

SUBSTANCE USE DISORDER PREVENTION, TREATMENT, AND RECOVERY RESOURCE GUIDE

SAN FRANCISCO AND THE BAY AREA, CALIFORNIA



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

MEMBERS OF THE FOLLOWING ORGANIZATIONS CONTRIBUTED TO THE RESOURCE GUIDE:

- | | |
|------------------------------------------------------|------------------------------|
| Buddhist Church of San Francisco | Josie’s Place |
| California Department of Health Care Services (DHCS) | Lighthouse Mosque |
| The Clinton Foundation | Marin Interfaith |
| Congregation Kol Shofar | St. Mark’s Lutheran Church |
| First Christian Church, Concord | San Francisco Night Ministry |
| Graduate Theological Union | Sha’ar Zahav |
| Greater New Mt. Hermon Baptist Church | Sierra Health Foundation |
| Islamic Center of North Marin | Wesley Foundation of Merced |
| Japanese American Religious Federation (JARF) | |

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The Clinton Foundation does not recommend or endorse any healthcare providers, tests, products, procedures, treatments, or resources covered in this guide. They are listed here for informational purposes only.

INTRODUCTION

In the past year, more than 110,000 Americans lost their lives to drug overdose — a tragic number that becomes more sobering when contrasted with the over 67,000 in 2018. With each passing year, the number of lives lost due to drug overdose reaches a new record high. These losses are felt deeply in states like California, which lost over 10,000 individuals in 2021 from accidental overdoses of the synthetic opioid fentanyl alone.

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

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

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

SAMHSA BEHAVIORAL HEALTH TREATMENT LOCATOR

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

<https://findtreatment.gov/>

ATLAS TREATMENT LOCATOR

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

<https://treatmentatlas.org/>

ICON KEY

The large number of substance use disorder treatment facilities within 25 miles of San Francisco makes locating which facility is the most needed is often confusing and overwhelming. Because different treatment facilities provide different types and styles of treatment, we have provided this icon key that efficiently identifies treatment information. The icons placed next to the name of each facility allow the reader to locate the treatment center that best suits the needs of the potential client or patient. The definition of each icon can be found below.

O **Outpatient Treatment:** This type of treatment requires patients to report daily (usually weekdays) to treatment rather than overnight stays at a hospital or residential facility.

H **Residential/Inpatient Treatment:** This type of treatment requires patients to live and stay overnight at the treatment facility or hospital, usually for 30, 60, or 90-day period. This is the highest level of treatment services for those diagnosed with substance use disorders.

IOP **Intensive Outpatient Program:** A type of outpatient treatment program with additional components such as additional counseling or classes, usually for four hours a day for two to three days a week. IOP is recommended for those who no longer require 24-hour supervision.

PHP **Partial Hospitalization Program:** A type of outpatient treatment program that includes a more intensive, rigorous treatment schedule than IOP, usually involving treatment for five days a week, up to eight hours a day. PHP is recommended for those just exiting residential treatment who need additional structural support.

MAT **Medication-Assisted Treatment:** This type of treatment uses FDA-approved medication, in conjunction with counseling and behavioral therapies, to treat substance use disorders. Medication-assisted treatment has proven to be effective in treating alcohol use disorder and opioid use disorder.

DT **Detox Program:** Offers a detox program, where someone with a substance use disorder can, under supervision, come off of the physical dependence of alcohol or other drugs. This is often the first level of treatment for a SUD. Withdrawal from a substance can occur with a variety of uncomfortable physical symptoms, and a detox program can safely manage those symptoms under the care and supervision of medical professionals.

CD **Co-occurring Disorder Treatment (or “Dual Diagnosis”):** Offers treatment for not simply substance use disorders, but other co-occurring mental health disorders as well. Many individuals with a SUD also have other mental health disorders, including depression, anxiety, and PTSD, and these disorders play a role in the individual’s desire to either use substances or to abstain. This facility also treats these disorders and takes them just as seriously as addiction.

12 **12-Step Foundation:** Incorporates 12-Step programs such as Alcoholics Anonymous and Narcotics Anonymous into its treatment, whether through meetings, literature, or both. While 12-Step programs are not the only way to treat substance use disorders, many facilities use them as the basis for their treatment programs as the foundation for treatment and maintaining long-term recovery.

A **Adolescent Program:** Offers a program for young adults or adolescent individuals under the age of 18.

+ **Christian-Based:** Offers Christian-based treatment for substance use disorders.

✡ **Jewish-Based:** Offers Judaism-based treatment for substance use disorders.

