



# CRAVEN COUNTY COMMUNITY COLLABORATIVE

## Substance Use Resources Directory

2024-2025

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2024

Services start  
here



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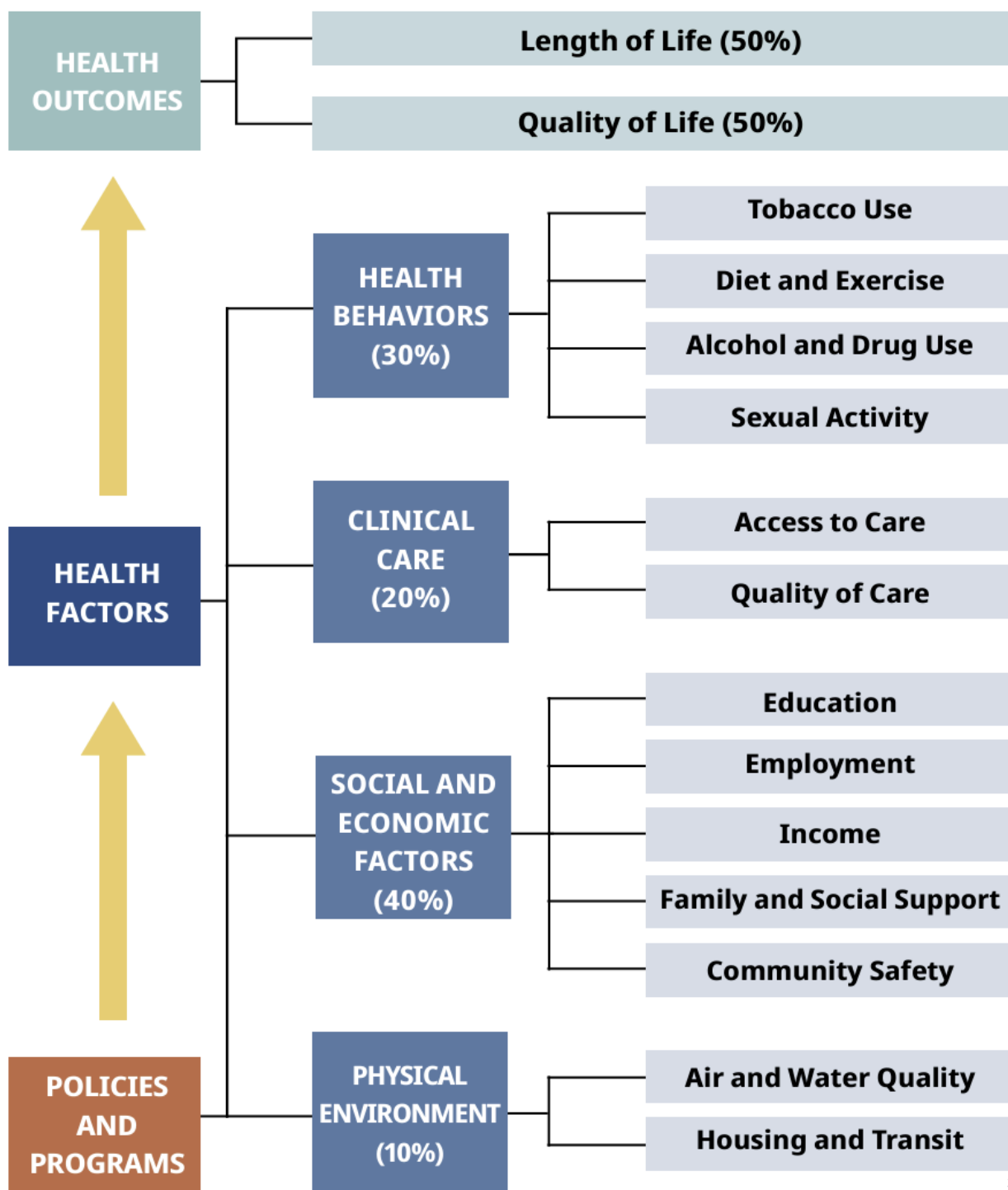
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## POPULATION HEALTH MODEL

The *NC SHIP* adopted the Robert Wood Johnson Foundation population health framework that was developed by the University of Wisconsin. The framework is sometimes referred to as the County Health Rankings Model (Figure 1). Healthy People 2030 also uses the same framework for organizing its work at the federal level.

Health begins in families and communities and is largely determined by the social and economic factors (40%) in which we grow up, live, work, and age. Factors such as health behaviors (30%) and our physical environment (10%) are well known to impact health (Glanz, Rimer, & Viswanath, 2015). Factors related to clinical care (20%) are also responsible for quality of life and life expectancy. Together, these factors are called *drivers of health* and they directly affect health outcomes like development of disease and life expectancy.

Figure 1. The County Health Rankings Model *Used with permission of the University of Wisconsin Population Health Institute (2018)*



# DRIVERS OF HEALTH

Every resource in our directory is linked to one of the four health factors as used in the Healthy North Carolina 2030 (HNC 2030) Scorecard, each of which plays a significant role in improving health outcomes.

## Physical Environment

Crisis, Emergency Shelter, Domestic Violence, Human Trafficking, Food, Short & Long -Term Housing, Transportation, Utilities, XXX



## Clinical Care

Low cost & free clinics, Medicaid Resources, Detox, Outpatient, Recovery Programs, Mental Health, Medication Assisted Treatment.



## Social & Economic Factors

Safety, Employment, Income, Workforce Development, Support Groups, XXXXXX



## Health Behaviors

Safer practices, XXX







# The **4 Pillars** of Healthy Recovery Communities



## **Prevent**

Prevention is critical to reducing overdoses and overdose deaths.



## **Respond**

Treatment can reduce substance use, related health harms (ie, infectious disease transmission), and overdose deaths.



## **Reduce**

Individuals deserve services that promote health, regardless of whether they use drugs.



## **Support**

Recovery support services lead to better long-term outcomes

# WHAT IS SUBSTANCE USE DISORDER

A substance use disorder (SUD) is use of alcohol or drugs that is a chronic, relapsing disease. Often SUD is a repeated pattern of substance misuse leading to a clinically significant impairment or distress. SUD develops gradually over time and may cause neuroadaptations.

## HOW IS IT TREATED?

Most treatment programs assign patients to a treatment team of professionals. Depending on the type of treatment, teams can be made up of social workers, counselors, doctors, nurses, psychologists, psychiatrists, or other professionals. It's important to remember that treatment looks different for everyone and should be based upon their individual goals. Typical forms of treatment can include reducing harms, with ongoing use, the use of medications (with or without counseling) and abstinence. Recovery and treatment are not static and goals of the individual may change over time.

# CRISIS

# CRISIS

## Local & State Help

### Local Help

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#### **RHA Mobile Crisis**

(252) 638-7875

(844) 709-4097

<https://rhahealthservices.org/32652>

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#### **Integrated Family Services**

(252) 577-1906

(866) 437-1821

<http://www.integratedfamilyservices.net/>

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#### **Port Health Services**

Address: 1309 Tatum Drive, New Bern, NC 28560

Crisis Line: 866.488.7678

[www.porthealth.org](http://www.porthealth.org)

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#### **Eastern North Carolina Outpatient and Behavioral Health Urgent Care**

215-A Memorial Drive in Jacksonville

(910) 548-7544

Fax: (910) 577-0383

MON-FRI 8am-5pm

*Eastern NC Oprovides outpatient treatment with an initial evaluation of the patient's need for mental health treatment and medications; the provision of prescription(s), as needed; counseling; peer support; and ongoing medical monitoring of the patient's progress and compliance with treatment. Buprenorphine is the prescribed medication for Opioid Use Disorder. We do not offer methadone.*

### State Help

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#### **NC Hopeline**

Call or text: 919-231-4525

1-877-235-4525

Crisis Line hours: Monday - Friday

9 a.m. - 11 p.m.

Text Line hours: Monday - Friday

10 a.m. - 10 p.m.

*HopeLine is accredited by the American Association of Suicidology. We focus on providing the community with a free and confidential crisis and suicide prevention helpline and texting services. HopeLine specializes in providing suicide and crisis intervention, supportive and non-judgmental active listening, gentle and understanding discussion of crisis resolution, and referrals to appropriate community resources.*

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#### **Hope4NC**

Call or Text "Hope"

855-587-3463

---

#### **Peer Warmline**

1-855-PEERS NC (1-855-733-7762)

# CRISIS

## National Organizations that can help

### **Crisis Text number**

Text HOME to 741741 from anywhere in the United States, anytime. Crisis Text Line (CTL) is here for you. A live, trained volunteer Crisis Counselor receives the text and responds, all from our secure online platform. The volunteer Crisis Counselor will help you move from a hot moment to a cool calm.

### **SAMHSA**

1-800-662-HELP

### **National Mental Health Association Hotline**

800-273-TALK (8255)

<http://www.nmha.org>

### **National Suicide Hotline: Suicide Prevention**

1-800-273-TALK (8255)

En Espanol: 1-888-628-9454

### **National Suicide Prevention Lifeline**

Chat: <https://suicidepreventionlifeline.org/chat/>

1-800-273-8255

### **Veterans Crisis Line**

988 (press 1)

Text: 838255

### **Never Use Alone**

1-877-696-1996

Call if you are going to use when you're alone.

### **Poison Control Centers**

1-800-222-1222

Contact Poison Control right away if you suspect a poisoning.

