

SUBSTANCE
USE TREATMENT
INFORMATION



St. Peter's Health

RECOVERY IS A JOURNEY

Everyone's path looks different. These are common checkpoints you or a loved one may experience along the way. An individual working towards recovery might revisit some more than once, and that's okay. Recovery is not a straight line – it's your journey.



SEEKING HELP & STARTING TREATMENT

- Recognizing the need for help
- Connecting with a professional for assessment
- Exploring treatment options (outpatient, inpatient, Groups, etc.)



DETOX & WITHDRAWAL MANAGEMENT

- Safely managing withdrawal symptoms
- Medical care when needed
- Preparing for the next stage of treatment



REHABILITATION & THERAPY

- Counseling and group support
- learning coping strategies
- addressing mental health alongside recovery



BUILDING COMMUNITY & SUPPORT

- Peer support, sober living or recovery housing
- Developing healthy routines
- Staying connected with supportive people



LONG-TERM RECOVERY & GROWTH

- Continuing care plans (therapy, medication, peer groups)
- Building purpose and meaning
- Focusing on wellness, exercise, nutrition, creativity, spirituality, etc.

CHOOSING YOUR PATH TO RECOVERY

EXPLORING TREATMENT OPTIONS FOR SUBSTANCE USE

Recovery is possible, and there are many paths to healing. Everyone's journey is unique, and different types of treatment can work together to provide extra support. Some people do best in a structured inpatient program, while others find success with outpatient therapy, community support, or medication. Understanding your options can help you choose the path that feels right for you.

ASAM= American Society of Addiction Medicine

Inpatient Treatment (ASAM Level 4 - Level 3.7) - Page 4

- **What it is:** You stay in a hospital or medical setting with 24/7 care.
- **May include:**
 - Medical help to safely stop using substances (detox)
 - Care for withdrawal or other health concerns
 - Planning for next steps after discharge
- **Good fit if:** You need close medical care to stay safe during withdrawal or illness.



Residential Treatment (ASAM Level 3.5 & 3.1) - Page 5

- **What it is:** You live at a treatment center for a period of time.
- **May include:**
 - Daily groups and counseling
 - 24-hour support in a drug- and alcohol-free setting
 - Help building healthy routines and habits
- **Good fit if:** Your home environment makes recovery hard or you need steady structure and support.

Intensive Outpatient / Day Treatment (ASAM Level 2) - Page 6

- **What it is:** You live at home but go to treatment several days each week.
- **May include:**
 - Group and individual counseling
 - Learning skills to handle stress and triggers
 - Medication support when needed
- **Good fit if:** You need more support than regular outpatient care but do not need to stay overnight.

Outpatient Treatment (ASAM Level 1) - Page 6-7

- **What it is:** You live at home and go to scheduled appointments.
- **May include:**
 - Check-ins & recovery planning with Medical Care Team
 - Therapy/Counseling: One-on-one, group, or family counseling
 - Medications for treatment (MAT) to help with cravings
- **Good fit if:** You have a safe place to live and want care that works around school, work, or family.

Recovery Support Services (Available at All Levels) - Page 8 - 15

- **Peer Support & Recovery Coaching** – Support from people who have been through recovery
- **Recovery Groups** – AA, NA, SMART Recovery, and other community groups
- **Support Services** – Help with housing, rides, jobs, and staying on track

These supports can be used with any level of treatment and often continue after treatment ends.

INPATIENT TREATMENT

ASAM LEVEL 4 - 3.5

WHAT IT IS: You stay at a treatment center between where you'll receive care and support 24/7. This option is often recommended for people who need a break from their usual environment to focus fully on recovery.

 WHAT TO EXPECT:	 STRENGTHS:	 THINGS TO CONSIDER:	 YOU MIGHT WANT TO CHOOSE THIS IF:
<ul style="list-style-type: none"> • A structured schedule with counseling, group therapy, and activities • Medical care, if needed, to manage withdrawal or other health concerns • A supportive, drug- and alcohol-free environment. 	<ul style="list-style-type: none"> • Provides a safe space away from triggers and stressors • Offers 24/7 medical and emotional support • Creates a strong recovery community with peers and professionals 	<ul style="list-style-type: none"> • May require time away from work, school, or family • Can be costly, though financial assistance may be available • Adjusting back to daily life after treatment can take time 	<ul style="list-style-type: none"> • You need a structured, distraction-free environment to focus on recovery • You have health concerns that require medical supervision. • You want a strong support system around you throughout treatment.

