SUBSTANCE USE DISORDER PREVENTION, TREATMENT, AND RECOVERY RESOURCE GUIDE

SACRAMENTO AND SURROUNDING AREAS, CALIFORNIA



A listing of prevention, treatment, and recovery resources to bring hope and healing to individuals, families, and communities

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Bethany Presbyterian

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Carmichael Presbyterian Church

The Center for Spiritual Awareness

The Clinton Foundation

Congregation Beth Shalom

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Greater Grace Church

Lutheran Church of Our Redeemer

Muslim American Society Social Services Foundation

Northern California Central Presbytery

Now Faith Church of Deliverance

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Sierra Vista Community Church

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INTRODUCTION

In 2023, more than 105,000 Americans lost their lives to drug overdose — a tragic number that becomes more sobering when contrasted with the over 67,000 of 2018. With each passing year, the number of lives lost due to drug overdose reaches a new record high.

The disease of addiction — what the public health community now commonly refers to as 'substance use disorder' (SUD) — is preventable, treatable and does not need to be fatal. More is understood about the brain science of substance use disorders than ever before, and we know that when a person with a SUD is treated with compassion and provided with the right resources, recovery from SUD is real and possible. People living with the disease of addiction have gone on to lead wonderful and fulfilling lives — starting businesses, regaining their families, and becoming productive members of society once again.

In conjunction with the California Department of Health Care Services, we are pleased to present this resource guide to the Sacramento community. This guide provides a listing of treatment, prevention, and resources for those seeking information, whether it is for themselves, a loved one, or a peer. We hope that this guide brings hope and healing to individuals, families, and communities.

This guide attempts to provide a comprehensive list of resources and services that are available to the diverse community of Sacramento and its surrounding areas. It is designed to help residents locate their needed resources and to help navigate through the network of available services in Sacramento County and beyond. We hope you have found this guide useful — if you have, please pass it on to another person who needs it!

Substance Use Disorder Treatment Programs

The goal of substance use disorder treatment is to help individuals stop or reduce harmful substance misuse, improve their health and social function, and manage their risk for relapse. Treatment services are traditionally provided in residential and outpatient programs that are outside of the main healthcare system and may include medication, counseling and other supportive services. The type and duration of treatment depends on the severity of the substance use disorder. Mild substance use disorders often respond to brief interventions and supportive monitoring. Severe substance use disorders often require specialty treatment and continued post-treatment support to achieve full remission and recovery.

In addition to the resources provided in the guide, there are two search engines that may provide you with additional resources and information about treatment and recovery from substance use disorders.

FINDTREATMENT.GOV

This online resource from the Substance Abuse and Mental Health Services Administration (SAMHSA) allows users to search for mental health and substance use disorder treatment services in their area. Searches can be limited by state, county, and distance from a specific location. Users may find this tool helpful to expand their search for resources in their area beyond the scope of this guide.

https://findtreatment.gov/

ATLAS TREATMENT LOCATOR

The Department of Health Care Services (DHCS) partnered with Shatterproof to create a statewide treatment locator called ATLAS, a free, easy-to-use online directory of treatment facilities. Users can take a 13-question survey to help them find a licensed or certified treatment provider to assist with their specific needs.

https://treatmentatlas.org/

ICON KEY

Locating the right treatment facility is often confusing and overwhelming. Because different treatment facilities provide different types and styles of treatment, we have provided this icon key that identifies treatment information in an efficient manner. The icons listed next to the name of each facility allow the reader to locate the treatment center that best suits the needs of the potential client or patient. The definition of each icon can be found below.

- Outpatient Treatment: This type of treatment requires patients to report daily (usually weekdays) to treatment rather than overnight stays at a hospital or residential facility.
- Residential (Inpatient) Treatment: This type of treatment requires patients to live and stay overnight at the treatment facility or hospital, usually for 30, 60, or 90-day period. This is the highest level of treatment services for those diagnosed with substance use disorders.
- Intensive Outpatient Program: A type of outpatient treatment program with additional components such as additional counseling or classes, usually for four hours a day for two to three days a week. Intensive Outpatient is recommended for those who no longer require 24-hour supervision.
- PHP Partial Hospitalization Program: A type of outpatient treatment program that includes a more intensive, rigorous treatment schedule than Intensive Outpatient, usually involving treatment for five days a week, up to eight hours a day. PHP is recommended for those just exiting residential treatment who need additional structural support.

- MAT Medication-Assisted Treatment: This type of treatment uses FDA-approved medication, in conjunction with counseling and behavioral therapies, to treat substance use disorders. Medication-assisted treatment has proven to be effective in treating alcohol use disorder and opioid use disorder.
- **Detox Program**: Offers a detox program, where DT someone with a substance use disorder can, under supervision, come off of the physical dependence of alcohol or other drugs. This is often the first level of treatment for a substance use disorder. Withdrawal from a substance can occur with a variety of uncomfortable physical symptoms, and a detox program can safely manage those symptoms under the care and supervision of medical professionals.
- **Co-occurring Disorder Treatment (or "Dual** Diagnosis"): Offers treatment for not simply substance use disorders, but other co-occurring mental health disorders as well. Many individuals with a SUD also have other mental health disorders including depression, anxiety, and posttraumatic stress disorder, and these disorders play a role in the individual's desire to either use substances or to abstain. This facility also treats these disorders and takes them just as seriously as addiction.

- **12 12-Step Foundation**: Incorporates 12-Step programs such as Alcoholics Anonymous and Narcotics Anonymous into its treatment, whether through meetings, literature, or both. While 12-Step programs are not the only way to treat substance use disorders, many facilities use them as the basis for their treatment programs as the foundation for treatment and maintaining longterm recovery.
- Adolescent Program: Offers a program for adolescent individuals under the age of 18.
- + Christian-Based: Offers Christian Faith-based treatment for substance use disorders.
- **LGBTQ+**: Offers specific treatment for LGBTQ+ individuals with substance use disorders or has made public effort to be inclusive to individuals with LGBTQ+ identities.
- **For Women**: Offers treatment specific to women or has a women-only recovery residence.
- **For Men**: Offers treatment specific to men or has a men-only recovery residence.

SACRAMENTO COUNTY SYSTEM OF CARE SUBSTANCE USE PREVENTION AND TREATMENT SERVICES

Sacramento County aids adults who are seeking substance use treatment without insurance, or whose insurance does not cover treatment. Beginning with a free assessment to determine individual needs, clients may receive an authorization and placement for detoxification and treatment at available facilities and receive financial aid if they are enrolled in Medi-Cal.

7001A East Pkwy #500, Sacramento, CA 95823 916-874-9754

Sacramento County Alcohol and Drug Services Adult System of Care

Aegis Treatment Centers LLC ★ O IOP PHP DT MAT × https://pinnacletreatment.com/

1133 Coloma Way, Suites B and C. Roseville, CA 95661 916-774-6647

Payment Accepted: Federal, or any government funding for substance use treatment programs; Medicare; Federal military insurance (e.g., TRICARE); Private health insurance; Cash or self-payment; State-financed health insurance plan other than Medicaid

Another Choice Another Chance ★ O IOP PHP × A https://www.acacsac.us/

7000 Franklin Boulevard, Suite 200. Sacramento, CA 95823 916-388-9418

Payment Accepted: Federal, or any government funding for substance use treatment programs; Medicaid; Cash or self-payment; State-financed health insurance plan other than Medicaid

Associated Rehab Program for Women Inc. Alpha Oaks ♀ ★ 12

http://www.alphaoaks.org

8400 Fair Oaks Boulevard, Carmichael, CA 95608 916-944-3920

Payment Accepted: Cash or self-payment; State-financed health insurance plan other than Medicaid

