



Mid-Missouri Family Pocket Resource Guide

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



<https://tinyurl.com/yc778tyd>

Family and friends!
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.

May 2025



FACE

of BOONE COUNTY



Local help
for families
of youth



(573) 771-FACE (3223)

[https://faceofboonecounty.org/
community-team/contact/](https://faceofboonecounty.org/community-team/contact/)

FACE (Family Access Center of Excellence)

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.



Local help
for families
of youth



[https://tinyurl.
com/3rxduv3n](https://tinyurl.com/3rxduv3n)

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.

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.



Compass Health
Network



Local help
for families
of youth



(844) 853-8937

[https://tinyurl.com/
45seauw6](https://tinyurl.com/45seauw6)

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.



- 24/7 call, chat or text
- 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)
- 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



nami | **Missouri**
(573) 634 - 7727

National Alliance on Mental Illness

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



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 **R**einforcement Approach **F**amily **T**herapy)



<https://tinyurl.com/2un3tyxz>

Virtual support meetings ? **YES.**



BURRELL®
BEHAVIORAL HEALTH

The Burrell Crisis Center
A walk-in crisis behavioral health center
for those in need of immediate care.



Address:
1805 E. Walnut
Columbia, MO
65201

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

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.


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



<https://cmcffc.org>

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.



Online 
Family Groups

<https://tinyurl.com/rehys2m6>

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

<https://tinyurl.com/2y8xj7jr>



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

Blog posts →



familyaware.org

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.



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/](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>



Parents of Addicted Loved Ones

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



Topics: emotional growth, setting boundaries, and healthy helping.

Available in English and Spanish.

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

Virtual meetings? **YES.**

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



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

<https://drugfree.org/supportmeetings/>

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.

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



Powerhouse Community Development Family Healing Program



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



Therapists in
Boone County,
Missouri

<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.

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



<https://tinyurl.com/dxhr6f4c>

In-person therapy? **YES.**
Virtual therapy? **YES.**
Virtual support groups? **YES.**



SMART
Recovery

Life beyond addiction



Self-Management and Recovery Training (SMART)

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.**

Virtual meetings? **YES.**

<https://tinyurl.com/38985xc3>



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/>



<https://truenorthofcolumbia.org/services/>

True North of Columbia

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

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



<https://racsjc.org/services/>

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.

Services for victims of violence, abuse, 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?



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 1005 W. Worley Street, Columbia.

<https://getmissourinaloxone.com/>

↖ Order your naloxone by mail or pick up in person.

Allies in
Recovery™

alliesinrecovery.net/

Teaches family members **CRAFT**,
Community **R**einforcement
Approach **F**amily Therapy.
Paid membership/free blog posts.



[https://tinyurl.
com/muz9t46j](https://tinyurl.com/muz9t46j)

Book by same name-Dr. Emily Kline

**Short online
E-Course**--Improve
communication skills.
Helps with all ages.



HOPESTREAM

<https://tinyurl.com/35cu732n>

**Free weekly
podcast** for
parents of
youth/young adults.



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.



MISSOURI DEPARTMENT OF
**HEALTH &
SENIOR SERVICES**



**Missouri Department of
Health and Senior Services.**
Promotes health and safety
for all Missourians.

<https://health.mo.gov/>



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

<https://dmh.mo.gov/>



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/4hvkf4fd>



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