



**Welcome,
we're glad you're
here today!**

Any Door is the Right Door to Behavioral Health Support

We understand that life is sometimes complicated. Occasionally, we may struggle with mental health or substance use issues. Often times addiction and mental health issues can run together. Addiction is a disease of the brain. In the same way that there are medications to treat many diseases, like insulin for diabetes, there are medications to help you stop using drugs or alcohol and to help you feel better so that you can live a normal, healthy and productive life.

Any Door is the Right Door to Treatment

To receive a referral for the Choosing Change Clinic please call the Behavioral Health Access Line:

1-800-846-1652
or speak with your doctor.

Any Door is the Right Door to Confidentiality

You are protected by federal law. Everything that you share with the counselor or therapist is kept confidential. We encourage you to talk openly with the counselor or therapist about your experience, your situation, your work etc...so that we can help you feel better and reach your goals.

Contra Costa Behavioral Health Services
cchealth.org/bhs



CHOOSING CHANGE CLINIC
Access to
BEHAVIORAL HEALTH SERVICES
**Buprenorphine
Outpatient-Based
Addiction Treatment**



CONTRA COSTA
BEHAVIORAL HEALTH
A Division of Contra Costa Health Services



The Choosing Change Clinics

- **H**elp people who are addicted to heroin or other opioid drugs quit. We provide comprehensive outpatient treatment for substance use disorder (SUD), including treatment plans, medication, counseling, connections to recovery services as well as referrals to housing, employment, education and healthcare.
- **O**ffers medication-assisted treatment using buprenorphine, a medication effective for treating addiction to opioids, such as heroin or prescription painkillers.

The Choosing Change Team

You will be connected with a Choosing Change Team that includes a doctor, registered nurse, and a mental health clinical specialist or certified substance abuse counselor, all dedicated to providing you with support to help you succeed in your journey to recovery. The team will provide an integrated approach to assess your needs, assist in developing a treatment plan, help you stay on track and motivate you to do your very best. We will also provide referrals to housing, employment, education and other health services.

Buprenorphine: Outpatient Based Addiction Treatment Clinic

If you are dependent on heroin or any form of opioids and your doctor approves you taking buprenorphine, it can help you with detoxification (detox) or with maintenance therapy. Maintenance therapy can continue as long as medically necessary.

You will take the first dose in the office and stay in the office for at least 2 hours. We recommend that you arrange for someone to drive you home.

Some people find that it takes several days to get use to the buprenorphine. During that time, any use of other opioids may cause an increase in uncomfortable symptoms.

Counseling

Buprenorphine treatment works best if partnered with individual or group counseling and peer based options, such as 12 steps, Life Ring or other supports. During the course of your treatment you will be asked to meet a mental health clinical specialist or certified substance abuse counselor to assist in providing you with an integrated approach to your care.