

“My family and I have hope for today. Love, trust, happiness.”

—Contra Costa Recovery Wall

Is your life or the life of someone you love affected by the use of alcohol or other drugs?

Warning Signs

These behaviors are commonly associated with teenagers who have substance abuse problems—but in many cases, may also reflect normal teenage growing pains:

- Mood changes
- School problems
- Rebelling against family rules
- Switching friends abruptly, and reluctance to let you get to know the new friends
- A “nothing matters” attitude (sloppy dress, low energy, lack of engagement)
- Finding or smelling alcohol or drugs on your child or in their backpack or room
- Memory lapses, poor concentration or other mental issues
- Bloodshot eyes, slurred speech or a lack of coordination

If someone you care about has any of these warning signs, you can call these numbers for help:

24-Hour Hotlines

Contra Costa Mental Health Crisis Services:
925-646-2800

California Youth Crisis Line:
800-843-5200

The Trevor Project (crisis intervention for LGBT youth):
866-488-7386

Al-Anon/Alateen (for families of alcoholics):
925-932-6770 (voicemail) Central/East County
510-528-4379 West County

National Center for Missing & Exploited Children:
800-843-5678

The mission of AODS is to advocate for alcohol- and drug-free communities by promoting individual and family responsibility, hope and self-sufficiency.



**CONTRA COSTA
BEHAVIORAL HEALTH**

A Division of Contra Costa Health Services

Alcohol & Other Drugs Services
1220 Morello Avenue, Suite 200
Martinez, CA 94553

Administration: 925-335-3330
Fax: 925-335-3318
cchealth.org/aod

Many services are covered by Medi-Cal. If you would like to apply for Medi-Cal, call the Contra Costa County Health Benefits Hotline:
1-800-709-8348

If you would like to receive information regarding Medi-Cal eligibility, call the Contra Costa County Employment and Human Services Department:
1-877-505-4630

**Treatment &
Recovery
Resources
For Teens
& Youth**

**Alcohol & Other
Drugs Services**

Hotline: 1-800-846-1652
cchealth.org/aod



There is no easy cure for drug or alcohol addiction, but there is help.



About Us

Contra Costa Behavioral Health's Alcohol & Other Drugs Services (AODS) and its community partners provide compassionate, culturally competent treatment for teens 12 and older. Contra Costa County adheres to the State Youth Treatment Guidelines.

- Assessment
- Counseling—Individual, Family and Group available
- Peer support
- Residential services

Treatment services are based on a sliding fee scale. No one is denied service because they cannot pay.

How To Get Help

If you, a family member or a friend has a problem with alcohol or other drugs, or if you suspect they do, please call 1-800-846-1652 or visit cchealth.org/aod to learn more about our services.

You can also contact our partners directly in your community:

East County Outpatient Programs

Reach Project Antioch
1915 D Street
Antioch, CA 94509
925-754-3673

Reach Project Brentwood
101 Sand Creek Rd, Suite B
Brentwood, CA 94513
925-666-8460

Reach Project Oakley
3385 Main Street, Suite B
Oakley, CA 94561
925-679-2504

Pittsburg High School
"The Attic"
1750 Harbor Street
Pittsburg, CA 94565
925-473-2390 x 7838

Central County Outpatient Programs

A Chance for Freedom
2290 Diamond Blvd #202
Concord, CA 94520
925-685-7418

West County Outpatient Programs

Outpatient Adolescent Treatment Services (OATS)
Community Health for Asian Americans
207 37th Street
Richmond, CA 94806
510-233-7555

Residential Treatment

Thunder Road
390 40th Street
Oakland, CA 94609
510-653-5040

R'House

Santa Rosa, California
707-539-2792

Other Resources

Narcotics Anonymous

To find up-to-date meeting times and locations for young people, visit contracostaNA.org and click "meeting schedule," or call the local NA helpline at 925-685-HELP (4357).

Alcoholics Anonymous

To find up-to-date meeting times and locations, call the local AA service center at 925-939-4155 or visit contracostaAA.org and click "Find a meeting near you." The meeting list is searchable by geographic region, and youth meetings are marked.

Marijuana Anonymous

To find up-to-date meeting times and locations visit MADistrict2.org and click "Meetings/MA District 2." The meeting list is organized by the days of the week and meetings that are open to everyone are marked.