***IMPORTANT NOTE: A CHEMICAL DEPENDANCY EVALUATION IS REQUIRED TO BE COMPLETE 30 DAYS BEFORE ADMISSION**

Inpatient Facilities in Montana (not all listed)

Facility Name	Facility Location	ASAM Level	Facility Number	Scan for Website
MCDC – Montana Chemical Dependency Center *Accepts Medicaid & Private Insurance	Butte, MT	3.7, 3.5	406-496-5400	
Rimrock *Accepts Medicaid & Private Insurance	Billings, MT	3.5	406-248-3175	
Rocky Mountain Treatment Center *Accepts Medicaid & Private Insurance	Great Falls, MT	3.7, 3.5	406-727-8832	
Recovery Centers of Montana - The Ranch (Men's Program) *Accepts Medicaid & Private Insurance	Columbia Falls, MT	3.5	406-607-5600	
Recovery Centers of Montana (Women's Program) *Accepts Medicaid & Private Insurance	Martin City, MT	3.5	406-607-5600	
Bear Creek Wellness *Accepts Private Insurance	Stevensville, MT	3.7, 3.5	888-616-5123	
Salt Lake Behavioral Health - Inpatient Drug and Alcohol Treatment *Accepts Medicare & Private Insurance	Salt Lake City, UT	4.0-3.5	801-455-3431	

RESIDENTIAL TREATMENT

ASAM LEVEL 3.1

WHAT IT IS: Residential treatment means you live at a treatment center for a period of time and receive daily care.



WHAT TO EXPECT:

- Living at the treatment center full-time
- Daily group therapy and counseling
- 24-hour support in a substance-free setting
- Help building healthy routines



STRENGTHS:

- Strong daily structure and support
- Safe space away from triggers
- Focus on habits, coping skills, and recovery tools
- Ongoing support from staff and peers



THINGS TO CONSIDER:

- Time away from home, work, or school
- Less flexibility than outpatient care
- Length of stay can vary from weeks to months



YOU MIGHT WANT TO CHOOSE THIS IF:

- Your home environment makes recovery hard
- You need steady structure and support
- You want to focus fully on recovery

Residential Facilities in Montana (not all listed)

Facility Name	Facility Location	Facility Number
Rimrock Women's 90 day	Billings, MT	406-248-3175
Wilderness Treatment Programs of Montana- (Adolescence & Youth)	Marion, MT	406-854-2832
Florence Crittenton's Recovery Center (Women and their children, ages 0-5)	Helena, MT	406-442-6950
Hannon House (Men Only)	Helena, MT	406-217-6692
YWCA Helena WINGS is a transitional housing facility (Women and their children)	Helena, MT	406-442-8774
The GYST House (Women Only)	Great Falls, MT	406-315-2227
Transitional Living Facility (TLF - Women's Only)	Helena, MT	406-443-2343

ALTERNATIVE RESIDENTIAL OPTIONS: FAITH-BASED RESIDENTIAL (NON-MEDICAL PROGRAMS)

Ground Zero - Salvation Army (Chemical Dependency Evaluation required)	Helena, MT	406-442-8244
Hope Center Ministries, Faith-Based (Women's Program) - 12 Month Program	Clancy, MT	406-459-0162
Hope Center Ministries, Faith-Based (Men's Program) – 12-month program	Butte, MT	1-833-697-1947
Different Choices (Men's Program)	Helena, MT	406-594-9616

OTHER
TREATMENT
OPTIONS:



FindTreatment.gov



Montana 211



Montana DPHHS

OUTPATIENT TREATMENT

ASAM LEVEL 2 & 1

WHAT IT IS: You live at home and attend medical and/or counseling sessions during the day or evening. This option allows you to maintain work, school, or family responsibilities while getting the care you need.

	 WHAT TO EXPECT:	 STRENGTHS:	 THINGS TO CONSIDER:	 YOU MIGHT WANT TO CHOOSE THIS IF:
Intensive Outpatient Program (level 2)	<ul style="list-style-type: none"> • Treatment several days per week • Group and individual counseling • Meetings with doctors, therapists, and peer support 	<ul style="list-style-type: none"> • Provides structured support while living at home • Helps build coping skills for daily stressors 	<ul style="list-style-type: none"> • Requires a time commitment several days per week • You may still be exposed to triggers at home 	<ul style="list-style-type: none"> • You need more support than weekly appointments • You don't need overnight care
Outpatient Treatment (level 1)	<ul style="list-style-type: none"> • Scheduled therapy or medical appointments • Some programs may offer medications to help with cravings • Ability to apply what you learn in daily life 	<ul style="list-style-type: none"> • Flexible scheduling for work, school, or family • Allows you to stay connected to daily routines 	<ul style="list-style-type: none"> • Less structure and support • Requires strong self-motivation and follow-through 	<ul style="list-style-type: none"> • You have a supportive home environment • You want treatment that fits around work, school, or family

