

For the most difficult journeys – sometimes you need a guide.



You don't have to go it alone. Those struggling with addiction can feel isolated and hopeless while family and loved ones are left feeling helpless. Care Coordinators are there when you don't know where else to turn.

This service is **FREE** and **confidential**, and available for **anyone** including:

- Individuals struggling with addiction (prescription or illicit use)
- Family or friends needing extra support or guidance

Care Coordinators are trained crisis specialists. They are especially knowledgeable about the options to help you take the first step toward recovery.

Call the South Dakota Opioid Resource Hotline **1-800-920-4343** and ask to speak with a Care Coordinator.



**Don't wait.** Reach out today.

Someone to turn to when you don't know where to turn.



A Care Coordinator understands the challenges that come with addiction. They are experts in connecting people with treatment and support in South Dakota.



Content was developed in partnership with the South Dakota Departments of Health and Social Services, Division of Behavioral Health Prevention Programs. For more, [AvoidOpioidSD.com/Care-Coordination](http://AvoidOpioidSD.com/Care-Coordination).



10,000 copies of this document have been printed by the State of South Dakota at a cost of 12¢ each.

A Care Coordinator is here for you. Call the South Dakota Opioid Resource Hotline **1-800-920-4343**.



## A phone call is all it takes.

A **Care Coordinator** will help you:

- Develop a plan for recovery
- Identify stumbling blocks that may be keeping you or a loved one from breaking the cycle of addiction
- Lay the groundwork to transition into treatment

## Help – when and where you need it most.

Schedule calls based on **what works for you.**

A Care Coordinator will go over all of the options.

- Locate behavioral health centers or healthcare facilities near you
- Explore treatment & payment options
- Connect with peer coaching
- Connect with mental health services
- Schedule appointments
- Help you find resources such as housing, employment, and food assistance

## Choose your own path to recovery.

You determine the level of support you need and what is most comfortable for you.

# Here's how Care Coordinators can help:

## Identify strengths and barriers to recovery.

Determining your strengths and challenges will go a long way toward finding the best path.

## Recommend an assessment.

A Care Coordinator may suggest you see a healthcare provider or an addiction counselor for an evaluation which often leads to a plan for treatment, counseling, medication, or other services.

## Scheduling.

Care Coordinators can give you information related to the nearest provider, walk-in hours, costs, and may even call ahead to schedule an appointment for you.

## Review.

With your consent, Care Coordinators can review the results of your assessment which will help them continue to support your recovery.

## Follow-up.

They can arrange appointments based on treatment recommendations and set up a plan for ongoing contact.

## Ongoing support.

Care Coordinators are experienced. They can be an important advocate especially during your first year of sobriety.

## This service is available to **anyone** including:


- Individuals struggling with addiction (prescription or illicit use)
- Family or friends needing extra support or guidance

## Care Coordination is **FREE** and **confidential**.

You can opt out at any time. Everyone's needs are different and every plan is customized.

# Call 1-800-920-4343 today.

There is help. There is hope.



## Care Coordinators will listen.