Associated Rehab Program for Women Inc. Cornerstone ♀ ♠ 12

http://www.alphaoaks.org

6348 & 6350 Appian Way, Carmichael, CA 95608 916-966-5102

Payment Accepted: Cash or self-payment; Statefinanced health insurance plan other than Medicaid; Federal, or any government funding for substance use treatment program

BAART Behavioral Health Services Inc. Norwood O DT MAT A

https://baartprograms.com/locations/california/norwood

310 Harris Avenue, Suite A, Sacramento, CA 95838 916-649-6793

Payment Accepted: Federal, or any government funding for substance use treatment programs; Medicare; Medicaid; Federal military insurance (e.g., TRICARE); Private health insurance; Cash or self-payment; Statefinanced health insurance plan other than Medicaid

BAART Behavioral Health Services Inc. Bi Valley Medical O DT MAT A

https://baartprograms.com/locations/california/carmichael/

6127 Fair Oaks Boulevard, Carmichael, CA 95608 916-974-8090

Payment Accepted: Medicare; Medicaid; Federal military insurance (e.g., TRICARE); Private health insurance; Cash or self-payment; State-financed health insurance plan other than Medicaid

Bella Nirvana Center Inc. ★ DT × A

http://www.bellanirvanacenter.com

1141 Sibley Street, Folsom, CA 95630 916-222-2181

Payment Accepted: Federal military insurance (e.g., TRICARE); Private health insurance; Cash or self-payment

Bridges, Inc. Outpatient Services O IOP DT https://www.bridgesinc.net/

3600 Power Inn Road, Suite C, Sacramento, CA 95826 916-647-5343

Payment Accepted: Federal, or any government funding for substance use treatment programs; Medicaid; Cash or self-payment; SAMHSA funding/block grants

California Recovery Center O ★ IOP PHP DT ス A

https://calrecoverycenter.com/

207 Taylor Street, Roseville, CA 95678 916-877-8259

423 Oak Street, Roseville, CA 95678 916-333-0865

Payment Accepted: Federal military insurance (e.g., TRICARE); Private health insurance; Cash or self-payment

CDT Service Corporation New Dawn Treatment Centers/Villa Ladera ♠ DT MAT ⋈

https://www.newdawntreatmentcenters.com/locations/sacramento/

6380 Wells Avenue, Loomis, CA 95650 916-432-2205

Payment Accepted: IHS/Tribal/Urban (ITU) funds; Federal military insurance (e.g., TRICARE); Private health insurance; Cash or self-payment

Clean and Sober Recovery Services Inc. o ↑ DT × 12

5820 Chestnut Avenue, Orangevale, CA 95662 916-990-0190

Payment Accepted: IHS/Tribal/Urban (ITU) funds; Cash or self-payment

CORE Medical Clinic Inc. O DT MAT

http://www.coremedicalclinic.com

2100 Capitol Avenue, Sacramento, CA 95816 916-442-4985

Payment Accepted: Federal, or any government funding for substance use treatment programs; Medicare; Medicaid; Private health insurance; Cash or self-payment; State-financed health insurance plan other than Medicaid

CORE Medical Clinic Inc. West Sacramento O DT MAT http://www.coremedicalclinic.com

3990 Industrial Boulevard, West Sacramento, CA 95691 916-796-0020

Payment Accepted: Medicare; Medicaid; Private health insurance; Cash or self-payment; State-financed health insurance plan other than Medicaid

Diamond House Detox o ♠ IOP PHP >

http://diamondhousedetox.com

6808 Fleming Avenue, Sacramento, CA 95828 8500 Crown Prince Court, Elk Grove, CA 95624 8624 Diamond Oak Way, Elk Grove, CA 95624 800-205-6107

Payment Accepted: Private health insurance; Cash or self-payment

Fourth and Hope Walters House of

http://www.fourthandhope.org

285 4th Street, Woodland, CA 95695 530-662-2699

Payment Accepted: Federal, or any government funding for substance use treatment programs; Medicare; Medicaid; Cash or self-payment

Granite Wellness Centers Adolescent and Adult Outpatient Program O A 12

http://www.granitewellness.org

406 Sunrise Avenue, Suite 100, Roseville, CA 95661 916-787-4357

Payment Accepted: Medicaid; Private health insurance; Cash or self-payment

Granite Wellness Centers Lincoln Service Center <u>0</u> <u>12</u> http://www.granitewellness.org

1530 3rd Street, Suite 206, Lincoln, CA 95648 530-273-9541

Payment Accepted: Medicaid; Private health insurance; Cash or self-payment

Kaiser Permanente South Sacto Addiction Services and Adult Psych o ⋈ A

https://thrive.kaiserpermanente.org/care-near-you/northern-california/

9324 West Stockton Boulevard, Elk Grove, CA 95758 916-525-6100

Payment Accepted: Medicare; Medicaid; Private health insurance

Mather ARTS Outpatient Clinic VA Northern California Healthcare System o ♠ ≈

http://www.northerncalifornia.va.gov/services/mh/arts.asp

10535 Hospital Way, Mather, CA 95655 916-366-5420

Payment Accepted: Federal, or any government funding for substance use treatment programs; Medicare; Federal military insurance (e.g., TRICARE); Private health insurance

MedMark Treatment Centers Sacramento

<u>O IOP DT MAT</u> ≈ 12

http://www.medmark.com

7240 East Southgate Drive, Suite G, Sacramento, CA 95823 916-391-4293 ext. 2266

Payment Accepted: Medicare; Medicaid; Federal military insurance (e.g., TRICARE); Private health insurance; Cash or self-payment

Nation's Finest Sacramento ★ ×

http://www.nationsfinest.org

7270 East Southgate Drive, Sacramento, CA 95823 916-393-8387

Payment Accepted: Federal, or any government funding for substance use treatment programs; Cash or self-payment

New Dawn Recovery Centers Outpatient Services and Intensive Outpatient, Citrus Heights O IOP PHP 12

http://www.newdawnrecovery.com

6371 Auburn Boulevard, Citrus Heights, CA 95621 916-723-1319

Payment Accepted: IHS/Tribal/Urban (ITU) funds; Federal military insurance (e.g., TRICARE); Private health insurance; Cash or self-payment

New Dawn Recovery Centers Outpatient Services and Intensive Outpatient, Sacramento O IOP PHP 12

http://www.newdawntreatmentcenters.com

9960 Business Park Drive, Suite 160, Sacramento, CA 95827 916-363-2732

Payment Accepted: Federal military insurance (e.g., TRICARE); Private health insurance; Cash or self-payment

New Dawn Treatment Centers Men's Residential Rehab ♂ ♠ 12

http://www.newdawntreatmentcenters.com

6039 Roloff Way, Orangevale, CA 95662 916-723-1319

Payment Accepted: IHS/Tribal/Urban (ITU) funds; Federal military insurance (e.g., TRICARE); Private health insurance; Cash or self-payment

New Dawn Treatment Centers Women's Residential Rehab ♀ ★ 12

http://www.newdawntreatmentcenters.com

8078 Orange Avenue Fair Oaks, CA 95628 916-723-1319

Payment Accepted: IHS/Tribal/Urban (ITU) funds; Federal military insurance (e.g., TRICARE); Private health insurance; Cash or self-payment

Northern Valley Indian Health Inc. 0 × A 12

1280 East Gibson Road, Woodland, CA 95776 530-661-4400 ext. 1267

Services: Substance use treatment; Treatment for cooccurring substance use plus either serious mental health illness in adults/serious emotional disturbance in children

Palm Tree Ranch Griffey Way O ★ IOP DT MAT × 12 http://www.townshealthservices.net

