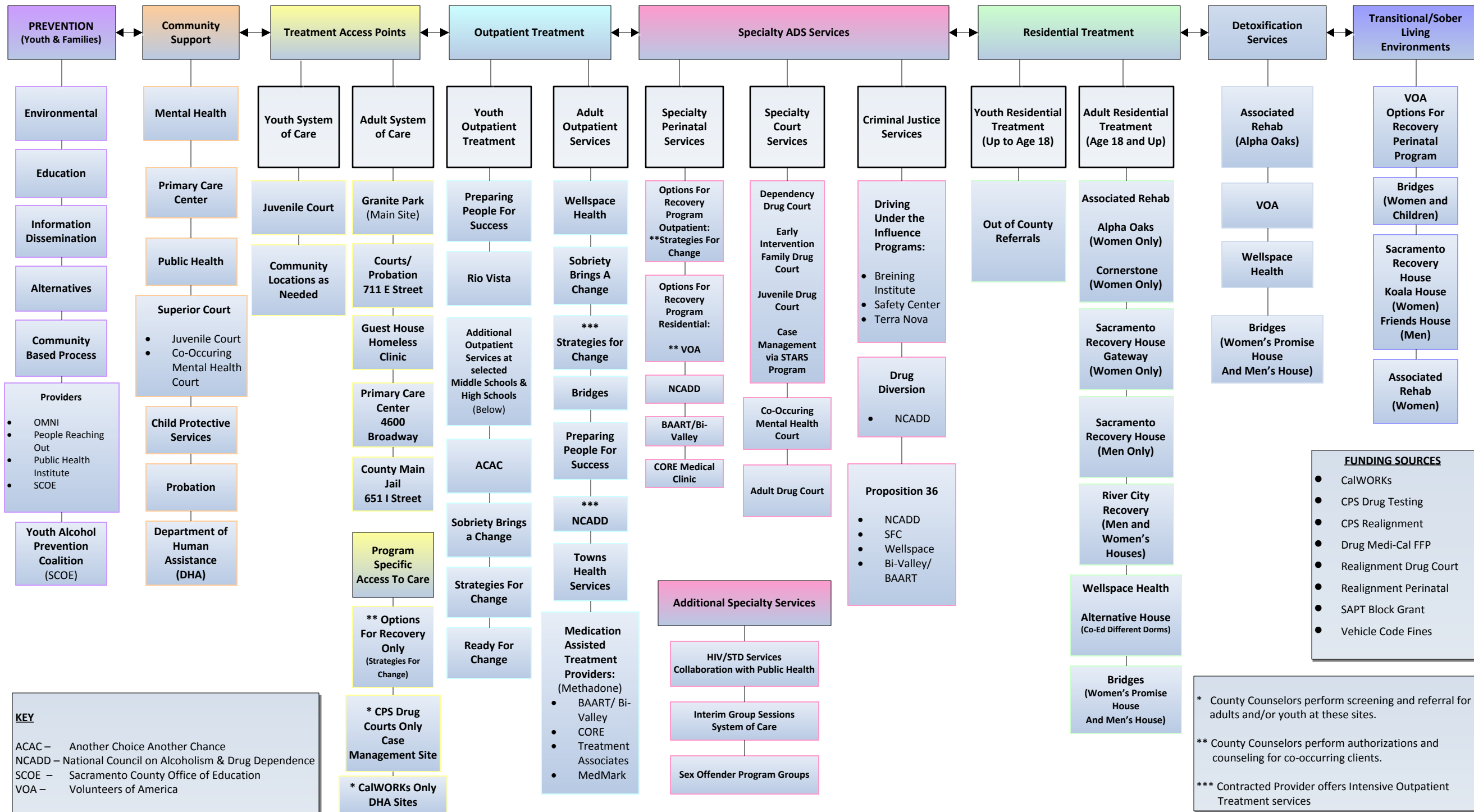




# SACRAMENTO COUNTY ALCOHOL AND DRUG SERVICES CONTINUUM

(Contracted Providers and County Staff)



*Specific services available through the  
Options for Recovery Program:*

**Residential Treatment**

**Detoxification (Limited)**

**Intensive Outpatient Treatment**

**Outpatient Treatment**

**Relapse Prevention and Support**

**Mental Health Assessment &  
Counseling**

**Health Education**

**WEAVE Groups**

**Help Getting out of Sex Trade  
Industry**

**Child Development**

**Parenting Classes**

**Self-Care and Living Skills**

**On-Site Child Play Care**

**Community Resource Referrals**



**Division of Behavioral Health Services**

Uma K. Zykofsky, LCSW,  
Behavioral Health Director  
Alcohol and Drug Administrator