+ **LGBTQ+:** Offers specific treatment for LGBTQ+ individuals with substance use disorders or has made a public effort to be inclusive to the LGBTQ+ lifestyle.

♀ **For Women:** Offers treatment specific to women or has a women-only recovery residence.

♂ **For Men:** Offers treatment specific to men or has a men-only recovery residence.

Substance Use Disorder Treatment Programs

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

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

Addiction Research and Treatment Inc

O MAT DT
<https://baartprograms.com/>

433 Turk Street, San Francisco, CA 94102
415-928-7800 ext. 2159

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

Bayview Hunters Point Foundation Substance Use Disorder Programs

O MAT DT H CD
<http://www.bayviewci.org>

1625 Carroll Avenue, San Francisco, CA 94124
415-822-8200 ext. 10

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

City and County of San Francisco

O MAT DT A
<https://dsaam.org/obic/>

1380 Howard Street, 2nd Floor,
San Francisco, CA 94103
415-552-6242

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

Epiphany Center

O MAT DT A ♂
<http://www.theepiphanycenter.org>

100 Masonic Avenue, San Francisco, CA 94118
414-426-9151

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

Father Alfred Center Saint Anthony Foundation

[O MAT 12](#) [↑](#) [↔](#) [†](#)
<http://www.stanthonysf.org>

291 10th Street, San Francisco, CA 94103
415-592-2880

Payment Accepted: No payment accepted

The Friendship House Association of American Indians

[O DT](#) [↑](#) [†](#)
<http://www.friendshiphousesf.org>

56 Julian Avenue, San Francisco, CA 94103
415-865-0964

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

Fort Help

[O MAT](#)
<http://www.americanhealthservices.org>

915 Bryant Street, San Francisco, CA 94103
415-777-9953

Payment Accepted: Medicare; Medicaid; Cash or self-payment

Foundations San Francisco

[O MAT DT](#) [↑](#) [A](#) [♂](#) [♀](#)
<http://www.FoundationsSanFrancisco.com>

1700 Montgomery Street, Suite 435,
San Francisco, CA 94111
415-293-1687

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

HealthRIGHT 360

[O MAT DT](#) [↑](#) [A](#) [♂](#) [♀](#)
<http://www.healthright360.org>

HealthRIGHT 360 Outpatient Program

1563 Mission Street, 3rd Floor, San Francisco, CA 94103
415-762-3700

HealthRIGHT 360 Men's Residential Program

890 Hayes Street, San Francisco, CA 94117

HealthRIGHT 360 Women's Hope

2261-2263 Bryant Street, San Francisco, CA 94110
415-762-3712

HealthRIGHT 360 AARS Project ADAPT

2020 Hayes Street, San Francisco, CA 94117
415-750-5125

Payment Accepted: Federal, or any government funding for substance use treatment programs; Medicaid

Horizons Unlimited of San Francisco Inc

[O A](#) [♂](#) [♀](#)
<http://www.horizons-sf.org>

440 Potrero Avenue, San Francisco, CA 94110
415-487-6700

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

Joe Healy Detoxification Program

[O DT A](#)
<https://prcsf.org/>

101 Gough Street, San Francisco, CA 94102
415-503-3137

Payment Accepted: Federal and government funding for substance use treatment programs; Medicaid

Latino Commission on Alc/DA Services Casa Aviva Perinatal Woman

[O MAT A](#) [↔](#)
<http://www.thelatinocommission.org>

1724-1726 Bryant Street, San Francisco, CA 94110
415-558-9125

Payment Accepted: Federal, or any government funding for substance use treatment programs; HIS/Tribal/Urban (ITU) funds; Medicare; Medicaid; Federal military in plus more

Mission Council on Alcohol Abuse for the Spanish Speaking

[O 12 A](#) [↔](#)
Family Day Treatment: 154 A Capp Street,
San Francisco, CA 94110
415-864-0554

Spanish Speaking: 154 A Capp Street,
San Francisco, CA 94110
415-826-6767

Payment Accepted: Federal, or any government funding for substance use treatment programs; private health insurance; cash or self-payment; state-financed health insurance plan other than Medicaid, no payment accepted

San Francisco (City and County) OBOT/ Tom Waddell Health Center

[O DT MAT](#)
<http://dsaam.org/obot/>

230 Golden Gate Avenue, San Francisco, CA 94102
628-206-4384

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

San Francisco AIDS Foundation Substance Health Services/Stonewall

[O MAT DT +](#) [↔](#)
<http://www.stonewallsf.org>

1035 Market Street, Suite 400,
San Francisco, CA 94103
415-487-3100

Payment Accepted: Federal, or any government funding for substance use treatment programs; No payment accepted