768 Griffey Way, Galt, CA 95632 916-612-2452

Payment Accepted: Private health insurance; Cash or self-payment

Pathway Program O ★ IOP DT × 12

http://www.thepathwayprogram.com/sacramento-drug-treatment-programs/

3900 Rocklin Road, Suite 100, Rocklin, CA 95677 916-234-0097

Payment Accepted: IHS/Tribal/Urban (ITU) funds; Private health insurance; Cash or self-payment

Pathways Recovery Intensive Outpatient Program o IOP × ■

http://www.pathwaysrecovery.com

775 Sunrise Avenue, Suite 210, Roseville, CA 95661 916-735-8377

Payment Accepted: Federal, or any government funding for substance use treatment programs; IHS/Tribal/Urban (ITU) funds; Private health insurance; Cash or self-payment

Pathways Recovery Men's Residential ♂ ★ DT http://www.pathwaysrecovery.com

1101 Kensington Drive, Roseville, CA 95661 916-735-8377

Payment Accepted: Federal, or any government funding for substance use treatment programs; IHS/Tribal/Urban (ITU) funds; Private health insurance; Cash or self-payment

River City Recovery Center Inc. Starlight http://www.rivercityrecovery.org

2218 East Street, Sacramento, CA 95816 916-442-4519

Payment Accepted: Federal, or any government funding for substance use treatment programs; Medicare; Private health insurance; Cash or self-payment; State-financed health insurance plan other than Medicaid

River City Recovery Center Inc. Altua f

http://www.rivercityrecovery.org

12490 Alta Mesa Road, Herald, CA 95638 916-442-3979

Payment Accepted: Federal, or any government funding for substance use treatment programs; Medicare; Private health insurance; Cash or self-payment; State-financed health insurance plan other than Medicaid

Sacramento Comprehensive Treatment Center Treatment Associates Inc. o MAT

7225 East South Gate Drive, Suite D, Sacramento, CA 95823 916-394-1000

Payment Accepted: Federal, or any government funding for substance use treatment programs; Medicare; Medicaid; Federal military insurance (e.g., TRICARE); Private health insurance; Cash or self-payment; Statefinanced health insurance plan other than Medicaid

Sacramento Native American Health Center Inc.

O IOP MAT A

http://www.snahc.org

2020 J Street, Sacramento, CA 95811 916-341-0576

Payment Accepted: Federal, or any government funding for substance use treatment programs; IHS/Tribal/Urban (ITU) funds; Medicare; Medicaid; Private health insurance plus more

Sacramento Recovery Homes Inc. DBA Gateway Recovery House ♀ ★ 12

http://www.sacrecovery.org

4049 Miller Way, Sacramento, CA 95817 916-451-9312

Payment Accepted: Federal, or any government funding for substance use treatment programs; IHS/Tribal/Urban (ITU) funds; Medicaid; Cash or self-payment; SAMHSA funding/block grants

Sacramento Recovery House Inc. House for Men ♂ ★ 12 http://www.sacrecovery.org

1914 22nd Street, Sacramento, CA 95816 916-455-6258

Payment Accepted: Federal, or any government funding for substance use treatment programs; IHS/Tribal/Urban (ITU) funds; Medicaid; Cash or self-payment; SAMHSA funding/block grants

Sacred Oaks Healing Center California Area Indian Health Service A ○ ♠

https://www.ihs.gov/california/index.cfm/health-programs/northern-california/sacred-oaks/

33100 County Road 31, Davis, CA 95616 530-702-6000

Payment Accepted: Federal, or any government funding for substance use treatment programs; IHS/Tribal/Urban (ITU) funds; Medicaid; Private health insurance; Statefinanced health insurance plan other than Medicaid

SagePoint Intensive Outpatient Program IOP

http://sagepointiop.com

3137 Dwight Road, Suite 600, Elk Grove, CA 95758 916-896-1061

Payment Accepted: Private health insurance; Cash or self-payment

Sierra Vista Hospital O A IOP DT

https://sierravistahospital.com/locations/sierra-vistahospital/

8001 Bruceville Road, Sacramento, CA 95823 916-288-0300

Payment Accepted: IHS/Tribal/Urban (ITU) funds; Medicare; Medicaid; Federal military insurance (e.g., TRICARE); Private health insurance; Cash or self-payment; State-financed health insurance plan other than Medicaid

Sunrise Health and Wellness Center LLC o DT MAT http://www.getoffopiates.com

10089 Folsom Boulevard, Suites A-C, Rancho Cordova, CA 95670 916-366-6531

Payment Accepted: Federal, or any government funding for substance use treatment programs; Medicare; Medicaid; Cash or self-payment

Towns Health Services O IOP PHP DT MAT http://www.townshealthservices.com

750 Spaans Drive, Suites C, D and F, Galt, CA 95632 209-744-9909

Payment Accepted: Medicaid; Private health insurance; Cash or self-payment

WellSpace Health Behavioral Health Midtown J Street **Community Health Center**

Outpatient o http://www.wellspacehealth.org

1820 J Street, Sacramento, CA 95811 916-313-8434

Payment Accepted: Federal, or any government funding for substance use treatment programs; Medicaid; Cash or self-payment; SAMHSA funding/block grants

WellSpace Health Residential and Withdrawal Management ♠ DT 12

http://www.wellspacehealth.org

1550 Juliesse Avenue, Sacramento, CA 95815 916-921-6598

Payment Accepted: Federal, or any government funding for substance use treatment programs; Medicaid; Cash or self-payment; SAMHSA funding/block grants

WellSpace Health Behavioral Health South o

http://www.wellspacehealth.org

4343 Williamsbourgh Drive, Sacramento, CA 95823 916-395-3552

Payment Accepted: Federal, or any government funding for substance use treatment programs; Medicaid; Cash or self-payment; SAMHSA funding/block grants

WellSpace Health Behavioral Health North o http://www.wellspacehealth.org

4441 Auburn Boulevard, Suites A-E, Sacramento, CA 95841 916-473-5764

Payment Accepted: Federal, or any government funding for substance use treatment programs; Medicaid; Cash or self-payment; SAMHSA funding/block grants

Yancey Outreach International Inc Yancey Recovery Servs/Yancey Christian O IOP PHP ≈ +

https://yanceyrecovery.org/

2740 Fulton Avenue, Suite 121, Sacramento, CA 95821 916-252-3783

Payment Accepted: Cash or self-payment

Yellow Wood Recovery ♠ DT

https://yellowwoodrecovery.com

12646 Thornberg Way, Rancho Cordova, CA 95742 916-238-6070

Payment Accepted: Medicaid; Federal military insurance (e.g., TRICARE); Private health insurance; Cash or self-payment

Recovery Residences/ Sober Living Homes

Recovery residences are facilities that provide safe housing and structured living conditions for people exiting treatment for substance use disorder. Also called sober living houses, sober living homes or sober living environments, recovery residences serve as a transitional environment between such programs and mainstream society. Most recovery residences require monthly self-payment.

Bridges Professional Treatment Services Fathers with Children Sober Living

https://www.bridgesinc.net/

Provides a safe, recovery-focused environment for fathers and their children. Fathers are permitted to have up to two children under the age of 17.

3600 Power Inn Road, Suite C, Sacramento, CA 95826 916-667-5656

Bridges Professional Treatment Services Men's Sober Living

https://www.bridgesinc.net/programs/sober-livingrecovery-residences/#mens-sober-living

Offers testing services, community support group services, on-site monitoring in a supportive recovery environment. Self-pay accepted.

3600 Power Inn Road, Suite C, Sacramento, CA 95826 916-706-2007

Bridges Professional Treatment Services Promise House Sober Living for Women

https://www.bridgesinc.net/programs/sober-livingrecovery-residences/#promise-house-sober-living-forwomen

90-day, women's sober living program. Self-pay accepted.

