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

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

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

“My family and I have hope for today. Love, trust, happiness.”
—Contra Costa Recovery Wall
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.