San Francisco General Hospital Opiate Treatment Outpatient Program

[O A MAT DT](#) [↔](#)
[Http://dsaam.org/otop](http://dsaam.org/otop)

1001 Potrero Avenue, Ward 93, San Francisco, CA 94110
628-206-8412

Payment Accepted: Federal, or any government funding for substance use treatment programs; treatment programs; Medicaid

Senior Center Alcohol and Drug Program of Curry

[O A DT](#) [↔](#) [+](#) [↑](#)
<http://curryseniorcenter.org>

315 Turk Street, San Francisco, CA 94102
415-292-1135

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

Ohlhoff Recovery Programs

[O MAT 12 DT](#) [↔](#)
<http://www.ohlhoff.org>

Skip Byron Primary:
601 Steiner Street, San Francisco, CA 94117
415-621-4388 ext. 210

Henry Ohlhoff House:
601 Steiner Street, San Francisco, CA 94117
415-621-4388 ext. 227

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

Westside Community Servies Integrated Service Center

[O A MAT DT](#) [↔](#)
<http://www.westside-health.org>

245 11th Street, San Francisco, CA 94103
415-355-0311 ext. 1263

Payment Accepted: County or local government funds; Medicare; Medicaid; Other State Funds; State Corrections or juvenile justice funds; cash or self-payment; St plus more

University of California San Francisco Alliance Health Project

[O A](#) [↔](#)
<http://alliancehealthproject.ucsf.edu>

1930 Market Street, San Francisco, CA 94102
415-476-3990

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

Veterans Affairs Medical Center Addiction Recovery Treatment Services

[O MAT DT](#) [↔](#) [+](#) [↑](#)
<http://www.va.gov/san-francisco-health-care/health-services/>

4150 Clement Street, San Francisco, CA 94121
415-221-4810 ext. 24362

Payment Accepted: Federal, or any government funding for substance use treatment programs

MEDICATION ASSISTED TREATMENT (MAT) PROGRAM ACCESS POINTS

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

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

Recovery Residences

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

Ohlhoff Recovery Programs Skip Byron Primary Home

<http://www.ohlhoff.org>

601 Steiner Street, San Francisco, CA 94117
415-621-4388 ext. 210

Services: Substance use treatment; Detoxification; Transitional housing, halfway house, or sober home

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

St Mary's Center

<http://www.stmaryscenter.org>

925 Lockhurst Street, Emeryville, CA 94608
510-923-9600 ext. 250

Services: transitional housing supports senior men and women in their journey from homelessness to permanent housing.

Payment Accepted: Federal, or any government funding for substance use treatment programs; No payment accepted

Options Recovery Services

<http://www.optionsrecoveryservices.com>

1835 Allston Way, Berkeley, CA 94703
510-666-9552

Services: Substance use treatment; Detoxification; Transitional housing, halfway house, or sober home

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

Project Ninety Inc, A Division of Caminar

<http://www.caminar.org>

416 2nd Avenue, San Mateo, CA 94401
650-579-7881

Services: Substance use treatment; Detoxification; Transitional housing, halfway house, or sober home

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

Progress Foundation Courtland House Residential Program

<http://www.progressfoundation.org>

77 Cortland Avenue, San Francisco, CA 94110
415-550-1881

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

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

Mental Health Services

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

Comprehensive Psychiatric Services

<http://www.psych-doctor.com>

611 Gateway Boulevard, Suite 210,
South San Francisco, CA 94080
650-301-4960 ext. 2

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

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

Full Circle Family Program (FCFP)

<http://www.felton.org>

1663 Mission Street, Suite 604,
San Francisco, CA 94103
415-474-7310 ext. 453

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

Payment Accepted: Medicare; Medicaid

Westside Community Services

<http://www.westside-health.org>

Child Youth and Family Services
Community Services integrated Service Center
245 11th Street, San Francisco, CA 94117
415-431-8252

Payment Accepted: County or local government funds, Other State funds; State corrections or juvenile justice funds; State mental health agency (or equivalent) funds; State welfare or child and family services fund

Wrap-Around Services

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

Edgewood

<https://edgewood.org/contact/>

Edgewood-San Francisco
1801 Vicente Street
San Francisco, CA 94116
415-681-3211

Edgewood-San Mateo
1510 Fashion Island Boulevard, Suite 310
San Mateo, CA 94404
650-832-6900

Edgewood-Bayview-Hunters Point
3801 3rd Street, Suite 610
San Francisco, CA 94124
415-682-3276

Edgewood-Drop-In Center North
931 West San Bruno Ave, Suite 2
San Bruno, CA 94066
415-375-7626

Edgewood-South San Francisco
170 South Spruce Avenue, Suite 200
South San Francisco, CA 94080
650-517-8220

Edgewood-Drop-In Center South
604 Price Avenue, Suite A
Redwood City, CA 94063
415-680-0944

Services: The Edgewood Center for Children and Families (“Edgewood”) is the place to begin for any child or youth to get the mental health care, social services, and academic support they need from highly trained, welcoming professionals. Through committed staff, many with lived experiences, who strongly believe in the mission, Edgewood offers a full range of services for children, youth, and families in the San Francisco Bay Area. Their vision is that everyone Edgewood serves has the power to live life with understanding, confidence, strength, and joy.

