10 North Main Street; Burnsville, NC 28714

(828) 944-4740

- \* Specializes in Depression, Anxiety, and Substance Use for individuals and families.
- \* Accepts Aetna, Cigna and Evernorth, Medicaid, Medicare, Optum, Oxford, TRICARE, UnitedHealthcare UHC|UB, and private pay.
- \* Sliding scale fees available.



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**Eleanor Health**

39 McDowell St; Asheville, NC  
(888) 605-1797 • [eleanorhealth.com](http://eleanorhealth.com)

- \* Therapy and counseling, medication-assisted treatment, and psychiatric services are available, as well as resources for recovery.
- \* Telehealth services include medication-assisted treatment, psychiatry, nursing and therapy services, and recovery support.
- \* Accepts Medicaid, Medicare, and most major insurances.

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**Insight Human Services – Women’s Recovery Center**

723 Fairview, Rd.; Asheville, NC  
(828) 350-8343 • [insightnc.org/womens-recovery-center/](http://insightnc.org/womens-recovery-center/)

- \* Substance misuse services for adult and adolescent women.
- \* Substance misuse services for women who are pregnant, parenting, or seeking custody of dependent children.
- \* Pathways of Change Program is a comprehensive substance use outpatient treatment program.
- \* Perinatal Health Partners specializes in outpatient substance use and mental health services for pregnant and postpartum mothers who are parenting or seeking custody.
- \* Accepts Medicaid and other insurances, sliding fee scale, and payment plans also available.
- \* State-funded payment for services provided is also available and is dependent on income and other factors.

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**Connie Maney, MPA, LCSW**

(828) 482-0344

- \* Specializes in Stress, Trauma and PTSD, Substance Use, and ADHD for adults.
- \* Accepts Aetna, BlueCross and BlueShield, Healthgram, MedCost, Medicare, and private pay.

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**Mountain Community Health Partnership (MCHP)**

**Bakersville Health Center • Burnsville Health Center • Celo Health Center  
Micaville Health Center • Spruce Pine Health Center**

(828) 688-2104 • [mchp.care](http://mchp.care)

- \* Prevention Services
- \* Comprehensive Outpatient Services
- \* Medical Care
- \* School-Based Therapy
- \* Individual Counseling to address mental health concerns such as anxiety, depression, stress, PTSD, and family/relationship concerns.
- \* Behavioral assessments and treatment necessary to effectively manage chronic health conditions.
- \* Counseling
- \* Peer Support
- \* Medication-Assisted Treatment

- \* Identify and assist patients address issues such as transportation, food insecurity, housing, and childcare.
  - \* Accepts BlueCross and BlueShield, Medicaid, Medicare, and other local insurances. As a Federally Qualified Health Center, MCHP is committed to providing quality health care to patients, regardless of their ability to pay. Patient assistance programs are also available. Call for more information.
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#### **October Road**

119 Tunnel Rd. Suite D; Asheville, NC  
(888) 632-9760 • [octoberroadinc.net](http://octoberroadinc.net)

- \* Assertive Community Treatment Team
  - \* Aftercare
  - \* Partial Hospitalization Program
  - \* Substance Abuse Intensive Outpatient Therapy
  - \* Medication-Assisted Treatment
  - \* Recovery Residence for Men
  - \* Accepts Medicaid, Medicare, and a large variety of other insurance providers. See website for a complete list. Payment plans may be available.
  - \* DWI Assessments
  - \* Peer Support Services
  - \* Outpatient Therapy and Medication Management
  - \* Substance Use Early Recovery
  - \* Comprehensive Care Assessments
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#### **Therapy of Hickory**

246 E. Tappan St; Spruce Pine, NC  
(828) 409-6743 • [therapyofhickory.com](http://therapyofhickory.com)

- \* Substance misuse counseling
  - \* Therapy services for individuals, couples, families, and children, as well as marriage counseling
  - \* Sliding scale fee plans may be available, call for more information.
- 

#### **Willow Place for Women**

30 Garfield St.; Asheville, NC  
(888) 651-4212 • [willowplaceforwomen.com](http://willowplaceforwomen.com)

- \* Supportive housing, partial hospitalization and intensive outpatient programs, and aftercare support services for substance misuse and eating disorders.
- \* Accepts most major insurances and Tricare. Payment plans are available.

## Substance Use Services - Outpatient Treatment Programs

### **Crest View Recovery Center**

90 Asheland Ave; Asheville, NC  
(866) 986-1371 • [crestviewrecoverycenter.com](http://crestviewrecoverycenter.com)

- \* Residential and outpatient rehabilitation programs.
  - \* Addiction therapy and tailored treatment programs.
  - \* Accepts most major insurances including Aetna, BlueCross and BlueShield of NC, Cigna, and United Healthcare. See website for more details.
- 

### **Daymark Recovery Services**

360 Beech St; Newland, NC  
(828) 733-5889 • [daymarkrecovery.org/locations/avery-center](http://daymarkrecovery.org/locations/avery-center)

- \* Substance Abuse and Mental Health Outpatient Treatment Services.
  - \* Substance Abuse Intensive Outpatient Treatment available.
  - \* Mobile Crisis Management
  - \* DWI Services
  - \* Serves both children and adults.
  - \* Accepts Medicaid, Medicare, and private insurance.
  - \* Individuals with no insurance will be eligible for a sliding or discounted scale as defined by the relevant Managed Care Organization/Local Management Entity.
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### **Family Preservation Services of North Carolina, INC.**

1316-D Patton Ave; Asheville, NC  
(828) 225-3100 • [pathways.com](http://pathways.com)

- \* Substance misuse and mental health services for youth, family, and adults.
  - \* Accepts Medicaid, Medicare and NC Health Choice.
- 

### **Freedom Life Ministries**

617 West Bypass US Hwy 19E; Burnsville, NC  
(828) 559-2224 • [info@freedomlifeministries.org](mailto:info@freedomlifeministries.org) • [freedomlifeministries.org](http://freedomlifeministries.org)  
[yancey@freedomlifeministries.org](mailto:yancey@freedomlifeministries.org) • [freedomlifeyancey.org](http://freedomlifeyancey.org)

- \* The McDowell office is open Monday – Friday, 9:00 AM – 5:00 PM.
- \* Services are currently being extended to Yancey and Avery counties.
- \* Freedom Life serves justice-involved individuals and their families with programs designed to help clients being a journey to a new life.
- \* Assists reintegration into society from jail or prison with support and resources related to food, clothing, housing, jobs, transportation, mental health needs, medical health needs, substance misuse/addiction vulnerabilities, case management, spiritual life needs, and advocacy.
- \* Assists incarcerated individuals with programs and services including spiritual life needs, staff support, volunteer coordination, one-on-one mentoring, and fathering classes.

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**Mountain Community Health Partnership (MCHP)**  
**Bakersville Health Center • Burnsville Health Center • Celo Health Center**  
**Micaville Health Center • Spruce Pine Health Center**  
(828) 688-2104 • [mchp.care](http://mchp.care)

- \* Prevention Services
- \* Comprehensive Outpatient Services
- \* Medical Care
- \* School-Based Therapy
- \* Individual Counseling to address mental health concerns such as anxiety, depression, stress, PTSD, and family/relationship concerns.
- \* Behavioral assessments and treatment necessary to effectively manage chronic health conditions.
- \* Identify and assist patients address issues such as transportation, food insecurity, housing, and childcare.
- \* Accepts BlueCross and BlueShield, Medicaid, Medicare, and other local insurances. As a Federally Qualified Health Center, MCHP is committed to providing quality health care to patients, regardless of their ability to pay. Patient assistance programs also available. Call for more information.
- \* Counseling
- \* Peer Support
- \* Medication-Assisted Treatment

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**RHA Health Services**  
**Mitchell County:** 129 Skyview Circle; Spruce Pine, NC  
(828) 765-0894  
**Yancey County:** 72 Blue Ridge Ln.; Burnsville, NC  
(828) 682-2111  
[rhahealthservices.org](http://rhahealthservices.org)

- \* Offering a wide variety of mental health and substance use services, including Substance Abuse Intensive Outpatient Treatment and Mobile Crisis Unit Services.
- \* Accepts BlueCross and BlueShield, CMS insurances, and Medicaid. RHA has flexible payment options and can help individuals without insurance secure funds for treatment.

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**Oasis Recovery**  
191 Charlotte St; Asheville, NC  
(828) 330-9497 • [or-nc.com](http://or-nc.com)

- \* Intensive outpatient and residential addiction treatment programs.
- \* Accepts many major insurances. Contact for more information and insurance verification.

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**VA Medical Center**  
1100 Tunnel Rd; Asheville, NC  
(828) 298-7911 • [asheville.va.gov](http://asheville.va.gov)

- \* Substance misuse and mental health services for Military Veterans.
- \* To contact Enrollment and Eligibility call (828) 789-7911, ext. 2509.