3600 Power Inn Road, Suite C, Sacramento, CA 95826 916-452-3073

Bridges Professional Treatment Services Women and Children's Sober Living

https://www.bridgesinc.net/programs/sober-livingrecovery-residences/#women-and-childrens-soberliving

Provides a safe, recovery-focused environment for women and their children. Women are permitted to have up to two children under the age of 12.

3600 Power Inn Road, Suite C, Sacramento, CA 95826 916-667-5656

Good Cause Sacramento Beech House

https://goodcausesac.org/programs/

Women's sober living that offers 90-day-to-eighteen month programs. Yoga and meditation classes also offered. Self-pay accepted.

8016 Sunrise Boulevard, Citrus Heights, CA 95610 916-667-5656

Good Cause Sacramento Sunrise House Men's Sanctuary

https://goodcausesac.org/programs/

Men's sober living that can accommodate up to 18 patients. Self-pay accepted.

8016 Sunrise Boulevard, Citrus Heights, CA 95610 916-667-5656

Monarch Sober Living Homes | (SLE) Clean & Supportive Living Environment

https://monarchsoberhomes.com/robertsonsacramento/

Two-story contemporary sober living home in a peaceful and quiet environment. Self-pay accepted.

3804 Robertson Avenue, Sacramento, CA 95821 707-205-5254

Sacramento Recovery House Inc.

https://sacrecovery.org/

Gender-specific programs for men and women providing trauma-informed residential services. Offers 30, 60, and 90 day structured live-in programs with a 12-Steps foundation. Accepts insurance and selfpayment.

1914 22nd Street, Sacramento, CA 95816 916-455-6258

Volunteers of America Family Transitional https://www.voa-ncnn.org/contact-us/

Residential recovery services with a 90-day program. Also offers family shelter housing services.

3434 Marconi Avenue, Sacramento, CA 95821 916-265-3400

Mental Health Services

Mental health counseling and therapy are ways of helping people with mental health concerns. A large percentage of people with substance use disorders also deal with other mental health disorders, such as depression, anxiety, and post-traumatic stress disorder. Some of these facilities listed here also treat substance use disorders, but not all.

Better Decisions Counseling Services

http://betterdecisionsinc.org

Offers counseling, anger management, IOP treatment for SUDs, sober living.

10366 Rockingham Drive, Sacramento, CA 95827 916-368-0700

Payment Accepted: IHS/Tribal/Urban (ITU) funds; Cash or self-payment

Center for Discovery Sacramento

http://centerfordiscovery.com/locations/granite-bay/

Provides eating disorder treatment, additional mental health disorder treatment.

5422 Cavitt Stallman Road, Granite Bay, CA 95746 855-818-2029

Payment Accepted: Private health insurance; Cash or self-payment

Childrens Receiving Home of Sacramento http://www.crhkids.org/

Residential and PHP treatment for children with mental health disorders and trauma.

3555 Auburn Boulevard, Sacramento, CA 95821 916-482-2370

Payment Accepted: County or local government funds; Private health insurance; Cash or self-payment; Statefinanced health insurance plan other than Medicaid; State welfare or child and family services funds

Cirby Hills Behavioral Health

http://www.nvbh.com

Provides psychiatric assessment, crisis intervention, individual and group therapy.

101 Cirby Hills Drive, Roseville, CA 95678 530-790-2530

Payment Accepted: County or local government fund

Comprehensive Psychiatric Services

http://www.psych-doctor.com

Treatment for multiple mental health conditions such as schizophrenia, anxiety, BPD, depression, and substance use disorders.

333 University Avenue, Suite 200, Sacramento, CA 95825 707-864-6860 ext. 2

Payment Accepted: Medicare; Federal military insurance (e.g., TRICARE); Private health insurance; Cash or selfpayment; U.S. Department of VA funds

Eating Recovery Center Sacramento

https://www.eatingrecoverycenter.com/recoverycenters/sacramento

Eating disorder treatment for adults and children. Residential, IOP, PHP and virtual IOP options available.

3610 American River Drive, Suite 140, Sacramento, CA 95864 720-603-9152

Payment Accepted: IHS/Tribal/Urban (ITU) funds; Federal military insurance (e.g., TRICARE); Private health insurance; Private or Community foundation; Cash or selfpayment; U.S. Department of VA funds

El Hogar Community Services Inc. Sierra Elder **Wellness Program**

http://www.elhogarinc.org

Behavioral health clinic that uses a strength-based approach to treat both mental health disorders and substance use disorders.

640 Bercut Drive, Suite C, Sacramento, CA 95811 916-363-1553 ext. 501

Payment Accepted: Medicare; Medicaid

El Hogar Community Services Inc. Guest House **Homeless Clinic**

https://www.elhogarinc.org/

Specializes in the treatment of dual diagnosis, and mental health for the unhoused community.

600 Bercut Drive, Sacramento, CA 95811 916-440-1500

Payment Accepted: County or local government funds; Medicare; Medicaid; State mental health agency (or equivalent) funds

Heritage Oaks Hospital

http://www.heritageoakshospital.com

Inpatient and outpatient behavioral health programs for adolescents, adults, and seniors.

4250 Auburn Boulevard, Sacramento, CA 95841 916-489-3336

Payment Accepted: County or local government funds; HIS/Tribal/Urban (ITU) funds; Medicare; Medicaid; Federal military insurance (e.g., TRICARE); Other State funds; Private health insurance; State education agency funds; Cash or self-payment; State-financed health insurance plan other than Medicaid; State mental health agency (or equivalent) funds; U.S. Department of VA funds

Kaiser Permanente Medical Center

https://thrive.kaiserpermanente.org/care-near-you/ northern-california/southsacramento/departments/ps

Mental and behavioral health services in a clinical setting.

8247 East Stockton Boulevard, Sacramento, CA 95823 916-525-6100

Payment Accepted: Medicare; Medicaid; Private health insurance: Cash or self-payment: State-financed health insurance plan other than Medicaid

Mountain Valley Child and Family Services http://mountainvalleyfamilyservices.net

Short-term residential treatment for children with emotional, behavioral, and educational challenges.

24077 State Highway 49, Nevada City, CA 95959 530-265-9057

Payment Accepted: Medicare; Medicaid; Federal military insurance (e.g., TRICARE); Private health insurance; State corrections or juvenile justice funds; State education agency funds; Cash or self-payment; State mental health agency (or equivalent) funds; State welfare or child and family services funds

Newport Academy

https://www.newportacademy.com/

Treatment for depression, anxiety, substance use, eating disorders, and other mental health conditions for young adults and teenagers.

1740 Creekside Oaks Drive, Sacramento, CA 95833 877-820-6371

Payment Accepted: Private health insurance; Cash or self-payment

North Area Community MH Center HeartLand **Child and Family Services**

http://www.doingwhateverittakes.org

Child and adolescent mental health treatment and 24-hour crisis management.

811 Grand Avenue, Suite D, Sacramento, CA 95838 916-922-9868

Payment Accepted: County or local government funds; Medicare: Medicaid: State-financed health insurance plan other than Medicaid; State mental health agency (or equivalent) funds; State welfare or child and family services funds

Pacific Clinics

https://www.pacificclinics.org/

Behavioral health and social services for children, adults and families. Services offered on-site, at home. virtual and in the community.

3840 Rosin Court, Suite 100, Sacramento, CA 95834 916-921-0828

Payment Accepted: County or local government funds; Medicaid; Other State funds; State corrections or juvenile justice funds; State-financed health insurance plan other than Medicaid; State mental health agency (or equivalent) funds; State welfare or child and family services funds

Pathways to Success After Homelessness Turning Point Community Programs

https://www.tpcp.org/program/pathways/

Provides housing services in addition to mental health services for children and adults. Counseling and psychiatric services are also available.