### **Disaster Distress Helpline**

1-800-985-5990



**RECOVERY  
ALLIANCE**  
Initiative

# SHELTERS EMERGENCY HOUSING



# I NEED A PLACE TO SLEEP TONIGHT.

## Shelters & Emergency Housing

| Agency Name            | Religious Community Centers (RCS)   | Coastal Women's Shelter  | The Healing Place of New Hanover County (THPNC)  |
|------------------------|---|--|--|
| Description            | The homeless shelter provides a safe place for men or women to stay 365 days a year. Meals are provided during shelter hours. Clients are admitted on a first come first serve basis. Check-in is daily at 3pm and check-out is daily at 7am. | Safe House: Our shelter, located in a quiet residential neighborhood, provides a safe haven from violence and a place to heal from domestic and sexual violence. Individuals who stay at the house have a welcoming place to plan for their future. Our staff members help clients create plans to find housing and employment.  | Accepting clients 24/7. For those who require emergency overnight shelter, detox, and recovery from alcohol and/or substance abuse. Enter through our Detox building                 |
| Contact / How to Apply | 919 George Street<br>New Bern, NC 28560<br>(252) 633-2767<br><a href="http://www.rcsnewbern.com/">www.rcsnewbern.com/</a><br><b>Lorrie Durning is the Services Coordinator (252) 633-2767</b><br><b>After 3pm (252) 633-1887</b>              | 1333 S Glenburnie Rd<br>New Bern, NC 28562<br>(252) 638-4509<br>Confidential 24/7/365 Crisis Hotline<br>(252) 638-5995<br><b>Call the Craven County advocate Donna (252) 638-4509 x4</b><br><a href="mailto:cravenadvocate@coastalwomensshelter.net">cravenadvocate@coastalwomensshelter.net</a><br><a href="mailto:newbeginnings@coastalwomensshelter.net">newbeginnings@coastalwomensshelter.net</a><br><a href="http://www.coastalwomensshelter.org/services">www.coastalwomensshelter.org/services</a> | 1000 Medical Center Drive<br>Wilmington, NC 28401<br><b>(910) 970-4673</b><br><a href="mailto:info@thpnc.org">info@thpnc.org</a><br><a href="http://www.thpnc.org">www.thpnc.org</a> |
| Population Served      | Homeless single adults<br>(Men & Women)   | Women  | Individuals from Eastern NC,<br>18 and up  |
| Admissions Criteria    | Initial intake requires a criminal background check at the City of New Bern Police Department located at 601 George St, New Bern, NC 28560 beginning at 2:30pm daily and a picture id.  | Women escaping physical, mental, financial or sexual abuse.  | We accept clients on a first-come, first-served basis. We do not require a referral. We are unable to serve individuals on the sex offender registry.                                |
| Cost                   | free  | free   | free   |



# **DOMESTIC VIOLENCE & HUMAN TRAFFICKING**



# DOMESTIC VIOLENCE / HUMAN TRAFFICKING

## SHELTER & HOUSING

| Agency Name            | Coastal Women's Shelter  | True Justice   | Carteret County Domestic Violence Program, Inc   |
|------------------------|--|--|--|
| Description            | Safe House: Our shelter, located in a quiet residential neighborhood, provides a safe haven from violence and a place to heal from domestic and sexual violence. Individuals who stay at the house have a welcoming place to plan for their future. Our staff members help clients create plans to find housing and employment.                  | At True Justice, we provide long-term residential housing - our goal is to fight human trafficking in our local community through Christ-centered strategic initiatives with the goal to reach, raise up, and restore. | The Carteret County Domestic provides temporary, emergency shelter and supportive services for victims of domestic violence and their children. Services include but not limited to: 24 hour crisis line, safe temporary shelter, Individual and group counseling, Case management, Court advocacy, mental health advocacy, Child advocacy, Spanish translation Transportation assistance, Emergency financial assistance and Community Education. |
| Contact / How to Apply | 1333 S Glenburnie Rd<br>New Bern, NC 28562<br>(252) 638-4509 / Confidential Crisis Hotline (252) 638-5995 or Donna (252) 638-4509 x4<br><a href="mailto:cravenadvocate@coastalwomensshelter.net">cravenadvocate@coastalwomensshelter.net</a><br><a href="http://www.coastalwomensshelter.org/services">www.coastalwomensshelter.org/services</a> | New Bern Office: (252) 631-5111<br>24 Hour: (252) 424-0723<br>Call above or complete the online request form:<br><a href="https://www.truejustice.global/">https://www.truejustice.global/</a>                         | PO Box 2279 Morehead City, NC 28557<br>(252) 726-2336 or 252-240-9026<br>Crisis Lines: (252) 728-3788 and (252)393-6361<br><a href="http://www.carteretdomesticviolence.com">www.carteretdomesticviolence.com</a>  |
| Population Served      | Women  | Women  | Women, Men & Children  |
| Admissions Criteria    | Women escaping physical, mental, financial or sexual abuse.  | Victims of human trafficking or any kind of exploitation.  | Victims of domestic violence in need of shelter or supportive services to prevent further incidents of abuse. All clients must be assessed prior to admission into the shelter.  |
| Cost                   | free   | free until after 1 year; then approximately \$100-150 month  |  |



# Domestic Violence, Child Abuse, Women's Hotlines

## Domestic Violence Hotline

(800) 799-7233

<https://www.thehotline.org/>

<https://www.facebook.com/NationalDomesticViolenceHotline>

*The Domestic Violence Hotline has highly trained expert advocates available 24/7 for anyone experiencing domestic violence, seeking resources or information, or questioning unhealthy aspects of their relationship. The Domestic Violence Hotline also provides support to friends and family members who are concerned about a loved one.*

*This program provides:*

- Confidential, one-on-one support
- Crisis intervention
- Options for next steps
- Direct connection to sources for immediate safety

*Individuals who are Deaf or hard of hearing may use TTY 800-787-3224. Bilingual advocates are on hand to speak with callers, and their Language Line offers translations in 200 different languages.*

*Advocates who are Deaf are available 24/7 through the National Deaf Hotline by video phone at 855-812-1001, Instant Messenger (DeafHotline) or email ([nationaldeafhotline@adwas.org](mailto:nationaldeafhotline@adwas.org)).*

*People can call the hotline at 800-799-7233. The Hotline is also available via text, accessed by texting "START" to 88788. Live chat is available on the website as well.*

## National Child Abuse Hotline

1-800-422-4453

[www.childhelp.org](http://www.childhelp.org)

## National Runaway Safeline

1-800-786-2929

[www.1800runaway.org](http://www.1800runaway.org)

## The WomensLaw Email Hotline

<https://hotline.womenslaw.org/public>

*The WomensLaw Email Hotline is a safe, confidential, accessible service through which victims, friends, family and advocates can request personalized information and anonymous support around issues related to the law and domestic violence, sexual assault, stalking, and dating violence.*

*This program provides:*

- Basic legal information
- Legal referrals
- Emotional support

*All emails that involve legal content are answered by an attorney or by a law student volunteer and then reviewed by an attorney. However, we cannot provide legal advice or apply the law to your specific situation.*



# FOOD



# I NEED SOMETHING TO EAT.

## Hot Meals & Food Pantries

### **Food Bank of Central & Eastern North Carolina (CENC)** (call for pantry hours)

1702 Red Robin Lane, New Bern, NC 28562  
& 205 South Glenburnie Rd, New Bern, NC 28560  
(252) 577.1912

<https://foodbankcenc.org/about-us/locations-contact-info/new-bern/>

Hours: TUE-THU 9am-3pm

*Distributes food to families who are at or below the poverty line. Serves Carteret, Craven, Jones, Onslow, and Pamlico Counties.*

### **Havelock Cherry Point Ministerial Association-Outreach Food Pantry**

925 East Main St, Ste #20  
Havelock, NC 28532  
252.447.5190

Food Pantry Hours: MON-WED & FRI 10am - 12pm & 1-2pm

### **The New Outreach Ministry of Living Bread Holiness Church**

1116 Glenburnie Rd, New Bern NC, 28560  
Food Pantry Hours: TUE-THU 11:30am - 5:30pm  
Food Truck every 1st TUE & WED of the month  
Soup Kitchen: MON-SAT 10:30-11:45am &  
SUN 3:30-4:45pm

### **Ephesus SDA Church**

1217 N. Pasteur S., New Bern, NC 28560  
Food/Clothes Distribution: TUE 10am-2pm

### **Cherry Point Baptist Church**

210 Church Rd  
Havelock, NC 28532  
(252) 447-5462  
Free community meal THU 6pm

### **Feed Craven County Pantry**

3317 Highway 70 E, New Bern, NC 28560  
252-349-0787  
<https://www.feedcraven.com/>  
Food Pantry Hours: 2nd & 4th FRI of every month 5pm-6pm

### **The Gathering Place**

<https://tgphavelock.org/>  
114 Trader Avenue, Havelock, NC 28532  
252.515.1080  
By appointment only  
Free Hot Meals: TUE & THU 11:30am-1pm

*The Gathering Place – Havelock’s Community Kitchen and Outreach Mission is a Christ-Centered, full-service community outreach ministry offering free hot meals and resource referrals for individuals struggling with shelter & food insecurity, addiction, mental health, abuse and other issues in and around Havelock, NC. Although we are a faith-based outreach, we are non-denominational and have no requirements of our patrons to receive assistance.*



# Hot Meals & Food Pantries

## Religious Community Services (RCS)

919 George Street, New Bern, NC 28563

252.633.2767

fax: 252.633.1887

[khenderson@rcsnewbern.com](mailto:khenderson@rcsnewbern.com)

[kjones@rcsnewbern.com](mailto:kjones@rcsnewbern.com)

[www.rcsnewbern.com](http://www.rcsnewbern.com)

*Free Hot Meals: MON-SAT 10:30am & SUN 8am*

*RCS assists the poor, homeless, and most vulnerable populations with surrounding counties. Programs include the Community Kitchen, Clothing Closet, Temporary Shelter, Financial, Prescription & Transportation Assistance and Food/Clothing assistance, but we have other thriving programs to help nourish the whole person: Mind, body, and spirit.*

## Vanceboro Christian Help Center

411 White Street, Vanceboro, NC 28586

252.244.1141

email: [arringtonchristie@yahoo.com](mailto:arringtonchristie@yahoo.com)

MON, WED, FRI 8am-12pm

*Vanceboro is dedicated to improving live of our neighbors and community through weekly pantry service. In addition, we managed a Thrift Store with slightly used closing and household items for a minimal donation.*

## Salvation Army (call for pantry hours)

1402 Rhem Avenue, New Bern, NC 28562

252.637.2277

[sara.kratz@uss.salvationarmy.org](mailto:sara.kratz@uss.salvationarmy.org)

<https://southernusa.salvationarmy.org/new-bern>

MON-THU 8:30am-11:30am & 1pm-3:30pm, FRI 8:30am-12pm

*The Salvation Army enhances the dignity and quality of life of individuals and families by strengthening communities, eliminating barriers to opportunity, and helping people in need reach their full potential through learning and the power of work. Provides rent/utilities assistance.*