## Substance Use Services - Residential Treatment Programs

### **Asheville Recovery Center**

9 Old Burnsville Hill Rd., Suite 7; Asheville, NC  
(828) 518-6996 • [ashevillerecoverycenter.com](http://ashevillerecoverycenter.com)

- \* Residential, partial hospitalization, and intensive outpatient services are available.
  - \* Individual therapy, group therapy, dual diagnosis services, and more.
  - \* Insurance accepted. Payment plans can be arranged.
- 

### **Balsam Center**

91 Timberlane Rd; Waynesville, NC  
(888) 345-2880 • [acswnc.com/the-balsam-center](http://acswnc.com/the-balsam-center)

- \* Adult Recovery Unit, Outpatient Therapy, Substance Abuse Intensive Outpatient, and DWI services available.
  - \* Medicaid and private insurance accepted. Discounts or sliding scale fees may be available.
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### **Crest View Recovery Center**

90 Asheland Ave.; Asheville, NC  
(866) 986-1371 • [crestviewrecoverycenter.com](http://crestviewrecoverycenter.com)

- \* Residential and outpatient rehabilitation programs.
  - \* Addiction therapy and tailored treatment programs.
  - \* Accepts most major insurances including Aetna, BlueCross and BlueShield, Cigna, and United Healthcare. See website for more details.
- 

### **First at Blue Ridge**

32 Knox Rd.; Ridgecrest, NC  
(828) 669-0011 • <http://www.firstnc.org>

- \* Residential therapeutic community for individuals with chronic substance use disorders
  - \* Offering long-term and short-term programs.
  - \* Specific programming for Veterans, and women and children.
  - \* Transitional housing, group counseling, self-help meetings, case management, job placement assistance, and other services to individuals struggling with addiction, homelessness, unemployment, and involvement in the criminal justice system.
- 

### **First Step Farm of WNC**

P.O. Box 1450; Candler, NC  
(828) 667-0587 • [firststepfarmwnc.org](http://firststepfarmwnc.org)

- \* Licensed residential supervised living center for substance-dependent adults.
- \* Work Therapy Program, Counseling, and Self-Help Meetings.

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**Hebron Colony Ministries**

356 Old Turnpike Rd.; Boone, NC  
(828) 963-4842 • [hebroncolony.org/](http://hebroncolony.org/)

- \* 10-week residential treatment for drug or alcohol addiction.
- \* Christ-centered addiction recovery.

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**Insight Human Services – Robert S. Swain Recovery Center**

932 Old US 70, 2nd Floor, Moore II; Black Mountain, NC  
(828) 669-4161 • [insightnc.org](http://insightnc.org)

- \* Residential substance misuse programs for adults and adolescents.
- \* Accepts insurance and Medicaid for covered services. Sliding scale fees and payment plans may also be available.
- \* State funded payment for services provided is also available and is dependent on income and other factors.

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**Julian F. Keith Alcohol and Drug Abuse Treatment Center**

201 Tabernacle Rd.; Black Mountain, NC  
(828) 257-6200 • [ncdhhs.gov/divisions/dsohf](http://ncdhhs.gov/divisions/dsohf)

- \* State operated Alcohol and Drug Abuse Treatment Center.
- \* Inpatient treatment, psychiatric stabilization, and medical detoxification for individuals with substance use and other co-occurring mental health diagnoses.
- \* Referrals are made through VAYA Health.
- \* Accepts Medicaid, Medicare, Tricare, and many private health insurances.

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**Kingdom Community**

Knoxville, TN  
(865) 333-9290 • [kingdomcommunitytn.com](http://kingdomcommunitytn.com)

- \* A 9 month in-house rehabilitation/vocational facility.
- \* Offers a faith based/clinical approach for people struggling with addictions, mental health issues, or any dysfunctional behavior.
- \* Vocational programs and job placement are also available.

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**Mary Benson House**

450 Montford Ave.; Asheville, NC  
(828) 252-5280 • [rhahealthservices.org](http://rhahealthservices.org)

- \* Residential substance use disorder treatment center for women who are pregnant or who have dependent children ages 0-5.
- \* Offers person-centered treatment planning, weekly parenting classes and self-care groups, individual and group counseling, linkage to primary medical and pediatric care, and case management.
- \* Transportation to all appointments including medical care, as well as recovery, parenting skills, and independent living skills.
- \* Must be 18 years of age or older and a resident of North Carolina.
- \* Must be WorkFirst and Medicaid eligible.

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**McLeod Addictive Disease Center**

515 Clanton Road; Charlotte, NC  
(855) 824-9458 • [mcleodcenter.com](http://mcleodcenter.com)

- \* Residential and outpatient substance misuse treatment services.
- \* DWI, criminal justice, and medication-assisted treatment services.
- \* Medicaid, Medicare, and private insurances are accepted. State funding may also be utilized for select treatment services.

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**Mountainview Recovery**

108 Monticello Rd. #400; Weaverville, NC  
(833) 489-4460 • [mountainviewrecovery.com](http://mountainviewrecovery.com)

- \* Offering medical detox, sober living, substance misuse comprehensive treatment, and intensive outpatient services for opioid, non-opioid, and alcohol addictions.
- \* Many insurance plans are accepted, call for information.
- \* Financing options are also available.

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**Neil Dobbins Center –RHA Health Services**

356 Biltmore Ave., Suite 150; Asheville, NC  
(Lower level of the C3356 Comprehensive Care Center)  
(828) 253-6306 or (855) 587-4443 • [rhahealthservices.org](http://rhahealthservices.org)

- \* 24 hour, secured, 16-bed crisis and detox facility for adults.
- \* Detox services for individuals actively using alcohol or illicit substances.
- \* Short-term inpatient residential program (up to 7 days).
- \* Offers assessment, treatment, 24-hour medical supervision, case management, and group and individual therapy.
- \* Can bill through Medicaid. Private insurance is not accepted.
- \* Individuals with no coverage may receive services via State Funds; eligibility is based on an income scale.

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**Next Step Recovery for Men**

900 Hendersonville Rd.; Asheville, NC  
(828) 350-9960 • [nextsteprecovery.com](http://nextsteprecovery.com)

- \* Daily intensive outpatient program, behavioral therapies, recreational therapies, addiction support services, and transitional sober living facilities for young men.
- \* Private pay and financing available. IOP program may be covered by most major health insurance plans.

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**Never2Scarred Ministry/Hope House**

(828) 467-7243 • [never2scarredministry@gmail.com](mailto:never2scarredministry@gmail.com) • [never2scarred.com](http://never2scarred.com)

- \* A 6-month residential, faith-centered ministry helping women to recover from addictions to drugs and alcohol through a work therapy program for women.
- \* Offers one-on-one Christian counseling, basic education skill classes including GED classes, how to get a job, instruction on personal hygiene, healthy cooking classes, how to pay bills, how to save money, and more.
- \* Offers counseling on social skills and offer the Step Study program with Celebrate Recovery.

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**Oasis Recovery**

191 Charlotte St.; Asheville, NC  
(828) 330-9497 • [or-nc.com](http://or-nc.com)

- \* Intensive outpatient and residential addiction treatment programs.
- \* Accepts many major insurances. Contact for more information and insurance verification.

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**October Road – Cross Area Service Program**

119 Tunnel Road, Suite D; Asheville, NC  
(828) 350-1000 • [octoberroadinc.net](http://octoberroadinc.net)

- \* 10-week residential treatment program for men only.
- \* Program is grant funded and primarily serves uninsured, adult male (18+), NC residents.

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**Pavillon Treatment Center**

241 Pavillon Place; Mill Spring, NC  
(828) 268-3945 • [pavillon.org](http://pavillon.org)

- \* Residential treatment programs for alcohol and substance misuse.
- \* Private insurance accepted



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### **Real Recovery**

145 Powers Rd.; Asheville, NC  
(855) 363-7325 • [myrealrecovery.com](http://myrealrecovery.com)

- \* Traditional sober living program for young men and women ages 18-28.
- \* Medication-assisted treatment services available.
- \* Financing is available through Prosper Healthcare Lending.

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### **Red Oak Recovery**

631 Willow Creek Rd.; Leicester, NC  
(866) 457-7426 • [redoakrecovery.com](http://redoakrecovery.com)

- \* Gender specific substance misuse and mental health services for young adults and adolescents.
- \* Offers dual diagnosis recovery for substance misuse and/or mental health issues.
- \* Offers family therapy and counseling services.
- \* Many insurance plans are accepted, call for information.
- \* Financing is available through American Healthcare Lending.

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### **Silver Ridge Recovery**

183 Old Turnpike Rd.; Mills River, NC  
(855) 945-7788 • [silverridgerecovery.com](http://silverridgerecovery.com)

- \* Addiction treatment programs for midlife adults, aged 35 and up.
- \* Silver Ridge is in network with BlueCross and BlueShield, and accepts many major insurances with out of network benefits. Payment plans are offered through Prosper Healthcare Lending.

