

Directory of Resources

Contra Costa County Substance Use Prevention and Treatment for Women and Mothers With Young Children



Contra Costa County Behavioral Health Division
Alcohol and Other Drugs Services Administration

1220 Morello Ave, Suite 200

Martinez, CA 94553

Phone: (925) 335-3330

Fax: (925) 335-3318

<http://cchealth.org/aod>

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AOD Women's Services - Directory of Resources

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About This Directory

This is a directory of alcohol and other drug prevention and treatment programs provided for Contra Costa County women and mothers with children.

The directory was developed by the Contra Costa County Behavioral Health Division – Alcohol and Other Drug Services (AODS) Administration with the goal of providing contact information to the community for all AOD treatment and recovery programs the AODS Administration supports.

If you would like more information about the programs and services in this directory, contact AODS at 1-800-846-1652 or 925-335-3330. Monday – Friday 8:00am – 4:30 pm (Hablamos Español).



Types of Programs and Services

Outpatient Drug Free (ODF) - Offers support and counseling for people who do not live in a treatment facility and want to work on their alcohol and other drug use issues and make their lives more stable.

Residential - Offers non-medical care for people who live in the treatment facility and want to work on their alcohol and other drug use issues and make their lives more stable.

Detox – Non medical - Offers non-medical detoxification services to assist and support people who are physically dependent on alcohol or other drugs during withdrawal.

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 withdrawal.

Women’s Prevention Services- For pregnant women and pregnant teens who want to talk with someone or receive support for having a healthy lifestyle while pregnant, or who want information on pregnancy and prescription drugs, alcohol, and other substances.

Cost of Services - Each program offers a sliding fee scale. No woman will be turned away for inability to pay.

Access to Services - To reach any of the programs in this directory, please call the number provided and ask to speak with the intake coordinator. If you are already getting healthcare, 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 program.

Transportation - Each of the perinatal programs provide transportation services. Please ask for information about transportation options when you call the program.



Ujima Central Outpatient Program

(925) 691-5083

Type of Program: Outpatient Drug Free (ODF)

For Who?:

- Women who are pregnant, postpartum and parenting women with young children
- Women who are CalWORKs recipients (SAMHWorks)

Location: Concord– Central Contra Costa County

Services:

- Outpatient alcohol and drug recovery program
- Comprehensive assessments
- Alcohol and Drug Recovery Education
- Individual, group and family counseling
- Individualized Treatment Plans
- Relapse prevention education
- 12 Step support
- Pregnancy support
- Parenting skills and education
- Child care and child development services
- Family reunification support
- Life skills education
- Domestic Violence education
- Psychiatric appointments and medication management for eligible CalWORKs clients
- Case management and coordination services
- Resources for state and local agencies, service providers and community organizations
- Continuing Care & Discharge Planning and Alumnae activities



Ujima East Outpatient Program

(925) 427-9100

Type of Program: Outpatient Drug Free (ODF)

For Who?:

- Women who are pregnant, postpartum and parenting women with young children
- Women who are CalWORKs recipients (SAMHWorks)

Location: Pittsburg – East Contra Costa County

Services:

- Outpatient alcohol and drug recovery program
- Comprehensive assessments
- Alcohol and Drug Recovery Education
- Individual, group and family counseling
- Individualized Treatment Plans
- Relapse prevention education
- 12 Step support
- Pregnancy support
- Parenting skills and education
- Child care and child development services
- Family reunification support
- Life skills education
- Domestic Violence education
- Psychiatric appointments and medication management for eligible CalWORKs clients
- Case management and coordination services
- Resources for state and local agencies, service providers and community organizations
- Continuing Care & Discharge Planning and Alumnae activities



Ujima West Outpatient Program

(510) 215-2280

Type of Program: Outpatient Drug Free (ODF)

For Who?:

- Women who are pregnant, postpartum and parenting women with young children
- Women who are CalWORKs recipients (SAMHWorks)

Location: Richmond – West Contra Costa County

Services:

