



# DRUG AND ALCOHOL RECOVERY RESOURCES

## *Understanding Risks, Setting Goals and Building Healthy Habits.*

Excessive alcohol use includes binge drinking and heavy drinking. These definitions are important to understand, however all alcohol use can have harmful and severe effects on your health. It is even more important to realize that you have control over these behaviors, and many resources exist to support you in your goals of decreasing your alcohol use and reducing your risk of poor health outcomes related to alcohol.

### DEFINITIONS

**Moderate Drinking** | Age 21 and older, up to one drink per day for women and not more than two drinks per day for men.

**Binge Drinking** | Age 21 and older, binge drinking is a pattern of drinking that brings your blood alcohol content, or BAC to 0.08 or higher. This typically occurs after about 4 drinks for women and 5 drinks for men, in two hours.

**Heavy Drinking** | More than 4 drinks on any given day for men and 3 drinks a day for women.

### Short-Term Health Risks

- Injuries | Motor vehicle collisions, falls, drowning, burning.
- Violence | Homicide, suicide, sexual assault, violence.
- Alcohol Poisoning
- Reproductive Health | Risky sexual behaviors, unintended pregnancy, sexually transmitted diseases, miscarriage, still birth, fetal alcohol syndrome.

### Long-Term Health Risks

- Chronic Disease | High blood pressure, heart disease, stroke, liver disease, digestive problems.
- Cancers | Breast, mouth and throat, liver colon.
- Learning and Mental Health | Dementia, poor school performance, depression, anxiety, alcohol dependence.
- Social Problems | Lost productivity, family problems, unemployment.

## What is considered a “drink”?

### U.S. Standard Drink Sizes



**Binge drinking**

Women	Men
<b>4</b>	<b>5</b>
or more drinks	or more drinks
<b>On one occasion</b>	

**Heavy drinking**

Women	Men
<b>8</b>	<b>15</b>
or more drinks	or more drinks
<b>In a week</b>	

Centers for Disease Control and Prevention (CDC). Alcohol-Related Disease Impact (ARDI). Retrieved from [cdc.gov/ARDI](https://www.cdc.gov/ARDI).

## TIPS FOR CUTTING BACK ON ALCOHOL USE

Making small changes can have large effects on reducing your risk of alcohol related problems. However you chose to adjust your lifestyle, give it a fair trial and be open to trying something new if the first adjustment did not work. After two to three months, if you have not been able to stick with any of these small changes, it may be time to consider quitting alcohol all together.

- **Keep Track**  
Count or tally each drink that you have. Keeping a tally going may prompt you to slow down.
- **Set Goals**  
Setting realistic and measurable goals regarding how many drinks you will have each week, or how many days per week that you will consume alcohol. Having days each week that you don't drink is helpful in keeping your risks low for alcohol related problems.
- **Find Alternative Activities**  
If your drinking habits have taken up a large amount of your time, then consider taking up new or old hobbies that can fill that time void.
- **Avoid Triggers**  
If there are certain activities or people that you always drink with, try to avoid them while you are making this life change. Consider bringing a non-alcoholic beverage with you, adjusting the time of the event or not going all together.
- **Know How to Handle Urges**  
Some triggers are unavoidable, so plan how you will manage these situations. Write down your reason for wanting to change and carry it with you so that you can be reminded when you need it most. Learn a healthy habit or new way to distract yourself when the urge hits, like taking a walk. Or if you can, just accept the feeling of the urge and learn to let it pass.
- **Know How to Say No**  
You will likely be offered a drink at some point or another, and it is important to have your response ready, like a simple 'no thank you.' Try not to hesitate and come up with excuses why it might be 'ok' this time.
- **Positive Reinforcement**  
Think of a way that you can reward yourself for keeping up on your new healthy habits. Perhaps it is buying yourself something new every few weeks, or splurging on a 'mocktail' or dessert treat.

