

2011-2012 COMMUNITY RESOURCE LIST

The intent of this Resource List is to provide an information service of agencies within the Allen Community and Metroplex. No attempt is made to pass judgment on programs or agencies by their inclusion or exclusion. Listed in "categories of need" and alphabetically.

EMERGENCY NUMBERS

ADAPT – 24 Hour Mental Health Crisis Line & Crisis Team – 1-866-260-8000
ALLEN POLICE DEPARTMENT – Emergency #911 – Non-Emergency (214) 509-4200
CRISIS/SUICIDE 24-Hour Counseling Hotline – (972) 233-2233 – **CONTACT TEEN** Crisis Hotline – (972) 233-8336
CHILD ABUSE HOTLINE – 1-800-252-5400 on-line reporting - <https://www.txabusehotline.org>
HOPE'S DOOR (Collin Co. Domestic Violence Shelter) – (972) 422-7233
NATIONAL TEEN DATING ABUSE HOTLINE – 1-866-331-9474 or www.loveisrespect.org
NORTH TEXAS POISON CONTROL – 1-800-222-1222
NORTH TEXAS YOUTH CONNECTION – EMERGENCY Shelter for runaway/abandoned youth - facility located in Sherman - (800) 568-7776
RUNAWAY HOTLINE – (24-HOUR HOTLINE) Call 1-888-580-HELP or 1-888-580-4357
STOP DRUGS – Stop the flow of drugs in Allen! Report drug use anonymously @24-Hour Hotline – (972) 727-8477
SUICIDE AND CRISIS CENTER OF NORTH TEXAS – 24 Hour Hotline (214) 828-1000 (REPLACED OTHER ONE)
TEXAS YOUTH HOTLINE – (Phone Counseling) Texas Dept. of Protective & Regulatory Serv. (24-Hour Hotline) 1-800-210-2278
THE TURNING POINT (formerly Rape Crisis Center of Collin County) – 24-Hour Hotline – (972) 985-0951

COMMUNITY AGENCIES AND PROGRAMS

AIDS Services of North Texas – 1316 14th St. Plano - (972) 424-1480
Must have referral from physician. Assist with food, rent, prescriptions, housing, and insurance. Counseling services also available.

Allen Community Outreach (ACO) - 801 East Main Street, Allen, – (972) 727-9131
Provides food, clothing, utility bill, and rent assistance for residents of Allen, Fairview, and Lucas. Screening process required. Families may apply for school supply assistance if the child is on free or reduced lunch program. www.acocares.org

Allen Parks and Recreation – 1 Butler Circle Allen (972) 727-0140

American Red Cross – 1450 N. Redbud Blvd. McKinney (972) 562-0601
Provides immediate assistance in disaster situations. Also provides financial and support services for military personnel and their families.

Barney & Me Boxing Program – 1207 E. Louisiana, McKinney – (972) 562-5958 – FREE – Ages 7-17

Big Brothers/Big Sisters of Collin Co. – 2591 N. Dallas Parkway, #501 Frisco – (972) 573-2330
Volunteers serve as friends/role models for children ages 6-15 from single-parent families. www.bbbsix.org

Boys & Girls Club of Collin County –
1111 Avenue H. Plano – (972) 424-6301, 701 S. Church McKinney – (972) 542-1620 ext. 115, 8750 McKinney Street, Frisco – (214) 387-8405
Offers athletic, educational, social and recreational activities for youth ages 6-18. Volunteers welcome. www.bgccc.org

Camp Conquer – (469) 450-2126 - 3 day camp held once a year for children ages 8-14 who have recently lost a loved one. It is free of charge and is held at Collin County Adventure Camp in Anna, TX. Applications can be mailed to 417 Oak Bend Suite 170; Lewisville, TX 75067 or faxed to 972-459-9911.
www.campconquer.org

Collin County Area Regional Transportation (CCART) - (972) 562 – 4275
CCART provides one-way or round trip transportation in Collin County for individuals residing in Collin County. Fees - \$1.50 each way for individuals with a disability or those who are 60 years of age or older. All other riders are charged \$3 each way. Call to schedule pick-up and drop-off times.
<http://www.ccconweb.org/ccart.html>

CASA of Collin County - 112 W. Virginia St. McKinney (972) 529-2272
Designated by the judge for CASA (Court Appointed Special Advocates) to become the child/adolescent's guardian ad litem. Volunteers are assigned to the child to advocate for what is in the best interest of the child. www.casaofcollincounty.org

Chetna - P.O. Box 832802 Richardson Hotline 1-866-410-5565
Organization for the prevention of domestic violence in the South Asian community of Dallas-Fort Worth and the surrounding areas. All services are free of charge.

Child Care Services of North Central Texas (CCMS) – (800) 260-5134
Provides State-funded child care, primarily to help low income families and teen parents. <https://dfwjobs.com/childcare/index.asp>

Child Protective Services of Texas – CHILD ABUSE – Report it! It's the Law! 24-Hour Hotline-1-800-252-5400 Investigates allegations of neglect, abuse, assault and sexual molestation of children. On-line reporting: www.txabusehotline.org.

C.I.T.Y. House (Collin Intervention to Youth) – 902 E. 16th St., Plano – Shelter: (972) 423-7057 Office: (972) 424-4626
Emergency shelter for children newborn -17 yrs who are in the custody of Child Protective Services. Runaways placed through the Assistance Center of Collin County: (972) 422-1850 www.cityhouse.org

Children's Advocacy Center – 2205 Los Rios, Plano, 75074 – Coordinates services for victimized children – (972) 633-6600
Free counseling available to families who qualify for services www.caclplano.org

Child Support Office – Div. of the Attorney General's Office – 210 S. McDonald McKinney – (972) 548-4305
Enforces Child Support Order; Establishes paternity; Enforces Medial Support; Withholds wages for non-payment of Child Support; Reports delinquent parent to the Credit Bureau. Open Monday-Friday from 8:00 am to 5:00 pm except holidays.

Community Mobile Sonogram – (972) 386-0606

Free pregnancy testing and sonograms. Services available in McKinney on Tuesdays. 10:00 AM. - 1:00 PM, Volvo Rents, 1410 N. McDonald
2:00-5:00 p.m., McKinney Marketplace 3001 S. Central Expressway (at Eldorado and 75) <http://www.communitymobilesonogram.com>

Division for Assistive and Rehabilitation Services (DARS) – 520 Central Parkway East, #232 Plano, TX (214) 365-2800 Eligibility: 17+ years old, not attending high school, and a handicap to employment. Disabilities may include drug/alcohol addiction and speech, language, or learning disabilities. Services include medical, psychological, and vocational evaluation, training, and/or education.

