

SAVING LIVES FAITH COMMITTEE

Substance Use, Mental Health & Wellness Resource Guide



Information in this guide was current at the time the document went to press in March of 2023. Other resources may be available in Dare County. Subsequent changes will be reflected in the next edition. See local telephone directory for additional services.

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ABOUT THE GUIDE

Drug and alcohol abuse is at epidemic levels across the nation and on-going efforts to address these issues have often failed to partner with the faith community. The Dare County "Saving Lives Task Force" recognized this shortfall and established the "Faith Based Initiatives Subcommittee" to explore ways to both enlist the aid of the faith community and to provide information and resources for them to address alcohol and drug related problems in our community.

The Faith Based Initiative was formed in 2019 as a subcommittee of the SLTF of Dare County. SLTF is a Team of professionals and community members working toward the prevention of Substance Use and Mental Health Disorders and the availability of effective treatment for all Dare County Citizens in need of help. The Subcommittee is comprised of Faith Based concerned citizens. Our mission is to integrate substance abuse initiatives and strategies into the faith community, to assist them in raising awareness of the issues they may confront within their respective communities, and show them how to identify those that may be struggling with substance abuse or mental health issues. The Subcommittee serves as the connection between the County's Saving Lives Task Force and the faith community with special emphasis on involving our faith leaders in recovery efforts

This guide is but the first step in this effort and hopefully will lay the foundation for a more active faith community coalition to aggressively address drug and alcohol related issues that impact individuals and families within our faith communities.

In this guide you will find information, treatment options, and other support services available to you when dealing first hand with this problem whether with an affected individual or their family members.

Professionals associated with addiction and alcoholism have long recognized that addiction and alcoholism is not a simple matter of a lack of self-control or immoral behavior; rather, it's a chronic disease that devastates individuals, their families and communities. Even with the understanding that this is an illness, the stigma attached often impedes efforts to reach suffering individuals and families. Education, love, tolerance, and prayer are needed to overcome the negative attitudes and give friends, family members, and those suffering from a substance use disorder the courage to come forward and confront these issues and ask for help.



TALKING TO THOSE IN NEED OF HELP

- ALWAYS approach in a supportive non-accusing way.
- Encourage conversation.
- Avoid shaming or making them feel guilty as this could push them away.
- Denial of the disease is very common.
- If you are contacted, ask if they want to stop drinking or using drugs. If they were referred to you by family or friends, explain the concerns that others have for their welfare.
- Reinforce that you care and want to help.
- Experience shows that trying to persuade someone to stop is seldom successful. Your time would be better spent trying to help the person or family.
- The “Big Book” as it is commonly called is the substance use disorder bible and will give you some insight to this disease and its treatment.
- If the individual does have a desire to stop, ask if they would talk to a person in recovery. If you can, call the local Alcoholics Anonymous number 252-256-0850 or call the Mobile Crisis or the Trillium Crisis Line.

TALKING TO THE FAMILY IN NEED OF HELP

- Addiction and alcoholism have severe and often devastating effects on the family. In many ways, they have enabled their sick family member to continue their disease. Accepting responsibility of the situation is important. Reinforce the need to learn coping mechanisms and strategies to protect themselves, rebuild their self-esteem and help their sick family members. Some relationships may be beyond repair and they will need help and support in making the difficult decisions that come with ending a relationship or marriage. Family support groups Al-Anon and NAR-ANON are there to stand by family members and help them to return their lives to normalcy.



TREATMENT STRATEGIES / SERVICES

Treating alcohol or drug addiction can be a complex and challenging affair and there are many variables that must be considered in arriving at the appropriate option. The individual's employment status, availability of insurance or access to state sponsored treatment programs often drive the ultimate decision.

Rehab

A common initial treatment option for someone with an alcohol or drug addiction is a formal rehabilitation program, either outpatient or inpatient. Inpatient programs can last anywhere from 30 days to a year and help someone handle withdrawal symptoms, emotional challenges, and developing a new outlook on life. Outpatient treatment provides daily support while allowing the person to live at home.