## Peace Counseling

1917 Trent Blvd., New Bern, NC 28560

MON, WED, FRI 9am-12pm

*Food pantry, no paperwork necessary*



# I NEED GROCERIES.

## SNAP & EBT

### **Supplemental Nutrition Assistance Program (SNAP)/(EBT)**

Department of Social Services

2818 Neuse Blvd, New Bern, NC 28561

(252) 636-4900

<https://www.cravencountync.gov/275/Social-Services>

### **Women, Infants, and Children (WIC) Program**

Health Department

2818 Neuse Blvd, New Bern, NC 28561

(252) 636-4920

or

508 US Hwy 70, Havelock NC 28532

(252) 444-1533

<https://www.cravencountync.gov/327/WIC>



# SHORT-TERM HOUSING

6 MONTHS OR LESS



# SHORT-TERM TRANSITIONAL/HALFWAY HOUSING

| Agency Name                   | House of Healing   | Hope Mission   | Tried By Fire - My Sister's House  |
|-------------------------------|--|--|--|
| <b>Description</b>            | 1612 Pembroke Avenue<br>New Bern, NC 28562   | twenty-four-hour nonprofit facility established for the purposes of shelter care and recovery from alcohol or other drug addiction through a 12-step, self-help, peer role modeling, and self-governance approach. 90 days to 6 months.  | Committed to helping women start over post- incarceration. We achieve this by partnering with other agencies, churches, organizations, and individuals to help provide counseling, education, training, housing, employment, criminal justice compliance and other basic needs. Supervised transitional housing 90 days to 6 months. |
| <b>Contact / How to Apply</b> | (252) 675-3275<br><a href="mailto:williammoorej63@yahoo.com">williammoorej63@yahoo.com</a> | 3900 Bridges St.<br>Morehead City, NC 28557<br>(252) 515-6976<br><a href="mailto:info@hoperecoveryhomes.org">info@hoperecoveryhomes.org</a> .  | P.O. Box 12691<br>New Bern, NC 28561<br>(252) 637-2339<br><a href="mailto:triedbyfire1@yahoo.com">triedbyfire1@yahoo.com</a><br><a href="http://triedbyfireinc.org">triedbyfireinc.org</a><br>Bonita Simmons - Executive Director  |
| <b>Population Served</b>      | Men  | Men & Women  | Justice involved women.  |
| <b>Capacity</b>               |  | 40 Beds (3 men's/1 women home)   |  |
| <b>Admissions Criteria</b>    | Justice involved   | Referral from inpatient treatment, detox or jail. Participants must pass a drug and alcohol test. Application: <a href="https://hoperecoveryhomes.org/wp-content/uploads/2023/06/App-Contract-Rules-V-1.1.1.pdf">https://hoperecoveryhomes.org/wp-content/uploads/2023/06/App-Contract-Rules-V-1.1.1.pdf</a> | Prior detox is required. Application for admission : <a href="https://triedbyfireinc.org/application-for-admission">https://triedbyfireinc.org/application-for-admission</a>   |
| <b>Cost</b>                   |  | State funding available to those who qualify.  | Program fee: \$90/day.   |





# SHORT-TERM TRANSITIONAL/HALFWAY HOUSING

| Agency Name            | H.O.M.E.  |
|------------------------|---|
| Description            | <p>Provide transitional living and vocational career opportunities. Transitional and vocational living sites offer the stability needed.</p> <p>Office Hours: Mon-Sun 7 am - 7 pm</p> |
| Contact / How to Apply | <p>820 Broad St.<br/>New Bern, NC 28561<br/>(252) 721-9274<br/><a href="http://www.nobarriersnc.org/home">www.nobarriersnc.org/home</a></p>   |
| Population Served      | Justice involved  |
| Capacity               |   |
| Admissions Criteria    |   |
| Cost                   | <p>Tuition Deposit starts at \$150.<br/>Weekly Program Fee starts at \$125.<br/>Fees are determined by the level of services provided to Program Participants*</p>                    |



# LONGER-TERM HOUSING

6 MOS OR MORE



# LONGER-TERM TRANSITIONAL/HALFWAY HOUSING

| Agency Name            | Oxford House Benfield (Men)   | Oxford House Pasteur (Women)   | Oxford House 37th Street   |
|------------------------|---|--|--|
| Description            | Oxford House Benfield is a democratically run, self-supporting, and drug-free home. Every Oxford house represents an effective and low-cost method of preventing relapse. Oxford House since 3/15/2015.   | Oxford House Pasteur is a democratically run, self-supporting, and drug-free home. Every Oxford house represents an effective and low-cost method of preventing relapse. Oxford House since 1/1/2016.  | Oxford House 37th Street is a democratically run, self-supporting, and drug-free home. Every Oxford house represents an effective and low-cost method of preventing relapse.   |
| Contact / How to Apply | 1310 Benfield Avenue<br>New Bern, NC 28562<br>(252) 631-1524<br>Donald Murrell (252) 503-3535<br><a href="mailto:Donald.Murrell@oxfordhouse.org">Donald.Murrell@oxfordhouse.org</a><br><a href="http://www.oxfordhouse.org">www.oxfordhouse.org</a><br><br>for availability click here:<br><a href="http://www.oxfordvacancies.com">www.oxfordvacancies.com</a> | 1511 North Pasteur Street<br>New Bern, NC 28560<br>(252) 631-2001<br>Melissa Sneed (252) 725-0663<br><a href="mailto:Melissa.sneed@oxfordhouse.org">Melissa.sneed@oxfordhouse.org</a><br>Donald Murrell (252) 503-3535<br><a href="mailto:Donald.murrell@oxfordhouse.org">Donald.murrell@oxfordhouse.org</a><br><a href="http://www.oxfordhouse.org">www.oxfordhouse.org</a><br><br>for availability click here:<br><a href="http://www.oxfordvacancies.com">www.oxfordvacancies.com</a> | 1105 Longview Drive<br>New Bern, NC 28562<br>Melissa Sneed (252) 725-0663<br><a href="mailto:Melissa.sneed@oxfordhouse.org">Melissa.sneed@oxfordhouse.org</a><br>Donald Murrell (252) 503-3535<br><a href="mailto:Donald.murrell@oxfordhouse.org">Donald.murrell@oxfordhouse.org</a><br><a href="http://www.oxfordhouse.org">www.oxfordhouse.org</a><br><br>for availability click here:<br><a href="http://www.oxfordvacancies.com">www.oxfordvacancies.com</a> |
| Population Served      | Men only  | Women only   | Men only   |
| Capacity               | Max capacity of 8   | Max capacity of 8  | Max capacity of 8  |
| Admissions Criteria    | Drug Free/Substance Use Disorder<br>MAT/MAR friendly  | Drug Free/Substance Use Disorder<br>MAT/MAR friendly   | Drug Free/Substance Use Disorder<br>MAT/MAR friendly   |
| Cost                   | Residents pay rent, utility, and other household expenses.  | Residents pay all the expenses related to the maintenance of the house.  | Residents pay all the expenses related to the maintenance of the house.  |



# LONGER-TERM TRANSITIONAL/HALFWAY HOUSING

| Agency Name            | Trosa   | Hope is Alive   | Hope Restorations   |
|------------------------|---|---|---|
| Description            | A licensed, multi-year treatment facility helping individuals with substance use disorders become healthy, productive members of their communities and families.<br><a href="https://trosainc.org/wp-content/uploads/2022/06/2022-TROSA-BROCHURE.pdf">https://trosainc.org/wp-content/uploads/2022/06/2022-TROSA-BROCHURE.pdf</a>   | We believe in a strong, structured and fun environment to ensure long term sobriety. Faith based, 12-step. 1-year to 18 months. | Provides job skill training and other reentry support from addiction or incarceration. Our work involves acquiring deteriorating houses in our community and renovating them to more modern standards in order to provide safe, affordable, energy-efficient housing for lower-income families. |
| Contact / How to Apply | 1820 James St., Durham, NC 27707<br>(919) 419-1059<br>Toll-free number: 833-408-7672<br><a href="mailto:admissions@trosainc.org">admissions@trosainc.org</a><br><br>Application:<br><a href="https://trosainc.org/admissions/?_gl=1*1uddxag*_ga*MTlwODQwNDU4My4xNzE3NDI4NTk3*_ga_XV4LFW65DV*MTcxNzQyODU5Ny4xLjEuMTcxNzQy.ODY0NS4wLjAuMA..">https://trosainc.org/admissions/?_gl=1*1uddxag*_ga*MTlwODQwNDU4My4xNzE3NDI4NTk3*_ga_XV4LFW65DV*MTcxNzQyODU5Ny4xLjEuMTcxNzQy.ODY0NS4wLjAuMA..</a> | Greenville, NC<br>1-844-3-HOPE-NOW<br><a href="http://hopeisalive.net">hopeisalive.net</a>                                      | 611 Mitchell St, Kinston, NC 28501<br>(252) 520-9975<br><a href="mailto:hoperkinstonnc@gmail.com">hoperkinstonnc@gmail.com</a><br><a href="http://hoperestorationsnc.org">hoperestorationsnc.org</a>  |
| Population Served      | Men and Women   | Men and Women   | Men and Women   |
| Capacity               | 450 beds  |   | 1 women's house (20 beds), 1 men's house (35 beds)  |
| Admissions Criteria    | Substance use disorder and desire a long-term residential treatment program. The individual seeking admission must call or write to us directly and participate in a telephone interview.   |   | Complete application:<br><a href="https://www.hoperestorationsnc.org/forms">https://www.hoperestorationsnc.org/forms</a>  |
| Cost                   | Free  | \$750 Move in. \$650/month after that.  |   |



# LONGER-TERM TRANSITIONAL/HALFWAY HOUSING

| Agency Name            | Realize U 252   | Loaves and Fishes (Men)   | Houses of Healing  |
|------------------------|---|---|--|
| Description            | Realize U 252 provides a safe, supportive environment and the opportunity to thrive in long-term recovery from addiction.   | Our residential treatment program is a Christ-centered program for men struggling with substance abuse. See Treatment Program for more information. Outpatient counseling is also available for men and women struggling with substance abuse.                          | Recovery Home<br>Long-Term Residential                           |
| Contact / How to Apply | PO Box 493, New Bern, NC 28563<br>(252) 499-0143<br><a href="http://www.realizeu252.org">www.realizeu252.org</a><br><a href="mailto:director@RealizeU252.org">director@RealizeU252.org</a><br>To apply please visit the website: <a href="http://RealizeU252.org">RealizeU252.org</a> | 1730 Live Oak St.<br>Beaufort, NC 28516<br>(919) 679-2600<br><a href="http://loavesandfishesnc.org">loavesandfishesnc.org</a><br>Application: <a href="https://loavesandfishesnc.org/treatment-application/">https://loavesandfishesnc.org/treatment-application/</a>   | William Moore Jr. (252) 617-5705                                 |
| Population Served      | Men   | Men   | Adult Male   |
| Capacity               | 8 beds  | 9 Beds  |  |
| Admissions Criteria    | History of substance use disorder, not current use.   | Complete the application form above. Individuals will not be admitted if on the following medications, Subutex, Suboxone, Semi-synthetic and synthetic opioids, Antabuse, Benzodiazepines, Stimulant Medications, Kratom, Barbiturates, Any other controlled substances |  |
| Cost                   | \$350 application fee, \$175/week. (scholarships available)   | free  | no insurance/self-pay Application fee \$150. Monthly fees \$350. |