Early Childhood Intervention of Lifepath Systems (ECI) – P.O Box 828 McKinney 75070 (972) 359-1110 referral fax line 972-359-1119 Provides services to children aged 0-3 who are experiencing developmental delays and/or have a qualifying medical diagnosis.

The Elisa Project– 3102 Oak Lawn Avenue, Suite 520, Dallas, TX 75219, (214) 369-5222

Dedicated to the prevention and effective treatment of eating disorders through support, awareness, education, and advocacy. Provides workshops with students and supplemental workshops with counselors, teachers, nurses, and coaches. All programs are offered free of charge. www.theelisaproject.org

Eye Exams/Glasses –Contact School Nurse for referral to VSP program. Any child who qualifies for a free or reduced school lunch qualifies for the eyeglass program.

Equip - 5600 Ross Ave., Dallas, Texas 75206, Tel: (214) 827-7337

Provides tools for families to retain self sufficiency. Eligibility is determined by: low-income households that are at risk of becoming homeless, have minor children, behind with rent, drug free, no aggressive felonies, are employed or employable, have a gross monthly income under 50% of the Area Median Income, and agree to participate in a mentoring program. www.equipmyfamily.org

Food Stamps (SNAP)– 901 N McDonald, McKinney, 75069, Phone: (972) 562 – 5832

Assists individuals and families with low incomes and resources to purchase the food they need for good health. Eligibility is based on the number of people in the household, income from work, SSI, unemployment, and Social Security, and resources (cash, bank accounts, etc.)
<http://www.hhsc.state.tx.us/help/food/foodstamps/index.html>

Health & Human Services & Child Welfare of Texas – 901 N. McDonald, Ste. 800, McKinney – (972) 562-5832 Administers and provides qualifying information for the Food Stamp Program and Medicaid Benefits.

HOPE'S DOOR - Women's Shelter of Collin Co.– (Location not published to protect clients) – HOTLINE – (972) 422-7233

The 30 day shelter offers individual and group counseling, legal referrals and children's counseling for victims of domestic/dating violence.
Outreach Branch - For women who are preparing to leave an abusive relationship or have left a relationship and do not need shelter – Call (972) 422-2911. Battering Intervention Programs for abusers also available. www.hopesdoorinc.org

Immigration & Counseling Services - (Catholic Charities) 5415 Maple Ave., #400, Dallas – (214) 634-7182

Provides assistance and counseling for persons seeking legal immigration status/political asylum/U.S. citizenship as well as special assistance for abused immigrant women. www.catholiccharitiesdallas.org

Legal Services of Northwest Texas –Legal Aide for qualifying clients. McKinney: (972) 542-9405 Intake Line 1-888-529-5277

FREE Legal Phone Assistance. Legal clinics meet in Allen at 1st UMC 601. S. Greenville Ave. on the 2nd Thursday of each month at 6:00 PM. No assistance for criminal cases, traffic tickets, medical malpractice, or personal injury. Must be a legal US resident unless a victim of domestic violence. www.lanwi.org.

Life Talk Resource Center– 8380 Warren Parkway, Suite 204, Frisco (214) 618-9352

Free pregnancy and STD testing. www.lifetalkresourcecenter.org

Meals on Wheels: 600 N. Tennessee St., McKinney, TX 75070, Phone: 972-562-6996 Ext. 132

Provides weekly meals to homebound adults aged 60+ with no provider in the home to assist with meal preparation. <http://cccaweb.org/MOW.html>

Mosaic Family Services – 4144 N Central Expy, #530, Dallas (214) 821-5393 A nonprofit community-based organization that provides services free of charge to refugees and immigrants who are victims of human trafficking and domestic violence. Staff is fluent in 25 languages. www.mosaicservices.org

Plano Housing Authority – 1740 G Avenue Plano 75074 (972) 423-4928

Owns and manages 24 public housing units in the city of Plano for low income families. Public housing residents pay about 30% of their adjusted monthly income in rent. The Section 8 Housing Choice Voucher Program gives elderly persons, disabled persons, and low income working families vouchers for rental subsidies and allows them to rent homes from private property owners. <http://www.planoha.org/>

Relief Nursery of Collin County– Located at New Heritage Church, 8 Prestige, Allen - (972) 517-6308

Working to strengthen families and keep them together. All services are FREE – no income guidelines. Services in Spanish available. Services: Clothes Closet and Food Pantry, Therapeutic Child Care two days a week– M, W 9:30-12:30, Parenting Classes, Resume Assistance and Job Find Assistance, Individual & Family Counseling, Play Therapy, Respite Care (emergency child care--need 24 hour notice), & Home Visits for those without transportation.

Salvation Army of Collin Co. – 600 Wilson Creek Allen – For assistance and qualifying guidelines, call (972) 542-6694.

Must meet with a caseworker and have a state issued ID and social security card. Assistance with utilities, food, and clothing. www.uss.salvationarmy.org

Samaritan Inn – 1710 N. McDonald St., McKinney, TX 75071 – (972) 562-7375 – 24-Hour (972) 542-5302

Homeless shelter of Collin Co. for individuals and families. www.thesamaritaninn.org

Social Security Office - 3250 Craig Dr. McKinney, TX 75070, (972) 562-5700

Suicide and Crisis Center of North Texas - Available 24/7 at (214) 828-1000

Services offered include a 24-hour crisis hotline, a Survivors of Suicide (SOS) grief group for loved ones left behind after a suicide, crisis intervention training, and mental health check ups (TeenScreen) for teenagers. <http://www.sccenter.org/>

Texas Law Help – FREE, low cost legal assistance in Texas. Assistance with housing, health, disability, civil rights, family law, domestic violence, immigration, naturalization, citizenship, and income tax. www.texaslawhelp.org

Tobacco Free North Texas/American Cancer Society – 1349 1-877-YES-QUIT (1-877-937-7848)

Provides free counseling and nicotine replacement therapies to assist individuals who want to stop smoking. <http://yesquit.com/>

Victim's Assistance of Collin Co. – 2100 Bloomdale Rd. # 20004 McKinney - FREE services thru District Attorney's Office – Susan Webb
METRO (972) 424-1460 x4357 OR (972) 548-4357

Support for Victims of Violent Crime and their families, including families of homicide, as they recover from the physical and psychological trauma of violent crime. Services: 1) court accompaniment; 2) crisis counseling referrals; 3) criminal justice system reform; 4) follow-up contact; 5) assistance in filing claims; 6) shelter/safe house referrals; 7) emergency legal assistance; 8) advocacy; and 9) public awareness.

