

# ORCAS RECOVERY RESOURCE GUIDE

## PROGRAMS / MEETINGS

### Recovery in Community (RIC)

RIC supports San Juan County residents navigating substance use disorder and mental health challenges. We meet people where they are, connecting them to the services they need. That includes mainland and community-based treatment, recovery-related medical care, and financial support for housing after treatment. RIC advocates also provide peer connection to others in the recovery community.

**Mads Hall - [info@ricsjc.org](mailto:info@ricsjc.org)  
360-200-8628  
[www.ricsjc.org](http://www.ricsjc.org)**

### Narcotics Anonymous

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

**Dave Johnson - [crescentdave@outlook.com](mailto: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](http://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](mailto: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](http://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

Recovery Rides is a RIC volunteer program that provides transportation to people facing substance use or mental health challenges. Our primary focus is helping people in crisis get to the right level of mainland care. We also support clients with ongoing recovery-related transportation needs throughout San Juan County.

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360-200-8628  
[info@ricsjc.org](mailto:info@ricsjc.org)**

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