



DIRECTORY OF RESOURCES

CONTRA COSTA COUNTY SUBSTANCE USE PREVENTION AND TREATMENT FOR WOMEN AND MOTHERS WITH YOUNG CHILDREN

...A Lifeline for Families



Contra Costa County Behavioral Health Division
Alcohol and Other Drugs Services

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<http://cchealth.org/aod>

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AOD Women's Services – Directory of Resources

Table of Contents

1. About this Directory
2. Types and Programs and Services
3. East County Women's Services / Wollam House
4. Frederic Ozanam Center
5. Ujima Central Outpatient/Intensive Outpatient Treatment
6. Ujima East Outpatient/Intensive Outpatient Treatment
7. Ujima West Outpatient/ Intensive Outpatient Treatment
8. La Casa Ujima Residential Treatment Program
9. The Rectory Women's Recovery Center
10. La Familia
11. Choosing Change Buprenorphine
12. Harmonic Solutions
13. Substance Use Treatment for Girls Under 18
14. Countywide Prevention Services
15. SAMHWORKs for CalWORKs Welfare-to-Work Participants
16. Screening, Brief Intervention and Referral to Treatment [SBIRT]
17. Additional Community Resources



About This Directory

Welcome to the Drug Medi-Cal Organized Delivery System (DMC-ODS) of Contra Costa County, Women Services! This is a directory of substance use disorders prevention and treatment programs provided specifically for Contra Costa County women, pregnant women and mothers with children.

The directory was developed by Alcohol and Other Drug Services (AODS) Administration with the goal of providing contact information for all substance use disorders treatment and recovery programs under contract with AODS Administration.

All services in this directory comply with the requirements of the DMC-ODS Waiver Plan, the Substance Abuse Perinatal Network Guidelines, and follow the American Society of Addiction Medicine Criteria (ASAM).

If you would like more information about the programs and services in this directory, contact the Behavioral Health Access Line at 1-800-846-1652 or 925-335-3330. Monday – Friday 8:00 AM – 5:00 PM (Hablamos Español).

Contra Costa County Alcohol & Other Drug Services

Behavioral Health Access Line

Toll Free 1.800.846.1652

Alcohol & Other Drugs Services

Fatima Matal Sol, AODS Program Chief

(925) 335-3330

Sonya Blunt, BA, CADC II– Substance Abuse Program Supervisor – Women/Perinatal Services

Direct (925) 335-3343 / Sonya.Blunt@cchealth.org

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Types of Programs and Services

Outpatient Drug Free (ODF) and Intensive Outpatient Treatment (IOT)- ASAM Level 1 & 2.1 Offers support and counseling for women who do not live in a treatment facility and want to work on their alcohol and other drug use concerns and increase their self-sufficiency and stability. Women can bring their children to some programs. Childcare is offered free of charge.

Residential Treatment - ASAM Level 3.1 - Offers non-medical care for women who live in the treatment facility and want to work on their alcohol and other drug use concerns and increase their self-sufficiency and stability. Some programs accept women with their children who can also participate in treatment. All programs accept persons who are on Medication Assisted Treatment (MAT) for opiate/opioid use disorder or alcohol disorders.

Withdrawal Management (Detox) – Non medical – ASAM Level 3.2 - Offers non-medical detoxification services to assist and support people who are physically dependent on alcohol or other drugs during withdrawal.

Care Coordination- all programs have procedures in place to coordinate your care with mental health and primary health and for enrollment in a managed care plan, if needed.

Medication Assisted Treatment [MAT]

Narcotic Treatment Program - Offers outpatient treatment using methadone and/or levoalphacetylmethadol (LAAM) as narcotic replacement therapy to help people cope with the symptoms of opiate/opioid withdrawal.

Buprenorphine – available through “Choosing Change Clinics” in Ambulatory Care within CCC Health Services Department

Cost of Services – Must be a Contra Costa resident and Medi-Cal eligible. Each program offers assistance with Medi-Cal enrollment. We also offer a sliding fee scale if Medi-Cal is not an option. No woman will be turned away for inability to pay.

Access to Services - Please call the **BEHAVIORAL HEALTH ACCESS LINE, toll free, at 1-800-846-1652** and speak with a Substance Use Counselor. If you are already receiving healthcare or prenatal care, please ask your healthcare professional about a referral.