**Department of Health and Human Services**

Sherrri Z. Heller, Ed D., Director

**County Executive:**

Navdeep S. Gill

**Board of Supervisors:**

|                 |              |
|-----------------|--------------|
| Phil Serna      | 1st District |
| Patrick Kennedy | 2nd District |
| Susan Peters    | 3rd District |
| Sue Frost       | 4th District |
| Don Nottoli     | 5th District |



Department of Health and Human Services  
Division of Behavioral Health Services

## Alcohol and Drug Services



## Options for Recovery

**Service Providers**

**Volunteers Of America**

**Strategies For Change**

## MISSION STATEMENT

Our mission is to reduce the harmful effects associated with alcohol and drug use and improve birth outcomes for pregnant and parenting women by providing intensive residential and outpatient treatment.

**IF YOU ARE DRINKING or USING DRUGS** during your pregnancy, you could seriously harm your unborn child.

**STOP NOW!** It isn't too late to quit and give your baby a healthy start at life.

Options For Recovery treats mothers living in Sacramento County.

**If you need help, call us.**

**(916) 395-3552, ext 272**

No one will be refused services for inability to pay.

**Preference provided for PERINATAL Alcohol and Drug Treatment Services to Women**

Injecting pregnant women receive preference in the following order:

- Pregnant and injecting drug users;
- Pregnant substance abusers;
- Injecting drug users; and
- All others.

## **Options for Recovery offers:**

### Residential Treatment

- Volunteers Of America

A three month live-in facility providing alcohol and drug treatment, individual and group counseling, peer support, child development, and parenting classes, for up to 16 women and 12 children.

### Detoxification

-Volunteers Of America

A 5-10 day detoxification program for women entering Options for Recovery Residential or Outpatient Programs.

### Intensive Outpatient Treatment

- Strategies For Change

Three month intensive outpatient programs ranging from 9 to 20 hours per week. Provides alcohol and drug education, relapse prevention, parenting classes, child enrichment, and peer recovery support to assist women in maintaining a healthy lifestyle.

### Outpatient Drug Free (ODF) Treatment

- Strategies For Change

Treatment one day a week for three months providing alcohol and drug treatment, counseling, relapse prevention, parenting, child enrichment, and peer support.

### Transitional Living

- Volunteers Of America

Clean and sober living apartments for women and children enrolled in outpatient treatment. To qualify must be in treatment with Options For Recovery and have tested drug and alcohol free for 30-days.

### Sacramento County Services

Provides mental health assessments, counseling and outside referrals. Assists in stabilization of mental health and recovery related needs, advocacy, and service coordination.

*To find out more about:*

*The Program*



*If You Qualify*



*How to get Started*



*Call (916) 395-3552, ext 272*

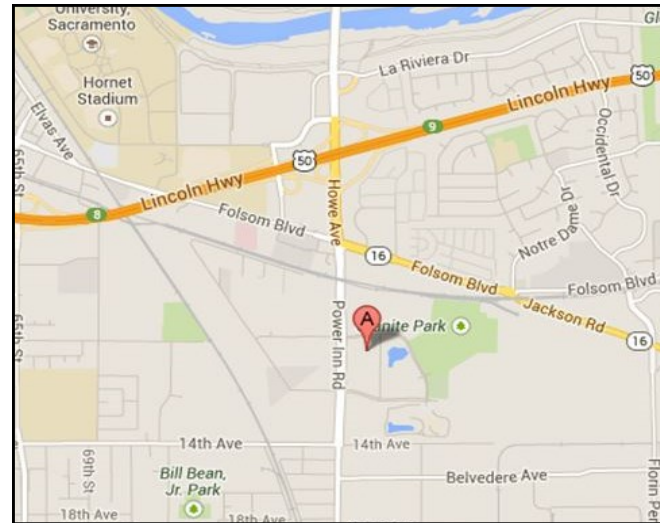
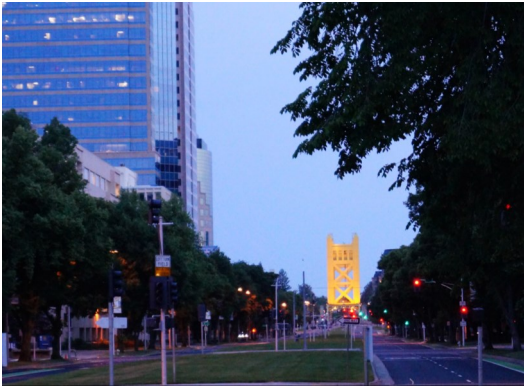
*Between the Hours of*