Alcoholics/Narcotics Anonymous other support groups.

Those in recovery help others with addictions through a 12-step program designed to change the entire way of life.

Regardless of the type of support system employed, it's critical for recovering from substance use disorders to be involved in a sober community and to learn from the experience of others in recovery.

Other Options

Someone with an alcohol or drug addiction may also benefit from other treatments including:

- drug therapy
- counseling
- nutritional changes

A doctor may prescribe drugs to help certain conditions. For example, antidepressants, if someone with an alcohol addiction were self-medicating to treat their depression.

Therapy is useful to help teach someone how to manage the stress of recovery and the skills needed to prevent a relapse. Also, a healthy diet can help undo damage alcohol may have done to the person's health, like weight gain or loss.

Alcohol and drug addiction may involve several different treatment methods. It's important that each person get involved in a recovery program that will support long-term sobriety. This could mean an emphasis on therapy for someone who is depressed, or inpatient treatment for someone with severe withdrawal symptoms.

The recovery process for alcoholism and addiction is a lifetime commitment. There is no quick fix and it requires daily maintenance of a positive spiritual condition.

COUNSELORS AND THERAPISTS

Holland and Associates Counseling

Marie Holland, Crystal Abernathy,
Sarah Gist, Jenna Gwaltney,
Michelle Hossinei, Marie Shelton,
Karen Tejano 252.255.2733

Kathleen Brehony..... 252.473.4004

Sea Oats Counseling

Cary Buscemi 252.255.1902

Better Beginnings Counseling

Kelsey Coffield..... 252.220.2262

Thrivewell Counseling Center

Karla Coughenour, Rebekah Cahoon,
Melinda Creef, Jessica Zottoli-
Callahan, Makenna Evers
(Masters' Level Intern) .. 252.455.2805

Culpepper Counseling

Jan Culpepper 757.373.4155

Katie Dunavant..... 252.339.4915

Silver Moon Reflections

Amberly Dyer 252.955.2478

Andrea Facci..... 252.255.1847

Nellene Groetsch..... 252.561.5315

Wayfinding Counseling

Kaitlyn Daniels , Lindsey Harfst,
Tristan Roderick..... 252.715.0397

Harvest Moon Counseling

Elizabeth Hoffmier 252.441.7053

Professional Counseling Services

JoAnn Hummers..... 252.261.4512

Atlantic Coastal Counseling

Jeff Jaworski 252.441.1802

Outer Banks Counseling Services

Christie McEwan..... 252.564.2804

OBX Therapy

Melinda Mogowski 252.441.3536

Kill Devil Counseling

Raquel Morrison..... 252.513.0502

Coastal Counseling

Kelly Roberts,
Christopher Roberts..... 252.473.4727

Stephanie Ryder, LCSWA Counseling

Stephanie Ryder 252.489.0026

Jen Smith Counseling

Jennifer Smith..... 252.216.4462

Rapid Recovery Counseling

Steve Taylor 252.573.2700

Coastal Compassion

Jennifer Thor 252.996.0706

Outer Banks Play Therapy Center

Anne Watts..... 252.256.8154

Compass Counseling and Substance Abuse Services

Jenna Willis 252.305.0429



LOCAL RESIDENTIAL TREATMENT

Changing Tides Addiction Treatment Center 252.715.3905
<https://changingtidesobx.com>