Outpatient Facilities Located in Helena, MT (not all listed)

Facility Name	Facility Number	Outpatient Services Available at Each Location			
		Intensive Outpatient	Medication-Assisted Treatment	LAC	Peer Support
St. Peter's Health Addiction Medicine Clinic	406-457-4300	✗	✓	✓	✓
PureView Health Center	406-457-0000	✗	✓	✓	✓
Boyd Andrew Community Services	406-443-2343	✓	✗	✓	✓
Montana Counseling Services	406-594-6972	✓	✗	✓	✓
Many Rivers Whole Health	406-293-7731	✗	✗	✓	✓
Ideal Options	1-877-522-1275	✗	✓	✗	✗
Helena Indian Alliance*	406-449-5796	✗	✓	✓	✓
Helena Valley Addiction Services	406-442-4933	✓	✓	✓	✓
AWARE	406-449-3120	✗	✗	✓	✓

OUTPATIENT THERAPY & COUNSELING OPTIONS:

In addition to services offered through your care team, therapy or counseling may also be available through independent providers in the community. For additional providers, visit www.psychologytoday.com to search for licensed counselors, including LACs, LCPCs, and LCSWs in Montana and surrounding areas.

SCAN FOR PSYCHOLOGY TODAY



*American Indian/Alaska Native population

ST. PETER'S HEALTH ADDICTION MEDICINE

A SPECIALLY-TRAINED TEAM TO HELP DIAGNOSE AND MANAGE BEHAVIORAL ADDICTIONS AND SUBSTANCE USE DISORDERS

SCREENING AND TREATMENT

Our Addiction Medicine Clinic (ASAM Level of Care 1.7 COE*) identifies and treats addiction through comprehensive treatment plans that involve person-centered care from a multidisciplinary team and evidence-based medications in a safe, supportive environment.

COMMONLY TREATED ADDICTIONS INCLUDE

- Alcohol
- Tobacco
- Opioids (fentanyl, pills, kratom, etc.)
- Stimulants (methamphetamine, cocaine, etc.)
- Benzodiazepines
- Cannabis/marijuana
- Behavioral addictions (gambling, sex, pornography, etc.)
- And others

CARE TEAM

Our specially-trained addiction medicine team can help you understand what's going on and create a care plan that works for you, whether it's harm reduction or abstinence.



Kyle Moore, DO
Addiction Medicine
Director



Megan Zawacki, PA-C
Addiction Medicine
Provider, Assistant
Director



**Britt Kizer, MSW,
LCSW, LAC, SAP**
Addiction
Behavioral Health
Provider



Scotty Howard
Peer Support



Marisa Phelps
Peer Support

We're here for you when you're ready
ACCEPTING NEW PATIENTS.

RECOVERY ISN'T ONE-SIZE-FITS ALL. NEITHER IS OUR CARE.

Addiction can affect anyone, regardless of age, background or life situation. If you're feeling overwhelmed by substance use, or worried about your relationship with drugs, alcohol or behaviors like gambling, we're here for you.

CALL US ANYTIME

You can be referred by your healthcare provider or contact us yourself—no referral is needed. If you or someone you love is struggling with substance use or addiction, you don't have to wait for someone else to make the first move. Call us directly to learn more or schedule an appointment:

St. Peter's Health
Addiction Medicine Clinic
2475 Broadway Helena, MT 59601
406-457-4300

SCAN TO LEARN MORE:



**American Society of Addiction Medicine (ASAM) Co-Occurring Enhanced (COE) care means we provide both substance use and psychiatric treatment in an outpatient setting.*

RECOVERY SUPPORT SERVICES

RECOVERY GROUPS

CAN BE COMBINED WITH ALL LEVELS OF TREATMENT

What it is: Groups like Alcoholics Anonymous (AA), Narcotics Anonymous (NA), or local recovery circles offer support from people who have experienced substance use challenges.

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WHAT TO EXPECT:

- A safe space to share your story and hear from others.
- Guidance from peers who have walked a similar path.
- Opportunities to build new, supportive friendships.

+

STRENGTHS:

- Free and widely available support groups.
- Builds a sense of community and accountability.
- Can be attended alongside other treatments.

!

THINGS TO CONSIDER:

- Not everyone connects with the group format.
- Some programs may have a spiritual focus, which may not fit everyone's beliefs.
- Works best when combined with other forms of treatment for deeper healing.

✓

YOU MIGHT WANT TO CHOOSE THIS IF:

- You feel inspired by learning from others' experiences.
- You want ongoing support beyond formal treatment.
- You're looking for a sense of belonging and understanding.

