

Alcohol, Drug, and Mental Health
Resource Manual
For Service Coordinators

Summer 2013

Alta California Regional Center

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Substance Abuse Screening Tool

Exploring the alcohol and drug use patterns of Alta California Regional Center Clients is an important first step in identifying those individuals in need of assistance as well as those who are at risk for developing problems. The CRAFFT is a simple screening instrument that is used with adolescents that can also be used with Regional Center clients.

CRAFFT is a mnemonic acronym of first letters of key words in the 6 screening questions.

The questions should be asked exactly as written after receiving a yes to any of the three questions:

Part A During the PAST 12 MONTHS did you:

1. Drink any alcohol (more than a few sips)?

(Do not count sips of alcohol taken during family or religious events.)

2. Smoke any marijuana?

3. Use anything else to get high?

(“Anything else” includes illegal drugs, over the counter and prescription drugs and things that you sniff or “huff”.)

Part B

C Have you ever ridden in a CAR driven by someone (including yourself) who was “high” or had been using alcohol or drugs?

R Do you ever use alcohol or drugs to RELAX, feel better about yourself, or fit in?

A Do you ever use alcohol or drugs while you are by yourself, or ALONE?

F Do you ever FORGET things you did while using alcohol or drugs?

F Do your family or FRIENDS ever tell you that you should cut down on your drinking or drug use?

T Have you ever gotten into TROUBLE while you were using alcohol or drugs?

Scoring: Each “yes” response score in Part B scores 1 point. A total score of 2 or higher is a positive screen, indicating a need for additional assessment.

The CRAFFT Screening Interview

Begin: "I'm going to ask you a few questions that I ask all my patients. Please be honest. I will keep your answers confidential."

Part A

During the PAST 12 MONTHS, did you:	No	Yes
1. Drink any <u>alcohol</u> (more than a few sips)? (Do not count sips of alcohol taken during family or religious events.)	<input type="checkbox"/>	<input type="checkbox"/>
2. Smoke any <u>marijuana</u> or <u>hashish</u> ?	<input type="checkbox"/>	<input type="checkbox"/>
3. Use <u>anything else</u> to <u>get high</u> ? ("anything else" includes illegal drugs, over the counter and prescription drugs, and things that you sniff or "huff")	<input type="checkbox"/>	<input type="checkbox"/>

For clinic use only: Did the patient answer "yes" to any questions in Part A?

No

Yes



Ask CAR question only, then stop

Ask all 6 CRAFFT questions

Part B

	No	Yes
1. Have you ever ridden in a CAR driven by someone (including yourself) who was "high" or had been using alcohol or drugs?	<input type="checkbox"/>	<input type="checkbox"/>
2. Do you ever use alcohol or drugs to <u>RELAX</u> , feel better about yourself, or fit in?	<input type="checkbox"/>	<input type="checkbox"/>
3. Do you ever use alcohol or drugs while you are by yourself, or <u>ALONE</u> ?	<input type="checkbox"/>	<input type="checkbox"/>
4. Do you ever <u>FORGET</u> things you did while using alcohol or drugs?	<input type="checkbox"/>	<input type="checkbox"/>
5. Do your <u>FAMILY</u> or <u>FRIENDS</u> ever tell you that you should cut down on your drinking or drug use?	<input type="checkbox"/>	<input type="checkbox"/>
6. Have you ever gotten into <u>TROUBLE</u> while you were using alcohol or drugs?	<input type="checkbox"/>	<input type="checkbox"/>

CONFIDENTIALITY NOTICE:

The information recorded on this page may be protected by special federal confidentiality rules (42 CFR Part 2), which prohibit disclosure of this information unless authorized by specific written consent. A general authorization for release of medical information is NOT sufficient for this purpose.

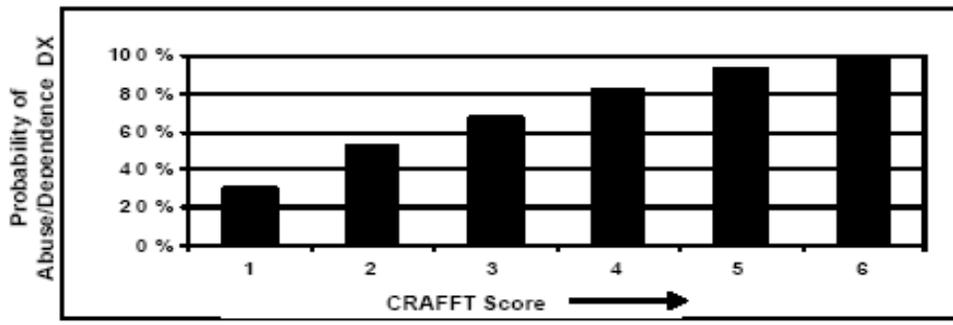
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SCORING INSTRUCTIONS: FOR CLINIC STAFF USE ONLY

CRAFFT Scoring: Each "yes" response in Part B scores 1 point.
A total score of 2 or higher is a positive screen, indicating a need for additional assessment.

Probability of Substance Abuse/Dependence Diagnosis Based on CRAFFT Score^{1,2}



DSM-IV Diagnostic Criteria³ (Abbreviated)

Substance Abuse (1 or more of the following):

- Use causes failure to fulfill obligations at work, school, or home
- Recurrent use in hazardous situations (e.g. driving)
- Recurrent legal problems
- Continued use despite recurrent problems

Substance Dependence (3 or more of the following):

- Tolerance
- Withdrawal
- Substance taken in larger amount or over longer period of time than planned
- Unsuccessful efforts to cut down or quit
- Great deal of time spent to obtain substance or recover from effect
- Important activities given up because of substance
- Continued use despite harmful consequences

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References:

1. Knight JR, Shrier LA, Bravender TD, Farrell M, Vander Bilt J, Shaffer HJ. A new brief screen for adolescent substance abuse. Arch Pediatr Adolesc Med 1999;153(6):591-6.
2. Knight JR, Sherritt L, Shrier LA, Harris SK, Chang G. Validity of the CRAFFT substance abuse screening test among adolescent clinic patients. Arch Pediatr Adolesc Med 2002;156(6):607-14.
3. American Psychiatric Association. Diagnostic and Statistical Manual of Mental Disorders, fourth edition, text revision. Washington DC, American Psychiatric Association, 2000.

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Brief Intervention

Talking with someone about their drinking or drug use is usually not easy for most of us. Here are a few things to keep in mind.

- People are often uncomfortable in discussing their alcohol and drug use. Avoid comments that might be interpreted as judgmental or moralistic.
- Remind the client that you are not here to make them change, rather your purpose is to help them explore whether they have a problem and to help them change if they want to.
- Focus the discussion on how their alcohol and drug use may be placing them in unsafe situations.
- Also, focus on how their alcohol and drug use may be limiting their independence and achieving their important goals.
- If they wish to change their use of alcohol and drugs help them to determine reasonable goals for this change, and explore what might get in the way of being able to make those changes/achieve their goals.
- Explore alternatives to using alcohol and/or drugs in situations and what they can do instead of using, or to reduce their use.

Alcohol and Drug Quiz for Developmental Disability Professionals

Principles:

Adult individuals have the right to make rational, informed decisions whether or not to use alcoholic beverages without being subject to interference and / or pressure.

Excessive use of alcohol and use of illicit drugs is an unacceptable social practice and often leads to poor outcomes for persons served by the Alta California Regional Center.

1. The 12-step approach of Alcoholics and Narcotics Anonymous is the most effective treatment for alcohol and / or drug problems.

True False

2. Unaddressed alcohol and other drug abuse can place a person with developmental disabilities at higher risk for: (check all that are true)

Injuries

Loss of Regional Center benefits

Decreased independence

Dangerous medication interactions

Homelessness

Criminal justice involvement

3. Wine & beer use are less likely to lead to problems than drinking distilled spirits or “hard” liquor.

True False

4. A person with a substance use problem can receive an intervention and other helpful forms of assistance before “hitting bottom”.

True False

5. Persons with developmental disabilities who drink alcohol in combination with psychoactive medications may experience a heightened effect after only one or two drinks. True False

6. A “blackout” occurs when a person drinks alcohol and then has no recollection about a period of time.

True False

7. Fumes from which of the following can be inhaled to produce a high? a) spray paint; b) model glue, c) nail polish remover, d) whipped cream canisters, e) all of the above.