# LONGER-TERM TRANSITIONAL/HALFWAY HOUSING

| Agency Name            | PORT Health - Kelly House Program   | One Harbor Church   | Healing Transitions   |
|------------------------|---|---|---|
| Description            | Improve the lives, health and well-being of individuals and families dealing with substance use and mental health disorders by providing a comprehensive range of services that treat the whole person and empower patients to find their way forward. Therapeutic Homes for Individuals with Substance Abuse Disorders and their children. | Specifically, we want to focus on two areas of need. First we want to help people get to detox and Christian-centered long-term rehabilitation. We commit to helping them overcome whatever financial, legal or transportation related barriers stand in their way. Second, we want to help them transition successfully back into society. | Long-term recovery program, a non-medical detox, and an emergency shelter. We make it our mission to see the potential that exists in each person, even when they are at their lowest point. We're here for all people, under the influence or not, and regardless of readiness for change. B |
| Contact / How to Apply | 1507 Martin Street<br>Wilmington, NC 28401<br>(910) 251-8944  | <a href="https://oneharborchurch.com/">https://oneharborchurch.com/</a>   | (919)-838-9800 –<br>Raleigh <a href="https://wakenc507.org/wp-content/uploads/2023/11/Access-Site-Flyer-10-2023-Final-v.2.pdf">https://wakenc507.org/wp-content/uploads/2023/11/Access-Site-Flyer-10-2023-Final-v.2.pdf</a>   |
| Population Served      | Preg Women &/or with Infants up to 6 months   | Men & Women   | Men & Women   |
| Capacity               | 6 Beds  | Partnership w/Hope is Alive   |   |
| Admissions Criteria    | Must be a Medicaid and SNAP recipient   |   | Need help? If you are trying to get into the program, please call 919-838-9800 for more information.  |
| Cost                   |   | Will help financially   | <a href="https://healing-transitions.org/recovery-services/#long-term">https://healing-transitions.org/recovery-services/#long-term</a>   |



# UTILITIES HOUSING SUPPORT



# I NEED HELP PAYING...

## Housing & Utilities

### Catholic Charities

502 Middle Street, New Bern, NC 28560  
(252)638.2188  
Fax: 252.638.2417  
[agnes.barber@raldioc.org](mailto:agnes.barber@raldioc.org)  
[www.catholiccharitiesraleigh.org/new-bern/](http://www.catholiccharitiesraleigh.org/new-bern/)  
MON-THU 8:30am-12pm & 1pm-5pm

*Offers financial assistance, counseling, disaster prep & recovery, senior pharmacy and provides referrals for clinical counseling services and other needs we cannot provide to the poor, isolated and vulnerable families in Eastern Carolina, regardless of faith. Serves Beaufort, Carteret, Craven, Jones, Onslow, and Pamlico Counties.*

### Coastal Community Action

303 McQueen Ave., Newport, NC 28570  
(252) 223.1630  
Fax: 252.233.1689  
[catissa.head@coastalca.org](mailto:catissa.head@coastalca.org)  
[www.coastalca.org](http://www.coastalca.org)  
MON-FRI 8am-5pm

*Help change lives by providing needed resources and support. Provides needed services to thousands of residents in our region annually. This includes Head Start and Early Head Start program. Serve the following counties: Carteret, Craven, Jones, and Pamlico Counties.*

### Department of Social Services

2818 Neuse Boulevard, New Bern, NC 28561  
Emergency Phone: (252) 633.2357  
(252) 636.4900  
Fax: 252.636.4946  
[cravencountydss@cravencountync.gov](mailto:cravencountydss@cravencountync.gov)  
[www.cravencountync.gov/275/Social-Services](http://www.cravencountync.gov/275/Social-Services)  
MON-FRI 8am-5pm (Except county holidays)

*Offers Protective Services for Children, Foster Care, Adoptions, Crisis Intervention, Adult Protective Services, Medicaid, Food Stamps, Work First Cash Assistance, Work First Employment Services, Energy Assistance; Subsidized day care, and services for Seniors over 60 with a congregate meal site, meals on wheels, and health promotion activities.*

### Habitat for Humanity of Craven County

321 Fleet Street, New Bern, NC 28560  
(252) 633.9599  
Fax: 252.633.2451  
[www.cravencountyhabitat.org](http://www.cravencountyhabitat.org)  
MON-FRI 8am-5pm

*Dedicated to eliminating substandard housing locally and worldwide through constructing, rehabilitating and preserving homes; by advocating for fair and just housing policies; and by providing training and access to resources to help families improve their shelter conditions.*





# Housing & Utilities

## **New Bern Housing Authority**

1307 Tatum Drive, New Bern, NC 28563

(252) 633.0800

Fax: 252.633.9496

[taskew@newbernha.org](mailto:taskew@newbernha.org)

[www.newbernha.org](http://www.newbernha.org)

MON-FRI 8am-5pm

*Offers clean and healthy living environments for reasonable rents scaled by income. We welcome you to visit our communities and consider making your home with us.*

## **Religious Community Services**

919 George Street, New Bern, NC 28563

(252) 633.2767

Fax: 252.633.1887

[www.rcsnewbern.com](http://www.rcsnewbern.com)

MON-FRI 11am-1pm

*Assist the poor, homeless, and most vulnerable populations with surrounding counties. Programs include the Community Kitchen, Clothing Closet, Temporary Shelter, Financial, Prescription & Transportation Assistance and Food/Clothing assistance, but we have other thriving programs to help nourish the whole person: Mind, body, and spirit.*

## **Twin Rivers Opportunities, Inc.**

318 Craven Street, New Bern, NC 28560

(252) 637.3599

Fax: 252.637.0507

[tro\\_section8@earthlink.net](mailto:tro_section8@earthlink.net)

[twinrivershousing.com](http://twinrivershousing.com)

*Provides housing assistance and home ownership opportunities to very low-income families residing in Craven, Jones, and Pamlico Counties. This includes Section 8 Rental Assistance, FSS Programs and housing.*



# INCOME BASED HOUSING

## Apartments

### **Camden Square Apartments**

4800 Camden Square Dr.  
New Bern, NC 28562  
Phone: 252-649-1731

### **Hunter's Landing**

2150 Hunter's Landing Dr.  
New Bern, NC 28562  
Phone: 252-631-5286

### **Kensington Park Apartments**

Kensington Park Dr.  
New Bern, NC 28560  
Phone: 252-633-1519

### **Wind Hill Apartments**

3501 Wind Hill Ct.  
New Bern, NC 28560  
Phone: 252-638-6179

### **WyndSOR Park Apartments**

600 WyndSOR Park Dr.  
New Bern, NC 28562  
Phone: 252-638-6051

### **Gatewood Apartments**

150 Legacy Ln.  
Havelock, NC 28532  
Phone: 252-447-4800

### **Havelock Hills Apartments**

220 Shipman Rd #J555  
Havelock, NC 28532  
Phone: 252-447-3451

### **Havelock Manor**

200 Shipman Rd  
Havelock, NC 28532  
Phone: 252-447-4993

### **Laurel Hills**

326 McCotter Blvd.  
Havelock, NC 28532  
Phone: 252-447-8308

### **Manteo Circle**

801 Manteo Cir.  
Havelock, NC 28532  
Phone: 252-447-3412

### **Pine Ridge Apartments**

330 McCotter Blvd.  
Havelock, NC 28532  
Phone: 252-444-2179

### **Tyler Place Apartments**

44 Stallion Cir.  
Havelock, NC 28532  
Phone: 252-447-5160

### **Bailey Lane Apartments**

255 Bailey Ln #1  
Vanceboro, NC 28586  
Phone: 252-244-1324

### **Tate Commons**

1025 Karen Dr.  
New Bern, NC 28562  
Phone: 252- 515-2621

### **Craven Terrace**

601 Roundtree St.  
New Bern, NC 28560  
Phone: 252-633-0540

### **Oaks Apartments**

401 Buck Ln.  
Vanceboro, NC 28586  
Phone: 252-244-1588



# TRANSPORTATION SERVICES



# I NEED A RIDE.

## Transportation Services

### **Craven Area Rural Transit System (CARTS)**

1106 Clarks Rd., New Bern, NC 28562

(252) 636.4917

Fax: 252.636.4919

Kelly Walker-Cuthrell at [kwalker@cravencountync.gov](mailto:kwalker@cravencountync.gov)

MON-FRI 7am-5:15pm (Except county holidays)

Office Hours: MON-FRI 8am-5pm

*Craven Area Rural Transit provides scheduled routes to Human Service Agencies served by the system. Fares range from \$1 to \$6.75 according to zoned distances. The route hours are 5:00 am to 6:00 pm Monday through Friday.*

### **The Greater Duffyfield Resource Hub**

1209 Kinston Street, New Bern, NC 28562

(252) 616.1818

[resourcehub2@gmail.com](mailto:resourcehub2@gmail.com)

[resourcehub.abundantlifecommunityservices.org/](http://resourcehub.abundantlifecommunityservices.org/)

TUE-THU (Except federal and state holidays)

*The Resource Hub is an interagency program that addresses the barriers of transportation and service gaps, by providing satellite offices in low-resource communities, forming a network of essential service providers within the community. This interagency collaboration provides information for critical resources and supports a location where community partners unite to provide a vital system of care. The Hub assists in identifying families that need resources, increase access, and bridge service gaps.*

# MEDICAID QUICK REFERENCE

## Transportation Services



**Non-Emergent  
Transportation:**  
**877-598-7602**  
**566-799-5318**  
*\*Call 48 hours ahead*

**24/7 Behavior Health  
Crisis Line:**  
**833-207-4240**

**24/7 Nurse Line:**  
**800-919-8807**

**Non-Emergent  
Transportation:**  
**800-349-1855**  
*\*Call 48 hours ahead*

**Interpreter Services:**  
**800-638-3302**  
**877-261-6608**

**Behavior Health  
Crisis Line:**  
**877-617-0484**

**24/7 Nurse Line:**  
**855-202-0992**

**Non-Emergent  
Transportation:**  
**855-397-3602**  
*\*Call 48 hours ahead*

**Interpreter Services:**  
**844-594-5070**

**24/7 Behavior Health  
Crisis Line:**  
**844-594-5076**

**24/7 Nurse Line:**  
**844-545-1427**

**Non-Emergent  
Transportation:**  
**833-498-2262**  
*\*Call 48 hours ahead*

**Interpreter Services:**  
**855-375-8811**

**Behavior Health  
Crisis Line:**  
**833-712-2262**

**24/7 Nurse Line:**  
**888-674-8710**

**Member Benefit**  
**Link**

**Member Benefit**  
**Link**

**Member Benefit**  
**Link**

**Member Benefit**  
**Link**

# SUBSTANCE USE SERVICES

There are many resources available, from immediate crisis interventions to sustained, medically assisted treatments. You're not alone. Reach out to the resources below that best fit your recovery journey.