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### **Western Carolina Rescue Mission – Men’s Recovery Program**

225 Patton Ave.; Asheville, NC  
(828) 254-0471 • [westerncarolinarecue.org](http://westerncarolinarecue.org)

- \* A free, 12-month residential drug and alcohol Men’s Recovery program.
- \* Faith-based program

## Substance Use Services – Medication-Assisted Treatment

### **Asheville Recovery and Psychiatric Services**

5B Doctors Park, 417 Biltmore Ave; Asheville, NC  
(828) 232-1994 • [ashevillerecovery.com](http://ashevillerecovery.com)

- \* Medication-assisted treatment using Suboxone.
  - \* Individual therapy, group therapy, and treatment of co-occurring psychiatric conditions.
- 

### **Behavioral Health Group (BHG) Asheville Treatment Center**

18 Wedgefield Drive; Asheville, NC  
(828) 252-8748 • [asheville.bhgrecovery.com](http://asheville.bhgrecovery.com)

- \* Outpatient medication-assisted treatment and addiction counseling.
  - \* Accepts Medicare and some commercial insurances, call for information.
- 

### **Crossroads Treatment Center**

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

6 Roberts Rd. Asheville, NC (800) 805-6989	901-3 Mars Hill Hwy. Weaverville, NC (800) 805-6989
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- \* Crossroads Treatment Center provides Medication-Assisted Treatment combining FDA approved medications including methadone and suboxone along with counseling and toxicology services.
  - \* Accepts Medicaid and many commercial insurances. Contact for more information.
- 

### **Eleanor Health**

39 McDowell St, Asheville, NC  
(888) 605-1797 • [eleanorhealth.com](http://eleanorhealth.com)

- \* Therapy and counseling, medication-assisted treatment, and psychiatric services available, as well as resources for recovery.
  - \* Telehealth services include medication-assisted treatment, psychiatry, nursing and therapy services, and recovery support.
  - \* Accepts Medicaid, Medicare, and most major insurances.
- 

### **McLeod Addictive Disease Center**

117 West Medical Court; Marion, NC  
(828) 659-3966 • [mcleodcenter.com](http://mcleodcenter.com)

- \* Medication-Assisted Treatment Services.

- \* Medicaid, Medicare, and private insurances are accepted. State funding may also be utilized for select treatment services.

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**Mountain Community Health Partnership (MCHP)**  
**Bakersville Health Center • Burnsville Health Center • Celo Health Center**  
**Micaville Health Center • Spruce Pine Health Center**  
(828) 688-2104 • [mchp.care](http://mchp.care)

- \* Prevention Services
- \* Comprehensive Outpatient Services
- \* Medical Care
- \* School-Based Therapy
- \* Individual Counseling to address mental health concerns such as anxiety, depression, stress, PTSD, and family/relationship concerns.
- \* Behavioral assessments and treatment necessary to effectively manage chronic health conditions.
- \* Identify and assist patients address issues such as transportation, food insecurity, housing, and childcare.
- \* Accepts BlueCross and BlueShield, Medicaid, Medicare, and other local insurances. As a Federally Qualified Health Center, MCHP is committed to providing quality health care to patients, regardless of their ability to pay. Patient assistance programs also available. Call for more information.
- \* Counseling
- \* Peer Support
- \* Medication-Assisted Treatment

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**October Road**

119 Tunnel Rd., Suite D; Asheville, NC  
(833) 993-1914 • [octoberroadinc.net](http://octoberroadinc.net)

- \* Assertive Community Treatment Team
- \* Aftercare
- \* Partial Hospitalization Program
- \* Substance Abuse Intensive Outpatient Therapy
- \* Medication-Assisted Treatment
- \* Recovery Residence for Men
- \* Accepts Medicaid, Medicare, and a large variety of other insurance providers. See website for a complete list. Payment plans may be available.
- \* DWI Assessments
- \* Peer Support Services
- \* Outpatient Therapy and Medication Management
- \* Substance Use Early Recovery
- \* Comprehensive Care Assessments

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**Real Recovery**

145 Powers Rd.; Asheville, NC  
(855) 363-7325 • [myrealrecovery.com](http://myrealrecovery.com)

- \* Traditional sober living program for young men and women ages 18-28.
- \* Medication-assisted treatment services available.

- \* Financing available through Prosper Healthcare Lending.

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**Western Carolina Comprehensive Treatment Centers – Asheville**

2 McDowell St., Ste. B; Asheville NC

(855) 884-9686 • [westerncarolinactc.com/location/asheville](http://westerncarolinactc.com/location/asheville)

- \* Combines medication-assisted treatment (Methadone, Suboxone, and Subutex) with therapeutic interventions to provide patients with an all-inclusive treatment experience.
- \* Accepts Medicare and most major insurances.

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**Western Carolina Treatment Center**

3 Doctors Park Suite 3G; Asheville, NC

(828) 251-1478 • [carolinatreatmentcenters.com/asheville-nc](http://carolinatreatmentcenters.com/asheville-nc)

- \* Opioid Treatment Program that provides medication-assisted treatment, combined with counseling and group therapy.
- \* Includes the use of Methadone, Suboxone, and Naltrexone.
- \* Medicare accepted

## Substance Use Services – DWI and Court Diversion Services

### **AAT, Inc.- Un Nuevo Dia**

526 Haywood Rd., Office #1; Asheville, NC  
(828) 606-1718

- \* Spanish speaking
  - \* Court-ordered DWI Assessments
- 

### **Beyond Addiction**

70 Woodfin Place, Suite 326-D; Asheville, NC  
(828) 225-2535 • [lindahamilton.org](http://lindahamilton.org)

- \* Court-ordered DWI Assessments
- 

### **C & B Support Services, Inc.**

Two Town Square Blvd., Ste.247; Asheville, NC  
(828) 654- 0644 • [candbsupportservices.com/home](http://candbsupportservices.com/home)

- \* Court-ordered DWI Assessments
- 

### **Crossroads Recovery Center**

440 East Court St.; Marion, NC  
(828) 659-8626

- \* Court-ordered DWI Assessments
- 

### **Daymark Recovery Services**

360 Beech St.; Newland, NC  
(828) 733-5889 • [daymarkrecovery.org/locations/avery-center](http://daymarkrecovery.org/locations/avery-center)

- \* Court-ordered DWI Assessments
- 

### **Insight Human Services – Justice Services, Region 4 (includes Mitchell and Yancey)**

370 North Louisiana Ave.; Asheville, NC  
(828) 210-0540 • [insightnc.org](http://insightnc.org)

- \* Treatment Accountability for Safer Communities - community-based treatment for substance abusing and mentally ill offenders who would otherwise burden the justice system with repeat offenses.

- \* Drug Education School - a system, based on North Carolina General Statute 90.96, which offers sentencing alternatives for people with low-level drug offenses.
- \* Recidivism Reduction Services - an Insight program that works with high-risk offenders in need of cognitive behavioral intervention and/or substance misuse treatment.

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**Mediation & Restorative Justice Center, Inc.**

[mrjc.us](http://mrjc.us)

Vanessa Henley  
Avery & Mitchell Coordinator  
[vanessahenley.mrjc@gmail.com](mailto:vanessahenley.mrjc@gmail.com)

Angie Fox-Holtzaple  
Yancey & Madison Coordinator  
[angie.mrjc@gmail.com](mailto:angie.mrjc@gmail.com)

- \* Provides court-ordered mediation services and drug treatment court programs.

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**October Road**

119 Tunnel Rd., Suite D; Asheville, NC  
(828) 350-1000 • [octoberroadinc.net](http://octoberroadinc.net)

- \* Court-ordered DWI Assessments

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**RHA Health Services**

(800) 848-0180 or (828) 232-6844 • [rhahealthservices.org](http://rhahealthservices.org)

- \* Court-ordered DWI Assessments
-

## Peer Support/Support Groups

### Al-Anon/Alateen of North Carolina and Bermuda

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

#### Asheville Alateen

Trinity Episcopal Church  
60 Church St.; Asheville, NC, 28801

- \* Hybrid meeting for youth 10-19, Sundays at 5:00 pm. For Zoom login, email [alateen@ncbermudaafg.org](mailto:alateen@ncbermudaafg.org).
- \* Park in the lot next to the playground and enter through the RED DOOR closest to Lexington Ave, next to the courtyard. Turn right inside the door and enter the Youth Area.

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### Courage to Change Al-Anon Family Groups

First Baptist Church  
63 N. Main St.; Weaverville, NC

- \* Meets Saturdays at 12:00 pm, open to family and friends only.

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### Serenity Seekers Al-Anon Family Groups

Marshall Presbyterian Church  
165 S. Main St.; Marshall, NC

- \* Meets Tuesdays at 6:00 pm. Families, friends, and observers are welcome, handicap access.

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### Wednesday Women's Al-Anon Family Groups

Grace Covenant Church, Choir Room (Second floor)  
789 Merrimon Ave.; Asheville, NC  
[wednesdaywomenavl@gmail.com](mailto:wednesdaywomenavl@gmail.com)

- \* Hybrid meeting Wednesdays at 5:45 pm via Zoom (Meeting ID:875 20097412, Passcode: serenity)  
Zoom: <https://us02web.zoom.us/j/87520097412?pwd=dG9WkwL6710IYNGE5RUhiZVplV05QZz09>  
One tap mobile 929-436-2866 US (EST) Meeting ID: 875 2009 7412 Password: 521063

**Abbreviation Key**

**BB** – Big Book, **C**- Closed, **D** – Discussion, **ENG** – English Spoken Here, **O** – Open to anyone, **SL** – Speaker Lead, **SN** – Spanish, **SP** – Speaker, **SS** – Step Study, **TR** – Tradition Study, **W** – Women only

\* **Open Meetings:** Open meetings may be attended by anyone.