8. Alcohol–related birth defects are 100% preventable.

True False

9. An approach called Motivational Interviewing is a promising practice in addiction treatment.

True False

10. Reducing / eliminating alcohol and drug use increases independent living potential.

True False

Alcohol and Drug Quiz for Developmental Disability Professionals

Answers

1. (False) First , 12-step groups are not treatment, and while they are by far the most common mutual aid approaches to foster recovery, there are other methodologies as well including SMART Recovery, Women for Sobriety, and LifeRing Recovery are a few.
2. (All) Unaddressed alcohol and drug use disorder undermines all outcomes. Of particular importance to persons with a developmental disability are increased risks to health and safety, as well as limitations in independent living.
3. (False) There are no “safer” alcoholic beverages. Beer and wine tend to be more socially acceptable for use earlier in the day. A can of cold beer at 11 am on a summer morning is less likely to raise eyebrows than a shot of bourbon.
4. (True) This old conventional wisdom has become outdated with advances in intervention and strategies such as motivational interviewing and harm reduction.
5. (True) Alcohol use is contraindicated with many psychoactive medications. These alcohol/ drug interactions can be synergistic, i.e. increasing the mind-altering effects.
6. (True) Sometimes referred to as alcoholic amnesia this phenomenon is indicative of chronic alcohol use disorder.
7. (E) Many common household products are used by inhalant abusers because of their low cost and easy availability.
8. (True) ARBD are only the result of *in utero* exposure to beverage alcohol. Most health practitioners advise that there is no safe, low limit.
9. (True) MI is a methodology that trained professionals are increasingly using to reduce denial and increase an individual’s motivation to reduce problems associated with their drug and alcohol use.
10. (True) Independent living calls for good judgment, smart choices and the ability to learn and adapt. All these skills are reduced by use of alcohol and drugs for persons with developmental disabilities.

County Alcohol and Drug Services Administrators

Publicly-funded alcohol and drug treatment and recovery services in California are planned and delivered at the county level. Within each county health department there is a department that contracts with and oversees community-based providers that actually deliver the services. Often “Alcohol and Drugs” or “Behavioral Health” are terms that appear in the titles of these department. These departments usually have an administrator or chief who is the central coordinator for most of what happens in these department, including receiving complaints about barriers to service. Since persons with disabilities are a protected class publicly-funded treatment agencies must comply with the Americans with Disabilities Act of 1990 and Section 504 of The Rehabilitation Act of 1973 as amended.

Below are listed the county alcohol and drug programs contact information as of June 2013 for the ten counties comprising the Alta California Regional Center’s catchment area. Since personnel and contact information changes over time, an up-to-date listing of administrators and departments is available from the County Alcohol and Drug Program Administrators of California website.

http://cadpaac.org/members_a.html

<p>ALPINE COUNTY Pamela Knorr, Administrator Alcohol & Drug Program P.O. Box 545 Markleeville, CA 96120 (530) 694-2287 (530) 694-2770 FAX jmolnar@alpinecountyca.com</p>	<p>COLUSA COUNTY Vacant, Director Colusa County Behavioral Health 162 E. Carson St. Colusa, CA 95932 (530) 458-0520 (530) 458-7751 FAX</p>	<p>COLUSA COUNTY Deana Fleming Clinical Program Manager Colusa Co. Behavioral Health 162 E. Carson St., Suite A Colusa, CA 95932 (530) 458-0572 (530) 458-7751 FAX dfleming@countyofcolusa.org</p>
<p>EL DORADO COUNTY Neda West Director of Health Services 931 Spring Street Placerville, CA 95667 (530) 621-6149 (530) 626-4713 Neda.West@edcgov.us</p>	<p>EL DORADO COUNTY Shirley White Alcohol and Drug Programs Manager 670 Placerville Drive Placerville 95667 (530) 621-6146 FAX (530) 295-2596 Shirley.white@edcgov.us</p>	<p>NEVADA COUNTY Michael Heggarty Behavioral Health Director Nevada Co. Behavioral Health 500 Crown Point Circle, Suite 120 Grass Valley, CA 95945. (530) 265-1437 (530) 265-9820 FAX michael.heggarty@co.nevada.ca.us</p>
<p>NEVADA COUNTY Mary Lowe Adult Services Program Manager Nevada County Beh.Health 500 Crown Point Circle, St 120 Grass Valley, CA 95945. (530) 470-2542 (530) 271-0257 FAX Mary.Lowe@co.nevada.ca.us</p>	<p>PLACER COUNTY Maureen Bauman, Director Placer County Adult System of Care 101 Cirby Hills Dr. Roseville, CA 95678 (530) 889-7256 (530) 889-7275 FAX mbauman@placer.ca.gov</p>	<p>PLACER COUNTY Amy Ellis, Program Manager Alcohol and Drug Programs Placer County Adult System of Care 101 Cirby Hills Dr. Roseville, Ca 95678 (916) 787-8804 (530) 889-7275 FAX Arellis@placer.ca.gov</p>

<p>SACRAMENTO COUNTY Margarite Story-Baker, Administrator Dept. of Health & Human Services Alcohol & Drug Services Division 7001-A East Parkway, Suite 500 Sacramento, CA 95823 (916) 875-2046 (916) 875-2035 FAX story-bakerm@saccounty.net</p>	<p>SIERRA COUNTY Janice Maddox, Director Health & Human Services Agency P.O. Box 265 202 Front Street Loyalton, CA 96118 (530) 993-6707 (530) 993-6741 FAX jmaddox@sierracounty.ws</p>	<p>SIERRA COUNTY April Waldo, Program Manager Health & Human Services Agency P.O. Box 265 202 Front Street Loyalton, CA 96118 (530) 993-6742 (530) 993-6741 FAX awaldo@sierracounty.ws</p>
<p>SUTTER/YUBA COUNTY Dr. Brad Luz AOD Administrator 1965 Live Oak Blvd. Yuba City, CA 95992 (530) 822-7200, ext. 2225 (530) 822-7627 FAX bluz@co.sutter.ca.us</p>	<p>SUTTER/YUBA COUNTY Nancy Lee, MFT, CADC Alcohol & Drug Program 1965 Live Oak Blvd. Yuba City, CA 95992 (530) 822-7200, ext. 2201 (530) 822-3296 FAX nlee@co.sutter.ca.us</p>	<p>YOLO COUNTY Kim Suderman, Director Dept. of Alcohol, Drug & Mental Health 137 N. Cottonwood Street, Suite 2500 Woodland, CA 95695 (530) 666-8516 (530) 666-8294 FAX kim.suderman@yolocounty.org</p>
<p>YOLO COUNTY Mark Bryan, MSW Deputy Director - Chief of Operations Yolo County Alcohol, Drug and Mental Health Department 137 N. Cottonwood Street Suite 2500 - Administration Woodland, CA 95695 (530) 666-8532 (530) 666-8294 FAX mark.bryan@yolocounty.org</p>		

County Mental Health Directors

An updated listing can be found on the California Mental Health Directors website www.cmhda.org

Alpine	Christopher Stewart	75 C Diamond Valley Road Markleeville, CA 96120	Ph: 530-694-1816 Fax: 530-694-2387 24 Hour Crisis Line 800-486-2163
Colusa	Terence Rooney, PhD	162 E. Carson Street, Suite A Colusa, CA 95932	Ph: 530- 458-0846 Fax: 530-458-7751 24 Hour Crisis Line 530-458-0520

			888-793-6580
El Dorado	Daniel Nielson, MPA	3057 Briw Road Placerville, CA 95667	Ph: 530-642-7275 Fax: 530-295-2792 24 Hour Crisis Line 530-622-3345 – Placerville 530-544-2219 – S. Lake Tahoe 800-929-1955
Nevada County	Michael Heggarty, MFT	500 Crown Point Circle, Suite 120 Grass Valley, CA 95945	Ph: 530-265-1437 Fax: 530-271-0257 24 Hour Crisis Line 530-265-5811
Placer County	Maureen Bauman, LCSW	11512 B Avenue, DeWitt Center Auburn, CA 95603	Ph: 530-889-7256 Fax: 530-889-7275 24 Hour Crisis Line 888-886-5401 866-293-1940 – Family and Children’s Services
Sacramento County	Mary Ann Carrasco	7001 A East Parkway, Suite 400 Sacramento, CA 95823-2501	Ph: 916-875-9904 Fax: 916-875-6970 24 Hours Crisis Line 888-881-4881
Sierra County	Janice Maddox	P. O. Box 265 Loyalton, CA 96118	Ph: 530-993-6720 Fax: 530-993-6741 24 Hour Crisis Line 877-435-7137
Sutter-Yuba Counties	Brad Luz, PhD	P. O. Box 1510 Yuba City, CA 95992	Ph: 530-822-7200 Fax: 530-822-7108 24 Hour Crisis Line 530-673-8255 888-923-3800
Yolo County	Kim Suderman, LCSW	137 N. Cottonwood Street, Suite 2500 Woodland, CA 95695	Ph: 530-666-8651 Fax: 530-666-8294

Alcohol, Drug Treatment, and Mental Health Providers
Within ACRC's Catchment Area

Alpine County

Alpine County Behavioral Health Services	75 Diamond Valley Road Suite C Markleeville, CA 96120	(530) 694-1816 Intake: (800) 318-8212 Hotline: (800) 486-2163	www.alpinecountyca.gov
Primary Focus:	Mental health services		
Services Provided:	Substance abuse treatment		
Type of Care:	Outpatient		
Forms of Payment Accepted:	Medicare, State financed insurance (other than Medicaid), Private health insurance		
Payment Assistance:	Sliding fee scale (fee is based on income and other factors), Payment assistance (Check with facility for details)		

