



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
4	5
or more drinks	or more drinks
On one occasion	

Heavy drinking

Women	Men
8	15
or more drinks	or more drinks
In a week	

Centers for Disease Control and Prevention (CDC). Alcohol-Related Disease Impact (ARDI). Retrieved from 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.

Local 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

Alpenglow | 406-600-5007

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

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

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
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 | 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

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@mtppeernetwork.org | 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

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

Providence Mental Health | 406-579-4984

Offers both in-person and telehealth services.

Sliding scale payment.

info@providencemh.com
2246 Boot Hill Court, Suite #3, Bozeman MT 59715

Therapy | PsychologyToday.com

Visit 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
info@greaterimpact.us

SMART Recovery

Online self-empowered meetings and tools.

SmartRecovery.org

Southwest Chemical Dependency |

406-222-2812

Non-profit corporation providing outpatient treatment. Serving Park, Madison, Meagher and Beaverhead counties.

infoswcdp@gmail.com | SWCDP.org
430 E. Park Street, Livingston MT 59047

Wellbriety Movement

Culturally focused recovery online meetings.

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