# DETOX TREATMENT

## **The Harbor**

2023-1 S. 17th Street  
Wilmington, NC 28401  
(910) 632-2191  
<https://help.leveluplakeworth.com/>

## **Walter B. Jones**

2577 W. Fifth Street  
Greenville, NC 27834  
(252) 830-3426  
<https://www.ncdhhs.gov/divisions/state-operated-healthcare-facilities/facilities/walter-b-jones-center>

## **Wilmington Treatment Center**

2520 Troy Drive  
Wilmington, NC 28401  
(877) 762-3750  
<https://www.wilmingtontreatment.com>

## **PORT Health-Greenville**

203 Government Circle  
Greenville, NC 27834  
(252) 413-1637

## **PORT Health - Washington**

1379 Cowell Farm Road  
Washington, NC 27889  
(252) 644-3460

## **Coastal Plains - Rocky Mount**

(252) 926-5000

## **Crossroads - New Bern**

(252) 633-8204

## **Dix Crisis Intervention Center - Jacksonville**

(910) 378-4809

## **RJ Blackley Alcohol and Drug Abuse Treatment Center**

100 H Street  
Butner, NC 27509  
(919) 575-7928  
<https://www.ncdhhs.gov/divisions/state-operated-healthcare-facilities/facilities/rj-blackley-alcohol-and-drug-abuse-treatment-center>

## **The Miriam (women)**

(252)-725-3030

# M.A.T. SERVICES

Medication-Assisted Treatment (MAT), also known as Medication for Opioid Use Disorder (MOUD), includes methadone and buprenorphine containing medications such as Suboxone. MAT/MOUD is an important evidence-based treatment option for individuals with Opioid Use Disorder.

## **BUPRENORPHINE/SUBOXONE PROVIDERS:**

Community Wellness Center  
750 McCarthy Blvd  
New Bern, NC 28562  
(252) 633-6636

## **Diagnosis & Assessments**

3316 Neuse Blvd  
New Bern, NC 28560  
(252) 514-2261

## **PORT Health - New Bern**

1309 Tatum Dr  
New Bern, NC 28560  
(252) 672-8742  
or

## **PORT Health-Greenville**

203 Government Circle  
Greenville, NC 27834  
(252) 413-1637  
<https://www.porthhealth.org/treatment/adult-services/alcohol-substance-usetreatment/medication-assisted-therapy>

## **Buprenorphine Treatment Practitioners Craven County:**

### **A. Foluke MD/DO**

3316 Neuse Boulevard  
New Bern, NC 28560  
(252) 514-2261

### **Michael Nunn MD/DO**

750 McCarthy Boulevard  
New Bern, NC 28562  
or  
1315 S Glenburnie Rd Ste 19  
New Bern, NC 28562  
(252) 633-6636

### **Hanna Marrett NP**

1702 Spencer Avenue  
New Bern, NC 28560  
(252) 670-0474



# RECOVERY PROGRAMS

## **Alcoholics Anonymous (AA) Eastern North Carolina**

24-Hour Hotline: (252) 633.3716

[www.aaeasternnc.org](http://www.aaeasternnc.org)

Meetings: <https://aaeasternnc.org/meetings/>

*Drinking problem? Call the hotline above to speak to a sober member of Alcoholics Anonymous and talk about recovery from alcoholism.*

## **NC Region of Narcotics Anonymous (NA)**

P. O. Box 590, Bridgeton, NC 28519

24-Hour Hotline: (866) 321.1631

[www.ncregion-na.org/down-east-area](http://www.ncregion-na.org/down-east-area)

*Narcotics Anonymous is a global, community-based organization with a multilingual and multicultural membership. Membership is free. Down East Area covers the following counties: Beaufort, Carteret, Craven, Jones, Pamlico, Pitt, and Wayne.*

## **SMART Recovery**

906 George St Ste 374

New Bern, NC 28560

(866) 517.0503

[smartrecoverymeetings.org](http://smartrecoverymeetings.org)

*SMART Recovery supports people in the United States, Canada, and all over the world to manage addictive and problematic behaviors.*

## **Dayspring Christian Center**

1246 Pollock Street

New Bern, NC 28562

(252) 637-7283

*Celebrate Recovery is a faith-based recovery program that is based on God's Word, and emphasizes taking personal responsibility for our recovery and spiritual commitment to Christ care and control.*

# OUTPATIENT TREATMENT

**Aspire Academy**

2000 Martin Luther King Jr. Boulevard  
New Bern, NC 28560  
252-634-4127

**Coastal Horizons**

2805-A Trent Road  
New Bern, NC  
252-670-0223

**Coastal Southeastern United Care**

305 Commerce Avenue, Suite 102  
Morehead City, NC 28557  
252-773-0050

**Community Wellness Center**

1315 S Glenburnie Road, Suite 19  
New Bern, NC 28562  
252-633-6636

**Craven Counseling Services**

504 Pollock Street  
New Bern, NC 28562  
252-636-5277

**Diagnosis & Assessment of  
Emotions-Health Services**

3316 Neuse Boulevard  
New Bern, NC 28560  
252-514-2261

**Denville Recovery Center**

150 E. Arlington Boulevard, Suite C  
Greenville, NC 27858  
252-353-2555

**Dixon Social Interactive Services**

1430 McCarthy Boulevard  
New Bern, NC 28562  
252-635-3100

**Dream Provider Care Services**

216 Stewart Parkway  
Washington, NC 27889  
252-946-0585

**Eastern NC Outpatient**

215a Memorial Drive  
Jacksonville, NC 28546  
910-548-7544

**Family Medicine Rehabilitation  
Center**

210 Penny Lane  
Morehead, NC 28557  
919-679-2600

**Focused Addiction Recovery**

102 W. Main Street  
Wallace, NC 28466  
910-788-4242

**Goldsboro Comprehensive  
Treatment Center**

1700 E. Ash Street, Suite 201  
Goldsboro, NC 27530  
866-279-2416

**Greenville Recovery Center**

150 E. Arlington Boulevard, Suite C  
Greenville, NC 27858  
252-353-2555

**Hakuna Wellness Center**

304 S. Jimmies Creek Drive  
New Bern, NC 28562  
252-638-3888

**Hilltop Comprehensive  
Substance Use Services**

1405 S. Glenburnie Road, New  
Bern, NC 28562  
24-Hour Hotline: (252) 638.7875

**Hope Clinic**

203 North Street  
P.O. Box 728  
Bayboro, NC 28515  
252-745-5760

## Outpatient Treatment (page 2)

### **Integrated Family Services**

1916 S. Glenburnie Road  
New Bern, NC 28562  
910-459-2435

### **Jacksonville Treatment Center**

291 Huff Drive  
Jacksonville, NC 28546  
910-347-2205  
After Hours Crisis: 910-320-3463

### **Life Touch LLC.**

2111 N. Queen Street  
Kinston, NC 28501  
252-527-3300

### **Lifeline Treatment Center**

5710 Oleander Drive, Suite 100  
Wilmington, NC 28403  
910-239-0377

### **Magnolia Landing**

Havelock, NC 28532  
252-444-4404

### **Moorefield Assessment**

790 Cardinal Road  
New Bern, NC  
252-633-9010

### **Morehead City Treatment Center**

403 North 35th Street  
Morehead City, NC 28557  
252-773-0306  
After Hours Crisis: 252-773-0306

### **New Insights DWI Services & Counseling Center**

1007 Hargett Street  
Jacksonville, NC 28540  
910-324-4887

### **New Pathways Recovery Center**

1800 US HWY 70  
New Bern, NC  
252-429-1838

### **Pathways to Life Inc.**

1015 Conference Drive  
Greenville, NC 27858  
252-695-0269

### **PORT Health Services**

1309 Tatum Drive  
New Bern, NC 28560  
252-672-8742

### **Rocky Mount Treatment Center**






104 Zebulon Court  
Rocky Mount, NC 27804  
252-972-4357

# WHAT IS PEER SUPPORT?

Peer support encompasses a range of activities and interactions between people who share similar experiences of being diagnosed with mental health conditions, substance use disorders, or both. This mutuality—often called “peerness”—between a peer support worker and person in or seeking recovery promotes connection and inspires hope.



## PEER SUPPORT WORKERS

-  inspire hope that people can and do recover;
-  walk with people on their recovery journeys;
-  dispel myths about what it means to have a mental health condition or substance use disorder;
-  provide self-help education and link people to tools and resources; and
-  support people in identifying their goals, hopes, and dreams, and creating a roadmap for getting there.

**Peer Recovery Center - A Ministry of Hope Mission**

**3900 Bridges St.**

**Morehead City, NC 28557**

(252) 222-3888

[info@peerrecoverycenter.org](mailto:info@peerrecoverycenter.org)

<https://peerrecoverycenter.org/>

MON-FRI 9am-4pm

*Sharing hope and caring to help others achieve recovery from substance use/mental health disorders through shared experiences, education, and community networking.*

# LOCAL SUPPORT GROUPS

## Grief, Hope, Spiritual Care

### **Stephens Ministry**

*Provides emotional and spiritual care when faced with a crisis or difficulty such as, illness, divorce, or unemployment.*

### **Garber Global Methodist Church**

4202 Country Club Rd, New Bern, NC 28526

### **Saint Andrews Lutheran Church**

1605 Neuse Blvd, New Bern, NC 28560

### **GRIEF SHARE**

*Provides help and encouragement after the death of a loved one*

#### **Latitude Church**

1732 Racetrack Road, New Bern, NC

*TUE 6pm*

#### **Centenary United Methodist Church**

309 New St New Bern, NC

*MON 10am*

#### **Garber Global Methodist Church**

4201 Country Club Rd, New Bern, NC (252) 637-4022

### **HOPE Family Resource Center Support Groups**

2820 Neuse Blvd, New Bern, NC 28560

(252)636-6472

*Provides recovery, parenting and domestic violence group support.*

**A Woman's Path to Recovery:** A community-based recovery group program that is designed to guide women through the addiction recovery process.

**Post-Adoption & Foster Parent Support Group:** A community support group that provides additional training to foster and adoptive parents to help them better meet the needs of the children (meets monthly at the HOPE Family Resource Center).

**STOP:** A domestic violence intervention group for male and female offenders (men and women meet separately).

**Grandparents Raising Grandchildren:** support group for grandparents who have full responsibility for raising their grandchildren.