Colusa County

Colusa County Dept of Behavioral Health/Sub Abuse	162 East Carson Street Suite A Colusa, CA 95932	(530) 458-0525	www.countyofcolusa.org/index.aspx?NID=326
Primary Focus:	Mix of mental health and substance abuse services		
Services Provided:	Substance abuse treatment		
Type of Care:	Outpatient		
Special Programs/Groups:	Adolescents, Persons with co-occurring mental and substance abuse disorders, Pregnant/postpartum women, Men, Criminal justice clients		
Payment Assistance:	Payment assistance (Check with facility for details)		

El Dorado County

Progress House Inc Women and Children Facility	5607 Mount Murphy Rd Garden Valley, CA 95633	(530) 333-9460	www.progresshouseinc.org
Primary Focus:	Substance abuse treatment services		
Services Provided:	Substance abuse treatment		
Type of Care:	Residential short-term treatment (30 days or less), Residential long-term treatment (more than 30 days)		
Special Programs/Groups:	Women, Residential beds for clients' children		
Forms of Payment Accepted:	Self payment, Medicaid, Private health insurance, Military insurance (e.g., VA, TRICARE)		
Progress House Inc Mens Facility	838 Beach Court Road Lotus, CA 95651	(530) 626-7252	www.progresshouseinc.org
Primary Focus:	Substance abuse treatment services		
Services Provided:	Substance abuse treatment		
Type of Care:	Residential long-term treatment (more than 30 days)		
Forms of Payment Accepted:	Self payment		
Progress House Inc Progress House Counseling Center	2844 Coloma Road Placerville, CA 95667	(530) 642-1715	www.progresshouseinc.org
Primary Focus:	Substance abuse treatment services		
Services Provided:	Substance abuse treatment		
Type of Care:	Outpatient, Partial hospitalization/day treatment		
Special Programs/Groups:	Adolescents, Persons with co-occurring mental and substance abuse disorders, Criminal justice clients		
Forms of Payment Accepted:	Self payment		
Payment Assistance:	Sliding fee scale (fee is based on income and other factors), Payment assistance (Check with facility for details)		

Shingle Springs Tribal Health Program Behavioral Health Department	5168 Honpie Court Placerville, CA 95667	(530) 387-4975 Intake: (530) 672-8059	www.shinglespringsrancheria.com
Primary Focus:	Mix of mental health and substance abuse services		
Services Provided:	Substance abuse treatment, Detoxification, Buprenorphine Services		
Type of Care:	Outpatient		
Special Programs/Groups:	Persons with co-occurring mental and substance abuse disorders, Men, Criminal justice clients		
Forms of Payment Accepted:	Self payment, Medicare, Private health insurance, Access to Recovery		
New Morning Youth and Family Services	6765 Green Valley Road Placerville, CA 95667	(530) 622-5551 Intake: (530) 672-1332	www.newmorningyfs.org
Primary Focus:	Mental health services		
Services Provided:	Substance abuse treatment		
Type of Care:	Outpatient		
Special Programs/Groups:	Adolescents		
Forms of Payment Accepted:	Self payment, State financed insurance (other than Medicaid), Private health insurance		
Payment Assistance:	Sliding fee scale (fee is based on income and other factors), Payment assistance (Check with facility for details)		
El Dorado Council on Alcoholism (EDCA) Lifeskills	893 Spring Street Placerville, CA 95667	(530) 622-8193 Intake: (530) 622-8194	
Primary Focus:	Substance abuse treatment services		
Services Provided:	Substance abuse treatment		
Type of Care:	Outpatient		
Special Programs/Groups:	Adolescents, DUI/DWI offenders, Criminal justice clients		
Forms of Payment Accepted:	Self payment, Medicare		
Special Language Services:	Spanish		

Progress House Inc Progress House Perinatal/Residential	5494 Pony Express Trail Pollock Pines, CA 95726	(530) 644-3758	www.progresshouseinc.org
Primary Focus:	Substance abuse treatment services		
Services Provided:	Substance abuse treatment		
Type of Care:	Residential short-term treatment (30 days or less), Residential long-term treatment (more than 30 days)		
Special Programs/Groups:	Women, Residential beds for clients' children		
Forms of Payment Accepted:	Self payment, State financed insurance (other than Medicaid), Private health insurance		
Tahoe Youth and Family Services	1021 Fremont Avenue South Lake Tahoe, CA 96150	(530) 541-2445 Intake: (530) 541-2445x100 Hotlines: (800) 870-8937 (530) 541-8500	www.tahoeyouth.org
Primary Focus:	Mix of mental health and substance abuse services		
Services Provided:	Substance abuse treatment		
Type of Care:	Outpatient		
Special Programs/Groups:	Adolescents		
Forms of Payment Accepted:	Self payment, Medicaid, Medicare, State financed insurance (other than Medicaid)		
Payment Assistance:	Sliding fee scale (fee is based on income and other factors), Payment assistance (Check with facility for details)		
Special Language Services:	Spanish		
Vitality Lake Tahoe Vitality Unlimited	1137 Emerald Bay Road South Lake Tahoe, CA 96150	(530) 541-5190x100 Intake: (530) 541-5190x106	www.vitalityunlimited.org
Primary Focus:	Substance abuse treatment services		
Services Provided:	Substance abuse treatment, Detoxification		
Type of Care:	Outpatient, Partial hospitalization/day treatment		

Special Programs/Groups:	DUI/DWI offenders		
Forms of Payment Accepted:	Self payment, State financed insurance (other than Medicaid), Private health insurance, Military insurance (e.g., VA, TRICARE)		
Special Language Services:	Spanish		
El Dorado County Health Services Department Alcohol and Drug Division	1360 Johnson Boulevard Suite 103 South Lake Tahoe, CA 96150	(530) 573-7970	
Primary Focus:	Mix of mental health and substance abuse services		
Services Provided:	Substance abuse treatment		
Type of Care:	Outpatient, Partial hospitalization/day treatment		
Special Programs/Groups:	Persons with co-occurring mental and substance abuse disorders, Women, Criminal justice clients		
Payment Assistance:	Payment assistance (Check with facility for details)		
Special Language Services:	Spanish		
Vitality Lake Tahoe	921 Macinaw Road Unit 1 South Lake Tahoe, CA 96150	(530) 541-5440	www.vitalityunlimited.org
Services Provided:	Halfway house		
Vitality Lake Tahoe Vitality Unlimited	931 Macinaw Road South Lake Tahoe, CA 96150	(530) 541-5440	www.vitalityunlimited.org
Primary Focus:	Substance abuse treatment services		
Services Provided:	Substance abuse treatment		
Type of Care:	Residential short-term treatment (30 days or less), Residential long-term treatment (more than 30 days)		
Forms of Payment Accepted:	Self payment, Private health insurance		
Tahoe Turning Point Inc Treatment Center Main Office	2494 Lake Tahoe Blvd B5 South Lake Tahoe,	(530) 541-4594	www.tahoeturningpoint.org

	CA 96151		
Primary Focus:	Mix of mental health and substance abuse services		
Services Provided:	Substance abuse treatment, Halfway house		
Type of Care:	Outpatient, Partial hospitalization/day treatment		
Special Programs/Groups:	Persons with co-occurring mental and substance abuse disorders, Criminal justice clients		
Forms of Payment Accepted:	Self payment, Private health insurance		
Special Language Services:	Spanish		

Nevada County

Community Recovery Resources (CORR) Hope House	159 BrentWood Drive Grass Valley, CA 95945	(530) 273-9541x247 Intake: (530) 271-1140	www.corr.us
Primary Focus:	Substance abuse treatment services		
Services Provided:	Substance abuse treatment, Detoxification, Buprenorphine Services		
Type of Care:	Residential short-term treatment (30 days or less), Residential long-term treatment (more than 30 days)		
Special Programs/Groups:	Women		
Forms of Payment Accepted:	Self payment, Private health insurance		
Community Recovery Resources (CORR)	180 Sierra College Drive Suite C Grass Valley, CA 95945	(530) 273-9541 Intake: (530) 273-9541x200	www.corr.us
Primary Focus:	Mix of mental health and substance abuse services		
Services Provided:	Substance abuse treatment, Detoxification, Buprenorphine Services		
Type of Care:	Outpatient, Partial hospitalization/day treatment		
Special Programs/Groups:	Adolescents, Persons with co-occurring mental and substance abuse disorders, Pregnant/postpartum women, Women, Men, DUI/DWI offenders, Criminal justice clients		
Forms of Payment Accepted:	Self payment, State financed insurance (other than Medicaid), Private health insurance		
Special Language Services:	ASL or other assistance for hearing impaired, Spanish		

