



The Healing Network

OF WALKER COUNTY

Together, We Heal as One

NETWORK INVENTORY

OUR GOAL

Create a comprehensive Network of prevention, intervention, treatment, and recovery resources related to substance use and mental health disorders

OUR PARTNERS

Grow resources connected by
communication | coordination | collaboration

Updated September 2022

NETWORK INVENTORY

The Healing Network of Walker County inventory aims to promote awareness of resources available in our community, the partnerships that make them possible, and how they support our goal of creating a comprehensive network of prevention, intervention, treatment, and recovery resources related to substance use and mental disorders.

How to Use the Inventory

- ❖ Use this as a tool to consider how you can partner with or support the programs or organizations listed in the inventory.
- ❖ This is not an exhaustive resource list for Walker County. The Walker Area Community Foundation maintains the Nonprofit Resource Directory. Access it here: <https://www.wacf.org/resource-directory-2/>.

How It's Organized

- ❖ The inventory is divided into five sections based on the five objectives of the strategic plan.
- ❖ Sections are organized by resource. Resources that involve multiple organizations are titled by the program name and list the organizations involved. Supporting organizations lists may not be exhaustive.
- ❖ Many organizations provide a variety of resources that span more than one objective. As a result, organizations may be listed multiple times.

Updating the Inventory

- ❖ If you see that something is missing, or needs to be modified, email info@hnwc.org or call 205-724-9041.

OBJECTIVE 1: Community education on risks and resources

Educate Walker County residents and key stakeholders on the risks associated with the use of drugs and alcohol and associated mental health disorders, as well as effective prevention, treatment, and recovery options.

Organization: Northwest Alabama Mental Health Center – Prevention Program

Description: NWAMHC uses the "Stay Smart" evidence-based curriculum, auditorium version, to do education around prescription drug safety. This presentation covers drug effects, swiftness of addiction, importance of taking as prescribed, and dangers of overdose. They have done these at multiple local junior high and high schools and have some events upcoming as well. They also use the My Smart Dose media messaging campaign that is used by the whole state and was designed by the Alabama Department of Mental Health. This campaign focuses on the fact that the right dose for me may not be the right dose for you. This aim is to stop the sharing of medications, and to educate the public that it is illegal and dangerous.

Supporting Organizations: Jasper City Schools and Walker County Schools

Get in Touch: April Knight or Melissa Holman, 205-302-9075

Program: PACES Proactive Parenting

Description: Proactive Parenting is being rolled out across Walker County. It includes free access to useful content and education for parents in the PACES for Parents online learning center. They are offering free webinars and seminars that can be delivered in collaboration with other organization to help parents and families they serve. STEPS is executing digital ads and social media to reach and serve parents, and that social media can be shared by other organizations to help people as well. Their overall intent it to create a movement in Walker County to help parents prevent teenage addiction and greatly benefit the community.

Supporting Organizations: STEPS Ministries

Get in Touch: Steve Ward, stevecward@lifeimprovementsteps.com

Program: The Journey Series On-Demand

Description: Eleven one-hour sessions feature experts in the field discussing brain science, state of addiction (2020), how to ask for help, provider perspectives: opioid epidemic, role of health professionals, provider-perspectives: whole-person care, role of law enforcement, reducing risk factors in youth, guardians of addiction loved ones, and

seniors. During the 2020 live event, there were 807 attendees in the live sessions, with 189 CEUs earned. Since then, an additional 704 individuals have watched the recordings at hnwc.org. Individuals and groups are encouraged to engage with the content.

Supporting Organizations: Healing Network staff organized the event with the support of the Recovery Ministries of the Episcopal Diocese of Alabama and 16+ partner organizations. Visit the website below for a full description of the significant contributions made by partners.

Get in Touch: info@hnwc.org, hnwc.org/journey-series

Program: Connect Alabama app

Description: Connect Alabama, a behavioral health services and treatment finder application, provides individuals instant access to education, information and services related to substance use, mental health, and prevention.

Supporting Organizations: The app is funded through a partnership of the Alabama Department of Public Health, Alabama Department of Mental Health, and is created and managed by VitAL of The University of Alabama School of Social Work.