3810 Rosin Court, Suite 180, Sacramento, CA 95834 916-283-8280 ext. 3030

Payment Accepted: County or local government funds; Community Mental Health Block Grants; Medicare; Medicaid; State mental health agency (or equivalent) funds

Peach Tree Health North Sacramento http://www.pickpeach.org

Provides individual and group counseling, medicationassisted treatment for SUDs, case management and psychiatric support.

3810 Rosin Court, Suite 100, Sacramento, CA 95834 530-749-3242

Payment Accepted: Medicaid; Federal military insurance (e.g., TRICARE); Private health insurance; Cash or self-payment; State-financed health insurance plan other than Medicaid

River Oak Center for Children

https://www.riveroak.org/

Flexible mental health treatment for individuals under 21; also provides juvenile diversion programs and specific "head start" programs for children under three years old.

5445 Laurel Hills Drive, Sacramento, CA 95841 916-609-5100

Payment Accepted: County or local government funds; Medicaid; State corrections or juvenile justice funds; Statefinanced health insurance plan other than Medicaid; State mental health agency (or equivalent) funds; State welfare or child and family services funds

Sacramento Childrens Home

http://www.kidshome.org

Residential treatment, counseling, and tutoring center for children in crisis and families in need of resources.

2750 Sutterville Road, Sacramento, CA 95820 916-452-3981

Payment Accepted: County or local government funds; Medicaid; Other State funds; State mental health agency (or equivalent) funds

Sacramento Mental Health Urgent Care Clinic (MHUCC)

https://www.tpcp.org/program/urgent-care/

Serves Sacramento County residents of all ages experiencing a mental health crisis.

Services include evaluations, crisis intervention, treatment referrals, and peer and family support.

2130 Stockton Boulevard #300, Sacramento, CA 95817 916-520-2460

Payment Accepted: Medi-Cal; Cash or self-payment on a sliding scale

Sierra Health and Wellness Recovery Happens Counseling Services

http://www.recoveryhappens.com

Outpatient, PHP and IOP mental health and dual diagnosis treatment. Virtual treatment available, as we as veterans' treatment for PTSD and trauma.

9983 Folsom Boulevard, Sacramento, CA 95827 916-777-0696

Payment Accepted: Federal military insurance (e.g., TRICARE); Private health insurance; Cash or self-payment

Sierra Health and Wellness Centers New Start Recovery Solutions

http://newstartrecoverysolutions.com

Dual Diagnosis treatment with a full continuum of care for substance use.

10396 Spiva Road, Sacramento, CA 95829 530-854-4119

Payment Accepted: Federal military insurance (e.g., TRICARE); Private health insurance; Cash or self-payment

Sierra Vista Hospital

http://www.sierravistahospital.com

Compassionate behavioral health facility with 171bed capacity, inpatient detox services and outpatient substance use treatment.

8001 Bruceville Road, Sacramento, CA 95823 916-288-0300

Payment Accepted: County or local government funds; Medicare; Medicaid; Private health insurance; Cash or selfpayment; U.S. Department of VA funds

Stanford Sierra Youth and Families Stanford Youth Solutions

http://www.ssyaf.org

Family-oriented behavioral and mental health services, substance use treatment, juvenile justice intervention, and foster and adoption services.

8912 Volunteer Lane, Sacramento, CA 95826 916-344-0199

Payment Accepted: Medicare; State corrections or juvenile justice funds

Turning Point Community Programs Core Madison https://www.tpcp.org/program/core/

Outpatient behavioral health services for adults with a qualifying diagnosis and a Community Wellness Center.

3628 Madison Avenue, Suite 6, North Highlands, CA 95660 916-388-3231

Payment Accepted: Medicare; Medicaid; State-financed health insurance plan other than Medicaid

Turning Point Community Programs CORE Rosin https://www.tpcp.org/program/core/

Outpatient behavioral health services for adults with a qualifying diagnosis and a Community Wellness Center.

3810 Rosin Court, Suite 170, Sacramento, CA 95834 916-567-4222

Payment Accepted: Medicare; Medicaid; State-financed health insurance plan other than Medicaid

Turning Point Community Programs Crisis Residential Program Henreitta

https://www.tpcp.org/program/crisis-res/

Treatment for mental health disorders in a 24-hour a day, residential setting.

7415 Henrietta Drive, Sacramento, CA 95822 916-520-7399

Payment Accepted: Medicaid

Turning Point Community Programs Crisis Residential Program Rio Linda

https://www.tpcp.org/

Treatment for mental health disorders in a 24-hour a day, residential setting.

505 M Street, Rio Linda, CA 95673 916-287-4067

Payment Accepted: Medicaid

Turning Point Flexible Integrated Treatment https://www.tpcp.org/program/fit/

Serves children and youths ages 0-21 who are experiencing emotional and behavioral challenges.

3161 Dwight Road, Elk Grove, CA 95758 916-427-7141

Payment Accepted: Medicaid

Turning Point Integrated Services Agency http://www.tpcp.org

Provides psychosocial rehabilitation and recoveryoriented services for adults 18 and older with psychiatric disabilities and extended histories of long-term hospitalizations.

6950 65th Street, Sacramento, CA 95823 916-393-1222 ext. 2650

Payment Accepted: County or local government funds; Medicare; State-financed health insurance plan other than Medicaid; State mental health agency (or equivalent) funds; U.S. Department of VA funds

VA Northern California Sacramento

http://www.northerncalifornia.va.gov/services/Mental_ Health.asp

Behavioral health treatment for veterans in a hospital setting.

10535 Hospital Way, Mather, CA 95655 916-843-2800

Payment Accepted: U.S. Department of VA funds

Watt Avenue Clinic HeartLand Child and Family Services

http://www.doingwhateverittakes.org

Provides therapy, psychiatric services, crisis intervention, and other mental health services for children and families.

2829 Watt Avenue, Suite 200, Sacramento, CA 95821 916-418-0828

Payment Accepted: County or local government funds; Medicare; Medicaid; State-financed health insurance plan other than Medicaid; State mental health agency (or equivalent) funds; State welfare or child and family services funds

Woodland Memorial Hospital

http://www.dignityhealth.org

Mental and behavioral health treatment in a hospital setting.

1325 Cottonwood Street, Woodland, CA 95695 530-662-3961 ext. 5300

Payment Accepted: County or local government funds; Community Mental Health Block Grants; Community Service Block Grants; Medicaid; Other State funds; Private health insurance; Cash or self-payment

Yolo Community Care Continuum Safe Harbor Crisis House

https://y3c.org/programs/safe-harbor/

Short-term, 14-bed residential facility for those in mental health crisis.

584 Kentucky Avenue, Woodland, CA 95695 530-758-2160

Payment Accepted: County or local government funds; Community Mental Health Block Grants; Community Service Block Grants; Medicaid; Other State funds; Private health insurance; Cash or self-payment

Yolo County Health and Human Services Mental Health Services Davis

http://www.yolocounty.org/health-human-services

Walk-in crisis clinic, assessments, telehealth medication evaluations.

600 A Street, Davis, CA 95616 530-666-8630

Payment Accepted: Community Mental Health Block Grants; Community Service Block Grants; Medicare; Medicaid; Cash or self-payment; State-financed health insurance plan other than Medicaid

Yolo County Health and Human Services Mental Health Services West Sacramento

http://www.yolocounty.org/health-human-services

Walk-in crisis clinic, assessments, telehealth medication evaluations.

