

TREATMENT AND RECOVERY SUPPORT

The North Dakota Substance Use Disorder (SUD) Voucher Program may be able to help you access treatment if you are unable due to insurance status or cost.



MEDICATION ASSISTED TREATMENT

Valley Community Health Centers

(Suboxone/Zubsolv, Vivitrol)
212 S 4th St Suite 301
Grand Forks, ND 58201
(701) 757-2100

valleychc.org

MAT appointments Tu,
Wed AM

Ideal Option

(Suboxone/Zubsolv, Vivitrol)
3301 30th Ave Suite 102
Grand Forks, ND 58201
(877) 522-1275

idealooption.net

Open M – Th, Same/Next day
appointments available

Community Medical Services

*(Methadone, Suboxone/Zubsolv,
Vivitrol)*

901 28th St S Suite B
Fargo, ND 58103
(701) 404-1100

communitymedicalservices.org

Travel assistance and next day
appointments available

COUNSELING

Agassiz Associates

*(SUD voucher pending, accepts
many insurance providers)*
2424 32nd Ave S Suite 202
Grand Forks, ND 58201
(701) 746-6336
agassizassociates.com

Drake Counseling

*(Accepts SUD voucher and
many insurance providers)*
311 4th St S Suite 106
Grand Forks, ND 58201
(701) 757-3200

Northeast Human Service Center

*(Accepts ND residents regardless of
ability to pay, sliding fee scale available)*
151 S 4th St Suite 401
Grand Forks, ND 58201
(701) 795-3000

Crisis Line: (800) 845-3731
(24 hr access)

Walk-in assessments: M, Tu, Th
8:15a – 10:30a

First Step Recovery

*(Accepts SUD voucher and
many insurance providers)*
3201 Fiechtner Drive
Fargo, ND 58501
(701) 293-3384
firststep-recovery.com

PEER SUPPORT

Face It TOGETHER

(Free for all clients and their families)
Northern Prairie Community Clinic
(Outreach Location)
501 N Columbia Road
Grand Forks, ND 58203
(701) 566-5631

faceitfargomoorhead.org

Available in Grand Forks on Th 12p - 6p

NARCOTICS ANONYMOUS

Living in Recovery

University Lutheran Church
(701) 212-0525
Mon 8p, Wed 8p

We Do Recover

Antenna Building – Upstairs
(218) 230-5464 / (218) 831-2333
(701) 317 6097
Tu 7p, Th 7p, F 7p, Sa 7p

FAITH-BASED RECOVERY GROUPS

Freedom Church – Celebrate Recovery

308 DeMers Ave
Tu 6:30p
(701) 772-3117

HOPE Church – Celebrate Recovery

1601 17th Ave S
(701) 722-1884



SIGNS OF OVERDOSE

- Unresponsive to voice or touch
- Shallow, slow, or no breathing
- Small pupils “pinpoint pupils”
- Blue or gray lips/nails
- Gurgling or snoring



RESPONSE

1. Check for breathing and signs of opioid overdose
2. Lay the person on the back, give naloxone (Narcan Nasal Spray)
 - > **PEEL** back the package, remove the device
 - > **PLACE** the tip of the nozzle in the nose until the finger touch the bottom of the nose
 - > **PRESS** the plunger firmly to release the dose
3. Call 911
4. Provide rescue breathing (1 breath every 6 seconds)
5. Repeat naloxone (Narcan Nasal Spray) every 2-3 minutes if no response
6. Stay with the person until help arrives. If you must leave them, place the person on their side.

NALOXONE [NARCAN NASAL SPRAY]

Naloxone can be purchased without a prescription from these pharmacies:

- Altru Outpatient and Family Medicine Pharmacies
- CVS Pharmacy
- Embrace Pharmacy
- White Drug
- Thrifty White Pharmacy (Both GF locations)
- UND Student Health Pharmacy
- Wall’s Medicine Center
- Inspire Pharmacy has Narcan available for \$25/kit



RISK FACTORS

- Previous overdose
- Period of abstinence or illness (i.e., following rehab, jail, or hospitalization)
- Change in strength, amount, supplier, or location of use
- Mixing opioids with other substances (benzos, sedatives, alcohol)
- Using alone
- Use by injection



PREVENTION TIPS

- If you do use, do not use alone, avoid mixing substances, start small, be cautious when sick or after a period of abstinence
- Keep naloxone available, do not let it freeze
- If you inject, use clean equipment every time including the cooker, cotton, and syringe.
- Treat every dose like it may have fentanyl in it. Use fentanyl test strips to test the product if available.



LOCK

Keep medication out of sight and in a safe and secure place



MONITOR

Keep track of medication and only take as directed



TAKEBACK

Drop off unused medication at a Take Back location including most Grand Forks pharmacies