

ORCAS RECOVERY RESOURCE GUIDE

PROGRAMS / MEETINGS

Recovery in Community (RIC)

RIC has helped clients access diverse services including mainland & community based treatment, medical services, educational programs, employment, and housing. RIC advocates also provide connection to other community members in recovery.

**Janine Heimerich - coordinator@ricorcas.com
360-317-3119
www.ricorcas.com**

Narcotics Anonymous

A twelve-step approach to recovery - primary purpose of helping individuals to stop using drugs.

**Dave Johnson - crescentdave@outlook.com
360-317-4893**

Al-Anon / Alateen

Open to anyone interested in the family disease of alcoholism. Some groups invite members of the professional community to hear how the Al-Anon program aids in recovery.

**Monica Steele
253-905-3777
www.al-anon.org**

Orcas Island Alcoholics Anonymous

If you or someone you know may have a drinking problem, there are several ways to talk to us anonymously, or face to face.

**call, text or email
360.376.4522
info@orcasislandaa.org**

MENTAL HEALTH & SUBSTANCE USE DISORDER SERVICES

Compass Health accepts substance abuse and mental health referrals ongoing. Friday Harbor and Orcas Island have therapists and a substance abuse counselor available to provide services, and school-based services.
Access Department - call 425-349-8200 (or toll-free: 844-822-7609)



ORCAS COMMUNITY RESOURCE CENTER



Community Wellness Program (CWP)

Provides mental health referrals and assistance with health insurance applications as well as short-term mental health counseling services (up to 14 sessions). To receive services individuals must reside in San Juan County and meet certain income and eligibility guidelines. **Visit our office to fill out an intake form or go to our website for more details: www.orcascrc.org**

ADDITIONAL RESOURCES

Sheriff's Department 360-378.4151
SAFE San Juans 360-376-1234
Emmanuel Episcopal Church 360-376-2352
Orcas Island Community Church 360-376-6422
Orcas Island Public Library 360-376-4985
Orcas Island Health Care District 360-317-3545
Severe Weather Shelter Hotline 360-622-3266

988 SUICIDE & CRISIS LIFELINE

**If you are experiencing a crisis,
CALL 1-800-584-3578**

RECOVERY RIDES

Volunteer group that assists people experiencing acute substance abuse or mental health crises with transportation to or from the appropriate level of mainland care.

**Monique Everett
360-317-3119
rrteamleader@ricorcas.com**

Orcas Community Resource Center
email: info@orcascrc.org
phone: 360.376.3184
374 North Beach Road
Eastsound, WA 98245

