St. Clair County Community Mental Health
Providing Opportunities for Health, Wellness, & Connection
www.scccmh.org

Recovery Toolkit

Resource List for Substance Use Disorder and Recovery Services

Welcome to the Substance Use Toolkit, a collection of resources for individuals of all ages, families, community members, and professionals. This toolkit includes educational handouts, videos, prevention, recovery support materials, and local and national resources designed to increase understanding, reduce stigma, promote prevention, and support recovery. Whether you are seeking help for yourself, supporting a loved one, or working in a professional role, these resources can help connect people to education, treatment, support, and pathways to long-term wellness.

Fact Sheets:

Drug Fact Sheets: United States Drug Enforcement Administration

Be Aware of Fake Pills

Fast Facts: Marijuana Use During Pregnancy

How to Talk to Kids about Substances

People Matter Words Matter: Compassionate SUD Language

Person First Language

Substance Use 101

Supporting a Loved One with a Substance Use Disorder: Starting the Conversation

Local Resources:

Alcoholics Anonymous District 23 – Blue Water Michigan Area
Serving the Blue Water Area of Michigan — Port Huron, St. Clair County, and Sanilac County. District 23 coordinates dozens of AA groups meeting weekly across Port Huron, Marysville, Fort Gratiot, Lakeport, Smiths Creek, and surrounding communities — open and closed meetings, Big Book studies, speaker meetings, and more. Find a meeting here.

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Blue Water Area Narcotics Anonymous

Free nonprofit, peer-led support fellowship for people who want to stop using drugs and maintain recovery. NA follows a 12-step program, similar to Alcoholics Anonymous (AA), and welcomes individuals recovering from any type of substance use disorder, not just narcotics. Find a meeting in the Blue Water Area here.

Blue Water Recovery & Outreach Center

Nonprofit recovery community organization based in Port Huron that helps individuals and families affected by substance use disorder connect with recovery supports and resources. BWROC is led by people with lived recovery experience and focuses on peer recovery coaching, support groups, recovery events, transportation assistance, community outreach, and connections to treatment, housing, employment, and other services. BWROC serves as a recovery navigation hub that supports all pathways to recovery and helps people build long-term recovery and self-sufficiency.

Crossroads Recovery Community – Port Huron

The Crossroads Recovery Community in Port Huron is a structured men's recovery housing program that provides sober living, peer support, recovery coaching, and life-skills development. Serving more than 60 men, Crossroads helps residents build stability, accountability, and long-term recovery in a supportive community environment.

Dry Dock Recovery Center

Free recovery community center in Port Huron that provides a safe, sober space for people impacted by substance use disorders. It offers peer support, recovery meetings, fellowship activities, and connections to local recovery resources. Led by volunteers with lived recovery experience, the center focuses on building community, hope, and long-term recovery.

Hope Not Handcuffs (Port Huron Police Department)

Started by Families Against Narcotics (FAN), aimed at bringing law enforcement and community organizations together in an effort to find viable treatment options for individuals seeking help to reduce dependency with heroin, prescription drugs, and alcohol. If you have questions about the program, please call their toll-free number (833) 202-HOPE (4673).

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Huron House

Nonprofit residential reentry and recovery program that provides structured housing and support for adult men transitioning from incarceration, probation, or parole. The program offers substance use counseling, recovery support groups, drug and alcohol testing, educational and vocational assistance, and life-skills development to help residents achieve stability and long-term success. Its mission is to support recovery, reduce recidivism, and help individuals become productive, self-sufficient members of the community.

Michigan Naloxone Portal

Statewide program that provides free naloxone (Narcan®) to Michigan residents to help prevent opioid overdose deaths. Through the online portal, individuals can order naloxone by mail, locate community distribution sites, and access overdose prevention education. The portal makes this life-saving medication more accessible to individuals, families, and community members who may respond to an opioid overdose emergency.

Mobile Overdose Response Team (MORT) St. Clair County

St. Clair County program that connects individuals who have recently experienced an overdose with immediate support, harm-reduction services, treatment resources, and recovery coaching. Using a quick-response model, MORT partners with local first responders and addiction professionals to reach individuals after an overdose, provide naloxone education and distribution, and help link them to recovery services. The program's goal is to reduce repeat overdoses, prevent overdose deaths, and promote long-term recovery throughout the community.

Odessey House

Nonprofit substance use treatment and recovery organization that provides outpatient counseling, intensive outpatient treatment, recovery housing, peer support, and community outreach services. Through its Community Involvement Center, individuals are connected to recovery resources, treatment options, and supportive housing based on their needs. Odyssey House serves adults and families affected by substance use disorders and focuses on helping people build lasting recovery through evidence-based treatment, recovery supports, and community connection.

