

CRISIS INTERVENTION (Mobile Crisis)

1-800-345-6785

Statewide 24-hour crisis intervention line

Dover Behavioral Health System

725 Horse Pond Road
Dover, DE 19901

302-741-0140

Toll free: 855-609-9711

Fax: 302-741-8551

www.doverbehavioral.com

Mental health and substance abuse care
In-patient partial hospitalization program

Sussex Campus

406 S. Bedford St.
Georgetown, DE 19947

Meadowwood Behavioral Health Hospital

575 S Dupont Hwy
New Castle, DE 19720

(302) 462-3213

(302) 653-3923

MeadowWood offers specialty programs for those co-occurring disorders that patients may be facing

Gateway's Delaware Treatment Center currently only treats individuals covered by government funding, not those with private insurance at this time. Call our 24-Hour Helpline 877-505-4673

Gateway

100 Sunnyside Rd
Smyrna, DE 19977

Kirkwood Detox

3315 Kirkwood Hwy.
Wilmington, DE 19808

302-691-0140

Fax: 302-995-6225

Bi-lingual (Spanish & English)
Counseling & substance abuse

Recovery Innovations

Ellendale Recovery Response Center

700 Main Street
Ellendale, DE 19941

302-424-5660

Fax: 302-424-5661

www.recoveryinnovations.org

23-hour facility, no cost
Psychiatrists and Psychiatric Nurses on staff.

Rockford Center

100 Rockford Drive
Newark, DE 19913

302-996-5480

Toll free: 1-866-847-4357

www.rockfordcenter.com

24-hour program, walk-ins welcome
Accepts most insurance (including Medicare)

Connections CSP

Harrington

1-11 East Street
Harrington, DE 19952

Toll free: 866-477-5345

302-786-7800

All locations provide mental health treatment; Psychiatric NPs that prescribe meds. on staff. Medicaid, Medicare and no ins. accepted; Methadone, Subutex available
Harrington - Inpatient DETOX

Delmarva Teen Challenge

302-629-2559

Recovery and transitional housing (1 year) men

Agency Name

Phone/Website

Additional Information

Connections CSP

Millsboro

315 Old Landing Road
Millsboro, DE 19966

302-947-1920

Mental health & substance abuse treatment;
Methadone, Suboxone

Seaford

123 Pennsylvania Avenue
Seaford, DE 19973

302-990-7021

Outpatient mental health treatment; help for Veterans and
families of Veterans.

Fellowship Health Resources

Georgetown

20707 DuPont Blvd.
Georgetown, DE 19947

302-854-0626

Substance abuse counseling, doctors and PNPs on staff
at all locations

Millsboro

400 Delaware Avenue Ste. 105
Millsboro, DE 19966

302-934-1861

Fax: 302-934-7318

302-628-4121

Fax: 302-628-4186

1330 Middleford Road Ste. 103
Seaford, DE 19973

Fellowship Health Resources ACT

1340 Middleford Rd.
Ste 401
Seaford, DE 19973

302-628-4390

Fax: 302-628-4397

ACT Team stand for "Assertive Community Treatment"

After hours number: 302-752-1566

Jewish Family Services of DE

99 Passmore Road
Wilmington, DE 19803

302-478-9411

Fax: 302-479-9883

Services for substance abuse and mental health issues.
Accepts most major insurance - see full listing on website.