Get in Touch: The app is available for download on [iOS through the app store](#) and for [Android devices via Google play](#).

Program: Whole Child Initiative in Walker County Schools

Description: Whole Child's mission is sustainable change in schools and communities, so every child is whole—healthy, safe, challenged, supported, and engaged. It aims to streamline existing programs, establish strong school-community partnerships, revise policies, practices, and partnerships to support children. The Whole Child Initiative is not a specific program. It is intended to serve as an umbrella to organize school efforts that promote student well-being.

Supporting Organizations: Walker County Board of Education, University of Alabama

Get in Touch: Kyle Dutton 205-387-0555 Ext. 1016, <http://whole-child.ua.edu/>

Program: Online Recovery Resource Directory at hnwc.org

Description: The "Need Help" page features quick links to 24/7 Helplines, intake and assessment services, free naloxone, and the Walker County Recovery Community Facebook page. There is also a Google Map that includes treatment and recovery programs, mental health providers, peer groups, and support services. (Resources are

also promoted on the Walker County Recovery Community Facebook page, and partner organizations educate about and refer individuals to available resources.)

Supporting Organizations: Healing Network partners

Get in Touch: info@hnwc.org, hnwc.org/need-help

Program: Minds & Mentors Paraprofessional Training Program

Description: MiMP-TP is a HRSA-funded program that is designed to increase the number of highly qualified certified recovery support specialist (CRSS) in Alabama. Through a partnership with the Alabama Department of Mental Health (ADMH), UA offers trainees Level I and Level II training to enhance the knowledge and skill of substance use paraprofessionals who support both a person in recovery and their family.

Supporting Organizations: University of Alabama, School of Nursing, Alabama Department of Mental Health

Get in Touch: Heidi Benstead, heidi.benstead@ua.edu, <https://mimp.ua.edu/mimp-tp.html>.

OBJECTIVE 2: Prevention and intervention by health professionals

Engage health professionals and organizations in the prevention and intervention of substance use disorders among residents of the county.

Program: Screening, Brief Intervention, and Referral to Treatment (SBIRT)

Description: SBIRT is an evidence-based practice that allows health professionals to identify, reduce, and prevent problematic alcohol and illicit drug use, abuse, and dependence. Patients/clients are screened, health professionals are trained to engage based on the results and conduct a brief intervention (either themselves or through a warm handoff), and if needed, connect the patient/client to additional services. Through a variety of efforts, SBIRT has been implemented within the organizations listed below.

Supporting Organizations: My Care Alabama Northwest, Alabama Department of Public Health, Whatley Health Services (FQHC), Capstone Rural Health Center (FQHC), VitAL Team (University of Alabama, School of Social Work)

Get in Touch: If you are interested in learning more/implementing SBIRT, visit <https://vitalalabama.com/sbirt/>. The site includes the SBIRT Tool Kit available to download for free: <https://vitalalabama.com/professional-resources/sbirt-tool-kit/>.

Program: Pediatric Tele-mental Health

Description: The PATHS program at Children's of Alabama is a HRSA-funded effort to support rural pediatric primary care clinicians in caring for children with mental health needs. As part of our program, they provide training for primary care providers in how to better assess, diagnose, and care for children/adolescents with mild to moderate mental health concerns. They also offer free CE credit for the Zoom-based trainings. Watch promo video here: <https://youtu.be/jNwalluZ4vE>

Supporting Organizations: Children's of Alabama, Capstone Rural Health Center

Get in Touch: Susan Griffin, Susan.Griffin@childrensal.org

Organization: My Care Alabama Northwest

Description: Care coordination for Medicaid recipients with substance misuse history, referral to ROSS peer support.

Supporting Organizations: ROSS

Get in Touch: 855-200-9471

Program: School-Based Therapists @ Walker County Schools

Description: Walker County Schools has added therapists to their personnel, allowing them to better service student needs. WCS also partners with community mental health providers to supplement students' needs. A Mental Health Coordinator oversees referrals and needs across the system. Walker County Schools also implemented trauma-informed calming camps to provide teachers and staff spaces to engage with behaviors as evidence of concern not cause for punishment.