- Outpatient alcohol and drug recovery program
- Comprehensive assessments
- Alcohol and Drug Recovery Education
- Individual, group and family counseling
- Individualized Treatment Plans
- Relapse prevention education
- 12 Step support
- Pregnancy support
- Parenting skills and education
- Child care and child development services
- Family reunification support
- Life skills education
- Domestic Violence education
- Psychiatric appointments and medication management for eligible CalWORKs clients
- Case management and coordination services
- Resources for state and local agencies, service providers and community organizations
- Continuing Care & Discharge Planning and Alumnae activities



East County Women's Services / Wollam House

(925) 427-1384

Type of Program: Residential / Detox

For Who?:

- Women
- Women who are pregnant, postpartum and parenting women with young children - up to age 5
- Women who are CalWORKs recipients (SAMHWorks)
- Will accept Methadone clients who want alcohol and drug treatment with the goal of abstinence

Location: Pittsburg - East Contra Costa County

Services:

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



La Casa Ujima Residential Treatment Program

(925) 229-0230

Type of Program: Residential

For Who?:

- Women who are pregnant, postpartum and parenting women with children 17 years old and under. Accommodate children 0-5 in program.
- Women who are CalWORKs recipients (SAMHWorks)
- Will accept Methadone clients who want alcohol and drug treatment with the goal of abstinence

Location: Martinez – Central Contra Costa County

Services:

- 24 Hour Residential Treatment program
- Individual, group and family counseling
- Treatment and recovery planning
- Psychiatric support
- Alcohol and drug education
- Relapse Prevention
- Individual and Group Trauma Therapy
- Women's Issues groups
- Domestic Violence education
- Pregnancy support
- Parenting education
- Family reunification support
- Child care and child development services
- Children's services with the Lynn Center for eligible clients
- Communication and life skills education
- Healthy lifestyles, nutrition and HIV/AIDS education
- Community self-help groups and 12 Step support
- Job training referrals
- Sober transitional housing available
- Alumnae activities and support groups and linkages to aftercare
- Recreational and social functions



Ujima Rectory Women's Recovery Center

(510) 236-3134

Type of Program: Residential

For Who?:

- Women who are pregnant, postpartum and parenting women with children - girls up to age 12 and boys up to age 7
- Women who are CalWORKs recipients (SAMHWorks)
- Will accept Methadone clients who want alcohol and drug treatment with the goal of abstinence

Location: San Pablo – West Contra Costa County

Services:

- 24 Hour Residential Treatment program
- Individual, group and family counseling
- Treatment and recovery planning
- Psychiatric support
- Alcohol and drug education
- Relapse Prevention
- Individual and Group Trauma Therapy
- Women's Issues groups
- Domestic Violence education
- Pregnancy support
- Parenting education
- Family reunification support
- Child care and child development services
- Children's services with the Lynn Center for eligible clients
- Communication and life skills education
- Healthy lifestyles, nutrition and HIV/AIDS education
- Community self-help groups and 12 Step support
- Job training referrals
- Sober transitional housing available
- Alumnae activities and support groups and linkages to aftercare
- Recreational and social functions



Frederic Ozanam Center

(925) 676-4840

Type of Program: Residential / Detox

For Who?: 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 detox services
- 24 hour residential support
- Alcohol & drug education and alternatives
- Individual consultation & group interaction
- Individual & family recovery planning
- Nutritional guidance & personal development
- Participation in AA, NA or other Self -help support groups
- Assistance in obtaining childcare, vocational training & employment services
- Recreation & social functions
- Structured family program
- Supportive alumnae program
- Two supportive living houses



BAART – Methadone Programs

Richmond: (510) 232-0874

Antioch: (925) 522-0124

Type of Program: Outpatient Narcotic (Methadone) Treatment Program (COED)

For Who?: Clinically eligible female and male opiate addicts, **including pregnant women**

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

Services:

- 7 days a week
- Outpatient methadone detoxification and maintenance
- Individualized Counseling
- Psychosocial Services
- HIV screening and prevention
- Relapse Prevention services