Lewes location

20684 John J. Williams Hwy.
Lewes, DE 19958

302-827-6040

www.jfsdelaware.org

Addiction Medical Solutions of DE

20468 Coastal Highway, #101
Rehoboth Beach, DE 19971

302-227-1320

Fax: 302-227-1327

Dr. in 3 days/week; no NP
self-pay

www.amsdelaware.com

Additional Information

Phone/Website

Agency Name

<u>Catholic Charities</u> 406 S. Bedford Street, #9 Georgetown, DE 19947	302-856-9578 Fax: 302-856-6297 catholiccharitiesusa.org	Counseling by appointment only; most insurances accepted. Part-time psychiatrist on staff/prescribes meds No Nurse Practitioner, several certified counselors on staff
<u>Child Behav. Health Hotline</u>	1-800-969-HELP (4357)	24-hour Prevention and Behavioral Health Crisis Crisis Hotline for Children
<u>Coastal Therapeutic Services</u> 16529 Coastal Highway Lewes, DE 19958	302-644-7788 Fax: 302-644-6768	Counseling All insurance accepted; no Dr. or NP on staff
<u>Gaudenzia New Journey</u> 18514 Pentecostal Street Ellendale, DE 19941	302-836-8260 eadquarters.com/delaware/facility/gaudenzia-new-journey-ellendale/	This is a 15 bed inpatient mental health facility, housing 10 men and five women. Dr. and Nurse Practitioner on staff
<u>Day Break Counseling</u> 301 S E Front St Milford, DE 19963	(302) 422-7021 http://www.daybreakcounseling.org/	Danny Cooper - sliding scale
<u>Arbor Counseling</u> 7 South King Street Georgetown, DE 19947	302-853-5054	Highmark Blue Cross Blue Shield, Highmark Health Options Aetna and self-pay
<u>Brandywine Counseling</u> 528 E. Market Street Georgetown, DE 19947	302-856-4700 Fax: 302-856-4705 brandywinecounseling.org	Medicaid, Medicare, BC/BS, Optum, Cigna, Aetna Counselor and Clinical Social Worker on staff
<u>Bridge Counseling and Therapy</u> 771 Masten Circle, Ste. 113 Milford, DE 19963	302-856-9190 Fax: 302-856-9133	Accepts most insurance (except Medicare); No Dr. or NP on staff, only LPCMH and clinical social worker Patients are referred to doctor in the building
<u>Cape Integrated Wellness</u> 1143 Savannah Road, Ste. 4 Lewes, DE 19958	302-644-2273 Fax: 302-644-2272 www.capeintegratedwellness.com	Clinicians on staff/each takes various insurances; Psychologist on staff (does not prescribe meds) 16 bed all male facility

Agency Name

Phone/Website

Additional Information

ABR Counseling

33124 Lighthouse Road
Selbyville, DE 19975

302-436-5868
Fax: 302-436-2035

All insurances except Medicare; Counselor only, no Dr. or NP on staff; refers out to Psychiatrist. A&D counseling w/primary focus on mental health. Special group programs offered G&L incl.

Gover Counseling

125 Landing Drive
Rehoboth Beach, DE 19971

302-226-3661

Counseling services

Coastal Therapeutic Services

16529 Coastal Highway
Lewes, DE 19958

302-644-7788
Fax: 302-644-6768

Counseling
All insurance accepted; no Dr. or NP on staff

Kalkstein, Dr. David

18937 John J. Williams Hwy. Ste. 210
Rehoboth, DE 19971

302-644-2773
Fax: 302-644-1737

Accepts most insurance (except United)
Healthcare and CIGNA

Kent Sussex Center for Children and Families

24832 John J Williams HWY
Millsboro, DE 19966

302-442-6620

Marriage and family therapists/services to children and adults
Innovative techniques and holistic treatment plans offered
Most insurances accepted/payment options available.

Laurel location
31039 North Poplar Street
Laurel, DE 19956

302-875-6543

Nurses on staff daily; Dr. on Staff Fridays only
No private insurance accepted

Georgetown location
20728 DuPont Blvd., Ste. 313
Georgetown, DE 19947

302-854-0172

Spanish-speaking only
Free Services

La Esperanza

216 N Race St.
Georgetown, DE 19947

302-854-9262

Spanish-speaking only
Free Services

LaRed Health Center

2144 Carmean Way
Georgetown, DE 19947

302-855-1233
Fax: 302-855-1020

Bi-lingual (Spanish & English)
All insurance accepted for mental health treatment