Supporting Organizations: WCS-hired therapists, Northwest Alabama Mental Health Center

Get in Touch: Kyle Dutton 205-387-0555 Ext. 1016

Program: School-Based Therapists @ Jasper City Schools

Description: Jasper City Schools has added therapists to their personnel, allowing them to better service student needs. JCS also partners with community mental health providers to supplement students' needs. A Mental Health Service Coordinator oversees referrals and needs across the system.

Supporting Organizations: JCS-hired therapists, Northwest Alabama Mental Health Center, Capstone Rural Health Center (Viking Health School-Based Clinic)

Get in Touch: Ginger Mitchell, gmitchell@jasper.k12.al.us

Program: HARTT (Healing and Responding to Trauma)

Description: HARTT provides free counseling to children in foster care, safety plans, and their families. Many of their clients are impacted by their parents' use of drugs which has resulted in their being separated. Youth Advocate Programs (YAP) as a whole provides wrap around support to youth and families on a referral basis.

Supporting Organizations: Youth Advocate Programs, Inc. (YAP), Department of Human Resources (DHR), Family Court

Get in Touch: Tina Aaron, tmaaron@yapinc.org

Program: Project Possibilities

Description: Project Possibilities is developing, implementing, and expanding a combination of 1) law enforcement diversion programs, 2) comprehensive and real-time data collection, analysis, and dissemination, and 3) introducing Medication-Assisted Treatment and peer support recovery support services into existing systems of service. The project serves utilizers identified within and across the criminal justice system including those in need of diversion from and preventing the return to the criminal justice system. Currently a ROSS peer and assessor serve Walker County's criminal justice system. Additional program and staffing plans are underway (as of August 2022).

Supporting Organizations: VitAL Team (University of Alabama, School of Social Work), ROSS, Alabama Bureau of Pardons and Paroles, any relevant organization/agency interested in participating

Get in Touch: To connect to services, call ROSS 24/7 Helpline, 844-307-1760. To partner with Project Possibilities, email Shanna McIntosh, semcintosh@ua.edu.

Organization: Walker County Public Defender's Office

Description: The Public Defender's Office added a Rehab Coordinator position to their staff to meet client needs. If clients need resources/support related to substance use, their staff coordinate with the court system and relevant organizations to connect them to the resources and incorporate those needs into their legal proceedings.

Supporting Organizations: ROSS (specifically Project Possibilities-related staff), Recovery Resource Center, any relevant organization/agency interested in supporting

Get in Touch: Brandy Feltman, 205-754-3410 or 205-388-9381

OBJECTIVE 3: Equitable and timely treatment options

Ensure equitable and timely access to quality and affordable treatment and recovery support services for residents seeking help with drug, alcohol, and mental health disorders.

Objective 3 involves the longest, most diverse list of partners and programs. On the next page, partners are listed by category. This list is updated periodically, but the Healing Network maintains a Google Map at hnwc.org/need-help that is always current. If you are interested in how these partners or programs can serve your community, or you want to provide services in Walker County, contact rachel@hnwc.org.

The following section "Get Connected to the Right Resources" includes organizations or programs that are a "living directory" of resources and connect Walker County residents with resources within Walker County and statewide at no cost. They maintain relationships with all listed partners to connect as needed.

Get Connected to the Right Resources

Organization: Recovery Resource Center, a program of the Crisis Center

Description: Conduct intake to determine needed resources and ASAM assessments needed to get into state certified treatment for substance use disorder.

Supporting Organizations: Any relevant organization/agency, Crisis Center Inc., Walker Area Community Foundation, Capstone Rural Health, Fellowship House, Healing Network, Alabama Department of Mental Health, Jefferson County Department of Health, ROSS

Get in Touch: 205-458-3378

Jasper Location, Little White House (1503 5th Ave S, Jasper, AL 35501)

Organization: ROSS (Recovery Organization of Support Specialists)

Description: Provide peer support services including but not limited to intake, referral, transportation, other supportive services. ROSS maintains a statewide 24/7 Helpline. Individuals can all the 24/7 Helpline for support, and if wanted, be connected to a Walker County-based peer for local resources. ROSS also provides their services within a number of specialty programs that increase access to certain populations (criminal justice, returning to workforce, etc.)