Warren Center – 320 Custer Road Richardson 75080 (972) 490-9055 Groups and summer camps for youth aged 3-16 who have an autism diagnosis. Medicaid accepted and the center also offers a sliding fee scale. www.thewarrencenter.org

WIC (Women, Infant and Children) – McKinney Office - 825 N. McDonald, Suite 120 – (972) 548-5543 Plano Office - 900 E. Park, Suite 165 – (972) 633-3350
Eligibility Requirements: Pregnant women, women who are breastfeeding a baby under 1 year of age, women who have had a baby in the past six months, parents, step-parents, guardians, and foster parents of infants and children under the age of 5 can apply for their children. meet the household income guidelines at or below 185% of the federal poverty level. http://www.co.collin.tx.us/healthcare_services/wic.jsp

Workforce Solutions for North Central Texas (Texas Workforce Commission) – 1713 Louisiana McKinney, TX (972) 542-3381
Job placement and preparation for employment opportunities. www.nlxworksolutions.org Register for work at www.workintexas.com

Youth Edge Program (Workforce Solutions for North Central Texas) – 820 Jupiter Road #100 Plano – (469) 229-0099 ext. 3230
Job placement and educational training for youth aged 16+.

Youth First Texas (YFT) - 8930 Hwy 121, Suite 594, McKinney, TX 75070 – Contact: (214) 879-0400, Toll Free (866) 576-0042
Mission is to provide a safe place for LGBTQ youth to strengthen opportunities for life skills, leadership development, peer support and educational advancement. For group information, e-mail YFT at collincounty@youthfirsttexas.org www.youthfirsttexas.org

COUNSELING RESOURCES

Avenues Counseling Center (formerly McKinney Council on Substance Abuse) – 201 W. Louisiana, McKinney – (972) 562-9647
Specializes in adolescent, family, substance abuse, and general counseling. Will see adolescents for mental health only. A North Star Agency and sliding scale fee. Eclipse – Adolescent drug and alcohol support groups. Drug tests available – Urine Analysis and Breathalyzers \$20.

Boys and Girls Club of Collin County Family Services (formerly Youth Intervention Services of Plano) – 2600 Ave. K, #140, Plano – (972) 578-2802
Programs include, but are not limited to: **Victims Assistance** (assistance to crime victims & their families); Counseling: (individual, adolescent/children, marriage/family, substance abuse, etc.) Sessions not limited: **1st Offenders Program** - Court ordered due to runaway, curfew, truancy, family violence, shoplifting; **Minor in Possession of Alcohol Program** (6-hour session for adolescents cited for Minor in Possession offense); **Tobacco Awareness & Prevention Program** (for those cited by law enforcement, etc.); Anger management classes. **Fees:** Sliding Scale/FREE through Grant/Scholarship. www.cfsplano.org

Catholic Charities Counseling – 9461 LBJ Freeway Suite 128, Dallas, TX 75243 (214) 520-6590
Professional individual, family and marital counseling and intensive outpatient drug and alcohol program (IOP and SOP) based on ability to pay. (Both English and Spanish counseling provided.) Drug tests - \$10.

Child & Family Guidance Center of Collin Co. – 4031 W. Plano Pkwy, #211, Plano – (214) 351-3490
Services: 1) Specialist in psychological treatment of children, adolescents, and families; 2) Family Therapy, Step-Family, and Single Parent issues; 3) psychological testing including ADD/ADHD; 4) insurance filed by Clinic. Fees based on income and family size
Approved North Star application site.

Children's Solutions – Provides in home counseling services and case management for families who qualify for North Star/Value Options.

Safety Net Program – Provides free group counseling, crisis and intervention counseling, drug/alcohol/tobacco education, and curriculum-based support groups for teens 12-18 at AHS, LFC, CMS, EMS, FMS. Individual counseling services provided at the Pat Dillard Center. www.childrenandfamilies.org

Children's Medical Center Dallas – Center for Pediatric Eating Disorders - 1935 Medical District Drive, Dallas, 214-456-8899
Provides treatment of eating disorders for children and adolescents. www.childrens.com

Crime Victims Compensation – 1-800-983-9933 Free counseling services for individuals who have been the victim of a reported crime. Applications available at the local police department and must include the report number.

Grief Support Group – 1515 N. Greenville Ave Allen - Group leader, Jeanne Girsch (972) 727-1177 Meets the 1st Thursday of the month at 7 PM. All ages welcome. Additional meeting at a local restaurant on the 3rd Thursday of the month. For that meeting location contact Dee Liscano at (972) 727-3820.

Immigration & Counseling Services – 5415 Maple Ave., #400, Dallas – (214) 634-7182 – Provides assistance and counseling for persons seeking legal immigration status, political asylum or U.S. citizenship, as well as, special assistance for abused immigrant women.

Life Path Systems (Formerly M.H.M.R.) – 3920 Alma Dr., Plano – Child/Adolescent (972) 562-0190
Child/Adolescent Services provides crisis support for children through age 17, who are exhibiting signs of major depression/suicidal tendencies, etc., Also available – Psychiatrists on staff for diagnosis and medication management. Approved North Star application site.

Mosaic Family Services – 4144 N Central Expy, #530, Dallas (214) 821-5393 A nonprofit community-based organization that provides services free of charge to refugees and immigrants who are victims of human trafficking and domestic violence. Staff is fluent in 25 languages. www.mosaicfamily.org

PFLAG (Parents, Families and Friends of Lesbians and Gays) – (972) 77-PFLAG (73524)
Advocacy and support group for lesbians and gays, their families, and friends. www.pflagdallas.org

Renfrew Center – 9400 North Central Expressway, Suite 150 Dallas (469) 341-9136
Eating disorder treatment for girls aged 14 +. Programs offered include day treatment Monday-Friday 9 AM – 2 PM or intensive outpatient program (IOP) 3 days a week or Monday, Tuesday, Thursday evenings from 5-8 PM. www.renfrewcenter.com

STAR Counseling Program – 205 W. Boyd, # 105B, Allen – (469) 854-6251 Free counseling services for youth aged birth – 17 and their families. Services provided include an intake appointment and 4 free counseling sessions. Issues addressed include family conflict, truancy, and misdemeanor offenses. Families with an open CPS case or youth on formal probation do not qualify for services. www.ntxyouthconnection.org

The Right Step – 1200 Commerce, Suite 116 Plano, 75093 (972) 985-6100, Admissions & Intake 1-877-627-4389
Out patient drug/alcohol program for youth aged 13-17. Sessions are held 4 times per week for 6 weeks. Most insurance accepted. Not a NorthStar provider.