500 Jefferson Boulevard, Suite B, West Sacramento, CA 95605 916-375-6350

Payment Accepted: Community Mental Health Block Grants; Community Service Block Grants; Medicare; Medicaid; Cash or self-payment; State-financed health insurance plan other than Medicaid

Yolo County Health and Human Services Mental Health Services Woodland

http://www.yolocounty.org/health-human-services

Walk-in crisis clinic, assessments, telehealth medication evaluations.

137 North Cottonwood Street, Woodland, CA 95695 530-666-8630

Payment Accepted: Community Mental Health Block Grants; Community Service Block Grants; Medicare; Medicaid; Cash or self-payment; State-financed health insurance plan other than Medicaid

Wrap Around Services

Wrap around services are services that facilitate patient engagement and retention in treatment as well as their ongoing recovery. This can include services to address patient needs related to housing, transportation, employment, childcare, legal and financial problems, among others.

PIVOT SACRAMENTO

Pivot Sacramento offers guidance and counseling related to wraparound services such as housing, education and job placement. Pivot features a career center, apprentice programs, veterans' benefits support and workshops on state program applications. All programs are 100% free.

4625 44th Street Room 3, Sacramento, CA 95820 916-435-6760

https://pivotsac.org/

ST. JOHN'S PROGRAM FOR REAL CHANGE

Combining temporary housing, life-skills training, and mental health support, St. John's Program for Real Change helps unhoused women and their children address their challenges while providing them with a safe space to recover and heal. Clients are provided with employment training, counseling and other educational programs. Each client is handled by a case manager and their program tailored to their individual needs and goals.

2443 Fair Oaks Boulevard #369, Sacramento, CA 95825 916-453-1482

https://saintjohnsprogram.org/

SACRAMENTO COUNTY DUI SERVICES

Any individual who is charged with a DUI and holds a California driver's license must complete a State of California Licensed DUI Program before eligible to receive an unrestricted license. These are the locations in Sacramento County where individuals can complete a Licensed DUI Program.

Bridges Professional Treatment Services Sacramento

4241 Florin #75, Sacramento, CA 95823 916-450-0700

Bridges Professional Treatment Services Galt

908 C Street Suite F-1, Galt, CA 95632 916-450-0700

Safety Center, Inc. Citrus Heights

Programs available in Spanish and English. Does not offer a first time offender program.

6060 Sunrise Vista Drive #1625, Citrus Heights, CA 95610 916-721-3748

Safety Center, Inc. Sacramento

Programs available in Spanish, Russian and English.

3909 Bradshaw Road, Sacramento, CA 95827 916-366-7233

Safety Center, Inc. North Highlands

Programs available in Spanish and English.

4704 Roseville Road #102, North Highlands, CA, 95660 916-394-2320

Terra Nova Counseling Center H Street

2012 H Street #101 & 102, Sacramento, CA 95834 916-444-5680

Terra Nova Counseling Center Northgate Boulevard

4700 Northgate Boulevard #122, Sacramento 95834 916-564-0600

Terra Nova Counseling Center Madison Avenue

Does not offer a program for multiple offenders.

5777 Madison Avenue #590, Sacramento, CA 916-239-6379 or 916-999-0108

HOMELESS SHELTERS

First Step Communities - The Grove

https://www.firststepcommunities.org/ebh-the-grove

For transitional age youth (ages 18 - 24).

2787 Grove Avenue, Sacramento, CA 95815 916-418-4777

First Step Communities North - A Street Shelter

https://www.firststepcommunities.org/

1400 North A Street Building A, Sacramento, CA 95811 916-822-4900

Next Move Homeless Services Francis House Center

https://www.nextmovesacramento.org/

1422 C Street, Sacramento, CA 95814 916-443-2646

Salvation Army Center of Hope Emergency Center

https://sacramento.salvationarmy.org/sacramento_metro/center-of-hope-shelter/

1200 N B St, Sacramento, CA 95811 916-442-0331

Union Gospel Mission

https://ugmsac.com/

400 Bannon Street, Sacramento, CA 95811 916-447-3268

FOOD BANKS

Blessed Faith Ministries Food Distribution Center

https://www.bfm.church/

3400 Y Street, Sacramento, CA 95817 916-455-6270

California Emergency Foodlink

https://www.foodlink.org/

5800 Foodlink Street, Sacramento, CA 95828 800-283-9000

New Saint Bethel Baptist Church - Food Distribution Center

http://newstbethel.org/

4201 8th Avenue, Sacramento, CA 95817 916-456-3077

River City Food Bank

https://rivercityfoodbank.org/

1800 28th Street, Sacramento, CA 95816 916-446-2627

Sacramento Food Bank & Family Services

https://www.sacramentofoodbank.org/

1951 Bell Avenue, Sacramento, CA 95838 916-456-1980

California Department of Health Care Services Programs and Services

The California Department of Health Care Services (DHCS), part of the California Health and Human Services Agency, provides millions of Californians with affordable, high-quality health care, including substance use treatment. DHCS is committed to fighting the opioid overdose epidemic and has a number of programs devoted to helping those affected by substance use disorders.

https://www.dhcs.ca.gov/

Level of Care Designations

http://www.dhcs.ca.gov/provgovpart/Pages/level-of-care-designation.aspx

To ensure that all licensed facilities are capable of delivering care consistent with the proper criteria and delivering care consistent with the proper criteria and meet all of DHCS' requirements, DHCS has developed a level of care designation for residential facilities.

List of Level of Care Designated Facilities (download): http://www.dhcs.ca.gov/provgovpart/Documents/ Level-of-Care-Designated-Facilities.xlsx

Licensing and Certification Division

https://www.dhcs.ca.gov/provgovpart/Pages/ Licensing and Certification Division.aspx

Oversees licensing and certification functions, monitoring and complaints for Driving-Under-the-Influence Programs, Narcotic Treatment Programs, and outpatient and residential providers.

Licensing and Certification Resources (download): https://www.dhcs.ca.gov/provgovpart/Documents/ Level-of-Care-Designated-Facilities.xlsx

Medication Assisted Treatment Access Point

https://californiaopioidresponse.org/matproject/mat-access-points

The Center at Sierra Health Foundation is partnering with the Department of Health Care Services to increase the number of Medication Assisted Treatment (MAT) Access Points and wraparound care throughout California. MAT uses medication along with counseling to treat substance use.

Naloxone Distribution Project

https://www.dhcs.ca.gov/individuals/Pages/Naloxone_ Distribution Project.aspx

State-funded project to prevent overdose deaths through the provision of free naloxone to first responders, schools and universities, tribal entities, and more.

Opioid Response: Current Projects

https://californiaopioidresponse.org/projects/current-projects

The full directory of DHCS Current Opioid Response projects.

Mutual Aid Groups and Other Supportive Organizations (Local)

Mutual aid groups, such as 12-step programs, provide support and fellowship for people recovering from addictive behaviors. The members share a problem or status, and they value experiential knowledge — learning from each other's experiences is a central element — and they focus on personal-change goals. The groups are voluntary associations that charge no fees and are self-led by members. Other supportive organizations that provide services for people with substance use concerns or those in recovery are also listed.

Alcoholics Anonymous (AA)

12-step recovery meetings for those who want to achieve or maintain sobriety. Focus on spiritual growth, but not a religious organization. Free.

Helpline: 916-454-1100

Alcoholic Anonymous Sacramento: https://aasacramento.org/meetings/

Al-Anon & Alateen

12-step recovery meeting for friends and family of alcoholics. Focus on spiritual growth but is not a religious organization. Free.

Al-Anon Northern California: https://northerncaliforniaal-anon.org/meetings/

Celebrate Recovery

Christ-centered, 12-step recovery program for anyone struggling with hurt, pain or addiction of any kind. Free.