## COUNSELING AND TREATMENT

### **Alcoholics Anonymous | Hotline 833-800-8553**

*Fellowship of people who share their experience, strength and hope to help each other recover from alcoholism.*

*AL-Anon, Al-Ateen.*

Full list of online and in-person meetings can be found online: [AA-Montana.org](http://AA-Montana.org)

### **Alpenglow | 406-600-5007**

*Offers level 2.1 intensive outpatient services, group and individual therapy, DUI ACT classes and MIP classes.*

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

2216 Boot Hill Court Suite #3, Bozeman MT 59715

### **Cedar Creek Integrated Health | 406-600-5007**

*Comprehensive program for addiction, mental health and crisis to support people on their path to wellness.*

Multiple locations across the state of Montana.

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

### **Community Medical Services | 406-404-7900**

*Addiction treatment program providing services in the form of outpatient medication-assisted treatment and private one-on-one and group counseling.*

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

8707 Jackrabbit Lane, Suite D, Belgrade, MT 59714

### **Fellowship Hall**

*Aiding those on their recovery path by fostering empowerment and strengthening community ties, enabling a successful recovery.*

[bozemanfellowship@gmail.com](mailto:bozemanfellowship@gmail.com) | [TheHallBozeman.org](http://TheHallBozeman.org)

2165 Durston Road, Bozeman, MT 59718

### **GLBT National Help Center |**

#### **Hotline 888-843-4564**

*All of our staff identify as part of the LGBTQIA+ family, and are here to serve the entire community by providing free and confidential peer-support and information.*

General phone: 1-800-246-7743

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

### **Ideal Option | 877-522-1275**

*Outpatient clinic offers addiction treatment with medications.*

1532 S. Ellis Street, Suite 104, Bozeman MT 59715

### **Montana's Peer Network | 406-551-1058**

*Peer support network for mental health, substance use and addiction struggles.*

[info@mtpeernetwork.org](mailto:info@mtpeernetwork.org) | [MTpeerNetwork.org](http://MTpeerNetwork.org)

### **MSU Alcohol & Drug Assistance | 406-994-5937**

*MSU students only. Resources, education and support for students dealing with substance misuse issues including prevention education, referral services and Narcan training.*

[Montana.edu/oha/insight](http://Montana.edu/oha/insight)

### **Narcotics Anonymous | 800-990-6262**

*A nonprofit fellowship of people for whom drugs have become a major problem. We meet regularly to help each other to stay clean. Narc-anon*

Full list of online and in-person meetings can be found online: [NAMontana.org](http://NAMontana.org)

### **Providence Mental Health | 406-579-4984**

*Offers both in-person and telehealth services.*

*Sliding scale payment.*

[info@providencemh.com](mailto:info@providencemh.com)

2246 Boot Hill Court, Suite #3, Bozeman MT 59715

### **Therapy | PsychologyToday.com**

*Visit [psychologytoday.com](http://psychologytoday.com) to find local therapist who accept insurance and work with addiction and mental health concerns.*

### **Greater Impact | 406-539-2260**

*Sober-living houses for recovery.*

Lindsey House: for women | Jeremy House: for men

Application: [GreaterImpact.us/sober-living](http://GreaterImpact.us/sober-living)

[info@greaterimpact.us](mailto:info@greaterimpact.us)

### **SMART Recovery**

*Online self-empowered meetings and tools.*

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

### **Southwest Chemical Dependency |**

#### **406-222-2812**

*Non-profit corporation providing outpatient treatment.*

*Serving Park, Madison, Meagher and Beaverhead counties.*

[infoswcdp@gmail.com](mailto:infoswcdp@gmail.com) | [SWCDP.org](http://SWCDP.org)

430 E. Park Street, Livingston MT 59047

### **Wellbriety Movement**

*Culturally focused recovery online meetings.*

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



# REHABILITATION OPTIONS

## *throughout Montana*

### **Alpenglow Clinic, Butte | 406-565-5484**

*Intensive, outpatient addiction treatment in a secure and nurturing setting, ensuring you or your loved one receives the necessary care and support.*