University Behavioral Health – 2026 West University Drive Denton, TX (888) 320-8101 Treatment center for youth 6+ and adults who are struggling with mental health and/or chemical dependency issues. Most insurance accepted. Not a NorthStar provider. Specialized programs for women, military and faith based programs available. www.ubhdenton.net

EDUCATIONAL RESOURCES

Boot Camp (Get Motivated) – 3650 New Hope Road Aubrey, TX 75201 (940) 365-1818 The boot camp is available to males aged 13-17 (18 year olds allowed if currently in HS) and their parents on Sundays from 7 AM – 5 PM. The 12 week camp combines group therapy and physical training. This agency also provides individual and family counseling for males and females aged 11-19 for \$100/session. Fees - \$169 for each boot camp session. www.getmotivatedbootcamp.com

Collin College – 2800 E. Spring Creek Pkwy, Plano, TX - (972) 881-5781
Career Services: 1) career planning/placement; 2) career assessment; 3) job search/skill building; 4) resource library/computerized career information.

Denton County Sheriff's Office – Juvenile Impact Program – 127 North Woodrow Lane Denton, TX 76205 (940) 349-1651 A free, 3½ hour program in which teens listen to the life stories of people who have been convicted of crimes and are currently incarcerated. Youth aged 10-17 may attend with a parent or guardian.

The Elisa Project - 3102 Oak Lawn Avenue, Suite 520, Dallas, TX 75219, Tel: (214) 369-5222
Dedicated to the prevention and effective treatment of eating disorders through support, awareness, education, and advocacy. Provides workshops with students and supplemental workshops with counselors, teachers, nurses, and coaches. All programs are offered free of charge. www.theelisaproject.org

Evolution Academy Charter School – 1101 South Sherman St, Richardson, TX. – CEO. Cynthia Trigg (972) 907-3755
1) Collin Co. youth earn TEA approved high school diploma; 2) FREE – No tuition; 3) Targets youth 14-21 years who are at risk of dropping out;
4) Free transportation; 5) Free breakfast; 6) AM or PM sessions – 7:40 – 11:40 AM or 12:15-4:15 PM

GED Classes / Allen ISD – 610 E. Bethany, Allen, TX 75002 – Contact Linda Burdette (972) 727-7163 x236
Classes are held on Tuesday and Thursday 6:00 pm – 7:30 pm.

Home-School Information / Texas Home School Coalition – P.O. Box 6741, Lubbock, TX 79493 – (806) 744-4441 Fax (806) 744-4446
T.E.A. rules provided to those choosing to Home-School their children. However, Texas does not award a diploma to "Home-Schoolers" or to students enrolled in unaccredited private schools. A General Equivalency Diploma or GED is awarded to those passing the GED exam.

Job Corps Center, McKinney – Contact Patrice Victorian – Call Dallas for acceptance information: (214) 824-3030 or (800) 460-2072

North Texas Job Corps Center - 1701 N Church St. McKinney (972) 542-2623
A federally funded residential training program for youth which includes both vocational and academic instruction. Self paced high school program to receive a GED or high school diploma. If the student completes the program, student will receive \$750.00. An additional \$450.00 will be given if student completes a vocational program <http://northtexas.jobcorps.gov/home.aspx>

Practical Parent Education – 1300 19th St. Plano, (469) 752-2270
Parent Education/Support Groups provided for parents. Resources include a toy/book lending library, work shops, and seminars. Special Focus Series: ADD/ADHD/Learning Differences Seminar; For Kids Sake - Divorced Parent Seminar (assists in long-term co-parenting relationships).

Seaborn Challenge Corps – Texas A&M University @ Galveston, P.O. Box 16929, Galveston, TX – Toll Free 1-866-732-2676
FREE 5 ½ month residential co-ed training, career development, and service program is for high school drop-outs (16-18 yrs) with a 12-month post residential mentoring phase. Corps members are encouraged to use the educational award provided by AmeriCorps for higher education. Contact: SSG Eliu Rojas, Recruiter / Community Service - (409) 740-4799 or email: rojase@tamug.edu – For application info. 1-866-732-2676

Serenity High School (9th – 12th Grades) – (469) 742-7830 Established in Collin Co. under the auspices of McKinney ISD solely for students coming out of drug treatment where recovering teens can live out their commitment to staying clean and sober.

Teen Program Info – 1-866- 688-8706 Information and resource center for private schools and programs. www.teenprogram.info

Texas Department of Assistive & Rehabilitative Services (Texas Rehabilitation Commission) 520 Central Parkway East, #232, Plano (214) 365-2800 Eligibility: 1) 17 yrs; 2) not attending high school; and 3) handicap to employment. Disabilities may include alcohol/drug addiction and speech, language or learning disabilities. Services include medical/psychological and vocational evaluation; counseling, training and/or education in a trade, business school or college.

U.S. Army – 2414 West University Dr., Suite 116a McKinney Allen Recruiter: 1-877-398-5458
Will now allow enlistees to attend college on a stipend for 2 years before they serve. If you are eligible, (17-35 yrs) and a high school drop-out, the Army will finance your study for the GED. These pilot programs are offered in selected recruiting regions. Call your local Army recruiter. www.goarmy.com

Winfree Academy/Courage Center – 1661 Gateway Blvd Richardson, TX 75080 (972) 234-9855
Alternative school program focusing on at-risk students grades 9-12. Sessions held from 7:50 AM - 12 PM and 12:30 PM - 4:40 PM. 5 PM - 9:10 PM session available for youth 17+. Courage Center – Held from 8:30-2:30 for youth who have recently been released from a substance abuse treatment facility. These students and parents attend a counseling group once a week and students are drug tested to help maintain sobriety. www.winfreeacademy.com

HEALTH – CARE SERVICES

Caring for Children Foundation of Texas – Write for info: C/O Blue Cross/Blue Shield, P.O. Box 660583, Dallas, TX 75266-0583
For children without health insurance or Medicaid coverage. Fee covers wellness visits; immunizations; out-patient diagnostic tests/surgery or emergency illness; accident care; and prescription drugs with a \$5 co-payment. To verify eligibility call 1-800-258-5437.