# MENTAL HEALTH SERVICES

# I WILL TRY COUNSELING

## Mental Health

### **Craven County Health Department – SIDS Counseling**

2818 Neuse Blvd., New Bern, NC 28562  
252.636.4920  
[www.cravencountync.gov](http://www.cravencountync.gov)  
MON-FRI 8am-5pm

*Provides counseling to family and childcare providers who have experienced an unexplained infant death.*

### **Crossroads Adult Mental Health CarolinaEast Medical Center**

2000 Neuse Boulevard, New Bern, NC 28561  
(252) 638.8204  
[www.carolinaeasthealth.com](http://www.carolinaeasthealth.com)

*Provides individualized psychiatric care in a warm, supportive atmosphere.*

### **Girls Empowered/Man Up**

233 Middle Street, New Bern, NC 28562  
(252) 633.2538  
MON-FRI 8:30am-5pm

*Offers group counseling for girls ages 12-18 years old. Group cover topics such as domestic/dating violence, social media, bullying, and more.*

### **Hope4NC**

24-Hour Crisis Line: (855) 587.3463  
Text “Hope” to: (855) 587.3463

*Connects North Carolinians with emotional support and mental health resources to help build coping skills and resilience during times of crisis. The helpline is available free of charge to everyone in North Carolina’s 100 counties.*

### **RHA Health Services**

04 Pirates Road, New Bern, NC 28562  
(800) 848.0180  
Fax: 919.803.2963  
4-Hour Crisis Line: (844) 709.4097  
[rhahealthservices.org](http://rhahealthservices.org)

*Provides a team of Behavioral Health Professionals and Crisis Intervention Specialists for on-site treatment, stabilization and support for the following counties: Brunswick, Carteret, Craven, Jones, New Hanover, Onslow, and Pamlico.*

### **Trillium Health Resources**

201 West First Street, Greenville, NC 27858  
(866) 998.2597  
24-Hour Access: (877) 685.2415  
[www.trilliumhealthresources.org](http://www.trilliumhealthresources.org)  
MON-FRI 8:30am-5pm (Except federal holiday)

*Manages mental health, substance use, and intellectual/developmental disability services in eastern North Carolina. Cover the following counties: Beaufort, Bertie, Brunswick, Camden, Carteret, Chowan, Columbus, Craven, Currituck, Dare, Gates, Hertford, Hyde, Jones, Martin, Nash, New Hanover, Northampton, Onslow, Pamlico, Pasquotank, Pender, Perquimans, Pitt, Tyrrell, and Washington.*

# Mental Health

## **Hesed Place**

2619 Trent Road, New Bern  
(252) 259.1317  
[hesed@hesedplace.com](mailto:hesed@hesedplace.com)  
<https://hesedplace.com/>  
WED-FRI 9am-3pm

*Hesed Place mission is to provide progressive, personal, and community resources to survivors of severe complex trauma to maximize the potential for freedom, growth, and independence first within their life and then the community.*

## **Psychological Therapeutic Resources**

504 Pollock St, New Bern, NC 28562  
(252) 638-3881 -OR-  
210 Stonebridge Square, Havelock, NC 28532  
Phone: 252-447-4151  
<http://www.ptrnewbern.com/>

*Psychological/Therapeutic Resources, LLC (PTR) is a multi-disciplinary practice serving both children and adults. Our staff is dedicated to helping you and those you care about live better lives.*

## **Integrated Family Services**

(252) 577-1906  
(866) 437-1821  
<http://www.integratedfamilyservices.net/>

## **Eastern North Carolina Outpatient and Behavioral Health Urgent Care**

215-A Memorial Drive in Jacksonville  
(910) 548-7544  
MON-FRI 8am-5pm

*Eastern NC Outpatient provides outpatient treatment with an initial evaluation of the patient's need for mental health treatment and medications; the provision of prescription(s), as needed; counseling; peer support; and ongoing medical monitoring. Buprenorphine is the prescribed medication for Opioid Use Disorder. We do not offer methadone.*

## **Access Family Services, Inc.**

1403 McCarthy Blvd, New Bern, NC 28562  
(252) 633-3855  
<https://www.accessfamilyservices.com/>

*Access Family Services' (AFS') mission is to deliver culturally sensitive behavioral health services to individuals and families grounded in the community using evidence-based practices to improve overall functioning and well-being.*

## **Crossroads Mental Health**

2000 Neuse Blvd, New Bern, NC 28560  
(252) 633-8204

## **Eastern Carolina Psychiatric Services**

2800 Village Way, Trent Woods, NC 28562  
(252)-637-7300  
<http://www.ecps2800.com/>

*Eastern Carolina Psychiatric Services is an outpatient office providing mental health services for children, adolescents and adults. Our highly experienced, multi-disciplinary staff offers a wide array of services in a friendly and confidential setting.*

## **LeChris Health Systems**

233 Middle St Suite 203, New Bern, NC 28562  
(252) 514-6741  
<http://www.lechris.com/>

## **Port Health**

1309 Tatum Dr, New Bern, NC 28560  
(252) 672-8742  
<https://www.porthealth.org/>

## **Recovery Innovations**

1304 Commerce Dr, New Bern, NC 28562  
(252) 672-8781  
<https://riinternational.com/>

## **Dickinson Psychological Service**

318A E Main St, Havelock, NC 28532  
(252) 447-7764



# THE STATE OF NC HELP

## Mental Health

### State Help

#### **Alcohol and Drug Council of North Carolina (ADNC)**

<https://www.alcoholdrughelp.org/>

*A 501(c)(3) nonprofit organization, we operate with support from State funding and from the generous support from community organizations and individual donors. We know that stigma and shame prevent people from accessing the help that they need. We know that people need assistance navigating the fragmented system of care. We exist to stand in the gap and to save lives because people matter.*

#### **NC 2-1-1**

24-Hour Hotline 2.1.1. or 888.892.1162

[www.nc211.org](http://www.nc211.org)

Available 24/7/365

*NC 2-1-1 is an information and referral service provided by United Way of North Carolina. Accessible via an easy-to-remember, three-digit number, families and individuals can call to obtain free and confidential information on health and human services and resources within their community.*

#### **NC CARE 360**

<https://nccare360.org/about/>

*NCCARE360 is the first statewide network that unites health care & human services organizations with a shared technology that enables a coordinated, community-oriented, person-centered approach for delivering care in North Carolina. It helps providers electronically connect those with identified needs to community resources and allow for feedback and follow up.*



**RECOVERY  
ALLIANCE**  
Initiative

# **REENTRY & JUSTICE INVOLVED**



# I AM A FORMER OFFENDER.

## Justice Involved / Re-entry / Legal Aid

### **Recidivism Reduction Call Center (RREPS)**

#### **Hotline**

(888)852.0004

<https://rreps.net/recidivism-reduction-hotline>

*Our Recidivism Reduction hotline project allow people recently released from prison/jail and those seeking reentry information to connect with a RREPS operator to request information about, and set up warm referrals to, employment, housing, healthcare, and public benefits services.*

### **Craven-Pamlico Re-Entry Council**

503 Guion Street, New Bern, NC 28562

(252)497.2009 Ext. 201

[angela.wilson@cpreentrync.org](mailto:angela.wilson@cpreentrync.org)

[wilsona@cravencc.edu](mailto:wilsona@cravencc.edu)

[www.cpreentrync.org](http://www.cpreentrync.org)

*Assist former offenders with removing employment, training, and housing barriers so they can successfully reenter society.*

### **Tried by Fire, Inc. – My Sister’s House**

524 Roundtree Street, New Bern, NC 28560 (252)

670.1907

[coordinator4MSH@gmail.com](mailto:coordinator4MSH@gmail.com)

[www.triedbyfireinc.org](http://www.triedbyfireinc.org)

Please call for an appointment.

*Assist women to start over post-incarceration. Partners with other agencies, churches, organizations, and individuals to help provide counseling, education, training, housing, employment, criminal justice compliance and other basic needs for justice-involved.*

### **Legal Aid of North Carolina**

301 Evans Street, Suite 400, Greenville, NC 27858

(252)758.0113

Toll Free: (800) 682 4592

Managing Attorney: Sandy L. Lee

<https://legalaidsnc.org/>

MON-FRI 9am- 5pm

*Provides free legal help to low-income individuals in Beaufort, Carteret, Craven, Hyde, Jones, Martin, Pamlico, Pitt, Tyrell, Washington*



# CLINIC CARE & PHYSICAL HEALTH

# I NEED TO SEE A DOCTOR.

## Free or Low-Cost Clinic Care

### **Merci Clinic**

1315 Tatum Dr

New Bern, NC 28560

(252) 633-1599

[director@merciclinic.org](mailto:director@merciclinic.org)

[www.merciclinic.org](http://www.merciclinic.org)

Primary Care Hours: TUE & THU 8am-5pm

Pharmacy Hours: TUE & THU 10:30am-4pm

*Merci Clinic provides Free Primary Care Clinic, pharmacy and dental services to eligible uninsured adult (ages 18-64) residents of Craven, Jones, and Pamlico Counties at or below 300% of the Federal Poverty Level.*

### **Adult Health Care**

2818 Neuse Boulevard

New Bern, NC 28561

(252) 636-4920

Fax (252) 636-4970

Maternity Fax (252) 635-6836

*Adult Primary care, cancer screening, tuberculosis, family planning services, maternity services, adult immunizations, sexually transmitted disease clinic, communicable disease services.*

### **Senior Pharmacy Program**

502 Middle St

New Bern, NC 28563

(252) 638-2188

### **Craven County Community Health Center**

508 US Hwy 70, Havelock, NC 28532

(252) 444.1533

[health@cravencountync.gov](mailto:health@cravencountync.gov)

[www.cravencountync.gov](http://www.cravencountync.gov)

MON-FRI 8am-5pm (Except county holidays)

*The Community Health Centers offer the following services: Annual Wellness exams for children and adults, Chronic Disease Management, Immunizations, Lab Services, and sick visits for adults and children.*



# EMPLOYMENT RESOURCES

# I NEED A JOB

## Employment Services

### **North Carolina Employment Security Commission**

2836 Neuse Blvd  
New Bern, NC 28562  
(252) 514-4828  
<https://www.ncesc.com/>

*NCESC's mission is to help you find the perfect job by providing you with everything you need to ensure that you stand out from the crowd and get the position you've always dreamed of.*

### **North Carolina Division of Vocational Rehabilitation**

2832 Neuse Blvd  
New Bern, NC 28560  
(252) 514-4727  
MON-FRI 8am-5pm

*Offers Supported Employment Services, Job-Seeking Skills Training, Job Placement, and Follow Up, Independent Living Services, Assistive Technology, Client Assistance Program, and Disability Services.*

### **Easter Seals UCP NC & Virginia**

2801 Neuse Boulevard  
New Bern, NC 28562  
(252) 636.6007  
Fax: 252.636.3732  
[www.easterseals.com](http://www.easterseals.com)  
MON-FRI 8:30am-5pm (Except state holidays)

