

Prevention & Treatment Resource Guide

*For Area Residents Dealing With Alcohol
or Drug Abuse Problems*

*Published by the City Of Little Rock
Department of Community Programs
September 2001*

*In Commemoration of
National Recovery Month*

*This guide was written to provide substance abuse prevention,
referral and treatment information for Little Rock residents. Whether you are
seeking information for yourself, a family
member or a friend, help is available. This guide
is designed to aid you in finding those who can help.*

*For more information on the City of Little Rock's
Department of Community Programs,
please see back page, or contact us:*

*Dorothy Nayles, Director
500 West Markham, Room 220W
Little Rock, AR 72201
399-3420 399-3425(Fax)*

City of Little Rock Department of Community Programs

Prevention, Intervention and Treatment (PIT) Programs Alcohol, Tobacco, and Other Drugs (ATOD) Initiative

The City of Little Rock funds a myriad of alcohol, tobacco, and substance abuse prevention, intervention, and treatment **(PIT)** programs through the **FUTURE-Little Rock** one-half cent sales tax.

Adolescent substance abuse and related policy issues have become the primary focus of the **ATOD Initiative**. The Little Rock ATOD initiative is aimed at reducing the use of and demand for alcohol, tobacco, and other drugs in the community.

Both the PIT programs and the ATOD Initiative are implemented by the **Department of Community Programs**.

Identifying effective prevention strategies and potential policy changes in order to address alcohol, tobacco, and other drug abuse issues is a major concern to the Department of Community Programs. It is the department's belief that identification of the issues, identifying the most effective prevention strategies, and continually advocating for necessary policy changes will enhance the effectiveness of PIT funded programs.

The goals for the department's ATOD and PIT initiatives include:

- Develop a more responsive public system, which provides sustained and intensive relief to residents and neighborhoods.
- Restore a belief in the power of citizens to make a difference.
- Protect the city's children from the effects of alcohol and other drug abuse.
- Reclaim neighborhood identity, facilities, and power against alcohol and other drug abuse.
- Maintain a quality staff dedicated to achieve outlined goals.

Free Information and Referral Services

Arkansas Bureau of Alcohol and Drug Abuse Prevention (ADAP)

Ray Stephens, Team Leader
Freeway Medical Center, Suite 907
5800 West 10th St.
Little Rock, AR 72204
280-4501

Arkansas Children's Hospital Insure the Children

Laura Rule, R.N., Director
800 Marshall, Slot 500
Little Rock, AR 72202-3591
320-1987/320-1632

Black Community Developers, Inc Neighborhood Support Center

Deborah Bell, Director Comm. Dev.
4000 West 13th St.
Little Rock, AR 72204
663-4774

Central Arkansas Substance Abuse Programs, Inc. (CASAP)

Kathy Clevenger, Ex. Director
7107 West 12th, Suite 203B
Little Rock, AR 72215
666-6460

Step Up Center Neighborhood Support Center

Carolyn Hobbs, Executive Director
8919 Gardner Rd.
Little Rock, AR 72209
565-1333

Prevention Programs

**Arkansas Designated Driver
Program (Highway Hero)**

1100 North University
Little Rock, AR 72207
666-9100

Black Community Developers, Inc. Neighborhood Support Center

4000 West 13th Street
Little Rock, AR 72204
663-4774

Catherine's House

1020 Daisy Bates Dr.
Little Rock, AR 72201
918-3051

Centers for Youth and Families

Shepherd's Ranch
620 West Third St., Suite 208
Little Rock, AR 72204
340-8250 or 666-9424

**Islamic Center for Human
Excellence - Recovery 2005**

1717 Wright Avenue
Little Rock, AR 72206
372-4006

Little Rock Boys & Girls Clubs

TEEN Supreme Keystone Clubs
1201 Leisure Lane
Little Rock, AR 72204
666-5494

Mothers Against Drunk Drivers

1400 West Markham, Suite 401
Little Rock, AR 72201
847-8055

Adolescent Residential Treatment

Recovery Centers of Arkansas

Carole Baxter, Director
1201 River Road
North Little Rock, AR 72114
372-4611

Recovery Centers of Arkansas

Carole Baxter, Director
2021 Main St.
Little Rock, AR 72206
375-7585

Alcohol

Alcohol is a psychoactive drug and is the major ingredient in wine, beer, and distilled spirits. It produces feelings of well-being, sedation, and intoxication, depending on the amount and manner in which it is consumed.

Alcohol alters moods, causes changes in the body and becomes habit forming. It is called a downer, as it depresses the central nervous system. Drinking too much alcohol causes slowed reactions, slurred speech, and unconsciousness (passing out).