Supporting Organizations: Any relevant organization/agency

Get in Touch: 24/7 Helpline, 844-307-1760 or the Walker County Outreach Program, 205-300-8043

Organizations/Programs by Type

<p><u>Alabama Dept. of Mental Health-Certified Substance Use Treatment</u></p> <ul style="list-style-type: none"> • Awakening Recovery • Bradford Health Services (Warrior) • Capstone Rural Health-Parrish • Fellowship House • Health Connect America • She Recovers • Walker Recovery Center 	<p><u>Faith Based Recovery Programs</u></p> <ul style="list-style-type: none"> • Changed Lives Christian Center (Birmingham) • City of Lights Dream Center • Foundry Ministries (Bessemer) • Foundry Farm (Cullman) • Hope for Women • Restoration Springs (Fayette)
<p><u>MAT Medication-Only Providers</u></p> <ul style="list-style-type: none"> • Fritz Clinic • Gateway Health Center • Kolbe Clinic • MedPlex, Inc. • Urgent Care Northwest 	<p><u>Mental Health Services</u></p> <ul style="list-style-type: none"> • Capstone Rural Health-All locations • Health Connect America • Mind, Body, & Heart (MBH) Wellness Clinic • Northwest Alabama Mental Health Center • Summit Counseling & Wellness • Whatley Health Services
<p><u>Youth Mental Health Services</u></p> <ul style="list-style-type: none"> • Adam Bishop Center • Alabama Free Will Baptist Children's Home • Healing and Responding to Trauma (HARTT) for Foster Care • Hyche Center-Jasper, Dora • Oakman Student Health & Wellness Center (Whatley) • Viking Health at Jasper High School (Capstone Rural Health) • Youth Advocate Program (YAP) 	<p><u>Peer Support Groups</u></p> <ul style="list-style-type: none"> • Addiction & Depression • Al-Anon (Family Members) • Alcoholics Anonymous (AA) • Art Therapy (Hope is the Anchor) • LOST (Parents Who Have Lost a Child) • Narcotics Anonymous (NA) • Opiates Anonymous (OPA) • Peer Support • Primary Purpose AA • Sex Anonymous • Work with Others NA • You're Not Alone (Y.N.A.) Support
<p><u>Faith Based Peer Support Groups</u></p> <ul style="list-style-type: none"> • Celebrate Recovery • God & the 12 Steps • Recovering Redemption 	<p><u>Support Services</u></p> <ul style="list-style-type: none"> • Hope is the Anchor Healing Studio & Boutique • Kids & Kin Program • Walker County (WC) Department of Health • WC Department of Human Resources • WC Extension Office • WC Community Action Agency • Jasper Area Family Services • Nurse Family Partnership • Pregnancy Test & Resource Center

Special or Supporting Programs

Program: Connect Alabama app

Description: Connect Alabama, a behavioral health services and treatment finder application, provides individuals instant access to education, information and services related to substance use, mental health, and prevention.

Supporting Organizations: The app is funded through a partnership of the Alabama Department of Public Health, Alabama Department of Mental Health, and is created and managed by VitAL of The University of Alabama School of Social Work.

Get in Touch: The app is available for download on [iOS through the app store](#) and for [Android devices via Google play](#).

Program: On-Demand Public Transportation

Description: Walker County Community Action Agency (WCCAA) manages an on-demand transportation system: 0-5 miles = \$2 each way, 6-10 miles = \$4 each way, and 11-15 miles = \$6 each way. *Background:* Network partners focused on improving public transportation beginning in 2019, when the Regional Planning Commission of Greater Birmingham led an Appalachian Regional Commission (ARC)-funded study of alternative transportation models that would increase access to treatment programs and social services. The new model was implemented the following year and is now managed by the Walker County Community Action Agency.

Supporting Organizations: Walker County Community Action Agency. Various organizations utilize WCCAA for appointments/services by having WCCAA invoice them for rides related to appointments/services at their location(s).

Get in Touch: 205-265-3989 to partner or schedule. Call 24 hours in advance to schedule.

Program: Minds & Mentors Program – Free Counseling and Support

Description: The Minds & Mentors Program has developed studies and programs to reach persons in recovery wherever they may be in their journey. Their team utilizes a person-centered approach in which they prioritize getting the right help for each individual. They offer a variety of programs including counseling, motivational interviewing + cognitive behavioral therapy, and virtual reality for behavioral health.