*Provide meaningful and exceptional services so children and adults living with disabilities and mental health challenges can live, learn, work and play in their communities. We serve Craven, Jones, and Pamlico Counties.*

### **Personal & Professional Development**

Marine Corps Air Station  
Bldg. 4335, C Street,  
Cherry Point, NC 28533  
(252) 466.4201  
[www.mccscherrypoint.com](http://www.mccscherrypoint.com)  
MON-FRI 7:30am-4:30pm (Except federal holidays)

*Provide Federal Employment Services, Free Federal Resumes Workshops, Interview Preparation, & hosts monthly job and education fairs.*

### **Eastern Carolina Workforce Development Board**

1341 S. Glenburnie Rd.  
New Bern, NC 28562  
(252) 636-6901  
<https://www.ecwdb.org/>  
MON-FRI 9am-5pm

*We engage business and community leaders in addressing workforce issues and promote strategies to improve basic workforce skills; assist job seekers in finding a great job, or to get the education, training, and funds they need; and help employers find qualified workers and assist them with their business needs.*

# Employment Services

## **NCWorks Career Center - Craven**

2836 Neuse Blvd, New Bern, NC 28560

(252) 514-4828 or (252) 514- 4840

[CravenCounty@NCWorks.gov](mailto:CravenCounty@NCWorks.gov) <https://www.ncworks.gov/>

MON-FRI 8am-4:30pm

*Provides career counseling, resume/interviewing assistance, labor market info, virtual appointments, career assessments and WIOA Training Programs. Offers referrals to community partners Career Center has a computers, free internet, fax, and phone services available for work search purposes.*

## **Work First (NC Temporary Assistance for Needy Families- TANF)**

2818 Neuse Blvd, New Bern, NC 28560

(252-636-4900

<https://www.cravencountync.gov/1861/Work-First-Employment-Services>





**RECOVERY  
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# MATERNITY & PARENTING SERVICES

# Maternity & Parenting Services

## FOOD

### Women, Infants, and Children (WIC) Program Health Department

2818 Neuse Blvd, New Bern, NC 28561  
(252) 636-4920  
or 508 US Hwy 70, Havelock NC 28532  
(252) 444-1533  
<https://www.cravencountync.gov/327/WIC>

## SHELTER & HOUSING

### Family Promise (Carteret County)

1500 Arendell Street  
Morehead City, NC 28557  
(252)-222-0019  
<https://familypromisecarteret.org/>

*The mission of Family Promise of Carteret County (FPCC) is to coordinate Christian hospitality services to homeless parent(s) with a child or children, and pregnant women.*

### PORT Health - Kelly House Program

*(Preg Women &/or with Infants up to 6 months)*  
1507 Martin Street, Wilmington, NC 28401  
(910) 251-8944  
<https://www.porthealth.org/treatment/adult-services/alcohol-substance-usetreatment/kelly-house-program>

*Individual and group counseling (utilizing our Evidenced-Based Practice models)  
Substance Use Education, participation in 12-step Recovery Programs, and Parenting skills. Must be a Medicaid and SNAP recipient. 6 Beds.*

## SUBSTANCE USE

### Alcohol Drug Council of NC (ADCNC)

800-688-4232  
[alcoholdrughelp.org](http://alcoholdrughelp.org)  
*Provides information and referrals to alcohol and drug treatment for pregnant and parenting women.*

## MENTAL HEALTH

### Craven County Health Department Sudden Infant Death Syndrome (SIDS) Counseling

2818 Neuse Blvd., New Bern, NC 28562  
(252) 636.4920  
[www.cravencountync.gov](http://www.cravencountync.gov)  
MON-FRI 8am-5pm

*Counseling to family and childcare providers who have experience an unexplained infant death.*

### Craven County Health DSS

#### Hope Family Resource Center

2818 Neuse Blvd., New Bern NC 28561  
(252) 636-6472  
<https://www.cravencountync.gov/2139/Parenting-Programs>

*Provides Recovery & Parenting Classes including basic nurturing parenting, and “Triple P” which is the Positive Parenting Program to help your family life be much more enjoyable and to help you and the kids feel confident and happy!*

## HEALTH CARE

### Adult Health

2818 Neuse Boulevard  
New Bern, NC 28561  
(252) 636-4920  
Fax (252) 636-4970  
Maternity Fax (252) 635-6836

*Adult Primary care, cancer screening, tuberculosis, family planning services, maternity services, adult immunizations, sexually transmitted disease clinic, communicable disease services.*



# **DISABILITY SERVICES & ASSISTANCE**

# DISABILITY SERVICES

## **Affordable Hearing**

2129 S Glenburnie Rd Unit 14, New Bern, NC 28562  
(252) 672-2916  
MON-THU 9:30 am – 4:00 pm  
<https://www.affordablehearingnc.com/>

## **About Health**

1425 S. Glenburnie Rd, New Bern, NC 28562  
(252) 638-5483  
MON-FRI 9:00 am – 5:00 pm  
Website: LINK

## **Department of Social Services**

2818 Neuse Blvd, New Bern, NC 28560  
(252) 636-4900  
<https://www.cravencountync.gov/275/Social-Services>

## **Easter Seals**

2801 Neuse Blvd, New Bern, NC 28562  
(252) 633-0876  
<https://www.easterseals.com/>

## **Disabled American Veterans**

1025 Harbour Pointe Dr, New Bern, NC 28560  
(252) 638-5900  
<https://www.dav.org/>

## **Life Inc**

800 Cardinal Dr, New Bern, NC 28562  
(252) 636-1090  
<https://www.lifeincorporated.com/>

## **Vocational Rehabilitation**

2832 Neuse Blvd, New Bern, NC 28562  
(252) 514-4727

## **NC Division of Services for the Blind**

3240 Burnt Mill Drive, Suite 7, Wilmington, NC 28403  
(910) 251.5743  
Toll-Free: (800) 422.1884  
Fax: (910) 251.2660  
[www.ncdhhs.gov](http://www.ncdhhs.gov)  
MON-FRI 8am-5pm (Except federal holidays)

*Provides services to people who are visually impaired, blind, and deaf-blind to help them reach their goals of independence and employment. Counties served: Bladen, Brunswick, Carteret, Columbus, Craven, Duplin, Jones, New Hanover, Onslow, Pamlico, Pender, and Wayne.*

## **NC Division for the Deaf & Hard of Hearing**

2705 Wooten Boulevard, Wilson, NC 27893  
(252) 243.3104  
Toll Free: (800) 999.6828  
Video Phone: (252) 674.1141  
TTY: (252) 243.1951  
Toll Free TTY: (800) 205.9925  
Fax: (252) 243.7634  
[www.ncdhhs.gov](http://www.ncdhhs.gov)  
MON-FRI 8am-5pm (Except federal holidays)

*The Division works to ensure all Deaf, Hard of Hearing, or Deaf-Blind North Carolinians have the ability to communicate their needs and to receive information easily and effectively in all aspects of their lives.*

## **Housing**

### **New Bern Towers (age 62+, or disabled)**

**\*\*Under New Bern Housing Authority\*\*Utilities Included\*\*\***  
1125 Walt Bellamy Dr, New Bern, NC 28562  
(252) 638-3663



# VETERAN'S SERVICES & ASSISTANCE

# VETERAN'S SERVICES

## **Craven County Veteran Services Office**

2402 Dr. M.L.K. Jr. Boulevard, New Bern, NC 28562

(252) 636.6611

Fax: 252.636.2650

[jfutrell@cravencountync.gov](mailto:jfutrell@cravencountync.gov)

[www.cravencountync.gov](http://www.cravencountync.gov)

MON-FRI 8am-5pm (Except county holidays)

*Assist all Craven County military veterans and their eligible family members with applying for benefits through the Department of Veteran Affairs and other agencies. Please call and schedule an appointment.*

## **Department of Veterans Affairs – Greenville Health Care Ctr**

401 Moye Boulevard

Greenville, NC 27834

(252) 830.2149

[www.durham.va.gov/locations/Greenville.asp](http://www.durham.va.gov/locations/Greenville.asp)

MON-FRI 8am-4:30pm (Except federal holidays)

*VA's medical center provides the following services: primary care and specialty care services, behavioral health services, personal care, laboratory and prescriptions.*

## **Women Veterans Health Care**

24 Hour Hotline: (855) 829.6636

[www.womenshealth.va.gov](http://www.womenshealth.va.gov)

MON-FRI 8am-10pm, SAT 8am-6:30pm

*Provides primary care, mental health care and reproductive health care services. VA provides management of acute and chronic illnesses, preventative care, contraceptive services, menopause management, screenings, including pap smear, and gynecology.*

## **Veteran Crisis Line**

24 Hour Hotline: 988 then press 1

Text: 838255

[www.veterancrisisline.net](http://www.veterancrisisline.net)

*If you're a Veteran in crisis or concerned about one, there are caring, qualified VA responders standing by to help 24 hours a day, 7 days a week. It is a free, anonymous, confidential resource that's available to anyone, even if you're not registered with VA or enrolled in VA health care.*

## **Veteran's National Call Center for Homeless Veterans**

24 Hour Hotline: (877) 424.3838

[www.va.gov/homeless/nationalcallcenter.asp](http://www.va.gov/homeless/nationalcallcenter.asp)

*Free Help for Homeless Veterans or at risk of homelessness—and their family members, friends and supporters—can make the call to or chat online.*

## **VetCenter**

221 Memorial Drive, Jacksonville, NC 28546

(910) 577.1100

[www.vetcenter.va.gov](http://www.vetcenter.va.gov)

MON-FRI 7:30am-4:30pm

*Offers confidential help for Veterans, service members, and their families at no cost in a non-medical setting. Services include counseling for needs such as, posttraumatic stress disorder (PTSD), and the psychological effects of military sexual trauma (MST).*

## **Disabled American Veterans**

1025 Harbour Pointe Dr, New Bern, NC 28560

(252) 638-5900

<https://www.dav.org/>



# MEDICATION

Disposal drop boxes, Good Samaritan Law,  
Naloxone / Narcan, Overdose Prevention

# DRUG DISPOSAL

## **Walgreens**

2001 Neuse Boulevard, New Bern, NC 28560  
(252) 672-8365

## **Craven County Sheriff's Office – main lobby**

1100 Clarks Road  
New Bern, NC 28562

## **New Bern Police Department**

601 George Street  
New Bern, NC 28560

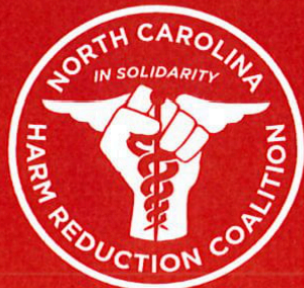
## **Havelock Police Department**

2 Governmental Avenue  
Havelock, NC 28532

## **Vanceboro Police Department**

7905 Main Street  
Vanceboro, NC 2858





# North Carolina's Good Samaritan Law

Calling 911 during a drug overdose

**FACT** | Under North Carolina law, you can call 911 for help during a drug overdose

**FACT** | The victim and the caller are protected from prosecution for the following;

**FACT** |

- Possession of small amounts of most drugs
- Possession of drug paraphernalia
- Underage possession or consumption of alcohol
- Violating conditions of parole, post-release or probation

**FACT** | The caller must provide their name to law enforcement or EMS to qualify for the legal protections

**FACT** | As of January 2016, 52 law enforcement departments in North Carolina carry naloxone to save the lives of overdose victims

## WHAT IS NALOXONE?

Naloxone is an effective, non-abuseable medication that reverses opioid drug overdose. Opioids include heroin, methadone and prescription painkillers such as Percocet, Vicodin, Oxy, etc. Naloxone restores breathing in the overdose victim

## LIABILITY UNDER THE LAW

Anyone who uses naloxone to reverse an overdose is immune from civil and criminal liability as long as they do so in good faith. Medical providers who prescribe naloxone and pharmacists who dispense naloxone are also immune from civil/criminal liability.



