



Compassionate Recovery Pathways – Quick Reference

Keep this one-pager handy. If safety is uncertain or overdose is suspected, call 911.

1) Immediate Crisis Help (Call Today)

Spokane Regional Behavioral Health Crisis Line — 1-877-266-1818 (24/7) · Free · Ask for a DCR/mobile team if danger to self/others or unable to care for needs.

Washington Recovery Help Line (statewide) — 1-866-789-1511 (24/7; text M–F 9a–9p) · Free · Detox/MAT referrals & next-day SUD appointments.

988 Suicide & Crisis Lifeline — Call/Text 988 (24/7) · Free · Behavioral health support.

■ **Phone Script:** “My family member likely used fentanyl/cocaine, is confused, and can’t safely care for himself. We need a DCR evaluation or guidance for immediate detox.”

2) Same-Day Detox & Stabilization (Spokane)

STARS – Community Detox Services • 624/628 S Cowley St • 509-535-8686 • spokanerecovery.org • Cost: Apple Health \$0, uninsured sliding fee; they help enroll.

Spokane Regional Stabilization Center (Pioneer) • 1302 W Gardner Ave • 509-503-6010 • pioneerhumanservices.org • Cost: Apple Health \$0, uninsured sliding/charity.

3) Medication for Opioid Use Disorder

Ideal Option – Spokane • North: 5901 N Lidgerwood St, Ste 218 • Valley: 14402 E Sprague Ave, Ste A • 877-522-1275 • idealoption.com • Same/next-day buprenorphine; Apple Health \$0; sliding fee available.

4) Residential Treatment

Sun Ray Court • 518 S Browne St • 509-456-5465 • Apple Health \$0; uninsured sliding/charity; transfers from detox prioritized.

Pioneer Center East • 3400 W Garland Ave • robinette@p-h-s.com • pioneerhumanservices.org • Apple Health \$0; sliding/charity.

SPARC – Spokane Addiction Recovery Centers • 1508 W 6th Ave • 509-624-5228 • sparcop.org • Apple Health \$0; sliding fee.

5) Mental Health Care

Frontier Behavioral Health • Crisis: 1-877-266-1818 • Appointments: 509-838-4428 • fbhwa.org • Apple Health \$0; sliding fee.

CHAS Behavioral Health Center • 5901 N Lidgerwood St, Ste 223 • 509-444-8200 • chas.org • Apple Health \$0; sliding fee.

6) Insurance & Housing

Apple Health (Medicaid) • Apply: 1-855-923-4633 • wahealthplanfinder.org • General info: 1-800-562-3022 • Covers detox, treatment, MAT, mental health.

ABD Cash & HEN • 1-877-501-2233 • Washington Connection (search ABD/HEN).

SSI/Survivor Benefits • 1-800-772-1213 • ssa.gov • Ask to screen for Disabled Adult Child survivor benefits.

Housing Access • SNAP CE: 124 E Pacific Ave • 509-456-7627 • SHCA@snapwa.org • House of Charity: 509-624-7821 • Spokane Resource Center: 509-867-8188.

7) Safety & Harm Reduction

Naloxone (Narcan) & Fentanyl Test Strips: Free/low-cost via WA DOH & pharmacies. Keep naloxone; call 911 if overdose suspected.