Find a meeting: https://crlocator.com/

Cocaine Anonymous (CA)

12-step recovery meeting for people who seek recovery from addiction to cocaine and other mindaltering substances; focus on spiritual growth but not a religious organization. Free.

Cocaine Anonymous Northern California: https://canorcal.org/

End Overdose

Non-profit organization based in California working to end drug-related overdose deaths through education, medical intervention, and public awareness.

https://endoverdose.net/

Narcotics Anonymous (NA)

12-step recovery meeting for people who seek recovery from drug addiction; focus on spiritual growth but not a religious organization. Free.

American River Area Narcotics Anonymous: https://sacramentona.org/meetings/

Nar-anon

12-step program for families and friends of addicts; focus on spiritual growth, but not a religious organization. Free.

Nar-anon Northern California: https://www.naranonnorcal.org/

Sacramento County Opioid Coalition

A collaboration of healthcare professionals, community based organizations, law enforcement, county agencies, and concerned citizens determined to turn the tide of our opioid epidemic. They are committed to saving lives by preventing overdoses through expanding treatment access, promoting safe disposal, encouraging early intervention, treatment and recovery, enhancing opioid surveillance, and expanding public education through outreach.

https://sacopioidcoalition.org/

Mutual Aid Groups and Other Supportive Organizations (National)

Al-Anon and Alateen

Help and hope for families and friends of alcoholics.

1-888-425-2666

https://al-anon.org/

https://al-anon.org/newcomers/teen-corner-alateen/

Alcoholics Anonymous (AA)

An international fellowship of men and women who have had a drinking problem. It is nonprofessional, self-supporting, multiracial, apolitical, and available almost everywhere.

https://www.aa.org/

Catholic in Recovery

A Catholic-based nonprofit organization and network of both in-person and virtual meetings that serve individuals suffering from substance use and other compulsive disorders. Meetings are free, but members can pay an optional membership fee to gain access to live webinars and videos.

https://catholicinrecovery.com/

Daily Strength

Online social network centered on support groups, where users provide one another with emotional support by discussing their struggles and successes with each other.

https://www.dailystrength.org/

Episcopal Recovery

A national ministry and network of Episcopal leaders and parishioners devoted to helping those suffering from substance use disorder. Connects individuals with 12-step groups offers a place for members to share testimonials.

https://www.episcopalrecovery.org/

In the Rooms

Online social network for the Global Recovery Community.

https://www.intherooms.com/

National Association for Children of Addiction

Resources to support individuals in pain due to alcohol and drug dependence in their family.

https://nacoa.org/

Narcotics Anonymous (NA)

A global organization that brings together members of the community who are either in recovery for various types of narcotics addiction or who wish to be in recovery.

800-407-7195

https://na.org/

Parents of Addicted Loved Ones (PAL)

A group whose primary goal is to provide hope through education and support for parents dealing with addicted loved ones. Open to anyone of any faith or background.

Help number: Information: 480-300-4712 Find a meeting: https://palgroup.org/

Recovery.com

Created to help people discover a path to recovery that's right for them, starting with landing on websites they can trust. Recovery.com provides unbiased, educational, and helpful information about treatment for addiction and mental health.

https://recovery.com/

Recovery 2.0

Global movement that embraces a holistic approach to recovery from addiction of all kinds. Emphasizes the importance of mind-body practices as part of an effective path to recovery and joy in life.

https://r20.com/

SMART Recovery

Abstinence-based, self-help program for people having problems with drinking and using. Ideas and techniques. Free alternative to 12-steps.

https://smartrecovery.org/

Hotlines

Hotlines are staffed by people who are trained to assist individuals who are experiencing a non-life-threatening mental health or substance use disorder-related crisis and/or feel overwhelmed and unsure of how to respond to the situation they are facing. For life-threatening emergencies, please call 911 or your local emergency number.

California Assaults Against Women Hotline

Open 24/7.

310-382-8381

California Youth Crisis Line

Professionally trailed counselors respond 24/7 to youth (12-24) and families in crisis.

1-800-843-5200

Crisis Text Line

Text HOME to 741741.

https://www.crisistextline.org/

National Suicide Prevention Hotline

Provides 24/7, free, confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

1-800-273-8255

Sacramento County 24 Hour Crisis Line

For those experiencing a mental health crisis.

888-881-4881 or 916-875-1055

Substance Use Treatment Helpline (SAMHSA)

Provides 24/7, free, confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

1-800-662-4357

The Trevor Project

24/7 crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, and queer (LGBTQ) young people ages 13-24.

1-866-488-7386

United Way's 2-1-1

Free, confidential referral and information helpline and website that connects people from all communities and ages to the essential health and human services they need, 24 hours a day, seven days a week.

https://211.org/

Substance Use Prevention **Programs and Resources**

Prevention programs, carried out before the need for treatment, can delay early use and stop the progress from use to problematic use or substance use disorder.

Above the Influence Youth Prevention Toolkit

Facilitator guides and educational materials to empower teens (12-17) with the necessary intellectual, social, and emotional skills to avoid negative influences.

https://hhs.gov/sites/default/files/ati toolkit new.pdf

Botvin Life-Skills Training Program

Evidence-based prevention programs for schools, families, and communities.

http://www.lifeskillstraining.com/

Omni Youth Programs

Certifies teens and their adult supervisors from schools, non-profits, law enforcement and community groups throughout Sacramento County to facilitate the Teens In Action Model Program, who then deliver presentations, video viewings, and workshops to middle and high-school aged youth.

https://www.omniyouth.net/

9616 Micron Avenue #750, Sacramento, CA, 95827 916-362-2000

Email: info@omniyouth.net

Partnership to End Addiction

Resources for parents or other caregivers looking for information and strategies to prevent or stop illicit drug use by adolescents.

https://drugfree.org/

PRO Youth and Families, Inc.

Leadership & Advocacy Project serves six school sites offering Life Skills Training prevention education to students. Also provides outreach to youth and families through community events, health fairs, speaking engagements, newsletters, blogs, videos, and social media platforms with educational messaging.

https://proyouthandfamilies.org/

3780 Rosin Court, Suite 120, Sacramento, CA 95834 916-576-3300

Email: info@proyouthandfamilies.org

Toolkit for Parents: Underage Drinking in California, What Can You Do

Collection of online literature and resources for parents looking to prevent underage drinking.

http://www.youthbingedrinking.org/resources/ resources detail.php

The Truth: Opioids

National campaign to prevent youth opioid abuse from the Office of National Drug Control Policy.

https://www.thetruth.com/opioids

Educational Resources

These resources can be used for learning, teaching and decision-making about substance use disorders.