Outer Banks Dare Challenge 252.473.6462

Oxford Recovery House 252.441.8874
www.oxfordhouseenc.org

OUT OF TOWN TREATMENT

Dove's Nest
Charlotte 704.333.4673

Fellowship Hall
Greensboro 800.659.3381

Holly Hill Hospital Inpatient
Raleigh 919.250.7000

House of Prayer
Jamestown 336.882.1026

PORT Health Detox Centers
Ahoskie, Greenville,
Washington 252.561.6084

The Blanchard Institute
Charlotte 704.288.1097

The Farley Center at Williamsburg Place
Williamsburg 888.710.3150

Triangle Residential Options for Substance Abusers (TROSA)
Durham 919.419.1059

Virginia Beach Psychiatric Center
Virginia Beach 757.496.6000

Walter B Jones Alcohol & Drug Abuse Treatment Center
Greenville 252.830.3426

LOCAL OUTPATIENT TREATMENT

PORT Health 252.441.2324

Nags Head Treatment Center 252.715.6556

Surfside Wellness Treatment Center 252.715.4466

Community Care Clinic of Dare
Medical care for un-insured and under-insured, Syringe Service Program and Vivitrol (Injectable Medication Assisted Treatment for Opioid & Alcohol Use)... 252.261.3041

ADDITIONAL OPTIONS

Hypnotherapy

Melinda Mogowski, MS, LPC, LCSW 252.441.3536 or 252.305.1939

Dry Needling is used for the treatment of pain and mobility. A “dry” needle, without medication or injection, is inserted through the skin into the muscle. It is also called trigger point dry needling and intramuscular manual therapy.

Outer Banks Hospital Physical Therapy

Lauren Schaefer, CDNP or Amy Robinson, CDNP 252.449.4560

OTHER SUPPORT SERVICES

2-1-1 www.211.org

Alcoholics Anonymous

OBX AA Hotline 252.256.0850
www.aaobx.org

Al-Anon.....www.al-anon.org

Community Care Clinic of Dare

Medical care for un-insured and under-insured and Syringe Service Program 252.261.3041

Hotline (Domestic Violence, Sexual Assault, Human Trafficking, Crisis Intrevention & Prevention)..... 252.473.3366

Crossroads OBX 252.455.2510

Room At The Inn 252.255.1133

Kids First Inc

Therapy Services 252.338.5658

Integrated Family Services, PPLC (Mental Health & Substance Use Mobile Crisis Team)..... 866.437.1821

NAR-ANON 252.489.7778

Narcotics Anonymous www.na.org

NC Problem Gambling

Program..... 877.718.5543

Recovery International

<https://riinternational.com/>

Emily Urch

(Recovery Court)..... 252.256.9514

Trillium (Crisis Hotline) ... 877.685.2415



EMERGENCY NUMBERS*

Police & Ambulance	911	Suicide & Crisis Lifeline	988LifeLine.org or call or text 988
Outer Banks Hospital.....	252.449.4500	National Drug & Alcohol Information, Treatment & Referral Hotline	800.662.4357
NC Poison Control Center	704.355.4000	Outer Banks Community Service Collaborative	211
Integrated Family Services, PPLC (Mental Health & Substance Use Mobile Crisis Team).....	866.437.1821	Trillium (Crisis Hotline) ...	877.685.2415
Hotline (Domestic Violence, Sexual Assault, Human Trafficking, Crisis Intervention & Prevention)	252.473.3366		

INTEGRATIVE MEDICINE

Integrative Medicine is healing-oriented medicine that takes into account of the whole person, including all aspects of lifestyle. It emphasizes the therapeutic relationship between practitioner and patient, is informed by evidence, and makes use of all appropriate therapies.

The Center for Healthy Living

Christina Bowen, MD 252.449.5978

PAIN SPECIALISTS

Pain Specialists also called pain doctors or pain management specialists, are medical doctors (M.D.) or doctors of osteopathy (D.O.) who specialize in pain medicine. Pain doctors specialize in the management of pain as a symptom of disease and primary pain disorders.