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

University of California San Francisco

<https://wraparound.ucsf.edu/about-us/overview.aspx>

155 N Fresno St Fresno, CA 93701
599-499-6400

Services: The Wraparound Project works to reduce injury and criminal recidivism in the most vulnerable citizens of the city of San Francisco. It serves as a vital point of entry, providing mentorship and linking clients to essential risk-reduction resources.

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

Amity Foundation Amistad Los Angeles

<http://www.amityfdn.org>

3745 South Grand Avenue, Los Angeles, CA 90007
877-301-0785

Services: Amity Foundation is dedicated to the inclusion and habilitation of people marginalized by addiction, trauma, criminality, incarceration, poverty, racism, sexism, homelessness, and violence. We strive to improve health and promote environmental, social, and economic justice. Amity is committed to research, development, implementation, and dissemination of information regarding community building.

Payment Accepted: Federal, or any government funding for substance use treatment programs; No payment accepted

DUI Schools

DUI Schools are programs that are required for individuals who have been charged with driving under the influence of alcohol with a 0.08 blood alcohol content(BAC) or 0.01 BAC if you are under 21. Completing a DUI school program is a common requirement for first-time DUI offenders and is often 30 hours to three months at a cost of \$500. *When picking a DUI school, please confirm that it follows the AB541 Class curriculum.*

Driver Performance Institute

<https://www.sfdpi.com/>

350 Townsend Street, Suite 205,
San Francisco, CA 94107
415-905-555

Payment Accepted: Cash or self-payment

Dry Zone DUI Programs

<http://www.missioncouncil.org/dryzoneduiprogram.html>

154 A Capp Street, San Francisco, CA 94110
414-826-6767

Payment Accepted: Cash or self-payment

Homeless Shelters

Department of Homelessness and Supportive Housing

<https://hsh.sfgov.org/services/how-to-get-services/accessing-temporary-shelter/>

440 Turk Street, San Francisco, CA 94102
628-652-8000

MSC- South

<https://svdp-sf.org/what-we-do/msc-shelter/>

525 5th Street, San Francisco, CA 94107
415-597-7960

Hospitality House

<https://www.hospitalityhouse.org/shelter-program.html>

290 Turk Street, San Francisco, CA 94102
415-749-2100

Next Door Shelter

1001 Polk Street, San Francisco, CA 94109
415-734-3310

Interfaith Shelter

<https://ecs-sf.org/sanctuary/>

165 8th Street, San Francisco, CA 94103
415-487-3300

Hamilton Families

<https://www.hamiltonfamilies.org/>

2567 Mission Street, San Francisco, CA 94110
415-321-2612

Community Forward

<https://communityforwardsf.org/>

1171 Mission Street, 2nd Floor, San Francisco, CA 94103
415-223-1416

City Team

<https://www.cityteam.org/give-help/san-francisco>

415-862-8688

BAY AREA SUBSTANCE USE RESOURCES — ALAMEDA COUNTY

A comprehensive list of recovery, substance use, and wellness resources for Alameda County and the surrounding Bay Area.

Bay Area Substance Use Resources

<https://www.csueastbay.edu/atod/community-resources/alameda-county.html>

DHCS Programs and Services

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

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

Level of Care Designations

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

<https://www.dhcs.ca.gov/provgovpart/Pages/level-of-care-designation.aspx>

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

Licensing and Certification Division

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

https://www.dhcs.ca.gov/provgovpart/Pages/Licensing_and_Certification_Division.aspx

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

Naloxone Distribution Project

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

https://www.dhcs.ca.gov/individuals/Pages/Naloxone_Distribution_Project.aspx

Opioid Response: Current Projects

The full directory of DHCS Current Opioid Response projects.

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

Mutual Aid Groups and Other Supportive Services (California)

Mutual aid groups, such as 12-step programs, provide support and fellowship for people recovering from addictive behaviors. The members share a problem or status, and they value experiential knowledge — learning from each other’s experiences is a central element — and they focus on personal-change goals. The groups are voluntary associations that charge no fees and are self-led by members.