Recovery Groups in Montana (not all listed)		
Facility Name	Meeting Details	Website
Alcoholic Anonymous - Helena	See Page 10-11	
Alcoholic Anonymous - Virtual Meetings	Scan QR code for more details	
Narcotics Anonymous	See Page 12	
Narcotics Anonymous - Virtual Meetings	Scan QR code for more details	
Virtual Recovery Resources	Scan QR code for more details	
SMART Recovery - A skills-based, self-help recovery program for substance use and other addictive behaviors. Free, facilitator-led online meetings are available.	Scan QR code for more details	
Wellbriety - A culturally grounded recovery approach that blends the 12 Steps with Native traditions, spirituality, and community connection.	Scan QR code for more details	

RECOVERY SUPPORT SERVICES

PEER SUPPORT SERVICES

CAN BE COMBINED WITH ALL LEVELS OF TREATMENT

WHAT IS PEER SUPPORT?

Peer Support is one-on-one support from trained specialists who have lived experience with mental health challenges and/or substance use and are in recovery themselves. Peer Support Specialists walk alongside you—offering understanding, encouragement, and help navigating next steps. Peer support is about connection, hope, and not doing this alone.

WHAT CAN A PEER SUPPORT SPECIALIST HELP WITH?

- Emotional support and encouragement
- Helping you make a plan
- Sharing tools that support recovery
- Connecting you to community resources
- Navigating healthcare and recovery systems
- Accompanying you to appointments
- Helping build a strong support network
- Peer support can be combined with any level of treatment and works alongside therapy, medication, and other services.

WHAT TO EXPECT FROM PEER SUPPORT

- A safe, non-judgmental space
- Support from someone who has “been there”
- Help setting goals and navigating resources
- Ongoing encouragement before, during, or after treatment

THINGS TO KNOW:

- Peer Support Specialists are not clinical
- Works alongside treatment and recovery services
- Length of support varies by program (short-term or ongoing)
- Some programs require being a clinic patient
- Peer experiences and approaches may vary

Peer Support Programs in the Helena Area (not all listed)

Facility Name	Information on How to Access Peer Support Services	Contact Information
St. Peter’s Peer Support - Emergency Department	<ul style="list-style-type: none"> • Available for up to 30 days after discharge from the ED • Peer will check in and help connect to ongoing resources. • It’s okay to reach out even if you’re not established at SPH or haven’t been seen recently 	Cell: 406-594-8869 peersupport@sphealth.org
St. Peter’s Peer Support - BHU	<ul style="list-style-type: none"> • Available for up to 30 days after discharge from hospital. • Peer will check in and help connect to ongoing resources. • It’s okay to reach out even if you haven’t had a recent stay 	Cell: 406-513-9888 peersupport@sphealth.org
St. Peter’s Peer Support - Addiction Medicine Clinic	<ul style="list-style-type: none"> • Need to be established in SPH Addiction Medicine Clinic • Ongoing Support (not time limited) 	Cell:406-514-9954 peersupport@sphealth.org
Pureview Peer Support	<ul style="list-style-type: none"> • Need to be established at Pureview Clinic • Ongoing Support (not time limited) 	(406) 457-0000
Helena Indian Alliance Peer Support	<ul style="list-style-type: none"> • Need to be established at Helena Indian Alliance Clinic • Ongoing Support (not time limited) 	Helena Indian Alliance Phone (24/7): (406) 449-5796 Peer Support Specialist Warm Line (24/7): (406) 475-5003
Boyd Andrew Community Services	<ul style="list-style-type: none"> • Need to be established at Boyd Andrew • Ongoing Support (not time limited) 	406-443-2343
Helena Valley Addiction Services	<ul style="list-style-type: none"> • Need to be established at Helena Valley Addiction Clinic • Ongoing Support (not time limited) 	406-422-4933
AWARE	<ul style="list-style-type: none"> • Need to be established at AWARE • Ongoing Support (not time limited) 	406-563-8117

AA MEETING TIMES - HELENA



Meeting details can occasionally change. We recommend checking the most current schedule at: aa-montana.org. Scan here:

Day	Name	Notes	Time	Address	C	O	H	N
Monday	Big Book Breakfast(C)	12x12 discussion Meeting is online Meeting ID: 795 340 623 No password - Men Only	7:00 AM		✓		✓	✓
Monday	Big Book for Breakfast(O)	Big book study/discussion in person @ The Wilson House - Men Only	7:00 AM	Wilson House 1376 Linden St. Helena, Mt		✓	✓	✓
Monday	On Awakening(O)	Discussion meeting	9:00 AM	THE ALANO CLUB 1432 Gallatin Avenue Helena, Montana 59601		✓	✓	✓
Monday	Women in Recovery(C)	Discussion - Women Only	10:45 AM	St. Paul's Methodist Church 80 East Lawrence Helena, MT 59601	✓		✓	✓
Monday	Free for Lunch(C)	Discussion	12:00 PM	St. Mary's Church (in the back) 1700 Missoula Ave. Helena, MT 59601	✓		✓	✓
Monday	We Care Group(C)	Discussion meeting	12:00 PM	THE ALANO CLUB 1432 Gallatin Avenue Helena, Montana 59601	✓		✓	✓
Monday	Change of Pace Group(C)	Big Book Study	12:00 PM	Plymouth Congregational Church 400 S. Oakes St. Helena, MT 59601	✓		✓	✓
Monday	Sister 2 Sister(O)	Literature Discussion - Big Book Small Meeting Room - Women Only	12:00 PM	1432 Gallatin Helena, MT 59601		✓	✓	✓
Monday	Homeward Bound Group(O)	Discussion meeting	5:30 PM	THE ALANO CLUB 1432 Gallatin Avenue Helena, Montana 59601		✓	✓	✓
Monday	Men's Book Study(C)	Big Book Study - Men Only	7:00 PM	Salvation Army 1905 Henderson	✓		✓	✓
Monday	Last Chance Recovery(C)	Big Book Discussion. Hybrid Zoom ID 84026622377, Passcode: NewLife!	7:00 PM	First Christian Church, 311 Power	✓		✓	✓
Monday	Newcomers North(O)	Discussion meeting	8:00 PM	THE ALANO CLUB 1432 Gallatin Avenue Helena, Montana 59601		✓	✓	✓
Tuesday	Fellowship Group(C)	Discussion, Beginners Meeting Hybrid Zoom ID 822 8469 3638 Host Will Accept	7:00 PM	St. Paul's Methodist Church, 80 East Lawrence Also Zoom	✓		✓	✓
Tuesday	The How & The Why of It, Women's Meeting(O)	Discussion - Women Only	7:00 PM	St. Peter's cathedral 511 north park avenue Helena MT 59601 (Back of Church, enter through the red door, go upstairs).		✓	✓	✓
Tuesday	Newcomers North(O)	Discussion meeting	8:00 PM	THE ALANO CLUB 1432 Gallatin Avenue Helena, Montana 59601		✓	✓	✓
Wednesday	On Awakening(O)	Discussion meeting	9:00 AM	THE ALANO CLUB 1432 Gallatin Avenue Helena, Montana 59601		✓	✓	✓
Wednesday	Free for Lunch(C)	Discussion	12:00 PM	St. Mary's Church (in the back) 1700 Missoula Ave. Helena, MT 59601	✓		✓	✓
Wednesday	We Care Group(C)	Discussion meeting	12:00 PM	THE ALANO CLUB 1432 Gallatin Avenue Helena, Montana 59601	✓		✓	✓
Wednesday	Change of Pace Group(C)	12 X 12 Steps and Traditions Study	12:00 PM	Plymouth Congregational Church 400 S. Oakes St. Helena, Mt.	✓		✓	✓
Wednesday	Wednesday Men's Noon Group(O)	Discussion - Men Only	12:00 PM	Wilson House, 1376 Linden Ave.		✓	✓	✓
Wednesday	Homeward Bound Group(O)	Discussion meeting	5:30 PM	THE ALANO CLUB 1432 Gallatin Avenue Helena, Montana 59601		✓	✓	✓
Wednesday	Wednesday Night Step Study(C)	Step Study	7:00 PM	First Baptist Church 359 N. Warren St. Helena, MT 59601 Also Hybrid Zoom ID 836 928 4603	✓		✓	✓
Wednesday	Primary Purpose(C)	Beginner's Meeting	7:00 PM	Salvation Army 1905 Henderson Helena, MT 59601	✓		✓	✓
Wednesday	Mountain Pacific(O)	Topic Discussion Hybrid Zoom ID 331 499 370 Passcode 231728	7:00 PM	Wilson House, 1376 Linden Ave.		✓	✓	✓
Wednesday	Fireside Group(O)	Discussion Hybrid Zoom ID 842 2450 511 No Passcode	8:00 PM	Plymouth Congregational Church 400 S. Oakes St. Helena, MT 59601		✓	✓	✓
Wednesday	Newcomers North(O)	Discussion meeting	8:00 PM	THE ALANO CLUB 1432 Gallatin Avenue Helena, Montana 59601		✓	✓	✓