\* **Closed Meetings:** Attendance is limited to persons who have a problem with alcohol and a desire to stop drinking.

*\*All meetings are non-smoking unless noted otherwise.*

**Alcoholics Anonymous**

N.C. Mountain Central Office  
(828) 254-8539 • [ashevilleaa.org](http://ashevilleaa.org)

<b>Avery County</b>			
<b>Group Name</b>	<b>Meeting Location</b>	<b>Meeting Day/Time</b>	<b>Meeting Type</b>
Linville Meeting	Cannon Memorial Hospital 434 Hospital Dr., Linville	Tues/Fri at 7pm	O,D

<b>Mitchell County</b>			
<b>Group Name</b>	<b>Meeting Location</b>	<b>Meeting Day/Time</b>	<b>Meeting Type</b>
Pine Grove Meeting	Pine Grove Methodist Church 53 Pine Grove Rd., Spruce Pine	Sun, 8 pm	O, D
Penland School of Crafts	Online Meeting	Tues, 7 pm	O, D
Spruce Pine Group	Trinity Episcopal Church 15 Hemlock Ave, Spruce Pine	Thurs, 8 pm	O, D
Spruce Pine Saturday Morning Group	Online Meeting	Sat, 10 am	C, D

<b>Yancey County</b>			
<b>Group Name</b>	<b>Meeting Location</b>	<b>Meeting Day/Time</b>	<b>Meeting Type</b>
Micaville 12 & 12	Micaville Presbyterian Church 587 Micaville Loop, Burnsville	Mon, 9 am	O, D, SS
Newdale Big Book	Newdale Presbyterian Church 71 Newdale Church Rd., Burnsville (meeting located in basement)	Mon, 7 pm	O, BB
Burnsville Group	Online Meeting	Tues/Fri, 8 pm	O, D



Newdale Wednesday Group	Newdale Presbyterian Church 71 Newdale Church Rd., Burnsville (meeting located in basement)	Weds, 7:30 pm	O, D, W
New Day Group	Newdale Presbyterian Church 71 Newdale Church Rd., Burnsville (meeting located in basement)	Sat, 8 pm	O

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**Celebrate Recovery**

*Celebrate Recovery is a Christ-centered, 12-step recovery program for anyone struggling with hurt, pain, or addiction of any kind.*

**Bakersville - Bear Creek Baptist Church**

327 Bear Creek Church Rd; Bakersville, NC  
 (828) 688-4331 (church office), (828) 467-5416 (Rev. Bruce Cannon),  
 (828) 385-0061 (Josh Wise), (828) 467-7243 (Jessica Williams)  
[bearcreekbaptist.com/other-ministries-of-the-church](http://bearcreekbaptist.com/other-ministries-of-the-church)

- \* Meets every Thursday at Bear Creek Baptist Church.
- \* Fellowship begins at 6:30 pm, followed by worship from 7:00-8:00 pm, then small groups (for men, women, and families) from 8:00-9:00 pm.

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**Burnsville - Higgins United Methodist Church**

101 North Main St; Burnsville, NC  
 (828) 682-2835 • [higgins-umc.com/celebrate-recovery](http://higgins-umc.com/celebrate-recovery)

- \* Meets Wednesday evenings at Higgins United Methodist Church.
- \* Food and fellowship begin at 5:15 pm, followed by worship at 6:15 pm, then small groups (for men, women, and families) from 7:30-8:30 pm.
- \* Child care provided, contact for more information.

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**Mountain Community Health Partnership (MCHP) – Peer Support Services**  
**Bakersville Health Center • Celo Health Center • Spruce Pine Health Center**  
 (828) 688-2104 • [mchp.care](http://mchp.care)

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**NAMI Western Carolina**

356 Biltmore Ave. Suite 207; Asheville NC  
 (828) 505-7353 • [info@namiwnc.org](mailto:info@namiwnc.org) • [namiwnc.org](http://namiwnc.org)

- \* Offers in-person Connection Support Groups every Saturday 10-11:30 am.
- \* Call or email to attend.

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**North Carolina Certified Peer Support Specialist**  
 Michel Guicheney

(828) 280-0608 • [mmguicheney53@gmail.com](mailto:mmguicheney53@gmail.com)

- \* Offers peer support, free of charge, for Yancey County residents.

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**RHA Health Services – Peer Support Services**

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

Yancey County	Mitchell County
72 Blue Ridge Lane	129 Skyview Circle
Burnsville, NC	Spruce Pine, NC
(828) 682-2111	(828) 765-4463

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**SMART Recovery**

Marshall SMART Recovery Group

(828) 280-0608 • Michael Guicheney at [mmguicheney53@gmail.com](mailto:mmguicheney53@gmail.com)  
[smartrecoverytest.org/news/smart-recovery](http://smartrecoverytest.org/news/smart-recovery)

- \* Held Thursdays at 5 pm via Zoom: <https://smartrecovery.zoom.us/j/696000905>
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## Mental Health Services - Counseling and Therapy

### **Appalachian Counseling and Psychological Services**

1 Oak Plaza, Ste. 208; Asheville, NC

(828) 575-9760 • [acaps-nc.org](http://acaps-nc.org)

- \* Counseling and therapy services for substance misuse and mental health.
- \* Accepts Aetna, BlueCross and BlueShield, Cigna, Medicaid, Medicare, United Healthcare, and more. Payment plans may be available.

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### **Landon Scott Beaver, LMFTA**

(828) 373-3158

- \* Specializes in relationship issues and family conflict for adults, teens, families, and couples.
- \* Accepts BlueCross and BlueShield, NC Healthy Blue Medicaid, NC State Health Plan, and private pay. Sliding scale fees are available.

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### **Blue Ridge Regional Hospital • Mental and Behavioral Health Care**

125 Hospital Dr.; Spruce Pine, NC

(828) 213-4696

[missionhealth.org/services-treatments/mental-behavioral-health](http://missionhealth.org/services-treatments/mental-behavioral-health)

- \* Mental and behavioral health programming that focuses on enhancing a person's skills and resources to build self-confidence and self-reliance for the following:
  - \* Transitions
  - \* Assertiveness Skills
  - \* Managing Stress
  - \* Depression
  - \* Grief and Loss
  - \* Mood Disorders
  - \* Anger Management
  - \* Negative Thinking
  - \* Medication Education
  - \* Hopelessness
  - \* Anxiety
  - \* Mindfulness
  - \* Relationships
  - \* Substance Abuse
  - \* Suicide Prevention
- \* Accepts Medicare, most commercial insurances, and self-pay.

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### **Bossong Psychological Services PLLC**

**Heather Bosson, MA, PsyD**

41 Clayton Street, Suite 201; Asheville, NC

(828) 332-5326 • [bossonpsychology.com](http://bossonpsychology.com)

- \* Specializes in psychological evaluations and individual counseling for children, adolescents, and adults.
- \* Accepts private pay. Sliding scale fees available.

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**Brighter Pathways Counseling**  
**Luann J Jefferson, MA, LCMHC, LCAS**  
(828) 826-2412

- \* Provides individual therapy for adults, including substance use and trauma.
- \* Accepts BlueCross and BlueShield, Cigna and Evernorth, Optum, UnitedHealthcare UHC|UB, and private pay. Sliding scale fees available.

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**CareNet Counseling Services**  
79 Academy St.; Marion, NC  
(828) 559-0125 • [carenetnc.org](http://carenetnc.org)

- \* Substance misuse and mental health counseling services for adults and teens.
- \* Most insurances and employee assistance plans accepted. Financial assistance may be available.

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**Crossroads Recovery Center**  
440 East Court St; Marion, NC  
(828) 659-8626

- \* Counseling services for substance misuse and mental health.
- \* DWI services offered
- \* Open Tuesdays and Thursdays, 6:00-8:00 pm, and other weekday hours by appointment.
- \* Accepts Aetna, BlueCross and BlueShield, Cigna, and United Healthcare.

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**Mountain Community Health Partnership (MCHP)**  
**Bakersville Health Center • Burnsville Health Center • Celo Health Center •**  
**Micaville Health Center • Spruce Pine Health Center**  
(828) 688-2104 • [mchp.care](http://mchp.care)

- \* Individual Counseling to address mental health concerns such as anxiety, depression, stress, PTSD, and family/relationship concerns.
- \* Behavioral assessments and treatment necessary to effectively manage chronic health conditions.
- \* Identify and assist patients address issues such as transportation, food insecurity, housing, and childcare.
- \* Peer Support
- \* School Based Therapy

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**Nature Nurture Therapy, PLLC**

Shannon Krenek, LCSW

(828) 365-8585 • [naturenurturetherapy.com](http://naturenurturetherapy.com)

- \* Offering individual, group and family therapy services.
- \* Providing mental health therapy to tweens, teens, and young adults in caring, authentic, and honoring spaces.
- \* Helping young people, families, and communities develop strong connections with themselves, others, and the natural world.
- \* Accepts BlueCross and BlueShield and private pay. Payment plans may be available.