22 W. Park Street, Butte, MT 59701

### **Alpenglow Clinic, Columbia Falls | 406-607-5600**

734 9th Street W, Unit 10, Columbia Falls, MT 59912

### **Alpenglow Clinic, Kalispell | 406-890-2570**

*Cognitive Behavior Therapy, Dual Diagnosis, Relapse prevention, 12-step facilitation approach.*

285 2nd Avenue W N, Suite 101, Kalispell, MT 59901

### **Alternative Youth Care | 406-857-2506**

*Private alcohol and drug rehab that offers treatment for a variety of substance abuse addictions.*

4880 U.S. Highway 93 S, Kalispell, MT 59901

### **Bear Creek Wellness | 888-495-0615**

*Provides a nature-based drug treatment, where you can break free from addiction and reconnect with yourself.*

BearCreekWellness.com

122 Indian Prairie Loop, Stevensville, MT 59870

### **Benefits Behavioral Health | 406-455-2280**

*The struggle with addiction is unique, and we design a recovery plan that fits your specific situation. Your care plan will likely include medication-assisted treatment as well as individual and group therapy.*

500 15th Avenue S, Great Falls, MT 59405

### **Boyd Andrew Community Services | 406-443-2343**

*Provides services to adults in need of treatment for their chemical dependency. Elkhorn Treatment Center is 55-bed residential behavioral health center operated by Boyd Andrew Community Services.*

1 Riverside Road, Boulder, MT 59632

### **Florence Crittenton Family Services | 406-442-6950**

*Administration, family healing center, development and child enrichment center.*

Fax: 406-442-6571 | FlorenceCrittenton.org

3404 Cooney Drive, Helena MT 59602

### **Gateway Community Services | 406-727-2512**

*Drug and alcohol treatment services.*

26 4th Street North, Great Falls, MT 59401

### **Great Falls Rescue Mission | 406-761-2653**

*Emergency services, recovery and youth outreach.*

Women's Shelter: 317 2nd Avenue S, Great Falls, MT 59405

Men's Shelter: 326 2nd Avenue S, Great Falls, MT 59405

Cameron Family Center: 408 2nd Avenue S, Great Falls, MT 59405

### **MT Chemical Dependency Center | 406-496-5400**

*Provides inpatient treatment for addiction including withdrawal management for substance use disorders and treatment for co-occurring mental health disease.*

Fax: 406-496-5437

525 E. Mercury Street, Butte, MT 59701

### **New Choices | 406-248-3175**

*A detox and inpatient drug and alcohol rehab center.*

1220 Polly Drive, Billings, MT 59102

### **Pathways Treatment Center | 406-756-3950**

Kalispell Regional Medical Center

200 Heritage Way, Kalispell, MT 59901

### **Recovery Centers of MT, Lodge | 888-726-3681**

RecoveryCentersOfMontana.com

9549 US Route 2, Martin City, MT 59926

### **Recovery Centers of MT, Ranch | 888-726-3681**

RecoveryCentersOfMontana.com

390 Hodgson Road, Columbia Falls, MT 59912

### **Recovery Center Missoula | 406-532-9900**

*Offers programs and treatment options for adults suffering from addiction to alcohol or drugs.*

Wmmhc.org/RecoveryCenter

1321 Wyoming Street, Missoula, MT 59801

### **Rimrock Foundation | 406-248-3175**

Inpatient and Outpatient

Fax: 406-248-3821 | info@rimrock.org

1231 N. 29th Street, Billings, MT 59101

### **Rocky Mountain Treatment Center | 406-453-5080**

*Drug and alcohol addiction treatment. We are a community that cares, providing hope, love and healing.*

RehabRocky.com

920 4th Avenue N, Great Falls, MT 59401

### **Turning Winds | 800-845-1380**

*Our mission is to rescue teens from crisis, renew their belief in their own potential and reunite them with their family and a sustainable path of success.*

Fax: 888-378-3007 | TurningWinds.com

31733 S. Fork Yaak Road, Troy, MT 59935