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Recovery Court (St. Clair County)

The St. Clair County Recovery Court is a voluntary court-supervised program that helps individuals with substance use disorders achieve long-term recovery while reducing future involvement in the criminal justice system. Through a team-based approach that includes the court, treatment providers, probation, and legal professionals, participants receive substance use treatment, recovery support, frequent monitoring, and accountability. The program is designed to help eligible individuals build and maintain sobriety, improve their quality of life, and reduce the risk of reoffending.

Region 10 Access to Services

Region 10 PIHP is the regional coordinating agency for public substance use disorder and mental health services in St. Clair County and surrounding counties. Through its Access System, Region 10 helps individuals connect to substance use treatment, recovery supports, recovery housing, medication-assisted treatment, and other community-based services, regardless of insurance status. The organization coordinates a network of providers to ensure residents have access to person-centered, evidence-based care and recovery resources that support long-term health and wellness.

Sacred Heart

Nonprofit behavioral health organization that provides substance use disorder treatment, mental health services, and HIV/AIDS prevention and support programs. Core services include withdrawal management (detox), residential and outpatient addiction treatment, medication-assisted treatment, and specialized recovery services for women and women with children. The organization also offers supportive housing, case management, HIV testing and prevention services, counseling, and patient navigation to help individuals achieve long-term recovery and wellness.

Soulback Bar and Coffee Shop

An alcohol-free community gathering space that combines a coffee shop, restaurant, live music venue, and recovery-friendly social environment. Created in partnership with Crossroads Recovery Community, Soulback provides a welcoming place for connection, fellowship, entertainment, and community engagement without alcohol. Core offerings include specialty coffee, meals, live events, open mic nights, and a safe space that promotes wellness, belonging, and recovery-oriented lifestyles.

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St. Clair County Community Mental Health

St. Clair County Community Mental Health (SCCCMH) provides comprehensive behavioral health services for adults with mental illnesses, children with serious emotional disturbances, individuals with intellectual/developmental disabilities, and those with substance use disorders. Our approach is centered on personalized care, recognizing that healing involves both mind and body. Access to Services: 810-488-8888 - 24/7 Mobile Crisis Unit: 810-966-2575

St. Clair County Health Department/Harm Reduction Program

The St. Clair County Health Department Harm Reduction Program works to reduce overdose deaths and improve community health by providing free naloxone (Narcan®) training and rescue kits, overdose prevention education, and connections to substance use treatment and recovery resources. The program supports individuals at risk of overdose, as well as family members and community members who may respond to an overdose emergency. Through harm reduction services, community education, and resource navigation, the program helps keep people safe while encouraging pathways to treatment and recovery.

St. Clair County Link

Free online referral tool created by the St. Clair County Health Department to help individuals quickly connect with local substance use, recovery, and support services. Users complete a brief survey and receive personalized referrals based on their needs, making it easier to find treatment, recovery supports, harm reduction services, housing assistance, and other community resources. SCC Link was developed to simplify access to care and ensure residents can identify the most appropriate services available in St. Clair County.

The Wings of the Harbor Outreach Program

Provides outreach, support, and resource navigation for runaway, homeless, and at-risk youth. Services include crisis intervention, counseling, basic needs assistance, and referrals to behavioral health, substance use treatment, housing, and other community supports to promote safety, stability, and healthy development.

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National Resources

Al-Anon

Mutual support program for people whose lives have been affected by someone else's drinking. By sharing common experiences and applying the Al-Anon principles, families and friends of alcoholics can bring positive changes to their individual situations.

Alateen

Support program within Al-Anon Family Groups designed specifically for young people whose lives have been affected by someone else's alcohol use. It provides a safe and confidential place for teens to share experiences, receive support, and learn healthy coping skills. Alateen members discover that they are not alone and that they cannot control another person's drinking, but they can take care of their own well-being. Meetings are free and focus on peer support, understanding, and building resilience in the face of family or loved ones' alcohol-related challenges.

Centers for Disease Control and Prevention (CDC)

Features clinical and public health overviews on the treatment of Substance Use Disorders and overdose prevention.

Face Addiction Now (FAN)

Hands-on resource that helps close critical gaps in addressing substance use offering educational programming, distribute life-saving tools like Narcan, and provide connections to recovery services. Equips individuals, families, and professionals with practical strategies to address and reduce the impact of addiction, delivering real-world solutions that promote stability and long-term recovery.

National Institute on Drug Abuse (NIDA)

Offers evidence-based drug facts on specific substances, the adolescent brain, vaping, and conversation starters for parents and educators.

National Harm Reduction Coalition
Supplies practical, life-saving resources, syringe access info, and collaborative educational fact sheets on safer drug use and fentanyl testing.

Substance Abuse and Mental Health Services Administration (SAMHSA)
Delivers national guides, prevention tools, and public health reports on alcohol, tobacco, marijuana, and opioids.

