

# **DURHAM COUNTY RESOURCES FOR INDIVIDUALS WHO USE SUBSTANCES**

A Guide to Harm Reduction,  
Treatment, Housing and More  
for People Who Use Drugs

Photo Credit: Tim Mossholder





## INTRODUCTION

In 2022, the Durham County Department of Public Health completed a community-wide, door-to-door survey to understand health issues affecting Durham County. People reported mental health and substance use as important issues that impact quality of life in Durham. This guide was developed to help Durham community members identify resources that can support the health and dignity of people using substances.

This resource was developed with support from the state of North Carolina through the Community Linkages to Care for Overdose Prevention and Response grant. This guide does not provide a full list of all health facilities and organizations in Durham. It highlights places ready to assist people with limited money and resources. If you or someone you know is seeking support, know that there are local services and resources for people using drugs to increase their wellbeing through a spectrum of strategies, including safer techniques, managed use, and abstinence.

This guide and other information about Durham County resources are available through the Durham County Department of Public Health:

[www.dcopublichealth.org/substanceuse](http://www.dcopublichealth.org/substanceuse)

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### What is substance use disorder & how is it treated?

A substance use disorder (SUD) is use of alcohol or drugs that is a chronic, relapsing disease. Often SUD is a repeated pattern of substance misuse leading to clinically significant impairment or distress. SUD develops gradually over time and may cause neuroadaptations.

Most treatment programs assign patients to a treatment team of professionals. Depending on the type of treatment, teams can be made up of social workers, counselors, doctors, nurses, psychologists, psychiatrists, or other professionals. It's important to remember that treatment looks different for everyone and should be based upon their individual goals. Typical forms of treatment can include reducing harms with ongoing use, the use of medications (with or without counseling) and abstinence. Recovery and treatment are not static, and goals of the individual may change over time.

### Peer Support Services

Peer Support Specialists are people who have lived experience with substance use or mental illness. They are trained to support people and help connect them to services such as treatment, harm reduction, housing, job resources, and transportation. If you are not sure how to use this guide or where to begin your recovery journey, peer support specialists are a good place to start.

#### Community Linkages to Care (CLC) Peer Support Program

Provided by Durham County Department of Public Health and RI International. Services are free of charge.  
919-695-3246 or 919-560-7305  
Ask to speak with Durham Outpatient Peers

#### Durham Wellness City

Provides individual and group peer support, physical fitness, education, and socialization. Peer support services are free of charge.  
2609 N. Duke Street, Suite 304  
919-687-4041  
<http://www.RIInternational.com>

#### Southlight Healthcare

1201 N. Roxboro Street  
919-787-6131  
<https://www.southlight.org>

#### Sunrise Clinical Associates

3500 Westgate Drive,  
Suite 604  
919-493-5013  
<https://www.sunriseclinicalassociates.org>

### Crisis and Information Services

#### Duke Behavioral Health North Durham at Duke Regional Hospital

3643 N Roxboro St #6  
919-470-4018 for adult psychiatric services  
919-470-4017 for pediatric psychiatric services  
Emergency Department open 24 hours a day, 7 days a week

#### Durham Recovery Response Center

Behavioral health crisis facility and 23-hour observation unit  
309 Crutchfield Street  
919-560-7305  
<https://riinternational.com>

#### Alliance Health 24 Hour Access & Information Line

Call anytime for crisis help or help arranging for emergency care, information on community resources, and help finding services for mental health and substance use.  
800-510-9132

To search for a substance use treatment provider online:  
<https://providersearch.alliancehealthplan.org>

#### NC 211

Statewide information and referral system for health and human services  
888-892-1162  
<https://www.nc211.org>

#### Durham Network of Care

Online directory of services, resources, and support  
<https://durham.nc.networkofcare.org>



## Locations that Offer Medication-Assisted Treatment (MAT) 4

At the time of printing, each of these locations can provide treatment for Medicaid-funded individuals. Several can accommodate uninsured individuals and can provide free services to individuals who are unable to pay. Contact each location for the most up-to-date details on payment options.