NORTH CAROLINA HARM REDUCTION COALITION  
2416 HILLSBOROUGH STREET, RALEIGH, NC 27607  
WWW.NCHRC.ORG

For information on how to get a FREE naloxone kit or about how the law applies to you, contact NCHRC at [hnamkoong88@gmail.com](mailto:hnamkoong88@gmail.com) or call/text us at 919-218-4505

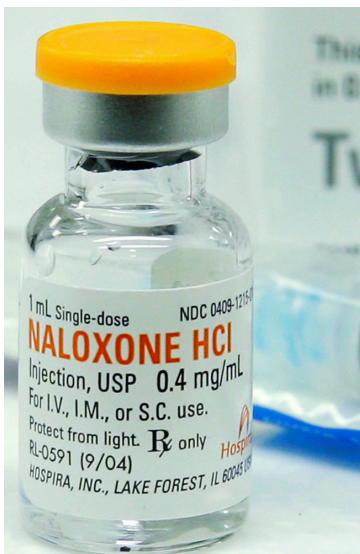
# NALOXONE (NARCAN) ACCESS

## No Prescription Required!

North Carolina's standing order for naloxone, signed by the State Health Director, authorizes any pharmacist practicing in the state of North Carolina and licensed by the North Carolina Board of Pharmacy to dispense naloxone to any person who meets set criteria. It is available behind the counter at selected pharmacies. if the following criteria are met:

- Being at risk of opiate-related overdose due to medical conditions or history;
- Being the friend or family of someone at risk of opiate-related overdose, thus being able to respond in case of overdose; and
- Being in the position to assist another person at risk of opiate-related overdose.

Naloxone is available under the statewide standing order, without a prescription, at the majority of retail pharmacies in North Carolina. It is covered by most insurance policies. First signed in June 2016, North Carolina is the third state in the country to adopt a statewide standing order for naloxone.



### Link to NC Pharmacies where Narcan is available:

<https://naloxonesaves.org/2019/02/13/n-c-pharmacies-that-offer-naloxone-under-a-standing-order/>

# CRAVEN COUNTY NARCAN ACCESS

## No Prescription Required!

|                              |   |                |
|------------------------------|---|----------------|
| CVS Pharmacy 5597            | 3311 Doctor M.L.K. Jr Blvd New Bern NC 28560  | (252) 633-9534 |
| CVS Pharmacy 7344            | 103 Catawba Rd Havelock NC 28532              | (252) 447-8033 |
| CVS Pharmacy (Inside Target) | 3410 Doctor M.L.K. Jr Blvd New Bern NC 28562  | (252) 638-3021 |
| Realo Discount Drugs         | 2602 Doctor M.L.K. Jr Blvd New Bern NC 28562  | 252-514-0374   |
| Walgreens 17902              | 3500 Doctor M.L.K. Jr Blvd New Bern NC 28562  | 252-672-8354   |
| Walgreens 17469              | 101 West Main Street Havelock NC              | 252-447-6303   |
| Harris Teeter Pharmacy 221   | 2019 S Glenburnie Rd New Bern NC 28562        | (252) 637-9537 |
| Realo Discount Drugs         | 1301 Commerce Dr New Bern NC 28562            | (252) 636-1711 |
| Walgreen Drug Store 2222     | 2001 Neuse Blvd New Bern NC 28560             | (252) 672-8365 |
| Walmart #1300                | 3105 Dr. M L King Jr. Blvd. New Bern NC 28562 | (252) 637-5119 |
| Walmart #3825                | 566 US Highway 70 W Havelock NC 28532         | (252) 444-0885 |
| Walmart #7218                | 2915 Neuse Blvd. New Bern NC 28563            | (252) 649-6054 |
| Publix Pharmacy #1533        | 2004 South Glenburnie Rd. New Bern NC 28562   | (252) 634-1716 |
| Vanceboro Pharmacy           | 421 Farm Life Ave. Vanceboro NC 28586         | (252) 244-1086 |
| Genoa Healthcare Pharmacy    | 1309 Tatum Drive Suite 1 New Bern NC 28560    | (252) 772-4010 |
| Harris Teeter Pharmacy 139   | 2032 Waterscape Way New Bern NC 28562         | (252) 631-5234 |
| Harris Teeter Pharmacy 421   | 3565 Doctor M.L.K. Jr Blvd New Bern NC 28562  | (252) 497-2118 |



**Never take anyone  
else's medication.**

**Never Use Alone.**

**Never mix pain  
medicines with  
alcohol, benzos, or  
illicit substances.**

**Always test for Fentanyl  
before you use.**

**Dispose of unused  
medication safely.**

**Take as prescribed.**

**Prevent children &  
pets from  
accidental ingestion  
- store medication  
out of reach!**

**Help you or your  
loved one avoid  
overdose.**



NO SHAMING, NO JUDGMENT. NO  
PREACHING, JUST LOVE!

# NEVER USE ALONE

Meeting people where they are, on the other end of the line, one human connection at a time.

**1-877-696-1996**

**Call if you are going to use when you're alone.**

Never Use Alone is a hotline available across the United States to prevent overdoses and save lives. This hotline is used alongside other harm reduction methods like safe use sites, overdose education, access to Narcan, and free syringe services programs.



# Signs of Opioid Overdose



Lips and nails  
are blue / grey



Breathing is slow  
or absent



Skin feels cold  
and clammy



Gurgling sounds  
or snoring



Pupils are tiny



Person is  
not moving  
  
Person cannot  
be woken up

# How to Respond to an Opioid Overdose



## Try to wake the person up

Call their name and rub the middle of their chest with a closed fist.

## Call 911

The Good Samaritan law protects you from arrest for possession of drugs.



## Give naloxone

Follow the directions for nasal or intra-muscular naloxone kits.

## Start rescue breathing

Make sure their mouth is not blocked, pinch their nose, and breathe every 5 seconds.



## Recovery position

If you can't stay to wait for help, put the person on their side supported by a bent knee.



# SAFER INJECTION PRACTICES

## Use Sterile Works

Use sterile supplies especially new needles or syringes. Viruses like hepatitis C and infection-causing bacteria can live on used cookers, cottons and in water, so it's important to use sterile works when you inject.



## Rotate Injection Sites

Take care of your skin and let your veins heal. If you do use the same vein choose a different spot along the vein to inject. If you notice track marks forming, clean the area with warm soapy water and break open a Vitamin E gel cap and rub the oil onto your skin.



## Prevent Skin Abscesses

Use clean, sterile supplies and washing your hands with warm, soapy water before you inject. Use an alcohol pad to wipe your injection spot before injecting.



## Prepare Solution

Using your own clean cooker or spoon, mix drugs with clean water, heat (add Vitamin C if necessary) Add a filter (piece of cotton ball or pellet — avoid cigarette filters) using clean fingertips to filter bacteria carrying spores.



## Dispose Safely

Once you finish injecting, dispose your used syringes into a proper sharps container or hard plastic container. Visit our harm reduction rover sites to get more clean supplies and resources.



### Syringe Services in Craven County

Found Here: [Syringe Services Program in North Carolina](#) | [NC DHHS](#)

### SYRINGE ACCESS PROGRAMS:

Syringe Access and Disposal, Harm Reduction Counseling and Supplies, Naloxone/Narcan Distribution

### Havelock Fire Rescue Department

County served: Craven

Fixed site; mobile

Charlene Edwards

[CEdwards@havelocknc.us](mailto:CEdwards@havelocknc.us)

859 US Highway 70 West, Havelock, NC 28532

HFRD provides exchange services when responding to emergency calls, please call department for more Information.

### Craven County Harm Reduction Outreach

County served: Craven

Mobile

Debra Rogers

(252) 634-6197

[drogers@carolinaeasthealth.com](mailto:drogers@carolinaeasthealth.com)

2110 Neuse Blvd New Bern, North Carolina 28560

Various hours and days as determined by client need, call for hours and locations.

### HEALTH DEPARTMENTS:

Free HIV, STI and Hepatitis C testing, Hep A and B Vaccinations

### Craven County Health Department

2818 Neuse Blvd

New Bern, NC 28562

(252) 636-4920



# PREVENT INFECTION

It is important for people who use drugs to have adequate access to health care to attend to wounds that may have been caused by intravenous drug use. It is important to have a variety of first aid materials, including bandages, gauze, and antibiotic ointment available.



intravenous drug use infection example

<https://www.harmonyrecoverync.com/intravenous-drug-use/>



heroin abscess example

<https://www.harmonyrecoverync.com/intravenous-drug-use/>

Seek help if you are experiencing these symptoms:

- Raised skin that is tender or painful
- An area that is warm to the touch
- Hardened tissue
- Possible draining of pus
- Reddened or rash
- Fever



# ACKNOWLEDGEMENTS

We would like to acknowledge the contributions of the people who worked tirelessly on the information found within:

**Craven County Department Health & Human Services**

Detailed website information for many of the categories listed

**Durham County**

Housing matrix concept

**Concept and Coordination:**

Tom Edwards, Lizzy Benbow-Toler, Muriel XXXX,  
Lara Chatterley

**The writers & design**

Muriel XXXX, Lizzy Benbow-Toler, Lara Chatterley  
The multitude of reviewers from these sectors - thank you!

# WE THANK YOU FOR YOUR CONTINUED SUPPORT



**Craven County**  
North Carolina



**RECOVERY  
ALLIANCE**  
Initiative