Children's Medical Clinic of Plano – WALK-INS! – 1407 14th St., Plano – (972) 801-9689
Day-Time by Appointment: Mon. thru Fri. 8:30 am to 4:30 pm; WALK-INS on Wed. and Thurs. 6:00 pm to 7:00 pm. (GET IN LINE EARLY). Services FREE to Medicaid, uninsured and qualifying patients by volunteer doctors, nurses and staff. Clinic is not intended for those who can afford medical care.

Collin County Adult Clinic – 2520 Ave. K Plano (972) 679-0035 Appointments available Thursday evenings from 6-9 PM. Individuals must show up at the clinic by 5AM to schedule an appointment for that evening.

Free to Feel Better/United Supermarkets – All participating United Supermarket locations. Free antibiotics and prenatal vitamins with a prescription. List of medications available at <http://www.unitedtexas.com/feelbetter/antibiotics.asp>

Gladney Center for Adoption – 6300 John Ryan Drive Fort Worth, Texas 76132-4122 (817) 922-6000 Dallas area – (214) 887-1292 or 1-800-GLADNEY. Services for pregnant teens and women – provide housing, prenatal care, and ability to choose the adoptive parents of the child. Can stay up to 6 weeks after the adoption. Post-adoption counseling available in person or by phone. For those who stay in the community, funds for housing, clothing, etc. provided. www.adoptionshvgladney.com

Health Care Services of Collin County – 825 N. McDonald, Suite 130, McKinney – (972) 548-5526 Plano 900 E. Park #170
McKinney Clinic provides: 1) Immunization Clinic Shots: McKinney - Mon. 8:00 - 11:00 AM / 1:00 – 4:00 PM (fees based on sliding scale) Plano every 3rd Monday 3 – 7 PM; 2) Tuberculosis Clinic and 3) Sexually Transmitted Disease Clinic (testing \$20, treatment fees based on sliding scale). 4) Hospitalization – Columbia Hospital of McKinney; 5) Indigent Care – contact Angie Yost at (972) 548-3985 ext. 5518

Medicaid Office – Dept. of Human Services – 901 N. McDonald, #800, McKinney, 75069 – (972) 562-5832
Applications processed and qualifying residents placed on Medicaid, AFDC, and Food Stamps.

Human Resources and Child Welfare of Texas – McKinney Office: 113 Industrial, Suite C – Local # (972) 562-5832
Administers and provides qualifying information for the Food Stamp Program and Medicaid Benefits. To report Child Abuse 1-800-252-5400

Life Path Systems (formerly M.H.M.R.) – 3920 Alma Dr., Plano – (972) 562-0190
The Child/Adolescent Services of MHMR provides crisis support and counseling for children through 17 yrs of age who are exhibiting homicidal/suicidal tendencies or signs of possible major depression – North Star Program.

Physicians for Children – 7800 Preston Rd, Suite 300 Plano (972) 608-3800 & 1720 North Central Expressway, Suite 150 McKinney (972) 542-2800 Hours: Monday - Friday 8AM – 5 PM Plano location open Saturdays 8 AM – 12 PM Office accepts all forms of Medicaid, CHIP, self-pay, and private insurance. www.p-f-c.org

Presbyterian Health Care Clinic – 900 E. Park Blvd., Suite 100, Plano 75074 – (972) 509-4554 8 AM - 5 PM Monday - Friday
Served by cooperative of Presbyterian Health Care Clinic & Collin Co. Health Care Services. Only accept pediatric patients 12 and under and pregnant females who qualify for traditional Medicaid or Parkland Medicaid. Call for Appointment!

Primary Care Clinic of North Texas - 1200 Medical Ave Plano, TX (972) 596-6005 Nonprofit healthcare facility that provides medical care to uninsured adolescents aged 12+ and adults. \$35 office visit, additional fees for blood work. www.primarycareclinic.org

Real Options for Women – 700 E Park Blvd, Suite 206 Plano, TX (972) 424-4357 Pregnancy tests, limited STD screenings, and peer counseling for unplanned pregnancy. All services are free of charge. www.realoptionsforwomen.com

TexCare Partnership, Children's Health Insurance Program (CHIP) – Local # (214) 954-4213 or 1-800-647-6558 Call toll-free to have questions answered from 9AM – 9 PM Mon-Fri and 9 AM - 3 PM Sat. (Central Time), except federal holidays. Complete your application over the phone or go to www.texcarepartnership.com to download the application. Developed for children from birth to 18 years. Benefits include: regular checkups, shots, eye exams, glasses, prescription drugs, specialist care, dental care, mental health care, ex-rays, lab tests, hospital care and services. Covers Pre-existing conditions and offers a choice of doctors. Illegal Immigrant Questions Contact: For information call Catholic Charities (214) 623-9976.

Women Infant and Children (WIC) – 825 N McDonald, Suite 120 McKinney (972) 548-5543 Nutritional program and counseling for pregnant women and children under the age of 5.

SUPPORT GROUPS for Children and Adults

AL-ANON ODAAT – 1901 W. Parker Rd., Suite 209, Plano – (972) 867-1115
Offers support groups for Adults/Teens who have an alcoholic family member or friend. Teenagers meet at 8:00 pm on Mondays.

Families Anonymous – Our Savior Lutheran, 2708 W. Virginia Pkwy, McKinney (972) 562-4452 – McKinney Group – Meets Tues., @7:00 pm,
Support for those affected by the destructive behavior of a family member caused by drugs/alcohol/emotional problems.

Family Outreach of Richardson & Plano – Collin County Children's Advocacy Center – 2205 Los Rios Blvd. Plano (972) 633-6713
Services for children and women affected by abuse include: 1) speaker's bureau regarding abuse prevention; 2) parenting classes – fees:\$35/individuals, \$50/couple; 3) individual counseling; 4) referral services. Works closely w/Child Protective Services.

Gilda's Club North Texas - 2710 Oak Lawn Avenue Dallas 214-219-8877 Free support groups for children and adults who have cancer or have a family member or friend with cancer. Please visit their website at <http://www.gildasclubtx.org/> for group times.