### **B&D Integrated Health Services**

249 NC Highway 54, Suite 320  
919-907-3334  
<http://bdintegratedhealth.com>

### **Durham Recovery Response Center**

309 Crutchfield Street  
919-560-7305  
<https://riinternational.com>

### **Hope Centre for Advancement**

701 Morreene Road  
919-383-0426

### **Lincoln Community Health Center**

1301 Fayetteville Street  
919-956-4057  
<http://lincolnhc.org>

### **Eleanor Health**

3711 University Drive  
919-568-5773  
<https://www.eleanorhealth.com>

### **BAART**

Approved to offer methadone  
800 North Mangum Street,  
Suite 400  
919-683-1607  
<https://baartprograms.com/baart-durham>

### **Morse Clinic of Durham**

Approved to offer methadone  
4119 Capitol Street  
919-294-9621  
<https://www.morseclinics.com>

### **New Season Treatment Center**

Approved to offer methadone  
1913 Lamar Street  
New Patients: 877-284-7074  
Existing patients: 919-286-1509  
<https://www.newseason.com>



## What is medication-assisted treatment?

Medication-assisted treatment (MAT), also known as Medication for Opioid Use Disorder (MOUD), is the use of medications, in combination with counseling and behavioral therapies, to provide a “whole-patient” approach to the treatment of substance use disorders.

Medications used in MAT relieve withdrawal symptoms and cravings. They are approved by the Food and Drug Administration (FDA) and include methadone and buprenorphine containing medications such as Suboxone.

Research shows that a combination of medication and therapy can successfully treat substance use disorders. People can stay on MAT to help sustain recovery and prevent opioid overdose.

## Other Therapy & Counseling Providers 5

### **Brave Health**

A virtual behavioral health practice  
4819 Emperor Boulevard, Suite 400  
704-272-2232  
<https://bebravehealth.com/>

### **Carolina Community Support Services**

411 Andrews Road, Suite 130  
919-682-5777  
<http://www.carolinacss.com/>

### **Carolina Outreach**

2670 Durham Chapel Hill Boulevard  
919-251-9008  
919-251-9009 (Behavioral Health Urgent Care)  
<https://carolinaoutreach.com/>

### **Durham County Criminal Justice Resource Center**

326 East Main Street  
919-560-0500  
<https://www.dconc.gov/county-departments/departments-a-e/criminal-justice-resource-center-5257>

### **El Futuro – Durham**

Services for 1st and 2nd generation Latino families in a bilingual environment  
2020 Chapel Hill Rd., Suite 23  
919-688-7101  
<https://elfuturo-nc.org/>

### **Freedom House**

400-D Crutchfield Street  
919-251-8806  
<https://freedomhouserecovery.org/>

### **Upward Change Health Services, LLC**

2003 East NC Highway 54  
919-682-5300  
<http://upwardchangeservice.com/>

### **Project FAM at the LGBTQ Center of Durham**

Offers free therapy, housing, and gender support programs for LGBTQ+ individuals  
112 W Main St., Floor 2  
919-827-1436  
<http://www.lgbtqcenterofdurham.org/program/project-fam>

## Resources for Adolescents

### **Duke Center for Adolescent and Young Adult Substance Use Treatment**

2608 Irwin Road, Suite 300  
919-681-2091  
<https://ipmh.duke.edu/content/cast>

### **Mental Health Services in Durham Public Schools**

Comprehensive clinical assessments, individual, family, and group therapy for students are available within these schools:

C.C. Spaulding Elementary,  
Club Boulevard Elementary,  
Fayetteville Street Elementary,  
Hope Valley Elementary, Parkwood Elementary, Lowes Grove Middle, Rogers-Herr Middle, Shepard Middle, Durham School of the Arts and Riverside High

<https://www.dpsnc.net/Page/566>





## Resources for Pregnant & Parenting People

### Alcohol Drug Council of North Carolina

Provides information and referrals to alcohol and drug treatment for pregnant and parenting women  
800-688-4232  
<https://www.alcoholdrughelp.org/>

### Community Choices – CASCADE at Durham

Transitional housing and substance use treatment for pregnant women and women with children under 11 years of age  
3325 Chapel Hill Boulevard  
919-490-6900  
<http://www.comalt.org>

### Exchange Family Center

Provides support and training for families, caregivers, and childcare professionals  
3400 Croasdaile Drive, Suite 206  
919-403-8249  
<https://www.exchangefamilycenter.org>