Substance Abuse 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

- Located in East County
- Spanish language services offered
- HIV prevention education and testing
- Antioch: (925) 754-3673
- Brentwood: (925) 809-7920

BAART:

- Located in Richmond
- Outpatient methadone detoxification, maintenance, counseling and HIV prevention for clinically eligible opiate addicts, including minor girls with parental consent
- (510) 232-0874

Community Health for Asian Americans – CHAA

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

A Chance For Freedom

- Located in Concord
- HIV prevention education and testing
- (925) 685-7418



Prevention Services for Women

(925) 335-3315

Type of Program: SBIR: Screening, Brief Intervention and Referrals to community resources

For Who?: Pregnant women, pregnant teens and their families

Location: Available at county Healthy Start clinics in San Pablo, Martinez, Pittsburg and WIC locations

The counselor works most of all with the patient and also with other staff at the Healthy Start Clinic such as nurses, doctors, community health workers, and medical social workers. The counselor does not work with child welfare services (CFS, CPS).

Services:

- Prenatal support needs assessment
- Healthy pregnancy planning
- Alcohol and drug education
- Domestic Violence education
- Prenatal and child development education
- Referral services (**The counselor does not provide substance use treatment**)
- Parenting support



County Wide Prevention Services

Co-ed prevention services for girls under 18

Center for Human Development

- Countywide
- (925) 687-8844

R.E.A.C.H

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

Discovery Counseling of San Ramon Valley

- Located in Danville
- (925) 837-0505

Community Health for Asian Americans – CHAA

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

Bay Area Community Resources

- Located in West County
- (510) 559-5550

Alcohol and Other Drugs Administration

- Countywide
- Spanish speaking available
- (925) 335-3307

Native American Health Center

- Located in Richmond
- (510) 232-7020



SAMHWorks for CalWORKs

SAMHWorks: Wellness to Independence provides treatment assessment and referral services for CalWORKs recipients.

Parents participating in CalWORKs Welfare to Work and considering substance use treatment are encouraged to contact the SAMHWorks offices below for assistance, but they can also contact treatment programs directly.

SAMHWorks liaisons can help women on CalWORKs navigate barriers to treatment, including assisting with transportation and childcare.

Antioch: 925-706-4688

Pleasant Hill: 925-602-9444

Hercules: 510-262-8572

Richmond: 510-412-3200



Additional Services

12 STEP / SELF-HELP SUPPORT GROUPS

A.A. = Alcoholics Anonymous

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

N.A. = Narcotics Anonymous

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

Marijuana Anonymous

510-957-8390

C.A. = Cocaine Anonymous

510-268-0600

Crystal Meth Anonymous

415-835-4747
www.crystalmeth.org

Food Addicts Anonymous

1-800-600-6028

Co-dependents Anonymous

<http://www.sfbaycoda.org/MeetingList.pdf>
1-888-444-2359 (World Office)

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

415-979-4715
<http://www.slaa-sfeb.org/>

Survivors of Incest

(Does not post meetings on the internet)
For more info:
<http://www.siawso.org/contactus.html>

Adult Children of Alcoholics

<http://www.adultchildren.org/>
For more info:
meetinginfo@adultchildren.org

LifeRing

Secular self-help sober social support
Local Phone: 510-763-0779
Toll-Free: 1-800-811-4142
<http://lifering.org/>

Dual Recovery @ Anka

510-232-7571 (Richmond)
925-685-7613 (Concord)
925-778-3750 (Antioch)

Recovering Couples Anonymous

1-877-663-2317
<http://www.recovering-couples.org/>



Additional Services, Cont.

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

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)
http://cchealth.org/perinatal/pdf/perinatal_depression_handout.pdf

ADDITIONAL SERVICES

HIV/AIDS/TB Testing & Services

925-313-6770 – Español
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Bay Area Legal Aid

(800) 551-5554

Rainbow Community Center (LGBTQQI)

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

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