Atlantic Pain Management & Rehabilitation

Dr. Theodore Nicholas..... 252.261.5868

Comprehensive Rehabilitation & Pain Specialists

Dr. Jessica Gore..... 252.715.1032

ECPC Pain Specialists - Greenville, NC

Juan B. Firnhaber, MD

Patricia Doerr, MD

Christopher T. Grubb, MD

Ajay Unnithan, MD

Scott Friery, MD..... 252.561.8218

* Please also see "Other Support Services"

ACUPUNCTURE

Acupuncture: Involves the insertion of extremely fine needles into the skin. This may relieve pain by releasing natural pain-killing chemicals into the body and by affecting the part of the brain that governs mood.

Advanced Chiropractic
Dr. William Tuttle Hall
Dr. Christine N. Bui
252.480.1001

Balance Acupuncture & Massage
Heather Geoghegan
252.767.9229

Island Acupuncture & Massage
Cheryl Blankenship, LAC
252.449.8122

YOGA CLASSES

Yoga is a mind-body and exercise practice that helps stretch and strengthen muscles. Yoga can help people with arthritis, fibromyalgia, migraines, low back pain, and many other types of chronic pain.

Ascension Studio 804.366.7076

Ashtanga Yoga..... 252.202.0345

Beach Massage and Yoga..... 252.573.9883

Corolla Yoga 717.503.5716

Duck Village Yoga 252.564.2219

Lighthouse Studio 252.473.4800

Hatteras Yoga 252.996.0713

OBX Hot Yoga 252.564.9648

Outer Banks Yoga 252.722.3348

Outer Banks Sports Club..... 252.441.8361

Soulshine Yoga 252.422.1170

***Village Yoga**..... 252.564.2219

Outer Banks YMCA 252.449.8897

Windswept Wellness.... 252.564.8731

OBX Yoga For Recovery .. 252.722.3348

*Yoga is available online and Youtube

Free Yoga and Classes DARE COUNTY:

Virginia S. Tillett Center ... 252.475.9270

Baum Center (55+ age).... 252.475.5000

Fessenden Center..... 252.475.5650

Salt Cave - Halotherapy:

Spending time in a salt cave may improve respiratory health, boost the immune system, and may be beneficial to mind, body, and spirit. 252.715.1637



MASSAGE THERAPISTS

Massage therapy is manual manipulation of soft body tissues to enhance health and well-being. There are dozens of massage therapy methods.

Aqua Spa

Mike Reynolds • Keith Seal • Lisa Jones
Melanie Butler 252.261.9709

A Sanctuary Massage

Carol Koon 252.489.8949

Awesome Massage & Bodywork

Teresa Speight 252.599.6520

Balance Acupuncture & Massage

Heather Geoghegan 252.767.9229

Beach Massage & Yoga

Sarah Letchford
Erin Jackson 252.573.9883

Experience Massage

Stephanie Burch 252.216.8305

Hairoics Salon & Spa

Heather Pittman 252.441.7983

Hatteras Island

Chiropractic & Massage

Dr. Howard Ruderfer 252.489.1688

In Touch Massage & Wellness

Dhanyo Merillat-Bowers

Julia Coker 252.995.4067

Island Acupuncture & Massage

Cheryl Blankenship 252.449.8122

Hatteras Island 252.995.4481

Laughing Sky Massage

Skyla Lamberto-Egan 252.305.1125

Relax OBX Massage

Jamie Presgrave 252.564.8656

Sound to Sea Massage

Hannah Cox 252.216.5737

Windswept Wellness

Shelley Davis • Susie Nelson

Brittany Byers • Maddie Brandimarte

..... 252.564.8731



THIS RESOURCE GUIDE

Was Made Possible Through The Following Contributors:

Saint Andrews by the Sea
Outer Banks Woman's Club
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Mount Olivet United Methodist Church
Outer Banks Presbyterian Church
Coastal Family Church
Emmanuel Evangelical Lutheran Church
All Saints Episcopal Church
Holy Redeemer by the Sea Catholic Church
Roanoke Island Presbyterian Church
Manteo Rotary Club
Kitty Hawk Women's Ministry Fellowship



For More Information On
**THE SAVING LIVES
FAITH COMMITTEE**

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