Childcare Services - Each of the perinatal programs provide onsite childcare services. Please ask for information about childcare options when you call the Behavioral Health Access Line.

Transportation - Perinatal programs provide transportation services. Please ask for information about transportation options during admission into a program.



East County Women's Services / Wollam House

For Screening and Referral call the Behavioral Health Access Line: 1-800-846-1652

(925) 427-1384

Type of Program:

- Withdrawal Management (Detox) ASAM Level 3.2
- Residential ASAM Level 3.1

For Whom:

- Women, Women who are pregnant, postpartum and parenting women with young children - up to age 5

Location: Pittsburg - East Contra Costa County

Services:

- 24-hour detoxification services
- Child care, child development services & parenting education
- Children's services with the Lynn Center for eligible clients
- Communication and life skills education
- Healthy lifestyles, nutrition and HIV/AIDS education
- Recovery Support Services such as 12-step, SMART and others
- Job training referrals
- Sober transitional housing available
- Pregnancy support
- Family reunification support
- Alumnae activities, support groups and linkages to aftercare
- Recreational and social functions
- 24 Hour Residential Treatment program
- Individual, group and family counseling
- Treatment and recovery planning
- Alcohol and drug education
- Relapse Prevention
- Individual and Group Trauma Therapy
- Women's Issues groups
- Domestic Violence education



Frederic Ozanam Center

For Screening and Referral call the Behavioral Health Access Line:

1-800-846-1652

(925) 676-4840

Type of Program:

- Detox ASAM Level 3.2
- Residential ASAM Level 3.1

For Whom: All women, including pregnant women (***NOTE: this is not a perinatal program and does not provide onsite childcare or living arrangements for children***)

Location: Concord– Central Contra Costa County

Services:

- 24-hour Withdrawal Management (detox) services
- 24-hour residential support
- Alcohol & drug education
- Individual & group counseling
- Recovery planning for individuals and families
- Nutrition guidance
- Recovery Support Services, referrals to self-help such as such as, e.g. 12- step, SMART, life ring, etc.
- Assistance in obtaining childcare, vocational training & employment services
- Recreational & social functions
- Structured family program
- Supportive alumnae program
- Recreational & social functions
- Structured family program
- Supportive alumnae programs



Ujima Central Outpatient Program

For Screening and Referral call the Behavioral Health Access Line: 1-800-846-1652

(925) 691-5083

Type of Program:

- Outpatient Drug Free (ODF) ASAM Level 1
- Intensive Outpatient Treatment (IOT) ASAM Level 2.1

For Whom:

- Women who are pregnant, postpartum and parenting women with young children

Location: Concord – Central Contra Costa County

Services:

- Outpatient alcohol & drug treatment program
- Comprehensive assessments
- Alcohol and Drug Recovery Education
- Individual, group, and family counseling
- Individualized Treatment Plans
- Relapse Prevention Education
- Recovery Support Services, referrals to self-help such as such as, e.g. 12- step, SMART, life ring, etc.
- Pregnancy Support
- Parenting skills and education
- Child care and child development services
- Family reunification support
- Life skills education
- Domestic Violence education
- Case management and care coordination services
- Continuing Care, Discharge Planning and Alumnae activities



Ujima East Outpatient Program

**For Screening and Referral call the Behavioral Health Access
Line: 1-800-846-1652**

(925) 427-9100

Type of Program:

- Outpatient Drug Free (ODF) ASAM Level 1
- Intensive Outpatient Treatment [IOT] ASAM Level 2.1

For Whom:

- Women who are pregnant, postpartum and parenting women with young children

Location: Pittsburg – East Contra Costa County

Services:

- Outpatient alcohol & drug treatment program
- Comprehensive assessments
- Alcohol and Drug Recovery Education
- Family reunification support
- Life skills education
- Domestic Violence education



Ujima West Outpatient Program

**For Screening and Referral call the Behavioral Health Access
Line: 1-800-846-1652**

(510) 215-2280

Type of Program:

- Outpatient Drug Free (ODF) ASAM Level 1
- Intensive Outpatient Treatment (IOT) ASAM Level 2.1

For Whom:

- Women who are pregnant, postpartum and parenting women with young children

Location: Richmond – West Contra Costa County

Services:

- Outpatient alcohol and drug treatment program
- Comprehensive assessments
- Alcohol and Drug Recovery
- Family reunification support
- Life skills education
- Domestic Violence education



