



Mid-Missouri Family Pocket Resource Guide

People can find help for substance use disorders (*addictions*) and/or behavioral health challenges here.



Family and friends! ou need your own recovery.

You need your own recovery.
Whether or not your loved one
is interested in treatment,
this resource guide is for you.

Many of these resources offer free information and support. Some require a fee to access help.

https://tinyurl.com/yc778tyd

May 2025



FACE (Family Access Center of Excellence)



Local help

for families

of youth (573) 771-FACE (3223)

https://faceofboonecounty.org/ community-team/contact/

Meets behavioral health needs of Boone County children, youth, and their families (0 - 19 years). Helps with access to community-based and school-based services. Can help families with basic needs, find after school activities, parent support, and counseling. Some families may qualify for

Therapy Access Program, which provides 10 free therapy sessions.





Worried about your child/teen's behavioral health? Waiting lists too long? There is a shortage of Child & Adolescent Psychiatrists. Most children will first receive behavioral health

care from a primary care provider, or pediatrician

MO-CPAP gives primary care providers expert resources to help your child/teen with behavioral health concerns.

Local help for families of youth



https://tinyurl. com/3rxduv3n

Need help for your child's behavioral health? START with your child/teen's primary care provider.

Encourage your child's provider to enroll in MO-CPAP.







Local help for families of youth

(844) 853-8937

https://tinyurl.com/

Compass Health Network

Family therapy (on-site or in-home)

NAVIG8 Program:
For youth ages 9-17.
Substance Use and Alcohol Treatment

NAVIG8 Caregiver Group for parents/guardians: substance use education, communication skills, harm reduction, adolescent development, boundary setting,

motivation enhancement, and more.

Compass Health works to engage your child/teen

even if they are hesitant to accept treatment.

SUICIDE & CRISIS LIFELINE	
9-1-1	

· Can help families navigate the behavioral health/substance use system, even if not in crisis Veterans Crisis Line: Dial 988, then press 1 24/7 emergency number Chat or Text-to-911 (available in Boone County)

24/7 call, chat or text



· Direct help from police, fire, and medical responders 24/7, free confidential local help

· Food or shelter Utility bills or child care

· Rental assistance, vocational training, and more



Education/support for families with a loved one who lives with a behavioral health situation



Emotional Well-Being, Health Support and Education – free family groups, skills and training such as parent, family, and military focused courses.

namimissouri.org/support-and-education/



Frequently Asked Questions – guidance on many issues such as guardianship and legal concerns. namimissouri.org/resources/faq/

Text "NAMI" to 741741 for 24/7, confidential, free crisis counseling.

Local in-person meetings? YES. Virtual meetings? YES.





Al-Anon Family Groups

Community support program for people whose lives have been affected by someone else's drinking [alcohol].

(888) 425 - 2666 for more information.

Local in-person meetings? **YES**. Virtual meetings? **YES**.

https://tinyurl.com/2c8s53hh



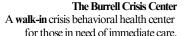
Addiction Technology Transfer Center Network (ATTC)
Offers a 15-week course, "Invitation to Change."

Teaches more effective communication and coping skills for those who have loved ones with serious behavioral health and/or substance use situations. Uses CRAFT model (Community Reinforcement Approach Family Therapy)

https://tinyurl.com/2un3tyxz

Virtual support meetings? YES.







Address: 1805 E. Walnut Columbia, MO

The patient defines the crisis.

Services such as psychiatric assessments, brief therapy, peer support, 24-hour observations, treatment follow-ups, and more. Must be at least 18 years old.

Call the 24/7
Central Missouri crisis line
(800) 395 - 2132.

https://www.burrellcenter.com/locations/columbia-behavioral-crisis-center

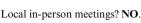


The Center for Motivation and Change (CMC) provides many training and support programs for family and friends. "Family Monday" meetings held once or twice per month.



CMC has 20-minute workbooks just for partners/spouses, parents. Some free downloadable sections.

https://tinyurl.com/2y8xj7jr



https://tinyurl.com/rehys2m6

Virtual meetings? **YES**.



EPICC: Engaging Patients in Care Coordination

People who use drugs can self-refer for help. Encourage everyone to carry this number.

Call

1-800-395-2132

for help 24/7

This phone line is for people who use drugs to reach a recovery coach by phone right away (someone with lived experience with drug misuse).

Promotes access to medicine to help with cravings or withdrawal symptoms

(Medication Assisted Treatment or Recovery). For Missouri residents who have problems with opioids, alcohol, or stimulants.



Families for Depression Awareness



For families of teens and adults who live with depression or bipolar disorder.

Webinars, workshops, videos, and publications to support loved ones and find help for themselves as caregivers.

<u>familyaware.org</u>





helpingfamilieshelp.com

Helping Families Help

Extensive site for webinars, books, blogs, podcasts, therapists, and other resources for you if are someone who cares about a person who is using alcohol or drugs in a way that worries you.





Call (888) 401 - 1241 for information, 24/7.

https://www.intherooms.com/livemeetings/list

Global organization.
Sign up to attend different kinds of online meetings, including Al-Anon, Nar-Anon, and Adult Children of Alcoholics (ACoA).