StandUp Parenting, 601 S. Greenville Ave., 1-888-PARENT9 ext. 732 or 214-797-0740 Support for parents who are dealing with children of any age who have problems with defiant behavior, legal problems, substance abuse, truancy and other problems. Meets Thursdays at 7:30 PM in the Wesley House at the First United Methodist Church of Allen, www.StandUpParenting.org

Youth First Texas (YFT) - 8930 Hwy 121, Suite 594, McKinney, TX 75070 – (214) 879-0400, Toll Free (866) 576-0042
Mission is to provide a safe place for LGBTQ youth to strengthen opportunities for life skills, leadership development, peer support and educational advancement. For group information, e-mail YFT at collincounty@youthfirsttexas.org www.youthfirsttexas.org

GRIEF COUNSELING / SUPPORT GROUPS:

Camp Conquer – 972-459-9992 - 3 day camp held once a year for children ages 7-14 who have recently lost a loved one. It is free of charge and is held at Collin County Adventure Camp in Anna, TX. Applications can be mailed to 417 Oak Bend Suite 170; Lewisville, TX 75067 or faxed to 972-459-9911.
www.campconquer.org
Grief Support Group – 1515 N. Greenville Ave Allen - Group leader, Jeanne Girsch (972) 727-1177 Meets the 1st Thursday of the month at 7 PM. All ages welcome. Additional meeting at a local restaurant on the 3rd Thursday of the month. For that meeting location contact Dee Liscano at (972) 727-3820.
Healing Matters – Medical Center of Plano (972) 519-1588 Grief support group for adults and children
Journey of Hope – 3900 West 15th Street, Suite 306, Plano, Texas 75075, (972) 964-1600 Non-profit grief counseling designed to provide assistance through trained volunteers to children & their families who suffer loss due to the death of a parent, sibling, or friend. www.johgriefsupport.org
My Guarding Angel – located in W. Plano Presbyterian Church, 2709 Custer Rd., Plano – (972) 596-2415 - Grief Recovery/Peer Support Group for children 4-17 yrs w/loss through death, divorce or abandonment.
Suicide and Crisis Center of North Texas - Available 24/7 at (214) 828-1000 - Survivors of Suicide (SOS) grief group for loved ones left behind after a suicide <http://www.sccenter.org/>

VOLUNTEER / COMMUNITY SERVICE OPPORTUNITIES

Boys & Girls Club of Collin Co. (972) 633-9699; C.I.T.Y. House (972) 423-7057; Douglass Com. Center (972) 941-7174; Food Pantry (972) 424-4574; Heard Museum – Metro# (972) 562-5566 x226; Help for Helpless Animals (972) 424-4860; Heritage Farmstead (972) 424-7874; Plano Children's Theater (972) 422-2575; Plano Community Charities (Phoenix Ministries) – (972) 578-0399; YMCA – (972) 378-9622; Soup Kitchen: Union Gospel Mission, 3211 Irving Blvd., Dallas (214) 637-6117; Teen Groups – Volunteer Opportunities Designed to reach Teenagers: (972) 422-1050 x24 or www.volunteernorthtexas.org

YOUTH SHELTERS

Buckner Children's Home, Dallas – (214) 328-3141 CPS placements only for youth birth to 17.
YMCA CASA (Crisis Shelter) – 2640 Webb Chapel Extension, Dallas, TX, 75220 – (214) 358-4504 30-day shelter for youth aged 10-17.
C.I.T.Y. House (Collin Intervention to Youth) – 902 E. 16th St., Plano, TX, 75074 – (972) 423-7057 30-day shelter for youth aged 10-17.
Letot Center – Dallas Co. Residents/Referral thru Dallas Police Dept. – (214) 956-2005
North Texas Youth Connection, P.O. Box 1625 Sherman 75091 - (903) 893-4717 or 1-800-568-7776 30-day shelter for youth aged 10-17.
Promise House, 224 W. Page Ave. Dallas – (214) 941-8578 30-day shelter for youth aged 10-17.

OUT-PATIENT CARE (Substance Abuse Day Treatment and After-Care)

Addicare (STAR Program) – 2722 W. Kingsley Suite 115, Garland, TX, Garland Office: (972) 278-4760– www.addicare.com
Baylor-Richardson Medical Center Richardson – HELP Line – (972) 498-4717
Green Oaks Hospital Plano – (972) 985-1599
Imagine Program – Intensive Out-Patient Program for Youth (13-18) – Director, Jim Savage, LCDC – (972) 985-1599
Seav Behavioral Center, Plano – (972) 981-8300 For youth 12-17 – behavioral and substance abuse issues
Springwood Behavioral Health – Allen – Intensive Outpatient Program for youth and adults (972) 908-2303
The Right Step – Intensive Outpatient Program for youth (13-17) (877) 627-4389
Turning Point – Contact Ron Deage – (972) 234-8636

RESIDENTIAL TREATMENT CENTERS

A list of all U.S. Substance Abuse Treatment Centers can be found on SAMHSA's website:
<http://dasis3.samhsa.gov/> or by calling 1-800-662-HELP.