Thursday	Big Book Breakfast(C)	This is an online meeting only. Zoom ID is 276 715 382 No password needed.	7:00 AM			✓			✓
Thursday	On Awakening(O)	Discussion meeting	9:00 AM				THE ALANO CLUB 1432 Gallatin Avenue Helena, Montana 59601		✓
Thursday	We Care Group(C)	Discussion meeting	12:00 PM				THE ALANO CLUB 1432 Gallatin Avenue Helena, Montana 59601		✓
Thursday	Free for Lunch(C)	Discussion	12:00 PM				St. Mary's Church (in the back) 1700 Missoula Ave. Helena, MT 59601		✓
Thursday	Change of Pace Group(C)	Discussion	12:00 PM				Plymouth Congregational Church 400 S. Oakes St. Helena, MT 59601		✓
Thursday	Homeward Bound Group(O)	Discussion meeting	5:30 PM				THE ALANO CLUB 1432 Gallatin Avenue Helena, Montana 59601		✓
Thursday	Valley Big Book(O)	Discussion	7:00 PM				New Life Lutheran 5980 N. Montana Ave. Helena, MT 59601		✓
Thursday	It's in the Book Group(O)	Speaker Meeting - Also Hybrid Zoom ID 230 252 568 Passcode 145788	7:00 PM				First Presbyterian Church, 535 N. Ewing St		✓
Thursday	Fellowship Group(C)	Discussion. 3rd Thursday Speaker Meeting Also Hybrid Zoom 822 8469 3638	7:00 PM			✓	St. Paul's Methodist Church, 80 East Lawrence		✓
Thursday	Stream Of Life(O)	Discussion	7:00 PM				Wilson House 1376 Linden Ave. Helena Mt.		✓
Thursday	Newcomers North(O)	Discussion meeting	8:00 PM				THE ALANO CLUB 1432 Gallatin Avenue Helena, Montana 59601		✓
Friday	Living in the Solution(O)	Grapevine Located in the back room at the Bagel Company	7:00 AM				Bagel Company 735 N. Last Chance Gulch Helena, MT 59601		✓
Friday	On Awakening(O)	Discussion meeting	9:00 AM				THE ALANO CLUB 1432 Gallatin Avenue Helena, Montana 59601		✓
Friday	Free for Lunch(C)	Discussion	12:00 PM				St. Mary's Church (in the back) 1700 Missoula Ave. Helena, MT 59601		✓
Friday	We Care Group(C)	Discussion meeting	12:00 PM				THE ALANO CLUB 1432 Gallatin Avenue Helena, Montana 59601		✓
Friday	Change of Pace Group(C)	Discussion	12:00 PM				Plymouth Congregational Church 400 S. Oakes St. Helena, MT 59601		✓
Friday	Sister 2 Sister(C)	Women's Discussion	12:00 PM				THE ALANO CLUB Small Meeting Room 1432 Gallatin Helena, MT 59601		✓
Friday	Homeward Bound Group(O)	Discussion	5:30 PM				THE ALANO CLUB 1432 Gallatin Avenue Helena, Montana 59601		✓
Friday	Recovery Speaks(O)	Speaker Meeting	6:30 PM				Wilson House, 1376 Linden Ave. Helena Mt.		✓
Friday	Newcomers North(O)	Discussion meeting	8:00 PM				THE ALANO CLUB 1432 Gallatin Avenue Helena, Montana 59601		✓
Saturday	On Awakening(O)	Discussion	9:00 AM				THE ALANO CLUB 1432 Gallatin Avenue Helena, Montana 59601		✓
Saturday	Saturday Men's Group(C)	Discussion	9:00 AM				Wilson House 1376 Linden St. Helena, MT 59601		✓
Saturday	Early Bird Breakfast(O)	Discussion	10:00 AM				The Bagel Company 735 N. Last Chance Gulch Helena, MT 59601		✓
Saturday	We Care Group(C)	12 X 12 Study and Newcomers	12:00 PM				THE ALANO CLUB 1432 Gallatin Avenue Helena, Montana 59601		✓
Saturday	Change of Pace Group(C)	As Bill Sees It - book study	12:00 PM				Plymouth Congregational Church 400 S. Oakes St. Helena, MT 59601		✓
Saturday	Free for Lunch(C)	Discussion Meeting	12:00 PM				St. Mary's Church (in the back) 1700 Missoula Ave. Helena, MT 59601		✓
Saturday	Homeward Bound Group(O)	Discussion meeting	5:30 PM				THE ALANO CLUB 1432 Gallatin Avenue Helena, Montana 59601		✓
Saturday	Primary Purpose(O)	Call up meeting, Speaker on last Saturday	7:00 PM				Salvation Army 1905 Henderson Helena, MT 59601		✓
Saturday	Newcomers North(O)	Discussion meeting	8:00 PM				THE ALANO CLUB 1432 Gallatin Avenue Helena, Montana 59601		✓