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**Parent to Parent-Family Support Network of the High Country**

Teresa Emory, LCSW, Mitchell/Yancey Outreach Coordinator

10 North Main St.; Burnsville, NC

(828) 284-2287 or (866) 448-5781

[parent2parent.appstate.edu](http://parent2parent.appstate.edu)

- 
- Connie Maney, MPA, LCSW**  
(828) 482-0344
- \* Specializes in stress, trauma and PTSD, substance use, and ADHD for adults.
  - \* Accepts Aetna, BlueCross and BlueShield, Healthgram, MedCost, Medicare, and private pay.

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**Matt Riley, LCSWA**

(828) 547-4006 • [mattrileypsychotherapy.com](http://mattrileypsychotherapy.com) • [matt@mattrileypsychotherapy.com](mailto:matt@mattrileypsychotherapy.com)

- \* Specializes in anxiety, relationship issues, trauma, and PTSD.
- \* Accepts Aetna, BlueCross and BlueShield, NC State Health Plan, and private pay.

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**Therapy of Hickory**

246 E. Tappan St.; Spruce Pine, NC

(828) 409-6743 • [therapyofhickory.com](http://therapyofhickory.com)

- \* Therapy services for individuals, couples, families, and children, as well as marriage counseling.
- \* Substance misuse counseling services are also available.
- \* Sliding scale fee plans may be available, call for more information.

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**Yancey Counseling Center**  
10 North Main St.; Burnsville, NC  
(828) 682-1551 • [yanceycounselingcenter.com](http://yanceycounselingcenter.com)

Therapy services for individuals, couples, and older teens. Contact individual providers for more details on the services offered by each.

**Yancey Counseling Center Therapists:**

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Paul Feldman, LPC  
(828) 284-4161 • [paulmfeldman@gmail.com](mailto:paulmfeldman@gmail.com) • [paulmfeldman.com](http://paulmfeldman.com)

- \* Offers counseling services for adults with anxiety, depression, couples counseling, and adults going through difficult life changes.
- \* Accepts BlueCross and BlueShield, Cigna, and TriCare.

-----  
Amy Earnheart, LCSW, LCAS, CCS  
(828) 944-4740

- \* Specializes in anxiety, depression, and substance use for individuals and families.
- \* Accepts Aetna, Cigna and Evernorth, Medicaid, Medicare, Optum, Oxford, TriCare, United Healthcare UHC|UBH, and private pay. Sliding scale fees available.

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Bonita Luz, LPC  
(828) 682-1551 ext. 113 • [bonitaluzycc@gmail.com](mailto:bonitaluzycc@gmail.com) • [yanceycounselingcenter.com](http://yanceycounselingcenter.com)

- \* Offers counseling services for adults, couples, and older teens.
- \* Accepts Aetna, American Behavioral, BlueCross and BlueShield, Cigna, Health Scope, HMSA, Magellan, Medcost, Tri Care, United Healthcare, Value Options, and private pay. Sliding scale fees available.

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Jillian Martindale, LCSW  
(828) 263-4467 • [jmartindalelcsw@jmlcsw.com](mailto:jmartindalelcsw@jmlcsw.com) • [jmlcsw.com](http://jmlcsw.com)

- \* Offers counseling services for individuals, children, and families.
- \* Accepts Aetna, BlueCross and BlueShield, Optum, and private pay. Sliding scale fees available.

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Jennifer Richards, LCSW  
(828) 332-5467 • [jennifer-richards7781.clientsecure.me](http://jennifer-richards7781.clientsecure.me)

- \* Specializes in anxiety, depression, and self esteem for teens and adults.
- \* Accepts BlueCross and BlueShield, Cigna and Evernorth, and private pay. Sliding scale fees may be available.

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Deborah H. Weir, PhD, LCMHCS, NCC, CHT  
(813) 592-3867 • [weirevolving.com](http://weirevolving.com)

- \* Specializes in anxiety, trauma, PTSD, relationship issues, and addiction for adults.
- \* Accepts Aetna, Beacon Health Options, BlueCross and BlueShield, Bright HealthCare, Humana, Optum, TriCare, UnitedHealthcare, and private pay. Sliding scale fees may be available.

## Mental Health Services - Outpatient Treatment Programs

### **C3356 Comprehensive Care Center & Neil Dobbins Center**

356 Biltmore Ave.; Asheville, NC  
(800) 848-0180 • [rhahealthservices.org/c3356-comprehensive-care-center](http://rhahealthservices.org/c3356-comprehensive-care-center)

*Offering a full continuum of services designed to meet a variety of treatment needs.*

- \* Mobile Crisis Management Services – If you are experiencing a crisis and cannot come to C3356, call our 24/7 Mobile Crisis Line and our MCM Team comes to your location for stabilization and support. (888) 573-1006
- \* Same Day Access Walk-in Clinic – no appointment necessary – just walk in during business hours to discuss your current needs and learn more about treatment options.
- \* Behavioral Health Urgent Care – crisis assessment and support are available 24/7 at C3356 Behavioral Health Urgent Care – no appointment necessary.
- \* Neil Dobbins Center (Facility-Based Crisis & Substance Use Detox) – 24/7 Crisis Stabilization and Detox Services for people with acute needs who require more than 24 hours of assessment, treatment and support.
- \* Outpatient Services
- \* Peer Living Room
- \* NAMI Peer & Family Support
- \* Pharmacy Services

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### **Caldwell C3 Comprehensive Care Center**

2415 Morganton Blvd., SWLenoir, NC  
(800) 848-0180 • [rhahealthservices.org/caldwell-c3](http://rhahealthservices.org/caldwell-c3)

*The Caldwell C3 Comprehensive Care Center provides treatment and support services regardless of where you are in your recovery journey. If you need help with mental health, substance use or other wellness issues please call us or just stop in. No appointment is necessary.*

- \* Outpatient Behavioral Health Services for children & adults
- \* Mental Health & Substance Use Services
- \* Individual & Group Therapy
- \* Substance Use Intensive Outpatient Program (SAIOP)
- \* Medication Management
- \* Community Support Team (CST)
- \* Intensive In-Home Services (IIH)
- \* Peer support services (PSS)
- \* Recovery Education Center (REC)
- \* Crisis Stabilization & Detox Services for Adults
- \* Mobile Crisis Services (MCM)
- \* Foothills Regional Treatment Center

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**Daymark Recovery Services**

360 Beech St; Newland, NC

(828) 733-5889 • [daymarkrecovery.org/locations/avery-center](http://daymarkrecovery.org/locations/avery-center)

- \* Offering mental health outpatient treatment, mobile crisis management, Assertive Community Treatment Teams (ACTT), and psychiatric treatment services.
- \* Serves both children and adults.
- \* Accepts Medicaid, Medicare, and private insurance.
- \* Individuals with no insurance will be eligible for a sliding or discounted scale as defined by the relevant Managed Care Organization/Local Management Entity.

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**Family Preservation Services of North Carolina, INC.**

1316-D Patton Ave.; Asheville, NC

(828) 225-3100 • [fpsnorthcarolina.com/](http://fpsnorthcarolina.com/)

- \* Substance misuse and mental health services for youth, family, and adults.
- \* Accepts Medicaid, Medicare, and NC Health Choice.

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**MindPath Care Centers**

4 Doctor's Park, Suite H.; Asheville • (828) 285-9911

1200 Ridgefield Blvd., Suite 250; Asheville • (828) 633-6070

[mindpathcare.com/location/mindpath-asheville](http://mindpathcare.com/location/mindpath-asheville)

- \* Psychiatry and medication management, psychotherapy and counseling, telehealth, Transcranial Magnetic Stimulation (TMS), specialty groups, Addiction Recovery Center, and more.
- \* Accepts most insurances, call for more information. Payment plans may be available through Advance Care.

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**Mentor Behavioral Health**

249 Wilson Dr. Suite 5; Boone, NC

(828) 268-2172 • [mentorbhc.com](http://mentorbhc.com)

- \* Psychological testing and treatment for children and adults.
- \* Accepts Aetna, BlueCross BlueShield, Cigna, Medcost, Medicaid, TriCare, Triwestand, and many more. Contact for more information.



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**Mountain Community Health Partnership (MCHP)**  
**Bakersville Health Center • Burnsville Health Center • Celo Health Center •**  
**Micaville Health Center • Spruce Pine Health Center**  
(828) 688-2104 • [mchp.care](http://mchp.care)

- \* Individual Counseling to address mental health concerns such as anxiety, depression, stress, PTSD, and family/relationship concerns.
- \* Behavioral assessments and treatment necessary to effectively manage chronic health conditions.
- \* Identify and assist patients addressing issues such as transportation, food insecurity, housing, and childcare.
- \* Peer Support
- \* School Based Therapy

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**October Road**  
119 Tunnel Rd., Suite D; Asheville, NC  
(828) 350-1000 • [octoberroadinc.net](http://octoberroadinc.net)

- \* Offering outpatient therapy and medication management, peer support services, and operates three Assertive Community Treatment Teams (ACTT).
- \* Accepts Medicaid, Medicare, and a large variety of other insurance providers. See the website for complete list. Payment plans may be available.

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**RHA Health Services**  
[rhahealthservices.org](http://rhahealthservices.org)

Mitchell County  
129 Skyview Circle  
Spruce Pine, NC  
(828) 765-0894

Yancey County  
72 Blue Ridge Ln.  
Burnsville, NC  
(828) 682-2111

- \* Offering a wide variety of mental health and substance use services, including Substance Use Intensive Outpatient Treatment and Mobile Crisis Unit Services.
- \* Accepts BlueCross and BlueShield, CMS insurances, and Medicaid. RHA has flexible payment options and can help individuals without insurance secure funds for treatment.