## Recovery & Support Resources

### Recovery Community of Durham

1209 North Elizabeth Street  
919-641-9988  
<https://recoverycommunityofdurham.org/>

### Triangle Alcoholics Anonymous

<https://www.triangleaavirtual.com/>

### North Carolina Alcoholics Anonymous

<http://www.aanc32.org/>

### Narcotics Anonymous meeting search

<https://www.na.org/meetingsearch/>

### Other 12-Step Fellowship Meetings

<https://meetings.intherooms.com/#>

### Crystal Meth Anonymous

<https://www.crystalmeth.org>

## Medication Drop Box Locations 6

**Durham County Justice Center**  
510 South Dillard Street

**Durham County Sheriff's Office North**  
11821 U.S. 501 North, Rougemont

**Durham Police Department District 2**  
5285 North Roxboro Road

**Durham Police Department District 3**  
8 Consultant Place

**Durham Police Department Headquarters**  
505 West Chapel Hill Street

**Carolina Behavioral Care Pharmacy**  
4102 Ben Franklin Road

**NCCU Police Station Headquarters**  
2010 Fayetteville Street

**Durham County Department of Public Health**  
414 East Main Street

## Where to Access Naloxone

Naloxone is a medicine that rapidly reverses an opioid overdose.

### Free Community Distribution:

**Durham County Department of Public Health Pharmacy**  
414 East Main Street  
919-560-7632

**Durham County EMS Community Paramedics**  
919-560-8223  
[communityparamedic@dconc.gov](mailto:communityparamedic@dconc.gov)

**NC Harm Reduction Coalition**  
Durham Needle Exchange  
Loftin Wilson  
919-370-0671  
[loftin@nchrc.org](mailto:loftin@nchrc.org)

### Local Pharmacies:

These organizations can provide naloxone under a North Carolina standing order, but cost is dependent on insurance. Call before going to check availability and cost.

**Josefs Pharmacy**  
3421 North Roxboro Street  
919-680-1540

**Main Street Pharmacy**  
213 West Main Street  
919-688-1368

**Upchurch Drugs**  
5108 N Roxboro Road  
919-477-7325

**Gurley's Pharmacy Inc**  
114 West Main Street  
919-688-8978

**Carolina Behavioral Care Pharmacy**  
4102 Ben Franklin Boulevard  
919-972-7719

**Duke Campus Center Pharmacy**  
For Duke University students, staff and faculty  
305 Towerview Drive  
919-385-3784

**Triangle Pharmacy**  
1700 East Highway 54  
919-544-1711

**Aspirar Pharmacy of Durham**  
4411 Ben Franklin Boulevard  
919-295-0925

**Central Pharmacy**  
2609 North Duke Street,  
Suite 103  
919-220-5121

## 911 Good Samaritan Law

<https://www.morepowerfulnc.org/get-involved/good-samaritan-law/>

Under North Carolina's Good Samaritan Law you may not be prosecuted for certain drug offenses if:

- You seek medical assistance for someone experiencing a drug-related overdose by contacting the 911 system, a law enforcement officer, or emergency medical services personnel.
- You believe that you are the first person to seek medical assistance for the overdose victim.
- You provide your name to the 911 system or to a law enforcement officer upon arrival.
- Law enforcement officers were not already at your location executing an arrest warrant, search warrant, or other lawful search.
- Any evidence for prosecution of a drug-related offense obtained by law enforcement authorities was obtained because you sought medical assistance for a drug-related overdose.



## Overdose Prevention & Survival

The following tips can help you or a loved one avoid opioid overdose:

- Take medicine as prescribed by your practitioner – don't take it more often or a greater amount than directed
- Never mix pain medicines with alcohol, benzodiazepines, or illicit substances
- Never take anyone else's medication
- Prevent children and pets from accidental ingestion by storing your medication out of reach
- Dispose of unused medication safely (See list of medicine drop-boxes in this guide.)
- Never use alone

Fentanyl is often added to illicit drugs without you knowing. Fentanyl is a powerful drug that can cause overdose. Always test for fentanyl before you use. You can get free fentanyl testing strips at the locations listed in this resource where you can also get sterile syringes.

## Recognizing Opioid Overdose

Opioid overdose is life-threatening and requires immediate emergency attention. Recognizing the signs of opioid overdose is essential to saving lives. Call 911 immediately if a person exhibits ANY of the following symptoms:

- The person can't breathe - their breathing or heartbeat slows or stops
- The person is unresponsive - they can't be awakened or are unable to speak
- Their face is extremely pale and/or feels clammy to the touch
- Their body goes limp
- Their fingernails or lips have a purple or blue color
- They start vomiting or making gurgling noises
- They have small, pinpoint pupils

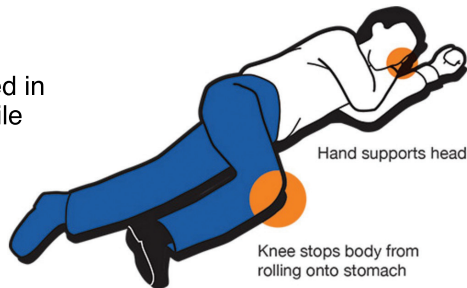


Image: <https://prevent-protect.org/>

To find more information about how to use and where to access naloxone visit <https://www.naloxonesaves.org>

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If you have access to naloxone, administer it! Naloxone should be given first and then 911 needs to be called.