La Casa Ujima Residential Treatment Program

For Screening and Referral call the Behavioral Health Access Line:

1-800-846-1652

(925) 229-0230

Type of Program: Residential ASAM Level 3.1

For Whom:

- Women who are pregnant, postpartum and parenting women with young children - up to age 5

Location: Martinez – Central Contra Costa County

Services:

- 24 Hour Residential Treatment Program
- Individual, group and family counseling
- Treatment and recovery planning
- Alcohol and Drug Education, Relapse Prevention
- Domestic Violence education
- Pregnancy support
- Parenting education
- Family reunification support
- Child care and child development services
- Communication and life skills education
- Healthy lifestyle, nutrition, and HIV/AIDS education
- Recovery Support Services, referrals to self-help such as such as, e.g. 12- step, SMART, life ring, etc.
- Job training referrals
- Alumnae activities, support groups and linkages to aftercare
- Recreational and social functions



The Rectory Women's Recovery Center

For Screening and Referral call the Behavioral Health Access Line:

1-800-846-1652

(510) 236-3134

Type of Program: Residential ASAM Level 3.1

For Whom:

- Women who are pregnant, postpartum and parenting women with children girls up to age 12 and boys up to age 7
- Will accept Methadone clients who want alcohol and drug treatment with the goal of sustained recovery

Location: San Pablo – West Contra Costa County

Services:

- 24 Hour Residential Treatment Program
- Individual, group and family counseling
- Treatment and recovery planning
- Alcohol and Drug Education, Relapse Prevention
- Domestic Violence education
- Pregnancy support
- Parenting education
- Family reunification support
- Child care and child development services
- Communication and life skills education
- Healthy lifestyle, nutrition, and HIV/AIDS education
- Recovery support services such as 12-step, SMART and others
- Job training referrals
- Alumnae activities, support groups and linkages to aftercare
- Recreational and social functions



La Familia

Richmond: (510) 708-1009

Concord: (510) 435-2095

Type of Program:

- Outreach and Engagement
- Outpatient ASAM Level 1

For Whom:

- Women who are Pregnant, Parenting and Postpartum

Location:

- 1054 Shary Court, Suite A1, Concord
- 1503 Macdonald Ave, Unit A, Richmond

Services:

- Individual Counseling
- Group Counseling
- Family Counseling
- Alcohol and Drug Education, Relapse Prevention
- Parenting Skills and Communication
- Linkages to Mental Health and Health Care
- Resources to social and human services
- Social Functions
- Pregnancy Support
- System navigation

***Spanish Speaking Counselors Available at both Locations



CHOOSING CHANGE

BUPRENORPHINE, VIVITROL, NARCAN

Type of Program: Outpatient Treatment Program (CO-ED) Outpatient Medication-Assisted-Treatment (MAT)

For Whom: Clinically eligible women, **including pregnant women** suffering from an opiate/opioid use disorder and medication for alcohol use disorders

Location: San Pablo – West Contra Costa County; Antioch & Pittsburg – East Contra Costa County, Martinez –Central Contra Costa County- Concord Central Contra Costa County

Services:

- Services Monday - Friday
- Outpatient induction and maintenance
- Individualized Behavioral Health Counseling
- Psychosocial Services
- HIV screening and prevention
- Relapse Prevention services
- Case Management

**For Referrals to Choosing
Change, please call the
Behavioral Health Access
Line Toll Free at
1.800.846.1652**



Harmonic Solutions LLC
925-278-1792

Type of Program: Outpatient Medication-Assisted-Treatment - for opioid addiction utilizing Methadone and Buprenorphine.

For Whom: Clinically eligible females suffering from an opiate/opioid use disorder, including **pregnant and parenting women**

Location: 1776 Ygnacio Valley Road, Ste 206, Walnut Creek

Services:

- Substance Abuse Counseling
- Case Management
- Community Resource Referral
- Other Supportive Services
- Open Daily
- Intakes M – F 5:00am to 10:00am
- Other Services Saturday and Sunday 6:00am to 8:00am



BAART – Methadone Programs

Richmond: (510) 232-0874

Antioch: (925) 522-0124

Type of Program:

- Outpatient Narcotic (Methadone) Treatment Program (CO-ED) and Buprenorphine

For Whom: Clinically eligible females and males suffering from an opiate/opioid use disorder, **including pregnant and parenting women**