A person does not have to be an alcoholic to have problems with alcohol. Every year, many people lose their lives in alcohol-related automobile crashes, drownings, and suicides. Serious health problems can occur long before drinkers reach the stages of chronic use or addiction.

Some of the serious diseases associated with chronic alcohol use include alcoholism and cancers of the liver, stomach, colon, larynx, esophagus, and breast. Alcohol abuse can also lead to such serious physical problems as:

- Damage to the brain, pancreas and kidneys
- Impotence and infertility
- High blood pressure, heart attacks and strokes
- Stomach ulcers, colitis, and irritable colon
- Birth defects and Fetal Alcohol Syndrome

Adult Residential Treatment

Arkansas C.A.R.E.S. (female)

Cindy Crone, Executive Director
4301 West Markham, Slot 711-1
Little Rock, AR 72205
661-7979/Fax: 296-1740

Black Community Developers Neighborhood Support Center

Deborah Bell, Dir. Comm. Dev.
4000 West 13th St.
Little Rock, AR 72204
663-4774

The Bridgeway

Barry Pipkin, Hospital Administer
21 Bridgeway Road
North Little Rock, AR 72118
771-1500

Chrysalis House Inc.

(Adult women transitioning from abuse and addiction)
Ms. Helen L. Bryant, Executive Director
P.O. Box 1201
Little Rock, AR 72213
501-804-7825

CPC Pinnacle Point

Lucinda DeBruce
11501 Financial Centre Parkway
Little Rock, AR 72211
223-3322

GYST House

Gene Gibbons, Director
8101 Frenchman's Lane
Little Rock, AR 72209
568-1682

Recovery Centers of Arkansas (Female)

Corole Baxter, Director
1201 River Road
North Little Rock, AR 72114
372-4611

Recovery Centers of Arkansas

Corole Baxter, Director
2021 Main St.
Little Rock, AR 72206
375-7585

Salvation Army Adult Rehab. Center

3618 West Roosevelt Rd.
Little Rock, AR 72204
664-1577

Serenity Park (male)

Joe McQuany, Director
2801 West Roosevelt
Little Rock, AR 72204
663-7627

Sober Living, Inc.

Mr. Vincent Liddell, Executive Director
4201 Barrow Rd.
Little Rock, AR 72204
562-0507

Baptist Health Rehab. Institute

Recover (ACUTE INPATIENT)
Phil Baldwin, Director
9601 Interstate 630, Exit 7
Little Rock, AR 72205-7249
202-7507

St. Vincent Medical Center

Living Hope (ACUTE INPATIENT)
Steve Tedder, Director
2 St. Vincent's Circle
Little Rock, AR 72205-5499
663-4673

Twelve Step Groups

Alcoholics Anonymous
664-7303

Cocaine Anonymous
374-1334
1-800-992-9239

Narcotics Anonymous
373-8683 or 1-800-338-8750

Co-Dependents Anonymous
377-6602

Adult Children of Alcoholics
372-5234

Al-Ateen
372-5234

Al-Anon
372-5234

Police & Domestic Violence

Arkansas State Police
1-800-553-3820

Domestic Violence Helpline
376-3219

Family Service Agency - Sexual Assault Center
801-2700

Little Rock Police
Narcotics Division
371-4700

Warning Signs of Adolescent Alcohol and Drug Use

- Sudden, unexplained changes in mood and behavior
- Loss of interest in regular activities such as sports
- Significant drop in grades
- Withdrawal from family
- Sudden sloppiness in appearance
- Over-reaction to criticism
- Sudden weight loss
- Unusual secretiveness
- Decreased energy and drive
- Slurred speech, unclear thinking, poor short-term memory

Warning Signs of Adult Alcohol and Drug Abuse

- Absenteeism at work
- Decreased job performance
- Impaired relationship with families or friends
- Financial problems and unexplained loss of money
- Legal problems
- Heightened secrecy about actions and possessions
- Changed behavior or personality
- Poor personal hygiene/appearance
- Unusual flare-ups of temper
- Physical problems
- Isolation
- Blackouts
- Concealed drinking
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HELPLINES

Alcohol Abuse 24-Hour Helpline
1-800-888-9383

Alcohol 24-Hour Helpline of Focus Healthcare
1-800-234-0420

Alcoholics Anonymous
664-7303

Battered Women's Shelter and Counseling
376-3219

Campaign for Healthier Babies and Health Information Line
1-800-235-0002

Centers for Youth and Families
666-9424

Cocaine Helpline
1-800-262-2463

CornerStone Careline
664-0963

CPC Pinnacle Point Helpline
223-3322

National Institute on Drug Abuse
1-800-662-4357

Rape Crisis
663-3334

Teen Crisis Hotline
372-4344
1-800-467-4673

OUTPATIENT TREATMENT

Arkansas C.A.R.E.S.