Get in Touch: Austin Butler, abutler13@ua.edu, <https://mimp.ua.edu/>

Program: She Recovers

Description: She Recovers is a dedicated group of advocates and providers serving women in Walker County and adjacent communities. They offer holistic services for pregnant and parenting mothers battling substance use.

Supporting Organizations: Comprehensive Addiction in Pregnancy Program (CAPP) at University of Alabama-Birmingham, Fellowship House, Walker Women Specialists, Recovery Resource Center, Pregnancy Test & Resource Center, Alabama Department of Mental Health

Get in Touch: 205-458-3378, <https://sherecovers.life/>

OBJECTIVE 4: Community-led life-long recovery support

Develop strategies which enhance citizen engagement toward a shared vision and commitment to improve the community health of Walker County by maintaining an effective network of resources pertaining to mental health and substance use disorders.

Organization: Restoration Springs (Will Bright Foundation)

Description: The Will Bright Foundation opened Restoration Springs in neighboring Fayette County in 2020, which provides next step recovery-to-work residential programming for men. The program includes housing, transportation to and from work, group meetings, healthcare, psychosocial support, etc. Their efforts have revitalized the group meetings in the area (AA, NA, Red Letter Black Coffee). One employer dedicates a van that the residents drive to and from their worksite. Restoration Springs is also expanding capacity through an Appalachian Regional Commission (ARC)-funded project that they are coordinating in partnership with the University of Alabama.

Supporting Organizations: Area employers, University of Alabama, College of Nursing/RESTORE Alabama

Get in Touch: Lisa Bright, lbright@willbrightfoundation.com

Program: Opioid Workforce Development Program

Description: The program connects individuals in recovery with an opioid use disorder to training and permanent employment. This program is available for individuals in Calhoun, Jefferson, Tuscaloosa, and Walker counties who are seeking recovery and employment.

Supporting Organizations: ROSS, Alabama Department of Commerce

Get in Touch: Nikki Warren, 205-300-8403

Program: Day Reporting Center Lite, Alabama Bureau of Pardons and Parole

Description: The entire program is geared to assist returning citizens in changing their lives. It's a one-year intensive program serving high-risk probationers through a combination of counseling, educational training, and close supervision.

Supporting Organizations: ROSS, Walker County Community Action Agency, Beville State Community College, Jasper Area Family Services Center, all forms of judicial entities, Capstone Rural Health Center, Fritz Clinic, Northwest Alabama Mental Health Center

Get in Touch: Kathleen Henderson, kathleen.henderson@paroles.alabama.gov

Organization: Hope is the Anchor & Restoration Workshop

Description: Hope is the Anchor provides a safe place for families to spend time and participate in supportive programming. Their programming also includes some rehabilitative activities for individuals in recovery through Restoration Workshop.

Get in Touch: Donna Shubert, hopeistheanchor19@gmail.com

Program: #TalkRecoveryToMe Walker County Recovery Community

Description: The dozen or so peers who are from and/or serving Walker County have been meeting monthly to fellowship and identify issues they can work on. Most work for various treatment/recovery organizations in the community, but they are meeting as individual peers. Growing/strengthening the Recovery Community has been their first priority.

- ❖ They created and now oversee the Walker County Recovery Community Facebook Group that has 400+ members. With it they created the hashtag #TalkRecoveryToMe to represent what they do as peers -- share their stories to show there is hope and work with individuals seeking recovery to get the resources they need.
- ❖ They are also hosting an Overdose Awareness Day Remembrance Walk on August 31 and a National Recovery Month event called SoberFest on September 17.
- ❖ Future projects include community education in the form of town hall-type meetings to further promote the #TalkRecoveryToMe movement.

Get in Touch: Katy Hurd, katy@hnwc.org
Facebook Group, <https://www.facebook.com/groups/talkrecoverytome>

Program: Support Groups

Description: A wide variety of support groups are offered in Walker County. Visit hnwc.org/need-help, or join the Walker County Recovery Community Facebook Group, Facebook Group, <https://www.facebook.com/groups/talkrecoverytome> to ask for help finding a group.