Local in-person meetings? **NO**. Virtual meetings? **YES**.



LEAP Institute

Listen-Empathize-Agree-Partner®



https://leapinstitute.org/ free-leap-videos/ Create relationships more likely to lead to treatment, even if your loved one is currently unwilling to accept help. Offers training courses, videos, webinars and podcasts.

Nar-Anon Family Groups



Nar-Anon Family Groups

Support program for people whose lives have been affected by someone else's substance use disorder (addiction) or drug use.

(800) 477 - 6291 for more information.

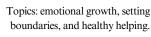
Local in-person meetings? YES.
Virtual meetings? YES.

https://www.nar-anon.org/find-a-meeting





Online meetings and support groups for parents, other family members, and friends trying to help a loved one seek recovery.



boundaries, and healthy helping.

Available in English and Spanish.

Local in-person meetings? NO. Virtual meetings? YES.



https://palgroup.org/pal-virtual-meetings/



Partnership to End Addiction



Support for parents and caregivers of youth and young adults involved in substance use. Online meetings with parent coaches. Grief groups for those who have lost children to substance misuse.

Text "CONNECT" to 55753 or call the helpline at (855) 378 - 4373. Free and confidential.

Local in-person meetings? NO.

https://drugfree.org/supportmeetings/

Virtual meetings? YES.





Provides open meetings/workshops and groups to educate families and friends on resources for recovery support and service for behavioral health situations

Local in-person meetings? YES.
Virtual meetings? YES.

Email columbia@pwrhousecdc.org or call (573) 208 - 7685.

Psychology Today

Find a counselor for yourself. Directory of therapists, psychiatrists, and agencies that provide services if you experience challenges to your own emotional well-being.

Support Groups in

Boone County,

Missouri



Boone County, Missouri

Therapists in

https://tinyurl.com/dxhr6f4c



https://tinyurl.com/mt7m9ych

To use private insurance, check on the back of your card. Find "behavioral health services and/or "substance use" or "substance abuse."

Learn which providers accept your insurance.

In-person therapy? YES.

Virtual therapy? YES. Virtual support groups? YES.



Self-Management and Recovery Training (SMART)

Life beyond addiction

Trained facilitators lead in-person and online groups for family members. Learn how to reduce stress, increase self-care and positive communication.



For Columbia, Missouri in-person meetings Contact gregorycarbins@gmail.com

Local in-person meetings? YES.

https://tinyurl.com/38985xc3

Virtual meetings? YES.



Treatment Advocacy Center

What if my loved one won't get treatment?



For individuals and families affected by severe mental health condition. Learn new ways to respond to those who live with anosognosia or lack of insight. People who live with lack of insight do not believe they are sick and do not seek treatment.

Podcasts, publications, research.

https://www.tac.org/



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For victims of intimate partner violence and their minor children living in Boone county.

24/7 Crisis Line: 1-800-548-2480

True North of Columbia

RACS (Rape and Abuse Crisis Service) in Jefferson City



Support that can come to you. Serves Boone and other mid-Missouri counties. No cost counseling, childcare, and advocacy.

counseling, childcare, and advocacy.

Services for victims of violence, abuse,
https://racsjc.org/services/

stalking, assault. 24/7 Hotline: 1-800-303-0013







Save A Life, Have Naloxone* on Hand

Worried about a loved one who is taking pain medications or using drugs?

1005 W. Worley Street, Columbia.

Naloxone* (also known as Narcan®) is a nasal spray that can reverse an opioid overdose. Get **free naloxone** by mail from University of Missouri-St. Louis or pick up at Columbia/Boone County Public Health and Human Services

https://getmissourinaloxone.com/

Order your naloxone by mail or pick up in person.

Allies in Recoverv™ alliesinrecovery.net/

Teaches family members **CRAFT**, Community Reinforcement Approach Family Therapy. Paid membership/free blog posts.

Short online



com/muz9t46j Book by same name-Dr. Emily Kline

https://tinyurl.

Free weekly podcast for parents of youth/young adults.

E-Course--Improve communication skills.

Helps with all ages.



HOPESTREAM https://tinyurl.com/35cu732n

Professionals recommend these books*:

- Beyond Addiction: How Science and Kindness Help People Change by Jeffrey Foote and Carrie Wilkens
- I'm Not Sick, I Don't Need Help-How to Help Someone with Mental Illness Accept Treatment by Xavier Amador
- School of Hard Talks How to Have Real Conversations with Your (Almost Grown) Kids by Dr. Emily Kline [useful in any relationship]
- NAMI (National Alliance on Mental Health)
 You Are Not Alone book series
 Guide to navigating behavioral health

*To find, do Internet search by title.



Health and Senior Services. Promotes health and safety for all Missourians.

Missouri Department of



Missouri Department of Mental Health. Offers many medical services to people with mental disabilities and substance misuse issues.





This is a collaborative publication from

- · Boone County Overdose Response Coalition and
- Columbia/Boone County Public Health and Human Services

Link to updated digital version:

Call (573) 874 - 7355

Email Health@Como.gov

or go to https://tinyurl.com/4hvkf4fc



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