Cindy Crone, Executive Director
4301 West Markham, Slot 711-1
Little Rock, AR 72205
661-7979/Fax: 296-1740
(Pregnant and postpartum women and their children)

The Bridgeway

Barry Pipkin, Hospital Administer
21 Bridgeway Road
North Little Rock, AR 72118
771-1500 (Adults and Adolescents)

Counseling Clinic, Inc.

Jim Gregory, Director
307 East Sevier St.
Benton, AR 72015
315-4224 (Adolescents)

Family Services Agency

Charles Deville, Jr., Director
628 West Broadway, Suite 300
North Little Rock, AR 72119
372-4242 (Adults and Adolescents)

Interphase of Arkansas

Ken Richardson, Clinical Director
5 Shackleford Place
Little Rock, AR 72211
227-7305 (Adults & Adolescents)

New Reality Support Center

Sandra Renfrow, Director
1911 Appianway Street
Little Rock, AR 72204
280-0009 (Adults & Adolescents)

St. Vincent Medical Center

Living Hope
Steve Tedder, Director
600 South McKinley, Suite 400
Little Rock, AR 72205
663-4673

Serenity Park (female)

Joe McQuany, Director
2801 West Roosevelt
Little Rock, AR 72204
663-7627

Wolfe Street Center

A place for fellowship & 12-step meetings for recovering adults
Ms. Susan Grayson, Executive Director
1210 Wolfe St.
Little Rock, AR 72202
372-5662

Cocaine and Crack

Cocaine is a highly addictive drug that can be snorted through the nose, smoked, or injected. Crack is a form of Cocaine that is usually smoked and can be quickly addictive.

Cocaine acts as a strong stimulant to the central nervous system, including the brain. Research has shown that cocaine acts directly on the pleasure centers in the brain. When stimulated, these centers produce an intense desire to experience the pleasure effect again and again. This causes changes in brain activity and, by allowing a brain chemical called dopamine to remain active longer than normal, triggers the intense craving for more of the drug.

Cocaine users often report feelings of restlessness, irritability, anxiety and paranoia. Users also report feeling depressed when they are not using the drug and often resume use to alleviate further depression.

Marijuana

Marijuana is a harmful drug, and the potency of the marijuana now available has increased more than 275% over the last decade. For those who smoke marijuana now, the dangers are much more serious than they were in the 1960's.

Marijuana contains chemicals that are absorbed by and remain in the body for a week or as long as a month.

Even small doses of marijuana can impair memory, hamper judgment and perception and affect motor skills. Long-term use can cause brain changes similar to those that occur during aging. Health effects also include accelerated heartbeat and, in some persons, increased blood pressure. Mood changes can occur, along with loss of ambition, difficulty in concentration, impaired driving skills and a general decline in school and work performance. It contains four times more cancer causing agents than regular cigarettes.

Marijuana can also have a serious effect on reproduction. Studies have shown that women who smoke marijuana during pregnancy may give birth to babies with defects similar to those seen in infants with Fetal Alcohol Syndrome.

Acute Inpatient Treatment
for Adolescents

Baptist Rehabilitation Institute

Recover Teen

9601 I-630, Exit 7

Little Rock, AR 72205

202-7507 or 1-800-890-7011

St. Vincent Medical Center

Living Hope

Steve Tedder, Director

2 St. Vincent's Circle

Little Rock, AR 72205-5499

663-4673

University of Ark. Medical Sciences Substance Abuse Treatment Clinic

Forrest Miller, Treatment Director

4301 West Markham, Slot 611

Little Rock, AR 72201

686-9630

Mid-Arkansas Substance Abuse

Services - *Regional Alcohol and*

Drug Detoxification, a program of Little Rock Community Mental Health Center

Vicki Dahman-Jones, Program Director

4601 W. 7th Street

Little Rock, AR 72205

686-9393

National Family Partnership

of Arkansas (formerly:

Arkansans for Drug Free Youth)

2020 West 3rd Street, Suite 1C

Little Rock, AR 72205

375-1338

National Federation of Parents of Drug Free Youth

2020 West 3rd Street, Suite 1C

Little Rock, AR 72205

376-0835

New Futures for Little Rock Youth

Youth Initiative Project

400 West Markham, Suite 702

Little Rock, AR 72201

374-1011