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**The Pisgah Institute**

158 Zillicoa St.; Asheville, NC  
(828) 254-9494 • [pisgahinstitute.com](http://pisgahinstitute.com)

- \* Provides consultation, medication management, and individual psychotherapy, as well as psychological and educational testing, stress management, and Transcranial Magnetic Stimulation (TMS).
  - \* Services provided for children, adults, and families.
- 

**Charles George VA Medical Center**  
1100 Tunnel Rd; Asheville, NC  
(828) 298-7911 x 1 • [asheville.va.gov](http://asheville.va.gov)

- \* Substance misuse and mental health services for Military Veterans.
- \* To contact enrollment and eligibility call (828) 298-7911 x 2509.
- \* To contact the Veterans Hope and Recovery Center call (828) 298-7911 x 2519.

## Residential Mental Health Treatment Programs

### **CooperRiis Healing Community**

85 Zillicoa St.; Asheville, NC  
(844) 522-1234 • [cooperrriis.org](http://cooperrriis.org)

- \* Offers a unique approach to recovery with a balance of evidence-based clinical therapies, purposeful work, community service, education, and holistic health and wellness practices.
  - \* Private pay and some insurances may be accepted, contact for more information. Scholarships may also be available.
- 

### **Neil Dobbins Center at C3356 Comprehensive Care Center**

356 Biltmore Ave, Ste. 150; Asheville, NC  
(828) 253-6306 • [rhahealthservices.org/c3356-comprehensive-care-center/](http://rhahealthservices.org/c3356-comprehensive-care-center/)

- \* Providing crisis services to adults in need of short-term intensive evaluation, treatment, or behavior management to stabilize acute mental health crisis situations.
  - \* 24 hour, secured, 16-bed crisis and detox facility for adults.
  - \* Services can be billed through Medicaid. Individuals with no coverage may receive services via State Funds. Benefit eligibility is based on an income scale. Individuals who self-pay are required to prepay for services. Private insurance is not accepted.
- 

### **Tapestry**

119 Tunnel Rd., Ste. G.; Asheville, NC • (828) 373-3615  
11 North Country Club Rd.; Brevard, NC • (844) 299-1343  
[tapestrync.com](http://tapestrync.com)

- \* Services include family programming, individual and group therapy, medication management as needed, and extended aftercare services for mental health and eating disorders.
  - \* Tapestry is in-network with many insurance providers. Call for a complete list, or to inquire about other insurance or payment options.
-

## Youth and Adolescent Services - Counseling and Therapy

### **Landon Scott Beaver, LMFTA**

(828) 373-3158

- \* Specializes in relationship issues and family conflict for adults, teens, families, and couples.
  - \* Accepts BlueCross and BlueShield, NC Healthy Blue Medicaid, NC State Health Plan, and private pay. Sliding scale fees available.
- 

### **Bossong Psychological Services PLLC**

#### **Heather Bossong, MA, PsyD**

41 Clayton Street, Suite 201; Asheville, NC

(828) 373-3158 • [bossongpsychology.com](http://bossongpsychology.com)

- \* Specializes in psychological evaluations and individual counseling for children and adolescents.
  - \* Accepts private pay, sliding scale fees available.
- 

### **CareNet Counseling Services**

79 Academy St.; Marion, NC

(828) 559-0125 • [carenetnc.org](http://carenetnc.org)

- \* Substance misuse and mental health counseling services for adults and teens.
  - \* Most insurances and employee assistance plans accepted. Financial assistance may be available.
- 

### **Nature Nurture Therapy, PLLC**

Shannon Krenek, LCSW

(828) 365-8585 • [naturenurturetherapy.com](http://naturenurturetherapy.com)

- \* Offering individual, group, and family therapy services.
  - \* Providing mental health therapy to tweens, teens, and young adults in caring, authentic, and honoring spaces.
  - \* Helping young people, families, and communities develop strong connections with themselves, others, and the natural world.
  - \* Accepts BlueCross and BlueShield and private pay. Payment plans may be available.
- 

### **Therapy of Hickory**

246 E. Tappan St; Spruce Pine, NC

(828) 409-6743 • [therapyofhickory.com](http://therapyofhickory.com)

- \* Therapy services for individuals, couples, families, and children.
- \* Sliding scale fee plans may be available, call for more information.

## Youth and Adolescent Services - Outpatient Treatment

### **Access Family Services**

1100 Ridgefield Blvd., Ste. 190; Asheville, NC  
(828) 670-7723 • [accessfamilyservices.com](http://accessfamilyservices.com)

- \* Offers intensive in-home services for families in crisis, as well as individual and family counseling in both a school based and outpatient setting.
- 

### **A Caring Alternative**

Greenlee Primary • Burnsville Elementary  
(828) 467-3402 • [kgreene@caringalternative.com](mailto:kgreene@caringalternative.com) • [caringalternative.com](http://caringalternative.com)

- \* Contact Kim Greene for assistance in Mitchell and Yancey counties, listed above.
  - \* Provides All Day Treatment and IIH Services in Mitchell and Yancey counties.
  - \* Day Treatment is an intensive behavioral health service that allows children and adolescents to access clinical treatment while enrolled in the local county school system.
  - \* Intensive In-Home (IIH) teams are available to serve children and adolescents at risk of out-of-home placement and/or need to be stabilized within the home.
- 

### **Daymark Recovery Services**

360 Beech St.; Newland, NC  
(828) 733-5889 • [daymarkrecovery.org/locations/avery-center](http://daymarkrecovery.org/locations/avery-center)

- \* Substance Abuse and Mental Health Outpatient Treatment Services.
  - \* Substance Abuse Intensive Outpatient Treatment available.
  - \* Mobile Crisis Management
  - \* DWI Services
  - \* Serves both children and adults.
  - \* Accepts Medicaid, Medicare, and private insurance.
  - \* Individuals with no insurance will be eligible for a sliding or discounted scale as defined by the relevant Managed Care Organization/Local Management Entity.
- 

### **Family Preservation Services of North Carolina, INC.**

1316-D Patton Ave.; Asheville, NC  
(828) 225-3100 • [www.pathways.com](http://www.pathways.com)

- \* Substance misuse and mental health services for youth, family, and adults.
- \* Accepts Medicaid, Medicare, and NC Health Choice.

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**The Pisgah Institute**  
158 Zillicoa St.; Asheville, NC  
(828) 254-9494 • [www.pisgahinstitute.com](http://www.pisgahinstitute.com)

- \* Provides consultation, medication management, and individual psychotherapy, as well as psychological and educational testing, stress management, and Transcranial Magnetic Stimulation (TMS).
- \* Services provided for children, adults, and families

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**RHA Health Services**  
[rhahealthservices.org](http://rhahealthservices.org)

Mitchell County  
129 Skyview Circle  
Spruce Pine, NC  
(828) 765-0894

Yancey County  
72 Blue Ridge Ln.  
Burnsville, NC  
(828) 682-2111

- \* Offering a wide variety of mental health and substance use services, including Substance Use Intensive Outpatient Treatment and Mobile Crisis Unit Services.
- \* Accepts BlueCross and BlueShield, CMS insurances, and Medicaid. RHA has flexible payment options and can help individuals without insurance secure funds for treatment.

## Youth and Adolescent Services - Residential Treatment

### **Caiyalynn Burrell Child Crisis Center**

277 Biltmore Ave.; Asheville, NC 28801

(877) 277-8873 • [daymarkrecovery.org/locations/fbc-buncombe](http://daymarkrecovery.org/locations/fbc-buncombe)

- \* Facility-Based Crisis Service for children and adolescents, ages 6-17 provides.
  - \* Is an alternative to hospitalization for an eligible child or adolescent who presents with escalated behavior due to a mental health, intellectual or developmental disability, or substance use disorder and requires treatment in a 24-hour residential facility.
  - \* Indirect, intensive short-term, medically supervised service provided in a physically secure setting that is available 24 hours a day, seven days a week, 365 days a year.
  - \* Accepts Medicaid and some private insurances. Call to determine if your insurance covers CFBC level of care.
  - \* Uninsured individuals may be eligible for a sliding or discounted scale as defined by the relevant Managed Care Organization/Local Management Entity.
- 

### **Eliada**

2 Compton Dr.; Asheville, NC

(828) 254-5356 • [eliada.org](http://eliada.org)

- \* Eliada treatment programs serve youth with a variety of mental health diagnoses who may struggle with difficulty regulating emotions, tolerating distress, self-injurious behaviors, aggression, trauma reactions, running behaviors, and substance use.
  - \* Residential and day treatment programs for youth.
- 

### **Equinox RTC**

2420 Middle Fork Rd.; Hendersonville, NC

(877) 279-8925 • [equinoxrtc.com](http://equinoxrtc.com)

- \* Equinox specializes in the provision of gender-specific treatment for male adolescents who struggle with a variety of presenting problems such as depression, anxiety, addiction and substance misuse, trauma and loss, self-harm, suicidal ideation, ADD/ADHD, adoption and attachment issues, family conflict, academic problems, and processing difficulties.
- 

### **Insight Human Services – Robert S. Swain Recovery Center**

932 Old US 70, 2nd Floor, Moore II; Black Mountain, NC

(828) 669-4161 • [insightnc.org](http://insightnc.org)

- \* Residential substance misuse programs for adults and adolescents.
- \* Accepts insurance and Medicaid for covered services. Sliding scale fees and payment plans may also be available.
- \* State Funded — payment for services provided is also available and is dependent on income and other factors.