Additional Information

Phone/Website

Agency Name

<p><u>Lighthouse Therapy Center</u> 30838 Vines Creek Road, St. 2B Dagsboro, DE 19939</p>	<p>302-732-1310 Fax: 302-732-1345</p>	<p>Accepts most insurances except Medicare</p>
<p><u>Mental Health Association in DE</u> 100 W. 10th St., Suite 600 Wilmington, DE 19801-6604</p>	<p>302-654-6833 800-287-6423 mhainde.org</p>	<p>Support for individuals with mental health issues suicide prevention; addiction treatment, depression and anxiety</p>
<p><u>The Mind & Body Consortium</u> <i>Milford</i> 995 North DuPont Blvd. Milford, DE 19963</p>	<p>302-424-1322</p>	<p>Counseling and mental health services. Substance abuse treatment. Most insurance accepted; works with uninsured Psychiatrists on staff</p>
<p><u>Pathy, Shashi Dr.</u> 33188 Coastal Highway, Ste. 4 Bethany Beach, DE 19930</p>	<p>302-537-1100 Fax: 302-537-0921</p>	<p>Dr. and NP on staff Accepts most commercial insurance (not United Healthcare)</p>
<p><u>People's Place</u> <u>Millsboro Delmarva Health Pavilion</u> 30265 Commerce Drive, Ste. 201 Millsboro, DE 19966 <i>Seaford</i> 350 Virginia Avenue Seaford, DE 19973 <i>Milford</i> 1131 Airport Road Milford, DE 19963</p>	<p>302-934-0300 and 302-422-8026 302-629-3574 302-422-8026 Fax: 302-422-8050 www.peoplesplace2.com</p>	<p>Treats mental health issues; no substance abuse Psychiatric NPs and therapists on staff Accepts Medicare; Medicaid, Blue Cross/Blue Shield Also treats victims of domestic violence (Turning Point) Schedule Mental Health evals. For Probation through this office</p>
<p><u>Promise Assessment Ctr. - Sussex</u> 546 S. Bedford Street Georgetown, DE 19947</p>	<p>302-515-3310 Fax: 302-515-3311 www.dhss.delaware.gov/dhss/dsamh/</p>	<p>Provides individually tailored community-based, mental health care management. Psychiatric Nurses, PSWs & Peer Managers also on staff.</p>
<p><u>Quakertown Wellness Center</u> 1307 Savannah Road Lewes, DE 19958</p>	<p>302-644-0130 www.quakertownwellness.com</p>	<p>Holistic treatment for behavioral health issues</p>

Agency Name

Phone/Website

Additional Information

Recovery Innovations RESTART

(Kent & Sussex Counties)

700 Main Street
Ellendale, DE 19941

302-424-5680
Fax: 302-424-5681

(Shares building with RI)
Restart provides recovery-based short-term Targeted Care Management for people 18 and over with significant mental health and/or substance use challenges.

Resources for Human Develop. - ICM

Georgetown

21133, Sterling Ave
Georgetown, DE 19947

Seaford

543 N Shipley St
Seaford, DE 19973-2339

302-536-7090

ICM - Psychiatrists, psychologists, case managers, clinicians and nurses on staff; must be referred through EEU

Thresholds, Inc.

20505 DuPont Blvd, Unit 1
Georgetown, DE 19947

Lewes

17577 Nassau Commons Blvd # 202
Lewes, DE 19958

302-856-1835

Fax: 302-856-1764
thresholdsinc.com

302-827-4478

Substance abuse and mental health treatment
Only accepts Medicaid
mental health evals for probation
In addition to outpatient treatment they also offer DUI and drug court diversion programs.

