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. Zykoifsky, LCSW,
Behavioral Health Director
Alcohol and Drug Administrator

Department of Health and Human Services
Sherri 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

Volunteers Of America
Strategies For Change

Alcohol and Drug Services

Options for Recovery

Sacramento County

Department of Health and Human Services
Division of Behavioral Health Services
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
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

Adult System of Care
3321 Power Inn Road, Suite 120
Sacramento, CA 95826
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Alcohol and Drug Services

Adult System of Care
Telephone: (916) 874-9754
3321 Power Inn Road, Suite 120
Sacramento, CA 95826
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

Revised June 2016
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.
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:

call: 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

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 Williamsbourgh 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

Youth Alcohol and Drug Outpatient Treatment Providers

Revised March 2017
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.
Who is Eligible for Primary Prevention Services?

- Sacramento County residents
- Individuals who have not begun to use substances;
- 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