*8:00am - 5:00pm*

*Monday thru Friday*

*California Relay Service: 711*

*Bilingual staff  
and/or interpreters are  
available at no cost*



**Adult System of Care**  
**3321 Power Inn Road, Suite 120**  
**Sacramento, CA 95826**  
[www.DHHS.SacCounty.net](http://www.DHHS.SacCounty.net)

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Department of Health and Human Services  
 Division of Behavioral Health Services

## Alcohol and Drug Services



## Adult System of Care

**Telephone: (916) 874-9754**

**3321 Power Inn Road, Suite 120**  
**Sacramento, CA 95826**

### Address:

#### Adult System of Care

3321 Power Inn Road, Suite 120  
 Sacramento, CA 95826

### Hours of Operation:

Monday through Friday  
 8:00 a.m. to 5:00 p.m.  
 (Closed for major holidays)

Bilingual staff and/or interpreters are available at no cost

### Telephone Number:

(916) 874-9754

California Relay Service: 711

### Website:

[www.DHHS.SacCounty.net](http://www.DHHS.SacCounty.net)

## **Sacramento County Alcohol and Drug Services System of Care:**

- Provides assessment and treatment matching referral to all levels of county funded treatment services
- Determines appropriate levels of treatment services for each eligible client based on assessment
- Tailors assessment services to meet the needs of diverse individuals and makes suggestions for tailored treatment needs to community providers
- Provides residential treatment and detoxification authorization and admission to all County-contracted treatment providers
- Refers clients to interim services, education, self help groups and other services as needed or requested

## **Who is eligible for services?**

- Any adult living in Sacramento County who is experiencing alcohol and/or drug problems
- Eligibility is based on full scope Medi-Cal and/or the lack of insurance that covers alcohol and/or drug treatment services

### **Preference provided for PERINATAL Alcohol and Drug Treatment Services to Women**

Injecting pregnant women receive preference in the following order:

- Pregnant and injecting drug users
- Pregnant substance abusers
- Injecting drug users
- All others

## **Community Treatment Services**

- Education Groups
- Outpatient Treatment
- Intensive Outpatient Treatment
- Perinatal Services (pregnant and parenting women)
- Residential Treatment
- Detoxification
- Medication Assisted Treatment (Methadone)
- Sober Living Environments/ Transitional Living Services
- After Care Services
- Recovery Support Services

# Youth Alcohol and Drug Treatment Services

“Though no one can go back and make a new start, anyone can start from now and make a brand new ending.” - Carl Bard



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## Is Alcohol or Other Drugs a Problem for You or a Teen You Know?

- ◆ Has drinking or drug use caused family, school, or legal problems for yourself or a teen you know?
- ◆ Have you or a teen you know lost their temper or gotten into arguments/fights while drinking or using drugs?
- ◆ Do you or a teen you know spend time thinking about or trying to get alcohol or other drugs?
- ◆ Have you or a teen you know, missed out on anything that you/they wanted to do because of drug and/or alcohol use?
- ◆ Have you or a teen you know been worried about his/her own drinking or drug usage?



If the answer is “yes” to one or more questions, please refer to the resources listed on the reverse side of this brochure.



Department of Health and Human Services  
Division of Behavioral Health Services

## Alcohol and Drug Services



## Youth Treatment Services

**Telephone: (916) 875-2050**

## WHO IS ELIGIBLE FOR SERVICES?

Any youth living in Sacramento County who is experiencing alcohol and/or drug problems

Eligibility is based on full scope Medi-Cal and/or the lack of insurance that covers alcohol and/or drug treatment services

## WHERE DO I BEGIN?

Call one of the listed sites on this brochure for information or a confidential alcohol and drug assessment

For more information about Sacramento County Alcohol and Drug Services for youth

*contact:*

**Alcohol and Drug Services  
General Information Line:  
(916) 875-2050**

**California Relay Service: 711  
(Bilingual staff and/or interpreters are available at no cost)**

**Preference provided for PERINATAL Alcohol and Drug Treatment Services to Youth**

Injecting pregnant youth receive preference in the following order:

- Pregnant and injecting drug users
- Pregnant substance abusers
- Injecting drug users
- All others

# Youth Alcohol and Drug Outpatient Treatment Providers

## WHO MAKES A REFERRAL?

Youth are encouraged to refer themselves. In addition, family members, teachers, counselors, social workers, or anyone else who wants to help connect a youth with services can contact the following service agencies.