Todd, Richard Ph. D

28312 Lewes Georgetown Hwy.
Milton, DE 19968

302-853-0559

Fax: 302-231-2086

Accepts Medicaid, Blue Cross Blue Shield
Cigna, Aetna, Medicare

Transforming Connections

32828 Reba Road, Ste. A
Milville, DE 19967

302-745-8843

Fax: 302-295-3997

Accepts Highmark, Blue Cross
Blue Shield, Tricare, Medicaid
NO MEDICARE

Unity Behavioral Health, LLC

Shubert, Dr. Duane
19878 Hebron Road, Ste. B
P.O. Box 714
Rehoboth Beach, DE 19971

302-227-7399

Fax: 302-227-7398

www.unitybehavioralhealth.com

Accepts Medicare and private pay
Does Social Services evaluations

Agency Name **Phone/Website** **Additional Information**

Housing Alliance Delaware 302-654-0126 Centralized Intake for Shelter in Delaware

Square One DE, Inc 302-898-3656 Transitional Housing for men in recovery

Amen House
32693 Oak Orchard Road
Millsboro, DE 19966 (302) 381-2647
book.com/AMEN-House-of-Oak-Orchard-190796841036187/ Provides transitional housing for at-risk men, assisting with social services, job placement, and transportation

Georgetown Group Home
23769 Shortly Road
Georgetown, DE 19947 302-856-7642
fhr.net Owned by Fellowship Health Resources

Hope House
7549 Wilkins Road
Milford, DE 19963 302-422-6699 Owned by Fellowship Health Resources

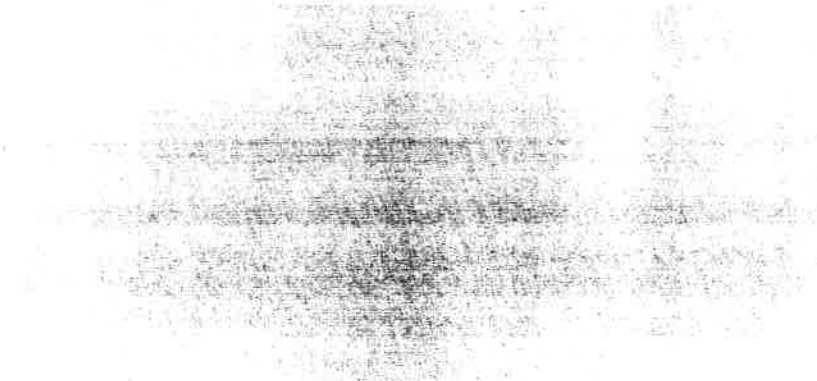
Roxana
35906 Zion Church Road
Roxana, DE 302-284-8370 Owned by Connections

Taton House
18090 Harbeson Road
Milton, DE 19968 302-684-4400 Owned by Fellowship Health Resources

Horizon House DE Inc.
20165 Office Circle
Professional Park Blvd.
Georgetown, DE 19947 Fax: 302-854-0688
Director Sussex ACT Teams
Horizon House DE

Hudson Health
Salisbury and Georgetown 410-219-9000
hudson-health.org Addiction Treatment Provider

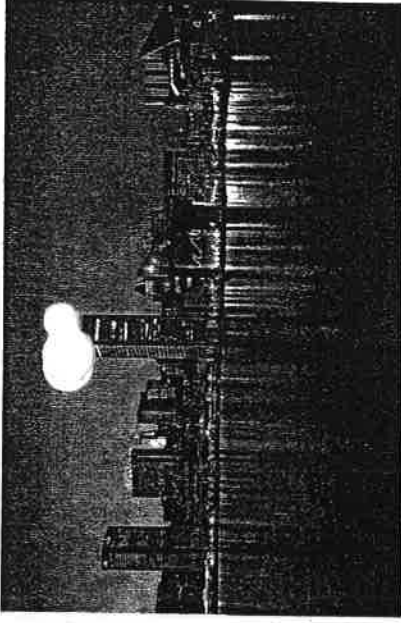
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- Tell the program about medications you are taking (even over-the-counter/dietary supplements)
- Avoid taking different opioids together or taking more than usual
- Tell your doctors that you are on methadone so they can advise you if there may be some dangerous interactions
- It is important to let the clinic staff know how the methadone makes you feel
- Keep methadone in its original, labeled container
- Store methadone in a locked box or locked, sturdy cabinet or drawer
- If you feel the methadone is not working, let clinic staff know. Taking more on your own can be dangerous because it increases the risk of overdose
- Never give methadone to anyone else (even a little)
- Avoid using illicit drugs. Mixing drugs can be dangerous.