Get in Touch: See above.

OBJECTIVE 5: Harm reduction for those affected by addiction

Reduce harm, including morbidity and mortality, related to substance use and mental health issues.

Overdose Response Infrastructure

Program: Statewide Online Naloxone Training & Mailable Naloxone

Description: JCDH and ADMH partnered to provide online naloxone training at <https://www.jcdh.org/SitePages/Programs-Services/CommunityHealth/SubstanceUseandAddiction/NaloxoneFentanylTraining.aspx>
Free naloxone can then be mailed directly to any address in Alabama.

Supporting Organizations: Jefferson County Department of Health (JCDH), Alabama Department of Mental Health (ADMH)

Get in Touch: naloxonetraining@jcdh.org or call 205-930-1065

Program: Jefferson County Overdose Data to Action (OD2A) Regional Taskforce

Description: The taskforce includes multiple elements. Currently, JCDH provides data-sharing to stakeholders and partners with the RRC to deploy outreach based on data. Outreach includes naloxone distribution and education about community resources. (JCDH's jurisdiction to distribute naloxone in-person in Walker County is limited to a grant, meaning long-term naloxone distribution plans need to be made.) Program activities aim to engage coroners, EMS, etc. to improve data sharing and service systems.

Supporting Organizations: Jefferson County Department of Health (JCDH), Recovery Resource Center (RRC), Project FREEDOM, various stakeholders

Get in Touch: Dr. Darlene Traffanstedt, MD, darlene.traffanstedt@jcdh.org

Program: Project FREEDOM

Description: FREEDOM aims to reduce the number of prescription/opioid overdose-related deaths and adverse events among adults by training first responders and other key community sectors on the prevention of prescription/opioid overdose-related deaths, including training and distribution of naloxone to first responders.

Supporting Organizations: Team VitAL (University of Alabama, School of Social Work), ROSS

Get in Touch: Wendi Hogue, wendi.hogue@ua.edu

Program: Emergency Room-Based Peers

Description: Whether a non-fatal overdose occurs in the home or the hospital, the following hours are a critical opportunity to connect with survivors. The Recovery Organization of Support Specialists (ROSS) received funding to have a peer/recovery support specialist based in the Walker Baptist Medical Center (WBMC) emergency room. All partners participated in project planning, but project implementation has stalled (August 2022). WBMC is very interested in securing these services for partners. Additional provider/model options include Recovery Resource Center and PeerRx (Jefferson County Department of Health, OD2A grant).

Supporting Organizations: Walker Baptist Medical Center (WBMC), ROSS, Alabama Department of Mental Health

Get in Touch: TBD

Healthy Lives

Program: HIV + HCV Screening & Linkage to Care

Description: To address the HIV and HCV epidemics in Alabama, UAB has worked with partners across the state to implement universal testing in the regions of greatest prevalence and in rural areas, like Walker County, hardest hit by the opioid epidemic in an effort to mitigate an infectious disease outbreak. Efforts in Walker County have centered on a partnership with Capstone Rural Health Center (CRHC). With targeted funding, training, and technical support from UAB, CRHC performed 1,843 HIV and HCV tests in 2021.

Efforts have expanded to support pre-exposure prophylaxis for HIV. UAB is partnering with four sites across the state, including CRHC, to increase the number of people at risk for HIV who are prescribed this biomedical intervention. CRHC has begun to systematically screen patients for ongoing risk for HIV with the goal of preventing any new infections in the area by prescribing PrEP to those patients vulnerable to HIV acquisition to sexual activity or injection practices.

Supporting Organizations: University of Alabama-Birmingham Center for AIDS Research, Capstone Rural Health Center

Get in Touch: Nic Carlisle, nacarlisle@uabmc.edu

Program: Prevention Education Classes with Free Rapid HIV and HCV Testing

Description: Alabama Department of Public Health (ADPH) partners with organizations/agencies to provide education and rapid testing for HIV and Hepatitis C (HCV).

Supporting Organizations: Alabama Department of Public Health coordinates with Five Horizons Health Services, Whatley Health Services, Capstone Rural Health Center

Get in Touch: West Alabama AIDS Outreach, 205-759-8470