### North Sacramento

- **Strategies for Change**  
4441 Auburn Blvd. Suite E.  
Sacramento, CA 95841  
Phone: 473-5764  
Fax: 473-5766

### South Sacramento

- **Another Choice, Another Chance (ACAC)**  
7000 Franklin Blvd. Suite 625  
Sacramento, CA 95820  
Phone: 388-9418  
Fax: 388-9273
- **Sobriety Brings A Change (SBAC)**  
4600 47th Ave Suite 102  
Sacramento, CA 95824  
Phone: 454-4242  
Fax: 454-2930
- **Strategies for Change**  
4343 Williamsborough Dr.  
Sacramento, CA 95823  
Phone: 395-3552  
Fax: 395-3683

### Isleton/Rio Vista

- **Rio Vista CARE, Inc.**  
628 Montezuma Street  
Rio Vista, CA 94571  
Phone: (707) 374-5243  
Fax: (707) 374-5381



## Sacramento County Coalition for Youth

### *Creating Community Action to Prevent Youth Alcohol Use*



The Sacramento County Coalition for Youth is a new initiative launched in October 2015 to focus on the overarching goals in the Alcohol and Drug Prevention Services Strategic Plan addressing underage drinking.

By developing strong partnerships and strengthening existing partnerships, Sacramento County can build a strong and collective impact to best leverage currently available and potential prevention resources.

Coalition activities include the development of an Action Plan designed to implement environmental strategies targeting the prevention and reduction in youth alcohol use using media messaging, addressing social norms supporting wellness, and focusing on laws, policies and practices that can impact underage drinking.

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## Alcohol and Drug Prevention Services



Department of Health and Human Services  
Division of Behavioral Health Services

Phone: 916-875-2050

Visit Us At: [www.DHHS.SacCounty.net](http://www.DHHS.SacCounty.net)



## Who is Eligible for Primary Prevention Services?

- Sacramento County residents
- Individuals who have not begun to use substances;
- or
- Individuals who have begun to use substances but have not yet displayed indicators of a substance use disorder **and** may benefit from prevention education

## Who We Serve

- ♦ Youth
- ♦ Families
- ♦ Schools, Neighborhoods, and Communities

## Services Provided

Bi-lingual staff and/or interpreters are available at no cost.

### Services for Youth

Prevention services for youth are designed to increase protective factors, while reducing risk factors related to substance use, enhancing opportunities for family and school success.

**Center for Collaborative Planning:** *Youth Engaged In Action*

**Omni Youth Programs:** *Teens in Action*

**People Reaching Out:** *Leadership and Advocacy school based programs*

**Sacramento County Office of Education:** *Club Live , Friday Night Live and Friday Night Live Mentoring*

### Services for Families

Families in prevention services receive education on reducing risk factors, as well skill-building to help foster positive family environments supporting youth abstinence and resiliency.

**Center for Collaborative Planning:** *Families & Communities Together*

**Omni Youth Programs:** *Active Parenting of Teens, Families in Action, and Family Matters*

### Services for Schools, Neighborhoods, Communities

Prevention services for schools, neighborhoods and communities include outreach and education programs focusing on underage drinking with Train the Trainers curriculums to increase knowledge and abilities.

**Center for Collaborative Planning and Omni Youth Programs:** *Train the Trainers curriculums*

**Sacramento County Office of Education:** *Sacramento County Coalition for Youth*

For More Information  
Regarding Prevention Services,  
Please Contact Alcohol and Drug  
Services at:

Phone: 916-875-2050

California Relay Service: 711

### SERVICE GOALS

#### *Too Early:*

Reduce the percentage of youth reporting the initiation of alcohol use by the age of 15.

#### *Too Much:*

Reduce the percentage of youth who report engaging in binge drinking.

#### *Too Often:*

Reduce the percentage of youth who report drinking 3 or more days within the past 30 days.

**STOP**  
UNDERAGE DRINKING