NA MEETING TIMES

NARCOTIC ANONYMOUS



Never Alone Hall
1308 ½ Boulder Ave., Helena
Use alley entrance



First Christian Church
311 Power St., Helena

Day	Time	Meeting	Location	Format	Zoom Info
Sunday	9:00 – 10:30 am	Good Start	Never Alone Hall	In-Person & Virtual	ID: 878 7947 7097PW: JFT2023
	12:00 – 1:00 pm	Good Start	Never Alone Hall	In-Person & Virtual	ID: 878 7947 7097PW: JFT2023
	7:00 – 8:00 pm	Never Alone Group	Never Alone Hall	In-Person & Virtual	ID: 878 7947 7097PW: JFT2023
Monday	12:00 – 1:00 pm	Good Start	Never Alone Hall	In-Person & Virtual	ID: 878 7947 7097PW: JFT2023
	5:30 – 6:30 pm	Last Chance Group	Virtual	Virtual Only	ID: 917 8728 2261PW: 955208
	7:00 – 8:00 pm	Never Alone Group	Never Alone Hall	In-Person & Virtual	ID: 878 7947 7097PW: JFT2023
Tuesday	12:00 – 1:00 pm	Good Start	Never Alone Hall	In-Person & Virtual	ID: 878 7947 7097PW: JFT2023
	7:00 – 8:00 pm	Never Alone Group	Never Alone Hall	In-Person & Virtual	ID: 878 7947 7097PW: JFT2023
Wednesday	12:00 – 1:00 pm	Good Start	Never Alone Hall	In-Person & Virtual	ID: 878 7947 7097PW: JFT2023
	5:30 – 6:30 pm	Gazelle Group (Women's)	Never Alone Hall	In-Person	—
	7:00 – 8:00 pm	Never Alone Group	Never Alone Hall	In-Person & Virtual	ID: 878 7947 7097PW: JFT2023
	7:30 – 8:30 pm	Last Chance Group	First Christian Church	In-Person & Virtual	ID: 917 8728 2261PW: 955208
Thursday	12:00 – 1:00 pm	Good Start	Never Alone Hall	In-Person & Virtual	ID: 878 7947 7097PW: JFT2023
	7:00 – 8:00 pm	Never Alone Group	Never Alone Hall	In-Person & Virtual	ID: 878 7947 7097PW: JFT2023
Friday	12:00 – 1:00 pm	Good Start	Never Alone Hall	In-Person & Virtual	ID: 878 7947 7097PW: JFT2023
	7:00 – 8:00 pm	Never Alone Group	Never Alone Hall	In-Person	—
	9:05 – 10:05 pm	Last Chance Group	First Christian Church	In-Person	—
Saturday	12:00 – 1:00 pm	Good Start Group	Never Alone Hall	In-Person & Virtual	ID: 878 7947 7097PW: JFT2023
	12:00 – 1:00 pm	Last Chance Group	First Christian Church	In-Person	—
	7:00 – 8:00 pm	Never Alone Group	Never Alone Hall	In-Person & Virtual	ID: 878 7947 7097PW: JFT2023

Meeting details can occasionally change. We recommend checking the most current schedule at: namontana.org/#meeting-list

- OR -

Scan here for the full Narcotics Anonymous meeting schedule



UNDERSTANDING YOUR PATH TO RECOVERY

Each person’s journey is unique, but these steps provide a general roadmap for the process of recovery from substance use. Explore general substance use Treatment steps

Where Am I Starting From? (check what applies to you)

- I’ve never tried treatment or recovery supports before
- I’ve tried treatment or recovery supports in the past
 - Detox
 - Inpatient
 - Outpatient
 - MAT
 - Peer Support
 - Counseling
 - Other

What worked for me last time: _____

What didn’t work for me last time: _____

Supports I have already tried: _____

Supports that helped me most: _____

Things that did not help: _____

Lessons I learned: _____

What Do I need Most Right Now to Help Me in My Recovery?

- Safety – I need help to stop safely or manage withdrawal.
- Structure – I need daily support and accountability.
- Flexibility – I need something that fits with work, school, or family.
- Connection – I want to feel supported by peers, family, or community.
- Stability – I need help with housing, food, transportation, or money.
- Healing – I need support for trauma, stress, or mental health.