Alcoholics Anonymous (AA)

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

Los Angeles Central Office of Alcoholics Anonymous:
323-936-4343

<https://alcoholicsanonymous.com/aa-meetings/california/>

Al-Anon & Alateen

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

Los Angeles Al-Anon and Los Angeles Alateen:
818-547-3027

<https://northerncaliforniaal-anon.org/>
<https://alanonla.org/alateen>

Celebrate Recovery

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

<https://www.celebraterecovery.com/what-we-offer/find-a-cr-meeting>

Cocaine Anonymous (CA)

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

Helpline: (888) 714-8341
<https://canorcal.org/>

Narcotics Anonymous (NA)

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

Helpline: 1-800-863-2962
<https://norcalna.org/>

Nar-anon

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

Nar-anon Family Group Headquarters:
(310) 534-8188
<https://www.naranoncentralca.org/>

Parents of Addicted Loved Ones (PAL)

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

480-300-4712
<https://palgroup.org/find-a-meeting/>

SMART Recovery

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

213-276-9692
<https://smartrecovery.org/>

Mutual Aid Groups and Other Supportive Services (National)

Al-Anon and Alateen

Help and hope for families and friends of alcoholics.
1-888-425-2666

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

Alcoholics Anonymous

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

<https://www.aa.org/>

Daily Strength

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

www.dailystrength.org/

In the Rooms

Online social network for the Global Recovery Community.

www.intherooms.com/

National Association for Children of Addiction

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

<https://nacoa.org/>

Narcotics Anonymous

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

800-407-7195
<https://na.org/>

Recovery 2.0

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

<https://r20.com/>

Hotlines

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

California Assaults Against Women Hotline

Open 24/7.

310-382-8381

California Youth Crisis Line

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

1-800-843-5200

Drug and Relapse Prevention Line

The Drug Line and Relapse Line provide referrals to specialized treatment programs, crisis intervention, information on addictions and recovery, and emotional support along the recovery continuum.

415-834-1144

HIV Nightline

San Francisco Suicide Prevention's 24-hour HIV Nightline Crisis Line provides anyone at risk of or living with HIV/AIDS and their family/caregivers with emotional support and information about HIV/AIDS.

415-434-2437 (Local) 800-273-2437 (National)

National Suicide Prevention Hotline

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

1-800-273-8255

San Francisco Night Ministry

The San Francisco Night Ministry increases access to spiritual care and multifaith community- at night, on the phones, and on the streets. They do not judge or convert. They meet people where they are and offer a loving presence.

844-467-3473

San Francisco Women Against Rape Hotline

San Francisco Women Against Rape provides resources, support, advocacy, and education to strengthen the work of all individuals and communities in San Francisco that are responding to, healing from, and struggling to end sexual violence.

(415)-647-7273

Substance Abuse Treatment Helpline (SAMHSA)

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

1-800-662-4357

The Trevor Project

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

1-866-488-7386

United Way's 2-1-1

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

www.211.org/

ADDITIONAL INFORMATION

Substance Use Disorder Prevention Resources

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

Above the Influence Youth Prevention Toolkit

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

www.hhs.gov/sites/default/files/ati_toolkit_new.pdf

Botvin Life-Skills Training Program

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

<http://www.lifeskillstraining.com/>

NIDA for Parents and Educators

Blogs, videos, games, and educational resources on substance use for teens.

<https://nida.nih.gov/research-topics/parents-educators>

Partnership to End Addiction

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

<https://drugfree.org/>

Educational Resources

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

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

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

https://nida.nih.gov/sites/default/files/soa_2014.pdf

Opioid Basics (CDC)

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

<https://www.cdc.gov/opioids/basics/index.html>

Effective Treatments for Opioid Addiction (NIDA)

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

<https://nida.nih.gov/publications/research-reports/medications-to-treat-opioid-addiction/efficacy-medications-opioid-use-disorder>

Q&A on Naloxone (NIDA)

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

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

Opioid Overdose Prevention Toolkit (SAMHSA)

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

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

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

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

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

Personal Recovery Stories (Hazelden Betty Ford)

Short PBS film on fighting the stigma of addiction with stories of recovery.

<https://www.hazeldenbettyford.org/stories>

Glossary of Key Terms

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

Abstinence: Not using alcohol or drugs.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

**SUBSTANCE USE DISORDER PREVENTION, TREATMENT, AND RECOVERY RESOURCE GUIDE
SAN FRANCISCO AND THE BAY AREA, CALIFORNIA**