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### **Solstice East**

530 Upper Flat Creek Rd.; Weaverville, NC  
(828) 414-2980 • [solsticeeast.com](http://solsticeeast.com)

- \* Residential treatment center for young women, ages 14-17.
- \* Offers treatment for substance misuse and mental health disorders.
- \* Individual, group, family, and equine therapy offered.

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### **SUWS of the Carolinas**

363 Graphite Rd.; Old Fort, NC  
(844) 658-0846 • [suwscarolinas.com](http://suwscarolinas.com)

- \* SUWS offers life-changing wilderness-based therapy programs for adolescents ages 10-17 who are struggling with mental illness, mood disorders, and substance misuse issues.
- \* Self-pay only, admissions advisors are prepared to work with patients and families to develop a detailed financial plan.

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### **Tapestry**

5010 Hendersonville Rd.; Fletcher, NC  
(828) 373-8344 • [tapestrync.com](http://tapestrync.com)

- \* The Tapestry Adolescent Program is a primary mental health residential, partial hospitalization (PHP), and intensive outpatient (IOP) treatment program for adolescents of all genders, aged 11 to 17, who are struggling with a range of mental health issues including depression, anxiety, bipolar disorder, substance misuse, eating disorders, trauma issues and associated mental health conditions.
- \* Tapestry is in-network with many insurance providers. Call for a complete list or to inquire about other insurance/payment options.

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### **Trails Momentum**

555 Sky Valley Camp Rd.; Hendersonville, NC  
(828) 457-8852 • [trailsmomentum.com](http://trailsmomentum.com)

- \* Wilderness-based therapy program for young adults, ages 18-25.
-



## Alternative/Complementary Treatments

### **Cruz Life Center**

390 East Main St.; Burnsville, NC  
(828) 682-6157 • [cruzlifecenter.com](http://cruzlifecenter.com)

- \* 12-week natural program for addiction recovery.
  - \* Monthly payment plans offered.
- 

### **Horse Sense of the Carolinas**

7041 Meadows Town Rd.; Marshall, NC  
(828) 206-3057 • [horsesenseotc.com](http://horsesenseotc.com)

- \* Offers equine assisted psychotherapy and Learning and Trauma-Focused Equine Assisted Psychotherapy (TF-EAP)
  - \* Addresses youth and adolescents, PTSD, trauma, anxiety, depression, grief and loss, and family issues.
  - \* Accepts BlueCross and BlueShield, and private pay. Some sliding scale fees available.
- 

### **Margot Rossi, M.Ac**

Licensed Acupuncturist, NCALB #35  
(828) 536-9030 • [margotrossi.com](http://margotrossi.com)

- \* Acupuncture, comprehensive healthcare, medical counseling.
- 

### **Mountain Community Healing Arts**

Jade Pierce, Licensed Acupuncturist, NCALB #157  
[jadepierce.com](http://jadepierce.com)

131 N. Main St.  
Burnsville, NC  
(828) 536-9709

37 Tank Trail  
Spruce Pine, NC  
(828) 536-9709

- \* Acupuncture, herbal medicine, massage therapy, and holistic living counseling.
- 

*For additional Alternative/Complementary treatment providers and modalities, visit [pathwnc.org/programs/prevention/home-remedies](http://pathwnc.org/programs/prevention/home-remedies).*

## Spanish-Speaking/Bilingual Service Providers

### All Souls Counseling

35 Arlington St.; Asheville, NC  
(828) 259-3369 • [allsouls counseling.org/counseling-services](http://allsouls counseling.org/counseling-services)

- \* Offering counseling to individuals, couples and families, as well as group therapies.
  - \* Payment is on a sliding fee scale basis.
- 

### Dr. Michelle Alvarez

2 Wall St., Suite 107; Asheville, NC  
828-827-7924 (828-82-PSYCH) • [drmichellealvarez.com](http://drmichellealvarez.com)

- \* Provides classic psychotherapy services as well as TALKyoga (therapy with yoga).
  - \* Services available for children and adolescents.
- 

### Appalachian Counseling and Psychological Services

[acaps-nc.org](http://acaps-nc.org)

205 Locust St Spruce Pine, NC (828) 372-0432	1 Oak Plaza, Ste. 208 Asheville, NC (828) 575-9760
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- \* Counseling and therapy services for substance misuse and mental health.
  - \* Accepts Aetna, BlueCross and BlueShield, Cigna, Medicaid, Medicare, United Healthcare, and more. Payment plans may be available.
- 

### Rebecca Blanco, LCMHC, LMHC

10 North Main Street; Burnsville, NC  
(813) 592-3867

- \* Specializes in depression, anxiety, and life transitions for adults.
  - \* Accepts BlueCross and BlueShield, Humana, Optum, UnitedHealthcare UHC|UBH, and private pay. Sliding scale fees available.
- 

### Blue Ridge Community Health Services (multiple locations)

(828) 692-4289 • [brchs.com](http://brchs.com)

- \* Offers behavioral health for children, adults, and families, as well as other healthcare services.
- \* Many insurances accepted, contact for verification.
- \* Sliding scale fees available.

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**Catholic Charities**

50 Orange St.; Asheville, NC

(828) 255-0146 • [ccdoc.org/en/services/counseling](http://ccdoc.org/en/services/counseling)

- \* Offers professional mental health services for individuals, couples and families, as well as group counseling.
- \* Bilingual counseling is offered in the Asheville location.
- \* Services offered by appointment only.
- \* Sliding scale fees available.

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**Centro Unido Latino-Americano**

79 Academy St; Marion, NC

(828) 652-0727 • [culawnc.org](http://culawnc.org)

- \* Offers services, programs, and connections with other agencies to assist the Latinx community in need.

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**DC Wellness Mental and Behavioral Health Services**

820 Fleming St, Ste. 5; Hendersonville, NC

(828) 595-2748 • [dcwellnessinc.org](http://dcwellnessinc.org)

- \* Serves youth, adults, and seniors by providing therapeutic and mental health services for individuals with mental, behavioral, or psychiatric challenges.

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**El Centro de Henderson County**

508 N. Grove St.; Hendersonville, NC

828-290-7131 • [elcentrolac.org](http://elcentrolac.org)

- \* Offers mental health, advocacy, and educational services.

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**El Futuro**

2020 Chapel Hill Rd., Suite 23; Durham, NC

(919) 688-7101 • [elfuturo-nc.org](http://elfuturo-nc.org)

- \* Comprehensive Mental Health Evaluations
- \* Individual, Family, and Group Treatment
- \* Psychiatric Treatment
- \* DWI Assessment and Treatment
- \* Substance Misuse Evaluation and Treatment
- \* Evidence-Based Practices
- \* All services are bilingual and culturally-informed.
- \* Accepts Health Choice, Medicaid, and Medicare. Also serving individuals without insurance. Call with further questions surrounding payment.

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**Jon Jay Esslinger, LPC, LCAS**  
(828) 283-0008

- \* Offers counseling services for adults and children, as well as addiction counseling.

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**Fostering Real Change Counseling Services**  
220 3rd Avenue West, Suite A; Hendersonville, NC  
(828) 376-0000 • [fosteringrealchange.com/Home](http://fosteringrealchange.com/Home)

- \* Counseling services for families, couples, children, and individuals.
- \* Accepts Aetna, BlueCross and BlueShield, NC Health Choice, and United Behavioral Health. Sliding fee scale also available.

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**Healing Together DBT**  
3 South Main St., Ste. 3; Weaverville NC  
(828) 649-5016 • [healingtogetherdbt.com](http://healingtogetherdbt.com)

- \* Provides Dialectical Behavioral Therapy services for adults, adolescents, and families.
- \* Accepts Aetna, BlueCross and BlueShield, and TriWest.

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**Helpmate**  
35 Woodfin St.; Asheville, NC  
(828) 254-2968; Crisis Line: 828-254-0516 • [helpmateonline.org](http://helpmateonline.org)

- \* Offering a 24-hour hotline, emergency shelter, case management, outreach and education, individual counseling, group counseling, children's services, and court advocacy services for victims of domestic violence.

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**Horse Sense of the Carolinas, Inc.**  
7041 Meadows Town Rd.; Marshall, NC  
(828) 206-3057 • [horsesenseotc.com](http://horsesenseotc.com)

- \* Equine Assisted Psychotherapy
- \* Provides services for individuals from ages 6 yrs. old and up, family therapy, couple's therapy, and group therapy.

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**Jillian Martindale, LCSW**  
(828) 263-4467 • [jmartindalelcsw@jmlcsw.com](mailto:jmartindalelcsw@jmlcsw.com) • [jmlcsw.com](http://jmlcsw.com)

- \* Offers counseling services for individuals, children, and families.
- \* Accepts Aetna, BlueCross and BlueShield, Optum, and private pay. Sliding scale fees available.