- Administer naloxone based on the specific instructions of the brand
- Perform rescue breathing, if trained
- Place the person in the recovery position and stay with them until help arrives

Even if you can't give naloxone or call 911, place the person in the recovery position.

## Resources for Syringe Access

These resources provide free and confidential distribution of sterile injection equipment, fentanyl testing strips, and other harm reduction supplies. Participants receive anonymous services and limited protection from prosecution. Exchange of used syringes is possible, but not required.

**Durham County Department of Public Health Pharmacy**  
414 East Main Street  
919-560-7632  
<https://www.dcopublichealth.org>

**NC Harm Reduction Coalition**  
Durham Needle Exchange  
Loftin Wilson 919-370-0671  
[loftin@nchrc.org](mailto:loftin@nchrc.org)  
<https://www.nchrc.org/programs/syringe-services/>

## Resources for Sexually Transmitted Infections Testing and Treatment

People who inject drugs may be at a greater risk for HIV, Hepatitis C, and other sexually transmitted infections and may need to be tested more often than other people.

**Lincoln Community Health Center**  
Provides services for Medicaid-funded and uninsured individuals  
1301 Fayetteville Street  
919-956-4057  
<http://lincolnchc.org/>

**Planned Parenthood - Durham Health Center**  
105 Newsom Street, Suite 101  
919-286-2872

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**Durham County Department of Public Health**  
414 East Main Street  
Clinic: 919-560-8819  
HIV Prevention Program (PrEP): 919-560-7766

**North Carolina Dept. of Health and Human Services - HCV Linkage to Care**  
Hepatitis C Linkages to Care  
Bridge Counselor: Morgan Culver  
919-546-1614

**Samaritan Health Center**  
507 East Knox Street  
919-407-8223

**MinuteClinic**  
4037 Durham-Chapel Hill Boulevard · In Target  
919-765-0009

**MinuteClinic**  
3573 Hillsborough Road  
919-383-0171

**MinuteClinic**  
5311 North Roxboro Street  
919-471-4409

**Avance Primary Care**  
1821 Martin Luther King Jr Parkway  
919-748-4990

**Triangle Empowerment Center**  
112 Broadway Street, Suite B  
984-202-1991  
<https://www.triempowerment.org>



## Safer Injection Practices

Using a new, sharp, sterile needle and syringe for every injection and then disposing of it is the safest possible way to go. New needles and syringes are sterile as opposed to simply clean, which means they're free of all biological matter that can cause infection. Dull needles can damage veins and surrounding tissue, causing increased bleeding.

Following safer injection practices can help prevent you from becoming infected with HIV or the Hepatitis C Virus. It can also protect you from bacterial infections, such as endocarditis (a heart infection) and skin infections such as cellulitis and abscesses.

- Before injecting, clean the area with an alcohol pad by rubbing in one direction and letting dry.
- Always use a new rig and equipment. Even if you never share, it's important to use new equipment to prevent bacterial infections.
- Use sterile water.
- Use cotton filters, not brittle filters like cigarette filters.
- Don't lick your rig, this can introduce bacteria.
- Use gauze to press on injection site to stop bleeding (alcohol wipes prevent clotting).
- Rotate your injection sites, don't use the same site more than once every couple of days.

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### Wound Care

It is important for people who use drugs to have access to adequate health care to attend to wounds that may be caused by intravenous drug use. A variety of first aid materials, including bandages, gauze, and antibiotic ointment, are important to prevent infection and promote healing.

Signs that you might have a skin infection include:

- Raised skin that is tender or painful
- An area that is warm to the touch
- Hardened tissue
- Possible drainage of pus
- Redness or rash
- Fever

If you are experiencing any of these, it is important to get medical attention as you may need an antibiotic. Avoid injecting near an abscess, and don't try to lance an abscess on your own.

## Homeless Shelters

To enter Urban Ministries of Durham or Families Moving Forward, first call **Entry Point Durham** (formerly Coordinated Entry) at 984-287-8313.