Location: Richmond – West Contra Costa County; Antioch – East Contra Costa County

Services:

- Services Monday – Friday 5:00 am 1:00 pm
- Other Services Saturday and Sunday 7:00 am to 10:00 am
- Outpatient methadone services
- Withdrawal Management (detox) and recovery maintenance
- Individual Counseling
- Psychosocial Services
- HIV screening and prevention
- Relapse Prevention services
- Case Management and Recovery Support Services



Substance Use Treatment for Girls Under 18

Girls under 18 who are pregnant or parenting can be fully served at perinatal or other adult treatment programs **if they are legally emancipated minors**. Otherwise, they can receive only partial individualized services there, and can receive full services only from programs for girls under 18.

ALL PROGRAMS FOR GIRLS UNDER 18 ARE CO-ED

R.E.A.C.H – East County

- Spanish services offered
- HIV Prevention education and testing
- Antioch: (925) 754-3673; Brentwood: (925) 809-7920

BAART- Richmond (510) 232-0874

- Outpatient methadone detoxification, maintenance, counseling and HIV prevention for clinically eligible individuals suffering from an opiate/opioid use disorder, including minor girls, **with parental consent**

Concord Children's Mental Health Clinic- Concord

- Outpatient alcohol and drug treatment
- Denise Haverty: (925) 521-5789

West County Children's MH Clinic- Richmond

- Outpatient alcohol and drug treatment for Medi-Cal eligible youth
- Oeum Loch: (510) 942-4629

East County Children's MH Clinic- Antioch

- Outpatient alcohol and drug treatment for Medi-Cal eligible youth



County Wide Prevention Services

Co-Ed prevention services for girls under 18

Prevention services are for individuals who do not have a diagnose for substance use.
Prevention services are free of cost and available at many school settings.

Center for Human Development:

- Countywide
- (925) 687-8844

R.E.A.C.H

- Located in EastCounty
- Spanish language services offered
- Antioch: (925) 754-3673
- Brentwood: (925) 809-7920

Community Health Asian Americans – CHAA

- Located in Richmond
- Asian and Pacific Islander language services offered
- (510) 835-2777

Bay Area Community Resources

- Located in WestCounty
- (510) 559-5550

Alcohol and Other Drugs Administration

- Countywide
- Spanish speaking available
- (925) 335-3313



SAMHWORKs for CalWORKs Welfare-to-Work (CWWTW)

SAMHWORKs: Wellness to Independence provides screening, care coordination, referral, assessment, and treatment for CalWORKs Welfare-to-Work Participants.

Parents participating in CalWORKs Welfare-to-Work and considering substance use or mental health treatment are encouraged to contact the SAMHWORKs staff listed below for assistance.

SAMHWORKs liaisons can help women on CalWORKs Welfare-to-Work with contacting the Behavioral Health Access Line for Screening and placement in the appropriate level of substance use treatment, as well as navigate other barriers including transportation and childcare.

Employment and Human Services Screening Locations:

- **Antioch** – 4545 Delta Fair Blvd. Antioch, CA 94509
- **Pleasant Hill** – 400 Ellinwood Way Pleasant Hill, CA 94523
- **Hercules** – 151 Linus Pauling Hercules, CA 94547
- **Richmond** – 1305 Macdonald Ave. Richmond, CA 94801

SAMHWORKs STAFF

Fadua Galdámez, Spanish Outreach for SAMHWORKs- Llámanos podemos ayudarte!
(925) 316-9844 Fadua.Galdamez@cchealth.org

Roshawn Adams, CADC II - SAMHWORKs Substance Abuse Lead Counselor
(925) 381-9472 Roshawn.Adams@cchealth.org

Kathy Peters, CADC II - SAMHWORKs Liaison, Antioch
(925) 608-5985 Kathy.Peters@cchealth.org



Screening, Brief Intervention and Referral to Treatment [SBIRT]

ASAM Level .5

SBIRT is offered in all health centers in Contra Costa County during your first annual visit to the doctor and every year thereafter.

S [Screening]

The purpose of the screening is to quickly assess the severity of substance use and identifies the appropriate level of treatment.

BI [Brief Intervention]

Brief intervention focuses on increasing insight and awareness regarding substance use and motivation toward behavioral change.