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**Mountain Counseling Associates, LLC**  
110 Williams St.; Hendersonville, NC  
(828) 692-7300 • [mountaincounseling.com](http://mountaincounseling.com)

- \* Counseling for adolescents, families, and adults.
- \* Accepts Cigna, BCBS, Medicare, Medicaid, United Healthcare, Tricare, and many more, as well as private pay options.

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**Safelight**  
133 5th Ave W.; Hendersonville, NC  
(828) 693-3840 • [safelightfamily.org](http://safelightfamily.org)

- \* Offering free, confidential help for adults and children affected by domestic violence, sexual assault, or child abuse.
- \* Services include a 24-hour crisis line, emergency shelter, advocacy, counseling, case management, support groups, job training, and much more.
- \* Services are available in English and Spanish.

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**Florencia Seoane, LCSWA**  
795 Merrimon Ave., Suite 1; Asheville, NC  
(828) 929-0422

- \* Specializes in anxiety, emotional disturbance, and relationship issues for adults, teens, and preteens.
- \* Serves individuals and families.
- \* Sliding scale fees available.

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**TJ Tanya Stiers, LCSW**  
168 South Liberty Street; Asheville, NC  
(828) 713-7804

- \* Provides services to adolescents, adults, and families.
- \* Accepts Aetna, BlueCross and BlueShield, Cigna, Crescent, MedCost, and Medicare.

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**Stillwaters Healing Arts**  
(931) 273-6104 • [stillwatershealingarts.org](http://stillwatershealingarts.org)

- \* Offering nature based, somatic, and mindfulness based therapy.
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## Other Helpful Resources – Legal Aid/Advocacy/Financial

### Legal Aid of North Carolina

(866) 219-LANC (5262) • [legaidnc.org](http://legaidnc.org)

547 Haywood Rd.  
Asheville, NC  
(828) 239-2995

171 Grand Blvd.  
Boone, NC  
(828) 355-4890

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### On Track Financial Education & Resources

50 South French Broad Ave., Suite 227; Asheville, NC  
(828) 255-5516 • [ontrackwnc.org](http://ontrackwnc.org)

- \* Offers emergency cash flow counseling, debt counseling, credit counseling, homebuyer counseling, foreclosure prevention counseling, and spending plan counseling.
- \* Services are available in English and Spanish.

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### Our Voice

35 Woodfin St.; Asheville, NC  
(828) 252-0562 • 24 hr. Crisis Line: (828) 255-7576 • [ourvoicenc.org](http://ourvoicenc.org)

- \* Offers short-term individual and group counseling focused on healing from sexual violence.
- \* Serves both primary and secondary survivors (loved ones and support people) age 13 and up, of all genders.
- \* Offers crisis intervention, court, law enforcement, and hospital advocacy for survivors.
- \* Services are offered free of charge and are available in English and Spanish.

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### Pisgah Legal Services

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

Online application: [www.pisgahlegal.org/free-legal-assistance](http://www.pisgahlegal.org/free-legal-assistance)  
(828) 253-0406 or toll free (800) 489-6144

To qualify for help from PLS, you must:

- \* Meet our low-income guidelines. We determine if you qualify by looking at income, family size, assets, and living expenses.
- \* Have a problem that affects your basic needs.

What types of cases does PLS NOT handle?

- \* PLS does not handle criminal cases.
- \* PLS does not usually handle cases where a private attorney could receive a fee as part of money awarded by a court or agency.
- \* PLS does not usually handle personal injury cases, bankruptcies, property transactions, or traffic accident cases.

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**Southmountain Children and Family Services – Children’s Advocacy Centers**

PO Box 3387; Morganton, NC

(828) 584-1105 • [southmountain.org/childrens-advocacy-centers](https://southmountain.org/childrens-advocacy-centers)

- \* Designed to minimize trauma to children and their non-offending family members resulting from child physical or sexual abuse.
- \* Advocate for and support child victims and their non-offending family members.
- \* Enhance the legal process in achieving optimal criminal prosecutions.

**Children’s Advocacy Center of the Toe River (Ally’s House)**

49 Rock Wall Lane; Burnsville, NC

(828) 675-1508 • [toerivercac.org](https://toerivercac.org)

**McDowell County Children's Advocacy Center (Lily's Place)**

81 West Fort Street; Marion, NC

(828) 559-0073 • [mcdowellcac.org](https://mcdowellcac.org)

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## Other Helpful Resources – Transportation

### **Mitchell County Transportation**

Bakersville, NC  
(828) 682-6144

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### **Yancey County Transportation**

Burnsville, NC  
(828) 688-4715

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## Other Helpful Resources – Web Resources

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

(Alcohol and Drug Council of NC, help and referral resources by county)

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

(Website for National Institute on Drug Abuse)

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

(National education website)

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[nc211.org](http://nc211.org)

(Locator tool for local services including substance misuse and mental health services)

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[ncdhhs.gov](http://ncdhhs.gov)

(NC Dept. of Health and Human Services)

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

(NC health information)

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

(Locator tool for finding affordable therapy and counseling services)

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[samhsa.gov](http://samhsa.gov)

(National Website on Substance Abuse and Mental Health)

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

(Adolescent residential center and resource guide)

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

(Provider Search and Resource Library)

## Other Helpful Resources – Family and Caregiver Support

**Blue Ridge Partnership for Children**  
(828) 682-0047 • [blueridgechildren.org](http://blueridgechildren.org)

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**Gaining Early Awareness & Readiness for Undergraduate Programs (GEAR UP)**  
[gearup@northcarolina.edu](mailto:gearup@northcarolina.edu) • [gearupnc.org](http://gearupnc.org)

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**High Country Caregivers**  
[info@highcountrycaregivers.com](mailto:info@highcountrycaregivers.com) • [highcountrycaregivers.com](http://highcountrycaregivers.com)

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**Magic Afterschool Program**  
Contact your school

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**Mayland Early College High School (MECHS)**  
(828) 766-2590 • [mayland.edu](http://mayland.edu)

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**Mitchell County 4-H**  
10 S Mitchell Ave.; Bakersville, NC  
(828) 688-4811 • [mitchellcountync.gov](http://mitchellcountync.gov)

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**Mitchell County Cooperative Extension**  
(828) 688-2051

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**Mitchell County Parks & Recreation**  
(828) 688-5901 • (828) 385-1487 • [mitchellcountync.gov](http://mitchellcountync.gov)

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**Mitchell Head Start**  
(828) 688-2190 • [icphheadstart342@gmail.com](mailto:icphheadstart342@gmail.com)

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**Pre-K Program**  
Beck Tschudy • (828) 682-6101

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**Project Challenge**  
(888) 526-6389 • [projectchallenge.org](http://projectchallenge.org)

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**Say Something (24/7)**  
(844) 572-9669 • [saysomething.net](http://saysomething.net)

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**SEARCH**  
[SEARCHwnc@gmail.com](mailto:SEARCHwnc@gmail.com) • [searchwnc.org](http://searchwnc.org)

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**THRIVE Appalachia**  
(828) 559-5840 • [pana@thriveappalachia.org](mailto:pana@thriveappalachia.org) • [thriveappalachia.org](http://thriveappalachia.org)

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**Yancey County 4-H - Health Rocks!**

Contact Jordan English (828) 682-6186 • [yancey.ces.ncsu.edu/](http://yancey.ces.ncsu.edu/)

- \* Provides training for teachers or volunteers working with youth (ages 8-15) about reducing tobacco, alcohol, e-cigarette/vaping and drug use in youth.
  - \* Instills in youth participants invaluable confidence and communication skills necessary to make responsible decisions and develop the internal strength to resist risky behaviors.
  - \* Curriculum can also be done as part of school enrichment.
- 

**Yancey County 4-H - Empowering Youth and Families Program (EYFP)**

Contact Niki Maness (828) 682-6186 • [yancey.ces.ncsu.edu/](http://yancey.ces.ncsu.edu/)

- \* 9-week program for middle school youth (requires at least one adult present for each 2.5 hour meeting).
  - \* Meetings include a meal, childcare (if younger siblings need to attend), youth session, adult sessions, and family sessions.
  - \* Covers topics including: communication, relationship building, substance misuse and the effects on the brain, refusal skills, stress management, and community resources.
  - \* Participants with consistent attendance receive a free trip (transportation included) to one of 4-H's camps for a weekend to join other EYFP families for extended family time, community discussions, and more.
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**Yancey County Recreation Department**

Loren Deyton • (828) 284-5701

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**YMCA Healthy Living Center - Mitchell County**

(828) 520-1379

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She gets her hair  
from her mom.

Her eyes from  
her dad.

And her drugs  
from her parents'  
kitchen cabinet.

**BE AWARE. DON'T SHARE.®**  
**LOCK YOUR MEDS.®**  
LockYourMeds.org/NC

  NC DEPARTMENT OF  
HEALTH AND  
HUMAN SERVICES  
Division of Mental Health,  
Developmental Disabilities,  
and Substance Abuse Services

Contact us  
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mitchell / yanney  
substance abuse task force  
a program of path 

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