U.S. Drug Enforcement Administration (DEA)
Provides concise Drug Fact Sheets detailing classifications, street and medical names, short- and long-term effects, and signs of use for stimulants, depressants, hallucinogens, and narcotics.

Youth Resources

American Academy of Child and Adolescent Psychiatry (AACAP)
Features child- and teen-focused fact sheets, plus validated screening tools like the CRAFFT and AUDIT in their Substance Use Resource Center.

DREAM Drug Education (Grade K-1 Module)
A focused cartoon lesson that teaches kids how easily prescription medicine can be mistaken for candy. It establishes a simple, clear rule: never take, touch, or taste any substance without a trusted adult's permission.

Fentanyl PSA Film (Short Video)
This PSA sheds light on the grave dangers of fentanyl poisoning, especially for young people. Fentanyl, a potent synthetic opioid, is often hidden in various street drugs, making them deadly. The video reveals startling facts, like the DEA's seizure of millions of fake prescription pills containing lethal doses of fentanyl. It emphasizes the need for smart choices, the false allure of drug use portrayed in media, and the heartbreaking outcomes for many youth. *This short film has some dramatic images and mature concepts, which is why it's important for kids to watch with an adult and have a guided discussion.

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Gordie Center Prevention Series

This series focuses heavily on actionable peer skills, teaching middle and high school students practical strategies like how to safely exit uncomfortable social situations or how to step in and help a friend.

Michigan Department of Health and Human Services (MDHHS) Substance Use Disorder Resources

Provides multi-language guides, brochures, and posters covering synthetic cannabinoids, youth tobacco prevention, and local recovery support.

National Institute on Drug Abuse: Parent and Educator Resources

Find the latest science-based information about drug use, health, and the developing brain. Designed for young people and those who influence them—parents, guardians, teachers, and other educators—these resources inspire learning and encourage critical thinking so teens can make informed decisions about drug use and their health.

Natural High Influencer Playlists

An evidence-based program featuring 4 to 6-minute storytelling videos from athletes, musicians, and creators (like skateboarding legend Tony Hawk). Instead of lecturing, these influencers explain why they chose to pursue their "natural high" instead of using drugs.

Operation Prevention: Multi-Drug Exploratory:

Developed by the DEA and Discovery Education, provides educators with engaging tools that are aligned to national health and science standards, and integrate seamlessly into classroom instruction. Through a series of hands-on investigations, students will explore the science behind substance misuse, and the resulting impacts on brain and body. This series also uses short, 2-minute animated cartoon characters to safely introduce how different categories of substances (like stimulants or depressants) negatively alter the human body.

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Phone/Text Lines

988 – National Suicide and Crisis Lifeline (Call and Text Line)

Free, confidential, 24/7 service that provides immediate support for people experiencing mental health, substance use, or emotional crises. Calling or texting **988** connects individuals with trained counselors who can offer crisis intervention, emotional support, overdose-related assistance, and referrals to local treatment and recovery resources. The service is available to anyone seeking help for themselves or a loved one and can be a critical first step in accessing care and support during difficult times.

SAMHSA National Helpline – 1-800-662-HELP(4357)

Free, confidential, 24/7 information and referral service for individuals and families facing mental health or substance use disorders. The helpline connects callers with local treatment programs, support groups, community organizations, and recovery resources in their area. Services are available in English and Spanish by calling **1-800-662-HELP (4357)** and are available regardless of insurance status.

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About St. Clair County Community Mental Health:

St. Clair County Community Mental Health (SCCCMH) is dedicated to providing comprehensive behavioral health services to individuals of all ages. Our mission is to promote recovery, wellness, independence, and improved quality of life for those with a mental illness, serious emotional disturbance, intellectual/developmental disability, or substance use disorder. With a team of compassionate professionals, we offer a wide range of services, including counseling, psychiatric evaluations, medication management, and crisis intervention. We also collaborate with area schools, health care providers, businesses, law enforcement agencies, and other community organizations to ensure a holistic approach to behavioral health care.

Through advocacy and community education, we strive to be the clearinghouse of information and behavioral health resources for all living and working in St. Clair County. Our crisis response services are available to any person of any age in St. Clair County, 24 hours a day, seven days a week, regardless of insurance status.

To access or inquire about treatment services, call: 1-810-488-8888

For crisis support for a mental health emergency, call: 1-810-966-2575

To learn more about the services and supports available at SCCCMH, visit: www.scccmh.org.

Quick Links to SCCCMH Informational Brochures:

How We Help - Overview of SCCCMH Services
Child & Family Services
Treatment Services for Mental Illness
Treatment Services for Substance Use Disorders
Treatment Services for Intellectual/Developmental Disabilities

News and Events:

Keep up with what's happening at SCCCMH! Join our monthly email newsletter by clicking here. Stay up to date with news, current events, advocacy, and information about mental health and wellbeing.