

# Opioid Treatment Works!

**What is Medication Assisted Treatment (MAT)?** MAT is an effective form of treatment that combines counseling with medication to reduce opioid cravings. We work together to provide treatment, even for people who are uninsured.

**Region Ten:** Region Ten provides linkage to MAT for people who are uninsured and in their catchment area. They provide individual and group treatment, residential services, and services for pregnant & parenting women and for those who qualify.

- Charlottesville/Albemarle: 434-970-2183 or 434-972-1829
- Fluvanna: 434-589-8276
- Greene: 434-481-3890
- Louisa: 540-967-2880
- Nelson: 434-263-4889

**Addiction Allies:** Physician led MAT, Intensive outpatient counseling & pregnancy programs (434) 400-9668 [info@addictionallies.com](mailto:info@addictionallies.com)

**UVA Office Based Opioid Treatment (OBOT):** 434-924-2241 or call the UVA Opioid Helpline w/ questions 1-877-OPIOIDS

**Addiction Recovery Systems (ARS) Pantops:** 434-220-0080 or walk-in Mon-Weds from 5 AM - 9 AM

**ARS Crossroads Treatment:**  
434-328-5401

► **Community Mental Health  
and Wellness Coalition**

# Save a Life!

## REVIVE Training & Narcan

Narcan saves lives by reversing overdose effects. FREE Narcan is available without a prescription at several locations.

- Region Ten offers FREE Narcan and REVIVE overdose reversal training. Email [revive@regionten.org](mailto:revive@regionten.org) or see [www.regionten.org/revive](http://www.regionten.org/revive).
- Blue Ridge Health District offers FREE Narcan. Call 434-484-0255.
- Charlottesville Area Harm Reduction offers free Narcan Tuesdays, 12 - 2PM at Market Street Park. Call 434-218-0228
- The Chris Atwood Foundation offers naloxone delivery by mail. Go to <https://nextdistro.org/caf>.

# Recovery Is Possible!

## SMART Recovery

SMART Recovery (Self-Management & Recovery Training) is a FREE MAT-friendly, peer recovery support group, offered by On Our Own. See [onourownville.org/groups](http://onourownville.org/groups) for a link to the meeting.

## Safe Storage of Medication

Locking prescriptions and getting rid of unused opioid medication can help prevent overdose. Request FREE medication lock boxes, bags, deactivation packets, and trigger locks at [regionten.org/doyourpart](http://regionten.org/doyourpart).