### Urban Ministries of Durham

Homeless shelter offering food, shelter, clothing, and supportive services  
410 Liberty Street  
919-682-0538  
<http://www.umdurham.org/>

### Families Moving Forward

Homeless shelter for families with children  
300 North Queen Street  
919-683-5878  
<https://fmfnc.org>

### Durham Rescue Mission

Homeless shelter and addiction recovery program  
1201 East Main Street (Men)  
507 East Knox Street (Women and Children)  
919-688-9641  
<http://www.durhamrescuemission.org>

### Housing for New Hope

Provide housing, outreach and services for those facing housing insecurity  
18 West Colony Place, Suite 250  
919-489-6282  
<https://www.housingfornewhope.org/>

## Recovery Housing

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### Magnolia's Recovery and Transitional House

Transitional (short-term) housing for women in recovery from substance use disorder  
1110 Red Oak Avenue  
919-308-1332 or 919-452-5356  
[magnoliasrecoveryhouse@gmail.com](mailto:magnoliasrecoveryhouse@gmail.com)

### TROSA

Two-year housing and employment program for people in recovery from substance use disorder  
1820 James Street  
919-419-1059  
<https://www.trosainc.org>

### Freedom House

Transitional (short-term) housing, treatment, and recovery services for people with substance use disorder  
Men's House: 529 Holloway Street  
919-425-5472  
Women's House: 407 Salem Street  
919-957-7386  
<https://freedomhouserecovery.org/>

### Oxford House

Self-run, self-supported recovery houses providing long-term housing for people in recovery from substance use disorder  
For the address and phone number of each Oxford House in Durham:  
<https://www.oxfordvacancies.com/>  
For general information on Oxford House:  
(336) 250-9370  
<https://oxfordhouseenc.org>

### Just a Clean House

Long-term housing for men in recovery from substance use disorder  
919-452-6025  
<https://www.justacleanhouse.com>



## **Substance Use Prevention Resources**

### **Together for Resilient Youth (TRY)**

919-491-7811

<https://try4resilience.org>

### **Center for Child and Family Health**

1121 West Chapel Hill Street,  
Suite 100

919-419-3474

<https://www.ccfhnc.org/>

### **Love and Respect Recovery**

1604 Angier Avenue

919-768-0989

<https://loveandrespectrecove.wixsite.com/love-and-respect>

## **Other Resources to Support Social Determinants of Health**

### **Triangle Empowerment Center**

Provide food assistance, housing,  
and other individual & family support

112 Broadway Street, Suite B

984-202-1991

<https://www.triempowerment.org/>

### **Nehemiah Christian Center**

Offers access to computers, cell  
phone charging stations and restrooms

514 North Mangum Street

919-688-4203

<http://www.nehemiahchristiancenter.org>

## **Reliable Health Services, Inc**

An integrated wellness clinic

2634 Durham-Chapel Hill Boulevard,  
Suite 204

919-596-9479

<https://reliablehealthservices.com/>

### **Project FAM at the LGBTQ Center of Durham**

Offers free therapy, housing,  
and gender support programs  
for LGBTQ+ individuals

112 W Main St., Floor 2

919-827-1436

<http://www.lgbtqcenterofdurham.org/program/project-fam>

### **StepUp Durham**

Offers free employment training,  
referrals, and supportive services  
to job seekers

112 Broadway Street, Suite B

919-298-2247

<https://www.stepupdurham.org>

## **Local Food Assistance Services**

### **End Hunger Durham**

<https://www.endhungerdurham.org/food-pantries>

### **Food Bank of Central Eastern NC**

<https://foodbankcenc.org/food-finder>

### **Durham Area Food Resources Map**

<https://durham-area-food-resources-durhamnc.hub.arcgis.com>





# Durham Joins Together to Save Lives



Together for Resilient Youth



Public Health

Durham County Department of  
Public Health

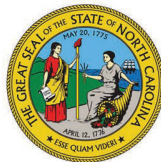


Please use the QR Code above if you  
don't want a hard copy of this guide.

If you have questions or feedback, or if you would like to fill out an  
evaluation of this resource guide, visit:

<https://forms.office.com/g/jCGibntzU2>

or call (919) 560-7760



NC DEPARTMENT OF  
**HEALTH AND  
HUMAN SERVICES**

North Carolina Department of Health and Human Services  
Chronic Disease and Injury Section  
Injury and Violence Prevention Branch

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