Austin Recovery 1-800-373-2081 Substance abuse treatment for men and women 18+. Also has a detox program.
Cedar Crest Belton, TX 76513 – Boys/Girls 4-17yrs. – severe emotional and behavioral problems (254) 939-2100
Dallas Challenge, Residential substance abuse services for adolescents 13-17, outpatient services for adolescents 13-17, 201 S. Tyler, Dallas, TX, (214) 942-5166
Happy Hills Farm Academy/Home - 3846 N. Highway 144 Granbury, Texas 76048 (254) 897-4822
Hazelden Center for Youth & Family – 11505 36th Ave. N., Plymouth, Minn. 55441 – 30 day inpatient; ages 14-25; 1-800-257-7810
Holmes Street Treatment Center – 2719 Holmes St., Dallas (214) 421- 7580
Homeward Bound – Addicare refers In-Patient Care to Homeward Bound (17 yrs+). Call for information – (214) 941-3500, www.homewardboundinc.org
House of Isaiah – P.O. Box 1405, Mabank, TX 75147 – Isaiah Robertson, Founder – (903) 887-1791 Christian-based 6 month treatment program for men 17 yrs-up / physical & psychological exams / drug assessments & treatment / GED testing / Sliding Scale
Journey Home Recovery Center, Inc., 10875 Fontenot Rd., Denham Springs, LA, 70726 – (225) 667-3933
Juliette Fowler Home, 1234 Abrams Rd., Dallas, TX, 75214 – (214) 827-0813 Adolescent program for behavior issues.
La Hacienda Outreach Center, Hunt, TX (near Kerrville) Chemical dependency treatment for 18+ 1-800-749-6160
Millwood Hospital (Behavioral Health Care) – Arlington, TX (Drug/Alcohol & Behavior Issues) 1-817-261-3121 / 1-800-258-2440
Meridell Achievement Center, P.O. Box 87, Liberty Hill, TX, 78642 (N. of Austin) 1-800-366-8656 - Psychiatric treatment for children and adolescents.
NEXUS, 8733 LaPrada, Dallas – Drug/Alcohol Program (girls 13-17) Dir., Beverly Carroll (214) 321-0156 ext. 3118
Our Friends Place, Dallas – (214) 520-6268 - Therapeutic group home for girls 10-17 with family/behavior issues.
San Marcos Treatment Center (BROWN SCHOOL), San Marcos – Psychiatric treatment for youth 11-17. 1-800-251-0059
Seav Center (Presbyterian Hospital of Plano) – 6110 W. Parker Rd., Plano (972) 981-8300 12-17 year olds
Shoreline, Inc., 1220 Gregory, Taft, TX 78390 (located near Corpus Christi) – Placement Assistance – Robert Eakins – 1-800-628-3265
Starlite Recovery Center– Center Point, TX (near Kerrville) – Adolescent males (13-17 years old) & Adults 18 yrs+ 1-800-292-0148
Straight Way Training Center (50 mi. South of Houston) – Faith based 15 month program (live-in / long-term / will take families / low cost) (979) 532-5613
Summer Sky Treatment Center – Stephenville, TX – Serves clients 12 yrs to 17 yrs of age. 1-888-857-8857
Sundown Ranch, 3120 VZCR 2318, Canton, TX, 75013 – Serves boys/girls ages 12 to 24 yrs., (903) 479-3933 / FAX (903) 479-3999
Teen Help – Call center and admissions information for 14 treatment facilities in UT, NY, MT, LA, IA, GA, SC, NV, Costa Rica, and Jamaica.
University Behavioral Health, 2026 University Dr. Denton 1-888-320-8101 Mental health and substance abuse in-patient and out-patient programs for youth 5-17 and adults.
Waco Center for Youth – (254) 756-2171 State run psychiatric facility for youth aged 13-17 with behavioral and/or emotional difficulties.

BASIC CARE GROUP HOMES

Boles Children's Home, Quinlan (903) 883-2204 For youth aged 10-17 whose families are unable to provide for them.

Boys/Girls Town – Boys Town, Nebraska – Admissions Office: 1-800-989-0000 Crisis Line: 1-800-448-3000 serving severely at-risk, abused, abandoned and neglected children

Buckner Baptist Children's Home, Dallas – (214) 328-3141 CPS placements only.

Cal Farley's Boy's and Girl's Ranch, Amarillo Admissions Office: 1-800-687-3722 For youth with behavior issues age 5-16.

Cumberland Presbyterian Children's Home, Denton (940) 382-5112

Gladney Center for Adoption, 6300 John Ryan Dr., Ft. Worth – Expectant Mother's Group Home & Adoptions – 1-800-GLADNEY or (214) 887-1292

Methodist Children's Home, Waco, TX – (254) 753-0181; Admissions 1-800-853-1272

Our Friends Place, Dallas – Therapeutic foster group home for abused and neglected girls 10-17 yrs. (214) 520-6268

Pleasant Hills Children's Home, 292 E. US Highway 84, Fairfield, TX – (903) 389-2641 Treatment for Behavior Issues for Boys & Girls ages 5-17 years (NO CHILD IS TURNED AWAY), www.pleasanthillschildrenshome.com

Texas Baptist Children's Home, Round Rock – (512) 255-3682; Texas Baptist Children's Home

INDEPENDENT LIVING PROGRAMS

C.I.T.Y House – 1947 Ave K, Suite 100 Plano (972) 424-9556 Transitional living program for adults aged 18-21.

Juliette Fowler Home, Dallas – (214) 827-0813

Our Friends Place, Dallas – (Women 18-24 yrs) – (214) 520-6268

STAR Counseling Program – 205 W. Boyd, # 105B, Allen – (469) 854-6251

HOMELESS SHELTERS for Adults and Families

The following agencies help the homeless and low-income people with basic needs or housing. Top items needed include blankets, coats, gloves, hats, money and personal hygiene items, such as soap and toothbrushes. Go online at: www.servegod.org

Austin Street Shelter for the Homeless, 2929 Hickory Street, Dallas – Overnight Only – (214) 428-4242

City Square, 409 N. Haskell Ave., Dallas (214) 823-8710

Dallas International Street Church, 2706 South 2nd Avenue, Dallas, TX 75210-2070 – (214) 928-9595

Dallas Life Foundation, Dallas, TX (214) 421-1380

Day Resource Center, 901 S. Ervay St., Dallas (214) 670-3043

Salvation Army, 5302 Harry Hines Blvd., Dallas (214) 424-7000

Samaritan Inn, McKinney – Shelter – 1710 N. McDonald St., McKinney: (972) 562-7375

The Stevnot, 408 Park Ave., Dallas (214) 746-2785

Union Gospel Mission, (SOUP KITCHEN) 3211 Irving Blvd., Dallas 75247 (214) 637-6117

Women's Shelter (HOPE'S DOOR) Plano – Shelter for women and children (location not published) – 24-Hour HOTLINE (972) 422-7233

Emergency Housing

Catholic Charities of Dallas: 9461 LBJ Fwy Suite 128, Dallas, TX, Tel: (214) 520-6590 <http://www.catholiccharitiesdallas.org/>

Dallas Life Foundation: 1100 Cadiz Street, Dallas, TX 75215-1064, Tel: (214) 421-1380

Family Promise of Collin County: P.O. Box 1601 Allen, TX 75013, Contact: Brandy Hill (972) 442-6966

www.familypromiseofcollincounty.org

Good Samaritan of Garland: 214 North 12th Street, Garland, TX 75040-2104, Tel: (972) 276-2263

Housing Crisis Center: 4210 Junius Street, 3rd Floor Suite, Dallas, TX 75246, Tel: (214) 828-4244 www.hccdallas.org

Interfaith Housing Coalition: 5600 Ross Avenue, Dallas, TX 75206, Tel: (214) 827-7337 www.interfaithhousingcoalition.org

Metro Dallas Homeless Alliance @ The Bridge: 1818 Corsicana, Dallas Texas 75201, Tel: 214 670 1101 Info@MDHADallas.org

Salvation Army: Dallas: 5554 Harry Hines Boulevard, Dallas, Tel: (972) 424-7000

Plano: 3528 14th Street, Plano, Tel: (972) 423-8254

Garland: 451 West Avenue D, Garland, TX 75040, Tel: (972) 272-4531

Samaritan Inn (McKinney): 1710 North McDonald Street, McKinney, TX 75069, Tel: (972) 542-5302