Common Goals Inc	103 Providence Mine Road Suite 101 Nevada City, CA 95959	(530) 265-2914	www.CommonGoalsinc.org
Primary Focus:	Substance abuse treatment services		
Services Provided:	Substance abuse treatment, Buprenorphine Services		
Type of Care:	Outpatient		
Special Programs/Groups:	Adolescents		
Forms of Payment Accepted:	Self payment, Medicaid, Medicare, Private health insurance		
Payment Assistance:	Sliding fee scale (fee is based on income and other factors)		
Progress House Inc	145 Bost Avenue Nevada City, CA 95959	(530) 265-9045 Intake: (530) 265-6793	www.progresshouseinc.org
Primary Focus:	Substance abuse treatment services		
Services Provided:	Substance abuse treatment		
Type of Care:	Residential short-term treatment (30 days or less), Residential long-term treatment (more than 30 days)		
Special Programs/Groups:	Men		
Forms of Payment Accepted:	Self payment, Private health insurance		
Payment Assistance:	Sliding fee scale (fee is based on income and other factors)		
Special Language Services:	ASL or other assistance for hearing impaired		
Community Recovery Resources (CORR)	10015 Palisades Drive Suite 1 Truckee, CA 96161	(530) 587-8194	www.corr.us
Primary Focus:	Substance abuse treatment services		
Services Provided:	Substance abuse treatment		
Type of Care:	Outpatient		
Special Programs/Groups:	Adolescents, Persons with co-occurring mental and substance abuse disorders, DUI/DWI offenders, Criminal justice clients		
Forms of Payment Accepted:	Self payment		
Special Language Services:	Spanish		

Placer County

Progress House Inc/Placer	34248 East Towle Road Alta, CA 95701	(530) 389-9208 Intake: (530) 389-9209	www.progresshouse.org
Primary Focus:	Substance abuse treatment services		
Services Provided:	Substance abuse treatment		
Type of Care:	Residential short-term treatment (30 days or less), Residential long-term treatment (more than 30 days)		
Special Programs/Groups:	Women, Residential beds for clients' children		
Forms of Payment Accepted:	Self payment, Medicaid, Medicare, Private health insurance, Military insurance (e.g., VA, TRICARE), Access to Recovery		
Special Language Services:	ASL or other assistance for hearing impaired		
New Leaf Counseling Services	5055 Meadow View Lane Auburn, CA 95602	(530) 823-9827	
Primary Focus:	Substance abuse treatment services		
Services Provided:	Substance abuse treatment		
Type of Care:	Residential long-term treatment (more than 30 days)		
Special Programs/Groups:	Pregnant/postpartum women, Women, Residential beds for clients' children		
Forms of Payment Accepted:	Self payment, Medicaid		
Chapa de Indian Health Program Inc Substance Abuse Services	11670 Atwood Road Auburn, CA 95603	(530) 887-2828	www.chapa-de.org
Primary Focus:	Mix of mental health and substance abuse services		
Services Provided:	Substance abuse treatment		
Type of Care:	Outpatient		

Special Programs/Groups:	Persons with co-occurring mental and substance abuse disorders		
Forms of Payment Accepted:	Self payment, Medicaid, Medicare, State financed insurance (other than Medicaid), Private health insurance, Military insurance (e.g., VA, TRICARE), Access to Recovery		
Payment Assistance:	Sliding fee scale (fee is based on income and other factors), Payment assistance (Check with facility for details)		
Special Language Services:	Spanish		
Hope Help and Healing Inc Outpatient	11960 Heritage Oak Place Suite 20 Auburn, CA 95603	(530) 885- 4249x103	www.irecover.org
Primary Focus:	Substance abuse treatment services		
Services Provided:	Substance abuse treatment		
Type of Care:	Outpatient		
Special Programs/Groups:	Men		
Forms of Payment Accepted:	Self payment		
Payment Assistance:	Sliding fee scale (fee is based on income and other factors)		
New Leaf Counseling Services	1254 High Street Auburn, CA 95603	(530) 889-9195 Intake: (530) 885-9067	
Primary Focus:	Substance abuse treatment services		
Services Provided:	Substance abuse treatment		
Type of Care:	Residential long-term treatment (more than 30 days)		
Special Programs/Groups:	Pregnant/postpartum women, Women, Residential beds for clients' children		
Forms of Payment Accepted:	Self payment, State financed insurance (other than Medicaid)		
Sierra Council on Alcoholism and Drug Dependence	1530 3rd Street Suite 212 Lincoln, CA 95648	(916) 434-8927 Hotline: (530) 885-1917	www.corr.us

Primary Focus:	Substance abuse treatment services		
Services Provided:	Substance abuse treatment		
Type of Care:	Outpatient		
Special Programs/Groups:	DUI/DWI offenders		
Forms of Payment Accepted:	Self payment, State financed insurance (other than Medicaid), Private health insurance, Access to Recovery		
Payment Assistance:	Sliding fee scale (fee is based on income and other factors)		
Special Language Services:	Spanish		
Koinonia Foster Homes Inc Koinonia Treatment Clinic	5980 Webb Street P.O. Box 1403 Loomis, CA 95650	(916) 652-0171	www.kfh.org&teens.kfh.org
Primary Focus:	Substance abuse treatment services		
Services Provided:	Substance abuse treatment		
Type of Care:	Outpatient		
Special Programs/Groups:	Adolescents		
Forms of Payment Accepted:	Medicaid		
Koinonia Foster Homes Inc Koinonia Group Homes	P.O. Box 1403 Loomis, CA 95650	(916) 652-0171	www.kfh.org&teens.kfh.org
Primary Focus:	Substance abuse treatment services		
Services Provided:	Substance abuse treatment		
Type of Care:	Residential long-term treatment (more than 30 days)		
Special Programs/Groups:	Adolescents		
Forms of Payment Accepted:	Medicaid		
Aegis Medical Systems Inc Roseville	1133 Coloma Way Ste C Roseville, CA 95661	(916) 774-6647	www.aegismed.com

Primary Focus:	Substance abuse treatment services		
Services Provided:	Substance abuse treatment, Detoxification, Methadone Maintenance, Methadone Detoxification		
Type of Care:	Outpatient		
Special Programs/Groups:	Pregnant/postpartum women, Women, Men		
Forms of Payment Accepted:	Self payment, State financed insurance (other than Medicaid)		
Payment Assistance:	Sliding fee scale (fee is based on income and other factors)		
Special Language Services:	Hmong		
Exclusive Services:	Methadone Clients Only		
Full Circle Treatment Center	730 Sunrise Avenue Suite 250 Roseville, CA 95661	(916) 787-4357	www.fullcircletreatmentcenter.org
Primary Focus:	Substance abuse treatment services		
Services Provided:	Substance abuse treatment		
Type of Care:	Outpatient		
Special Programs/Groups:	Adolescents		
Forms of Payment Accepted:	Self payment, Private health insurance		
Payment Assistance:	Sliding fee scale (fee is based on income and other factors), Payment assistance (Check with facility for details)		

Sacramento County

Bi Valley Medical Clinic	6126 Fair Oaks Boulevard Carmichael, CA 95608	(916) 974-8090 Intake: (916) 974-8090x3023 Hotline: (916) 974-8090	www.bivalley.com
Primary Focus:	Substance abuse treatment services		
Services Provided:	Substance abuse treatment, Detoxification, Methadone Maintenance, Methadone Detoxification, Buprenorphine Services		
Type of Care:	Outpatient		

Special Programs/Groups:	Pregnant/postpartum women		
Forms of Payment Accepted:	Self payment, Medicaid		
Payment Assistance:	Sliding fee scale (fee is based on income and other factors)		
Associated Rehab Program for Women Inc Cornerstone/Substance Abuse Treatment	6348 Appian Way Carmichael, CA 95608	(916) 966-5102	www.recoverywomen.com
Primary Focus:	Substance abuse treatment services		
Services Provided:	Substance abuse treatment		
Type of Care:	Residential long-term treatment (more than 30 days)		
Special Programs/Groups:	Women		
Forms of Payment Accepted:	Self payment		
Associated Rehab Program for Women Inc Cornerstone/Detox	6350 Appian Way Carmichael, CA 95608	(916) 966-5102 Hotline: (916) 944-3920	www.recoverywomen.com
Primary Focus:	Substance abuse treatment services		
Services Provided:	Substance abuse treatment		
Type of Care:	Residential long-term treatment (more than 30 days)		
Special Programs/Groups:	Women		
Forms of Payment Accepted:	Self payment		
Associated Rehab Program for Women Inc	8400 Fair Oaks Boulevard	(916) 944-3920 Hotline:	www.recoverywomen.com

Alpha Oaks	Carmichael, CA 95608	(916) 944- 3920	
Primary Focus:	Substance abuse treatment services		
Services Provided:	Substance abuse treatment, Detoxification		
Type of Care:	Residential short-term treatment (30 days or less), Residential long-term treatment (more than 30 days)		
Special Programs/Groups:	Women		
Forms of Payment Accepted:	Self payment		
Terra Nova Counseling	5750 Sunrise Boulevard Citrus Heights, CA 95610	(916) 344- 0249 Intake: (916) 344- 0964	www.terranozacounseling.org
Primary Focus:	Mix of mental health and substance abuse services		
Services Provided:	Substance abuse treatment		
Type of Care:	Outpatient		
Special Programs/Groups:	Adolescents, Pregnant/postpartum women, Women, Men, DUI/DWI offenders, Criminal justice clients		
Forms of Payment Accepted:	Self payment, Military insurance (e.g., VA,TRICARE)		
Payment Assistance:	Sliding fee scale (fee is based on income and other factors)		
Special Language Services:	Arabic		
Oak House Treatment Programs	7919 Oak Avenue Citrus Heights, CA 95610	(916) 721- 9699 Intake: (916) 764- 9699	www.oakhouse.com
Primary Focus:	Substance abuse treatment services		
Services Provided:	Substance abuse treatment, Detoxification		
Type of Care:	Residential short-term treatment (30 days or less), Residential long-term treatment (more than 30 days)		