RT [Referral to Treatment]

Referral to treatment provides to those women identified as needing more extensive treatment with access to specialty substance use disorder care.



Additional Community-Based Recovery Self-Help Support Groups

SMART (Self-Management & Recovery Training) Recovery –

On-Line Meetings:

<https://www.smartrecovery.org/community/calendar.php>

SMART Recovery – Live Meeting Directory:

<https://www.smartrecovery.org/local/#s=1>

Refuge Recovery – Find Local Meetings:

<https://www.smartrecovery.org/local/#s=1>

A.A. - Alcoholics Anonymous

925-939-4155 – Hotline/Central Office
510-839-8900 – Oakland Central Office

N.A. - Narcotics Anonymous

925-685-4357 – Español Oprimada
89 925-685-4357 – 24/7 Hotline
<http://www.Norcal.NA.org>
<http://www.contracostaNA.org>

M.A. - Marijuana Anonymous

510-957-8390

C.A. - Cocaine Anonymous

510-268-0600

C.M.A - Crystal Meth Anonymous

415-835-4747 www.crystalmeth.org

Life Ring

Secular self-help sober social support Local
Phone: 510-763-0779

Toll-Free: 1-800-811-4142

<http://lifering.org/>

Recovering Couples Anonymous

1-877-663-2317

<http://www.recovering-couples.org/>

Co-dependents Anonymous

<http://www.sfbaycoda.org/MeetingList.pdf>

1-888-444-2359

Adult Children of Alcoholics

<http://www.adultchildren.org/meetinginfo@adultchildren.org>

S.L.A.A. — Sex & Love Addicts Anonymous

415-979-4715

<http://www.slaa-sfeb.org>

Food Addicts Anonymous

1-800-600-6028

Survivors of Incest

(Does not post meetings on-line)

For more info:

<http://www.siaawso.org/contactus.ht>



Additional Services Continued

DOMESTIC VIOLENCE AND SAFETY SUPPORT

Rape Crisis Hotline

24-Hour Service: 1-800-670-7273

STAND for Families Free of Violence

Shelters & 24-Hour Hotline: 1-888-215-5555

925-827-0212

Community Violence Solutions

(510) 237-0113

International Rescue Committee – For victims of human trafficking

510-452-8222

CHILDREN, PRENATAL AND PERINATAL SERVICES

Prenatal Care Guidance (PCG)

925-313-6254

1-800-696-9644

Women, Infants & Children (WIC)

1-800-414-4WIC

1-800-414-4942

<http://cchealth.org/services/wic/index.php>

Brighter Beginnings

1-877-427-7134

<http://www.brighter-beginnings.org/wp-content/uploads/2012/07/BB-Program-Brochure-2012.pdf>

Lift Every Voice – For incarcerated pregnant women and teens

925-313-6313



Additional Services Continued

Healthy Start

Martinez – 925-370-5495

Pittsburg – 925-431-2345

Richmond – 510-231-1340

First 5 Contra Costa

(925) 771-7300

http://www.firstfivecc.org/uploads/programs/f5centers/CentersTrifold_0612.pdf

Welcome Home Baby

Antioch Office – 925-753-2156 San Pablo Office – 510-307-4401

Ujima Children’s Recovery and Family Education Program

(510) 236-0399

Postpartum Depression Support

1-800-773-6667 (1-800- PPD-MOMS)

[cchealth.org › perinatal › pdf › perinatal_depression_resources](http://cchealth.org/perinatal/pdf/perinatal_depression_resources)

HIV/AIDS/TB Testing & Services

(925)-313-6770 – Español oprima 2

Bay Area Legal Aid

(800) 551-5554

Rainbow Community Center (LGBTQQI)

(925)-692-0090 <http://rainbowcc.org/>



Additional Services Available through SAMHWORKS

YWCA of Contra Costa

East County: Pittsburg (925)-458-8189

Antioch (925)-778-6234

Central County: Martinez (925)-372-4213

West County: Richmond (510)-234-1270

<http://www.ywcaccc.org>

Amador institute, Inc. Program

East Contra Costa County – Antioch

(925)-778-3800

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

Rubicon

(510)- 412-1725

rubiconprograms.org

Lynn Center (Parent Child Support Services)

(925)-439-9628

AOD Services for
Pregnant and Parenting
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