The Center for Addiction and Faith

Organized by the Fellowship of Recovering Lutheran Clergy (FRLC), this site provides crucial information on the intersection of faith and addiction, with links to testimonials, theology on addiction, and other educational and inspirational resources. The Center for Addiction and Faith hosts an annual conference that brings together faith leaders and experts on substance use disorders from across the country.

https://www.addictionandfaith.com/

Decisions in Recovery: Treatment for Opioid Use Disorder (SAMHSA)

Handbook for anyone seeking help or information about cutting down or cutting our narcotics, prescription pain medications, heroin and/or other opioid drugs.

https://store.samhsa.gov/product/Decisions-in-Recovery-Treatment-for-Opioid-Use-Disorders/SMA16-4993

Drugs, Brains, and Behavior: The Science of Addiction (NIDA)

Fosters understanding about the need for long-term support for people in recovery.

https://nida.nih.gov/sites/default/files/soa 2014.pdf

Effective Treatments for Opioid Addiction (NIDA)

Educates on Medication-Assisted Treatment (MAT) and how to offer the best support for people in treatment.

https://nida.nih.gov/publications/research-reports/ medications-to-treat-opioid-addiction/how-domedications-to-treat-opioid-addiction-work

Opioid Basics (CDC)

Information regarding the opioid epidemic that's designed for non-health professionals and ideal for community and faith-based organizations.

https://www.cdc.gov/overdose-prevention/about/ prescription-opioids.html

Opioid Overdose Prevention Toolkit (SAMHSA)

Offers strategies to health care providers, communities, and local governments for developing practices and policies to help prevent opioid-related overdoses and deaths.

https://store.samhsa.gov/product/Opioid-Overdose-Prevention-Toolkit/SMA18-4742

Personal Recovery Stories (Hazelden Betty Ford)

Read these powerful accounts of addiction and recovery, as told by our alumni, and our incredible donors.

https://www.hazeldenbettyford.org/stories

Q&A on Naloxone (NIDA)

Information on medications that can reverse an opioid overdose and save lives.

https://nida.nih.gov/publications/drugfacts/naloxone

Glossary of Key Terms

12-Step Program: A group providing mutual support and fellowship for people recovering from addictive behaviors. The first 12-step program was Alcoholics Anonymous (AA), founded in 1935; an array of 12-step groups following a similar model have since emerged and are the most widely used mutual aid groups and steps for maintaining recovery from alcohol and drug use disorders. It is not a form of treatment, and it is not to be confused with the treatment modality called Twelve-Step Facilitation.

Abstinence: Not using alcohol or drugs.

Addiction: The most severe form of substance use disorder, associated with compulsive or uncontrolled use of one or more substances. Addiction is a chronic brain disease that has the potential for both recurrence (relapse) and recovery.

Binge Drinking: For men, drinking 5 or more standard alcoholic drinks, and for women, 4 or more standard alcoholic drinks on the same occasion on at least 1 day in the past 30 days.

Case Management: A coordinated approach to delivering general health care, substance use disorder treatment, mental health, and social services. This approach links clients with appropriate services to address specific needs and goals.

Compulsivity: Repetitive behaviors in the face of adverse consequences, as well as repetitive behaviors that are inappropriate to a particular situation. People suffering from compulsions often recognize that the behaviors are harmful, but they nonetheless feel emotionally compelled to perform them.

Continuum of Care: An integrated system of care that guides and tracks a person over time through a comprehensive array of health services appropriate to the individual's need. A continuum of care may include prevention, early intervention, treatment, continuing care, and recovery support.

Dependence: A state in which an organism only functions normally in the presence of a substance, experiencing physical disturbance when the substance is removed. A person can be dependent on a substance without being addicted, but dependence sometimes leads to addiction.

Drug Diversion: A medical and legal concept involving the transfer of any legally prescribed controlled substance from the person for whom it was prescribed to another person for any illicit use.

Heavy Drinking: Defined by the Centers for Disease Control and Prevention (CDC) as consuming 8 or more drinks per week for women, and 15 or more drinks per week for men, and by the Substance Abuse and Mental Health Services Administration (SAMHSA), for research purposes, as binge drinking on 5 or more days in the past 30 days.

Intervention: A professionally delivered program, service, or policy designed to prevent substance misuse (prevention intervention) or treat a substance use disorder (treatment intervention).

Medication assisted treatment (MAT): MAT is the use of FDA-approved medications, in combination with counseling and behavioral therapies, to provide a "whole-patient" approach to the treatment of substance use disorders. Research shows that a combination of medication and therapy can successfully treat these disorders, and for some people struggling with addiction, MAT can help sustain recovery. The FDA has approved several different medications to treat opioid use disorder and alcohol use disorder.

Negative Reinforcement: The process by which removal of a stimulus such as negative feelings or emotions increases the probability of a response like drug taking.

Opioid Treatment Program (OTP): SAMHSAcertified program, usually comprising a facility, staff, administration, patients, and services, that engages in supervised assessment and treatment. using methadone, buprenorphine, or naltrexone, of individuals who have opioid use disorders. An OTP can exist in a number of settings, including but not limited to intensive outpatient, residential, and hospital settings. Services may include medically supervised withdrawal and/or maintenance treatment, along with various levels of medical, psychiatric, psychosocial, and other types of supportive care.

Positive Reinforcement: The process by which presentation of a stimulus such as a drug increases the probability of a response like drug taking.

Prescription Drug Misuse: Use of a drug in any way a doctor did not direct an individual to use it.

Protective Factors: Factors that directly decrease the likelihood of substance use and behavioral health problems or reduce the impact of risk factors on behavioral health problems.

Recovery: A process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential. Even individuals with severe and chronic substance use disorders can, with help, overcome their substance use disorder and regain health and social function. This is called remission. When those positive changes and values become part of a voluntarily adopted lifestyle, that is called "being in recovery". Although abstinence from all substance misuse is a cardinal feature of a recovery lifestyle, it is not the only healthy, pro-social feature.

Relapse: The return to alcohol or drug use after a significant period of abstinence. A more compassionate term that is being used more often is "having or had a setback."

Remission: A medical term meaning that major disease symptoms are eliminated or diminished below a predetermined, harmful level.

Risk Factors: Factors that increase the likelihood of beginning substance use, of regular and harmful use, and of other behavioral health problems associated with use.

Substance: A psychoactive compound with the potential to cause health and social problems, including substance use disorders (and their most severe manifestation, addiction).

Substance Misuse: The use of any substance in a manner, situation, amount or frequency that can cause harm to users or to those around them. For some substances or individuals, any use would constitute as misuse (e.g., under-age drinking, injection drug use).

Substance Misuse Problems or Consequences: Any health or social problem that results from substance misuse. Substance misuse problems or consequences may affect the substance user or those around them, and they may be acute (e.g., an argument or fight, a motor vehicle crash, an overdose) or chronic (e.g., a long-term substance-related medical, family, or employment problem, or chronic medical condition, such as various cancers, heart disease, and liver disease). These problems may occur at any age and are more likely to occur with greater frequency of substance misuse.

Substance Use: The use — even one time of any substance.

Substance Use Disorders: A medical illness caused by repeated misuse of a substance or substances. According to the Fifth Edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM-5), substance use disorders are characterized by clinically significant impairments in health, social function, and impaired control over substance use and are diagnosed through assessing cognitive, behavioral, and psychological symptoms. Substance use disorders range from mild to severe and from temporary to chronic. They typically develop gradually over time with repeated misuse, leading to changes in brain circuits governing incentive salience (the ability of substance-associated cues to trigger substance seeking), reward, stress, and executive functions like decision making and self-control.

Substance Use Disorder Treatment: A service or set of services that may include medication, counseling, and other supportive services designed to enable an individual to reduce or eliminate alcohol and/or other drug use, address associated physical or mental health problems, and restore the patient to maximum functional ability.

Tolerance: Alteration of the body's responsiveness to alcohol or a drug such that higher doses are required to produce the same effect achieved during initial use.

Withdrawal: A set of symptoms that are experienced when discontinuing use of a substance to which a person has become dependent or addicted, which can include negative emotions such as stress, anxiety, or depression, as well as physical effects such as nausea, vomiting, muscle aches, and cramping, among others. Withdrawal symptoms often lead a person to use the substance again.

Wrap-Around Services: Wrap -around services are non-clinical services that facilitate patient engagement and retention in treatment as well as their ongoing recovery. This can include services to address patient needs related to transportation, employment, childcare, housing, legal and financial problems, among others.

Source: U.S. Department of Health and Human Services (HHS), Office of the Surgeon General, Facing Addiction in America: The Surgeon General's Report on Alcohol, Drugs, and Health. Washington, DC: HHS, November 2016.