Special Programs/Groups:	Men		
Forms of Payment Accepted:	Self payment		
Payment Assistance:	Sliding fee scale (fee is based on income and other factors)		
Sacramento Pathway Pathways Recovery	6538 Grey Oak Court Citrus Heights, CA 95621	(916) 735-8377	www.pathwaysrecovery.com
Primary Focus:	Substance abuse treatment services		
Services Provided:	Detoxification		
Type of Care:	Residential short-term treatment (30 days or less)		
Forms of Payment Accepted:	Self payment		
New Dawn Treatment Centers Outpatient Services	7447 Antelope Road Suite 103 Citrus Heights, CA 95621	(916) 723-1319 Intake: (866) 969-4300 Hotline: (916) 444-0808	www.newdawnTreatmentcenters.com
Primary Focus:	Substance abuse treatment services		
Services Provided:	Substance abuse treatment		
Type of Care:	Outpatient, Partial hospitalization/day treatment		
Forms of Payment Accepted:	Self payment, Private health insurance		
Clean and Sober Detox	8946 Madison Avenue Fair Oaks, CA 95628	(916) 965-3386 Intake: (916) 990-0190	www.CleanAndSoberDetox.com

		Hotline: (916) 965-3386	
Primary Focus:	Substance abuse treatment services		
Services Provided:	Substance abuse treatment, Detoxification, Halfway house		
Type of Care:	Residential short-term treatment (30 days or less), Outpatient		
Forms of Payment :	Self payment, Military insurance (e.g., VA,TRICARE)		
River City Recovery Center Inc Mens South Campus	12490 Alta Mesa Road Herald, CA 95638	(209) 748-2470 Intake: (916) 442-3979	www.rivercityrecovery.org
Primary Focus:	Substance abuse treatment services		
Services Provided:	Substance abuse treatment		
Type of Care:	Residential short-term treatment (30 days or less), Residential long-term treatment (more than 30 days)		
Special Programs/Groups:	Men		
Forms of Payment Accepted:	Self payment, Private health insurance		
Payment Assistance:	Payment assistance (Check with facility for details)		
Special Language Services:	ASL or other assistance for hearing impaired		
Northern California VAHCS	10535 Hospital Way Mather, CA 95655	(800) 382-8387	http://www.northerncalifornia.va.gov/visitors/sacva
Primary Focus:	Mix of mental health and substance abuse services		
Services Provided:	Substance abuse treatment, Detoxification, Buprenorphine Services		
Type of Care:	Outpatient		
Special Programs/Groups:	Women		
Forms of Payment	Military insurance (e.g., VA,TRICARE)		

Accepted:			
Clean and Sober Recovery Services Inc	5820 Chestnut Avenue Orangevale, CA 95662	(916) 990-0190 Intake: (916) 990-0191	www.candsrecovery.com;letsgetbettertogether.com
Primary Focus:	Substance abuse treatment services		
Services Provided:	Substance abuse treatment		
Type of Care:	Residential short-term treatment (30 days or less), Residential long-term treatment (more than 30 days)		
Special Programs/Groups:	Men		
Forms of Payment Accepted:	Self payment, Access to Recovery		
New Dawn Treatment Centers Residential Rehab	6043 Roloff Way Orangevale, CA 95662	(916) 989-1675 Intake: (866) 969-4300 Hotline: (916) 969-4300	www.newdawntreatmentcenters.com
Primary Focus:	Substance abuse treatment services		
Services Provided:	Substance abuse treatment, Buprenorphine Services		
Type of Care:	Residential short-term treatment (30 days or less)		
Forms of Payment Accepted:	Self payment, Private health insurance		
D and A Detox Center	2721 Barbera Wy Rancho Cordova, CA 95670	(916) 364-7660 Hotline: (916) 364-7660	www.dandadetox.net
Primary Focus:	Substance abuse treatment services		

Services Provided:	Substance abuse treatment, Detoxification		
Type of Care:	Residential short-term treatment (30 days or less)		
Forms of Payment	Self payment		
El Hogar Community Services Inc	630 Bercut Drive Suite C Sacramento, CA 95811	(916) 441-3819	www.elhogarinc.org
Primary Focus:	Mental health services		
Services Provided:	Substance abuse treatment		
Type of Care:	Outpatient		
Special Programs/Groups:	Persons with co-occurring mental and substance abuse disorders, Gays and Lesbians		
Forms of Payment Accepted:	Medicaid		
Payment Assistance:	Payment assistance (Check with facility for details)		
Special Language Services:	ASL or other assistance for hearing impaired		
Effort Inc Detoxification Program	1550 Juliesse Avenue Sacramento, CA 95815	(916) 822-8943 Intakes: (916) 405-4600 (916) 405-4611	www.theeffort.org
Primary Focus:	Substance abuse treatment services		
Services Provided:	Substance abuse treatment, Detoxification		
Type of Care:	Residential short-term treatment (30 days or less)		
Forms of Payment Accepted:	Self payment		
Special Language Services:	Spanish		

Sacramento Recovery House Inc	1914 22nd Street Sacramento, CA 95816	(916) 455-6258	www.sacramentorecoveryhouse.org
Primary Focus:	Substance abuse treatment services		
Services Provided:	Substance abuse treatment, Halfway house		
Type of Care:	Residential short-term treatment (30 days or less), Residential long-term treatment (more than 30 days)		
Special Programs/Groups:	Men		
Forms of Payment :	Self payment, Private health insurance		
Promise House	2727 P Street Sacramento, CA 95816	(916) 452-3073	www.bridgesinc.net/PromiseHouse.htm
Primary Focus:	Substance abuse treatment services		
Services Provided:	Substance abuse treatment		
Type of Care:	Residential long-term treatment (more than 30 days)		
Special Programs/Groups:	Persons with co-occurring mental and substance abuse disorders, Persons with HIV/AIDS, Women, Residential beds for clients' children		
Forms of Payment Accepted:	Self payment		
Special Language Services:	Spanish		
Gateway Foundation Gateway Recovery House	4049 Miller Way Sacramento, CA 95817	(916) 451-9312	www.gatewayforwomen.org
Primary Focus:	Substance abuse treatment services		
Services Provided:	Substance abuse treatment		
Type of Care:	Residential long-term treatment (more than 30 days)		
Special Programs/Groups:	Women		
Forms of Payment	Self payment, Private health insurance		

Accepted:			
Payment Assistance:	Sliding fee scale (fee is based on income and other factors)		
Panacea Services Inc	3353 Bradshaw Road Suite 106 Sacramento, CA 95818	(916) 854- 4564	www.panacea.worldbreak.com
Primary Focus:	Substance abuse treatment services		
Services Provided:	Substance abuse treatment		
Type of Care:	Outpatient		
Special Programs/Groups:	Adolescents, Persons with co-occurring mental and substance abuse disorders, Criminal justice clients		
Forms of Payment Accepted:	Self payment, State financed insurance (other than Medicaid), Private health insurance, Access to Recovery		
Payment Assistance:	Sliding fee scale (fee is based on income and other factors), Payment assistance (Check with facility for details)		
Special Language Services:	Spanish		
Sacramento Black Alcoholism Ctr (SBAC) Sobriety Brings a Change	4825 J Street Suite 120 Sacramento, CA 95819	(916) 454- 4242x109 Intake: (916) 454- 4242	www.sobrietybringsachange.com
Primary Focus:	Substance abuse treatment services		
Services Provided:	Substance abuse treatment		
Type of Care:	Outpatient		
Forms of Payment Accepted:	Self payment, State financed insurance (other than Medicaid), Private health insurance		
Chemical Dependency Recovery Program	2829 Watt Avenue Suite 150 Sacramento, CA 95821	(916) 979- 3501 Intake: (916) 482- 1132	www.permanente.net/homepage/doctor/cdrp

Primary Focus:	Substance abuse treatment services		
Services Provided:	Substance abuse treatment, Detoxification, Buprenorphine Services		
Type of Care:	Outpatient, Partial hospitalization/day treatment		
Special Programs/Groups:	Adolescents, Persons with co-occurring mental and substance abuse disorders, Women, Men		
Forms of Payment Accepted:	Private health insurance		
Special Language Services:	ASL or other assistance for hearing impaired, Spanish		
Gifted Healing Center	2251 Florin Road Suite 133 Sacramento, CA 95822	(916) 421-1500	www.giftedhealingcenter.org
Primary Focus:	Substance abuse treatment services		
Services Provided:	Substance abuse treatment		
Type of Care:	Outpatient, Partial hospitalization/day treatment		
Special Programs/Groups:	Persons with co-occurring mental and substance abuse disorders, Persons with HIV/AIDS, Women, Men		
Forms of Payment Accepted:	Self payment, Medicaid, Medicare, State financed insurance (other than Medicaid), Private health insurance, Military insurance (e.g., VA, TRICARE), Access to Recovery		
Payment Assistance:	Sliding fee scale (fee is based on income and other factors)		
Special Language Services:	Arabic, Spanish		
Mexican American Alcoholism Prog Inc (MAAP) Inc/Mi Casa Recovery Home	2515 48th Avenue Sacramento, CA 95822	(916) 394-2328	www.maap.org
Primary Focus:	Substance abuse treatment services		
Services Provided:	Substance abuse treatment		
Type of Care:	Residential short-term treatment (30 days or less), Residential long-term treatment (more than 30 days)		
Special	Persons with co-occurring mental and substance abuse disorders, Persons with		