If I need...	Options that might fit	Notes For Me
Safety	Detox / Withdrawal management	
Structure	Inpatient treatment / Intensive outpatient	
Flexibility	Outpatient counseling / MAT	
Connection	Peer support / Recovery groups	
Stability	Peer support, case management, community resources	
Healing	Counseling / Therapy	

My Next Steps

- Call a treatment program for more information.
- Talk with a peer support or sponsor.
- Schedule a counseling session.
- Try a recovery meeting (AA, NA, SMART, Celebrate Recovery, etc.).
- Ask about MAT options.
- Focus on wellness habits (exercise, sleep, stress management, nutrition).
- Other: _____

Remember, you’re not alone—support is available every step of the way.

UNDERSTANDING WHAT MIGHT WORK FOR YOU

Strategies for Recovery & Support There's no right or wrong — this tool helps you reflect on what supports you've tried, what's working, and what you might want to explore next. Use it to guide conversations with your care team and build a plan that fits your comfort and readiness.

Focus Area or Support Option (Select all that apply)	I've tried this before	I currently use this	I'd like to try this or need support	Not for me / not right now
Peer Support & Mentorship (peer recovery coach, sponsor, or someone walking alongside me in recovery)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Supportive Connections (friends, family, or community who encourage recovery)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Self-Help or Recovery Groups (AA, NA, SMART Recovery, faith-based, or other peer-led meetings)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Health & Wellness (physical health care, primary care visits, managing medications, nutrition, sleep, exercise)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Therapy & Counseling (individual, group, or family therapy; behavioral health or trauma support)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Medication Support for Recovery (Suboxone®, Methadone, Naltrexone, or other recovery-supportive medications)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Structured Day Programs (Intensive Outpatient or Partial Hospitalization—structured treatment while living at home)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Healing & Recovery Environments (Residential or inpatient programs that provide daily structure, safety, and care)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Medical Support & Stabilization (short-term medical help when withdrawal, safety, or health concerns arise—sometimes called detox)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Safe & Stable Housing (sober living, recovery housing, or other supportive places to live)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Life, Purpose, & Growth (education, job training, volunteering, creative outlets, or spiritual exploration)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Recreation & Joy (finding enjoyment, laughter, hobbies, and time for rest)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ongoing Recovery Planning (check-ins, relapse prevention, goal-setting, or case management)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other: _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

MY PERSONAL RECOVERY SAFETY PLAN

Your Personal Recovery Safety Plan is like a guide you create for yourself to get through hard moments. It's a simple list of things that help you feel better, people you can reach out to, and places that keep you safe. It's here to remind you of your strength and the supports you've chosen. Be proud of the work you're doing — write this plan in your own words, keep it close, and update it as your journey grows.

MY TRIGGERS OR EARLY WARNING SIGNS - THINGS I NEED TO LOOK OUT FOR INCLUDE:

Examples could be, cravings, changes in attitude towards recovery, or behaviors. Be specific: people, places, feelings, times

1. _____
2. _____
3. _____

THESE ARE TOP REASONS WHICH I CHOOSE TO BE SOBER TODAY:

1. _____
2. _____
3. _____

HERE ARE A FEW THINGS THAT I DO REGULARLY TO STAY SOBER:

Routines, habits, supports - what keeps you steady

1. _____
2. _____
3. _____

THESE ARE ACTIONS I CAN TAKE IF AND WHEN I HAVE CRAVINGS:

Quick, concrete steps—use small, doable actions. Examples: call a support, eating if hungry, going to a meeting, reading recovery material, reminding myself that cravings can be intense but pass, or thinking of the consequences of using

- Call / text a support person: _____
- Go to a meeting: _____
- Use a coping skill (walking, breathing, distraction): _____
- Remind myself: "This will pass" / list consequences: _____
- Other: _____

PLACES I CAN GO WHICH PROVIDE POSITIVE DISTRACTION:

Examples: 12-step meetings, a coffee shop, the library, or specific family or friends etc

- 12-step or recovery meeting: _____
- Friend or family's house: _____
- Coffee shop/library/community center: _____
- Clinic/crisis center/walk-in clinic: _____

HERE ARE A FEW PEOPLE I CAN CALL WHO SUPPORT MY RECOVERY:

- Name: _____ Contact Information: _____
- Name: _____ Contact Information: _____

OR I CAN REACH OUT TO THESE RECOVERY RESOURCES:

Suicide Prevention Lifeline: Call or Text 988

Crisis Text Line: Text HOME to 741741

SLIPS CAN HAPPEN, BUT THEY DON'T DEFINE YOU. USE THEM AS A REMINDER TO LEAN ON YOUR SUPPORTS, LEARN WHAT YOU NEED, AND KEEP BUILDING YOUR RECOVERY.



St. Peter's Health