For other Emergency Housing resources in your area, call 2-1-1

Suicide and Crisis Center of North Texas - Available 24/7 at (214) 828-1000

Services offered include a 24-hour crisis hotline, a Survivors of Suicide (SOS) grief group for loved ones left behind after a suicide, crisis intervention training, and mental health check ups (TeenScreen) for teenagers. <http://www.sccenter.org/>

The Turning Point (formerly the Rape Crisis Center of Collin Co.)— P.O Box 866754 Plano 75086 (972) 985-0951

Provides assistance to survivors of sexual assault through individual and group counseling for victims, friends, and family members, hospital accompaniment, and community education. Phones answered 24 hours/day. www.theturningpoint.org

Youth Advocate Programs, Inc - 4225 Office Parkway #B, Dallas, 75204 Contact: (214) 821-9554

Provides in home counseling for families with youth aged 4-17 that qualify for North Star or CHIPS. Intakes are conducted at the Dallas office. Psychiatrist on staff for evaluation and medications.

DRUG AND ALCOHOL ABUSE RESOURCES

A list of all U.S. Substance Abuse Treatment Centers can be found on SAMHSA's website:

<http://dasis3.samhsa.gov/> or by calling 1-800-662-HELP.

Al-Anon— 601 S. Greenville Avenue, Allen

Support group to help families and friends of alcoholics recover from the effects of living with the problem drinking of a relative or friend. Meetings are held on Tuesdays at 8 PM in the Wesley House at the First United Methodist Church www.dallasal-anon.org

Alateen— **Allen Serenity Alateen Group**, 601 S. Greenville Avenue, Allen

Support group for teens affected by the drug and/or alcohol use of a loved one. Meetings are held on Tuesday evenings, 7:00 - 8:00 PM in the Wesley House of the First United Methodist Church www.al-anon.alateen.org

Allen Group Alcoholics Anonymous— 601 Greenville Ave., Allen, (972) 658-6334 www.aadallas.org

Betty Ford Center Children's Program— 5801 W. Plano Parkway Plano— (972) 753-0552

Provides intervention and prevention services to children ages 7-12 yrs. A \$400 fee is charged to this 3-day program for children affected by a family member's drug and/or alcohol abuse. However, no child is turned away for lack of funds. Scholarship assistance is available.

Child & Family Guidance Center— 4031 W. Plano Pkwy, #211, Plano (214) 351-3490

Safety Net— Free curriculum based groups held at Allen HS during the school day, which work with youth who are a child of an alcoholic or addict or are struggling with addiction themselves. Contact Mary Safi.

Collin County Substance Abuse Program— 900 East Park, Suite 170 Plano (972) 633-3370

Free drug assessments and evaluations are available for teenagers.

Drug Test Your Teen— Kim Hildreth, 12801 Midway Rd., #212, Dallas, TX, 75244 (214) 797-TEST - Company sells drug tests to screen for alcohol, tobacco, and drugs such as methamphetamine, cocaine, marijuana, and prescription drugs. These tests are \$15. Steroid tests - \$150, 80 hour alcohol test - \$45.

www.drugtestyourteen.com

Drug Testing / PDT-90 Personal Drug Test Hair Analysis— Tests for marijuana, cocaine, opiates, methamphetamines and PCP (angel dust). Detects drug use for the previous 2-3 day period and use within the previous 90-day period. Approximately \$59.95 online.

Families Anonymous— Our Savior Lutheran, 2708 W. Virginia Pkwy, McKinney (972) 562-4452— McKinney Group— Meets Tues., @7:00 pm,

Support for those affected by the destructive behavior of a family member caused by drugs/alcohol/emotional problems.

Greater Dallas Council on Alcohol & Drug Abuse— 4525 Lemmon Ave Dallas 75219 (214) 522-8600 - Participate in local health fairs and other community events, providing education, training and presentations on ATOD, and maintain an extensive video library which is available for viewing/and or check-out. www.gdcada.org

Green Oaks Hospital— 4001 W. 15th St., Suite 465 (972) 985-1599 Adolescent intensive outpatient substance abuse program (IOP) for youth aged 13-18. Meets Mondays, Wednesdays and Thursdays 4:30-7:30 PM. Aftercare meets from 4:30-6 PM on Mondays. www.greenoaksnetwork.com

Imagine Program— 1947 Ave K Plano, 75074— Dir. Jim Savage, LCDC— (972) 423-6007

Adolescent Services: An intensive outpatient substance abuse treatment program for youth aged 13-18. Meets Mondays, Wednesdays, and Thursdays from 5:30-8:30 PM. Free assessments available. Designed for teens with a primary substance abuse diagnosis. www.imagineprogram.com

Life Management Resources— 3131 Custer Road #265, Plano (972) 985-7565 (972) 985-7565 or 2414 W. University Ste 115B, McKinney (469)742-8910

(469)742-8910 or 303 S. Jackson Ste 100, Wylie (972) 941-8757 (972) 941-8757 Adolescent Services offered (13-17 yr): An intensive outpatient (IOP) substance abuse treatment program that meets from 6-8 Mondays, Tuesdays, and Thursdays with a parent education class offered every other Thursday. Services also available include drug & alcohol assessments and DWI First Offender Course. Most major insurances & NorthStar accepted. Sliding scale fees available.

National Drug & Alcohol Treatment Referral Routing System, U.S. Dept. of Health & Human Services— 1-800-662-4357

Government Agency: Provides information on treatment centers, who they serve, and what they provide. For a listing of drug treatment centers— www.findtreatment.samhsa.gov.

Narcotics Anonymous— Eastside Recovery 901 Cross Bend Rd Plano Help Line— (972) 699-9306

NEXUS Recovery Center, Inc.— 8733 Laprada, Dallas, TX (214) 321-0156 x 3118 - Sliding Scale/North Star participant— Director Beverly Carroll
Substance abuse treatment for females only. Programs available for adolescents aged 12-18, adult women, and women with children.

OAAAT (One Day at a Time)— 2109 W. Parker Rd., Suite 728, Plano (972) 867-1115

Offers support groups for Adults/Teens who have a drug/alcohol problem. www.aadallas.org

Springwood Behavioral Health Center of Allen— 915 West Exchange Parkway, Suite 150 Allen, TX 972-908-2303 - Program Coordinator, Cheri Cox

Adolescent and adult intensive outpatient programs held 3 days a week for individuals with behavioral and addiction issues.