Programs/Groups:	HIV/AIDS, Gays and Lesbians, Seniors/older adults, Men, Criminal justice clients		
Forms of Payment Accepted:	Self payment		
Special Language Services:	Spanish		
Strategies for Change	4343 Williamsburgh Drive Sacramento, CA 95823	(916) 395-3552x231 Intake: (916) 395-3552	www.strategies4change.org
Primary Focus:	Substance abuse treatment services		
Services Provided:	Substance abuse treatment		
Type of Care:	Outpatient, Partial hospitalization/day treatment		
Special Programs/Groups:	Adolescents, Persons with co-occurring mental and substance abuse disorders, Pregnant/postpartum women, Women, Men, Criminal justice clients		
Forms of Payment Accepted:	Self payment, Medicaid, Medicare, State financed insurance (other than Medicaid), Private health insurance		
Special Language Services:	ASL or other assistance for hearing impaired, Russian, Spanish		
Another Choice Another Chance	5450 Power Inn Road Suite B Sacramento, CA 95823	(916) 388-9418 Intake: (916) 361-2089x500	www.acacsac.org
Primary Focus:	Mix of mental health and substance abuse services		
Services Provided:	Substance abuse treatment		
Type of Care:	Outpatient		
Special Programs/Groups:	Adolescents, Persons with co-occurring mental and substance abuse disorders, Criminal justice clients		
Forms of Payment Accepted:	Self payment, Medicare, Access to Recovery		
Payment Assistance:	Sliding fee scale (fee is based on income and other factors), Payment assistance (Check with facility for details)		

Special Language Services:	Hmong, Spanish		
Treatment Associates Inc Sacramento Treatment Clinic	7225 East Southgate Drive Suite D Sacramento, CA 95823	(916) 394-1000	www.crchealth.com
Primary Focus:	Substance abuse treatment services		
Services Provided:	Substance abuse treatment, Detoxification, Methadone Maintenance, Methadone Detoxification, Buprenorphine Services		
Type of Care:	Outpatient		
Forms of Payment Accepted:	Self payment, State financed insurance (other than Medicaid), Private health insurance		
Special Language Services:	Hmong		
Exclusive Services:	Methadone and Buprenorphine Clients Only		
MedMark Treatment Centers Inc Sacramento	7240 East Southgate Drive Suites E and G Sacramento, CA 95823	(916) 391-4293x1227 Intake: (916) 391-4293 Hotline: (877) 331-3630	www.medmark.com
Primary Focus:	Substance abuse treatment services		
Services Provided:	Substance abuse treatment, Detoxification, Methadone Maintenance, Methadone Detoxification		
Type of Care:	Outpatient		
Special Programs/Groups:	Pregnant/postpartum women		
Forms of Payment Accepted:	Self payment, Medicaid		
Payment Assistance:	Sliding fee scale (fee is based on income and other factors), Payment assistance (Check with facility for details)		
Special Language Services:	French, Hmong, Mien, Spanish, Tagalog		

Exclusive Services:	Methadone Clients Only		
Sacramento Veterans Resource Center	7270 East Southgate Drive Sacramento, CA 95823	(916) 393-8387 Intakes: (916) 393-8387x118 (916) 393-8387x120	www.vietvets.org
Primary Focus:	Mix of mental health and substance abuse services		
Services Provided:	Substance abuse treatment		
Type of Care:	Residential short-term treatment (30 days or less), Residential long-term treatment (more than 30 days)		
Forms of Payment Accepted:	Self payment		
Sierra Vista Hospital	8001 Bruceville Road Sacramento, CA 95823	(916) 288-0300 Hotline: (916) 288-0300	www.sierravistahospital.com
Primary Focus:	Mental health services		
Services Provided:	Substance abuse treatment, Detoxification, Buprenorphine Services		
Type of Care:	Hospital inpatient, Outpatient, Partial hospitalization/day treatment		
Special Programs/Groups:	Adolescents, Persons with co-occurring mental and substance abuse disorders		
Forms of Payment Accepted:	Self payment, Medicaid, Medicare, State financed insurance (other than Medicaid), Private health insurance, Military insurance (e.g., VA, TRICARE)		
Special Language Services:	ASL or other assistance for hearing impaired		
National Council on Alc and Drug Dep	2143 Hurley Way Suite 101 Sacramento, CA 95825	(916) 922-5110x113 Intake: (916) 922-5110x200	www.ncaddsac.org
Primary Focus:	Substance abuse treatment services		
Services Provided:	Substance abuse treatment		

Type of Care:	Outpatient, Partial hospitalization/day treatment		
Special Programs/Groups:	Pregnant/postpartum women, Women, Men, Criminal justice clients		
Forms of Payment Accepted:	Self payment, State financed insurance (other than Medicaid), Private health insurance		
Payment Assistance:	Sliding fee scale (fee is based on income and other factors), Payment assistance (Check with facility for details)		
Special Language Services:	Chinese, Russian, Spanish		
Care Hope Awareness Nurturing Growth Education	2701 Cottage Way Suite 34 Sacramento, CA 95825-1223	(916) 489-3552 Hotline: (916) 489-3552	
Primary Focus:	Substance abuse treatment services		
Services Provided:	Substance abuse treatment		
Type of Care:	Outpatient		
Forms of Payment Accepted:	Self payment		
Mercy Perinatal Recovery Network	650 Howe Avenue Suite 530 Sacramento, CA 95825	(916) 614-2240 Intake: (916) 614-2219	www.mercysanjuan.org/mercyprn
Primary Focus:	Substance abuse treatment services		
Services Provided:	Substance abuse treatment		
Type of Care:	Outpatient		
Special Programs/Groups:	Women		
Forms of Payment Accepted:	Self payment, Medicaid, Medicare, State financed insurance (other than Medicaid), Private health insurance, Military insurance (e.g., VA, TRICARE)		
Payment Assistance:	Payment assistance (Check with facility for details)		
Special Language	ASL or other assistance for hearing impaired		

Services:			
Sacramento County Probation Adult Drug Court Treatment Center	3201 Florin Perkins Road Sacramento, CA 95826	(916) 875-1171 Intake: (916) 875-1194	
Primary Focus:	Mix of mental health and substance abuse services		
Services Provided:	Substance abuse treatment		
Type of Care:	Outpatient, Partial hospitalization/day treatment		
Special Programs/Groups:	Persons with co-occurring mental and substance abuse disorders, Women, Men, Criminal justice clients		
Forms of Payment Accepted:	Self payment		
Payment Assistance:	Sliding fee scale (fee is based on income and other factors), Payment assistance (Check with facility for details)		
Bridges Inc Outpatient Services	3600 Power Inn Road Suite C Sacramento, CA 95826	(916) 450-0700	www.bridgesinc.net
Primary Focus:	Substance abuse treatment services		
Services Provided:	Substance abuse treatment		
Type of Care:	Outpatient		
Special Programs/Groups:	DUI/DWI offenders		
Forms of Payment Accepted:	Self payment		
Effort Inc Mental Health and Addiction Counseling	8233 East Stockton Boulevard Suite D Sacramento, CA 95828	(916) 368-3080	www.theeffort.org

Primary Focus:	Mental health services		
Services Provided:	Substance abuse treatment		
Type of Care:	Outpatient		
Special Programs/Groups:	Adolescents, Persons with co-occurring mental and substance abuse disorders, Persons with HIV/AIDS, Gays and Lesbians, Seniors/older adults, Pregnant/postpartum women, Women, Men, Criminal justice clients		
Forms of Payment Accepted:	Self payment, Medicaid, Medicare, Private health insurance, Military insurance (e.g., VA, TRICARE)		
Special Language Services:	Spanish		
Kaiser Permanente Medical Center South Sacramento Chem Dep Servs	8247 East Stockton Boulevard Sacramento, CA 95828	(916) 525-6790	www.permanente.net/homepage/kaiser/pages/d10438-top.html
Primary Focus:	Mix of mental health and substance abuse services		
Services Provided:	Substance abuse treatment		
Type of Care:	Outpatient		
Special Programs/Groups:	Adolescents, Persons with co-occurring mental and substance abuse disorders		
Forms of Payment Accepted:	Private health insurance		
Special Language Services:	ASL or other assistance for hearing impaired, Spanish		
Volunteers of America Options for Recovery	1001 Grand Avenue Sacramento, CA 95838	(916) 929-1951 Intakes: (916) 874-9754 (916) 874-9890	www.volunteersofamerica.org
Primary Focus:	Mix of mental health and substance abuse services		
Services Provided:	Substance abuse treatment, Detoxification		
Type of Care:	Residential short-term treatment (30 days or less), Residential long-term treatment (more than 30 days)		