RESCUE BREATHING

- Roll the person on their back
- Tilt head back using 2 fingers under chin
- Remove anything in their mouth
- Pinch their nose shut
- Take a deep breath and breathe into their mouth, 2 breaths to start, then 1 breath every 5 seconds

ADMINISTERING NALOXONE (NARCAN®)

- Naloxone is a safe, effective medication that blocks opioids and can save a life by reversing an opioid overdose.
- Contact the health department to find out how to obtain Naloxone and how to get trained on using it

Baltimore City Health Department

1001 E. Fayette Street
 Baltimore, Maryland 21202
 (410)396-3731

<http://www.baltimorehealth.org/stayingalive.html>

Baltimore Substance Abuse Systems

1 N. Charles Street Suite 1600
 Baltimore, Maryland 21201
 (410)637-1900

**Methadone
 Maintenance &
 Treatment &
 Overdose**



**A Guide For Patients
 & Their Loved Ones**



Some Things To Know About Methadone

- Methadone takes longer to act and lasts longer than other opioids
- It takes time to get to the correct dose
- The chances of overdosing on methadone are highest during the first 1-2 weeks
- Even a small amount can be DEADLY to a child or adult who is opioid-naïve

- Mixing methadone with benzodiazepines, sleeping pills, or other opioids
- Mixing methadone with alcohol (even beer or wine)
- Taking more methadone or opioids in addition to what you get in the clinic
- Taking certain medicines that slow down the breakdown of methadone (ask your doctor)
- Missing doses of methadone
- Not taking full take-home doses
- Severe breathing problems (pneumonia, COPD)
- Severe liver problems (yellow skin or eyes; swollen belly)
- Sleep apnea (heavy, loud snoring)



- CALL 911- tell them the person takes methadone
- Do RESCUE BREATHING
- Give NALOXONE
- Place person on side in the "RECOVERY POSITION"
- STAY WITH THE PERSON (even if they wake up)
- LET THE CLINIC KNOW as soon as possible



What Not To Do

- Put the person in ice
- Inject milk or salt water
- Inject cocaine or other drugs
- Put the person in the shower or bath
- Burn fingertips
- Leave the person alone
- Give the person something to eat or drink
- Let the person "sleep it off"

What Does Methadone Overdose Look Like?

- Slowed or stopped breathing
- Blue lips, skin, nails
- Small ("pinpoint") pupils
- Slow or faint pulse
- Snoring very loudly
- Gurgling sounds
- Won't wake up

Worcester County Warriors Against Opiate Addiction

<https://wocowarriors.org/>

My “GraceSpace” is the first step. No questions asked -Three to five days to detox with minimum to no withdrawals.

People don't rob, steal and lie to get high. They rob steal and lie to not get sick.

I can get people through the first phase and give them a chance!

No medical Detox -NOT replacing their addition wit methadone or suboxone.

I use a careful mixture or Kratom Tea two to three times a day, for three to four days, along with a light antihistamine and in severe cases, a LEGAL non script additional substance,

Grace space require a supervised 3 or 4 day stay for compliance - and then referral to Christian counseling.

ABSOLUTELY NO REFERRALS TO “CONNECTIONS” or DOVER BEHAVIORAL HEALTH Those two entities are **THE PROBLEM!** Not the solution.

I have lived this and have witnessed this and I have helped others- 22 year Heroin user, heavy Percocet / Oxy users

I can help with phase 1 - Detox without Withdrawal

David Forman [\(973\)477-7489](tel:9734777489)