Special Programs/Groups:	Pregnant/postpartum women, Women, Residential beds for clients' children		
Payment Assistance:	Payment assistance (Check with facility for details)		
Special Language Services:	ASL or other assistance for hearing impaired		
Strategies for Change	4441 Auburn Boulevard Suite E Sacramento, CA 95841	(916) 473- 5764 Intake: (916) 473- 5764x0	www.strategies4change.org
Primary Focus:	Substance abuse treatment services		
Services Provided:	Substance abuse treatment, Detoxification, Buprenorphine Services		
Type of Care:	Outpatient, Partial hospitalization/day treatment		
Special Programs/Groups:	Adolescents, Persons with co-occurring mental and substance abuse disorders, Pregnant/postpartum women, Women, Men, Criminal justice clients		
Forms of Payment Accepted:	Self payment, Medicare, State financed insurance (other than Medicaid), Private health insurance, Military insurance (e.g., VA, TRICARE), Access to Recovery		
Special Language Services:	Russian, Spanish		
Azure Acres Recovery Center	5777 Madison Avenue Suite 1210 Sacramento, CA 95841	(916) 338- 0400 Intake: (800) 222- 7292 Hotline: (800) 222- 7292	www.azureacres.com
Primary Focus:	Substance abuse treatment services		
Services Provided:	Substance abuse treatment		
Type of Care:	Outpatient, Partial hospitalization/day treatment		
Forms of Payment Accepted:	Self payment, Private health insurance		

Effort Counseling Center	1820 J Street Sacramento, CA 95811	(916) 313-8400 Intake: (916) 325-5556x0	www.theeffort.org
Primary Focus:	General health services		
Services Provided:	Substance abuse treatment		
Type of Care:	Outpatient		
Special Programs/Groups:	Adolescents, Persons with co-occurring mental and substance abuse disorders, Persons with HIV/AIDS, Gays and Lesbians, Seniors/older adults, Pregnant/postpartum women, Women, Men, Criminal justice clients		
Forms of Payment Accepted:	Self payment, Medicaid, Medicare, Military insurance (e.g., VA,TRICARE)		
Special Language Services:	ASL or other assistance for hearing impaired, Spanish		
Sacramento Native American Health Center Inc	2020 J Street Sacramento, CA 95811	(916) 341-0575x205 Intake: (916) 341-0575x0	www.snahc.org
Primary Focus:	General health services		
Services Provided:	Substance abuse treatment		
Type of Care:	Outpatient		
Special Programs/Groups:	Persons with co-occurring mental and substance abuse disorders, Women, Men, Criminal justice clients		
Forms of Payment Accepted:	Self payment, Medicaid, Medicare, Private health insurance, Access to Recovery		
Payment Assistance:	Sliding fee scale (fee is based on income and other factors)		
River City Recovery Center Inc	500 22nd Street Sacramento, CA 95816	(916) 442-3979	www.rivercityrecovery.org
Services Provided:	Halfway house		
Sacramento Area Emergency Housing Ctr	4516 Parker Avenue Sacramento,	(916) 455-2160x205 Intake:	www.sahc.org

Family Shelter	CA 95820	(916) 455-2160	
Services Provided:	Substance abuse treatment		
Type of Care:	Outpatient		
Payment Assistance:	Payment assistance (Check with facility for details)		
Turning Point Community Programs	3440 Viking Drive, Suite 114 (Admin Office) Sacramento CA 95827	(916) 364-5051	www.tpcp.org
Primary Focus:	Mental Health Services		
Services Provided:	Services to people with disabilities and their families, including mental health services, support, employment, housing and advocacy.		
Type of Care:	Outpatient, Respite, Crisis Residential, Residential and Day Rehabilitation Services		
Special Programs/Groups:	Adults and children with psychiatric and/or developmental disabilities, transition age youth		
Forms of Payment Accepted:	Multiple types		

Sierra County

Sierra County Health and Human Services Alcohol and Drug Department	704 Mill Street Loyalton, CA 96118	(530) 993-6746	www.sierracounty.ws
Primary Focus:	Mix of mental health and substance abuse services		
Services Provided:	Substance abuse treatment		
Type of Care:	Outpatient		
Special Programs/Groups:	Women, DUI/DWI offenders		
Forms of Payment Accepted:	Self payment, Private health insurance, Military insurance (e.g., VA, TRICARE)		
Payment Assistance:	Sliding fee scale (fee is based on income and other factors)		
Special Language Services:	ASL or other assistance for hearing impaired		

Sutter County

First Steps	1251 East Onstott Road Yuba City, CA 95991	(530) 822-7263	
Primary Focus:	Substance abuse treatment services		

Services Provided:	Substance abuse treatment		
Type of Care:	Outpatient		
Special Programs/Groups:	Pregnant/postpartum women, Women		
Forms of Payment Accepted:	Self payment		
Payment Assistance:	Sliding fee scale (fee is based on income and other factors)		
Sutter Yuba Mental Health Services Options for Change	1965 Live Oak Boulevard Yuba City, CA 95991	(530) 822-7200x2200 Intakes: (530) 822-7200 (530) 822-3292 Hotlines: (530) 673-8255 (888) 923-3800	www.suttercounty.org
Primary Focus:	Mix of mental health and substance abuse services		
Services Provided:	Substance abuse treatment		
Type of Care:	Outpatient		
Special Programs/Groups:	Persons with co-occurring mental and substance abuse disorders, Criminal justice clients		
Forms of Payment Accepted:	Self payment, Private health insurance, Military insurance (e.g., VA, TRICARE)		
Payment Assistance:	Sliding fee scale (fee is based on income and other factors)		
Special Language Services:	Hmong, Panjabi, Spanish		
Reentry Inc Reentry Residential	8851 Garden Highway Yuba City, CA 95993	(530) 751-7561 Intake: (916) 223-3619 Hotline: (916) 801-5908	re-entryprogram.com
Primary Focus:	Substance abuse treatment services		
Services Provided:	Substance abuse treatment		
Type of Care:	Residential short-term treatment (30 days or less), Residential long-term treatment (more than 30 days)		
Special Programs/Groups:	Men, Criminal justice clients		
Forms of Payment Accepted:	Self payment		

Payment Assistance:	Sliding fee scale (fee is based on income and other factors)
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Yolo County

Yolo County Alcohol Drug and Mental Health	600 A Street Davis, CA 95616	(530) 757-5530	www.yolocounty.org/Index.aspx?page=59
Primary Focus:	Mental health services		
Services Provided:	Substance abuse treatment		
Type of Care:	Outpatient		
Forms of Payment Accepted:	Self payment, Medicaid		
Special Language Services:	Spanish		
CommuniCare Health Centers Behavioral Health Services	500-B Jefferson Boulevard Suite 195 West Sacramento, CA 95605	(916) 403-2970	www.communicarehc.org
Primary Focus:	Substance abuse treatment services		
Services Provided:	Substance abuse treatment, Detoxification		
Type of Care:	Outpatient		
Special Programs/Groups:	Adolescents, Persons with co-occurring mental and substance abuse disorders, Pregnant/postpartum women, Women, Men, Criminal justice clients		
Forms of Payment Accepted:	Self payment, Medicaid, Medicare, State financed insurance (other than Medicaid)		
Payment Assistance:	Sliding fee scale (fee is based on income and other factors)		
Special Language Services:	Russian, Spanish		
Yolo County Alcohol Drug and Mental Health	500-B Jefferson Boulevard Suite 150 West Sacramento, CA 95605	(916) 375-6350	www.yolocounty.org/Index.aspx?page=59

Primary Focus:	Mental health services		
Services Provided:	Substance abuse treatment		
Type of Care:	Outpatient		
Forms of Payment Accepted:	Self payment, Medicaid		
Special Language Services:	Spanish		
Yolo County Alcohol Drug and MH Servs	137 North Cottonwood Street Suite 1510 Woodland, CA 95695	(530) 666-8630x8970 Intake: (530) 666-8658	
Primary Focus:	Mental health services		
Services Provided:	Substance abuse treatment		
Type of Care:	Outpatient		
Special Programs/Groups:	Persons with co-occurring mental and substance abuse disorders		
Forms of Payment Accepted:	Self payment		
Payment Assistance:	Sliding fee scale (fee is based on income and other factors)		
Special Language Services:	Russian, Spanish		
Progress House Inc Progress House FOTEP Facility	15450 and 15430 County Road 99 House A and House B Woodland, CA 95695	(530) 668-9627	www.progresshouseinc.org
Primary Focus:	Substance abuse treatment services		
Services Provided:	Substance abuse treatment		
Type of Care:	Residential short-term treatment (30 days or less), Residential long-term treatment (more than 30 days)		
Special Programs/Groups:	Residential beds for clients' children, Criminal justice clients		

Yolo Wayfarer Center Christian Mission Walters House	285 4th Street Woodland, CA 95695	(530) 662- 2699	www.yolowayfarerchristianmission.com
Primary Focus:	Substance abuse treatment services		
Services Provided:	Substance abuse treatment		
Type of Care:	Residential short-term treatment (30 days or less), Residential long-term treatment (more than 30 days)		
Special Programs/Groups:	Persons with co-occurring mental and substance abuse disorders, Women, Residential beds for clients' children, Men, Criminal justice clients		
Forms of Payment Accepted:	Self payment		
Payment Assistance:	Sliding fee scale (fee is based on income and other factors), Payment assistance (Check with facility for details)		
Cache Creek Lodge Inc	435 Aspen Street Woodland, CA 95695	(530) 662- 5727	www.cachecreeklodge.org
Primary Focus:	Substance abuse treatment services		
Services Provided:	Substance abuse treatment, Halfway house		
Type of Care:	Residential short-term treatment (30 days or less), Residential long-term treatment (more than 30 days), Outpatient		
Special Programs/Groups:	Women, Criminal justice clients		
Forms of Payment Accepted:	Self payment		
CommuniCare Health Centers Behavioral Health Services	804 Court Street Woodland, CA 95695	(530) 668- 2400 Intake: (916) 403- 2970	www.communicarehc.org
Primary Focus:	Substance abuse treatment services		
Services Provided:	Substance abuse treatment		
Type of Care:	Outpatient		
Special Programs/Groups:	Adolescents, Persons with co-occurring mental and substance abuse disorders, Pregnant/postpartum women, Women, Men, Criminal justice clients		

Forms of Payment Accepted:	Self payment, Medicaid, Medicare, State financed insurance (other than Medicaid)
Payment Assistance:	Sliding fee scale (fee is based on income and other factors)
Special Language Services:	Spanish

Yuba County

Addiction Treatment Serv of Marysville (ATS)	1496 North Beale Road Marysville, CA 95901	(530) 749-8640	
Primary Focus:	Substance abuse treatment services		
Services Provided:	Substance abuse treatment, Detoxification, Methadone Maintenance, Methadone Detoxification		
Type of Care:	Outpatient		
Special Programs/Groups:	Pregnant/postpartum women		
Forms of Payment Accepted:	Self payment, Medicaid		
Exclusive Services:	Methadone Clients Only		
Pathways House I	2 9th Street Marysville, CA 95901	(530) 742-6670	www.yspathways.com
Primary Focus:	Substance abuse treatment services		
Services Provided:	Substance abuse treatment, Detoxification, Buprenorphine Services		
Type of Care:	Residential short-term treatment (30 days or less), Residential long-term treatment (more than 30 days), Outpatient, Partial hospitalization/day treatment		
Special Programs/Groups:	Women, Men		
Forms of Payment Accepted:	Self payment, Private health insurance		
Special Language Services:	Hmong, Spanish		
Aegis Medical Systems Inc	320 H Street Suite 2 Marysville, CA 95901	(530) 742-7747	www.aegismed.com

Primary Focus:	Substance abuse treatment services		
Services Provided:	Substance abuse treatment, Detoxification, Methadone Maintenance, Methadone Detoxification		
Type of Care:	Outpatient		
Forms of Payment Accepted:	Self payment, Medicaid, Medicare, Military insurance (e.g., VA, TRICARE)		
Payment Assistance:	Sliding fee scale (fee is based on income and other factors)		
Exclusive Services:	Methadone Clients Only		
Salvation Army Depot Family Crisis Center	408 J Street Marysville, CA 95901	(530) 216-4530	www.yubasalarmy.org
Primary Focus:	Substance abuse treatment services		
Services Provided:	Substance abuse treatment		
Type of Care:	Residential short-term treatment (30 days or less), Residential long-term treatment (more than 30 days), Outpatient		
Special Programs/Groups:	Residential beds for clients' children		
Forms of Payment Accepted:	Self payment, State financed insurance (other than Medicaid)		
For Our Recovering (FOR) Families	8 7th Street Marysville, CA 95901	(530) 749-5124	www.co.yuba.ca.us
Primary Focus:	Substance abuse treatment services		
Services Provided:	Substance abuse treatment, Buprenorphine Services		
Type of Care:	Outpatient		
Special Programs/Groups:	Criminal justice clients		
Forms of Payment Accepted:	Self payment		
Special Language Services:	ASL or other assistance for hearing impaired		

Glossary of Common AOD Terms

Alcoholics Anonymous (AA): A voluntary, 12-step, mutual aid program concerned with providing support and sobriety for people with alcohol problems. Narcotics Anonymous (NA) is primarily for people with drug problems.

Addiction: A repeated activity that continuously causes harm to oneself or others (e.g. a substance's continuous presence in the bloodstream).

Addict: A stigmatizing slang term for an individual with an addictive disorder. Preferred: person with substance use disorder.

AOD: Stands for (Alcohol and Other Drugs).

AODA: Stands for (Alcohol and Other Drug Abuse).

Codependence: A family member's or friend's suffering that is the result of the side effects of one's addiction; it occurs when one takes responsibility for another's actions and helps that person avoid facing his or her problems directly to maintain the relationship.

Denial: One's failure to either admit or realize his or her addiction or to recognize and accept the harm it can cause.

Detoxification (Detox): The process of removing a toxic substance (e.g. a drug) from the body.

Disease Model: A theory of alcoholism that considers the addiction a disease rather than a social or psychological issue.

Enabling: Helping an addicted person do things they can or should be doing for themselves; causes disease progression.

Fetal Alcohol Syndrome (FAS): Birth defects/abnormalities in babies of alcoholic and alcohol abusing mothers.

Fetal Drug Syndrome (FDS): Birth defects/abnormalities in babies of drug abusing mothers.

Harm Reduction: Often the first stage of addiction treatment; reducing therapy instead of stopping the target behavior.

Medication Assisted Treatment/Recovery (MAT/MAR): The use of prescribed medications such as methadone or naltrexone to support someone either short term detox or long term recovery.

Recovery: Reducing or ceasing substance dependence; often followed by one's personal life being turned around by way of a supportive environment.

Relapse: Symptom recurrence after a period of sobriety or drug use cessation.

Screening: Measurement tool for the extent of an alcohol or drug problem (e.g., self-completion questionnaire/life-history assessment).

Sponsor: In 12-step mutual aid groups a sponsor assists another member in understanding and taking the steps.

Tolerance: Condition in which one must increase their use of a drug for it to have the same effect.

Treatment: Professional assistance to respond to substance use dependence. Can be outpatient, inpatient, residential, therapeutic community.

Trigger: Anything that results in psychological and then physical relapse.

12-Steps of Alcoholics Anonymous
Traditional Language vs. Modified for Easier Understanding

1. We admitted we were powerless over alcohol—that our lives had become unmanageable.	1. We admitted we had no control over drugs and alcohol and that we had become powerless and could not control ourselves or our lives.
2. Came to believe that a Power greater than ourselves could restore us to sanity.	2. Came to believe in a power greater than ourselves and that this power could return us to health and being good to ourselves.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.	3. Because we wanted to feel better we made a decision to turn our lives, inside and out, over to this higher power which some of us call God.
4. Made a searching and fearless moral inventory of ourselves.	4. Learned about ourselves and made a list of all our strengths and weaknesses even though we were afraid and it was hard to do. We added to this list all of the things that we had been hurt or angry about for a long time.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.	5. Told God, ourselves, and another person all of the things on our list. We kept nothing secret.
6. Were entirely ready to have God remove all these defects of character.	6. Became completely ready for our higher power to remove all these weaknesses and angry memories.
7. Humbly asked Him to remove our shortcomings.	7. Without feeling like we were better than anyone else, we quietly asked our higher power to take away our weaknesses and the things inside that cause us problems.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.	8. Made another list, this time of all the people we had hurt or made angry at us by our behavior. Once our list was done we became completely ready to make apologies to everyone on the list and to change our behavior so it would not happen again.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.	9. Made apologies to these people face to face, on the telephone, or wrote them a letter as soon as we could. The only time we did not make a direct apology was if it would hurt them or someone else.

<p>10. Continued to take personal inventory and when we were wrong promptly admitted it.</p>	<p>10. Continued to look at ourselves honestly and whenever we were wrong or hurt someone else we immediately admitted it, apologized and worked on changing our behavior so it would not happen again.</p>
<p>11. Sought through prayer and meditation to improve our conscious contact with God, as we understood Him, praying only for knowledge of His will for us and the power to carry that out.</p>	<p>11. We learned how to pray and meditate every day which helped us get to know our higher power better. When we prayed we only asked how we could help, how to behave well, and for the strength and power to do it.</p>
<p>12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.</p>	<p>12. Once we had done all of the other steps we realized that we had formed a close new relationship with our higher power, whom many of us now call God. We spent time trying to help other alcoholics and addicts remembering that all we could do was give them support, getting sober was their responsibility. Because we wanted to stay sober and keep recovering, every day we practiced doing all of the things we had learned.</p>